



NORTH COUNTY RESOURCE GUIDE

South Grand Senior Ministry
4911 Sutherland Avenue
Saint Louis, Missouri 63109

Introduction

Welcome to the Community Resource Guide for North County. The North East Deanery of the Archdiocese of Saint Louis has come together to build a stronger ministry to serve our senior parishioners; this resource guide is the first of our efforts. It is meant to serve as a guide for local and metro area resources for seniors and comes to you complements of your parish.

Should you need additional information regarding services your church specifically offers, please contact them at the numbers below.

Blessed Teresa of Calcutta	524.0500	140 Elizabeth, 63135
Holy Name of Jesus	868.2310	10235 Ashbrook, 63137
Our Lady of Guadalupe	522.9264	17 Hawksberry, 63121
Our Lady of the Rosary	741.7700	11725 Bellefontaine, 63138
Sacred Heart	837.3757	751 N. Jefferson, 63031
St. Angela Merici	838.6565	3860 North Hwy 67, 63034
St. Ferdinand	837.3165	1765 Charbonier, 63031
St. Martin de Porres	895.1100	615 Dunn, 63042
St. Norbert	831.3874	16455 New Halls Ferry, 63031
St. Rose Philippine Duchesne	837.3410	2650 Parker, 63033
St. Sabina	837.7680	1365 Harkee, 63031

Table of Contents


Adult Day Care.....	3
Food Services.....	4
Health Services & Resources	6
❖ <i>Disease Resources.....</i>	<i>6</i>
❖ <i>Eye Care.....</i>	<i>7</i>
❖ <i>Dental.....</i>	<i>9</i>
❖ <i>Home Safety</i>	<i>11</i>
Housing.....	12
❖ <i>Alternative Housing Options.....</i>	<i>12</i>
(Assisted, Independent & Skilled Nursing)	
❖ <i>In-Home Care.....</i>	<i>29</i>
❖ <i>Home Adaptation and Maintenance.....</i>	<i>37</i>
❖ <i>Recommended Services.....</i>	<i>40</i>
Legal & Financial Services.....	41
Respite Care.....	44
Senior Centers.....	44
Transportation.....	47
Utility & Rent Assistance.....	50

City Specific Resources.....	52
-------------------------------------	-----------

- ❖ Bellefontaine Neighbors
- ❖ Berkeley
- ❖ Black Jack
- ❖ Bridgton
- ❖ Calverton Park
- ❖ Cool Valley
- ❖ Dellwood
- ❖ Ferguson
- ❖ Florissant
- ❖ Hazelwood
- ❖ Jennings
- ❖ Kinloch
- ❖ Moline Acres
- ❖ Riverview

Information & Referral Resources.....	57
--	-----------

Adult Daycare

Name	Northern Star Adult Daycare Center	Christian Hospital Adult Care Services Center	Riverview Center (St. Louis City and County)	St Elizabeth Adult Day Care Center North	Sun Valley Adult Day Care Center	<i>PACE- Program of All-Inclusive Care for the Elderly</i>
Address	12916 New Halls Ferry Florissant, MO 63033	11133 Dunn Rd Saint Louis, MO 63136	Saint Louis, MO 63137	2142 Switzer Ave Saint Louis, MO 63136	1000 Saint Cyr Saint Louis, MO 63137	3900 S. Grand St. Louis, 63118
Contact	314-837-3494	314-653-5123	314- 868-3030	314-867-6511	314-868-2232	314-771-5800 Fax 314-771-7830
Services						<i>-Primary medical and specialty care -Nursing care</i>
<i>Activities</i>			<ul style="list-style-type: none"> ▪ Games ▪ Field trips ▪ Movies ▪ Arts and Crafts ▪  	<ul style="list-style-type: none"> ▪ Music therapy ▪ Weekly field trips ▪ Children visits ▪ Learning tree center ▪ Church groups ▪ Reading from the Bible ▪ Open prayer and discussion ▪ Lord's Prayer 	<ul style="list-style-type: none"> ▪ Field trips ▪ Arts and Crafts ▪ Exercise ▪ Daily devotions 	<i>Provides comp. health and social services to frail elderly people allowing them to continue living at home or with families.</i> Eligibility: -Age 55 years or old -Living in St. Louis City or County -Certified as needing skilled nursing care -Able to live safely in the community
<i>Meals:</i>	<ul style="list-style-type: none"> ▪ Breakfast ▪ Lunch & Snacks 	<ul style="list-style-type: none"> ▪ Breakfast ▪ Lunch & Snacks 		<ul style="list-style-type: none"> ▪ Breakfast (light) ▪ Lunch & Snacks 	<ul style="list-style-type: none"> ▪ Breakfast ▪ Lunch & Snacks 	
<i>Trans:</i>		\$8 round trip, \$5 1-way	YES	YES	YES	YES
Hours:	Monday-Friday: 6:30 AM – 5:00 PM	Monday-Friday: 7:00 AM – 5:00 PM	8:30 AM – 5:00 PM	Monday- Friday: 6 am- 6 pm	7am -6pm	Monday-Friday 8:00 am- 5:00 pm
Fees:	<ul style="list-style-type: none"> ▪ MEDICAID ▪ \$50/ full day ▪ \$25/half day 	Level 1: no assist. \$50/full day, \$29/half Level 2: \$53/full day, \$33/half-day	<ul style="list-style-type: none"> ▪ MEDICAID only 	<ul style="list-style-type: none"> ▪ MEDICAID ▪ \$45.25/day 	<ul style="list-style-type: none"> ▪ MEDICAID ▪ \$50/day without Medicaid 	<ul style="list-style-type: none"> ▪ MEDICAID ▪ MEDICARE
Misc:	<ul style="list-style-type: none"> ▪ Dementia: Yes 	<ul style="list-style-type: none"> ▪ Dementia: Yes ▪ Shower on site 	<ul style="list-style-type: none"> ▪ Dementia: Yes 	<ul style="list-style-type: none"> ▪ Dementia: Yes ▪ Nurse on staff 	<ul style="list-style-type: none"> ▪ Dementia:Yes 	

Food Services

Angel Food Ministry:

-Receive a box full of food for \$25 (worth ~\$50), which should be enough food to feed a senior citizen for almost the entire month. Every month the menu changes. Call the host site closest to you to request a box. You do have to be able to pick up your food at the host site on the day distribution. The organization does accept food stamps.

Host Sites:

Saint Louis & Un-incorporated areas:

JC's Home Health & More
314-524-3815
771 Chambers Rd, 63135

Dove Covenant Christian Center
314-869-7757
8919 Riverview Dr, 63137

Friendship Missionary Baptist
314-741-4196
1970 Parker Rd, 63138

Bridgeton:

Christian Fellowship Center
314-638-4378
3109 Smiley Road, 63044

Fee Fee Baptist Church
314-739-1525
www.feefeebc.org
11330 St. Charles Rock Rd, 63044

Ferguson:

Northview Holliness Temple
314-241-2444
1442 Hudson Rd, 63135

Florissant:

Florissant Valley Baptist Church
314-837-2056
www.flovalleybaptist.org
1025 North Hwy 67, 63031

Salem Evangelical Church
314-837-5600 or 314-837-5601
www.salemefree.org
2490 Pohlman Rd, 63033

Home Delivered Meals (HDM):

- Federally funded.
- Donations are suggested but not required.
- Hot, nutritious meals delivered weekdays to the homebound, elderly, and disabled.

Bridgeton Senior Center

314-739-5572
4201 Fee Fee Rd, 63044
Serves: 63043, 63044, 63045

Northside Senior Center

314-867-5661
9635 Lewis and Clark, 63136
Serves: 63135, 63136, 63137, 63138

Pope John Paul II Senior Center

314-741-1930
6325 Waterways, Florissant, 63033
Serves: 63031, 63033, 63034

Meals on Wheels of Greater St. Louis (MOW):

314-268-1523

5000 Washington PL., 63108

- Provides private pay hot lunches in St. Louis City and County.
- Call for service or for referral to an agency which provides meals in your area.
- 100% volunteer based.

Bridgeton MOW

314-739-5599

Serves: 63043, 63044, Bridgeton &
Maryland Heights

\$2.50/meal

Normandy MOW

314-382-4045

Serves: 63121, 63033, part of 63114
& 63034

\$3.00/meal

North County MOW

314-953-6800

Serves: Florissant, Berkeley,
Ferguson, Dellwood, Hazelwood,
Spanish Lake, Jennings, Black Jack,
Glasgow, Moline, Bellefontaine, and
Riverview

\$3.25/meal

Operation Food Search, Inc

314-726-5355

6282 Olive Blvd., 63130

- Referrals to emergency food pantries.

Schnucks Express Connection

314-832-6008 (for questions about orders)

www.schnucks.com (to place orders)

- **COST:** \$15.50 for same day delivery (order by 11:00 am)
\$12.50 for next day delivery (order by 7:00 pm)
- **Delivery Hours:** Monday – Sunday: 11:00 am – 2:00 pm
& 4:00 pm – 7:00 pm

St. Louis Area Foodbank, Inc.

314-423-6100

Senior Food program for low income seniors

www.stlfoodbank.org

Health Services & Resources

Adult Protective Services

Adult Protective Services (APS) is the principal public agency responsible both for investigating reported cases of elder and vulnerable adult abuse and for providing victims with treatment and protective services.

Hot line: 1-800-992-6978

Persons 60+ are in need of protective services if they are known, or are suspected, to be suffering from abuse, neglect, or exploitation.

Indicators of Elder Abuse	
Abuse: Physical, Psychological, Sexual	-Change in behavior -Confinement -Harassment -Cuts, bruises, burns -Isolation
Neglect: By self or others	-Mental confusion -Poor hygiene/ environment -Inadequate health care -Unable to perform tasks of daily living -Unusual bank withdrawals -Change in power of attorney or legal matters -Lack of personal belongings -Different signatures on checks

Missouri Department of Health & Senior Services

P.O. Box 570, Jefferson City, Missouri 65102

Phone: 573-751-6400 Fax: 573-751-6041

info@dhss.mo.gov

<http://www.dhss.mo.gov/>

**Elder Abuse and Neglect Hotline:
1-800-392-0210**

Family Care Safety Registry (FCSR)

<http://www.dhss.mo.gov/FCSR/>

1-866-422-6872

Dental Referrals:**Dental Society of Greater St. Louis**

13667 Manchester, Des Peres 63131

314-569-0444

- Offer referrals to dentists
- Request a speaker (dentist) for an event

Health Clinics:**People's Health Center**

11642 West Florissant, 63042

314-838-8220

St. County Health Department Dental Clinics:**John C. Murphy Health Center (Berkley)**

6065 Helen Ave., 63134

314-522-6410

North County Health Center (Pine Lawn)

6105 Natural Bridge Rd., 63120

314-389-4700

Mental Health Facility:**BJC Behavioral Health Community Services (North)**

3165 McKelvey Rd, Suite 200, 63044

314-206-3900

Recommended Doctors:

Call a Parish Nurse at one of your area Churches. (See page 1 for names and numbers).

