

Resources for Older Adults

Resources designed to dispel isolation, combat depression and relieve fear during this extended pandemic.

For help with meals, homecare, transportation and more:

Kenosha Aging and Disability Resource Center	262-605-6646
Racine Aging and Disability Resource Center	262-833-8777
Meals on Wheels, Racine	262-833-8766
Meals on Wheels, Kenosha	262-658-0237
Alzheimer's Caregiver Support Group	800-272-3900

Connecting Seniors over the phone with others and programs they may enjoy for free:

Friendship Line calls through the Institute on Aging	800-971-0016
Connecting People via phone calls from AARP	888-281-0145
Well Connected Network from COVIA	877-797-7299
University Without Walls	877-819-9147

Educating Older Adults to the Internet and connecting virtually:

AARP Community Connections website **TheLongDistanceGrandparent.com**

Entertainment options on the internet that Seniors will enjoy.

Google Arts & Culture – virtual tours of the world

Movies for Grownups through AARP's Facebook page

Music Therapy and Entertainment offered by Hospice Alliance, Until Next Time page

Mental Health Support:

NAMI Racine	800-950-6264
NAMI Kenosha	262-652-3606
Racine County Crisis Line	262-638-6741
Kenosha County Crisis Line	262-657-7188

Thank you MPLC Care Team Member, Joanne Swartz, for sharing this resource with us!