2013

Resource Booklet for Winnebago County

Saint Anthony College of Nursing
Composed by:
Melissa Bergman
Mindy Poe
Christina Torrance
Brooke Witek
Xiaolin Wu
Bob Young
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Adult Day Care Centers/Senior Centers:

Brightside Adult Day Service

Longwood Plaza - 1055 E. State Street, Rockford, IL (815) 964-2433

Contact: Cheryl Davis, Senior Assist Program Director

Tabor Lutheran Church - 2233 12th Ave. Rockford, IL (815) 387-7976

Contact: Cheryl Davis, Senior Assist Program Director

http://www.lifescareservices.org/

Brightside offers the following opportunities to its participants:

• Music, exercise, and active programming including theme days, guest entertainment, arts & crafts, games and movies
• Socialization & conversation
• Individual & small group activities
• Cognitive stimulation
• Remotivation therapy
• Medical monitoring including medication administration by a registered nurse
• Qualified, professionally trained staff at a 1 to 6 staff to participant ratio
• A nutritionally balanced breakfast, hot lunch and afternoon snack
• Round trip transportation on wheelchair accessible vehicles

Brightside offers Senior Assist, which includes:

Services:
• Caregiver assistance
• Aid to Blind or Disabled
• Home weatherization
• Food pantries
• Grandparents raising grandchildren
• Tax counseling for the Elderly
(This is not an entire list of services provided)

Filling out forms for services such as:
• Living will
• Power of attorney
• Low energy assistance program
• Social security
(This is not an entire list of services provided)
Adult Day Care Centers/Senior Centers:

Rockford Senior Care

435 N. Mulford Suite 7 Rockford, IL

Contact: Senior care -- (815) 398-1333 In-Home Care (non-medical) -- (815) 209-0763

www.rockfordseniorcare.com

Services included in Senior Care:

- Meal preparation
- Transfer assistance
- Mobility training and assistance (moving around the house, walking)
- Bed-side care (as needed)
- Diabetes management
- Incontinent care
- Running errands
- Medication management
- Assistance with personal hygiene (nail and skin care included)
- Assistance with routine tasks such as dressing, grooming, and bathing
- Medication administration
- Assistance with exercise programs
- Personal laundry
- Post-surgery support and care

Services included in Non-Medical In-Home Care Program:

- Assistance with routine tasks
- Incontinent care
- Grocery shopping
- Health monitoring
- Housekeeping services for the Elderly
- Convalescent care
- Light housekeeping
- Running errands
- Assistance with mobility
- Respite care services
- Incidental and schedule transportation
- Checking of vital signs and monitoring health
- Assistance with exercise programs
- Personal laundry
- Post-surgery support and care
Alcohol/Drug Treatment:

**Rosecrance: Addiction services in Rockford**—(888) 928-5278

*Adult Substance Abuse*: Rosecrance Harrison Campus 3815 Harrison Ave., Rockford, IL

Contact: **Adult center**—Amy Young, (815) 391-1000

*Adolescent Substance Abuse*: Rosecrance Griffin Williamson Campus 1601 University Dr, Rockford, IL

Contact: **Adolescent center**—Casey Bettner, (815) 387-2532

[www.rosecrance.org](http://www.rosecrance.org)

*Adult Substance Abuse services provided:*

- Detoxification
- Residential Inpatient
- Partial Hospitalization
- Intensive Outpatient Treatment
- Recovery Homes

Families of Adults—services provided:

- Family visits
- Individual family sessions
- Family education weekend

*Adolescent Substance Abuse services provided:*

- Medically Monitored Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient Treatment
- Recovery Homes

Families of Adolescent’s—service provided:

- Family Support Group and Therapeutic leave of absence
- Family visits and Discharge planning
- Individual family sessions, Family relapse prevention plan, and Family education weekend
- Recovery lifeline program
Advocacy and Counseling Services:

**West Minster Presbyterian Church**

*Anger Alternatives*: 2821 North Bell School Road, Rockford, IL

Contact: (815) 282-1500 or (815) 399-5534

Classes and support groups are offered on Tuesdays. Costs for classes are $5.00

Purpose of classes is to assist with chronic anger issues.

**Family Consultation Service**

210 North Longwood Street, Rockford, IL

Contact: (815) 962-5585


Services provided: Professional counseling service for families and individuals experiencing conflicts and problems, arising from marriage, divorce, parent-child relations and other interpersonal environment or situational conditions.

**Rockford Sexual Assault Counseling**

4990 East State Street, Rockford, IL

Contact: (815) 636-0811 –24 hours a day

Services provided: Services available for ages 12+ who are victims of sexual assault and abuse, 24-hour crisis, intervention, therapy and legal advocacy

**Lutheran Social Services of Illinois**

615 South 5th Street, Rockford, IL

Contact: (815) 966-6787


Services Provided: Provides youth and family counseling, crisis intervention and involvement in delinquent, behavior, marriage counseling, group family life presentation. Foster care services, adoption and pregnancy services are available.
Clothing Community Resources:

The Carpenter’s Place

1149 Railroad Avenue, Rockford, IL

Contact: Kay Larrick, Executive Director, (815) 964-4105

http://www.carpentersplace.org/index.html

Services provided:
- Day room with practical and essential life services: Day room to eat, rest, enjoy positive socialization, and engage with CP case managers in a safe and welcoming environment. Practical and essential life services including bathroom facilities, shower, breakfast and lunch, clothing, laundry, storage of personal belongings, mail/message service, telephone, mailing address, etc.
- Case management
- Support groups and educational services
- On-site and linkage to community services
- Employment training and services
- Homeless mental health access project
- Supportive transitional housing
- Women’s housing program
- Permanent supportive housing program
- Veteran’s transitional housing

The Salvation Army

220 South Madison Street, Rockford, IL

Contact: Colonel Thomas C. Lewis—(815) 962-7199

Services Provided: non-profit charity organization can help people with numerous basic needs such as rent, food, clothing, eviction prevention assistance, furnishings, household products, etc. through the social service programs. (More services are provided than listed)

- Adult Program Services - Military Personnel Assistance
- Emergency Assistance - Emergency Financial Assistance
- Emergency Assistance - Emergency Shelter & Clothing
- Emergency Assistance - Food & Nutrition Programs
- Worship Center - Worship Services - Children's / Teen
- Worship Center - Worship Services - Church
- Worship Center - Men's Ministries
- Worship Center - Women's Ministries
- Youth Services - Boys' & Girls' Club
- Adult Program Services - Community Recreation & Education Programs
Elder Abuse:

Northwestern Illinois Area Agency on Aging

1111 South Alpine Road, Suite 600, Rockford, IL, (815) 226-4901 or 1-800-542-8402—hotline

Monday-Friday 08:00 a.m. to 4:00 p.m.

