

2024

# DEMENTIA

## Resource Guide

**The following is a listing of area, regional and national resources to assist those families who are seeking information to help someone on a dementia journey.**

## **ABUSE**

**Catholic Charities Ombudsman (if loved one in a nursing home)** 1-800-369-0895 / 779-210-8700

**Lifescape Community Services Adult Protective Services** 815-490-1125

## **ACTIVITIES/ENGAGEMENT**

**Bureau County Senior Citizens Center** 16 W. Marion, Princeton, IL 815-879-3981

**Carroll County Senior Center** 17612 Benton St., Mt. Carroll, IL 815-244-1800

**Lee County Council on Aging** 100 West 2<sup>nd</sup> St., Dixon, IL 815-288-9236

**Mt. Morris Senior Center** 9 E. Front St., Mt. Morris, IL 815-734-6335

**Polo Area Senior Services** 101 E. Mason St., Polo, IL 815-946-3818

**Rock River Center (Ogle County)** 810 S. 10<sup>th</sup> St., Oregon, IL 815-732-3252

**Whiteside County Senior Center** 1207 W. 9<sup>th</sup> St., Sterling, IL 61081 815-622-9230

## **ADULT DAY PROGRAMS**

**DeKalb County Adult Respite Voucher Program** 770-322-2950

**First Circle Friends** Clinton, IA 563-321-0030/563-212-9382

**Rockford/Winnebago Adult Day Program** 964-2433

## **ADVOCACY SERVICES For Residents of Nursing Homes, Assisted, and Supportive Living**

**Catholic Charities Ombudsman** 1-800-369-0895 / 779-210-8700

## **ALZHEIMER'S ASSOCIATION/DEMENTIA SUPPORT GROUPS**

**Carroll Co.** 1<sup>st</sup> Monday of the month 3:30pm. Contact: 815-590-6372 or 815-499-5161

**Morrison Homestead Assisted Living**, 3<sup>rd</sup> Wednesday of the month 3pm. Contact: 815-281-5473

**Mt. Morris Senior Center**, 1<sup>st</sup> Thursday of the month 6pm. Contact: 734-6335

## ALZHEIMER'S ASSOCIATION/DEMENTIA SUPPORT GROUPS continued

**Polo** – Senior Center 4<sup>th</sup> Monday of the month 2pm. Contact: Kathy 815-946-3818

**Sterling** – Morningside of Sterling 3<sup>rd</sup> Monday of month 3pm. Contact: Beth 815-625-0400 Ext. 3977.  
Loved ones can attend, however, RSVP required.

## BRAIN HEALTH EXERCISE

**Wits Fitness Brain Exercise - Univ. of IL. Extension** 815-632-3611

<https://extension.illinois.edu>

## CAREGIVER RESPITE

**First Circle of Friends - Clinton, IA.** Paul 563-321-0030 / Mary 563-212-9382  
[fccclinton@outlook.com](mailto:fccclinton@outlook.com) Twice monthly 10am-3pm \$45 fee. Music, games & snack in cooperation  
with Lutheran Services of Iowa. 2<sup>nd</sup> Friday and 4<sup>th</sup> Thursday. Must pre-register/No walk-ins

**Grants through Illinois Department on Aging (IDOA) - Whiteside County Senior Center**

Outreach Dept. 815-622-9230 ext.130

Alzheimer's Association/Social Isolation Grant

Caregiver Respite Grant

**Lifescape – Comprehensive Care Coordination**

206 Dixon Ave., Suite 1, Rock Falls, IL 815-490-1125

## CAREGIVER STRESS

**CGH Ways to Wellness Program** Emotional Support (free for CGH patients)

Kristi Christiansen 625-0400 ext. 1916 or Stacey Nielsen 625-0400 ext. 1911

**Stress Busting Class** CGH Dementia Navigator 815-622-4790 ext. 3977 or Teri Shaw at Whiteside  
County Senior Center 815-622-9230. 9-week course that meets 1.5 hours weekly.

## COMPUTER TRAINING

**Whiteside County Senior Center (WCSC)** 1207 W. 9<sup>th</sup> St., Sterling, IL 61081 815-622-9230

## DENTAL

**Northwestern IL Area Agency on Aging (NIAAA)** 1111 S. Alpine Rd., Suite 600, Rockford, IL 61108  
815-226-4901 / 800-542-8402

