



RESOURCE GUIDE

SPONSORED BY:

PARK FOREST COMMUNITY HEALTH

Mission: Improve and support a quality of life that promotes the health and wellbeing of Park Forest residents.

708-748-2005

PARK FOREST COMMISSION ON HUMAN RELATIONS

708-283-5621

Mission: Developing programs to encourage diversity and positive interaction among community members. The Commission is committed to ensuring access by all people to full participation in all facets of life in the Village.

PARK FOREST SENIOR COMMISSION

Mission: Assists the Village in presenting information and education to the public on matters relating to seniors and brings the concerns of the elderly to the attention of the Mayor and Board of Trustees.

REVISED: 2019

LOCAL HOSPITALS

FRANCISCAN ST JAMES HEALTH 708-747-4000
20201 S. Crawford Avenue, Olympia Fields

Franciscan Urgent Care Center 708-733-7200
30 East 15th Chicago Heights

INGALLS HOSPITAL 708-333-2300
1 Ingalls Drive, Harvey

OAK FOREST HEALTH CENTER 708-687-7200
15900 Cicero Avenue, Oak Forest

ADVOCATE SOUTH SUBURBAN HOSPITAL 708-799-8000
17800 S. Kedzie Avenue, Hazel Crest

METRO SOUTH HOSPITAL 708-597-2000
12935 Gregory Street, Blue Island

LOCAL PHARMACIES

CVS – Park Forest 708-747-5562

CVS Minute Clinics www.minuteclinic.com

7900 191st Tinley Park, IL (815) 806-3211
11200 W Lincoln Hwy., Mokena, IL (815) 464-2171
9551 171st Street, Tinley Park, IL (708) 873-0062

WALGREENS –

18300 Governors Highway, Homewood 708-799-8301
820 W 183rd Street, Homewood 708-957-9402
20950 Governors Highway, Olympia Fields 708-747-0121
3200 Vollmer Road, Olympia Fields 708-503-3617
15 S. Orchard Street, Park Forest 708-481-7878
3120 Chicago Road, So. Chicago Heights 708-755-7972
650 Dixie Highway Chicago Heights 708- 755-0058

Walgreens Healthcare Clinics (with outpatient pharmacy)

20002 Wolf Road, Mokena, IL 60448 708-478-3244
522 Torrence Ave, Calumet City, IL 60409 708-868-5669
14680 S La Grange Road, Orland Park, IL 60462 708-460-2021

HEALTH CARE CLINICS

Access Family Health Society 152 W Lincoln Highway, Chicago Heights	708-754-9687
Aunt Martha's Health Care 1536 Vincennes Avenue, Chicago Height	877-692-8686
Aunt Martha's Health Care -Women 233 W Joe Orr Road, Chicago Heights, IL	877-692-8686
Cottage Grove Health Center 1645 Cottage Grove Avenue Ford Heights	708-753-5800
Family Health Christian Center 31 w 155 th Street, Harvey	708-596-5177
Oak Street Health 1401 Western Ave Chicago Heights	844-808-8262
Robbins Health Care of Cook County 13450 S Kedzie, Robbins	708-293-2400
AUNT MARTHA'S HARVEY COMMUNITY HEALTH CENTER 159 E. 154 th Street, Harvey, IL 60426	877-692-8686
Jen Care Senior Medical Center 19310 S. Halsted Glenwood IL 60430	708-300-3132
Walgreens Healthcare Clinics 20002 Wolf Road, Mokena, IL 60448 9554 E. Lincoln Highway, Frankfort. IL 60423 9525 159 th St, Oak Forest, IL	708-478-3244 815-806-0438 708-535-6018

