



UP-DATES

Dedicated to reducing the achievement gap among adolescents in Palatine so that they are all self-reliant and fulfilling their purpose by age 24

Dear UP Partners,

I hope you are healthy and taking care of yourself and each other. Each of us and our organizations continue to face challenges at work and at home. As we learn to adapt to these shifting needs and demands in our lives, we must still connect with each other, the people we serve, our families and friends.

While circumstances have canceled the next UP Partners meeting on April 29th, a webinar is being prepared to inform the coalition about UP's work and our plan moving forward. Look for the webinar link towards the end of April. The Board would also like to hear from you and how COVID-19 is impacting your work. Please take a few minutes and response to this 6-question survey so we can share your stories during the webinar.

 [Partner Check](#)

Be well,
Anne Campbell

RESOURCES FOR THOSE IMPACTED BY COVID-19

COMMUNITY CARES

(PATH Community Closet and All Saints Church Food Pantry)

Food Distribution - Saturday mornings 9-11am

at the Community Resource Center (CRC) 1585 N. Rand Road, Palatine

Food Donations Needed - accepted on Thursdays 10-12pm

At the side door of the Community Cares Suite in the CRC I located on the Walmart side of the building.

Monetary donations are welcomed.

Checks can be made out to *All Saints Lutheran Church*

630 S. Quentin Rd, Palatine, IL 60067

Or bring directly to the food pantry on Thursdays between 10am-12N.

LIVE Liza Gutierrez from Partners for Our Community

On Facebook LIVE Thursdays at 1pm

Liza will answer questions on eviction, utility payments, financial assistance and immigration.

Join her at: <https://www.facebook.com/POCROLE>

Navigating Parenting Through A Pandemic

A Drop-In Community Call
With Greta Nielsen, LCPC, NCC



Sponsors:



Tuesday
April 14, 2020
7PM - 8PM

FREE

Dial-In Number
712-770-4905
Participation Code
383533#

Please submit questions
before -or- during the event to:
CommunityConversations.IL@gmail.com

Phone Charges May Apply

- Managing Expectations
- Creating Structure and Maintaining Routine
- Recognizing Signs of Anxiety and Depression
- Fostering Resiliency
- Self-Care Strategies for Caretakers

Greta Nielsen, LCPC, NCC, the Clinical Director and licensed psychotherapist at Clinical Care Consultants, has over 25 years of experience providing individual, family and group counseling services to children, teens and adults. She has published articles for the Association of Child and Adolescent Counselors of Illinois and serves as the organization's president-elect. Greta shares her expertise through various presentations and trainings to mental health professionals, as well as, to members of the community. Her work has also appeared in the Huffington Post.



RESOURCES FOR THOSE IMPACTED BY COVID-19

• Information added from the last newsletter is in red.

Questions on COVID-19

- Contact the [Illinois Department of Public Health's COVID-19](https://www.illinois.gov/health/covid-19) hotline at 1-800-889-3931 or email: DPH.SICK@ILLINOIS.GOV

Need/food assistance

- Sikh Religious Society offering a Help Line and Volunteer Opportunities 1280 Winnetka Street, Palatine
Volunteer form: <https://tinyurl.com/vvprxcw> Service request form: <https://tinyurl.com/uplf9j7>
- Meals On Wheels -- Meal delivery for seniors - go to website <https://www.mealsonwheelsamerica.org/> and enter zip code for local agencies.
- Palatine Township – If you need assistance call 847-358-6700 or email to Reach@Palatinetownship-il.gov.
- **SNAP**- The CARES bill signed into law impacted SNAP including: increasing the amount of benefits to people already receiving them. This will automatically be put on their LINK card. The threshold of the benefits has been lowered. Families whose children receive reduced or free lunches may qualify for benefits and should apply. These families can receive *both* SNAP benefits while continuing to go to pick up the meals offered by schools. The requirement for abled body people to be working to qualify for SNAP has been put on hold during this crisis.
- **Greater Chicago Food Depository Public benefits:** Outreach team can help you apply for SNAP and Medicaid and make referrals for other public benefits. Call the hotline at **773-843-5416** for a free confidential interview. The hotline is available Monday through Friday, 8:30 am – 5 pm. Use the hotline and online resources instead of visiting DHS offices and help slow the spread of COVID-19.
- **Seniors**- State Rep. Tom Morrison's office is connecting seniors or others who can't leave home and need help shopping for or picking up essential items with volunteers from the district. Call his office at (847) 202-6584, and they will contact you, explain the process, and help connect you. You can also check out his website, repmorrison54.com for more details.