**Whiteside Community Health Dental Clinic** 1300 W. 2<sup>nd</sup> St., Rock Falls, IL 815-626-2230

## DEPT. OF HUMAN SERVICES

**DHS Office of Whiteside County** 2605 Woodlawn Rd., Sterling, IL 815-632-4045

## DIET/NUTRITION

**CGH Healthy Lifestyles Coordinator**, Sherry DeWalt, 2600 N. Locust, Sterling, IL 815-625-0400 ext. 5716

**MIND Diet** <https://www.healthline.com/nutrition/mind-diet>

<https://www.health.harvard.edu/mind-and-mood/outrunning-the-risk-of-dementia>

**Mediterranean Diet** <https://www.healthline.com/nutrition/mediterranean-diet-meal-plan>

## DISABILITIES SUPPORT

**Compassionate Allowance Initiative** Contact Social Security Administration 866-789-1093

**Northern IL Center for Independent Living (NICIL)** 412 Locust St., Sterling, IL 815-625-7860

**Office of Rehabilitation Services (ORS)** 2607 Woodlawn Rd. #1, Sterling, IL 815-625-8885

**Social Security Administration** 3512 E. Lincolnway, Sterling, IL 1-866-789-1093 or 1-800-772-1213

**Veteran's Affairs (VA) Outpatient Clinic** 2901 E. Lincolnway, Sterling, IL 815-632-6200

**Whiteside County Health Dept.** Disability Case Management 815-626-2230 ext. 1215

## EDUCATIONAL RESOURCES

**Alzheimer's Association** [www.alz.org](http://www.alz.org) 24/7 Helpline 1-800-272-3900

**Centers for Disease Control and Prevention** <https://www.cdc.gov/aging/aginginfo/alzheimers.h>

**Mayo Clinic** <https://www.mayoclinic.org/diseases-conditions/alzheimers->

**National Institute on Aging** [www.nia.nih.gov](http://www.nia.nih.gov)

**Teepa Snow Positive Approach** [www.teepasnow.com](http://www.teepasnow.com)

**University of California/Los Angeles (UCLA)** [www.uclahealth.org](http://www.uclahealth.org)

## EXERCISE/FITNESS

**Balance Classes** Matter of Balance Class - Whiteside County Senior Center, 1207 W. 9<sup>th</sup> St., Sterling, IL 815-622-9230

**BINGOcize** Lifescape Community Services - 206 Dixon Ave. Suite 100, Rock Falls, IL 815-490-1125. Classes offered at CGH Health Foundation, 2600 N. Locust St., Sterling, IL

**Cardiac Wellness** Blood Pressure/Cholesterol/Glucose Screenings, CGH Health Foundation, Sherry DeWalt 815-625-0400 Ext. 5716

## EXERCISE/FITNESS continued

**Chair Yoga/Yoga** Whiteside County Senior Center, 1207 W. 9<sup>th</sup> St., Sterling, IL 815-622-9230

**Fitness Classes/Tennis/Track** Westwood Fitness and Sport Center, 1900 Westwood Dr., Sterling, IL 815-622-6201

**Silver Sneakers** Sterling Rock Falls Family, YMCA 2505 YMCA Way, Sterling, IL 815-535-9622

**Videos** <https://youtu.be/9nDBY2tH3II?si=FnBw8283ExOMM4HS>  
<https://youtu.be/EQXaMGLR6e4?si=VhpT3XhHlpy9KvIR>  
[https://youtu.be/9x8Sg4EH1\\_I?si=YV36gnOsTCfZZK3P](https://youtu.be/9x8Sg4EH1_I?si=YV36gnOsTCfZZK3P)

**Water Walking** Duis Recreation Center 211 E. 23<sup>rd</sup> St., Sterling, IL 815-622-6200

**Yoga** CGH Health Foundation, Sherry DeWalt 815-625-0400 Ext. 5716

## FINANCIAL ASSISTANCE

**Dept. of Human Services (DHS)** 2605 Woodlawn Rd., Sterling, IL 815-632-4045

**Good Neighbor Emergency Center** 1701 16<sup>th</sup> Ave., Sterling, IL 815-625-5111

**Lee County Council on Aging (LCCOA)** 100 W. Second St., Dixon, IL 815-288-9236

**Salvation Army** 409 Ave. F., Sterling, IL 815-625-1622

**Social Security Administration** 3512 E. Lincolnway, Sterling, IL 866-789-1093 or 1-800-772-1213

**St. Vincent DePaul Society of St. Mary's Catholic Church** 7 West 6<sup>th</sup> St., Sterling, IL 815-625-0311

**Tri-County Opportunities Council (TCOC)** 405 Emmons Ave., Rock Falls, IL 815-625-7830

**Veteran's Affairs (VA) Aide and Attendance** Oregon, IL: Luz Gilkey 815-255-9181  
Sterling, IL: Brian Butler 815-626-2468

**Veteran's Assistance Commission (Whiteside County)** 1300 W. 2<sup>nd</sup> St., Rock Falls, IL 815-626-8640

**Whiteside County Senior Center (WCSC)** 1207 West 9<sup>th</sup> St., Sterling, IL 815-622-9230

## FOOD PANTRIES

**Assembly of God Church** 933 Mekeel Rd., Dixon, IL 815-973-2742 Sundays 11:45am-12:45pm

**Bear Necessities at Rock Falls United Methodist Church** 210 4<sup>th</sup> Ave., Rock Falls, IL 815-625-0114  
3<sup>rd</sup> Saturday 10am-12pm