DENTAL CARE

Medicaid Accepted

Sonrisa Family Dental

1415 Emerald Avenue, Chicago Heights

708-756-7384

Dr. Shikami

1526 Halsted Street, Chicago Heights

708-754-1063

Gordon Dental Associates

708-679-0668

ORAL SURGERY CENTER

Dr. Les Beste

Dr. Donald Bonomo

Dr. Robin Gallardi

19838 Halsted Street, Chicago Heights

708-755-0800

HEARING

EXPERT HEARING CLINIC

2601 W. Lincoln Highway, Suite 112, Olympia Fields

708-747-1198

MIRACLE EAR

3220 Vollmer Road

Olympia Fields

708-529-5466

LOCAL PHYSICIANS

Franciscan Physician Network 708-748-9475
344 Victory Drive, Park Forest, IL 708-679-2370
Dr. John Tibble– Family Medicine

Dr. Khaja Asadulla – Internal Medicine 815-464-7212
10181 Lincoln Highway, Frankfort

Dr. Rakesh Chugh – Internal Medicine 708-755-9355
17732 Oak Park Ave Suite E Tinley Park

Dr. Sanjeev Joshi – Internal Medicine & Geriatrics 708-481-8883
4001 Vollmer Road Olympia Fields

Dr. David Mehl – Orthopedic Surgery 708-679-2310
20201 s Crawford Suite 1400 Olympia Fields

Dr. Devangi Sreekanth–Internal Medicine/Cardiology 708-679-2380
3800 w 203rd Street, Olympia Fields

JenCare Senior Medical Center 708-300-3132
19310S. Halsted 855-526-3348
Glenwood, IL 60430

Dr. Daniel Yohay – Internal Medicine & Nephrology 708-957-8750
19950 S Governors Highway, Flossmoor

Podiatry (Foot Doctor)

Dr. Dennis Wolney/ Frank Narcisi 708-754-8161
275 W 201st street Chicago Heights

Dr. Jerome Randall 708-898-2380
19900 Governor's Highway
Olympia Fields, IL

Park Forest Podiatry 708-748-3338
231 Main Street Park Forest

Local Travel Immunization Clinics

**Will County Health Department
Franciscan Working Well clinic
Passport Health Travel Clinic - Mokena**

**815-727-8673
708-709-2000
847-816-3434**

SHELTERS

SOUTH SUBURBAN PADS

708-233-1221

SOUTH SUBURBAN FAMILY SHELTER

708-335-3028

*Domestic violence services for families – women-children & men
All calls are confidential – available 24 hours*

LEGAL AID

LEGAL AID FOUNDATION (LAF)

312-229-6080

Free Legal Services for Older Adults, 60 and Live in Cook County.

Help to create documents that allow you to plan for the future.

Living Wills, Power of Attorney, and Transfer on Death Instrument (TODI)

LONG TERM CARE OMBUDSMAN-

DENISE J. MACON

312-347-8379

CENTER FOR DISABILITY & ELDER LAW

312-376-1880

Leave message for return call

79 w Monroe Street, Suite 919, Chicago

CREATING ACCESSIBILITY

W.R. WHEELER

WWW.ACCESSIBLELIVINGSOLUTIONS.COM

708-825-3784

HOME MODIFICATIONS TO CREATE
RAMPS, WHEELCHAIR LIFTS, WALK IN SHOWERS

MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICE-Natl Suicide Hotline 800-273-8255
Veterans Crisis Line 800-273-8255 #1

GRAND PRAIRIE SERVICES

708-799-2200

AUNT MARTHA'S-Park Forest, 440 Forest Blvd 877-692-8686

**JOURNEYCARE – Bereavement care, grief support care
and palliative care**

847-467-7423

VISION

Dr. Ronald Greenspan (Optometry)
366 Dixie Highway, Chicago Heights

708-754-0080

VISION MISSION GROUPS, S.C. –

815-260-6884

Dr. William Grant

P. O. Box 553, Frankfort

*A mobile optical company that serves the Homebound, Senior Centers, Hospitals,
Nursing Homes and Assisted Living Facilities.*

Dr. Samuel Multack
20203 Crawford (lower level), Olympia Fields
2220 Wolf Road, Frankfort

708-898-1858
815-889-3333

University of Illinois Vision Center

773-702-1234

RICH TOWNSHIP,
SHIRLEY J. GREEN-
SENIOR CENTER

297 LIBERTY DRIVE, PARK FOREST

708-748-5454

Rich Township offers a wide variety of services to those 60 years and older, or who are disabled and live in Rich Township. The senior center offers educational and recreational programs as well as senior dining. There is not a residency or age requirement to participate in the Senior Centers' activities.