Economic Impact Payment

The YWCA's Financial Education Specialist Fabiola Alfonso offers a link to a [suggested action plan for your Economic Impact Payment](#) from the IRS. Anyone who is of low-to- moderate income may benefit from this information. Financial information is constantly changing so this information **does not replace** financial advice for your specific circumstances or needs. The link offers information on IRS link to file your taxes for free, ways to manage your money during times of crisis, and how to manage your Coronavirus stimulus check if you are working and can cover your basic needs.

Immigrants and refugees

- Immigrant Family Resource Program (IFRP) Hotline at 1-855-IFRP-NOW (1-855-437-7669). While the hotline had recordings in multiple languages to provide information on public benefits, due to COVID-19, the hotline will be staffed by a live intake worker Monday thru Friday from 9:30am to 4:30pm in 8 different languages: Spanish, Arabic, Chinese (Mandarin), Korean, Polish, Russian, Vietnamese, English <https://www.icirr.org/ifrp>
- ICIRR Resources- Not only for immigrant and refugee families, but focused on those communities. https://docs.google.com/document/d/1_FkBIQh4AluGm3_rQAVBIHmDM-j5cxatvnIoxEIbmCc/edit
- Immigrant families are encouraged to seek medical treatment if necessary. COVID-19 testing, prevention and treatment cannot be used against immigrants.

Internet/utilities

- **Comcast** is offering two months of free internet to new low-income customers. They are also offering free wi-fi hotspots and other community support. You are eligible if receiving public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI and others. <https://apply.internetessentials.com/> No social security numbers needed.
- **Com Ed** is imposing a moratorium on service disconnections and waiving new late payment charges through at least May 1. *Non-profits* may qualify for grants if having trouble paying their utility bill. <https://www.comed.com/News/Pages/NewsReleases/2020-03-13.aspx?fbclid=IwAR1UNvMKg-gEosuW0MIY32WanVGOS96RQsQWMaHEXNnFjIjCy2-pPPYON7no>
- On March 18th the Illinois Commerce Commission mandated all public utilities to suspend disconnections from service until May 1 or until the state of emergency is lifted. If your utility is disconnected, contact Office of the Illinois Attorney General <https://www.illinoisattorneygeneral.gov/>

Unemployment

- **IL Unemployment Hotline** - 1-800-244-5631
- Information about [Unemployment Benefits](#) and [how to file](#) for them.

Landlord Help

- **The Metropolitan Tenants Organization** can answer questions related to landlord-tenant problems including repairs, heating, hot water, pests, evictions, and security deposits. [Click here](#) to learn more or call 773-292-4988.

Mental Health Resource

- **NAMI COVID-19 Resource and Information Guide** - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?>
- **Call4Calm** - *emotional support text line* Illinois Department of Human Services' Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text "TALK" to 5-5-2-0-2-0, or for Spanish, "HABLAR" to the same number: 5-5-2-0-2-0. Call4Calm is free to use, and individuals will remain anonymous. Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support. Individuals can also text 5-5-2-0-2-0, with key words such as "unemployment" or "food" or "shelter" and will receive information on how navigate and access supports and services.

NAMI Illinois- National Alliance on Mental Illness - has started online Family Support Groups and Connection Recovery Support Groups to temporarily replace NAMI'S in-person Support Groups during the Covid-19 Shelter-in-Place term.

Through the end of the month there will be a Family Support and a Parent Support group and two Connection Recovery groups each week. The week of April 12th:

NAMI Connection Group - Monday, April 13, 7-8:30pm, Thursday, April 16, 7-8:30pm

NAMI Family Support Group - Tuesday, April 14, 7-8:30 p.m.

NAMI Parent Support, Friday - April 17, 7-8:30pm

If you are interested in a group, you need to register before 4:30 the day the group meets to participate in one of these groups. Here's the link where you'll find the list of groups: <https://namiillinois.org/online-support-group-registration-information/> You can participate without leaving your home. It's easy and confidential.

For further information on all NAMI Northwest Suburban meetings and events contact NAMI NWS at 847-899-0195 or naminwsub@gmail.com. Please see our website at naminorthwestsuburban.org for more detailed information about our NAMI NWS support services and events.