**Dixon Community Food Pantry** 2001 W. 4<sup>th</sup> St., Dixon, IL 815-288-4848 M,W,F 1-3pm

## FOOD PANTRIES continued

**East Jordan United Methodist Church** 22027 Polo Rd., Sterling, IL 815-626-0104

**Ebenezer Reformed Church** 309 E Park St., Morrison, IL 815-772-2472 Thursdays 10:30am

**Erie Food Pantry** 907 6<sup>th</sup> Street, Erie, IL 309-236-0282 3<sup>rd</sup> Friday of month

**First Christian Church of Rock Falls** 506 5<sup>th</sup> Ave., Rock Falls, IL 815-626-2271 Mondays 10am-1pm

**FISH Food Pantry** 501 Broadway Ave., Sterling, IL 815-626-1734 Mon-Fri 9-11am

**Helping Hands Milledgeville** PO Box 847 Milledgeville, IL 815-622-8132 1<sup>st</sup> Tuesday of month 9-11am and 6-7:30pm

**Helping Hands First Church of Nazarene** 411 13<sup>th</sup> Ave., Sterling, IL 815-625-1146 Thursdays 9:30am-12pm

**Morrison Food Pantry** 629 Lincolnway, Morrison, IL (former Hilltop Lanes) Thursdays 8-10am

**Salvation Army** 409 Ave. F., Sterling, IL 815-625-1622 Tues/Wed 1-3:30pm and Friday 9-11:30am

**Sauk Valley Foodbank** 1801 Plant Drive, Sterling, IL 815-626-4556 Saturdays 10am-12pm  
Drive Thru Only.

**St. Vincent De Paul Society of St. Mary's Catholic Church** 7 West 6<sup>th</sup> St., Sterling, IL 815-625-0311  
Tues/Thurs 12-2:30pm and Tues 4-5:30pm

**Trinity United Methodist Church** 205 E. 10<sup>th</sup> St., Sterling, IL 815-626-7777 Tuesdays 9-11:30am

**Whiteside County Senior Center** 1207 W. 9<sup>th</sup> St., Sterling, IL 815-622-9230 Thursday 1-3pm

## GRIEF SUPPORT

**CGH Ways to Wellness Program** Emotional Support (free for CGH patients)

Kristi Christiansen 625-0400 ext. 1916 or Stacey Nielsen 625-0400 ext. 1911

**GriefShare** [www.griefshare.org](http://www.griefshare.org)

**Home of Hope** 1637 Plock Rd., Dixon, IL 61021 815-288-4673

**McDonald Funeral Home** 1002 12<sup>th</sup> Ave., Sterling, IL 815-626-6311

**Pathways Counseling Services** 208 E. 4<sup>th</sup> St., Sterling, IL 815-625-5583

**Rock River Hospice & Home** 2706 Ave. E., Sterling, IL 815-625-3858

**Schilling Funeral Home** 702 1<sup>st</sup> Ave., Sterling, IL 815-626-1131. Online support.

## GUARDIANSHIP

**Adult Guardianship** <https://gac.illinois.gov/osg/guide-to-adult-guardianship-in-illinois.html>

**Lifescape Community Services** 206 Dixon Ave., Rock Falls 815-490-1125

**Office of State Guardian - Statewide Intake (IL Guardianship & Advocacy Commission)**  
1-866-274-8023, or Outside of Illinois 1-708-338-7500

## HEALTH DEPARTMENTS

**Bureau County** 526 S. Bureau Valley Parkway, Princeton, IL 815-872-5091

**Carroll County** 822 S. Mill St., Mt. Carroll, IL 815-244-8855

**Lee County** 309 S. Galena Ave., Dixon, IL 815-284-3371

**Ogle County** 907 Pines Rd., Oregon, IL 815-562-6976

**Whiteside County** 1300 W. 2<sup>nd</sup> St., Rock Falls, IL 815-626-2230

## HEARING

**IL Telecommunication Access Corp. (ITAC)** Free amplified phones and caption. Lee County Council on Aging, Dixon 815-288-9236 or Whiteside County Senior Center, Sterling 815-622-9230.

**Northwestern Illinois Association (NIA) Hearing Clinic** 2002 E. 5<sup>th</sup> St., Sterling, IL 815-625-7931

**Northwestern IL Area Agency on Aging (NIAAA)** 1111 S. Alpine Rd., Suite 600 Rockford, IL 61108

**Sterling Hearing Aid Center** 603 Freeport Rd., Sterling, IL 815-626-3220

## HOME SAFETY

**Alzheimer's Association** 1-800-272-3900 (24/7 Helpline), [www.alz.org](http://www.alz.org)

**Northern IL. Home Medical Supply (NIHMS)** 1309 N. Galena Ave., Dixon 815-285-5857  
3312 River Rd., Sterling 815-626-4041

## HOUSING – Independent & Assisted Living, including Long Term Care (Nursing Homes)

**Allure of Prophetstown** 310 Mosher Dr., Prophetstown, IL 815-537-5175  
Long Term Care/Skilled Care/Short Term Rehab/**Memory Care**  
\*Accepts Medicaid

**Allure of Sterling** 612 W. 23<sup>rd</sup> St., Sterling, IL 815-626-9020  
Long Term Care/Skilled Care/Short Term Rehab/**Memory Care**  
\*Accepts Medicaid

