

2012

RESOURCE GUIDE FOR
SENIOR CITIZEN SERVICES
IN WHITESIDE COUNTY



SENIOR NEXUS GROUP

8/1/2012

I wish to thank everyone involved in the SENIOR NEXUS group who contributed toward this resource guide. A special thank you to...

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Tina Shoffner, Whiteside County Senior Center
Nancy Sweitzer, Alzheimer's Assoc.
Emily Taylor, LSSI
Cathy Weightman-Moore, Catholic Charities
Bonnie Wood, DHS**

Our goal was to design a resource guide specifically for senior citizens in Whiteside County, connecting them to the services they need and may be entitled to.

Local agencies may use this guide to refer senior citizens to additional resources.

As a group, we gathered and shared resource information to the best of our knowledge. We apologize if we inadvertently omitted any specific information or incorrectly entered

any materials. Our goal is to review this annually and make any additions, deletions, or corrections at that time.

**This guide is free and accessible at www.lssi.org
www.whitesidehealth.org**

Respectfully,

Beth Sterk

Community Liaison

WHITESIDE HomeCare

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ABUSE

Illinois Dept. of Aging (24 hour hotline)

P.O. Box 19003, Springfield, IL 62794-9003

866-800-1409

800-624-2459

www.cbrx.il.gov

LSSI - Lutheran Social Services of Illinois

1901 1st Ave., Sterling, IL 61081

815-626-7333

YWCA – Domestic Violence/Sexual Assault Program

412 First Ave., Sterling, IL 61081

815-625-0333

815-626-7277 (24 hr. hotline)

ABUSE (housed residents)

Nursing Home/Assisted Living:

Catholic Charities

LTC Ombudsman Program

800-369-0895

**Illinois Dept. of Public Health Central
Complaint Registry**

800-252-4343

Email dph.ccr@illinois.gov

Supportive Living:

Illinois Dept. of Healthcare & Family Services Hotline

800-226-0768

Callers remain anonymous while calling the above numbers due to the sensitivity regarding possible abuse, neglect, and exploitation of older persons.

Always call 911 first if immediate safety or medical attention is needed.

ADULT DAYCARE/RESPIRE

Good Neighbor Care

2705 Ave. E. Sterling, IL 61081

815-622-2800

IL. Respite Coalition

630-529-2871 Xt. 3231

www.illinoisrespite.org

Transitions Nursing & Rehab.

1000 Dixon Ave., Rock Falls, IL 61071

815-625-8510

ADVOCACY SERVICES

**For residents of Nursing, Assisted or
Supportive Living**

Catholic Charities

Ombudsman

800-369-0895

ALCOHOL TREATMENT

Alcohol 24 Hr. Helpline
800-438-1150

**Alcohol AA Abuse Addiction
Treatment Center of First Step**
800-510-2437

**Alcohol A&A Abuse 24 Hour Able
Helpline**
800-299-6317

Alcohol-Drug Treatment Referral
800-454-8966

**Alcoholics Anonymous 24 Hour
Hotline**
800-452-7990

KSB Behavioral Health Services
815-285-5626

LSSI
1901 First Ave., Sterling, IL 61081
815-626-7333

Norcare Addictions/Counseling
2611 Woodlawn Rd., Sterling, IL
61081
815-625-0033

Recovery Zone
707 1st Ave. Suite A, Rock Falls, IL
61071

815-626-2800

Sinnissippi Centers
325 IL. Rt.2 Dixon, IL 61021
800-242-7642

ALZHEIMER'S DISEASE

Alzheimer's Association
800-272-3900 (24 hour hotline)
www.alz.org

**Alzheimer's Association
Rock River Branch**
93 S. Hennepin, Dixon, IL 61021
815-285-1100
800-272-3900 (24 hr. helpline)
www.alz.org/illinoiscentral

**Center for Alzheimer's Disease and
Related Disorder's**
SIU Regional Disease Research Center
P.O. Box 19643
Springfield, IL 62794
217-545-8249
www.siumed.edu/alz

Hospice of Rock River Valley
264 IL. Rt. 2, Dixon, IL 61021
815-288-3673
www.hospicerockriver.org

**KSB Hospital – Behavioral Sciences &
Assessment Center**
403 E. First, Dixon, IL 61021

815-288-5531

www.ksbhospital.com

Tri-County Opportunities Council

405 Emmons Ave.

P.O. Box 610 Rock Falls, IL 61071

815-625-7830

800-323-5434

www.tcochelps.com

Whiteside County Health Dept.

