FEBRUARY 2020
CLIENT CONNECTION
Updates for Lakeview Pantry Clients

IMPORTANT DATES

Upcoming Closures
Monday, Feb. 17: Presidents' Day
  - Sheridan Market
  - La Casa Norte's Fresh Market

Healthy Hearts Events
See attached flyer for more details!
Where: Sheridan Market
  3945 N. Sheridan Rd.

Saturday, Feb. 1: 11am - 3pm
Blood Pressure Screening

Saturday, Feb. 8: 11am - 3pm
Blood Pressure Screening

Saturday, Feb. 15: 11am - 3pm
Healthy Hearts Nutrition Day

Healthy Bites
When: Tuesday, Feb. 18: 5 - 7:30pm
Where: Sheridan Market
  3945 N. Sheridan Rd.

Chef Raz will be at the Pantry to cook a nutritious dish for our clients to enjoy while waiting to pick up their food! Recipes will be available for clients to take home.

What Language Do You Speak?
If you or someone you know speaks a language other than English, please let us know and we will provide translation services!

Si usted o alguien que conoce habla un idioma que no sea inglés, háganoslo saber y le proporcionaremos servicios de traducción.

Если вы или кто-либо из ваших знакомых говорит на другом языке, кроме английского, сообщите нам об этом, и мы предоставим переводческие услуги

LAKEVIEW PANTRY CONTACT INFORMATION

General Information: (773) 525-1777
Food Programs: info@lakeviewpantry.org
Social Services: socialservices@lakeviewpantry.org
Mental Wellness: mentalhealth@lakeviewpantry.org
If you need assistance with accessing any of these resources, please come see us during Drop-In Case Management or when picking up your Online Market order at The Hub (5151 N. Ravenswood).

**LOCAL RESOURCES**

**FOOD**
- Contact the Greater Chicago Food Depository for food resources: 773-247-3663 or visit chicagosfoodbank.org/find-food/
- Ask our receptionist for a list of free local weekly meals

**SHELTER**
If you need immediate shelter, you can get a referral for a bed any way below:
- Go to your nearest police station (850 W. Addison, Addison & Halsted)
- Go to your nearest hospital Emergency Room (Thorek Hospital, Sheridan & Irving Park Rd)
- Go to your nearest DHS Office (845 W. Wilson, Wilson & Clarendon)

**HEALTH**
Accepts Medicaid/no insurance; sliding scale fees may apply:
- Howard Brown Health Center (4025 N. Sheridan Rd: 773-388-1600)
- Heartland Health Center (845 W. Wilson Ave: 773-506-4283)

**CLOTHING**
Free clothing resources:
- St. Thomas of Canterbury, 4827 N. Kenmore: Most Thursdays 9:30am-12pm, 773-878-5507
- Cornerstone Free Store, 4628 N. Clifton Ave: Call ahead: 773-271-8163

**HOTLINES**
All hotlines are free and confidential:
- Suicide Prevention: 800-273-8255
- NAMI/Mental Health: 833-626-4244
- Domestic Violence: 800-799-7233
- Crisis Text Line: Text CONNECT to 741741
- LGBTQIA+ Helpline: 800-398-4297
- Elder Abuse: 800-252-8966
- Youth Crisis: 800-448-4663

**SOCIAL SERVICES STAFF MEMBERS**
Jennie Hull, LCPC, Director of Programs - ext. 214
Colleen Montgomery, LCSW, Manager of Social Services - ext. 216
Eva Trampka, MSW, Home-Based Case Manager - ext. 224
Taneka Taylor, MSW, Social Worker - ext. 227
Drew Moran, LPC, Group Mental Health Counselor - ext. 243

**SOCIAL SERVICES INTERNS**
Social Work Students: Hannah Davis, Layne Hardy, Julia Kelly, Liusmila Ortega - ext. 300
Mental Health Student: Edward Alderson - ext. 244
Nursing Students: Hannah Nicholson, Debi Rhyner
Food distributed 6 days a week
Across 5 different programs
Monthly pickups offered once a month
Weekly pickups (produce and bread) offered once a week

At Lakeview Pantry, we match you with the food you need and want. Our staff and volunteers work with you to personalize your food-gathering experience and make you feel at ease, so you can create full meals that are satisfying and delicious.

### PRIMARY ACCESS POINTS FOR FOOD PROGRAMS

1. Visit Pantry locations during distribution hours
2. Order online through the Online Market
3. Contact Food Programs at 773-525-1777 or info@lakeviewpantry.org

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**FOOD PROGRAMS**

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- Across 5 different programs
- Monthly pickups offered once a month
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**DISTRIBUTION SITE**

**SHERIDAN MARKET**
3945 N. Sheridan Rd.  
Chicago, IL 60613
- Monthly Food Distribution Hours:
  - Mon, Wed, Fri: 12pm – 4pm
  - Tues & Thur: 5pm - 7:30pm
  - Saturday: 11am – 3pm
- Weekly Produce Pickup Hours:
  - Mon, Wed, Fri: 2pm – 4pm
  - Tues & Thur: 5pm – 7:30pm
  - Saturday: 1pm – 3pm

**LA CASA NORTE’S FRESH MARKET**
3533 W. North Avenue, First Floor  
Chicago, IL 60657
- Fresh Market Hours:
  - Mon & Wed: 11am - 3pm
- Community Café Hot Meal Program Hours:
  - Mon & Wed: 5:30pm - 6:30pm

**THE ONLINE MARKET**
5151 N. Ravenswood Ave.  
Chicago, IL 60640
- Office Hours:
  - By appointment only
- Pickup Hours:
  - Thurs: 2pm - 7pm  
  (Specific pickup windows are selected during the registration process. Monthly pickups only.)