## HOUSING – Independent & Assisted Living, including Long Term Care (Nursing Homes) continued

**Avonlea Cottage of Sterling** 2201 E. LeFevre Rd., Sterling, IL 815-626-5439

Assisted Living/Respite/**Memory Care**

Accepts Long Term Care Insurance and Private Pay

**Citadel of Sterling** 105 E. 23<sup>rd</sup> St., Sterling, IL 815-626-4264 Long Term Care/Skilled Care/Short Term Rehab/**Memory Care**

\*Accepts Medicaid

**Green Castle of Sterling** 15 E. 23<sup>rd</sup> St., Sterling, IL 815-625-1401 Independent Living

\*Income Based

**Heritage Woods of Sterling** 2205 Oak Grove Ave., Sterling, IL 815-625-7045

Supportive Living/ Independent & Assisted Living

\*Accepts Medicaid, Long Term Care Insurance, Veteran's Aide & Attendance, Private Pay

**Homestead of Morrison** 403 Scenic St., Morrison, IL 815-281-5473

Independent Living/ Assisted Living/**Memory Care**

Accepts Long Term Care Insurance/ Veteran's Aide & Attendance and Private Pay

**Morningside of Sterling** 2705 Ave. E., Sterling, IL 815-622-2800

Independent Living/ Assisted Living /Respite/**Memory Care**

Accepts Long Term Care Insurance, Veteran's Aide & Attendance, and Private Pay

**Parkway Center** 1801 Ave. G., Sterling, IL 815-626-1121 Independent Living / Sheltered Care

Accepts Private Pay

**Pleasant View Healthcare & Rehabilitation** 500 N. Jackson St., Morrison, IL 815-772-7288

Long Term Care/ Skilled Care/Short Term Rehab.

\*Accepts Medicaid

**Resthave Care & Rehabilitation** 408 Maple Ave., Morrison, IL 815-772-4021

Assisted Living/Long Term Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid/ Long Term Care Insurance/Veteran's Contract and Private Pay

**Rock River Gardens** 3601 16<sup>th</sup> Ave., Sterling, IL 815-626-0233

Long Term Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid

**Rock Falls Rehabilitation Center** 430 Martin Rd., Rock Falls, IL 815-626-4575

Long Term Nursing Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid

### **BUREAU COUNTY**

**Heritage Health Therapy & Senior Care** 308 S. 2<sup>nd</sup> St., Walnut, IL 815-379-2131

Long Term Nursing Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid



## HOUSING – Independent & Assisted Living, including Long Term Care (Nursing Homes) continued

### CARROLL COUNTY

**Big Meadows** 1000 Longmoor Ave., Savanna, IL 815-273-2238

Long Term Nursing/**Memory Care**

\*Accepts Medicaid

**Pinnacle Place** 1125 N. 5<sup>th</sup> St., Savanna, IL 815-273-2105

Independent Living/Supportive Living

\*Accepts Medicaid/Private Pay

### LEE COUNTY

**Dixon Rehab & Healthcare Center** 800 Division St., Dixon, IL 815-284-3393

Long Term Nursing Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid

**Heritage Square** 620 N. Ottawa Ave., Dixon, IL 815-288-2251

Assisted Living

Accepts Long Term Care Insurance/Private Pay

**Franklin Grove Living & Rehabilitation Center** 502 N. State St., Franklin Grove, IL 815-456-2374

Long Term Care/Skilled Care/Short Term Rehab

\*Accepts Medicaid

**Liberty Court** 124 Liberty Court, Dixon, IL 815-827-1708

Assisted Living/**Memory Care**

Accepts Long Term Care Insurance/Private Pay

**Meadows of Franklin Grove** 510 N. State St., Franklin Grove, IL 815-456-3000

Assisted Living

Accepts Long Term Care Insurance/Private Pay

### OGLE COUNTY

**Allure of Pinecrest** 414 S. Wesley Ave., Mt. Morris, IL 815-734-4103

Long Term Care/Skilled Care/**Memory Care**

\*Accepts Medicaid

**Generations at Neighbors** 811 W. 2<sup>nd</sup> St., Byron, IL 815-234-2511

Long Term Care/Skilled/**Memory Care**

\*Accepts Medicaid

**Hawthorn Inn** 2203 E. Flagg Rd., Rochelle, IL 815-562-9800

Independent/Assisted Living

Accepts Long Term Care Insurance/Private Pay

**Liberty Village** 2203 E. Flagg Rd., Rochelle, IL 815-562-9800

Long Term Care/Skilled Care/ Short Term Rehab/**Memory Care**

\*Accepts Medicaid

## HOUSING – Independent & Assisted Living, including Long Term Care (Nursing Homes) continued

**Oregon Living & Rehab Center** 811 S. 10<sup>th</sup> St., Oregon, IL 815-732-7994  
Long Term Care/Skilled Care/Short Term Rehab/**Memory Care**  
\*Accepts Medicaid