TRANSPORTATION SOLUTIONS

AMBULANCE

TRACE AMBULANCE SERVICE, INC
8400 W. 183RD Place, Tinley Park
Advanced & Basic Life Support

708-532-0088

AC MED TRANS

630- 568-3850

IN AN EMERGENCY - ALWAYS DIAL 911

TRAIN

METRA – INFORMATION
METRA PASSENGER SERVICE
RTA TRAVEL INFORMATION

708-836-7000
312-322-6777
312-836-7000

CAR, VAN, BUS

1ST TRANSIT

877-725-0569

BLOOM TOWNSHIP (24 Hour Reservations)

708-754-8200

JOLLEY TROLLEY/PACE

708-748-4433

Service within Park Forest ONLY

RICH TOWNSHIP TRANSPORTATION

708-748-6727

22013 Governors Highway, Richton Park

Senior Citizens 55 years of age and older, disabled citizens who reside in Rich Township. Lift equipped buses are available for residents with wheelchairs, walkers or with limited mobility.

PACE ADA Para-Transit

866-248-6868

ST. JAMES COURTESY VAN - CARE LINKS 708-679-2777

(FREE Service ONLY to Franciscan St. James Hospital Olympia Fields (Call ahead for eligibility.)

SENIOR CAREGIVING ASSISTANCE

RIGHT CHOICE HOME CARE

866-799-5955

MEALS ON WHEELS – (Rich Township in Cook County) 708-748-5454

MOM'S MEALS

Provide fresh-made, home-delivered meals to the elderly **877-508-6667**

POLONIA IN HOME CARE SERVICES **773-777-1121**

RIGHT AT HOME **708-873-9007**

8951 w. 151ST Street, Suite 1 Orland, IL 60462
Providing In Home Care & Assistance

CENTER OF CONCERN **847-242-8010**
(PREVIOUSLY THE SENIOR COMPANION PROGRAM)

(Serving suburban Cook County) **847-823-0453**

SO SUBURBAN SERVICES OF CATHOLIC CHARITIES
Central Number **708-832-1208**

1700 Memorial Drive, Calumet City
Serving all people aged 60 and over. To serve senior citizens, maintaining their dignity and worth as individuals while continually striving for excellence with flexibility in a changing environment.

HOSPICE CARE

HARBOR LIGHT HOSPICE (Winfield) **630-942-0100**

(Crown Point) **219-661-3100**

ADVOCATE HOSPICE (Lombard) **630-963-6800**

JOURNEYCARE **847-467-7423**

SENIOR LIVING

Need Help Deciding Where to Live?

Silver Connections **Kitty Watson, Park Forest** **708-805-4095**
Corporate Office **847-373-1712**

LOCAL INDEPENDENT HOUSING

Cedar Ridge Apartments

708-748-1976

1000 Cedar Ridge, Richton Park

Designated Buildings: 62+, Elderly, Families, Handicapped or Disabled

Manager – Daymont Van Pelt

Garden House

708-747-6460

69 Park Street, Park Forest

62+, Disabled

Manager – Olga Athanasoulis

Juniper Towers

708-748-0441

350 Juniper Street, Park Forest

Manager –

Victory Centre - Apartments

151 Main Street, Park Forest

62+, Disabled

Manager – Nelida Anderson

708-283-2921

ADULT DAY CARE

Among Friends -Glenwood center

708-755-2345

18430 S. Halsted, Glenwood

Senior Adult Day Care-Tinley Park

708-444-7463

7040 Centennial Drive, IL. Tinley Park

ASSISTED LIVING FACILITIES

ARDEN COURTS – *Assisted living communities specially designed for persons with Alzheimer's disease or other memory impairments. Contact the closest location for a consultation.*