Contact: Catholic Charities LTC Ombudsman Program (in addition to above numbers)
4401 Highcrest Road, Rockford, IL Toll free number: 1-800-369-0985 or
Local: (815) 316-0040

Services Provided from NIAAA:

- Information and Assistance
- Pharmaceutical assistance
- Caregiver services
- Grandparent services
- Employment assistance
- Elder abuse prevention
- Ombudsman program
- Meals
- Transportation
- Health promotion
- Legal services

Visiting Nurses Association of Rockford

4223 East State Street, Suite 100, Rockford, IL (815) 971-3502

Contact: Executive Director—(815) 971-3744
VNA older adult services—(815) 971-4285

http://www.rhsnet.org/aboutus-VNA.aspx

Services Provided: VNA is listed as an Elder Abuse Provider Agency in Winnebago County in the Illinois

Department on Aging booklet.

- Skilled home health and Home Medical Equipment
- Hospice, Older Adult Care Home medical equipment
- Pharmacy/infusion
- Older adult care and Community Outreach
Emergency:

**Emergency 911**
NonEmergency Police Help Line (inside the City of Rockford) (815)-966-2900

Non-Emergency Police Help Line (outside the City of Rockford) (815)-966-2900

Poison Control 1-800-222-1222

Immunizations & Influenza 1-800-772-1213

**Illinois Emergency Management Agent/Winnebago County ESDA**

650 West State Street, Rockford, IL

Contact: Denny Lolli, (815)-319-6215

[www.iema.illinois.gov](http://www.iema.illinois.gov)

Services Provided by *Illinois Emergency Management Agency (IEMA)*: To better prepare the State of Illinois for natural, manmade or technological disasters, hazards, or acts of terrorism. IEMA coordinates the State's disaster mitigation, preparedness, response and recovery programs and activities.

**American Red Cross**

Rock River Chapter 727 North Church Street, Rockford IL

Contact: (815)-963-8471


Services Provided: The American Red Cross exists to provide compassionate care to those in need. The network of generous donors, volunteers and employees share a mission of preventing and relieving suffering in the community. *Disaster relief*: The Red Cross provides shelter, food, health and mental health services.

**Public Health: Winnebago County Health Department**

401 Division Street, Rockford, IL, (815)-720-4000

[www.wchd.org](http://www.wchd.org)

Services Provided: The Winnebago County Health Department is the lead agency in Winnebago County for public health related emergencies.
Emergency:

Department of Human Services

Center in Winnebago County

1111 Avon Street, Rockford, IL

Contact: (815)-987-7620   TTY: (866) 322-2681

www.dhs.state.il.us

Service Provided: Helps supplement the diets of low-income needy people by providing food.
Homeless Youth Services: Strives to meet the immediate survival needs (food, clothing, and shelter) of youth and assist them in becoming self-sufficient.

Area Agency on Aging

Northwestern Illinois Area Agency on Aging

2576 Charles Street, Rockford, IL

Contact: 1-800-542-8402

www.nwilaaa.org

Services Provided--Emergency Services: Emergency, temporary help is available to provide essential needs when there is no other source of assistance.
Employment Security:

Rockford IDES Office
303 North Main, Rockford, IL
Contact: (800) 244-5631
TTY: (866) 322-8357
www.ides.illinois.gov

Services Provide: Employment Services—IDES provides unemployment insurance (UI), employment services and guidance to workers, job seekers, and employers through a statewide network of IDES offices and Illinois workNet centers. The agency combines federally-funded job training programs in Illinois into a workforce development system where individuals can find a job or train for a new career.

Northwest Community Center
1325 North Johnson Avenue, Rockford, IL
Contact: 815-964-9628
www.northwestrockford.org

Services Provided: Job Assistance Program—support to single adults to assist in the transition from public support to self-sufficiency.
Family Support:

American Red Cross

727 North Church Street, Rockford, IL

Contact: (815)-963-8471

www.rockriver.redcross.org

Services Provided: food shelter, and/or clothing to families affected by natural disasters such as fire, flood, tornados, etc.

The Arc of Winnebago, Boone, and Ogle Counties

1222 East State Street, Rockford, IL 61104

Contact: (815)-965-3455

www.arcwbo.org

Services Provide: Home Based Service Facilitation: Helps families enrolled in the home based waiver reparse and ensures social security payments are used on behalf of disabled person. Fees: None for participants on sliding scale or fee set by the Department of Human Services

Big Brothers Big Sisters

200 Y Boulevard (YMCA), Rockford, IL

Contact: (815)-987-2252

www.bbs.org

Services Provide: One-to-one mentoring; child is matched with an adult who provides positive role modeling helping the children become more confident, competent and caring.
Family Support:

**Children’s Home + Aid**

910 2nd Avenue, Rockford, IL

Contact: (815)-962-1043

[www.childrenshomeandaid.org](http://www.childrenshomeandaid.org)

Services Provided: *Adoption and Guardianship Preservation*: Helps adoptive families resolve family/adoption issues, strengthen family functioning, and build an ongoing support base to reduce the risk of future dissolution.

*Early Prevention in the Community (EPIC)*: A mental health counseling program serving children who are referred for exhibiting behavior problems in the school and home settings. Services occur in the school, at our office, and in the community, helping children manage their feelings and learn new skills in order to control their behaviors.

*Pregnancy, Early Parent & Adoption Counseling*: Provides counseling to the pregnant woman, father of the child, and the other family members of the woman who experiences an unplanned pregnancy. When the client chooses a plan, the agency provides parenting skills, training, or offers adoption placement. If parenting is chosen, she is assisted in accessing appropriate community resources.

Fees: Fees only for counseling related to some private adoptions. Otherwise, there is no fee.

**City of Rockford, Human Services**

612 North Church Street, Rockford, IL

Contact: (815)-987-5782

[www.rockfordil.gov](http://www.rockfordil.gov)

Service Provided: *Family and Community Development (FCD) Program*: A case management program that provides intensive self-esteem building, linkages, and follow-up to increase long term success for area low-income residents.
Food Stamp Program:

DHS Family Community Resource Center
1111 N Avon Street, Rockford, IL

Contact: (815) 987-7620, TTY: (866) 332-2681

www.dhs.state.il.us

**SNAP (Formerly Food Stamps):** Helps low-income households buy the food they need for a nutritionally adequate diet.

**Women, Infants, and Children (WIC):** A food assistance program for Women, Infants, and Children. It helps pregnant women, new mothers and young children eat well and stay healthy.

**WIC Farmer's Market Nutrition Program (FMNP):** A food assistance program for Women, Infants, and Children. Can provide special checks to buy fresh, nutritious fruits, vegetables, and herbs from farmers' markets and roadside stands.
Food/Pantries/Delivered Meals:

City of Rockford, Human Services
555 North Court Street, Rockford, IL
Contact: (815)-962-6624
www.rockfordil.gov

Services Provided:

Community Garden Project: Provides and educational and technical assistance to groups interested in establishing area gardens to raise inexpensive and fresh food.

Summer Food Program: Provides lunches and/or snacks to children at area recreational and educational sites during the summer when the public school lunch program is unavailable.