**Polo Rehabilitation & Health Care Center** 703 E. Buffalo St., Polo, IL 815-946-2203  
Long Term Nursing Care/ Skilled Care/ Short Term Rehab  
\*Accepts Medicaid

**Shepherd Premier Senior Living** 8 Terrace View Blvd., Oregon, IL 847-512-3377  
Independent/Assisted Living  
Accepts Long Term Care Insurance/Private Pay

## HOSPICE (Serving Whiteside County)

**Gaffey Home Nursing & Hospice** 3408 E. 23<sup>rd</sup> St., Sterling, IL 815-626-3467

**Rock River Hospice & Home** 2706 Ave. E., Sterling, IL 815-625-3858

**Serenity Hospice & Home** 1658 S. IL. Rt. 2, Oregon, IL 815-732-2499

**Unity Hospice** 1201 S. 7<sup>th</sup> St., Rochelle, IL 61068 815-561-8866

**VITAS Healthcare** 1040 4<sup>th</sup> St., Peru, IL 815-220-0021

## IN-HOME NURSING AGENCIES (that offer Private Duty Care not covered by Medicare)

**Castor Home Nursing** 417 E. 3<sup>rd</sup> St., Suite A, Sterling, IL 815-564-0977

**Gaffey Home Nursing & Hospice** 3408 E. 23<sup>rd</sup> St., Sterling, IL 815-626-3467

**Help At Home** 1101 Warp Rd., Suite 2, Dixon, IL 815-315-4053

**In-Home Care Connection/Hospice** 815-872-7447

## LEGAL ASSISTANCE

**Golder Care Solutions** 3302 41 St., Moline, IL 309-764-2273

**Illinois Attorney General** Advocating for Older Citizens/Senior Citizen Fraud Helpline  
1-800-243-5377

**Prairie State Legal Services** 1021 Clinton St., Ottawa, IL 815-434-5903; 303 N. Main St., Suite 600,  
Rockford, IL 815-965-2902; 1705 2<sup>nd</sup> Ave. Suite 314 Rock Island, IL 1-888-965-7757

**Whiteside County State's Attorney** 200 E. Knox St., Morrison, IL 815-772-5194; 101 E. 3<sup>rd</sup> St.,  
Sterling, IL 815-535-4540

## LAW ENFORCEMENT

### **Police Departments:**

#### **Bureau County (Non-emergency)**

**DePue** 815-447-2137

**Neponset** 309-594-2158

**Sheffield** 815-454-2499

**Spring Valley** 815-663-2351

**Tiskilwa** 815-875-3344

**Walnut** 815-379-9000

**Wyanet** 815-699-2500

#### **Carroll County (Non-emergency)**

**Chadwick** 815-684-5264

**Lanark** 815-493-6931

**Milledgeville** 815-885-7134

**Mt. Carroll** 815-244-5313

**Shannon** 815-864-2776

#### **Lee County (Non-emergency)**

**Amboy** 815-857-3400

**Ashton** 815-453-2344

**Dixon** 815-288-4411

**Oregon** 815-732-2162

**Polo** 815-946-3412

#### **Ogle County (Non-emergency)**

**Byron** 815-234-5000

**Forreston** 815-938-2400

**Mt. Morris** 815-734-4132

**Oregon** 815-732-2162

**Rochelle** 815-562-2131

#### **Whiteside County (Non-emergency)**

**Albany** 309-887-4064

**Chadwick** 815-684-5264

**Erie** 309-659-7792

**Fulton** 815-589-3617

**Lyndon** 815-778-4811

**Milledgeville** 815-225-7134

**Morrison** 815-772-7650

**Oregon** 815-732-2162

**Polo** 815-946-3412

**Prophetstown** 815-537-2386

**Rock Falls** 815-622-1140

**Sterling** 815-632-6640

## LAW ENFORCEMENT continued

### Sheriff's Departments

**Bureau County** 815-875-3344  
**Carroll County** 815-244-9171  
**Lee County** 815-284-6631  
**Ogle County** 815-732-2136  
**Whiteside County** 815-772-4044

### State Police

**LaSalle, IL** 815-224-1171  
**Sterling, IL** 815-632-4010

## LICENSE STICKER DISCOUNTS - Must meet income eligibility

<b>Carroll County Senior Center</b>	Mt. Carroll, IL	815-244-1800
<b>Lee County Council on Aging</b>	Dixon, IL	815-288-9236
<b>Rock River Center</b>	Oregon, IL	815-732-3252
<b>Whiteside County Senior Center</b>	Sterling, IL	815-622-9230

## MEALS

**Congregate (Group) Dining** – Whiteside County Senior Center, 1207 W. 9<sup>th</sup> St., Sterling, IL (provided by Golden Meals) Mon-Thurs 11am-12pm \$3.00 60+yrs old.