Dr. Albert Mensah

1300 West Second St.

Rock Falls, IL 61071

815-626-2230

ALZHEIMER HOUSING

Avonlea Cottages

2201 E. LeFevre Rd., Sterling, IL 61081

815-626-5439

Coventry Village

612 W. St. Mary's Rd.

Sterling, IL 61081

815-626-9020

Four Season's

Morrison Community Hospital

300 North Jackson

Morrison, IL 61270

815-772-4003

Good Neighbor Care

2705 Ave. E., Sterling, IL 61081

815-622-2800

www.goodneighbor.com

Parkway Center

1801 Ave. G. Sterling, IL 61081

815-626-1121

Prophet River View Good Samaritan

310 Mosher Dr., Prophetstown, IL

61277

815-537-5175

**Pinecrest Terrace – Alzheimer's Unit
& Assessment Center**

414 Wesley, Mt. Morris, IL 61054

815-734-4103

Pleasantview Rehab & Health Center

500 N. Jackson, Morrison, IL 61270

815-772-7288

Resthave Retirement & Nursing

408 Maple Ave., Morrison, IL 61270

815-772-4021

Rock Falls Rehabilitation

430 Martin Rd., Rock Falls, IL 61071

815-626-4575

Sterling Pavilion

105 E. 23rd St., Sterling, IL 61081

815-626-4264

Transitions Nursing and Rehab.

1000 Dixon Ave., Rock Falls, IL 61071

815-625-8510

www.transitionsnursingrehab.com

ASSISTED/ INDEPENDENT LIVING

Arrow Wood Estates

Rock Falls, IL 61071
815-626-4575

Avonlea Cottages

2201 E. LeFevre, Sterling, IL 61081
815-626-5439

Christian Life

Sterling, IL 61081
815-625-1401

Good Neighbor Care

Sterling, IL 61081
815-622-2800

Heritage Woods

Sterling, IL 61081
815-625-7045

Parkway Center

1801 Ave. G, Sterling, IL 61081
815-626-1121

Riverview Estates

310 Mosher Dr., Prophetstown, IL
61277
815-537-9982

Sterling Cottages

612 W. St. Mary's Rd., Sterling, IL
61081
815-622-0242

BANKING HOME SERVICES

Sauk Valley Bank

201 W. 3rd St., Sterling, IL 61081
815-632-4486

CANCER TREATMENT/SUPPORT

Home of Hope –Bereavement Support

1637 Plock Rd., Dixon, IL 61021
815-288-4673

Hospice of Rock River Valley

264 IL. Rt. 2, Dixon, IL 61021
815-288-3673

Northern IL. Cancer Treatment Center

327 IL. Rt. 2, Dixon, IL 61021
815-284-1111
Sterling 815-325-1111

Stepping Forward Cancer Support Group

OSF St. Anthony Hospital
Cancer Center Library
815-227-2618

Dean.W.Parker@osfhealthcare.org

COMPUTER TRAINING

Whiteside Co. Senior Center
1207 W. 9th St., Sterling, IL 61081
815-622-9230
888-622-9230
www.whitesidecountyseniorcenter.org

YWCA
(Celia Rivera)
412 1st Ave., Sterling, IL 61081
815-625-0333

CONSUMER PROTECTION

Better Business Bureau
312-832-0500
www.chicagoapp.bbb.org/complaint/new/

Consumer Fraud Hotline
800-243-5377

Crime Victims Assistance Line
800-228-33678

Environmental Crime Hotline
888-288-9436

Healthcare Hotline
877-305-5145

IL. Attorney General Office

Lisa Madigan
815-967-3883
www.illinoisattorneygeneral.gov/

Recall Hotline
888-414-7678

COUNSELING/MENTAL HEALTH

Catholic Charities of Sterling
801 W. 11th St., Sterling, IL 61081
815-625-6945

David Owens, LCSW
208 Brink Circle, Ste. 2, Sterling, IL
815-441-1152

Found on www.Psychologytoday.com
www.lifeexperiencescounseling.com

Donna Ripley, PhD
300 1st Ave., Rock Falls, IL 61071
Medicare accepted, not medical card

Lenore Sparapani, LCSW
Rock Falls, IL 61071
815-626-4751

LSSI – Lutheran Social Service of Illinois
1901 First Ave., Sterling, IL 61081
www.lssi.org

Margo Myers Counseling
302 E. 5th St., Sterling, IL 61081
815-626-8760
(Self pay only)

Pathway Counseling Services

208 E. 4th St., Sterling, IL 61081

815-625-5583

815-973-3695

(Self-pay only)

Sinnissippi Centers, Inc.

2611 Woodlawn Rd., Sterling, IL 61081

815-625-0013

800-242-7642 (24 hr. crisis line)

www.sinnissippi.com

VA Outpatient Clinic

406 Ave. C., Sterling, IL 61081

815-632-6200

M-F 8-4:30

**Whiteside County Health Dept.
Behavioral Health**

1300 W. Second St., Rock Falls, IL 61071

815-626-2230 Xt. 1291 or 1292

YWCA of the Sauk Valley

412 First Ave., Sterling, IL 61081

815-625-0333

815-626-7277 or 815-288-1011

Sexual Assault/Domestic Violence

www.ywca.org

DENTAL

Whiteside Co. Dental Clinic (Prescott Clinic)