Disease Resources:*Alzheimer's – Amyotrophic Lateral Sclerosis*

Name:	<i>Alzheimer's Disease Research Center</i>	<i>Alzheimer's Association, St. Louis Chapter</i>	<i>American Diabetes Association</i>	<i>American Parkinson Disease Association</i>	<i>Amyotrophic Lateral Sclerosis Association</i>
Address:	4488 Forest Park Ave Ste 130, 63108	9374 Olive Blvd., St. Louis, 63132	10820 Sunset Office Dr, Suite 220, 63127	Campus Box 8111 660 South Euclid, 63110	5615 Pershing Ave Suite 20, 63112
Contact:	314-286-2881 www.adrc.wustl.edu/	314-432-3422 Helpline: 1-800-980-9080 Fax: 314-432-3824 http://www.alzstl.org	314-822-5490 1-800-342-2283 www.diabetes.org	314-362-3299 http://www.geocities.com/parkinson_disease_saint_louis/	314-534-0610 mriggs@alsastl.org www.alsa-stl.org
Services:	<ul style="list-style-type: none"> ▪ Promotes, supports research, ▪ Education focusing on diagnosis and causes of AD and related disorders. ▪ Educational materials <ul style="list-style-type: none"> ▪ Internet-based media ▪ Seminars and conferences ▪ Memory and Again Project (clinical research and assessments are performed as part of a research project) 	<ul style="list-style-type: none"> ▪ <u>Family Support:</u> <ul style="list-style-type: none"> ▪ Helpline ▪ Care Consultation ▪ Support groups ▪ Safe return ▪ Early stage programs ▪ Family care planning ▪ Respite Care Assistance ▪ <u>Family Education:</u> <ul style="list-style-type: none"> ▪ Understanding Memory Loss ▪ Living with Change: Caring for Loved One with memory Loss ▪ Looking Ahead: <ul style="list-style-type: none"> ▪ Planning for Future Legal & Financial Needs ▪ Understanding Your Future Care Options ▪ Caring for a Person with Advanced Dementia ▪ <u>Professional Education:</u> <ul style="list-style-type: none"> ▪ Classes ▪ Conferences ▪ On-site services ▪ Training resources ▪ <u>Advocacy</u> ▪ <u>Additional Support:</u> <ul style="list-style-type: none"> ▪ Library Services ▪ Newsletter ▪ Speaker's Bureau ▪ Volunteer Support 	<ul style="list-style-type: none"> ▪ Provides information material ▪ Resources for financial assistance with medications ▪ Support groups ▪ Referrals to physicians and clinics ▪ Volunteer opportunities 	<ul style="list-style-type: none"> ▪ Referrals for medical and support services ▪ Newsletters about new studies and research projects they can participate in ▪ Financial assistance for adult day cares ▪ One bath/week for clients that receive respite care ▪ Financial assistance for emergency response necklaces ▪ Special exercise classes ▪ Respite care program ▪ Group speech therapy ▪ Monthly support group meetings ▪ Wellness classes. 	Provide 26 in-home services including: <ul style="list-style-type: none"> ▪ Care management counseling ▪ Durable medical equipment ▪ Nutritional supplements ▪ Augmentative and assistive communication devices ▪ Respite care ▪ Physical therapy ▪ Occupational therapy ▪ Speech therapies

Leukemia – Peregrine

Disease Resources (continued):

Name:	<i>The Leukemia & Lymphoma Society</i>	<i>Multiple Sclerosis Society</i>	<i>Paraquad</i> Home Health Care for disabled	<i>St. Louis Peregrine Society, Inc.</i>
Address:	77 West Port Plaza, Suite 101 St. Louis, MO 63146	1867 Lackland Hill Parkway, 63146		2343 Hampton Ave, 63139
Contact:	314-878-0780 X28 burettap@lls.org	314-781-9020 info@gatewaymssociety.org	314-567-1558	314-781-6775
Services:	<ul style="list-style-type: none"> ▪ Up \$500/year financial assistance to help pay for medical expenses ▪ Patient education programs ▪ Information resource center ▪ Family support groups ▪ First connection (program connecting patients with survivors). 	<ul style="list-style-type: none"> ▪ Education programs ▪ Helpline for referral services ▪ Family support programs ▪ Counseling ▪ Therapeutic recreation ▪ Financial assistance for medical equipment ▪ Transportation ▪ Respite programs 		<ul style="list-style-type: none"> ▪ For cancer patients in St. Louis city/county that live in their own home or apartment. ▪ Nutritional supplements ▪ Transportation for treatments ▪ Prescription medication ▪ Medical, surgical and colostomy supplies.

Eye Care Resources:

General Electric Answer Center 1-800-626-2000

www.geappliances.com

Lion's Club 314-645-3500

 55+ services at affordable rates

Lutheran Blind Mission 314-918-0415

 7550 Watson, 63119

Services:

- Free Braille overlays and knobs for visually impaired
- GE, Hotpoint and some RCA major appliances

Services:

- Eye exams
- Glasses or Contact lenses
- Rehabilitation
- Optometry

Services:

- Provide Christian periodicals, books & calendars in Braille
- Large type and cassette tapes free of charge.

National Eye Care Project

1-800-222-3937

- Referral to area doctor that will provide eye care for those who could not otherwise pay.

Rehab Services for the Blind

1-800-592-6004

314-890-4200

<http://www.dss.mo.gov/fsd/rsb/index.htm>

Janice.M.Phillips@dss.mo.gov

St. Louis Society for the Blind and Visually Impaired

8770 Manchester Rd.

St. Louis, MO 63144

Contact: Brenda Duna 314-968-9000 x.119

bdunn@sbsvi.org

Wolfner Library for the Blind & Physically Handicapped

1-800-392-2614

P.O. Box 387

600 W. Main

Jefferson City, MO 65102

Conditions:

- Not seen an ophthalmologist in past 3 years
- No insurance
- US citizen or legal resident.

Services:

- Assistive Technologies
- Vocational Rehabilitation
- Independent Living Rehabilitation
- Transition Services
- Children Services
- Business Enterprise Program
- Prevention of Blindness
- Employer Services
- Older Blind Services:
 - Low Vision Centers supply magnifiers, Closed Circuit TV's, high intensity lamps, etc available for you to use in your home.

Services:

- Adaptive Resources
- Braille books
- Clinics
- Support groups
- Recreation activities

Services (supported by State and Federal funds):

- Provide informational and recreational books and magazines on cassette, record, and Braille format
- Loans playback machines
- FREE. Materials are mailed to you.

Safety at Home

American Red Cross Lifeline

314-516-2732

1-800-959-6989

Lifeline is a personal response service, ideal for an individual living alone with some health problems. A device worn on the wrist or around the neck is lightweight and waterproof, so you can wear it anywhere, even in the bathtub or shower. The press button activates the communicator which dials Lifeline automatically. A trained Lifeline staff immediately proceeds to send appropriate help.

Services:

- Emergency response service: Lightweight waterproof button, as a pendant or wrist band.
- Voice to voice help is immediate and appropriate
- Weekly phone reassurance.

Cost:

\$36-45 per month and \$60 one-time activation fee

American Red Cross Training for Seniors

314-516-2717

Services:

- Helps prevent accidents and injuries and to prepare for health crises: Low-income elderly people face numerous health and safety risks from fire, accident, injury or health crisis.
- The Red Cross has developed Safety for Seniors, an educational program to inform community groups, particularly in low-income areas where the threats are greatest.
- One hour presentation

HOUSING: Alternative Housing Options

A/D: Alzheimer's or Dementia Care
M/M: Medicare/Medicaid Approved
MA: Medicine Assistance Available
T: Transportation Available
H: Housekeeping Available
Pets: Are Pets Allowed?
Fit: Exercise Facility Available
BP: Beauty Parlor

Medicare Quality Measures:

Health Deficiencies:

- **Level 1:** *Potential* for minimal harm
- **Level 2:** *Minimal* harm or *potential* for actual harm
- **Level 3:** *Actual* harm
- **Level 4:** *Immediate* jeopardy to resident health or safety

Name	Cost	General Information	A/D	M/M	MA	T	H	Activities	BP	Pets	Fit
Berkeley (63134)											
<i>Skilled Nursing Facility</i>											
<i>Heritage Care Center</i> 4401 N. Hanley St. Louis, MO 63134 (314) 521-7471	<ul style="list-style-type: none"> ▪ \$125.33 daily ▪ Utilities & 3 meals included 	<ul style="list-style-type: none"> ▪ 120 beds ▪ Rehab services offered. ▪ Residential council Medicare Inspections: <i>Quality measures:</i> <ul style="list-style-type: none"> ▪ Worse than state average on most quality measures: ▪ <i>Nursing Hours per resident per day:</i> about the same as state averages. ▪ <i>Health Deficiencies:</i> 10 ▪ 1: Level 3 ▪ 7: Level 2 ▪ 2: Level 1 	Behavioral unit.	X	X	X	X	Religious services are available.	X	Visits	X

Bridgeton (63044)												
Name	Cost	General Information	A/D	M/M	MA	T	H	Activities	BP	Pets	Fit	
Independent Living Facility												
<i>Naomi House</i> 3393 McKelvey Bridgeton, MO 63044 (314) 209-7000	\$1739- \$2646/mo Included: utilities and 1 meal. 1 months rent for deposit.	<ul style="list-style-type: none"> ▪ One or two bedroom apartments with fully equipped kitchens ▪ Restaurant-style dining options ▪ Library/computer facilities. ▪ 24 hour staff. 	N/A				X	X	The Meditation Center provides daily Mass and ecumenical service	X Spa	X	X
Assisted Living Facilities												
<i>Mizpah Manor</i> 11325 St. Charles Rock St. Louis, MO 63044 (314) 209-1177	\$2,800 monthly Utilities and 3 meals included. 1 months rent deposit.	30 assisted living units.	Some				X	X	X	X	Call	
<i>Veronica House</i> 12284 DePaul Dr Bridgeton, MO 63044 (314) 209-8814	\$3183- \$3652/mo Included: 3 meals and utilities. 1 months rent deposit.	<ul style="list-style-type: none"> ▪ 99 assisted living units. ▪ Rehab services available. 	X	X	X	X	X	X	Yes. The Meditation Center which provides daily Mass and ecumenical service	X	Visits	X
Skilled Nursing Facility												
<i>Anna House</i> 12349 DePaul Dr Bridgeton, MO 63044 (314) 209-7979	<ul style="list-style-type: none"> ▪ \$155-\$194 daily. ▪ Utilities & 3 meals included. 	<ul style="list-style-type: none"> ▪ 114 certified beds. ▪ Rehab services offered. 	X	Medi- caid ONLY	X	X	X	X	X	X	X	

Bridgeton: Skilled Nursing Facilities

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>Life Care Center of Bridgeton</i> 12145 Bridgeton Sq. Bridgeton, MO 63044 (314) 298-7444	Call. Utilities included. 3 meals included.	<ul style="list-style-type: none"> ▪ 120 certified beds. ▪ Nurses spent more time with residents than state average. ▪ Rehab services offered. ▪ Resident council. ▪ Medicare Inspections: <i>Quality measures:</i> performed worse than state average on most quality measures. ▪ <i>Nursing Hours per resident per day:</i> spent more time with residents than state average. ▪ <i>Health Deficiencies:</i> 3 3: Level 2 	X	X	X	X	X	X (But no religious services at this time)	X		X
<i>Mark Twain Manor</i> 11988 Mark Twain Bridgeton, MO 63044 (314) 291-8240	Call. Utilities included. 3 meals included.	<ul style="list-style-type: none"> ▪ 120 certified beds ▪ Rehab services available. ▪ Nurse to resident ratio: 1/8 days 1/13 evenings 1/18 nights ▪ Resident council. ▪ Medicare Inspections: <i>Quality measures:</i> similar to state averages ▪ <i>Nursing Hours per resident per day:</i> lower than state average. <i>Health Deficiencies:</i> 6 2: Level 3 4: Level 2 	X	X	X	X (Fee for service)	X	Yes. Catholic, Baptist, & Lutheran service weekly. Non-denominational service every other week.	X		X

