



RIVER FOREST TOWNSHIP

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

March 19, 2020

River Forest Township is concerned about the health and wellness of our residents during what is now the COVID-19 national emergency. 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 been cancelled. The River Forest Civic Center Authority Building, location of the Township offices, is open to limited staff and maintenance personnel only. 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; please prioritize health and other essential needs.
- Home-delivered meal service continues at this time, with socially distanced delivery.
- Dine-in lunch service has been converted at this time to a pick-up "to-go" lunch service. In light of the "shelter in place" mandate that goes into effect March 20th in Oak Park, this may convert to home-delivered service for River Forest residents as well.
- 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 AgeOptions, the Illinois Department on Aging, Oak Park Health Department, Cook County Health Department, the Illinois Department of Public Health and the Centers for Disease Control. For more updated info, visit 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.

Many older adults have friends, neighbors or family to whom they can turn for assistance, and we encourage this, with appropriate social distancing and other mandated health safeguards. Other adults may not have this support network.

The Village of River Forest, River Forest Township and Township Senior Services are working together to establish a Care Corps of volunteers to lend a helping hand to seniors at this time. Volunteers will be able to help with non-direct contact services like prescription and grocery pickup, dog walking, and light yard work. Volunteers will be subject to a background check and will be directed to practice social distancing and other health safeguards.

If you are a senior and you need Care Corp assistance, or if you wish to become a Care Corps volunteer, please email Supervisor Carla Sloan at supervisor@riverforesttownship.org.

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.

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.

This article provides some excellent ideas for taking care of your mental health:

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

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 708.445.2727.

Assessor update:

For questions regarding your property taxes, please contact Township Assessor Pamela Kende at 708.366.2787 or assessor@riverforesttownship.org. Please leave a clear voicemail with your name, phone number and address and Pam 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.

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/>

<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-zlist/coronavirus>

<https://www.cookcountypublichealth.org/communicable-diseases/novel-coronavirus/>

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

Carla Sloan, River Forest Township Supervisor