CITADEL ESTATES of Hazel Crest	708-799-7099
ARDEN COURTS OF PALOS HEIGHTS	708-361-8070
ARDEN COURTS OF SOUTH HOLLAND	708-895-1600
BROOKDALE OF OLYMPIA FIELDS	708-747-3333
WINDMILL NURSING PAVILION	708-339-0600
SUNRISE OF FLOSSMOOR	708-798-1600
SUNRISE VILLAS OF OLYMPIA FIELDS	708-747-3333
VICTORY CENTRE OF PARK FOREST	708-283-2921
VILLAGE WOODS OF CRETE	708-672-61111
WATERFORD ESTATES OF HAZEL CREST	708-703-0784

Medical Equipment – Loan Closets

Park Forest Community Health M-F 9-5 pm, Call First for availability	708-748-2005
Oak Lawn	708-499-0240
Tinley Park (Orland Township residents only) Range of items and hospital beds available	708-403-5148
Orland Park	708-403-4222

Medical Equipment Stores

VANDENBERG, 6813 West 167th Street, Tinley Park, IL 60477	708-532-7050 708-943-4294
ARMOR MEDICAL SUPPLY, 16643 S. Kedzie, Markham, IL 60428	708-331-7111

LOCAL SKILLED NURSING AND REHABILITATION FACILITIES

ANCHORAGE OF BEECHER	708-946-2600
APPLEWOOD CENTER – Matteson	708-747-1300
GLENSHIRE NURSING HOME - Richton Park	708-747-6120
GLENWOOD HEALTHCARE – Glenwood	708-758-6200
PINECREST HEALTHCARE –Hazel Crest	708-335-2400
MANOR CARE OF HOMEWOOD	708-799-0244
MERCY HEALTH CARE – Homewood	708-957-9200
PRAIRIE MANOR – Chicago Heights	708-754-7601
ST. JAMES MANOR – Crete	708-672-6700

Food Delivery Options

Peapod.com
shopmeijer.com/meijer/delivery
grocery.walmart.com
shop.jewelosco.com

24 HOUR NURSING HOME COMPLAINT LINE
State of Illinois, Department of Human Services
800-252-4343

Additional Resources

AARP	312-372-2277
Abuse (Elder)	800-252-8966
ACCESS to CARE (Insurance Assistance)	708-531-0680
Alcoholism	
Alcoholics Anonymous	312-346-1475
So Suburban Council on Alcoholism	708-957-2854
American Cancer Society	708-633-7770
American Heart Association	800-242-8721
American Red Cross	312-729-6100
American Stroke Association	888-478-6753
<u>C</u>	
Cancer Support Center of Homewood	708-798-9171
Catholic Charities	708-596-2222
CEDA	312-795-8844
Cook County Housing Authority	708-755-1700
<u>D</u>	
Department of Aging	312-814-2630
Department on Elder Abuse	800-252-8966
Department of Human Relations	
Family Resource Center	815-740-5350
<u>F</u>	
Food Stamps	708-371-5750
<u>M</u>	
Medicare (general information)	800-633-4227
<u>P</u>	
Poison Control Center	800-222-1222
Public Aid	
Cook County	708-371-5750
Will County	815-740-5350
Help Line	800-252-8635
<u>R</u>	
Respond Now	708-755-4357
<u>S</u>	
Social Security Administration	800-772-1213
So. Sub Housing Center	708-957-4674

TEEN ZONE

JOB CONNECTION

The Teen Job Connection matches teenagers (ages 12-18) seeking part-time work with residents who need tasks done around their homes. Teenagers can register for work **shoveling snow, cutting grass, raking leaves**, etc. Residents requesting names are supplied with a list of teenagers interested in the task that needs to be taken care of. Names and contact information will be given to the resident to contact the teenager. The resident requesting the service is responsible for contacting the registered “Connection” teenager to make the necessary arrangements. The “Connection” teenager is responsible for completing the task or notifying the resident if they are unable to complete the work. ***The resident and teenager will work out an agreement for appropriate pay for services.***

Call Adina @ 708-283-5649 for information