Bridgeton: Skilled Nursing - Ferguson: Independent Living

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>SSM DePaul Health Center</i> 12303 DePaul Dr Bridgeton, MO 63044 (314) 344-6000	Call. Utilities included. 3 meals included.	<ul style="list-style-type: none"> ▪ 54 certified beds. ▪ Resident and Family councils. ▪ Medicare Inspections: <i>Quality measures:</i> N/A ▪ <i>Nursing Hours per resident per day:</i> less than state average. ▪ <i>Health Deficiencies:</i> 15 6: Level 2 9: Level 1 	X	Medicaid ONLY.	X		X	X Mass everyday at 11:50 am. Priest is on staff.			
Ferguson, Cool Valley (63135)											
<i>Independent and/or Assisted Living</i>											
<i>Hartnett Christian Village</i> 70 Hartnett St. Louis, MO 63135 (314) 521-3915	\$1700-\$2000 monthly Utilities included. 3 meals.	<ul style="list-style-type: none"> ▪ 28 assisted living units. ▪ Rehab services offered. 	X	X (personal care options)	X	X	X	Yes. Tues:Non-denominational service. Catholic mass across the street at Christian Care Facility.	X		X

Ferguson: Skilled Nursing Facilities

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>Skilled Nursing Facility</i>											
<p><i>Christian Care Home</i> 800 Chambers Ferguson, MO 63135 (314) 522-8100</p>	CALL Utilities included.	<ul style="list-style-type: none"> ▪ 180 beds. ▪ Rehab services available ▪ Resident council. ▪ Medicare Inspections: <i>Quality measures:</i> similar to state averages for most quality measures; better for short stay residents; worse on percent of residents who lose too much weight. ▪ <i>Nursing Hours per resident per day:</i> above state averages ▪ <i>Health Deficiencies:</i> 11 11: Level 2 	X	X	X		X	Yes. Different churches provide services every week. There is a weekly Mass.			
<p><i>Oak Knoll Nursing Home</i> 37 North Clark Ferguson, MO 63135 (314) 521-7419</p>	CALL	<ul style="list-style-type: none"> ▪ 43 certified beds. ▪ VA and DMH approved. ▪ Independent Living to Skilled Nursing Care ▪ Rehab services offered. ▪ Resident and Family councils. ▪ Medicare Inspections: <i>Quality measures:</i> not documented. ▪ <i>Nursing Hours per resident per day:</i> similar to state average ▪ <i>Health deficiencies:</i> 8 7: Level 2 1: Level 1 	X	X	X		X	Yes. Catholic service weekly. All faiths regularly receive service and communion in accordance with their respective religious beliefs.			

Florissant											
Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
Independent &/or Assisted Living Facility											
<i>DeSmet Retirement Community</i> 1425 N. New Florissant Rd Florissant, MO 63033 314-838-3811	<ul style="list-style-type: none"> ▪ Independent \$1000-2000/mo ▪ Assisted: \$2000-3000/mo 	<ul style="list-style-type: none"> ▪ 70 Independent Residents ▪ 90 Assisted Residents ▪ Central dining ▪ Laundry ▪ Maintenance ▪ Security 				X	X	X	X		X
<i>Garden Villas North Retirement Community</i> 4505 Parker Rd. St. Louis, MO 63033 (314) 355-6100	<ul style="list-style-type: none"> ▪ \$2095-\$3975/mo ▪ Utilities & 1 to 3 meals included. ▪ \$1,000 security deposit ▪ Accepts only private pay 	<ul style="list-style-type: none"> ▪ 124 independent living units. ▪ 40 assisted living units. ▪ No licensed nurses on staff 	N/A		X	X	X	X	X	X	X
<i>St. Patrick's Apartments 1 & 2</i> 555 Bluff Parks Florissant, MO 63031 (314) 839-3212	<ul style="list-style-type: none"> ▪ 30% of income ▪ Utilities included. ▪ No meals. ▪ 1 months rent security deposit. 	<ul style="list-style-type: none"> ▪ 210 independent living apartments. ▪ Apartments are unfurnished. ▪ Nurse is on staff 1 day a week and social workers on staff 3 days a week. ▪ 62+ or disabled. ▪ Income guidelines - to be determined upon meeting. 	N/A			X		\$32/mo extra	X	\$300 deposit \$10/mo extra Dog must be <25 lbs	X

Florissant: Independent &/or Assisted Living –Skilled Nursing

Name	Cost	General Information	A	D	MM	MA	T	H	Activities	BP	Pets	Fit
<p><i>Villas at Riverwood</i> 1 Pratt Place Florissant, MO 63031 1-866-373-1798 www.senioroutlook.com/display.asp?site=9810 Contact: Tracy</p>	<ul style="list-style-type: none"> ▪ \$1,616- \$2,435 ▪ includes 3 meals/day, weekly linen, housekeeping services, and scheduled transport ▪ Does not include electricity, cable, or telephone 	<ul style="list-style-type: none"> ▪ Other amenities: Library, bookmobile services, wellness clinic, complimentary laundry service, game room, elevators, café, computer room, full service dining room, chapel, individual mailbox, concierge, general store, and guest accommodations ▪ Each apartment has full bath, kitchen, and individually controlled thermostat 					X			X	X	X
Skilled Nursing Facility												
<p><i>Bent-Wood Nursing Center</i> 1501 Charbonier Florissant, MO 63031 314-921-2700</p>	<p>Semi-private bed: \$130/day</p> <p>Private bed: \$150/day</p>	<ul style="list-style-type: none"> ▪ 68 certified beds ▪ Resident Council ▪ Medicare Inspections: <i>Quality Measures:</i> similar to state averages on quality measures, except had higher percentage of residents with pressure sores and number of residents that are physically restrained ▪ <i>Nursing Hours per resident per day:</i> similar to state average ▪ <i>Health Deficiencies:</i> 14 14: Level 2 			X				<p>Thurs: Catholic Mass</p> <p>Baptist service, every Sunday</p> <p>Lutheran occasionally</p>			

Florissant: Skilled Nursing Facilities

Name	Cost	General Information	A	D	MM	MA	T	H	Activities	BP	Pets	Fit
<p><i>Delmar Gardens North</i> 4401 Parker Florissant, MO 63033 (314) 355-1516</p>	<ul style="list-style-type: none"> ▪ \$160-\$215 daily rates ▪ 3 meals & utilities included 	<ul style="list-style-type: none"> ▪ 240 certified beds ▪ Semi private rooms ▪ Nurse to patient ratio: 1/11 during the day, 1/14 in the evening, 1/18 at midnight. ▪ Rehab services offered. ▪ Medicare Inspections: <i>Quality measures:</i> similar to state averages ▪ <i>Nursing Hours per resident per day:</i> N/A ▪ <i>Health Deficiencies:</i> 2 ▪ 1: Level 2 ▪ 1: Level 1 	X		X	X	X	X	Yes. Catholic Mass on Wed at St. Angela. Baptist, Pentecostal, and Lutheran services also on Wed.	X		
<p><i>Elder Care of the Valley</i> 6768 N US Highway 67 Florissant, MO 63034 (314) 741-9101</p>	<ul style="list-style-type: none"> ▪ \$134-\$151 daily ▪ Utilities & 3 meals included. 	<ul style="list-style-type: none"> ▪ 94 Residents ▪ 120 beds available. ▪ Certified Nurse Assistant to resident ratio: 1/8. ▪ Nurse to patient ratio 1/25 ▪ Rehab services offered. ▪ Resident council. ▪ Medicare Inspections: <i>Quality Measures:</i> similar to state averages. ▪ <i>Nursing hours per resident per day:</i> not documented. ▪ <i>Health Deficiencies:</i> 8 7: Level 2 1: Level 1 	X		X	X	X	X	Yes, Rosary & Catholic Mass every week, Non-denominational service every week.	X	Visits	X

Florissant: Skilled Nursing Facilities

Name	Cost	General Information	AD	MM	MA	T	H	Activities	BP	Pets	Fit
<i>Haven Meadows</i> 615 Rancho Ln. Florissant, MO 63031 (314) 839-2150	<ul style="list-style-type: none"> ▪ Call for pricing ▪ Utilities & 3 meals included. 	<ul style="list-style-type: none"> ▪ 120 beds. ▪ Certified Nurse ▪ Assistant to resident ratio: 1/10 ▪ Nurse to resident ratio: 1/30. ▪ Rehab services offered. ▪ Resident council. ▪ Medicare Inspections: <i>Quality Measures:</i> similar to state average ▪ <i>Nursing Hours per resident per day:</i> similar to state average ▪ <i>Health Deficiencies:</i> 13 13: Level 2 	X	X	X	X	X	Sun: Catholic (St. Sabina) Sat: Baptist (Universal King) or (Florissant Valley Church)	X		
<i>Manorcare Health Services</i> 1200 Graham Rd Florissant, MO 63031 (314) 838-6555	<ul style="list-style-type: none"> ▪ Call for pricing. ▪ Utilities & 3 meals included. 	<ul style="list-style-type: none"> ▪ 98 certified skilled nursing beds. ▪ Rehab services available. ▪ Nurse to patient ratio: 1/10 during the day ▪ Resident and Family councils. ▪ Medicare Inspections: <i>Quality Measures:</i> below state average on most measures ▪ <i>Nursing Hours per resident per day:</i> nurses spent less time than state average. ▪ <i>Health Deficiencies:</i> 5 5: Level 2 	X	X	X		X	Weekly: Catholic Mass Sacred Heart. Protestant church alternates weekly	X		

Florissant: Skilled Nursing Facilities

Name	Cost	General Information	AD	MM	MA	T	H	Activities	BP	Pets	Fit
<i>Northgate Park Nursing Home</i> 250 N. Florissant Road South Florissant, MO 63031 314-838-2211		<ul style="list-style-type: none"> ▪ 158 certified beds ▪ Resident Council ▪ Nurse to patient ratio: 1/10 ▪ Medicare Inspections: <i>Quality Measures:</i> better than state average ▪ <i>Nursing Hours per resident per day:</i> lower than state average ▪ <i>Health Deficiencies:</i> 8 2: Level 4 6: Level 2 	X	X				Baptist, Catholic and Methodist weekly services			
<i>Park Terrace Resident Center</i> 200 S. New Florissant Road Florissant, MO 63031 314-921-1700	\$3000/month	<ul style="list-style-type: none"> ▪ 230 Residents ▪ No councils ▪ Not listed on Medicare website ▪ No information on quality measures 	X	X				Sun: Protestant service Thurs: Catholic Mass			
<i>The Pillars of North County & Rehab Center</i> 13700 Old Halls Ferry Road Florissant, MO 63033 314-355-0760		<ul style="list-style-type: none"> ▪ 120 Certified beds ▪ No Councils ▪ Medicare Inspections: <i>Quality Measures:</i> better than state average on % of residents with pressure sores, urinary tract infections, and who lose control of their bladders ▪ <i>Nursing Hours per resident per day:</i> higher than state average ▪ <i>Health Deficiencies:</i> 16 1: Level 3 15: Level 2 	X	X				Tues: Catholic visit with communion Sat: Baptist service Lutheran: 1/mo Always looking for ministers to come for one on one visits			