1300 W. 2nd St., Rock Falls, IL
61071815-626-2230 Xt. 1265 or 1266

DEPT. OF HUMAN SERVICES

DHS Office of Whiteside County

2605 Woodlawn Rd., Sterling, IL 61081

815-632-4045

M-F 8-5

www.dhs.state.il.us

DIABETES SUPPORT

CGH Medical Center

100 E. LeFevre Rd., Sterling, IL 61081

815-625-0400 Xt. 4971

M-F 8-5

www.cghmc.com

Lee/Whiteside Diabetes Association

100 E. LeFevre Rd., Sterling, IL 61081

815-625-0400 Xt. 4586

M-F 8-4:30

www.cghmc.com

DISABILITIES SUPPORT

Building Bridges

603 Freeport Rd., #A, Sterling, IL 61081

815-625-5306
Day Training M-F 8-4
www.exceptional-care.org

NICIL
Northern IL. Center for Independent Living
412 Locust St., Sterling, IL 61081
815-625-7860

ORS – Office of Rehabilitation Services
815-625-8885

Social Security Administration
3512 E. Lincolnway, Sterling, IL 61081
800-772-1213
M-F 9-3:30
www.socialsecurity.gov

VA Outpatient Clinic
406 Ave. C., Sterling, IL 61081
815-632-6200
M-F 8-4:30

Whiteside Co. Health Dept.
Disability Case Mgt.
815-626-2230 Xt. 1215

DOMESTIC VIOLENCE / SEXUAL ASSAULT

Illinois Coalition Against Sexual Assault

100 North 16th St., Springfield, IL
62703
217-753-4117
sblack@icasa.org

Illinois Dept. of Aging
(24/7 hotline)
866-800-1409

IL. Sex Offender Registration Team (ISORT)
888-414-7678

Homeowner Helpline
866-544-7151

Lutheran Social Services
815-626-7333

National Domestic Violence Hotline
800-799-SAFE
www.thehotline.org

Statewide Automated Victim Notification Center
618-529-6405
mbastien@atg.state.il.us

YWCA- Domestic Violence/Sexual Assault Program
412 First Ave., Sterling, IL 61081
815-625-0333
815-626-7277 (24 hr. hotline)

ELDERLY ASSISTANCE

Lutheran Social Services of IL. (LSSI)

1901 1st Ave., Sterling, IL 61081

815-626-7333

800-252-4343

www.lssi.org

Riverbend Senior City and Transit

912 4th St., Fulton, IL 61252

815-589-3925

Tri-County Opportunities Council (TCOC)

405 Emmons Ave., Rock Falls, IL 61071

815-625-7830

800-323-5435

Whiteside County Senior Center

1207 West 9th St., Sterling, IL 61081

815-626-7707

EMERGENCY ASSISTANCE

EMERGENCY Dial 9-1-1

Poison Control Center

800-942-5969

EMPLOYMENT

Experience Works

412 1st Ave. Sterling, IL 61081

815-535-0034

Illinois Dept. of Employment Security

2323 E. Lincolnway, Sterling, IL 61081

815-625-9648

Lumea Staffing (Formerly Burton Placement)

3917 E. Lincolnway, Sterling, IL 61081

815-626-8168

Manpower

2401 E. Lincolnway, Sterling, IL 61081

815-622-2814

FINANCIAL ASSISTANCE

Dept. of Human Services

2605 Woodlawn Rd., Sterling, IL

61081

815-632-4045

www.dhs.state.il.us

Salvation Army

Sterling, IL 61081

815-625-1622

800-435-7089

Social Security Administration

3512 E. Lincolnway, Sterling, IL

866-789-1093

Whiteside Co. Senior Center & Transportation

1207 W. 9th St., Sterling, IL 61081
815-626-7707

www.whitesidecountyseniorcenter.org (Housing and Medicare)

FITNESS

Duis Center

*Water Aerobics

211 E. St. Mary's Rd., Sterling, IL 61081
815-622-6200

Sterling Park District- Westwood

*Senior Fitness Class

1900 Westwood Dr., Sterling, IL 61081
815-622-6201

YMCA

*Silver Sneakers Fitness Class

*Silver Swimmers Pool Exercise

2505 YMCA Way, Sterling, IL 61081
815-535-9622

YWCA

*Jazzercise

412 1st Ave., Sterling, IL 61081
815-625-0333

FOOD PANTRIES

Abiding Word Christian Center

806 E. Lynn Blvd., Sterling, IL 61081
815-626-1827

Call by 5pm Wednesday. Evening pick up after attaining service.

American Legion Food Pantry

215 Washington St., Prophetstown, IL 61081
815-537-2758

Tues 9-11am

Erie Food Pantry

Contact: Louise Weldt 309-659-2971

3rd Friday of month

First Christian Church of Rock Falls

506 5th Ave., Rock Falls, IL 61071
815-626-2271

Mon 11am-2pm

Wed/Fri 9am-11:30am

FISH Pantry

902 E. 5th St., Sterling, IL 61081

815-626-1734

Mon-Fri 9-11am MUST CALL FIRST!