Lifescape Community Services, Inc.
705 Kilburn Avenue, Rockford, IL
Contact: (815)-963-1609
www.lifescapeservices.org

Services Provided:

Meals on Wheels: Provides hot, nutritious meals directly to homebound seniors allowing them to maintain their independence while improving their health and keeping them in their home. Fees: Suggested donation based on income

Rockford Rescue Mission
715 West State Street, Rockford, IL
Contact: (815)-965-5332
www.rockfordrescuemission.org

Services Provided:

Food Service: Provides 3 meals a day, 7 days a week, and 365 days a year.
Food/Pantries/Delivered Meals:

**Rock River Valley Pantry**

1080 Short Elm Street and 1100 Broadway, Rockford, IL

Contact: (815)-965-2466

[www.rrvp.org](http://www.rrvp.org)

Services Provided: food bags that are packed so that they are nutritious and meet the caloric needs of the family with food items that are appropriate for breakfast, lunch, and dinner. Clients may use our services one time per month and receive approximately 4 days of food.

**Cornucopia Pantry**

402 Market Street, Rockford, IL

Contact: (815)-962-1380

Email: [bookbugg@aol.com](mailto:bookbugg@aol.com)

Services Provided & hours:

*Food Pantry:* Open every Tuesday and Thursday, 9:00-11:00am. Also open the 3rd Saturday of the month, 9:00-11:00am. Clients can only receive food once a month. Clients also need a photo I.D. and must be from Illinois. Food is distributed to families but clients need to prove that they have children, e.g. insurance information.
Government:

Department of Human Services (DHS)

DHS Family Community Resource Center for Winnebago County

1111 N. Avon St., Rockford, IL 61101

Contact: (815) 987-7620

http://www.dhs.state.il.us

Services provided:
- Supplemental Nutrition Assistance Program (SNAP)
- Cash Assistance Program
- Illinois Link Card
- Temporary Assistance for Needy Families (TANF)
- Women, Infants, and Children (WIC)
- Emergency Food
- Sexual Assault Prevention Program
- Emergency Food and Shelter
- Domestic Violence 24/7 Hotline: 1-877 TO END DV (1-877-863-6338)

Winnebago County Administration Building

404 Elm St., Rockford IL

Contact: (815) 319-4444

http://wincoil.us/

Central Office for Winnebago County Offers:
- Regional planning and economic development
- Circuit Clerk office
- County Clerk office
- County Assessor office
- County Treasurer office
- Court Services office
Health/Medical [Voluntary agencies, for-profit, not-for-profit]:

**Crusader Clinic—Not-for-Profit Agency**

*Uram Building*—1100 Broadway, Rockford IL

Contact: (815) 490-1600

*Woodward Campus*—1200 W. State St, Rockford IL

Contact: (815) 490-1600

*Crusader Community Health Loves Park*—6115 N. 2nd St., Loves Park IL

Contact: (815) 490-1600

[http://www.crusaderclinic.org](http://www.crusaderclinic.org)

Services provided:

- Primary medical care services – all ages – in family practice, internal medicine, pediatrics, specialty services and women’s health
- Pediatric Services:
  - Well-child checks
  - Immunizations
  - Developmental and autism screenings
  - Lead screening
  - Referrals to community resources
  - Asthma treatment and education
  - Medical treatment
  - Translation is available in any language including on-site Spanish interpreters
- Dental:
  - Dental health exams, treatment and education
  - Dental digital imagery x-rays
- Family Practice and Internal Medicine:
  - Chronic disease management
  - Acute condition medical management
  - Physical exams
  - Diabetes education and treatment
  - Health education services
  - Asthma education and treatment
  - Immunizations
  - Pulmonary function testing
  - Laboratory services
  - Minor injury care
  - Early diagnosis and treatment of memory disorders
(Crusader Clinic services continued):

- **Women’s Health Services:**
  - Well Women exams and Pap Smears
  - Pre-cancer screening and follow-up care
  - Mammography referral
  - Diagnosis and treatment of pelvic pain
  - Assessment of menstrual or hormonal difficulties
  - Contraception

- **Pregnancy**
  - Routine and high-risk prenatal care
  - 3D ultrasound and non-stress testing
  - Prenatal classes
  - Social support, transportation and community referrals
  - Low-cost medications
  - Labor and delivery care
  - Translation is available in any language including on-site Spanish interpreters

- **Optical**
  - Comprehensive eye exams
  - Treatment of eye infections
  - Evaluation of diabetic patients
  - Glasses prescriptions
  - Screening for cataracts and glaucoma
  - Optical shop

- **Pharmacy (at Broadway and W. State St locations)**
  - Receive low-cost prescriptions
  - Assistance with application for medication subsidy programs
  - Refill requests

- **HIV Services**
  - Living With HIV Program (W. State St. location – 815-490-1670)
  - Medical care
  - Supportive care
  - Education

- **Homeless Services**
  - Substance abuse programs
  - Entitlement services
  - Public and private housing
  - Educational opportunities
  - Job opportunities
  - Veterans assistance
(Crusader Clinic services continued):

- Health Education
  - Diabetes
  - Asthma
  - Congestive Heart Failure
  - Obesity
  - Staff includes: Nurse who is a certified diabetes educator, a registered dietician, respiratory therapist, and clinical pharmacist

**Winnebago County Health Department**

401 Division St., Rockford IL

Contact: J. Maichle Bacon – Public Health Director (815) 720-4000

[http://www.wchd.org](http://www.wchd.org)

Services provided: (not an all inclusive list)

- Annual flu season information
- Adult health screening and immunizations
- Birth certificates
- Black Male Health Services Program
- Blackhawk Park School-Linked Health Center
  - Well-child care: health history, physical exams & health screenings
  - Anticipatory guidance and education for students
  - Immunizations
  - School & Sports Physicals, Daycare and Preschool exams
  - Care for the treatment of minor illness/injury
  - Routine lab tests
  - Medication prescriptions for identified health conditions
  - Mental health services: assessment, individual, group or family therapy
  - All Kids application assistance
- Childhood and teen immunizations
- Death Certificates
- Disease control
- Illinois Breast and Cervical Cancer Program
- International travel immunizations
- NACO Prescription Discount Drug Card Program
- Seasonal flu shots
- Sexual health clinics
- Smoking cessation
- Violence prevention
Homeless Shelters:

**American Red Cross Rock River Chapter**

727 N. Church St, Rockford IL

Contact: Nancy J. Smith—Homeless Shelter (815) 963-8471

Services provided:

- Emergency night shelter only

**MELD at Trinity House Shelter**

620 Kishwaukee St, Rockford IL

Contact: (815) 963-3369

www.rockfordmeld.org

Services provided:

- Trinity House Homeless Shelter
- Transitional Living Program
- Young Moms Parenting Support Group
- Young Dads Parenting Support Group
- Education and Employment Assistance Programs
- MELD Bucks Program – Supplies homeless families with baby and toddler clothing, supplies, equipment and household items

**Rockford Rescue Mission – Crisis Shelter for Men**

715 W. State St, Rockford IL, 61102  (815) 965-5332

Contact: Bill (815) 965-5332 x 149

http://rockfordrescuemission.org

Services Provided:

- Short-term housing for up to 130 men
- Provides shelter, food and clothing
- Case management
- Community resources
- Medical Services
Homeless Shelters:

Rockford Rescue Mission – Crisis Shelter for Women

809 Cedar St, Rockford IL

Contact: (815) 316-3060

http://rockfordrescuemission.org

Services Provided:

- Short-term housing for up to 48 women and mothers with children
- Provides shelter, food and clothing
- Case management

Shelter Care Ministries

412 N. Church St, Rockford IL

Contact: (815) 964-5520

Services Provided:

- Emergency shelter/Transitional housing for families
Housing/Housing Assistance/Low cost housing/HUD housing:

Family Credit Counseling Service Rockford
4306 Charles St, Rockford IL
Contact: (800) 994-3328 x 12

Services Provided:

- HUD Housing approved Housing Assistance agency
- Financial management
- Budget counseling
- Mortgage delinquency and default restoration counseling
- Pre-purchase counseling
- Pre-purchase homebuyer education workshops

Human Services Department – Rockford
Office of the Homelessness Prevention and Rapid Re-Housing Program (HPRP)
612 N. Church St, Rockford IL
Contact: (815) 987-5489

Services Provided:

- Provides rental assistance to eligible applicants from the Homelessness Prevention Fund included in the American Recovery and Reinvestment Act of 2009

Rockford Area Affordable Housing Coalition Rockford
205 N. Church St, Rockford IL
Contact: (815) 962-2011

Services Provided:

- HUD Housing approved Housing Assistance agency
- May be able to provide housing assistance
- Mortgage delinquency and default restoration counseling
- Non-Delinquency Post Purchase Workshops for Homeowners
- Pre-purchase counseling
- Pre-purchase homebuyer education workshops
Housing/Housing Assistance/Low cost housing/HUD housing:

Rockford Housing Authority
223 S Winnebago St, Rockford IL
Contact: (815) 987-3830
http://www.rockfordha.org

Services Provided:

- Low income public housing for low-income families, the elderly, and people with disabilities
- Program includes four family developments consisting of 669 rental units, 4 high-rise towers, and 333 scattered site homes
- Education on home ownership, e.g. real-estate taxes, insurance, information of property maintenance

Rockford Human Services Department
612 N. Church St, Rockford IL
Contact: Jennifer Jaeger (815) 987-5685

Services Provided:

- Assistance with rental payment
- Assistance with mortgage payments
- Assistance with security deposits
- Assistance with utilities

Winnebago County Housing Authority Rockford
3617 Delaware St, Rockford IL
Contact: (815) 963-2133
http://www.wchauthority.com/

Services Provided:

- Provides rental assistance to eligible, low-income families
- Assists families with going through the process of applying for rental assistance through the U.S. Department of Housing and Urban Development
Legal Services (Prairie State Legal Services):

Prairie State Legal Services

975 North Main Street, Rockford, Illinois

Contact: (815) 965-2902, TDD: (815) 965-5114, Fax: (815) 965-1081

Services Provided:

- Prairie State Legal Services offers free legal services for low-income persons and those over 60 who have serious civil legal problems and need legal help to solve them but no criminal cases.
- Throughout its history, Prairie State has focused on providing legal services to the most vulnerable groups in our society, including the poor, the elderly, and people with disabilities.
- Prairie State’s standard hours of operation are from 8:30 a.m. until 5:00 p.m., Monday through Friday.
- The Telephone Counseling Service (TCS) hours of operation are 9:00 a.m. - 1:00 p.m., Monday-Thursday.
Legislators and Districting Maps:

**Dick Durbin- Illinois senator**
711 Hart Senate Bldg., Washington, DC 20510
Contact: (202) 224-2152, Fax: (202) 228-0400
Hours: 9 am to 6 pm ET

CHICAGO
230 S Dearborn St., Suite 3892, Chicago, IL 60604
Contact: (312) 353-4952, Fax: (312) 353-0150
Hours: 8:30 am to 5 pm

SPRINGFIELD
525 South 8th St., Springfield, IL 62703
Contact: (217) 492-4062, Fax: (217) 492-4382
Hours: 8:30 am to 5 pm

CARBONDALE
250 W. Cherry Street, Suite 115-D, Carbondale, IL 62901
Contact: (618) 351-1122, Fax: (618) 351-1124
Hours: 8:30 am to 5 pm

ROCK ISLAND
1504 Third Avenue Suite 227, Rock Island, IL 61201
Contact: (309) 786-5173, Fax: (309) 786-5404
Hours: 8:30 am to 4:30 pm

**Mark Kirk- Illinois senators**

Chicago
230 South Dearborn Ste. 3900, Chicago, IL
Contact: (312) 886-3506, Fax: (312) 886-2117

Springfield
607 East Adams Suite 1520, Springfield, IL
Contact: (217) 492-5089, Fax: (217) 492-5099

Washington, DC
524 Hart Senate Office Building, Washington DC,
Contact: (202) 224-2854, Fax: (202) 228-4611
Legislators and Districting Maps:
Federal Representatives:

**Representative Charles E. Jefferson (D) 67th District**

Springfield Office:
279-S Stratton Office Building Springfield, IL 62706
Contact: (217) 782-3167, Fax: (217) 557-7654
District Office: 200 S. Wyman #304

E.J. "Zeke" Giorgi Center Rockford, IL 61102
Contact: (815) 987-7433, Fax: (815) 987-7225, Email: staterepchuck67@aol.com
www.housedem.state.il.us

Winnebago County:

**Representative Dave Winters (R) 68th District**

Springfield Office:
221-N Stratton Office Building Springfield, IL 62706
Contact: (217) 782-0455, Fax: (217) 782-1139
District Office:
3444 N. Main, Suite 80 Rockford, IL 61103
Contact: (815) 282-0083 Fax: (815) 282-0085, Email: repwinters@aol.com
Long-Term Care Ombudsman:

Catholic Charities Long Term Care Ombudsman Program
Catholic Charities, Diocese of Rockford
4401 Highcrest Road, Rockford, IL
Contact: Cathy Weightman-Moore, Regional Ombudsman, ccombudsman@ccrfd.org
(800) 369-0895 (N)
(815) 316-0040
Fax: (815) 316-0042

Catholic Charities Long Term Care Ombudsman Program
Catholic Charities, Diocese of Rockford
850 North Church Street Winnebago, Rockford, Illinois
Contact: Regional Ombudsman: Cathy Weightman-Moore, ccombudsman@ccrfd.org
1-800-369-0895 (Toll-free Statewide)
(815) 966-5300
Fax: (815) 962-9036

Weekend Mass Times:
Sunday: 6:45 AM Not on Holidays, 9:00 AM, 12:30 PM, 6:00 PM
Saturday: 6:45 AM Not on Holidays

Daily Mass Times:
Monday-Saturday: 6:30 a.m.
Holy Days: 6:30 AM
Confession: Saturday—9:00 AM to 9:45 AM