Florissant: Skilled Nursing Facilities

Name	Cost	General Information	A D	MM	MA	T	H	Activities	BP	Pets	Fit
<p><i>St. Elizabeth Healthcare Center LLC</i> 11400 Mehl Ave Florissant, MO 63033 314-741-3525</p>	<ul style="list-style-type: none"> ▪ \$80/day for shared room ▪ Utilities & 3 meals included. ▪ Security deposit required. 	<ul style="list-style-type: none"> ▪ 120 Certified beds ▪ Rehab Care Available ▪ Psychiatric Care ▪ Resident & Family Councils ▪ Nurse to resident ratio: 120 staff to 125 residents ▪ Medicare Inspections: <i>Quality Measures:</i> similar to state average ▪ <i>Nursing Hours per resident per day:</i> less time than state average ▪ <i>Health Deficiencies:</i> 10 1: Level 3 7: Level 2 2: Level 1 	X	X	X	X	X	<p>Catholic Lay minister with communion</p> <p>Baptist service every week Baptist Sunday School 1/every other month</p> <p>Shalom Baptist service 1/mo</p>	X		
<p><i>St. Sophia Health & Rehabilitation Center</i> 936 Charbonier Florissant, MO 63031 314-831-4800</p>		<ul style="list-style-type: none"> ▪ 240 Certified Beds ▪ Resident Council ▪ 3:1 Staff to Resident ratio ▪ Medicare Inspections: <i>Quality Measures:</i> similar to state average ▪ <i>Nursing Hours per resident per day:</i> more time than state average ▪ <i>Health Deficiencies:</i> 0 	X	X				<p>Baptist Hazelwood</p> <p>Catholic: St. Ferdinand Wed: Mass Sun: Rosary</p> <p>Lutheran: Church of the Atonement & Blessed Savior</p>			

Hazelwood											
Name	Cost	General Information	AD	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>Independent Living Facility</i>											
<i>Santa Maria Apartments</i> 12565 Santa Maria Ct., St. Louis, MO 63042 (314) 739-7220	<ul style="list-style-type: none"> ▪ 30% of income (subsidized) ▪ Utilities included. ▪ 1 months rent security deposit. 	<ul style="list-style-type: none"> ▪ 202 independent living apartments. ▪ Nurse is in every Friday. ▪ Social workers on staff 5 days a week. ▪ Apartments are unfurnished and have electric appliances. ▪ 62+ and are able to take care of oneself. ▪ Income guidelines - cannot exceed adjusted gross income of \$23,240. 				X		\$32/mo Extra Trips to a variety of places including grocery stores, restaurants, and malls.	X	X	Exercise bikes are on each floor.
Jennings, Dellwood (63136)											
<i>Independent &/or Assisted Living Facility</i>											
<i>St. Andrews of Jennings</i> 9600 Ferry Rd. St. Louis, MO 63136 (314) 867-8993	<ul style="list-style-type: none"> ▪ 30% of income (subsidized) ▪ Allowance for utilities. ▪ 1 months rent deposit. 	<ul style="list-style-type: none"> ▪ 127 independent living apartments. ▪ 24 hour staff on duty. 	N/A					X		X	X

Jennings & Dellwood: Independent &/or Assisted Living Facilities

Name	Cost	General Information	A/D	MM	MA	T	H	Activities	BP	Pets	Fit
<p><i>St. John Newmann Apartments</i> 8424 Lucas and Hunt Road St. Louis, MO 63136 (314) 385-0707 www.ccstl.org/cr/i/john_nuemann</p>	<ul style="list-style-type: none"> ▪ 30% of income (subsidized) ▪ Utilities included. ▪ 1 months rent deposit. ▪ A modest monthly fee covers social and recreational activities. 	<ul style="list-style-type: none"> ▪ 100 unit facility. ▪ Apartments are unfurnished equipped with individually controlled air and heat, draperies, carpeting, full kitchen, and large bath with safety bars. ▪ Coin operated laundry within facility. ▪ Nursing, social services, and a regular health maintenance program available to all. ▪ 24 hour staff on duty. ▪ 62+ or mobility impaired and able to take care of self. 	N/A	N/A		X		Yes (modest fee)			
<p><i>Village North Retirement Community</i> 11160 Village N. Dr. St. Louis, MO 63136 (314) 355-8010</p>	<ul style="list-style-type: none"> ▪ Call for pricing (mostly Private Pay). ▪ Utilities & 1-3 meals included. ▪ 1 months rent deposit. 	<ul style="list-style-type: none"> ▪ 100 independent living CCRC's. ▪ 50 assisted living units. ▪ Rehab services offered. ▪ Medicare Inspections: <i>Quality measures:</i> worse than state average on documented measures ▪ <i>Nursing hours per resident per day:</i> higher than state average ▪ <i>Health Deficiencies:</i> 4 4: Level 2 		X	X	X	X	2x week: Catholic Mass Non-denominational service weekly	X	Visit	X

<i>Skilled Nursing Facility</i>											
Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<p><i>Cathedral Gardens Skilled Care</i> 2600 Redman Rd St. Louis, MO 63136 (314) 355-8585</p>	<ul style="list-style-type: none"> ▪ \$125-\$145 daily ▪ Utilities & 3 meals included. ▪ Unspecified security deposit required. 	<ul style="list-style-type: none"> ▪ 120 beds. ▪ Rehab services offered ▪ Resident and Family councils. ▪ Medicare Inspections: <i>Quality measures:</i> similar to state averages except for number of residents with pressure sores and number of residents who lost too much weight. ▪ <i>Nursing Hours per resident per day:</i> similar to state average. ▪ <i>Health Deficiencies:</i> 21 20: Level 2 1: Level 3 	X	X	X		X	X	X	X	X
<p><i>Christian Hospital NE NW</i> 11133 Dunn Rd St. Louis, MO 63136 (314) 653-5500</p>		<ul style="list-style-type: none"> ▪ 24 certified beds (hospital based skilled nursing) ▪ Interim care following hospitalization before returning home or to a residential setting. ▪ Nurse to patient ratio: 1/7. ▪ Medicare Inspections: <i>Quality measures:</i> worse than state average on documented measures. ▪ <i>Nursing Hours per resident per day:</i> not documented. ▪ <i>Health deficiencies:</i> 2 2: Level 2 	X	Medicare	X		X	Priest comes and gives mass on Sunday.			

Saint Louis County

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>Village North Health Center</i> 11160 Village N. Drive St. Louis, MO 63136 (314) 355-8010	<ul style="list-style-type: none"> ▪ Call for pricing. ▪ Utilities & 3 meals included. ▪ Mostly Private pay 	<ul style="list-style-type: none"> ▪ 60 bed skilled nursing facility. ▪ Rehab services offered. ▪ Resident council. ▪ Medicare Inspections: <i>Quality measures:</i> performed better than state average for quality measures. ▪ <i>Nursing Hours per resident per day:</i> spent slightly less than state average with residents. ▪ <i>Health deficiencies:</i> 14 1: Level 3 11: Level 2 2: Level 1 	X	X	X	X	X	X	X	Visit	X
St. Louis County – (63137-63138)											
<i>Independent Living Facility</i>											
<i>Lutheran Sr. Services at Hidden Lake</i> 11728 Hidden Lake St. Louis, MO 63138 (314) 355-8833 www.lssmo.org/HiddenLake/	<ul style="list-style-type: none"> ▪ \$1400-2120 /month depending on unit rented. 	<ul style="list-style-type: none"> ▪ 117 apartments and ranch homes (independent living). ▪ 20 meals per month included. ▪ All utilities included (except telephone). ▪ Washer and dryer included in every unit. ▪ Safety handrails in tubs and showers. ▪ Window treatments included and wall to wall carpet. 	N/A	N/A		X	X	X	X	\$500 deposit no monthly fee.	X

Name	Cost	General Information	A/D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>Assisted &/ or Skilled Nursing Care Facilities</i>											
<i>Bellefontaine Gardens Nursing and Rehabilitation</i> 9500 Bellefontaine St. Louis, MO 63137 314-388-0796		<ul style="list-style-type: none"> ▪ 96 Certified beds ▪ Resident Council ▪ Medicare Inspections: <i>Quality measures:</i> better than state averages ▪ <i>Nursing Hours per resident per day:</i> lower than state average ▪ <i>Health Deficiencies:</i> 77: Level 2 	X	X	?	?	?	Baptist and non-denominational services No Catholic services yet requested	?	?	?
<i>Green Valley Manor</i> 610 Prigge Road St. Louis, MO 63138 314-741-9393		<ul style="list-style-type: none"> ▪ 150 Certified beds ▪ Resident Council ▪ Nurse to Patient: 1:10 ▪ Medicare Inspections: <i>Quality measures:</i> similar to state average ▪ <i>Nursing Hours per resident per day:</i> similar to state average ▪ <i>Health Deficiencies:</i> 1110: Level 2 1: Level 1 	X	X				Catholic Mass every 2 weeks Occasional Baptist and Protestant services			
<i>Halls Ferry Manor Nursing</i> 2115 Kappel Dr. Saint Louis, MO 63136 314-867-2038		Call for information									

Saint Louis County: Skilled Nursing Facilities

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<p><i>Lutheran Sr. Services at Hidden Lake</i> 11728 Hidden Lake St. Louis, MO 63138 (314) 355-8833 http://www.lssmo.org/HiddenLake.html</p>	<ul style="list-style-type: none"> ▪ Call ▪ Utilities, except telephone & 3 meals included 	<ul style="list-style-type: none"> ▪ 40 private apartments with short term care available. ▪ 67 private and semi-private rooms. ▪ Respite care available. ▪ Rehab services offered. ▪ Resident council. ▪ Medicare Inspections: <i>Quality measures:</i> not documented. ▪ <i>Nursing Hours per resident per day:</i> not documented. ▪ <i>Health Deficiencies: 0</i> 	X	X	X	X	X	<p>Sun: Spiritual broadcast</p> <p>Exercise programs, Bingo, devotions</p> <p>Outings and Trips</p>	X	Visit	X
<p><i>Mother of Good Counsel Home</i> 6825 Natural Bridge St. Louis, MO 63121 314-383-4765</p>		Call for information									
<p><i>North Valley Manor</i> 2115 Kappel Dr St. Louis, MO 63136 314-867-7474</p>		<ul style="list-style-type: none"> ▪ 94 Certified beds ▪ Resident Council ▪ Medicare Inspections: <i>Quality measures:</i> similar to state average ▪ <i>Nursing Hours per resident per day:</i> similar to state average ▪ <i>Health Deficiencies:</i> 14 1: Level 3 12: Level 2 1: Level 1 	X	?	?	?	?	?	?	?	?

Saint Louis County: Skilled Nursing Facilities

Name	Cost	General Information	A/ D	M/M	MA	T	H	Activities	BP	Pets	Fit
<i>St. Clare of Assisi</i> 11728 Hidden Lake St. Louis, MO 63138 (314) 355-8833 (Subsidized)	<ul style="list-style-type: none"> ▪ 30% of income ▪ Utilities included. ▪ Deposit: 1 mo rent 	19 assisted living units.	N/A			X		X		X	
<i>Sun Valley Manor</i> 10501 Halls Ferry Rd St. Louis, MO 63136 314-869-3059		Call for information									

HOUSING: In-Home Care Services

Types of Care:

Personal: Non-medical needs

Bathing, Grooming, Dressing, Toileting, Meal Preparation,
Transportation

Home: Light housekeeping, Shopping

Respite: Allows primary care-giver time to run errands and take a break
from care-giving responsibilities.