Fulton Food Pantry

(Enter on North Side)

912 4th St., Fulton, IL

815-589-3671

Thurs. 8:30-11:30am

Helping Hands Nazarene Church

1208 E. 4th St., Sterling, IL 61081

815-625-1146

T/TH 9-11am

Rock River Christian Center

1800 Prophet Rd., Rock Falls, IL 61071
815-625-4371
M/F 1-4pm

Salvation Army

409 Ave. F., Sterling, IL 61081
815-625-1622
M/W/F 1:30-4pm

St. Vincent DePaul Society

7 West 6th Street, Sterling, IL 61081
815-625-0311
Mon-Fri 1-3pm

Trinity United Methodist Church

205 E. 10th St., Sterling, IL 61081
815-626-7777
T/W/TH 9-11:30am Need to get voucher at
office of St. Paul Lutheran Church 1701 16th
Ave., Sterling

United Methodist Church

200 W. Lincolnway, Morrison, IL
61270
815-772-4030
7:30-9:30am *Need proof of address

Whiteside County Senior Center

1207 W. 9th St., Sterling, IL 61081
815-626-7707
Tues 10am-12noon

LSSI- Lutheran Social Services

1901 First Ave., Sterling, IL 61081
815-626-7333
www.lssi.org

Parents Again

(Grandparents raising Grandkids
Support Group)
Swedish American Hospital
Rockford, IL 61109
815-720-4265

Whiteside Co. Health Dept.

1300 W. 2nd St., Rock Falls, IL 61071
815-626-2230
www.whitesidehealth.org

OTHER RESOURCES:

Children's Home and Aid Center

910 2nd Ave., Rockford, IL 61104
815-962-1043
www.childrenshomeandaid.org

Grandfamilies of America

301-358-3911
www.grandfamiliesofamerica.com

**IL. Dept. of Children and Family
Services – DCFS**

800-232-3798
24 Hr. Hotline 800-25-ABUSE
www.state.il.us/dcfs

**IL. Dept. of Healthcare and Family
Services**

**GRANDPARENT
EDUCATION/COUNSELING**

www.hfs.illinois.gov

IL. State Board of Education

866-262-6663

www.isbe.state.il.us

National Comm. Of Grandparents for Children's Rights

888-659-3745

help@grandparentsforchildren.org

State of IL. Dept. of Aging

One Natural Resource Way #100,
Springfield, IL 62702-1271

Senior Helpline: 800-252-8966

www.state.il.us/aging

GRIEF SUPPORT

Gaffey Home Nursing

3408 East 23rd St., Sterling, IL 61081
815-626-3467

CELEBRATIONS Grief Support Group

Meets 2nd Monday of month
10-11:30am

Home of Hope

1637 Plock Rd., Dixon, IL 61021
815-288-4673

LIVING WITH LOSS Support Group

Meets Tuesdays 10am

Hospice of the Rock River Valley

264 IL. Rt. 2, Dixon, IL 61021

815-288-3673

800-646-9242

Meets at CGH, Classroom#2
2nd and 4th Tuesday of month
6:30-8pm

McDonald Funeral Home

1002 12th Ave., Sterling, IL 61081

815-626-6311

Call for dates/times.

GROCERY DELIVERY

Mr. G's Grocery

214 Washington
Prophetstown, IL 61277
815-537-2011
(Local/In-town only)

Sullivan's Foods Grocery

300 N. Madison St., Morrison, IL
61270
815-772-4696
(Morrison area delivery only)

HEALTH DEPARTMENT

Whiteside County Health Department

Clinical Office: 1300 W. 2nd St
Rock Falls, IL 61071
815-626-2230 or 866-230-2230
Fax: 815-626-2231
www.whitesidehealth.org

**Whiteside County Health
Department**

Main Office: 18929 Lincoln Rd.
Morrison, IL 61270
815-772-7411 or 800-772-4213
Fax: 815-772-4723
www.whitesidehealth.org

HEARING

NIA Hearing Clinic

2002 E. 5th St., Sterling, IL 61081
815-625-7931

HOME MEALS / DELIVERY

Eureka Inn (NICAA Golden Meals)

110 E. 3rd St.
Prophetstown, IL 61277
815-537-5571
Noon Meal - Home Delivery M-F

Julie's Café (NICAA Golden Meals)

108 S. Main
Albany, IL
309-887-4320
(Dine-In Only) Breakfast/Lunch

**Golden Meals Rock Falls
(NICAA)**

**1409 8th Ave.
Rock Falls, IL 61071
815-626-4442**

**NICAA Senior Services (Golden
Meals)**

115 E. Spring St. PO Box 506
Freeport, IL 61032
815-232-8896

The Legend (NICAA Golden Meals)

Erie, IL
Contact: RF Golden Meals 815-626-
4442

HOME NURSING SERVICES

CGH Home Nursing

3010 E. Lynn Blvd.
Sterling, IL 61081
815-622-0863 or 800-377-2828
www.cghmc.com

Gaffey Home Nursing & Hospice

3408 E. 23rd St.
Sterling, IL 61081
815-626-3467 or 1-800-Homecare
Fax: 815-626-8755
www.gaffeyhomenursingandhospice.com

Genesis Healthcare Inc.