**HOME DELIVERY**
5151 N. Ravenswood Ave.  
Chicago, IL 60640
- Hours:
  - Saturdays from 11am

**HEALTH & HOPE PROGRAM**
Advocate Illinois Masonic Hospital
- Please contact Illinois Advocate Masonic Cancer Center at (773) 975-1600 to sign up for the Health and Hope Program.
- Must be a current oncology patient at Advocate.
## SOCIAL SERVICES PROGRAMS

### Public Benefits

Children/Families

### Financial

Employment

### Transportation

Housing

### Health

SAFE Program

### SERVICE TYPES

<table>
<thead>
<tr>
<th>SERVICE TYPES</th>
<th>HOURS AND INFORMATION</th>
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<tbody>
<tr>
<td><strong>DROP-IN CASE MANAGEMENT</strong></td>
<td>Hours: Mon, Wed, Fri: 12pm – 4pm Tues &amp; Thur: 5pm - 7:30pm • No appointment required • First come, first served</td>
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<tr>
<td><strong>MENTAL WELLNESS PROGRAM</strong></td>
<td>Hours: By appointment only • Individual, Couples, &amp; Group Counseling • Ages 18 and up only • Free services - no fees and no billing to insurance • Eligibility screened by required intake process • Openings currently available</td>
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<tr>
<td><strong>ONLINE MARKET SOCIAL SERVICES</strong></td>
<td>Appointments On: Thursdays: 2pm - 5pm • Request social services when you submit your cart online on Tuesdays • Social Worker will reach out to you via phone/email to schedule appointment during Thursday pickup</td>
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<tr>
<td><strong>HOME DELIVERY SOCIAL SERVICES</strong></td>
<td>• Appointments are scheduled as needed and in your home • Only for current Home Delivery clients</td>
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<tr>
<td><strong>CAREER EMPOWERMENT PROGRAM</strong></td>
<td>Appointments On: Tuesdays: 1pm - 5pm, Thursdays: 1pm - 5pm, Fridays: 9am - 12pm Now offering 1-on-1 appointments dedicated to career services: Discover your strengths, search current job openings, write your resume, engage in mock interviews, and more</td>
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### PRIMARY ACCESS POINTS FOR SOCIAL SERVICES

1. Attend a drop-in session
2. Order online through the Online Market
3. Contact Social Services at 773-525-1777 or socialservices@lakeviewpantry.org
FAMILIES WITH INFANTS & CHILDREN

CRADLES TO CRAYONS PARTNERSHIP

Cradles to Crayons

We are a proud partner agency with Cradles to Crayons, which offers items to children through age 12 such as clothing, diapers, hygiene supplies, pajamas, outerwear and shoes at no cost to you.

If you are interested in requesting these items, please meet with Social Services during drop-in case management to submit an online request!

ARTS OF LIVING INSTITUTE

The Arts of Living Institute offers an early childhood home visiting program in cooperation with the Chicago DFSS.

For more than 45 years, Arts of Living Institute has empowered parents through: case management, home visits, developmental screenings, & crisis intervention, plus educational groups on child development, infant health, and maternal health, monthly parent-child interactive groups on the weekends, referrals to needed resources.

For more information: (312) 655-7103 or email mursetta@catholiccharities.net.

PENDiatric car seat program

Do you need a low-cost infant carrier, car seat for a toddler, or a booster seat for older children?

Check out the Pediatric Car Seat Program at:
Stroger Hospital
1969 W. Ogden Ave.
First Floor
Chicago, IL 60612
Phone: 312-864-2016
Hours: Mt, T, Th, F, Sat 1pm - 4pm
Languages Spoken: English & Spanish

Eligibility: Standard fees are $30 for infant carriers and $40 for convertible car seats (must be paid in cash)

How to Apply: Walk ins are welcome during program hours. Car seats and infant carriers are available in the Pediatrics Clinic by Entrance 1, next to the Information Desk. You may also call 312-864-2016 and leave a message. Your call will be returned as soon as possible during program hours.

If you are purchasing a car seat, you must watch a 20-minute instructional video and then demonstrate how to properly install the seat.

NEED SUPPLIES?

If you are in need of diapers, baby food, infant formula, or women’s hygiene supplies, please ask a staff member or volunteer when you check in for your monthly pickup.