Services Provided:
- Advocates for residents of nursing homes, board and care homes and assisted living facilities. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems.
- Resolves complaints made by or for residents of long-term care facilities
- Educates consumers and long-term care providers about residents' rights and good care practices
- Promotes community involvement through volunteer opportunities
- Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues
- Advocates for residents' rights and quality care in nursing homes, personal care, residential care and other long-term care facilities
- Promotes the development of citizen organizations, family councils and resident councils

Long-term care ombudsmen efforts are summarized in the National Ombudsman Reporting System (NORS 2010 data) to include the number of facilities visited, the types of complaints handled and the kinds of complaints filed with ombudsmen. Data has been collected since 1996 and gives a good picture of the extent of ombudsman activities nationally and in every state.
Medication purchases:

**DHS Family Community Resource Center in Winnebago County**

Family Community Resource Center

1111 N Avon St, Rockford, IL

Contact: (815) 987-7620, TTY: (866) 322-2681, Fax: (815) 987-2380

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday (except state holidays)

**Senior Health Assistance Program (SHAP) offices**

Northwestern Illinois Area Agency on Aging

1111 S. Alpine Road, Rockford, IL

Contact: (815) 226-4901, 1-800-542-8402 (9 counties only), (815) 226-1954 (TTY)
Fax: 815-226-8984 E-mail: niaaa@nwilaaa.org

www.nwilaaa.org

**Medicare social security office Rockford**

502 E Jefferson Street, Rockford, IL

Contact: (877) 628-6570, 1-800-772-1213

Office Hours: Monday-Friday 09:00 AM - 03:00 PM except federal holidays

https://secure.ssa.gov/i1020/start

Services Provided:

- The Medicare Prescription Drug program gives you a choice of prescription plans that offer various types of coverage. You may be able to get extra help to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. However, you must be enrolled in a Medicare Prescription Drug plan to get this extra help.
Physical and Mental Disabilities:

Barbara Olson Center of Hope

3206 North Central Avenue, Rockford, IL

Contact: (815) 964-9275, TDD (815) 964-9388

http://www.b-olsoncenterofhope.org/

Services Provided: Vocational and educational training, and employment opportunities for youth and adults with developmental disabilities including social/recreational opportunities, therapy, living skills education, and social/medical services to clients.

Northwest Network—Developmental Disabilities Network Facilitators

319 E. Madison, Suite 2M, Springfield, IL

Contact: (217) 524-2517, Fax: (217) 557-7676

http://www.dhs.state.il.us/page.aspx?item=32253

Services Provided:

- Residential living arrangements
- In-home supports
- Day services
- Other supports
- Support services teams
- Early intervention services
Physical and Mental Disabilities:

Access Services of Northern Illinois

7399 Forest Hills Rd, Loves Park, IL

Contact: (815) 282-8824, TTY: (815) 282-8824

http://www.accessni.com

Services Provided:

- Information and referral services
- Assessment/eligibility determination
- Completion of the individual and Individual Family Service Plan (IFSP)
- Support/service linkage
- Authorization for service funding through the Illinois Department of Human Service
- Advocacy
- Family support
- Parent to parent linkage and support
- Early intervention is for families with infants or toddlers ages birth to three who have concerns on how their child is developing

Milestone, Inc.

Corporate Office: 4060 McFarland Road, Rockford, IL

Contact: (815) 654-6100

Social Services Department

Contact: (815) 639-2970

www.milestone-inc.org/

Services Provided: Milestone is a private, not-for-profit corporation governed by a volunteer Board of Directors who are area business leaders and parents of our community’s people with disabilities. This organization has grown to become Winnebago and Boone Counties’ largest provider of residential, developmental, vocational, and social support services for adults and children with mental retardation, autism, epilepsy, and cerebral palsy. Milestone, Inc. has many divisions including Adult Group Homes, RocVale Children's Home, Training Centers, Industrial Workshops, and a Corporate Center located throughout the greater Rockford area. Milestone also offers Day Training and Respite services.
Mental Health Agencies:

Rosecrance Health Network

Adult mental health services: Rosecrance Ware Center, 526 W State St, Rockford, IL

Contact: (815) 968-9300, Fax: (815) 968-5314

Children and family mental health services: Rosecrance Berry Center, 8616 Northern Ave, Rockford, IL

Contact: (815) 332-8003

http://www.rosecrance.org/mental-health/

Services Provided:

- Rosecrance is dedicated to providing caring, personalized, evidence-based solutions for individuals and families living with emotional disorders and mental illness. We are a Community Mental Health Center, serving people of all ages in Winnebago and Boone counties of Illinois.
- All services begin with a mental health screening. Except in emergency or crisis situations, individuals are seen on a first-come, first-served basis as a clinician becomes available. A treatment plan, financial expectations and a follow-up assessment plan all are developed during the screening.

Stepping Stones, Inc

706 N Main St, Rockford, IL

Contact: (815) 963-0683, Fax: (815) 963-6108

Services Provided:

- housing and rehabilitation to persons with serious mental illness
Mental Health Agencies:

Swedish American Health System

1401 East State Street, Rockford, IL

Contact: (815) 966-2273, 24-HOUR CRISIS LINE (815) 966-2273, Toll Free: (800) 932-1810

cfmh@swedishamerican.org

Center for Mental Health:

Services Provided:
Dealing with behavioral problems and mental illness can be difficult and help is available. The Swedish American Center for Mental Health offers treatment for individuals of all ages. Our staff of experienced psychiatrists and professional therapists has lots of experience, which means that our patients receive the most effective, individualized form of treatment. According to a recent report from the U.S. Surgeon General, a large number of Americans who suffer from mental disorders fail to seek treatment. If you or someone you know needs help, call the 24-hour Crisis Line at (815) 966-2273, or at (800) 932-1810 from outside of Rockford. A no-cost, no-obligation assessment and consultation are available through our Assessment and Referral Program. Our staff will listen to and work with you to help determine the best course of action.

Programs

- Behavioral Health Resources is a full-service outpatient program offering individual, family and group therapies. Staff psychiatrists provide diagnostic evaluation and medication management for children, adolescents, adults, and older adults.
- Partial Hospitalization is an intensive psychiatric outpatient treatment program for adults, older adults, and adolescents in emotional distress.
- Our Inpatient Programs include psychiatric units for adolescents, as well as for adults and older adults.
- Mental health professionals are available to provide educational programming for groups in the community, including topics such as depression, anxiety, suicide prevention, stress management, grief, and more.
Public Transportation:

**Rockford Mass Transit District**

520 Mulberry, Rockford, IL

Contact: (815) 961-9000


Hours of operation: 5:15am-11:15pm Monday-Friday
   6:00am-5:45pm Saturday
   9:15am-5:15pm Sunday * all routes except E. State which runs 8:15am-5:15pm on Sundays

Services Provided:

- The Rockford Mass Transit is dedicated to providing safe, efficient, affordable, dependable, and accessible transportation to the residents of Rockford and the surrounding area.