2605 Woodlawn Rd. Suite 1
Sterling, IL 61081
815-625-1115
www.genesis-health-care.com

Help at Home

402 2nd Ave. Suite # 1
Sterling, IL 61081
815-535-0830
www.helpathome.com

Lumea/Mercy Nursing Services
3917 E. Lincolnway
Sterling, IL 61081
815-625-7764 or 800-438-5123
Fax: 815-625-9807
www.mercynursing.com

WHITESIDE HomeCare
18929 Lincoln Rd.
Morrison, IL 61270
815-772-4213 or 800-772-4213
Fax: 815-772-2446
www.whitesidehealth.org

HOSPICE CARE
(Servicing Whiteside Co.)

Gaffey Home Nursing & Hospice
3408 E. 23rd St., Sterling, IL 61081
815-626-3467
www.gaffeyhomenursingandhospice.com

Hospice of the Rock River Valley
264 IL. Rt. 2, Dixon, IL 61021
815-288-3673
www.hospicerockriver.org

Passage Hospice
929 S. Alpine Rd., Rockford, IL 61108

815-226-7785
www.passageshospice.com

Serenity Hospice and Home
1658 S. IL Rt. 2, Oregon, IL 61061
815-732-2499
www.oglecountyhospice.com

Unity Hospice
1201 S. 7th St., Rochelle, IL 61068
815-561-8866
www.unityhospice.com

**VITAS Innovative Hospice Care
Whiteside County**
105 Marquette St., LaSalle, IL 61301
815-220-0021
www.vitas.com

OTHER:

**IL. Hospice & Palliative Care
Organization**
P.O. Box 6429, River Forest, IL 60305
888-844-7706
www.il-hpco.org

HOSPITALS/CLINICS

CGH- Downtown Health Center
15 W. 3rd St.
Sterling, IL 61081
815-625-0226
www.cghmc.com

CGH- Health and Vision Center
105 S. Heaton, Morrison, IL 61270
815-772-8100

www.cghmc.com

CGH Clinic– Lynn Boulevard

3010 E. Lynn Blvd.
Sterling, IL 61081
815-625-6750

www.cghmc.com

CGH Medical Center

Sterling, IL 61081
815-625-0400

www.cghmc.com

CGH Milledgeville Health Center

601 East Old Mill St., Milledgeville, IL
815-225-5040

www.cghmc.com

CGH Prophetstown Health Center

212 E. Railroad St.
Prophetstown, IL 61277
815-537-5050

www.cghmc.com

CGH Rock Falls Health Center

100 W. 1st St.
Rock Falls, IL 61071
815-625-4790

www.cghmc.com

CGH Tampico Health Center

123 S. Main St.
Tampico, IL 61283
815-438-2538

CGH Vision and Oral Surgery Center

10 West 3rd St.
Sterling, IL 61081

815-625-4790

Community Health Clinic

Whiteside County Health Dept.

1300 West 2nd St.
Rock Falls, IL 61071
815-626-2230 or 866-230-2230
Fax: 815-626-3847

www.whitesidehealth.org

Fulton Family Health Clinic

1705 16th Ave., Fulton, IL 61252
815-589-2121

www.maclinton.com

Genesis Health

530 12th St., Erie, IL 61250
309-659-2215

MCH- Morrison Community Hospital

303 N. Jackson St.
Morrison, IL 61270
815-772-4003

www.morrisonhospital.com

MCH- Morrison Family Care Center

303 N. Jackson St.
Morrison, IL 61270
815-772-5511

Walk In Clinic 7 days/week 8am-8pm

MCH- Specialty Clinic

303 N. Jackson St.
Morrison, IL 61270
815-772-4003

www.morrisonhospital.com

VA Outpatient Clinic

406 Ave. C
Sterling, IL 61081
815-632-6200
M-F 8-4:30

HOUSING (Income Based)

Christian Life
15 E. 23rd St., Sterling, IL 61081
815-625-1401

Crowne Hill Estates
1101 W. 24th St., Rock Falls, IL 61071
815-626-5043

Firehouse of God
306 5th Ave., Sterling, IL 61081
815-772-4649

Heritage Woods
2202 Oak Grove Ave., Sterling, IL
61081
815-625-7045

PADS Homeless Shelter
111 E. 29th St., Sterling, IL 61081
815-626-2210

Ster-Lynn Estates
215 E. 25th St., Sterling, IL 61081
815-626-4381

Tri County Opportunities
815-625-7830

Whiteside Co. Housing Authority
401 West 18th St., Rock Falls, IL 61071
815-625-0581

HOUSING INSPECTION

Rock Falls Building Dept.
815-622-1108

Rock Falls Fire Dept. (Life/Safety)
815-622-1135

Sterling Code Enforcement
815-632-6624

Sterling Fire Dept. (Line/Safety)
815-632-6680

Whiteside County Health Dept.
18929 Lincoln Rd., Morrison, IL 61270
815-772-7411 Xt. 104
Email: eh@whitesidehealth.org

REPAIRS:
USDA Rural Development (Repair Loan)
815-732-6127 Oregon Office
815-875-8732 Princeton Office

