



# **Help for seniors during the Corona-virus Crisis**

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## **HOW DO YOU FEEL?**

**Are you feeling anxious or depressed?**

**You can call to speak to a senior depression counselor and be screened/referred for free in home counseling services: 815.701.6605**

**If you feel lonely, you can call the Institute on Aging's Friendship Line: 800.971.0016**

## **WHAT ELSE DO YOU NEED?**

**FOOD or GROCERIES:** There is help available for home delivered meals, food pantry items, and even proxy shoppers who will do the shopping for you.

**TRANSPORTATION** to medical appointments and proxy medication pick up is also available.

**Call Senior Service Associates in McHenry at 815.344.3555**

# **THINGS TO DO**

It's important to continue activities as much as possible when spending more time at home. These free activities were compiled by CJE Senior Life & require a computer/smart phone

1. Free livestream opera via your computer or smartphone:

More info: [https://www.playbill.com/article/metropolitan-opera-after-shutting-its-doors-will-offer-free-streams-from-live-in-hd-catalog?fbclid=IwAR04hk55tkzGJp3ITxnwOhGDi2-IH3S3QSYMA\\_0b\\_SpU4oDXZBck771r\\_0k](https://www.playbill.com/article/metropolitan-opera-after-shutting-its-doors-will-offer-free-streams-from-live-in-hd-catalog?fbclid=IwAR04hk55tkzGJp3ITxnwOhGDi2-IH3S3QSYMA_0b_SpU4oDXZBck771r_0k)

To participate: <https://www.metopera.org/>

2. Free online classes:

[http://www.openculture.com/freeonlinecourses?fbclid=IwAR1UzT9rNbck\\_pz-5ObOcQMZ2a389fkIDQrxmHv-7XElezdvTPm9v-Kagcs](http://www.openculture.com/freeonlinecourses?fbclid=IwAR1UzT9rNbck_pz-5ObOcQMZ2a389fkIDQrxmHv-7XElezdvTPm9v-Kagcs)

To participate: <https://www.mooc.org>

3. Free virtual museum tours via your computer or smart phone:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

4. While the "Phone a Poem" daily call in program is no longer around, these recordings have been archived and can be accessed on a computer at this link:

<http://www.openculture.com/2013/05/phone-a-poem.html>

5. These programs are a resource that can be accessed via a landline telephone or any other telephone, but please register first. Call this number: (888) 600.2560 or you can register online.

<https://www.mather.com/neighborhood-programs/telephone-topics>