CNA: Certified Nurse Assistant

LPN: Licensed Practical Nurse

Name:	Contact:	Types of Care:	Cost:	Minimum Hours:
<i>The Agency</i> 442 Howdershell Rd Florissant, MO 63031	314-921-3106	Personal Home Advanced Care	MEDICAID and Private Pay Costs depend on client	No minimum
<i>Am Healthcare Enterprises Ltd</i> 3837 Vaile Ave Ste. E Florissant, MO 63034	314-831-6400			
<i>Angels Care Home Health Services</i> 23 Oaks Plz Ste 245 Saint Louis, MO 63121	314-381-0321	Personal Home Respite	MEDICAID CERTIFIED \$12-15/hr Private pay	No minimum
<i>Caregivers In Home Services Inc.</i> 205 Village Sq. Shop Ctr. Hazelwood, MO 63042	314-731-6563	Personal Homemaker CNA, LPN Monthly & Yearly Assessments	MEDICAID OR Private Pay: \$15.95/hr Nurse's Aid \$18.95/hr CNA \$35.00 for Bath only	4 hours/visit for Private Pay
<i>Chevetta In Home Care</i> 10011 Bellefontaine Rd Saint Louis, MO 63137	314-867-7686	Personal Home Respite	MEDICAID	No minimum
<i>Christian Community Home Care of North County**</i> 123 Carson Rd Ferguson, MO 63135	314-522-6796	Personal Home Respite	\$14.00/hr	2 hours
<i>Community Home Health</i> 9191 W Florissant Ave Saint Louis, MO 63136	314-524-2100			
<i>Endless Care Home Health Services</i> 12406 Lusher Rd Saint Louis, MO 63138	314-355-1700	Personal Home Respite	MEDICAID CERTIFIED	No minimum for Private Pay Based on State for MEDICAID
<i>Helping Hands Care Center</i> 8944 Natural Bridge Rd Saint Louis, MO 63121	314-426-1901	Skilled Nursing (RN) Home Physical & Occupational Therapy Work with Alzheimer's patients	MEDICAID OR MEDICARE No Private Pay Needs referral from doctor	<ul style="list-style-type: none"> ▪ Personal & Home Care min. set by Division of Aging ▪ Nursing hours set by Helping Hands Care Center

<i>JC's Home Health Services</i> 1423 Chambers Rd Ferguson, MO 63135	314-524-3738			
<i>Loving Arms Health Services Ltd</i> 12290 New Halls Ferry Rd Florissant, MO 63033	314-972-0400	Personal Home Advanced Nursing Respite	MEDICAID Private Pay Starting at \$15.00/hr	No minimum
<i>Lynn In Home Health Services</i> 12912 New Halls Ferry Rd Florissant, MO 63033	314-837-1660	Personal Home Advanced Personal Respite	MEDICAID Private Pay Starting at \$17.50/hr	4 hours/visit
<i>Merit Home Health Care</i> 111 Church St. Saint Louis, MO 63135	314-522-8088	Personal Home (including errands) Respite Advanced	MEDICAID Works with Veterans	
<i>Need a Nurse</i> 8941 Riverview Rd Saint Louis, MO 63137	314-868-8855			
<i>New Life Home Service</i> 25 S. Florissant Rd Ferguson, MO 63135	314-521-8895			
<i>Pyramid Homemaker Services</i> 145 S Florissant Rd Saint Louis, MO 63135	314-521-5108	Advanced Personal Home (including 1-2 errands/wk) CNA & Home Health aids	MEDICAID Private Pay: \$15.00 - \$19.00	2 hour/visit 1 visit/month
<i>Senior Services Unlimited North Ofc</i> 5960 Howdershell Road Ste. 103 Hazelwood, MO, 63042	314-731-3135	Personal Home Physical Therapy Transportation	\$15.50/hour Private Pay Only	4 hour/visit
<i>VSP In Home Services</i> 937 Edgehill Drive Ferguson, MO 63135	314-522-6153			
<i>Watkins Loving Care</i> 1239 Laire Dr. Saint Louis, MO 63137	314-867-1112			

Home Assistance & Personal Care Resources

Provider	Description of Services	Cost	Who Qualifies	Miscellaneous
<p style="text-align: center;"><i>Are you Ok?</i> Florissant Police Dept 1700 North Hwy 67 Florissant, MO 63031 (314) 831-7000</p>	<ul style="list-style-type: none"> ▪ Set up to check on the welfare of seniors and handicapped. ▪ Designed for those who might face medical emergencies in their homes and do not have friends or relatives to check on them each day. ▪ Contacts these citizens daily by telephone. 	Free	<ul style="list-style-type: none"> ▪ Florissant residents 60+ living alone. ▪ Married and both partners 65+ ▪ Living alone with disability, low mobility 	<p>Individuals with unusual medical or social circumstances are accepted on case-by-case basis.</p>
<p style="text-align: center;"><i>A Helping Hand and Custom Cleaning Connection</i> 1545 Fournier Dr. Crestwood, MO 63126 (314) 963-1134</p>	<ul style="list-style-type: none"> ▪ Housekeeping and cleaning services ▪ Grocery shopping, ▪ Errands 	Individual quote	Anyone	
<p style="text-align: center;"><i>Alzheimer's Association - Home Safety Assessment Program</i> 9374 Olive Blvd. St. Louis, MO 63132-3422 (314) 801-0442</p>	<ul style="list-style-type: none"> ▪ Home assessments including comprehensive evaluations of a person's environment as well as their ability to function within those surroundings. ▪ www.alzstl.org/Services/HomeSafety.htm 	Must request a personal screen from the director.	Seniors	<p>Consultants discuss various care options: adult day care, assisted living, and other facility-based arrangements. They also help caregivers address emotional and behavioral issues.</p>
<p style="text-align: center;"><i>Assisting Needy Seniors with Equipment Recycled by St. Louisians A.N.S.W.E.R.S.</i> P.O Box 270013 St. Louis, MO 63127 (314) 913-4142</p>	<ul style="list-style-type: none"> ▪ Provides home medical equipment and aids: walkers, manual and electric wheelchairs, hospital beds, safety rails, lifts, bedside commodes, etc ▪ Provides depends, ENSURE or other nutritional supplements, clothing protectors, therapeutic items, activity based tools and apparatus and medication set-up containers. 	Free	Needy seniors.	<ul style="list-style-type: none"> ▪ A not-for-profit organization working solely from cash donations and pledges. ▪ Volunteers provide services.

Home Assistance & Personal Care Resources

Provider	Description of Services	Cost	Who Qualifies	Miscellaneous
<p><i>Cardinal Ritter Senior Services</i> 7601 Watson Road St. Louis, MO 63119 (314) 961-8000 Ext. 303</p>	Housekeeping services: laundry services, change linens and bath, meal preparation and clean up, clean bathroom and kitchen, maintenance (dusting, mopping, vacuuming)	Call for rates. Qualified clients may be eligible for MEDICAID benefits.	Anyone	<ul style="list-style-type: none"> ▪ Services available Mon-Fri 7:30 am-5 pm. ▪ Hours can be flexible ▪ Live-in services are available 7 days a week.
<p><i>Caring Companion Co.</i> 1664 Shane Drive Imperial, MO 63052 (636) 461-2822</p>	<ul style="list-style-type: none"> ▪ Companionship for those recovering from surgery, victims of stroke, heart attacks. ▪ Help finding transportation to appointments. 	Private Pay	Anyone in need of care	Could be 4 hours every other week or 4 hours a week or as needed.
<p><i>Comfort Keepers</i> 211 West Cherry St. Troy, MO 63379 (636) 462-8383</p>	Errand services, meal preparation, in-home companionship care, light housekeeping, grocery shopping, transportation.	Call for rates	Anyone who needs assistance with their daily living tasks	24 hour care is available. Call for complete service listing. 2 hour minimum.
<p><i>County Older Residents Programs (CORP)</i> 121 South Meramec Clayton, MO 63105 (314) 615-4516 www.stlouisco.com/dhs/CORP.html</p>	<ul style="list-style-type: none"> ▪ Home repair ▪ Transportation ▪ Home visits: ▪ Telephone reassurance/Care calls: volunteers call homebound older adults regularly to check on their well-being visit an older adult in their home to chat, read, play a game or be a friend. ▪ Shopping assistance ▪ Tax assistance. 	No charge. Donations accepted.	County residents 60+	Caregiver to caregiver - trained volunteers visit with homebound elderly so primary caregivers can take a break.
<p><i>Dream Team Community Services</i> 314 Louisa Avenue St. Louis, MO 63135 (314) 229-8289 (314) 522-6414</p>	House cleaning, window washing, bathing yard work shopping, haircuts, laundry, and health screenings, among others	Free (Grant funded)	Elderly who are referred by social services. (Only enough funds to help 40% of the referrals).	Not for profit corporation funded by the government and donations. All staff are trained in first aid and CPR.

Home Assistance & Personal Care Resources

Provider	Description of Services	Cost	Who Qualifies	Miscellaneous
<i>Errand Boys</i> 62 Portland Dr. Frontenac, MO 63131 (314) 432-0819	Drive to do errands, to airport, doctors appointments, shopping (general and grocery); will house sit, pet sit. <i>Mainly transportation.</i>	Varies by service; basic fee is \$30/per hour for a minimum of 1 hour for ten miles radius .35 cents.	Anyone in St. Louis County and West County	Service area includes Olivetter, University City, Ladue, Clayton, Frontenac, Chesterfield, Kirkwood, Webster, Groves, Glendale, etc.
<i>Fontbonne in Service and Humility (FISH),</i> <i>Fontbonne University</i> 6800 Wydown Blvd. St. Louis, MO 63105 (314) 862-3456	Variety of work such as clean-up projects, clothing drives, helping at homeless shelters and daycare shelters.		Anyone in St. Louis. Sponsors at least one service trip outside of St. Louis a year.	FISH is a community service organization that organizes a wide variety of volunteer service projects.
<i>Have Scissors Will Travel</i> 10532 Liberty Trail West St. Louis, MO 63128 (314) 843-3964 (314) 614-7322	Assistance with hair care needs, manicures, and pedicures.	Fee range from \$20-\$75	Anyone	Will come to the person's home to provide the service. No extra charge except for outlying areas.
<i>H.E.L.P.S. (Helping the Elderly Privately & Safely)</i> P.O Box 270013 St. Louis, MO 63127 (314) 913-4142	Meal preparation, housekeeping, laundry, personal care, respite/companionship, medication set-up, reminders or administration, grocery pick-up and delivery, financial management, bill paying, budgeting, record keeping or management of insurance claims, telephone reassurance, transportation and escort to appointments.			Can help determine MEDICAID eligibility
<i>Home Helpers</i> 200 South Hanley Rd St. Louis, MO 63105 (314) 863-9912	Offering transportation, light housekeeping, meal prep, laundry services, errand services, pet care and home care.	Flat rate: \$50 for 2 hrs.	Anyone needing assistance.	5% discount for AA Families. Services available 24 hours/day 7 days/week. Free in-home estimate.