INFUSION/NUTRITION THERAPY

CGH Home Infusion
3010 E. Lynn Blvd., Sterling, IL 61081
815-622-0836 or 800-377-2828

www.cghmc.com

Gaffey Home Nursing

3408 E. 23rd St., Sterling, IL 61081
815-626-3467 or 800-Homecare
Fax: 815-626-8755

www.gaffeyhomenursingandhospice.com

WHITESIDE HomeCare

18929 Lincoln Rd., Morrison, IL 61270
815-772-4213 or 800-772-4213
Fax: 815-772-2446

www.whitesidehealth.org

LAW ENFORCEMENT

Dial **9-1-1** for all Emergencies

Albany Police

1-309- 887-4064 (non-emergency)

Erie Police

834 Main St., Erie, IL 61250
1-309-659-2244 (non-emergency)
www.villageoferie.org

Fulton Police

413 11th Ave., Fulton, IL 61252
1-815-589-3617 (non-emergency)

www.cityoffulton.us

Illinois State Police

Sterling District 1
3107 E. Lincolnway, Sterling, IL 61081
1-815-632-4010 (non-emergency)
www.isp.state.il.us

Lyndon Police

1-815-778-4811 (non-emergency)

Morrison Police

200 W. Main St., Morrison, IL 61270
1-815-772-7659 (non-emergency)
www.morrisonil.org

Prophetstown Police

339 Washington St., Prophetstown, IL 61277
1-815-537-2386 (non-emergency)
www.prophetstownil.com

Rock Falls Police

1013 7th Ave., Rock Falls, IL 61071
1-815-622-1140 (non-emergency)
www.rfpolice@rockfalls61071.com

Sterling Police

212 3rd Ave., Sterling, IL 61081
1-815- 632-6640 (non-emergency)
www.sterling-il.gov

Tampico Police

1-815- 438-2505 (non-emergency)

Whiteside County Sheriff

400 N Cherry St., Morrison, IL 61270

1-815-772-4044 (non-emergency)
www.whiteside.org

LEGAL ASSISTANCE

Whiteside County State's Attorney
200 E. Knox St., Morrison, IL 61270
1-815-772-5194
www.whiteside.org

Whiteside County State's Attorney
Sterling Branch
101 E. 3rd St., Sterling, IL 61081
1-815-535-4540
www.whiteside.org

Illinois Attorney General
Advocating for Older Citizens
Senior Citizens Fraud Helpline
1-800-243-5377 (Toll Free)
1-800-964-3013 (TTY)
www.illinoisattorneygeneral.gov

**Northwestern Illinois Area Agency
on Aging**
1111 South Alpine Road, Suite 600
Rockford, IL, 61108
1-800-542-8402 (Toll Free)
1-815-226-4901
1-815-226-8984 (Fax)
E-mail: niaa@nwilaaa.org
Web: www.nwilaaa.org

Prairie State Legal Services

1705 Second Avenue, Suite 314
Rock Island, Illinois 61201
1-309-794-1328
1-800-322-9804 (Toll Free)
1-309-794-0265 (Fax)
www.pslegal.org

LONG-TERM CARE

**Arrow Wood Estates
(Rock Falls Rehab)**
430 Martin Rd., Rock Falls, IL 61071
815-626-4575
www.petersenhealthcare.net

Avonlea Cottages
2201 E. LeFevre Rd., Sterling, IL 61081
815-626-5439

Coventry Living Center
612 St. Mary's Rd., Sterling, IL 61081
815-626-9020

**Good Samaritan Society- Prophets
Riverview**
310 Mosher Dr., Prophetstown, IL
61277
815-537-5175
www.good-sam.com

Harbor Crest Home
817 17th St. Fulton, IL 61252
815-589-341

Four Seasons

Morrison Comm. Hospital
303 N. Jackson St.
Morrison, IL 61270
815-772-4003

Parkway Center

1801 Ave. G. Sterling, IL 61081
815-626-1121
www.parkwaycenter.info

Pleasantview Home

500 N. Jackson St.
Morrison, IL 61270

Resthave Retirement & Nursing Home

408 Maple Ave. Morrison, IL 61270
815-772-4021
www.resthavehome.com

Willowwood Healthcare

430 Martin Rd., Rock Falls, IL 61071
815-626-4575

Sterling Pavilion

105 E. 23rd St., Sterling, IL 61081
815-626-4264
www.sterlingrehab.com

Tammerlane Health Center

3601 16th Ave. Sterling, IL 61081
815-626-0233

Transitions Nursing and Rehab Center

1000 Dixon Ave. Rock Falls, IL 61071

815-625-8510

www.transitionsnursingrehab.com

Winning Wheels, Inc.