**Lifescape Community Services, Inc.**

705 Kilburn Ave., Rockford, IL 61101

Contact: 815-963-1609

Hours of operation: 8:30am-1:30pm Mon-Fri

[www.lifescapeservices.org](http://www.lifescapeservices.org)

Services Provided:

- Transportation on a limited basis in either their 14 passenger handicap accessible van or 15 passenger non-accessible van and also offers Para Transit tickets
- Requirements: Senior citizens residing in Winnebago County; seniors in need of medical attention, dental assistance, prescription pick-up, and socialization are given priority.
- Fees: None
Public Transportation:

Northwestern Illinois Area Agency on Aging

1111 S. Alpine Rd. Suite 600, Rockford, IL

Contact: (815) 229-4901

Hours of operation: 8am-4pm Monday-Friday

www.nwilaa.org

Services Provided:

- Refers clients to agencies that provide transportation to the elderly and individuals with mobility concerns in need of accessing health care, social and nutritional services, family and friends, store and jobs.
- Requirements: Seniors age 60 and older, and adults who cannot drive due to hearing, vision or mobility losses, health conditions, or lack of an automobile.
- Fees: None
Schools [Public/Private/K-12, Colleges (2 year, 4 year, others)]:

Winnebago County Public School Districts

**Durand Community Unit School District 322**

200 W South St, Durand, IL

Contact: (815) 248-2171

Durand Community Unit School District 322 works to incorporate literacy learning in all areas of learning: social studies, science, math, health, physical education, and the arts. Teachers function as facilitators in the learning process. The administration serves as the coordinator and harmonizer for the students, faculty and community. Officials believe that a positive and collaborative relationship between the school, parents and community is vital to children’s academic, social and emotional growth and well-being. The educational programs should be designed to meet the present and future needs of all learners. All learners should have the skills necessary to feel comfortable using technology for personal, educational and vocational pursuits.

Grades: P-12  
Total Schools: 4  
Total Enrollment: 693

**Harlem Unit School District 122**

PO Box 2021, Loves Park, IL 61130

Contact: (815) 654-4500

Harlem Unit School District 122 staff and other school officials have high expectations for students and hope that through the four years at Sachem, they will walk away with a solid foundation to go on to their high school experience and beyond. The teachers are all content certified by the State and are very knowledgeable and skilled in their respective fields and enjoy working with adolescents. Harlem student understands that the virtue of self-reliance must be tempered by awareness of his/her need for others and that the success and happiness of each person is inextricably linked to the success and happiness of all with whom life's projects are shared. Physical Education and Athletics offers students comprehensive experiences in all three discipline areas.

Grades: P-12  
Total Schools: 11  
Total Enrollment: 7,964
Hononegah Community High School District 207

307 Salem St, Rockton, IL 61072

Contact: (815) 624-5010

Academic programs are in alignment with the State Learning Standards and district curricula goals. Student’s behavior, work habits and attitudes are reinforced with parental cooperation and involvement will be fostered through open communication while achieving and complying with district initiatives. They aim to develop inquiring, caring, confident, principled and academically successful students who will become contributors in the creation of a better school, home, neighborhood and global community. The Hononegah Community staff and parents have high hopes for academic excellence, coupled with opportunities in the arts, athletics, and special areas encourage students to explore areas of interest and to achieve their best. They have a long-standing set of expectations for conduct on school property and at school functions.

Grades: 9-12
Total Schools: 1
Total Enrollment: 2,152

Kinnikinnick Community School District 131

5410 Pine Ln, Roscoe, IL

Contact: 815-623-2837

Actively works with various goals for ensuring the best education while providing a safe nurturing environment for all students; Goals include financial, instructional, facilities, personnel, and community. With all staff, teachers, administrators, parents, and the community working together, Kinnikinnick Schools endeavors to prepare students for life. Kinnikinnick Schools notes improved self-esteem and social skills of its students: Many of the activities start out very simple and can work-up in difficulty based on the student’s ability. This provides a feeling of success for each student, which positively affects their self-esteem. A strong emphasis is also placed on being competitive and giving your best but also accepting the outcome while showing respect for others.

Grades: P-8
Total Schools: 4
Total Enrollment: 2,144
Schools [Public/Private/K-12, Colleges (2 year, 4 years, others)]:

**Pecatonica Community Unit School District 321**

Po Box 419, Pecatonica, IL

Contact: (815) 239-1639

Staff and teachers foster a learner centered environment that provides equal educational opportunities for all students. Educational programs and services will be designed to meet the varying needs of all students and will not discriminate against any individual for reasons of race, creed, color, gender, national origin, economic status or handicap. The PTA generously provides the school with funds and volunteers to support their educational efforts. This collaboration and close working relationship benefits the entire Pecatonica community in a variety of ways from education and social programs, books, guest speakers, assemblies and school improvement projects.

Grades: P-12  
Total Schools: 3  
Total Enrollment: 995

**Prairie Hill Community School District 133**

14714 Willowbrook Rd, South Beloit, IL

Contact: (815) 389-4694

This school district works in partnership with family and community, to provide the educational opportunities for all students to achieve their highest potential in a safe, caring environment and prepare them to live, adjust and enjoy life in a changing world. Grundy has a well maintained facility; a rich technology environment and we provide a wide range of opportunities. The staff is delightful and they are knowledgeable, energetic, and committed to students and their families. The school is very fortunate to have such dedicated staff members who care about each other and each child. They all understand the importance of establishing a climate to learn where students are able to attain academic success because they are comfortable socially and emotionally in a nurturing environment.

Grades: P-8  
Total Schools: 1  
Total Enrollment: 704
Schools [Public/Private/K-12, Colleges (2 year, 4 year, others)]:

**Rockford School District**

501 7th St., Rockford, IL

Contact: (815) 966-3000

[http://www2.rps205.com/Pages/Home.aspx](http://www2.rps205.com/Pages/Home.aspx)

Rockford School District is always advancing studies for students to ensure they receive the most current information that will apply to today’s technology. Rockford encourages and supports the use of technology for learning in the classroom, as well as for productivity outside the classroom, professional development must be offered. Standards and consistent guidelines for the use of technology in the classroom are essential to ensuring that all students receive the same instruction and have equal opportunity to develop the same technological skills and expertise. The staff teaches children to respect different viewpoints, while learning to trust one another. Both staff and parents work together to improve the educational experience of the children and help to make the school community an exciting place to learn.

Grades: P-12, U
Total Schools: 52
Total Enrollment: 27,622

**Rockton School District 140**

1050 E Union St, Rockton, IL

Contact: (815) 624-7143

Rockton School District students learn centered instruction to improve academic performance in the area of literacy in order for all students to become proficient readers, writers, listeners and speakers. To ensure student success, a safe and orderly environment will be provided which fosters responsibility and respect for self and others. Students will read, write, listen, and speak for critical analysis and evaluation. With language arts, students have a wide range of opportunities to learn about literacy in a way that promotes reading, writing, speaking and listening in their daily lives. For reading, instructional components of this balanced approach include the teacher reading a book or text to students Read Aloud, students reading with the teacher Shared-Reading, the teacher working with a small group of students who use similar levels of text Guided Reading, students reading independently.