Home Assistance & Personal Care Resources

Provider	Description of Services	Cost	Who Qualifies	Miscellaneous
<i>Home Instead Senior Care</i> 8147 Delmar Suite 215 St. Louis, MO 63105 (314) 862-4663	Light housekeeping, shopping, meal prep, wash dishes, plant care, pet care, companion, errands, and transportation to appointments.	\$18.50/hr for weekdays \$20.50/hr for weekends	Anyone	Wide service area
<i>Hope, Inc.</i> 4265 Shaw Ave. St. Louis, MO 63110 (314) 776-0155	Housing options, moving, financial assistance, reverse mortgage counseling.	Free	60+	Moving assistance for low income.
<i>Integrated Home Health Services</i> 5400 Lillian Drive, St. Charles, MO 63304 (314) 267-1075	Home visits to ensure that medication is being taken properly; food, water, and safety supplies are sufficient; and appearance and demeanor as well.	\$15.00/visit \$100.00 for 7 days \$15.00 extra on holidays	Elderly	Senior visits/Reassurance service
<i>Jewish Family & Christian Services - Homemaker/In-Home Services Program</i> 10950 Schuetz Rd, St. Louis, MO 63146 (314) 812-9337	Light housekeeping, shopping, laundry, meal preparation, bathing/grooming, respite companion, transportation, counseling, case management, information and referral.	Based on income/Sliding scale	Anyone	Also have volunteer money management program interfaith partnership with Lutheran Senior Services as well as food pantry.
<i>Kingdom House</i> 1321 South 11th Street St. Louis, MO 63146 (314) 812-9337	Senior companions assist with respite care of companionship.	Free service. Must meet income eligibility requirements.	Frail, elderly, or disabled adults. <ul style="list-style-type: none"> ▪ Companionship is provided in St. Louis City and County. ▪ Home care is provided in South Side City neighborhoods. 	<i>Senior Companion Program</i> - well-trained low income senior volunteers receive a small stipend to volunteer 20 hours a week.

Home Assistance & Personal Care Resources

Provider	Description of Services	Cost	Who Qualifies	Miscellaneous
<i>Lutheran Senior Services - Good Neighbor Program</i> 723 S. Laclede Station Rd. St. Louis, MO 63119 (314) 446-2471 (314) 446-2517	Meal preparation, light cleaning, laundry, shopping, assistance with personal hygiene, assistance walking, transfers, live-in, companionship, medication supervision, and handyman referral.	\$7.50- \$8.50/hour at a 4 hour working minimum	Seniors with disability 50+ Seniors 60+	Handyman referrals include general home repairs, painting, yard work, gutter cleaning, plumbing, electrical, and heating and cooling.
<i>Senior Moving Services</i> 403 James Park Dr. O'Fallon, MO 63366 (866) 246-6629	Complete moving services. Packing, unpacking, cleaning, decorating, etc.	Charges per job, estimates given prior to start.	Anyone	Free assessments, fully bonded and insured.
<i>St. Andrew's At Home Services</i> 6633 Delmar Blvd. St. Louis, MO 63130 (314) 726- 5766	Assistance with nutrition management, housekeeping, errands, transportation, medication management, communication, and companionship.	\$18 per hour	Elderly or disabled persons and their families.	Other services include: 24 hour live-ins, home safety assessments, home maintenance services, massage therapy, and family/caregiver support.

Home Adaptation & Maintenance Resources

Name	Description of Services	Cost	Who Qualifies	Miscellaneous
<p><i>American Ramp Systems</i> 13101 Conway Grove Lane, St. Louis, MO 63141 (314) 576-9733 www.americanramp.com</p>	<p>Install low cost ramps</p>	<p>Free evaluation.</p>	<p>Anyone</p>	<p>Only company that allows the unique option of renting or buying, allowing for either short term or long term use.</p>
<p><i>City of Florissant City Hall Referral Line</i> 955 Rue St. Francois (314) 839-7604 or (314) 839-7605</p>	<ul style="list-style-type: none"> ▪ Referrals for handymen, lawn and snow removal, contractors, housekeepers. 	<p>Free</p>	<p>Anyone</p>	
<p><i>Charm and Hammer</i> 6306 Southwood Ave. St. Louis, MO 63105 (314) 726-0661</p>	<ul style="list-style-type: none"> ▪ Companionship ▪ Errand running ▪ Minor home repair and maintenance. 	<p>Home Repair: 30/hr Companionship: \$20/hr</p>	<p>Seniors, singles, and people that are too busy.</p>	<ul style="list-style-type: none"> ▪ Husband and wife team. ▪ Do not clean or window wash
<p><i>Community Action Agency of St. Louis</i> 2709 Woodson Road, Overland, MO 63114 (314) 863-0015</p>	<p>Provides weatherization services.</p>	<p>Service provided by volunteers.</p>	<p>Low income elderly or disabled</p>	
<p><i>County Older Residents Program (CORP) - Home Care and Repair</i> 121 South Meramec Clayton, MO 63105 North of Hwy 40 (314) 615-7446 South of Hwy 40 (314) 615-4021 www.stlouisco.com/dhs/CORP.html</p>	<ul style="list-style-type: none"> ▪ Companion and personal care, hair care, and housekeeping. ▪ Minor home repairs for: air conditioning & heating, appliance repair, gutter cleaning & repair, lock installation, painting, plumbing, snow removal, yard work. ▪ Install 2 deadbolt locks and installation of 2 smoke detectors. 	<p>Free estimates Reasonable fees are arranged between customer and worker, call for more information on cost.</p>	<p>St. Louis County residents who are 60+</p>	<p>Hours: Monday-Friday 8:30am-12:30pm. Free estimates are given. Free locks and smoke detectors available for low income customers.</p>
<p><i>Grace Hill PATCH Center</i> 7925 Minnesota Ave St. Louis, MO 63111 (314) 638-0194 Marietta Hearn</p>	<p>Offers weatherization program for low income seniors to prepare their homes for the winter.</p>	<p>No cost. Service provided by volunteers.</p>	<p>Seniors, disabled persons, and single parent households.</p>	

Name	Description of Services	Cost	Who Qualifies	Miscellaneous
<p><i>Home Care Handyman</i> 2742 Park Avenue St. Louis, MO 63104 (314) 771-1140 www.homecarehandyman.com</p>	<p>General home maintenance, grab bar installation, realtor assistance, packing and moving services, organizing, and decorating.</p>	<p>All work is quoted on a per-project basis (backed by a 100% customer satisfaction guarantee).</p>	<p>Seniors, Home Healthcare patients, new residents.</p>	<p>Free no obligation quotes.</p>
<p><i>Lutheran Senior Services - Good Neighbor Program</i> 723 S. Laclede Station Rd. St. Louis, MO 63119 (314) 446-2471 (314) 446-2517</p>	<p>Meal preparation, light cleaning, laundry, shopping, assistance with personal hygiene, assistance walking, transfers, live-in, companionship, medication supervision, and handyman referral.</p>	<p>\$7.50-\$8.50/hour at a 4 hour working minimum</p>	<p>Seniors with disability 50+ Seniors 60+</p>	<p>Handyman referrals include general home repairs, painting, yard work, gutter cleaning, plumbing, electrical, and heating and cooling.</p>
<p><i>Rebuilding Together St. Louis</i> 357 Marshall Ave., Suite 2, Webster Groves, MO 63119 (314) 918-9918</p>	<p>Revitalize neighborhoods and rehabilitate homes once a year in April or May.</p>	<p>Free</p>	<p>Low income elderly or disabled person House must be located in St. Louis City or County.</p>	<p>All work takes place on one Saturday in the spring usually April or May called Rebuilding Day.</p>
<p><i>Restore St. Louis – New City Fellowship, Summer Urban Missions</i> 1142 Hodiamont St. Louis, MO 63112 (314) 726-2303 Ext. 2 www.ncfstl.org</p>	<p>Delivering furniture, food and clothing, painting, and repairing homes. Working on widow's homes. Rehabbing homes with New City Development Corporation. Servicing cars as part of Auto Ministry.</p>			<p>Provides an opportunity for high school youth to reach out to those in need by coming together throughout the summer for one-week outreach program.</p>

Name	Description of Services	Cost	Who Qualifies	Miscellaneous
<p><i>St. Andrew's At Home Services Home Improvement Program</i> 6633 Delmar Blvd. St. Louis, MO 63130 (314) 726-5766 www.standrews1.com/athomeservices/minor_home_repair.html</p>	<p>Painting, Install, Repair, or Change locks and deadbolts, Clean out and organize storage spaces (attic, garage, basement), Light carpentry: Interior or exterior, Deck and Porch Repair, Clean Out Gutters, Repair squeaks, leaks, drips, and more, Internal beautification (hang pictures, install door, replace fixtures), Light plumbing (leaky faucets, broken pipes, etc.).</p>	<p>\$40/hr</p>	<p>Seniors</p>	<p>Other services include: 24 hour live-ins, home safety assessments, home maintenance services, massage therapy, and family/caregiver support.</p>
<p><i>St. Louis County Department of Planning Office of Community Development Home Improvement Program (HIP)</i> 121 South Meramec St. Louis, MO 63105 (314) 615-8232 (314) 615-8235 Robert Wolf</p>	<p>Provides technical advice and financial assistance to qualified homeowners for a variety of home repairs including: roof replacement, concrete and masonry repair or replacement, tree removal, hand rail installation, major electrical repairs, major plumbing repairs or replacement, major waterproofing, and insulation.</p> <p>These repairs are necessary to maintain minimum housing code standards.</p>	<p>If qualified, homeowner can receive up to \$5000 in repairs.</p> <p>Benefit limit is \$5000</p>	<ul style="list-style-type: none"> ▪ Homeowner and occupant ▪ Household income must meet low-moderate income ▪ Current in mortgage payments ▪ Real estate taxes paid in full. 	<p>Homeowners select their own general contractor and HIP will review and approve the bids.</p> <p>One time participation</p>
<p><i>St. Louis Sustainable Neighborhoods Home Improvement Program (includes parts of Kirkwood)</i> First Bank (888) 562-6556 Firststar (314) 418-2504 Commerce Bank: (314) 746-8787 UMB Bank: (314) 621-1000 Coordinator: (314) 333-7007</p>	<p>Four local banks working with St. Louis City, St. Louis County, MHDC, & RHCDA provide this loan opportunity.</p> <p>Home improvement loan product: To encourage homeowners to make repairs and improvements that will benefit themselves and their neighborhoods. Any household that meets the program guidelines may be eligible for a below-market interest rate loan with low monthly payments for interior and exterior home improvements. First priority for repairs should include correcting any building code violations and correcting safety concerns.</p>		<ul style="list-style-type: none"> ▪ Owner occupied, Single or 2 family ▪ In St. Louis City or a listed census tract of St. Louis County ▪ Good credit ▪ Ability to repay loan. ▪ Household income cannot exceed 150% of statewide median 	<p>These documents must be available at time of application:</p> <ul style="list-style-type: none"> ▪ Most recent pay stub and tax return. ▪ Copy of most recent real estate tax receipt. ▪ Copy of general warranty deed. ▪ Proof of homeowner's insurance. ▪ Copy of contractor's bids for repairs and improvements

RECOMMENDED SERVICES

RECOMMENDED SERVICES

All persons or companies on this list were recommended by parishioners as persons they have employed and with whose work they were satisfied.