**Free Community Breakfast - Loaves & Fishes** 501 Broadway, Sterling, IL 815-626-4773 Mon-Thurs. 9-10:45am

**Home Delivery** (serving Carroll and Whiteside counties) **Northwestern IL. Community Action Agency- Golden Meals** 1207 W. 9<sup>th</sup> St., Sterling, IL 61081

## MEDICAID

**Illinois Department of Human Services** 2605 Woodlawn Rd., Sterling, IL 815-632-4045 or 1-800-226-0768

**Initial application:** **Lee County Council on Aging** Dixon, IL 815-288-9236  
**Whiteside County Senior Center** Sterling, IL 815-622-9230

## MEDICATION

**Medication Assistance** CGH Health Foundation Program. Julie Morse 815-625-0400 Ext. 4433 (free for CGH patients only)

## MEDICATION DISPOSAL

**Find locations: Consumer Drug Take-Back** 844-482-5322

**CGH Pharmacy** 100 E. LeFevre Rd., Sterling, IL 815-564-4633 M-F 8am-5pm

**CVS Pharmacy** 2301 Locust St., Sterling, IL 815-626-9031

**Walgreens** 2506 E. Lincolnway, Sterling, IL 815-626-4920  
1275 N. Galena Ave., Dixon, IL 815-288-7844  
1700 1<sup>st</sup> Ave., Rock Falls, IL 815-626-9562

## MEMORY CARE COMMUNITIES – Accept Medicaid

**Allure of Pinecrest** 414 S. Wesley Ave., Mt. Morris, IL 815-734-4103

**Allure of Prophetstown** 310 Mosher Dr., Prophetstown, IL 815-537-5175

**Allure of Sterling** 612 West 23<sup>rd</sup> St., Sterling, IL 815-626-9020

**Big Meadows** 1000 Longmoor Ave., Savanna, IL 815-273-2238

**Citadel of Sterling** 105 E. 23<sup>rd</sup> St., Sterling, IL 815-626-4264

**Dixon Rehab & Healthcare** 800 Division St., Dixon, IL 815-284-3393

**Franklin Grove Living & Rehabilitation Center** 502 N. State St., Franklin Grove, IL 815-456-2374

**Generations at Neighbors** 811 W. 2<sup>nd</sup> St., Byron, IL 815-234-2511

**Liberty Village** 2203 E. Flagg Rd., Rochelle, IL 815-562-9800

**Oregon Living & Rehab Center** 811 S.10<sup>th</sup> St., Oregon, IL 815-732-7994

## MEMORY CARE COMMUNITIES: (Independent & Assisted Living) Non-Medicaid

**Avonlea of Sterling** 2201 E LeFevre Rd. Sterling, IL 815-626-5439 Pay: Private, Long Term Care Insurance, Veteran's Affairs Benefits

**Homestead of Morrison** 403 Scenic St. Morrison, IL 815-281-5473. Secured. 16 private apartments  
Pay: Private, Long Term Care Insurance, Veteran's Affairs Benefits.

**Liberty Court** 124 Liberty Court, Dixon, IL. Secured. Pay: Private, Long Term Care Insurance, Veteran's Affairs Benefits

**Morningside of Sterling** 2705 Ave. E., Sterling, IL 815-622-2800 30 apartments/secured. Pay: Private, LTC Insurance, VA Benefits.

## NEGLECT

**Lifescape Community Services - Adult Protective Services- Rock Falls 815-490-1125**

## NEUROLOGISTS

All located at CGH Main Clinic, 101 E. Miller Rd., Sterling, IL

**Dr. Chester Dela Cruz** CGH 815-625-4790

**Dr. Preeti Joseph** CGH 815-625-4790

**Dr. Khanh L. Nguyen – Teleneurology** CGH 815-625-4790

## PHONES – Amplified (Free)

**Bureau County Senior Citizens Center** 16 W. Marion, Princeton, IL 815-879-3981

**Carroll County Senior Center** 17612 Benton St., Mt. Carroll, IL 815-244-1800

**Lee County Council on Aging** 100 West 2<sup>nd</sup> St., Dixon, IL 815-288-9236

**Mt. Morris Senior Center** 9 E. Front St., Mt. Morris, IL 815-734-6335

**Polo Area Senior Services** 101 E. Mason St., Polo, IL 815-946-3818

**Rock River Center (Ogle County)** 810 S. 10<sup>th</sup> St., Oregon, IL 815-732-3252

**Whiteside County Senior Center** 1207 W. 9<sup>th</sup> St., Sterling, IL 815-622-9230

## DO NOT CALL REGISTRY

**donotcall.gov** 1-888-382-1222

## POISON CONTROL

**Helpline** 1-800-222-1222

## PRODUCTS

**The Alzheimer’s Store** [www.alzstore.com](http://www.alzstore.com)

**Northern IL Home Medical Supply** 1309 N. Galena Ave., Dixon 815-285-5857  
3312 River Rd., Sterling 815-626-4041

## RESEARCH

[www.alz.org/research](http://www.alz.org/research)

[www.mayo.edu/research](http://www.mayo.edu/research)

[www.nia.nih.gov](http://www.nia.nih.gov)

[www.ninds.nih.gov/health-information/disorders/dementia](http://www.ninds.nih.gov/health-information/disorders/dementia)

