

Holy Trinity Wellness Calls Resource Document

<u>Parish Contact Info</u>		
Parish Phone	(630) 968-1366	Leave a message and staff members will return your call
Parish Email	htparish@comcast.net	
Parish Website	www.holytrinitywestmont.org	
Parish Social Media	Flocknote , Facebook , Instagram , YouTube	
<u>Spiritual Resources</u>		
Online Resources	https://www.holytrinitywestmont.org/events/parish_calendar/covid19-updates-resources	Live Mass and Adoration streams along with spiritual resources, including: Magnificat, Word on Fire, and FORMED. In addition, Father Rafal provides his daily homily and videos of his daily candle lightings with intentions.
Radio Resources	Relevant Radio: 930/950 AM www.relevantradio.com	Mass, Rosary, Catholic Programming
TV Resources	WGN-TV (Channel 9) and ABC 7, EWTN	Masses broadcast at 9:30am on Sundays locally (WGN/ABC), See ewtn.com for Mass Times
<u>Sacraments</u>		
Communion		Spiritual Communion only at this time.
Reconciliation		"Theology instructs us that our sins are forgiven through an Act of Contrition, the Penitential Rite of the Mass, etc. Mortal sin is also forgiven by a sincere Act of Contrition and notably so in extraordinary times such as we are experiencing." - Bishop Richard Pates, Diocese of Joliet
Anointing/Last Rites	Holy Trinity Emergency Line to reach a priest: (630) 968-1366, ext. 100 or prompt 4 from main phone greeting	
Bereavement	Father Rafal: father@holytrinitywestmont.org Marie Hejnal - marieantoinettecph@gmail.com / home number: 630-515-1535	JourneyCare Hospice: 224-770-2273, www.journeycare.org VITAS Hospice: 844-468-1515, www.vitas.com Angel's Grace Hospice: 888-444-8341 www.angelsgracehospice.com

<u>Financial Resources</u>		
St. Vincent DePaul	(630) 968-1366, ext. 404	Still open for business especially to HT parishioners who need help. SVDP is hoping that with the aid that is expected from federal and state governments as well as relaxed restrictions on SNAP (food stamps) and unemployment that they will not be overwhelmed with calls for assistance.
People's Resource Center	104 Chestnut Ave., Westmont, IL 60559 Call 630-682-5402 http://www.peoplesrc.org/	Call 630-682-5402, ext. 323 and leave a message with your name, phone number, and a short explanation of your situation. You will receive a call back from a staff member.
<u>Other Resources</u>		
FISH	(630) 432-5350	Rides, car repair, utilities, rent
LOVE	(630) 512-8665	Rent, car repair
DOWNERS GROVE TOWNSHIP	(630) 719-6610	Rent
DuPage Human Services	(630) 407-6500	LIHEAP utility assistance
Prairie State Legal Services	(630) 690-2130, www.pslegal.org	Legal assistance needs
<u>Shopping</u>		
WalMart		Free curbside pick up and senior hours Tuesdays from 6 AM - 7 AM
Aldi		Vulnerable shopper hours 8:30 AM - 9:30 AM Tuesday and Thursdays. Delivery available.
Jewel		Senior and at-risk hours Tuesdays and Thursdays from 7 AM - 9 AM. Delivery
Nature's Best	257 N Cass Ave, Westmont, IL 60559	Pick up (delivered to car in parking lot). Call/email between 8-10 AM for pick up 2-3 PM the next day. (630) 769-0004
Mariano's		Free pick up
Trader Joe's		8 AM - 9 AM senior and disabled hours
Shopping Assistance	(630) 968-1366, htparish@comcast.net	If you would like a volunteer to go shopping for you from Holy Trinity, please contact the Parish Office

Food Resources

St. Vincent de Paul Society

The Society of St. Vincent de Paul is a Catholic lay organization that leads men and women to join to grow spiritually by offering person-to-person service to the needy. We aid those in our community who are in need of emergency assistance in meeting their daily food, clothing and shelter needs.

Visit the Society of St. Vincent de Paul website:
www.svdp-holytrinity.org

Contact information:
(630) 968-1366, X404 or email to svdp.ht@gmail.com -- include first and last name (if by phone, speak slowly and clearly, spell your last name), address, phone number, approximate time of day that you can be reached, reason for contacting SVdP

People's Resource Center

(updated response to COVID-19)

Currently, PRC is open only during food pantry shifts. Emergency financial assistance is open by phone appointment only. All other services are closed, and our buildings are closed to the public.

TEMPORARY Service Hours for Westmont Food Pantry:

Tuesday mornings, 8:30am -11:15am
Thursday evenings, 5:30pm - 7:30pm
Saturday mornings, 8:30am - 11:15am

Contact information:
Address—104 Chestnut Ave., Westmont, IL 60559
Call 630-682-5402, ext. 323 and leave a message with your name, phone number, and a short explanation of your situation. You will receive a call back from a staff member.

FISH Food Pantry & Community Services

Serving eligible families who live in Lisle, Downers Grove, or Westmont. Those who qualify may visit the food pantry twice a month. First time clients must bring a picture ID and a current utility bill to register.

Hours of Operation:
Monday and Friday, 9:00-11:15am
Bread, bakery items, and produce are available once a week on the ground level.

Help with clothing, transportation, and emergency financial assistance also available.

Contact information:
<https://www.downersgrovefish.org/services.html>
(630) 964-7776

West Suburban Community Pantry

West Suburban Community Pantry is an Emergency Food Pantry serving all residents in DuPage County, Bolingbrook and Romeoville.

Contact information:
Address—6809 Hobson Valley Drive-Unit 118, Woodridge, IL 60517
Phone—(630) 512 - 9921
Website—wscpantry.org

<u>Stress/Anxiety</u>		
Catholic Charities	https://catholiccharitiesjoliet.org/ or 815-723-0331	Counseling and community classes for stress/anxiety, etc. *but some of these may be limited or canceled until further notice due to "Stay at Home" orders
DuPage County Health Department	https://www.dupagehealth.org/618/COVID-19-Maintaining-Your-Mental-Health	Illinois Call4Calm Text Line (If you or a loved one are struggling with stress related to the COVID-19 pandemic and need emotional support, text TALK to 552020 for English or HABLAR for Spanish. This service is free and available 24 hours a day, seven days a week. People seeking assistance will remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area who is knowledgeable about available local resources.)
NAMI DuPage	Namidupage.org 630-752-0066	For families dealing with mental health issues with youth, but they also deal with adults and families.
<u>Isolation Resources</u>		
DuPage County Tri-Town YMCA	(630) 629-9622	Sunshine Seniors Phone Call Program
Holy Trinity Staff	(630) 968-1366, htparish@comcast.net	If you would like to set up regular check-ins from Holy Trinity staff or volunteers, please contact the Parish Office
<u>Extreme Situations</u>		
Suicide Hotline	1-800-273-8255	https://www.google.com/search?q=national%20suicide%20hotline
Domestic Violence	(630) 469-5650	Local Hotline
National Domestic Violence Hotline	1-800-799-SAFE (7233) https://www.thehotline.org/help/	*This also has a chat feature which is critical when a victim can't make a call.
DCFS	https://www2.illinois.gov/dcfs/Pages/default.aspx	
Human Trafficking	https://humantraffickinghotline.org/report-trafficking	