

JANUARY 2020



LAKEVIEW PANTRY
Food for Today, Hope for Tomorrow

CLIENT CONNECTION

Updates for Lakeview Pantry Clients



IMPORTANT DATES

Finding Hope Group

Begins Monday, January 13, 3 – 4pm
(occurs weekly)

3945 N. Sheridan Road

Are you dealing with depression? Attend Lakeview Pantry's new weekly Finding Hope: Managing Depression in Your Daily Life group. Learn new coping and management strategies, share your story and personal experience, and receive support from peers. Contact Edward Alderson at edward@lakeviewpantry.org or (773) 525-1777 ext 244 to register. Registration is required.

Share the Warmth Night with Tiesta Teas

Thursday, January 16

Sheridan Market (3945 N. Sheridan):
5 – 7:30pm

The Hub (5151 N. Ravenswood):
5 – 7pm

Courtesy of Tiesta Teas, warm tea will be offered at our Sheridan Market and The Hub to help keep warm during distribution hours! If interested, please ask a staff member.

Upcoming Closures

Monday, February 17 – Presidents' Day:
– Sheridan Market
– La Casa Norte

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

Jeśli ty lub ktoś, kogo znasz, mówi w języku innym niż angielski, daj nam znać, a my zapewnimy usługi tłumaczeniowe

LAKEVIEW PANTRY CONTACT INFORMATION

General Information: (773) 525-1777

Food Programs: info@lakeviewpantry.org

Social Services: socialservices@lakeviewpantry.org

Mental Wellness: mentalhealth@lakeviewpantry.org

LOCAL RESOURCES

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).

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:

- Call 3-1-1
- 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 PROGRAMS

- 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.



DISTRIBUTION SITE

HOURS

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 – 7:30 pm
Saturday: 1pm – 3pm

LA CASA NORTE'S FRESH MARKET

3533 W. North Avenue, First Floor
Chicago, IL 60657

Food Distribution Hours:

Monday: 11am - 3pm

THE ONLINE MARKET

5151 N. Ravenswood Ave.
Chicago, IL 60640

Open Office Hours:

Tues: 11am - 2pm

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.

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

SOCIAL SERVICES PROGRAMS

Public Benefits



Financial



Transportation



Health



Children/Families



Employment



Housing



SAFE Program



SERVICE TYPES

HOURS AND INFORMATION

DROP-IN CASE MANAGEMENT

3945 N. Sheridan Rd.
Chicago, IL 60613

Hours:

Mon, Wed, Fri: 12pm – 4pm
Tues & Thur: 5pm -7:30pm

- No appointment required
- First come, first served

MENTAL WELLNESS PROGRAM

3945 N. Sheridan Rd.
Chicago, IL 60613

Hours:

By appointment only

- Individual, Couples, & 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

ONLINE MARKET SOCIAL SERVICES

5151 N. Ravenswood Ave.
Chicago, IL 60640

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

HOME DELIVERY SOCIAL SERVICES

- Appointments are scheduled as needed and in your home
- Only for current Home Delivery clients

CAREER EMPOWERMENT PROGRAM

3945 N. Sheridan Rd.
Chicago, IL 60613

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

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

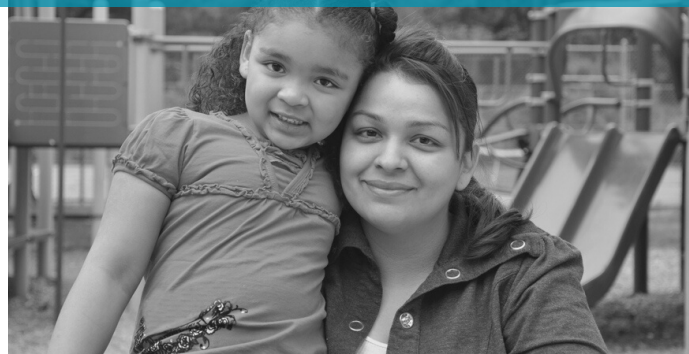
FAMILIES WITH INFANTS & CHILDREN

CRADLES TO CRAYONS PARTNERSHIP

Cradles toCrayons

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, shoes, birthday presents, school supplies and backpacks 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!



PEDIATRIC 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!

ARTS OF LIVING INSTITUTE



Are you pregnant or parenting a child age three or younger?

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.



CHICAGO NEWS

FREE EVENTS!

Winterland at Gallagher Way

When: January 1 - February 16, 2020

Mon - Thurs: 3 - 9pm, Fri - Sat: 11am - 10pm, Sun: 11am - 7pm

Where: Gallagher Way, 3635 N Clark St, Chicago, IL 60602

Skate all winter long underneath the twinkling lights of Winterland at Gallagher Way! The 8,000 sq. ft. ice rink is open to skaters of all ages, every day of the week. Stop by for a couple of laps, check the schedule for a chance to skate with Clark the Cub, rent a skate aid, or arrive in time for select Tuesday figure skating performances.

MLK Free Museum Day

When: Monday, January 20, 2020

Get free admission on Martin Luther King Day if you can show a valid ID that has an Illinois address. Free admission to the following museums: Adler Planetarium, Art Institute of Chicago, Chicago History Museum, The Field Museum, Museum of Science and Industry, Shedd Aquarium.

Northerly Island Adventure

When: Saturday, January 25, 2020

Where: Northerly Island Park

See birds of prey and wolves, make "nature-inspired winter crafts," walk on snowshoes (if there's snow), and drink cocoa (while it lasts) at Polar Adventure Days on three dates in December, January, and February. Free except for parking.

MLK Day Speech

When: Monday, January 27, 2020

Where: Rubloff Building, Thorne Auditorium, 375 East Chicago Ave, Chicago, IL 60611

Hear a keynote address to celebrate Martin Luther King Day at Northwestern University. Keynote speaker: Tarana Burke, founder of the #MeToo movement and social justice activist.

Tour the Chicago Cultural Center

When: Wednesdays, Thursdays, Fridays and Saturdays at 1:15pm

Where: 78 E Washington St, Chicago, IL 60602

Get an inside look at one of Chicago's most beloved cultural assets. The free building tours delve into the fascinating history of the landmark Chicago Cultural Center, offered year-round on Wednesdays, Thursdays, Fridays and Saturdays at 1:15pm.



DIVVY4EVERYONE



DIVVY4Everyone is a program designed to help eligible, low-income individuals get a yearly Divvy Membership for only \$5! For more info, call Divvy at 855-553-4889 or talk with Social Services!

You can apply in person at Center for Changing Lives at 1955 N. St. Louis Ave, #101 on Tuesdays and Thursdays from 10am - 5:30pm. Call Center for Changing Lives at 773-342-1751 to schedule an appointment.

CITYKEY CARD & CHICAGO Rx CARD



The CityKey Card serves as a government-issued ID, Ventra card, and library card all in one while also offering various discounts around the city. Cards are \$5 for minors, \$10 for adults ages 18-64, and free to seniors ages 65+. You also have the option to register for the Prescription Coverage program, Chicago Rx, and add it to your CityKey Card. Learn more online at: www.chicityclerk.com/chicagocitykey/how-apply or visit the Social Services team for assistance.

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!



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!

January Volunteer Orientation Dates:

Sheridan Market
3945 N. Sheridan Rd.

Thursday, January 16: 11:30am - 12:30pm

The Hub
5151 N. Ravenswood Ave.

Saturday, January 4: 1 - 2pm

Wednesday, January 8: 6 - 7pm

Wednesday, January 22: 6 - 7pm

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.