Grades: P-8
Total Schools: 3
Total Enrollment: 1,562
Shirland Community School District 134

Po Box 99, Shirland, IL

Contact: (815) 629-2000

Shirland Community District supports parent’s involvement and membership in the PTA and knows it is a very worthwhile organization. The PTA is comprised of a committed group of parents who, through working together with the entire community, strive to support the school to create an environment where all students can reach their full potential. The districts School program's main focus is on developing literacy, developing readiness in reading, writing, listening, and speaking skills taught through theme units. Theme units are units of study in which lessons in various subject areas, such as language, math, science, and social studies, are related to one another.

Grades: K-8
Total Schools: 1
Total Enrollment: 143

South Beloit Community Unit School District 320

850 Hayes Ave, South Beloit, IL

Contact: (815) 389-3478

South Beloit Community School District prepares all students with the knowledge, competencies, social responsibilities, and positive self-image to be life-long learners and contributing members of society. The goal is to provide programs and conditions that maximize learning success so that all students meet individual high-level performance standards. Students have the opportunity to learn and to grow beside classmates, teachers, and staff they know. This helps to create a close-knit and secure environment for students to stand out. Along with basic educational classes such as math, science, social studies, English, and physical education, students also benefit from such classes as computer lab and various other programs.

Grades: P-12
Total Schools: 5
Total Enrollment: 1,131
Schools [Public/Private/K-12, Colleges (2 year, 4 year, others)]:

Winnebago Community Unit School District 323

304 E McNair Rd, Winnebago, IL

Contact: (815) 335-2456

Winnebago Community works to provide comprehensive, strong core academic programs. The district is comprised of one high school, one middle school, and three elementary schools. The district has a distinguished reputation for providing learning excellence. The teachers and staff are a well-educated group of caring instructors whom seek to provide quality education and standards for each student. The district school board serves without pay and manages the budgets and rules for the schools. They work responsibility to ensure that all students receive the best education possible. The Winnebago Community School District provides educational programs and services to meet special need students. Placements outside of the general class are only determined after careful consideration of the provision of supplemental aids and services.

Grades: P-12
Total Schools: 5
Total Enrollment: 1,708

Winnebago Private Schools:

For a listing of Private Schools P-12 please visit:

http://www.priveschoolreview.com/county_private_schools/stateid/IL/county/17201

Rock Valley College

3301 North Mulford Road, Rockford, IL

Contact: (815) 921-7821, toll free: (800) 973-7821

http://www.rockvalleycollege.edu/

Rock Valley College is a comprehensive two-year community college in Rockford, Illinois offering more than 100 courses for transfer, career programs and certificates. Founded in 1964, the college is part of the 48-institution Illinois Community College System.
Schools [Public/Private/K-12, Colleges (2 year, 4 year, others)]:

Rockford College

5050 E. State Street, Rockford, IL

Contact: (815) 226-4000

http://www.rockford.edu

Founded in 1847, Rockford College is an independent, coeducational, liberal arts institution located in Rockford, Ill., a city of 150,000 people about 85 miles northwest of Chicago. The College offers over 80 majors, minors and programs, a return-to-college program in management studies, masters programs in business and teaching, and several community education programs. Among its many accolades, Rockford College is one of only 11 institutions in Illinois with a Phi Beta Kappa chapter, has been named a College with a Conscience, and is designated a Best in the Midwest college by the Princeton Review for seven years running. The mission includes providing an education "grounded in liberal arts learning and complemented and extended by professional and practical experiences.” We believe that a Rockford College education will provide you with the tools to change your world. Think. Act. Change your world.

College information:

- Accredited university-level courses
- Over 80 majors, minors and programs
- Fewer than 20 students per class
- Dedicated, esteemed faculty and staff
- Easy access to Chicago, Madison and Milwaukee
- On-campus housing and food service

Saint Anthony College of Nursing

5658 E. State St., Rockford, IL

Contact: 815-395-5091

http://www.sacn.edu/

At Saint Anthony College of Nursing is proud of their 90+ years of graduating top rated nursing students in the area. They are a small, private college that fosters close relationships between students, faculty, staff and community health care providers. The college is continually striving for excellence in nursing education and integrates Christian ideals, values, and practices into a curriculum providing an education grounded in liberal arts and sciences. The environment encourages and fosters life-long learners and open inquiry in order to serve others with the greatest care and love.
Schools [Public/Private/K-12, Colleges (2 year, 4 year, others)]:

**Additional Information**

Find Local Schools by City
http://illinois.schooltree.org/Winnebago-County-Schools.html

Find Local Schools by Elementary, Middle, High, Private, Charter, and Special Schools
http://schools.chicagotribune.com/county/winnebago

Find Public Schools by District
http://www.illinoisschools.com/counties/winnebago.html

Winnebago County School Districts Information
http://www.usa.com/winnebago-county-il-school-district.html
Benefits offered—Can be applied for online or by calling 1-800-772-1213

- **Retirement benefits**—after the age of 65
  - Survivor Benefits—available for widow/widowers, dependent unmarried children, and dependent parents
- **Medicare coverage**—available for people who are 65 or older, who are disabled, have permanent kidney failure, or amyotrophic lateral sclerosis.
- **Part A (Hospital Insurance):** helps pay for inpatient hospital care and certain follow-up services.
- **Part B (Medical Insurance):** helps pay for doctors’ services, outpatient hospital care and other medical services.
- **Part C (Medicare Advantage Plan):** available in many areas, people who have Medicare A&B can choose to receive all of their health care services through a provider organization under Part C.
- **Part D (Prescription Drug Coverage):** helps pay for medication doctors prescribe for medical treatment
- **Disability Benefits**—pays benefits to people who cannot work because they have a medical condition that is expected to last at least one year or result in death
- **Supplemental Security Income (SSI):** Federal income supplement program funded by the general tax revenues. Designed to help aged, blind, and disabled people, who have little or no income and it provides cash to meet basic needs for food, clothing, and shelter.

Services—Can be obtained online or by calling the local office 877.628.6570

- Get or replace a social security card
- Name changes
- Estimate your retirement benefits
- Check application status
- Appeal disability decisions
Utilities:

Commonwealth Edison

President and Chief Executive Officer: Anne Pramaggiore

Commonwealth Edison Office: 123 Energy Ave., Rockford, IL

Contact: 1-800-334-7661

www.comed.com

Services Provided:

- Residential hardship- offered to those who have job loss, illness, military deployment, disability, or a senior citizen.
- Customers can apply once every two years for grants up to $500 based on need and availability of program funds and income eligibility guidelines apply.
- Com/Ed Helps Activated/Disabled Military Personnel (CHAMP)- a financial-assistance program that offers an optional package of benefits to qualified military personnel and disabled veterans who reside within ComEd’s service territory and have fallen behind on their electric bill.
- Benefits include: bill payment assistance up to $1000, deferred payment plans, extended due dates, cancellation of late charges, deposit reduction and/or refund, budget payment plan.

