

PALATINE RESOURCES

Physician House Calls

Provide in-home physician visits, exams, labs and x-rays.

- **MD at Home**
(866) 632-8466
(312) 243-2223
Accepts Medicare. Medicaid is accepted as secondary insurance only. Nurse practitioner comes to the Palatine area.

Telehealth

- **Medicare** - contact your physician for guidance if you are feeling ill.

Food Delivery Programs- Stores that Deliver on Line Orders

- **Mariano's in Palatine**
<https://www.marianos.com/stores/details/531/00505>
- **Walmart in Palatine**
<https://www.walmart.com/>
- **Instacart** - Groceries delivered from many local stores
www.instacart.com
- **Meals On Wheels** - Meal delivery for seniors - go to website
<https://www.mealsonwheelsamerica.org/> and enter zip code for local agencies.

Food Pantry Programs

- **Palatine Community Resource Center**
1585 Rand Rd. Saturdays 9-11am
Drive thru style food pick up
- **Wheeling Senior Services**
Have hot and cold meal drive-thru for anyone over 60 years of age, in need of meals and willing to drive to Wheeling. Call (847) 459-2606

Domestic Violence

- **Wings program/shelter (847) 519-7820**
- **24 hour Domestic Violence Hotline (877) 863-6338**

Mental Health

- **NAMI COVID-19 Resource and Information Guide**
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updateson-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?>
- **Telehealth is available for individuals with Insurance through most area Mental Health service providers for individual, family and couples counseling.**