



COVID-19 Resources for Older Adults and Caregivers

If you, your family, or loved ones need food

- Call Rush Generations at **(800) 757-0202** and say that you need food for you or your family. You will be connected to resources for both food pantries with pick-up options, as well as home-delivery for meals for older adults.

Staying healthy and socially active while social distancing

- Rush Generations provides a variety of virtual programming for older adults and caregivers, including workshops to help you better manage your chronic conditions, mini health education lectures, physical activity classes, and support groups. For more information, call **(800)757-0202**, like “Rush Generations” at [Facebook.com/RushGenerations](https://www.facebook.com/RushGenerations), or email Rush_Generations@rush.edu
- The Rush Office of Community Health Equity and Engagement (CHEE) organizes virtual “Wellness Wednesdays.” For more information, like CHEE at [Facebook.com/CHEEatRush](https://www.facebook.com/CHEEatRush)

If you are feeling lonely or isolated

- Call Rush Generations at **(800) 757-0202** and you can sign up for a weekly call from a volunteer through our new Rush Generations “Senior Connections” Friendly Caller program.

Where to find reliable information

- There are many resources and more information on the [rush.edu](https://www.rush.edu) website. Visit <https://bit.ly/RushCOVIDResources> for more information or call the Rush COVID-19 Call Center at **(888) 352-RUSH (7847)**
- If you would like more information on caregiver assistance programs, call **(800) 757-0202** and ask for the Rush Caregiver Initiative.