Applications are accepted by contacting: City of Rockford Human Services Department

555 North Court Street, Rockford, Ill 61103 Hours: M-F 8-5pm

Contact: (815) 987-5711
Utilities:

**Low Income Home Energy Assistance Program (LIHEAP)**

Supervisor: Pete Fuller

LIHEAP Office: 555 North Court St Suite 301 Rockford, IL  Hours: M-F 8-5pm

Contact: (815) 987-5711

www.liheapillinois.com

**Services Provided:**

- Paid Utilities: federally funded energy assistance program for eligible low income families in which a benefit is paid directly to the utility companies on behalf of eligible households, or directly to renters if the utility costs are included in their rent. Eligibility is based on income.

Applications: Accepted in person at the address noted above

**Nicor Gas**

President: Ralph Cleveland

Nicor Office: 4651 Linden Road, Rockford, IL

Contact: 1-888-642-6748

http://nicorgas.aglr.com/

**Services Provided:**

- Nicor gas sharing program—one time annual grant given to qualified residential customers who meet the income guidelines. The program is administered by the Salvation Army and funded through direct contributions from Nicor Gas’ customers and employees. Eligible customers can receive a sharing grant of either $400 or $450.
- Assistance for activated military personnel- package of benefits to assist activated guard and reservists who reside in our service territory
- Illinois Home Weatherization Assistance Program (IHWAP)- qualified low income households can receive weatherization assistance to save energy and money

Applications: In person to Social Services Department—416 S Madison St., Rockford, IL  Hours: M-F 9-4pm (815)-972-1135
Veteran’s Assistance:

U.S Department of Veterans Affairs

Rockford Veterans Center 7015 Rote road Suite 105, Rockford, IL Hours: M-F 08:00-04:30 p.m.

Contact: Office Manager—James S. Harkins, (815) 395-1276

www.va.gov

Services Provided:

- Health benefits: A person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable may qualify for VA health care benefits. Applications: Can be submitted online or by calling 877.222.VETS
- Disability Compensation: monetary benefit paid to Veterans who are disabled by an injury or illness that was incurred or aggravated during active military service. Applications: Online using eBenefits or work with an accredited representative or agent at the local office.
- Veterans Pensions: Veterans with low incomes who are either permanently or totally disabled, or age 65 and older may be eligible for monetary support if they have 90 days or more of active military service. Applications: Work with an accredited representative or agent at the local office.
- Educational and Training benefits: Post 9/11 GI Bill is an education benefit program for Service members and Veterans who served on active duty after September 10, 2001. Applications: Apply online
- VA Home loans: issued to help eligible service members, Veterans, reservists and certain surviving spouses obtain housing and to refinance loans. Applications: Apply online or with an accredited representative or agent at the local office.
- VA Life Insurance Applications: Apply at www.insurance.va.gov or call 1.800.669.8477
- Burial and Memorial Benefits: Veterans may be eligible for VA burial and memorial benefits including burial in a national cemetery, a headstone to mark the grave of a Veteran interred in a private cemetery or a Presidential Memorial Certificate for loved ones. Obtain information: www.cem.va.gov or calling 1.800.827.1000
- Reserve and National Guard: reservists who serve on active duty establish Veteran status and may be eligible for the full-range of VA benefits, depending on the length of active military service and a discharge or release from active duty under conditions other than dishonorable. Applications: Apply online or with an accredited representative or agent at the local office.
- Special Groups of Veterans, Homeless Veterans: provides a gateway to VA community supportive services for eligible Veterans and provides case management and residential treatment in the community. Obtain Information: Call 1.877.4AID. VET
• Transition Assistance: VA has personnel stationed at major military hospitals to help seriously injured service members returning from Operations Enduring Freedom, Iraq Freedom, and New Dawn as they transition from military to civilian life. Applications: www.ebenefits.va.gov or can be completed with an accredited representative or agent at the local office

• Dependents and Survivors Health Care: under the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA), certain dependents and survivors can receive reimbursement for most medical expense. Applications: Apply online or with an accredited representative or agent at the local office

• Dependents and Survivors Benefits: provides payment, called a death gratuity, in the amount of $100,000 to the next of kin of service members who die while on active duty as a result of service-connected injury or illness. Applications: Apply online or with an accredited representative or agent at the local office

• Appeals of VA Claims Decisions. Applications: Must be presented in person to a member of the Board at a hearing in Washington, D.C., at a VA regional office or by videoconference

• Military Medals and Records: replacement medals, decorations, and awards should be directed to the branch of the military in which the Veteran served. Applications: www.va.gov/vaforms or calling 1.314.801.0800
Veteran’s Assistance:

**Williams Middleton Memorial Veterans Hospital**—Community Based Outpatient Clinic

Rockford VA Primary Care Clinic, 816 Featherstone Rd, Rockford, IL
Hours: M, T, W, F 8-4:30pm, Thursday 9-4:30pm

Services Provided:

- Numerous Medical Services available
- Addictive Disorders
- Audiology and Speech-Pathology
- Community Support Mental Health Program
- Compensated Work Therapy
- Dental Services
- Dermatology
- Eye Care
- Geriatric Care
- Homeless Program
- Mental Health Service
- Military Sexual Trauma
- MOVE! Weight Management Program
- Nuclear Medicine
- Nutrition
- Occupational Therapy
- Pharmacy Services
- Post-Traumatic Stress Disorder (PTSD)
- Sleep Clinic
- Social Work and Chaplain Service
- Tobacco Cessation
- Transplant Programs
- Wellness
- Women’s Health Care Program
Wellness:

Rockford Wellness Center, SC

223 East State St, Rockford, IL

Contact: Office Manager: Julie Johnson, (815) 708-0125


Services Provided:

- Acupuncture
- Allergen Sensitivity testing
- Gentle Chiropractic
- Hyperbaric Oxygen Chamber
- IV Nutrients
- Paternity Testing
- Weight Loss
- Bio-Identical Hormones: Test level of hormones and understand the process that leads up to production of hormones before attempting to supplement with bio-identical hormones
- Hair and Saliva Analysis: Hair samples taken to test the exposure of heavy toxic metals in your hair and saliva samples are taken to test for proper diagnosis and treatment of many hormonal based disorders

Four Corners Wellness, Inc

6392 Linden Road, Rockford, IL

Contact: Office Manager: Kathy Sarver, (779) 368-0060

http://www.kpcounseling.com/four-corners-wellness/

Services Provided:

- Clinical Counseling-through counseling in the four corners wellness center
- Chiropractic-Cater Chiropractic
- Nutrition-Nutritionists
- Massage-Massage Therapists
- Fitness
- Yoga
- Mediation
Wellness:

North Pointe Wellness

5605 East Rockton Rd, Roscoe, IL

Contact: (815) 525-4900

http://northpointewellness.org/services/

Services Provided:

- Health Education
- Personal Training
- Kids Programs
- Swim Lessons
- Medically Integrated Massage Therapy
- Nutrition Counseling
- Complementary Health Assessments
- Fitness Center
- Weight Loss