701 E. Third St.
Prophetstown, IL 61277
815-537-5168
www.winningwheels.com

LOW-INCOME HOME ENERGY ASSISTANCE**Tri-County Opportunities Council**

405 Emmons Ave., Rock Falls, IL 61071
815-625-7830 or 800-323-5434
www.tcohelps.com

MEDICAID**Local Office:**

815-632-4045
800-226-0768
www.illinois.gov/hfs

MEDICAL EQUIPMENT**Northern IL. Home Medical Supply**

2600 N. Locust St., Sterling, IL 61081
815-626-4041
www.cghmc.com

The Home Health Lending Closet
Al and Betty Nelson
815-626-3677

MEDICARE

800-MEDICARE
800-633-4227
www.medicare.gov

MEDICATIONS

DELIVERY:

Fitzgerald Pharmacy
124 E. Main, Morrison, IL 61271
815-772-3415
Deliver to Morrison and Prophetstown, In-town only

Wagner Pharmacy
915 13th Ave. North
Clinton, IA 52732
563-242-5944
Free Delivery to Fulton, IL before 2pm

DISPOSAL:

Sterling Police Dept.
Sterling, IL 61081
Drop Box in main lobby 24/7

Whiteside Co. Sheriff's Dept.
400 N. Cherry St., Morrison, IL 61270
Drop box in main lobby 24/7

PARISH NURSING

Sacred Heart Catholic
2224 Ave. J, Sterling, IL 61081
815-625-1134

St. Andrew's Catholic Church
708 10th Ave., Rock Falls, IL 61071
815-625-4508

St. Mary's Catholic Church
600 Ave. B, Sterling, IL 61081
815-625-0640

St. Mary's Catholic Church
105 Benton St., Tampico, IL 61283
815-438-5425

Coordinator:
Connie VonHolten, RN
CGH Medical Center
815-625-0400 Xt. 5425

PERSONAL EMERGENCY RESPONSE SYSTEM

Gaffey Home Nursing & Hospice
3408 East 23rd St., Sterling, IL 61081
815-626-3467

Lumea Staffing/Mercy Nursing
3917 E. Lincolnway, Sterling, IL 61081
815-625-7764

N.I.H.M.S. (Northern IL. Home
Medical Supply) *Referral Only

2600 N. Locust St., Sterling, IL 61081
815-626-4041

PERSONAL RESPONSE SYSTEMS- Nationwide

www.alert-1.com
www.amac.com
www.criticalsignaltechnologies.com
www.healthcominc.com
www.lifelinesystems.com
www.lifestation.com
www.medicalguardian.com
www.rhsnet.org
www.walgreensmedicalalertsyste.com

PETS (Abuse/Neglect)

Whiteside County Animal Control
815-625-3507

PET SHELTERS

Granny Rose Animal Shelter
613 River Lane, Dixon, IL 61021
815-288-7387

Happy Tails Animal Shelter
1408 McNeil Rd., Rock Falls, IL 61071
815-626-2994

POLICE DEPARTMENTS

Albany Police

1-309- 887-4064 (non-emergency)

Erie Police

834 Main St., Erie, IL 61250
1-309-659-2244 (non-emergency)
www.villageoferie.org

Fulton Police

413 11th Ave., Fulton, IL 61252
1-815-589-3617 (non-emergency)
www.cityoffulton.us

Illinois State Police

Sterling District 1
3107 E. Lincolnway, Sterling, IL 61081
1-815-632-4010 (non-emergency)
www.isp.state.il.us

Lyndon Police

1-815-778-4811 (non-emergency)

Morrison Police

200 W. Main St., Morrison, IL 61270
1-815-772-7659 (non-emergency)
www.morrisonil.org

Prophetstown Police

339 Washington St., Prophetstown, IL 61277
1-815-537-2386 (non-emergency)
www.prophetstownil.com

Rock Falls Police

1013 7th Ave., Rock Falls, IL 61071
1-815-622-1140 (non-emergency)

www.rfpolice@rockfalls61071.com

Sterling Police

212 3rd Ave., Sterling, IL 61081
1-815- 632-6640 (non-emergency)
www.ci.sterling.il.us

Tampico Police

1-815- 438-2505 (non-emergency)

Whiteside County Sheriff

400 N Cherry St., Morrison, IL 61270
1-815-772-4044 (non-emergency)
www.whiteside.org

REHABILITATION

DORS – Dept. of Rehabilitation Services

2707 Woodlawn Rd., Sterling, IL 61081
815-625-8885
www.dhs.state.il.us

CGH- North Locust Rehab

1809 N. Locust St., Sterling, IL 61081
815-622-1210
www.cghmc.com

Morrison Comm. Hospital

303 N. Jackson St., Morrison, IL 61270
815-772-4003

Rock Valley Physical Therapy

635 E. Lincolnway, Morrison, IL 61270
815-772-7274

Van Matre Rehabilitation Hospital

950 S. Mulford, Rockford, IL 61108
815-381-8500

REHABILITATION- Homebound

CGH Home Nursing

3010 E. Lynn Blvd., Sterling, IL 61081
815-622-0836
www.cghmc.com

Gaffey Home Nursing

3408 E. 23rd. St., Sterling, IL 61081
815-626-3467
www.gaffeyhomenursingandhospice.com

WHITESIDE HomeCare

18929 Lincoln Rd., Morrison, IL 61270
815-772-4213
www.whitesidehealth.org

SCAMS

Rock Falls Police

815-622-1140

Sterling Police

815-632-6640

Whiteside County Sheriff's Dept.

