

# For Older Adults:

## Staying Connected and Supported



Aging brings both wisdom and new challenges. Jewish ethics teach kavod habriyot — the dignity of every person. That dignity does not fade with age; it calls us to uphold and honor it even more. Each stage of life is sacred, and no one should face it alone. Support, care, and community connection help ensure that every person is seen, valued, and treated with compassion.

### Crisis Supports

Support is available 24/7 — you are not alone, and help is only a call away.

- National Suicide & Crisis Lifeline
  - Call or text 988
- The Friendship Line – Institute on Aging
  - 1-800-971-0016
- Jewish Community Helpline (Shalom Task Force)
  - 1-888-883-2323
- Veterans Crisis Line
  - Call 988 and press 1, or text 838255.

### Financial Assistance

- Cunningham Township Senior Services
  - (217) 384-4144
- CCRPC (Champaign County Regional Planning Commission) Community Services
  - (217) 328-3313
- Money Mentors – Illinois Extension
  - (217) 333-7672

## Home and Health Supports

- CCRPC Senior Services
  - (217) 328-3313 | [ccrpc.org](http://ccrpc.org)
- Family Service of Champaign County – Senior Resource Specialist
  - (217) 352-0099 | [famservcc.org](http://famservcc.org)
    - Meals on Wheels
    - Transportation
    - Senior Health Insurance Program (SHIP)
- Alzheimer's Association – Illinois Chapter
  - 1-800-272-3900 | [alz.org](http://alz.org)<sup>®</sup>

## Companionship and Social Engagement

- CHAI Seniors – CU Jewish Federation
  - (217) 367-9872
- RSVP (Retired Senior Volunteer Program)
  - (217) 359-6500 | [ccrpc.org](http://ccrpc.org)
- Urbana Park District Senior Programs
  - (217) 367-1544 | [urbanaparks.org](http://urbanaparks.org)
- Osher Lifelong Learning Institute (OLLI) at the University of Illinois
  - (217) 244-9141 | [olli.illinois.edu](http://olli.illinois.edu)

In our tradition, aging is not a retreat from life but a sacred chapter of it. To reach out for help, to stay connected, and to share wisdom is to live fully within the value of kavod — dignity. You are not alone, and your presence continues to be a blessing to our community.