Name	Contact	Services	Miscellaneous	Recommended by
<i>City of Florissant Senior Citizen Office</i> 955 Rue Saint Francois, Florissant, MO 63031	(314) 839-7604	Offers list of recommended services for handymen, contractors, lawn care, and snow removal services for seniors.	Senior residents must call to get list.	
<i>Master Pest & Termite Control</i> 1739 Schulte Rd., Hazelwood, MO 63043-2923	(314) 576-3700	Exterminator		Saint Norbert
<i>Midwest Inspection Service, LLC,</i> 12936 Kings Row Lane, St. Louis, MO 63146	(314) 434-8900 www.midwestinspectionservice.com	Exterminator	They inspect home structures and home systems. Rates are per home size beginning at under 1800 sq. ft. \$275.	Saint Norbert
<i>Home Improvement Inc., Mark Rafno</i>		Home Repair		Saint Norbert
<i>Omega Plumbing Company</i> 760 St. Francois, Florissant, MO 63031	(314) 838-2711 www.imegaplumbing.com	Plumbing	A complete plumbing service company with a wide range of services.	Saint Norbert

Legal, Financial and Estate Planning

Name	Contact	Description of Services	Who Qualifies
<i>The Anne L. Fuszner Firm</i> 5 Newberry Drive St. Peters, MO 63376	(636) 477-0234 afuszner@charter.net	<ul style="list-style-type: none"> ▪ Assess current financial situation and concerns. ▪ Develop a plan to achieve financial goals. <i>CPA and independent advisor on financial matters.</i> 	Anyone.
<i>Burchard/McKinney Financial</i> 273 Clarkson Road, Elsville, MO 63011	(636) 230-0633 Bruce W. Burchard (ext. 121) Charolette L. McKinney (ext. 144)	<ul style="list-style-type: none"> ▪ Listen to your goals and tailor solutions to fit your needs and changing lifestyle. ▪ Work within the framework of both public and private solutions associated with long term care expenses to develop strategies to address the future. 	Anyone.
<i>Christine A. Gilsinan</i> 34 N. Gore Avenue, #103 Webster Groves, MO 63119	(314) 962-0760 www.seniorlegalservices.com	<ul style="list-style-type: none"> ▪ Estate planning, trusts, probate, retirement asset planning, beneficiary designations, TIAA-CREF benefits assistance, elder law, MEDICARE and MEDICAID. 	Anyone.
<i>City of Florissant, Senior Citizen Office</i> 955 rue Saint Francois Florissant, MO 63031	(314) 839-7604 (314) 839-7605	<ul style="list-style-type: none"> ▪ Help prepare the Federal, State, and Property Tax Credit (Circuit Breaker) returns. Offered at no charge for seniors who qualify. Returns must be basic return, with total income under \$40,000. ▪ Appointments begin the middle of January. ▪ Returns completed Feb 1st – Apr 15th 	<ul style="list-style-type: none"> ▪ 60+ ▪ 100% disabled individuals under the age of 60 years.
<i>Consumer Debt Counseling, Inc.</i> 1300 Hampton Ave. St. Louis, MO 63139	800-966-3328 (314) 647-9004 Arnold Office: (636) 282-2227 St. Charles Office: (636) 441-9107 Florissant Office: (314) 830-6464	Non-profit community service offering: <ul style="list-style-type: none"> ▪ Budget and debt counseling. ▪ Debt Management Program (DMP) helps repay debts and works with creditors to reduce payments and interest charges and fees. 	Anyone.
<i>Debra K. Schuester, PC</i> 1001 Craig Road, #260 St. Louis, MO 63141	(314) 872-2166 www.dschuster.com dks@dschuster.com <i>Will come to client's home</i>	<ul style="list-style-type: none"> ▪ Legal assistance and representation with guardianships, durable powers of attorney, Medicare/Medicaid appeals, asset protection and Medicaid planning, long-term disability appeals, long-term care issues and end-of-life planning. 	Anyone.
<i>Financial Freedom</i>	Jim Thompson (314) 853-5386 jthompson2@financialfreedom.com Kim Mathews (314) 878-9993 kmathews@financialfreedom.com <i>Will come speak to seniors on financial issues</i>	Government insured Reverse Mortgages: <ul style="list-style-type: none"> ▪ Homeowners borrow part of the equity from their home with no monthly mortgage payment, allowing them to be more financially independent and have increased financial security in their retirement years. 	62+ for Reverse Mortgage

Name	Contact	Description of Services	Who Qualifies
<p><i>Gateway Older Adult Legal Services (GOALS)</i> P.O.Box 16678 St. Louis, MO 63105</p>	<p>(314) 993-5505</p>	<p>A division of the American Jewish Congress and provides free legal services to low-income elderly by appointment.</p>	<p>Low income elderly.</p>
<p><i>Homestead Preservation Credit</i></p>	<p>(573) 751-3505 http://dor.mo.gov/tax/personal/homestead.htm</p>	<p>Allows qualified individuals to apply for a credit on their Real Estate Property taxes if those taxes increased more than a certain percentage.</p>	<p>Call for income requirements.</p>
<p><i>John Riley Elder Care & Cost Consultants</i> 10733 Sunset Office Dr. #278, Sunset Hills, MO 63127</p>	<p>(314) 965-9801</p>	<ul style="list-style-type: none"> ▪ Assistance to families with the selection on long term care ▪ Patient and family advocacy and financial guidance, including asset and income studies, insurance review and eligibility assistance with MEDICAID, division of assets, cash grant and blind pension. 	<p>Anyone. \$75/hr; typical appointment 1-1.5 hrs</p>
<p><i>Legal Services of Eastern Missouri, Inc.</i> 4232 Forest Park, St. Louis, MO 63108</p>	<p>(314) 534-4200 800-444-0514 TTY (314) 534-4200 www.lsem.org</p>	<ul style="list-style-type: none"> ▪ Provides <i>free</i> legal services to 60+ individuals who are socially and economically needy in accord with the <i>Older Americans Act</i>. ▪ SLAAA and MEAA contracts with Legal Services of Eastern Missouri to deliver legal assistance to this population. 	<p>60+ and needy according to Older Americans Act</p>
<p><i>Lutheran Senior Services - Volunteer Money Management Program</i> 709 South Laclede Station St. Louis, MO 63119</p>	<p>(314) 812-9327</p>	<p>An interfaith service in cooperation with Jewish Family & Children's Service.</p> <ul style="list-style-type: none"> ▪ Volunteers provide money management assistance to older adults ▪ Services include: sort, organize, and record monthly bills and statements. Write checks for bills with clients signing their own checks. Balance checkbook and reconcile monthly statements. 	<p>Seniors 60+ or individuals 50+ with a disability. Modest fees charged on a sliding scale.</p>
<p><i>Missouri Property Tax Credit (Circuit breaker)</i></p>	<p>(800) 735-2966 SLAAA: (314) 612-5918 MEAAA: (636) 207-0847</p>	<p>The Missouri Property Tax Credit Claim gives credit to certain senior citizens and 100% disabled individuals for a portion of the real estate taxes or rent they have paid for the year:</p> <ul style="list-style-type: none"> ▪ Maximum of \$750 and can be claimed only on the home they occupied during the period being claimed. ▪ The actual credit is based on the amount of real estate taxes or rent paid and total household income. ▪ The residence being claimed must be legal, primary residence. 	<p>65+ OR 100% disabled Call for income qualifications Nursing home residents, widowed and persons age 60-64 receiving surviving spouse Social Security may also be eligible</p>

Name	Contact	Description of Services	Who Qualifies
<p><i>Oelbaum & Brown, LLC</i> 12166 Old Big Bend Rd, #99, Kirkwood, MO 63122</p>	<p>(314) 966-5030 www.elderlawstlouis.com info@elderlawstlouis.com</p>	<ul style="list-style-type: none"> ▪ Elder law, MEDICAID planning, probate estates, including guardianship/companionship estates and estate planning, including preparation of Special Needs Trusts. 	<p>Elderly and persons with disabilities.</p>
<p><i>Purcell & Amen, LLC</i> 10805 Sunset Office Drive, #100, St. Louis, MO 63127</p>	<p>(314) 966-8077 www.yourestatematters.com info@yourestatematters.com</p>	<ul style="list-style-type: none"> ▪ Focuses on Estate Planning and Elder Law: wills, trusts, powers of attorney, health care directives, and probate. The firm can help with issues of tax avoidance, asset protection, insurance, financial planning and business succession. ▪ Experienced in MEDICAID, Special Needs Trusts and estate litigation. 	<p>Anyone.</p>
<p><i>Senior Planning Solutions</i> 4638 Old Farm House Road, St. Charles, MO 63376</p>	<p>(636) 720-1900 www.seniorplanningsolutions.com</p>	<p>Provides financial services necessary to assist persons who are retired, or who are planning for their retirement. Our goal is to preserve wealth, assist in planning the transition to retirement, and provide workable solutions to protect the financial integrity of our clients and their heirs.</p>	<p>Anyone.</p>
<p><i>St. Louis County Department of Human Services Office of Family and Community Services</i> 41 S. Central, Clayton, MO 63105</p>	<p>(314) 615-4516 (314) 615-3425 TTY www.co-st-louis.mo.us/dhs/OFCS.html</p>	<p>Volunteer attorney provides free non-litigation assistance at five locations and home visits to shut-ins for St. Louis County residents age 60+.</p>	<p>St. Louis County residents 60+</p>
<p><i>St. Louis University Law School Legal Clinic</i> 321 N. Spring Street, St. Louis, MO 63108</p>	<p>(314) 977-2778 www.law.slu.edu</p>	<p>A division of the American Jewish Congress and Catholic Legal Assistance Ministry:</p> <ul style="list-style-type: none"> ▪ <i>Free</i> legal services to low-income elderly by appointment. ▪ Litigation, mediation, family law, homelessness prevention, housing, and finance. 	<p>Low income persons in civil cases</p>
<p><i>Tax Assistance Program (VITA) - part of CORP</i> 121 S. Meramec Clayton, MO 63105</p>	<p>(314) 615-4516</p>	<ul style="list-style-type: none"> ▪ <i>Free</i> assistance with federal, state, property tax credit and Senior Rx Program, Feb – April 15. ▪ Assistance for Circuit Breaker program through November, for low-middle income residents aged 60+ or disabled. 	<p>St. Louis County residents 60+ or disabled.</p>
<p><i>Tax Counseling for the Elderly (TCE) MEAAA</i></p>	<p>St. Louis County: (636) 207-0847</p>	<ul style="list-style-type: none"> ▪ Assistance with simple federal and state tax forms, Feb – Apr ▪ Help with property tax (Circuit Breaker) credit form. 	<p>60+ living in St. Louis, Jefferson, Franklin, or St. Charles County</p>

Community Centers/ Senior Centers

Name	<i>Bridgeton Senior Center</i>	<i>Dellwood Senior Center (MEAAA)</i>	<i>North County Recreation Complex</i>	<i>Northside Senior Center</i>	<i>Pope John Paul II</i>
Address	4201 Fee Fee Road St. Louis, MO 63044	1570 Chambers Rd Dellwood, MO 63136	2577 Redman Rd Saint Louis, MO 63136	9635 Lewis And Clark Saint Louis, MO 63136	6325 Waterways, Florissant, MO 63033
Contact	314-739-5572	314-869-1450	314-355-7373	314-867-5661	314-741-1930
Activities	Call	Educational, Recreational and Health programs, volunteer	Call	<ul style="list-style-type: none"> ▪ Bingo twice/week ▪ Exercise Class 1/week 	Call
Meals	Provides meals to homebound	Lunch served 12-1:00 PM Provides meals to homebound	Provides meals to homebound	Provides meals to homebound	Provides meals to homebound
Transportation	Yes	Yes		Through OAT on Thursdays	
Hours	Call	M-F 8:30am- 3:30pm	Mon-Fri: 10:30AM – 1PM	Mon-Fri: 9AM - 3PM	Call
Donation	\$2.50/meal		\$3.25/meal	\$2.25/meal	Call
Serves	63043, 63044, 63045		63074, 63114, 63132, 63134, 63140, 63145	63135, 63136, 63137, 63138	63031, 63033, 63034