## SAFETY/WANDERING DEVICES

The Alzheimer's Store [www.alzstore.com](http://www.alzstore.com)

**Northern IL Home Medical Supply** 1309 N. Galena Ave., Dixon 815-285-5857  
3312 River Rd., Sterling 815-626-4041

## SENIOR HOUSING ONLINE RESOURCES

A Place for Mom [www.aplaceformom.com](http://www.aplaceformom.com)

## SENIOR CENTERS

**Bureau County Senior Citizens Center** 16 W. Marion, Princeton, IL 815-879-3981

**Carroll County Senior Center** 17612 Benton St., Mt. Carroll, IL 815-244-1800

**Lee County Council on Aging** 100 West 2<sup>nd</sup> St., Dixon, IL 815-288-9236

**Mt. Morris Senior Center** 9 E. Front St., Mt. Morris, IL 815-734-6335

**Polo Area Senior Services** 101 E. Mason St., Polo, IL 815-946-3818

**Rock River Center (Ogle County)** 810 S. 10<sup>th</sup> St., Oregon, IL 815-732-3252

**Whiteside County Senior Center** 1207 W. 9<sup>th</sup> St., Sterling, IL 815-622-9230

## SENIOR HEALTH INSURANCE PROGRAM (SHIP): Medicare plan finders/open enrollment/new to Medicare

**Bureau County Senior Citizens Center** 16 W. Marion, Princeton, IL 815-879-3981

**Carroll County Senior Center** 17612 Benton St., Mt. Carroll, IL 815-244-1800

**Lee County Council on Aging** 100 West 2<sup>nd</sup> St., Dixon, IL 815-288-9236

**Mt. Morris Senior Center** 9 E. Front St., Mt. Morris, IL 815-734-6335

**Polo Area Senior Services** 101 E. Mason St., Polo, IL 815-946-3818

**Northwestern IL Area Agency on Aging (NIAAA)** 111 S. Alpine Rd., Ste. 600, Rockford, IL 815-226-4901

**Rock River Center (Ogle County)** 810 S. 10<sup>th</sup> St., Oregon, IL 815-732-3252

**Whiteside County Senior Center** 1207 W. 9<sup>th</sup> St. Sterling, IL 815-622-9230

## **SOCIAL SECURITY/DISABILITY for Early On-set Dementia Diagnosis**

**Compassionate Allowances Initiative (CAL)** [www.alz.org](http://www.alz.org) Checklist is located on this website.

## **SUICIDE**

**Hotline 24/7: Dial 988**

## **SUPPORT GROUPS: Dementia/Alzheimer's Disease**

**Carroll County – 1<sup>st</sup> Monday 3:30pm** First Lutheran Church, Chadwick, IL 815-590-6372 or 815-499-5161

**Morrison – 3<sup>rd</sup> Wednesday 3pm** Homestead of Morrison, 403 Scenic St., Morrison, IL 815-281-5473

**Mt. Morris – 1<sup>st</sup> Thursday 6pm** Senior Center, 9 E. Front St., Mt. Morris, IL 815-734-6335

**Polo – 4<sup>th</sup> Monday 2 pm** Polo Area Senior Services 101 E. Mason St., Polo, IL 815-946-3818

**Prophetstown – Last Monday 1pm** Riverview Estates at Allure of Prophetstown, 312 Mosher Dr., Prophetstown, IL 815-238-4646

**Sterling – 3<sup>rd</sup> Monday 3pm** Morningside of Sterling 2705 Ave. E., Sterling, IL 815-625-0400 Ext. 3977

## **SUPPORTIVE LIVING**

**Heritage Woods of Sterling** 2205 Oak Grove St., Sterling, IL 815-625-7045. Independent Living Private Apartments, Pay: Private, Medicaid, Long Term Care Insurance, Veteran's Affairs Benefits

## **TAX FREEZE/HOMESTEAD EXEMPTION**

**Contact your county Assessor's Office**

## **TAX PREPARATION (Free)**

**American Association of Retired Persons (AARP) – Tax volunteers** Contact your local senior center or library

## **THEFT**

**Catholic Charities Ombudsman (if loved one is in a nursing home)** 1-800-369-0895 or 779-210-8700

**Lifescape Community Services Adult Protective Services** 815-490-1125



## TRANSPORTATION

**Carrol County Transit** 815-244-0011

**Castor Medical Transportation Inc.** 815-200-9096

**D and L Cab** 815-625-0151

**Lee County Council on Aging Senior Transportation** 815-288-9236

**Lee-Ogle Transportation System** 815-288-2117

**Spee Dee Medical Transportation:** 815-316-2572 Rockford

**The Cab:** 815-285-1000 Available 24/7

**CGH Transportation Assistance** Covers transportation for patients as needed to hospital and area clinics as well as to out-of-town specialists. CGH Health Foundation, Talia Rosas 815-625-0400 Ext. 5556 (free for CGH patients only)