For all rural area's/smaller towns
815-772-4044

SENIOR CENTERS

Riverbend Senior Center

912 4th St., Fulton, IL 61252
815-589-3925

www.riverbendseniorcenter.org

Whiteside County Senior Center

1207 W. 9th Street, Sterling, IL 61081
815-626-7707

www.whitesideseniors@comcast.net

SKILLED NURSING SERVICES (Homebound)

CGH Home Nursing

3010 E. Lynn Blvd., Sterling, IL 61081
815-622-0836

www.cghmc.com

Gaffey Home Nursing

3408 E. 23rd St., Sterling, IL 61081
815-626-3467

www.gaffeyhomenursingandhospice.com

WHITESIDE HomeCare

18929 Lincoln Rd., Morrison, IL 61270
815-772-4213

www.whitesidehealth.org

SOCIAL SECURITY

Social Security

3512 E. Lincolnway, Suite C, Sterling,
IL 61081

866-789-1093

800-772-1213

TTY 815-625-0657

www.ssa.gov

SUPPORT GROUPS

ACT (Abuse Changing Team)

YWCA of the Sauk Valley

412 First Ave. Sterling, IL 61081

815-625-0343

[Website](#)

Alcoholics Anonymous

800-452-7990

www.aa-nia.org

Alzheimer's Support Group & Helpline

Rock River Branch

93 S. Hennepin, Dixon, IL 61021

815-285-1100

800-272-3900

www.alz.org/illinoiscentral

Aneurysm Support and Kidney Removal Support

Dixon, IL 61021

815-284-2472

Bereavement – Home of Hope

1637 Plock Rd., Dixon, IL 61021

815-288-4673

www.homeofhopeonline.com

**Celiac Disease Support Group
KSB Hospital**

403 E. First St., Dixon, IL 61021
815-288-3111

**Cancer Support Group
Stepping Forward**

OSF St. Anthony Hospital
Cancer Center Library
815-227-2618

Dean.W.Parker@osfhealthcare.org

**Chronic Pain-American Chronic Pain
Association Support Group**

Swedish American Hospital
815-247-8885

**Diabetes Support Group
CGH Medical Center**

Sterling, IL 61081
815-625-0400 Xt. 4586

**Diabetes Support Group
KSB Hospital**

403 E. First St. Dixon, IL 61021
815-285-5531 Xt. 5973

**Diabetes- Swedish American
Hospital**

Self Management Center
815-489-4190
Insulin Pump Self Management
815-489-4190

Epilepsy Support Group

CGH Medical Center

Classroom 1
100 E. LeFevre Rd., Sterling, IL 61081
www.cghmc.com

Hospice of the Rock River Valley

264 IL. Rt. 2, Dixon, IL 61021
815-288-3673
www.hospicerockriver.org

Narcotics Anonymous

815-964-5959
www.rragsna.org

**NICIL- Northern IL. Ctr. For
Independent Living**

412 Locust St., Sterling, IL 61081
815-625-7860
888-886-4245
www.nicil.org

**Ostomy- Sterling Area Ostomy
Assoc.**

CGH Classroom #1
Sterling, IL 61081
Priscilla Knickel
815-537-8881

Parents Again

(Grandparents raising grandkids)
Swedish American Hospital
Rockford, IL 61109
815-720-4265

Parkinson's Support Group

Good Neighbor Care
2705 Ave. E., Sterling, IL 61081

815-622-2800

Pearl – YWCA

412 First Ave., Sterling, IL 61081
815-626-7277 (24 hours)
815-625-0343

Post- Polio Support Group

OSF St. Anthony’s Hospital
5666 E. State St., Rockford, IL 61108
815-988-4093

Suicide Support Group

264 IL. Route 2, Dixon, IL 61021
815-288-3673

THEFT/EXPLOITATION

Identity Theft Hotline

866-999-5630

TRANSPORTATION

First Transit

887-725-0569

Riverbend Senior Center and Transit

815-589-589-3925

Tri-County Opportunities

815-625-7830

Whiteside County Senior Center & Transportation

815-626-7707

VETERANS

Military/Veteran’s Rights Hotline

800-382-3000

Veteran’s Assistance

2319 E. Lincolnway, Sterling, IL 61081
815-626-2468

Veteran’s Assistance Commission

1300 West 2nd St., Rock Falls, IL 61071
815-626-8640

VA Outpatient Clinic

406 Ave. C., Sterling, IL 61081
815-632-6200
M-F 8-4:30

Whiteside County Health Dept.

1300 West 2nd St., Rock Falls, IL 61071
815-626-2230
866-230-2230

Whiteside County Senior Center

1207 W. 9th Street, Sterling, IL 61081
-626-7707

VISION

Lions- Sterling/Rock Falls

Adult Eyeglass Assistance
815-632-4605

VOLUNTEER OPPORTUNITIES

CGH Medical Center

815-625-0400

Riverbend Senior Center and Transit

912 4th St., Fulton, IL 61252

815-589-3925

www.riverbendseniorcenter.org

Whiteside County Senior Center and Transportation

1207 W. 9th St., Sterling, IL 61081815-
622-9230

[www.whitesidecountyseniorcenter.or](http://www.whitesidecountyseniorcenter.org)

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