

State Representative Karina Villa
District 49 News

April 14, 2020

Senior Resources During COVID-19



Thank you

Thank you so much to all the workers continuing to provide essential services for our senior populations because of you, our elders are able to receive their routine medical care, eat healthy meals, and sleep safely. We are judged as a society by how we care for the most vulnerable populations and this disease will continue to challenge us to live up to our values and show our best selves. You are leading the way.

To all the older adults who are making difficult adjustments to follow the stay at home order, I can empathize with how much you must be missing your family gatherings, your friends, your community networks. Every day I'm learning from you how to come through challenges like this pandemic as a stronger community.

Please continue to care for one another, offer kindness whenever possible and know that my virtual office is open and available to you for any needs you might have at this time at 1-630-326-9319.

Seniors and COVID-19

It is critically important that senior populations are able to limit their exposure to the coronavirus that causes COVID-19. Staying indoors and limiting physical contact with anyone outside your household will help us all get through this more quickly and save lives.

It is very important that you contact your healthcare provider by phone if you have symptoms of COVID-19 - fever, coughing, and shortness of breath.

Physically Distant, Socially Connected

Although we know that the best way to protect ourselves, each other and our frontline workers is to stay at home, isolation has serious impacts on our mental and physical health. Everyone is required to keep physical distance from anyone not living in our households, but we can still be socially connected. If you want some fun ideas please see the last page of this newsletter!



AARP Resources

The Illinois AARP is a trusted resource for older adults

<https://states.aarp.org/illinois/>

AARP hosts a weekly [Tele-Town Hall](#) for older adults on topics related to COVID-19.

Special Grocery Store Hours

- **Aldi:** Aldi will open at 8:30 AM on Tuesdays and Thursdays for vulnerable shoppers including older adults, expectant mothers and those with underlying health conditions
- **Caputo's:** Older adults and immunocompromised individuals are welcome to shop Tuesday, Wednesday and Thursday from 6 AM to 7:30 AM
- **Costco:** Costco will have a shopping hour on Tuesdays and Thursdays from 8 AM to 9 AM that is designated to members who are over 60 years old or have physical disabilities
- **Dollar General:** First hour of operations will be dedicated to older adults. Check with your local store for hours of operation
- **Jewel-Osco:** Older adults are welcome to shop Tuesdays and Thursdays between 7 to 9 AM
- **Mariano's:** Older adults are welcome to shop daily from 6 AM to 8 AM
- **Meijer:** Special hours for older adults on Tuesdays and Thursdays from 7 AM to 8 AM
- **Pete's Fresh Market:** Older adults are welcome to shop Monday through Friday from 7 AM to 8 AM
- **Target:** Older adults and people with health issues will be allowed to shop one hour before stores open on Wednesday mornings
- **Whole Foods:** Whole Foods Market stores will service customers who are 60 and older one hour before opening to the general public
- **Walmart:** From March 24 through April 28, Walmart stores will host an hour-long senior shopping event every Tuesday for customers aged 60 and older. This will start one hour before the store opens. Pharmacies and Vision Centers will also be open during this time
- **Woodmans:** Older adults are welcome to shop from 6 AM to 8 AM

Other Ways to Access Food

[Mobile food pantries](#) open to the public

[Community dining sites](#) are available with "to-go" meals, find a location near you

Northern Illinois Food Bank Agency [Closures](#)

SNAP Recipients – As a result of the Coronavirus pandemic, the United States Department of Agriculture (USDA) has made [adjustments to the SNAP program](#) to provide benefits to those in need.

Economic Impact Payments

Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact Payment. Instead, payments will be automatically deposited into their bank accounts. The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate \$1,200 Economic Impact Payments to Social Security recipients who did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits. Read the U.S. Treasury Department's [press release](#).

Scams

The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19-related office closures. We will not suspend or discontinue benefits because our offices are closed to the public for in-person service. [Read this and other fraud advisories](#).

The U.S. Department of Health and Human Services (HHS) Office of Inspector General is alerting the public about fraud schemes related to COVID-19. For example, scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate. [Learn about this and other COVID-19 fraud from HHS](#).

The FDA advises consumers to be cautious of websites and stores selling products that claim to prevent, treat or cure COVID-19. There are no FDA-approved products to prevent COVID-19.

Here are some tips to identify false or misleading claims.

- Be suspicious of products that claim to treat a wide range of diseases.
- Personal testimonials are no substitute for scientific evidence.
- If it seems too good to be true, it probably is.
- “Miracle cures,” or a “Quick fix” which claim scientific breakthroughs or contain secret ingredients, are likely a hoax.
- Know that you can't test yourself for coronavirus disease.

Visit the [FDA website](#) for more information about fraudulent tests, cures, and treatments.

Caring for People with Dementia

alzheimer's association®

The Alzheimer's Association has [comprehensive advice](#) for those caring for individuals with dementia. Some quick takeaways are that individuals with dementia are no more or less susceptible to COVID-19 due to their illness. Individuals with dementia may need more frequent reminders and modeling of healthy handwashing.



Living with or caring for someone with dementia? Financial assistance is available!

1-800-538-2000 or www.AgeGuide.org

Need help staying at home? AgeGuide can help with:

- Chore, housekeeping, grocery shopping services
- Assistance with rent/mortgage and/or utilities, short term medication and supplies

Need help caring for a loved one with dementia? You can use the money for:

- Technology such as wander prevention systems
- Dentures, hearing aids, wearable GPS device
- In home, facility or adult day services for short term respite

No financial restrictions. Funds are available to those living in DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will Counties

For more information, contact Colette Jordan at AgeGuide at (630) 293-5990 or cjordan@ageguide.org

Physically Distant, Socially Connected

Try one of these fun remote resources for combating feelings of isolation.

Libraries. Local libraries are offering remote programming, including book discussions, classes, lectures, and arts programming. You can also borrow digital media like audiobooks, movies, and more.

- **Aurora Public Library:** [Your Library @ Home](#)
- **Bartlett Public Library:** [Digital Resources and Programming](#)
- **Batavia Public Library:** [online resources and events](#)
- **Gail Borden Public Library District (South Elgin and Elgin):** [Virtual Events](#)
- **Geneva Public Library:** [GPLD Connects](#)
- **Messenger Public Library (North Aurora):** [Digital Library](#)
- **Naperville Public Library:** [Online Activities](#)
- **St. Charles Public Library:** [Online Services](#)
- **Warrenville Public Library:** [Online Reading and Research](#)
- **West Chicago Public Library:** [Digital Resources](#)

[AARP Community Connections](#) – Mutual Aid Support Groups

[Google Arts & Culture: Frida Kahlo](#)

[Virtual Tours of 12 Famous Museums](#)

[Metropolitan Opera Offers Free Streams from Live HD Catalog](#)

[Free Online Courses from Top Universities](#)

[Virtual Tours of Buckingham Palace](#)

[Panoramic Virtual Tour of the Great Wall of China](#)

[San Diego Zoo Live Cams](#)

[Monterey Bay Aquarium Live Cams](#)

[NASA Media Library](#)

[Curiosity Rover on Mars](#)

[Yellowstone National Park Virtual Tour](#)