**Veteran's Assistance Commission** 1300 West 2<sup>nd</sup> St., Rock Falls, IL 815-626-8640

**Whiteside County Public Transportation** 1207 W. 9<sup>th</sup> St., Sterling, IL 815-626-RIDE

## UTILITY ASSISTANCE for your Home

**Albany Village Office** 102 S. Main St., Albany, IL 309-887-4064

**Coloma Township** 1200 Prophetstown Rd., Rock Falls, IL 815-625-5981

**Erie Township** 900 Lakeside Dr., Erie, IL 309-659-7537

**Fenton Township** 10020 Main St., Fenton, IL 815-778-4950

**Fulton Township** 4<sup>th</sup> and 10<sup>th</sup> Ave., Fulton, IL 815-589-3624

**Garden Plain Township** 5909 Garden Plain Rd., Fulton, IL 309-887-4600

**Genesee Township** 22231 Pilgrim Rd., Coleta, IL 815-336-9100

**Hahnaman Township** 28806 Hub, Deer Grove, IL 815-438-2925

**Hopkins Township** 24719 Emerson Rd., Sterling, IL 815-626-7569

**Hume Township** 24178 Gaulrapp Rd., Tampico, IL 815-438-2521

**Jordan Township** 28950 Penrose Rd., Sterling, IL 815-626-0504

**Lyndon Township** 815-778-4497

## UTILITY ASSISTANCE for your Home continued

**Montmorency Township** 815-625-8663

**Mt. Pleasant Township** 815-772-2077

**Newton Township** 5520 Gaulrapp Rd., Erie, IL 309-659-7292

**Prophetstown Township** 815-537-5328

**Sterling Township** 505 W. Lynn Blvd., Sterling, IL 815-625-3990

**The Salvation Army** 409 Ave. F., Sterling, IL 815-625-1622

**Tri-County Opportunities Council** 405 Emmons Ave., Rock Falls, IL 815-625-7830

## VETERAN'S AFFAIR (VA) AIDE & ATTENDANCE (to pay for Assisted Living costs)

**Oregon VFW**, Luz Gilkey 815-255-9181

**Sterling** (in strip mall in front of Menards-next to Cora Therapy), Brian Butler 815-626-2468

## VETERANS

**Military/Veteran's Rights Hotline** 1-800-382-3000

**Veteran's Affairs Aide and Attendance (to help pay for Assisted Living and Long-Term Care)**  
Oregon, IL – 815-255-9181 or Sterling, IL – 815-626-2468

**Veteran's Assistance** 716 6<sup>th</sup> Ave., Rock Falls, IL 815-626-2468

**Veteran's Assistance Commission** 1300 West 2<sup>nd</sup> St., Rock Falls, IL 815-626-8640

**VA Outpatient Clinic** Kmart Plaza 2901 E. Lincolnway, Sterling, IL 815-632-6200

## VISION

**CGH Health Foundation** 2600 N. Locust St., Sterling, IL. Funds for eyeglasses/appointments.  
Contact Sherry DeWalt 815-625-0400 Ext. 5716

## VOLUNTEER OPPORTUNITIES

**CGH Health Foundation** 815-625-0400 Ext. 5575

**CGH Medical Center** 815-625-0400 Ext. 5727

**Home of Hope Cancer Wellness Center** 815-288-4673

## VOLUNTEER OPPORTUNITIES continued

**Hospice** (Contact your local office)

**Lee County Council on Aging** 815-288-9236

**Lifescape Community Services** 815-490-1125

**Senior Centers** (contact your local center)

**Whiteside County Senior Center** 815-622-923

## WAYS TO WELLNESS CARE COORDINATION

**CGH** 101 E. Miller Rd., Sterling, IL 61081 (free to CGH patients only). Kristi 815-625-0400 Ext. 1916 or Stacey 815-625-0400 Ext.1911

Care Liaisons offer expert guidance and brief targeted intervention with a focus on social, emotional, behavioral and environmental needs.

## WELLNESS

**BP/Cholesterol Screenings** CGH Health Foundation, Sherry DeWalt 815-625-0400 Ext. 5716 (a minimal fee)

**Women's Health** Sponsoring screenings mammograms with no out-of-pocket costs, plus limited coverage for diagnostic mammograms, MRIs, ultrasounds and biopsies. CGH Health Foundation Sherry DeWalt 815-625-0400 Ext. 5716

## CGH HEALTH FOUNDATION funds these local initiatives

- Nutrition & Fitness/Coordinated Approach to Child Health (CATCH)
- Medication Assistance
- Eyeglasses for Kids/Adults
- Cardiac/Workplace Wellness
- Dementia Project
- Women's Health/Oncology/Cancer Resource Fund
- Transportation Assistance
- Prescott Dental Clinic at the Whiteside County Health Department
- Nursing/Healthcare Scholarships
- Ways to Wellness Care Coordination

I apologize in advance for any errors that may have occurred in providing this listing of resources. I do not directly or indirectly endorse any specific product or service that is or will be provided related to this guide.

### **Beth Sterk**

*CGH Dementia Navigator*

*CGH Medical Center*

*815-625-0400 Ext. 3977*

[beth.sterk@cghmc.com](mailto:beth.sterk@cghmc.com)