Depending on availability, we might be able to offer you some items once a month during your pickup!
**FREE EVENTS!**

**Treasurer Frerichs Celebrates Black History Month**  
**When:** Wednesday, February 5, 12 - 1pm  
**Where:** Thompson Center, 100 W. Randolph St., Concourse Level, Chicago, IL 60601  
Celebrate Black History Month with Illinois State Treasurer Michael W. Frerichs. Awardees and speakers to be announced. Please RSVP via Eventbrite or to Gladys Piper at gpiper@illinoistreasurer.gov.

**Gather - LGBTQ+ Community Valentines Dinner**  
**When:** Thursday, February 13, 5:30 - 7pm  
**Where:** Howard Brown Health Center, 6500 North Clark St., Chicago, IL 60626  
Are you looking to meet new people? Want to enjoy Valentine’s Day with a diverse group of LGBTQ+ community members? Join in for a complimentary dinner offered at Howard Brown Health Center. Please contact Jacqueline Boyd with any questions: 630-479-0083 or Jacqueline@thecare-plan.com.

**Black History Month Family Celebration**  
**When:** Saturday, February 22, 6 - 8pm  
**Where:** Semicolon Bookstore, 515 N. Halsted St., Chicago, IL 60642  
Join Burst into Books for our Black History Month Family Celebration: Chicago Edition! It will be a day full of storytelling, interactive stations, guest presenters and music. Come out to learn about the black history of Chicago past and present. It will be a great time for the whole family. Please RSVP.

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**DIVERSITY CORNER**

**Black History Month - February 1-29**  
*Did you know?* Carter G. Woodson Regional Library opened December 19, 1975 in a two-story building housing the Vivian G. Harsh Research Collection of Afro-American History and Literature, the largest collection of its kind in the Midwest. The library was named for Dr. Carter G. Woodson, a prolific writer and founder of the Association for the Study of Negro History and Life. Woodson made numerous contributions to the study of African American history and culture. In 1926, he proposed and established an annual observance, Negro History Week, which grew into the nationally celebrated African American History Month each February.  
*Did you know?* During the Great Migration of African Americans to urban areas in the 1930s, the school of the Art Institute of Chicago was one of the few schools that allowed black attendance. As a result, Chicago became a hub for up-and-coming artists and musicians that rivaled the Harlem Renaissance.

**Presidents' Day - February 17**  
*Did you know?* Although the holiday was originally meant to commemorate President George Washington’s birthday, we now celebrate all presidents on this holiday. Fun fact: George Washington was known as the Father of the American Foxhound, and he owned more than 30 dogs!
LAKEVIEW PANTRY NEWS

ONLINE MARKET

Are you interested in streamlining your grocery pickups and saving time during your hectic day? Geared toward busy individuals and families, the Online Market offers the same healthy food and social services you’re used to - custom ordered directly from your mobile phone or computer.

1. Orders can be placed on Tuesdays. Customize your cart and lock it in before the end of the day.
2. Pick up your order on Thursday of the same week at The Hub, 5151 N. Ravenswood.

Current clients: Email onlinemarket@lakeviewpantry.org to receive a password for your account.
New clients: Sign up at lakeviewpantry.org/onlinemarket!

SAFE PROGRAM

Love shouldn’t hurt.

We are ready to work with you at whatever stage you are at in your relationship - judgment-free. Meet with our Social Services team to find the support you need.

ATTEND A VOLUNTEER ORIENTATION SESSION!

Training sessions are OPEN to everyone. There is no need to RSVP. Sessions last roughly one hour, and you only need to attend one in order to volunteer.

Sessions cover:
• Initial paperwork, including liability and confidentiality forms*
  *All new volunteers under the age of 18 will need a parent or guardian present at the training session. A parent or guardian must accompany anyone under the age of 18 to the training session.
• Volunteer positions and responsibilities
• Community service policy and process for both school-assigned and court-ordered hours
• Lakeview Pantry policies regarding clients and volunteers
• Getting signed up for your first day!

February Volunteer Orientation Dates:

Sheridan Market
3945 N. Sheridan Rd.

Wednesday, February 5: 6 - 7pm
Wednesday, February 19: 6 - 7pm

The Hub
5151 N. Ravenswood Ave.

Saturday, February 1: 1 - 2pm
Tuesday, February 11: 1 - 2pm
Thursday, February 27: 11am - 12pm
HEALTHY HEARTS

Keep your heart healthy and happy with help from Lakeview Pantry!

Blood Pressure Screenings
Did you know that 1 in 3 Americans have high blood pressure? Get your blood pressure taken and learn how to lower your risk!
February 1, 11am - 3pm
February 8, 11am - 3pm

Healthy Hearts Nutrition Day
Have questions about improving your diet? Get your nutrition questions answered to keep your heart going strong!
February 15, 11am - 3pm

WHERE: SHERIDAN MARKET
3945 N. SHERIDAN RD.

*All events hosted by DePaul University nursing students. Nursing students cannot diagnose medical conditions. Please consult with your doctor regarding any concerns.

No appointment required! For more information, please reach out to our Social Services Department at: 773-525-1777 ext. 300 or socialservices@lakeviewpantry.org.