



RIVER FOREST TOWNSHIP

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## ***Updated Statement on River Forest Township's Response to COVID-19***

April 22, 2020

River Forest Township continues to prioritize the health and wellness of our residents during the COVID-19 pandemic and stay-at-home mandate. In particular, we want to be especially responsive to the needs of the groups whom we serve, including older adults, youth, and those with mental health needs and developmental disabilities.

We are in regular communication with the other government bodies in River Forest and Oak Park to help keep each other and residents informed about the crisis, especially local developments. Non-essential Township programs have, of course, been cancelled. This includes major events such as Celebrating Seniors Week, which was scheduled for May 14-21.

The River Forest Civic Center Authority Building, location of the Township offices, is open to limited management and maintenance personnel only. All programs held in the building have been suspended.

### **Township Senior Services update:**

River Forest Township is particularly concerned about the well-being of our older adults, who are at greater health risk during this pandemic. While Township Senior Services is closed to the public, and on-site programs are cancelled, staff remain on-site to continue the following essential services:

- Senior bus service continues at this time for urgent medical needs only, such as dialysis. Home-delivered meal service continues at this time, with weekly delivery of shelf-stable and frozen meals, in quantities to last several days.

- Dine-in lunch service has been converted to a “drive-thru” pick up of meals.
- Care managers are making more frequent "well-check" phone calls to seniors to whom they provide care.
- Information specialists are on hand to answer questions and make referrals.
- All programs are subject to change by order of local governments, AgeOptions, the Illinois Department on Aging, Cook County Health Department, the Illinois Department of Public Health and the Centers for Disease Control. For more updated info on Township Senior Services, visit [www.oakparktownship.org](http://www.oakparktownship.org)
- **To access these services, call Township Senior Services 708.383.8060.**
- As always, in a medical, fire or other emergency, call 911.

### **Volunteer Care Corps for Older Adults:**

Many older adults in River Forest have friends, neighbors or family to whom they can turn for assistance. We encourage this, with appropriate social distancing and other health safeguards such as masks.

Other adults may not have this support network, or may just need an extra helping hand as the stay-at-home order goes on longer than anticipated. Please know that it’s okay to “raise your hand” and ask for help.

**The Village of River Forest, River Forest Township and Township Senior Services are working together to establish a *Volunteer Care Corps* to lend a helping hand to seniors at this time.** Volunteers can help with non-direct contact services like prescription pickup, grocery shopping, dog walking, light yard work, or simply a phone call every couple of days to “check in”. Volunteers will be directed to practice social distancing and other health safeguards such as wearing masks.

Please call 708.613.1642 or email [rfseniorhelp@gmail.com](mailto:rfseniorhelp@gmail.com) if:

- 1) You are a senior and you need Volunteer Care Corp assistance,
- 2) You are a senior and you need a mask, or
- 3) You wish to become a Care Corps volunteer.

## **Mental Health Services update:**

This is a stressful and uncertain time. Routines have changed significantly for all of us. Please do not hesitate to seek assistance to ensure mental wellness for yourself and your family during this time.

Local mental health providers, although closed for in-person visits, are conducting mental health care via telehealth and phone. Other social service agencies, such as Housing Forward and Beyond Hunger, continue to provide the essential services of food and shelter.

Mental health and social services are outlined in the COVID-19 Social Services Guide, which is updated weekly via the following link: <http://bit.ly/oprfguide>.

In addition to local mental health agencies, River Forest Township funds two important resources:

- For D90 and D200 students: **Support4U**, an anonymous text line staffed by licensed clinicians, which students can text 24/7. Text to 844.670.5838; text SAFE if D90 student, text CARE if D200 student.
- For all residents: **The HUB**, an online connection to health and human services resources. <https://healthconnectionhub.org/>

Here are some local resources:

- **NAMI Metro Suburban** 708.524.2582 <https://namimetsub.org/>
- **Thrive Counseling Center** 708.383.7500 <https://www.thrivecc.org/>
- **Riveredge Hospital** 708.771.7000 <https://riveredgehospital.com/>
- **Sarah's Inn** 708.386.4225 <https://sarahsinn.org/>

As always, in a medical emergency, call 911.

## **Youth Services update:**

The lives and routines of our youth have been disrupted, and that can take a toll on them and their parents, families and friends. Our Youth Interventionists are licensed clinical social workers who are highly trained to work with youth and families. They are available by phone or other telecommunications to provide

information and assistance to families. To contact the Youth Interventionists, please call 708.622.8535.

**Assessor update:**

For questions regarding your property taxes, please contact Township Assessor Pamela Kende at 708.366.2787 or [assessor@riverforesttownship.org](mailto:assessor@riverforesttownship.org). Please leave a clear voicemail with your name, phone number and address and either Assessor Kende or Deputy Assessor Kathy Elliott will return your call or email as soon as possible.

For general questions related to River Forest Township, please contact Supervisor Carla Sloan at 708.366.2029 or [supervisor@riverforesttownship.org](mailto:supervisor@riverforesttownship.org).

Finally, to stay current on the latest COVID-19 developments and precautions, please refer to the following websites:

<https://www.cdc.gov/coronavirus/2019-ncov/>

<https://dph.illinois.gov/covid19>

<https://www.cookcountypublichealth.org/communicable-diseases/covid-19/>

Thank you. Stay home and stay healthy! Our community is strong and will emerge stronger!

Carla Sloan, River Forest Township Supervisor