Respite Programs for Caregivers

Agency/Organization	Phone	Program Type	Ages Served	Hours Per Family	Service Limitations	Financial Eligibility Limitations	Diagnosis Limitation
<i>Mid-East Area Agency on Aging</i> 14535 Manchester Rd. Manchester, MO 63011	636-207-0847	Contracts with home health agency	60+	4 hrs/week in-home or 1-6 hr/day adult day care	Any age caregiver must be stressed	None	None
<i>Senior Companion</i>	314-421-9400	Volunteer	55+	5-10 hrs/week	Limited Services	None	None
<i>VA Medical Center</i> 1 Jefferson Barracks Dr. St. Louis, MO 63125	314-652-4100	Facility Based	All	Up to 2 weeks stay at Medical Center; 1x/year	Care receiver must be part of VA Medical system	None	None
<i>Caregiver to Caregiver Volunteer Respite Program (CORP)</i> 121 South Meramec Clayton, MO 63105	314-615-7430	Volunteer	60+	2 hours/week	Cannot perform medical or home care responsibilities	None	None

Agency/Organization	Phone	Program Type	Ages Served	Hours Per Family	Service Limitations	Financial Eligibility Limitations	Diagnosis Limitation
<i>National Multiple Sclerosis</i> 1867 Lackland Hill St Louis, MO 63146	314 781-9020	Reimbursement	All	\$1500/year		Sliding Scale	MS
<i>Alzheimer's Association</i>	314 801-0424	Reimbursement	All	\$960/year	Families choose their own providers	None	Alzheimers or dementia
<i>American Parkinson Disease Association</i> 660 South Euclid Campus Box 8111 St. Louis, MO 63110	314 362-3299	Contracts with home health agency	All	15 hrs/in-home respite; \$75 a month ADC; 1 bath a week	Licensed home health agency or adc will provide service	None	Parkinson's
<i>The Amyotrophic Lateral Sclerosis Society (ALS)</i> 5615 Pershing Avenue, Suite 20St. Louis MO 63112	314 534-0610	Contracts with home health agency	All	\$1800 a year based on medical necessity	Different service based upon medical necessity	None	ALS
<i>Veterans Home Care</i>	314 434-8500	Contracts with home health agency	All	Varies per family; minimum of 46 hours/month	Must be a veteran or a surviving spouse of veteran	Income & Asset limits	Veteran/surviving spouse
<i>Jewish Community Center Adult Day Services</i>	314 442-3248	Adult Day Program	60+	Hours based on need and availability	Must meet admission criteria	None	None
<i>Cardinal Ritter Adult Day Care</i> 7663 Watson Road Shrewsbury, MO 63119	314 962-7501	Adult Day Program	60+	Hours based on need and availability	Must meet admission criteria	None	None
<i>Dubourg House</i> 5890 Eichelberger St. Louis, MO 63109	314 752-1901	Respite stay in facility		Minimum: 7 days \$100/day	Must meet admission criteria		

Agency/Organization	Phone	Program Type	Ages Served	Hours Per Family	Service Limitations	Financial Eligibility Limitations	Diagnosis Limitation
<i>Arlington House</i>	(314) 739-0434	Adult Day Program	60+	Hours based on need and availability	Must meet admission criteria	None	None
<i>The Villa at Riverwood</i> 1 Pratt Place, Florissant, MO 63031	314 839-5000	Respite stay in facility	All	3 consecutive days in facility	Stay is designed for the caregiver, not care receiver	None	None
<i>Kingdom House Senior Companion Project</i> 1321 South 11th St Saint Louis, MO 63104	314 421-0400	Title III program	60+ St. Louis County and Senior residents	Senior volunteers providing respite care for other seniors or disabled individuals. Low-income seniors 60 or older receive a small stipend for volunteering 20 hours per week.			
Serves Older Adults with Developmental Disabilities							
<i>United Cerebral Palsy-Marlborough Hall</i> 8645 Old Bonhomme Rd St Louis, MO 63132	314 994-1600	Facility Based	18 months +	Determined by Dept of Mental Health	Unable to provide skilled nursing and one-on-one service	None	Developmental Disability/CP
<i>St. Louis ARC-ARCH Respite</i>	314 569-0247	Reimbursement	All	Varies between 240 and 504 hours annually	Families find/choose their own providers	None	Developmental Disability
<i>Disability Support System of Jeff Co.</i>	314 931-6644	Reimbursement	All	Depends on family need	Families find/choose their own providers	None	Developmental Disability
<i>Judevine Center for Autism</i>	314 385-5373	Facility and in-home	2+	Varies between 240 and 504 hours annually	Care receiver must be living with family at home	None	Autism
<i>Pony Bird</i>	636 931-5818	Facility home - 1 bedroom	All	Depends on family need	Non ambulatory	None	Mentally & physically profoundly disabled

Transportation Resources

Name	Contact	General Information	Qualifications	Cost
<i>American Cancer Society</i> 4207 Lindell Blvd. St. Louis, MO 63108	800-489-9730 www.cancer.org	"Road to Recovery" is a transportation service for cancer patients undergoing chemo or radiation therapy.	Cancer patient	None. Donations accepted.
<i>Bridgeton Transportation</i> Bridgeton, MO 63044	(314) 739-5599	<ul style="list-style-type: none"> ▪ Use for area medical appointments, grocery shopping and Community Center activities. ▪ Van is equipped with a wheelchair lift ▪ Reserve 48 hours in advance by calling Community Center ▪ Mon-Fri: 8:30-3:30 P.M. 	Bridgeton residents 60+ or disabled.	Free.
<i>CORP - Neighbor Driving Neighbor</i> 121 South Meramec, Clayton, MO 63105	314-615-4516 TTY 314-615-4425 Fax 314-615-7619	Volunteer drivers use their own vehicles to transport older adults to and from medical appointments and other essential business. Forty-eight to seventy-two hours lead time is requested in order to allow staff time to arrange the service Mon-Fri: 8-5PM	Must be a St. Louis County resident.	None. Donations accepted.
<i>Disabled American Veterans</i> 915 N. Grand St. Louis, MO 63106	(314) 289-6443 www.davmo.org	<ul style="list-style-type: none"> ▪ Transports veterans to and from VA Hospital. 	Must be a disabled veteran.	None.
<i>Fifty-Five and Alive</i> Florissant Police Dept 1700 North Highway 67 Florissant, MO 63031	(314) 831-7000	<ul style="list-style-type: none"> ▪ 8 hour safe driving course that focuses on some of the bad habits mature drivers fall into over the years. ▪ Automobile insurance companies will give discounted rates to those who complete the course. 	None.	AARP charges small fee
<i>F.L.E.R.T.</i> <i>Florissant Local Elderly Resident Transportation</i> Florissant, MO 63031	(314) 839-1776	<ul style="list-style-type: none"> ▪ Free transportation within Florissant. ▪ Appointments may be scheduled M-F by calling between 8:30 a.m. and 12:30 p.m. Reservations must be made 1 day in advance for regular trips. ▪ Reservations for medical appointments and those requiring wheelchair lifts are accepted 3 to 5 working days in advance. ▪ Availability: Mon-Fri 8:00 a.m. to 3:30 p.m. Sat 8:30 A.M. to 1:00 P.M. Sun for church services. 	Florissant Senior residents (60+)	Free

Name	Contact	General Information	Qualifications	Cost
<p><i>Hazelwood Transportation</i> 415 Elm Grove Lane Hazelwood, MO 63042</p>	<p>(314) 839-5575</p>	<p>Call to make reservation and or to obtain application, M-F 9:00 am to 2:00 pm. Bus hours: M, T, TH, F 8:00 am - 3:00 pm. Special trips are scheduled on Wednesdays. Appointments must be made 2 days or up to 1 month in advance. Appointments are made in 15 minute increments and residents are limited to one trip per day. Cancellations should be made 24 hours in advance. Services are prioritized: 1) medical, 2) grocery shopping, 3) financial business, and 4) recreational, shopping, post office, etc. Bus boundaries are in place.</p>	<p>Hazelwood resident 55+ or disabled.</p>	
<p><i>Home Helpers</i> 200 S. Hanley, #509 St. Louis, MO 63105</p>	<p>(314) 863-9912</p>	<p>Home Helpers is a full service transportation and home health provider. Employee vehicles used; client vehicles can also be used if requested. Available 24 hours a day.</p>	<p>Anyone needing assistance.</p>	<p>\$18/hour (3 hour min), \$.40 cents per mile, call for payment opt.</p>
<p><i>Jennings Transportation</i></p>	<p>(314) 388-1164</p>	<p>Provides 2 buses for senior and disabled residents' transportation for shopping, medical appointments and recreation.</p>	<p>Jennings resident 60+ or disabled.</p>	
<p><i>Jolly Trolley II</i> City of Ferguson Ferguson, MO 63135</p>	<p>(314) 521-4661</p>	<p>Bus holds up to 16 passengers with a lift for 2 wheelchairs. There is no limit to how many times one rides the bus, but resident must register and make a reservation beforehand. Call to make reservations M-F from 9:00 am to 3:00 pm. Door-to-door pick up available for medical appointments, shopping, banking, beauty shop, banking, and other special trips.</p>	<p>Ferguson city residents 60+ or disabled.</p>	
<p><i>Metro Call-a-Ride</i> www.metrostlouis.org</p>	<p>N St. Louis Cty 314-534-4144 Call-a-Ride Plus (St. Louis City and County) (314) 652-2600 Call-a-Ride TTY: 314 534-5055</p>	<p>Provides curb-to-curb van service in St. Louis City and County with advance reservations. Phone at least 24 hours in advance to schedule your trips. You can call up to 7 days in advance to reserve your ride. Reservations can be made Monday-Sunday from 7:30 A.M. to 4:30 P.P.</p>	<p>Must be registered and have a Call-A-Ride Plus ID for persons with disabilities. Apply for ID call 314-982-1510 TDD: 314-982-1509</p>	<p>Fees vary.</p>

Name	Contact	General Information	Qualifications	Cost
<p><i>Mid-East Area Agency on Aging (MEAA)</i> 14535 Manchester Rd., Manchester, MO 63011</p>	<p>(636) 207-1329 or 800-AGE-6060</p>	<p>Contracts with various providers for transportation to senior centers and medical and essential shopping in counties of St. Louis, St. Charles, Franklin and Jefferson. Transportation is subject to availability. Arrangements must be made 4 days in advance.</p>	<p>Seniors. Call local senior center for more info.</p>	<p>Voluntary contribution.</p>
<p><i>Non-Emergency Medical Transportation (NEMT) - Medicaid</i></p>	<p>Call at least 3 days before appointment: 1-866-269-5927. <i>Si usted no habla ingles, llamada 1-800-874-9426 a pedir ayuda.</i></p>	<p>Transportation is not provided to some medical services. You may be asked to get a note from your doctor if the provider is over a certain number of miles away. NEMT will set up a provider that is appropriate for you such as: public transportation, gas reimbursement, vans, taxi, ambulance, or airplane. If your ride is more than 15 minutes late, call one of these numbers: 1-866-269-5944 or 1-866-269-5435. A trip may be one way or round trip or have more than one stop.</p>	<p>You must be on MEDICAID or MC+ on the day of your appointment. MC+ Managed Care recipients get their NEMT services from their MC+ Managed Care health plan.</p>	<p>\$3 for each trip. Free for those under age 19, pregnant, blind or resident of a long term care facility.</p>
<p><i>North East Community Action Corporation (NECAC)</i></p>	<p>(636) 723-3470</p>	<p>Serves low income adults with counseling, food pantry, energy assistance, and limited transportation. Provides energy saving materials to reduce heating costs.</p>	<p>Low income adults 60+</p>	
<p><i>OATS (Older Adult Transportation Service)</i> 2572 Lemay Ferry Road, St. Louis, MO 63125</p>	<p>(314) 894-1701 www.oatstransit.org</p>	<p>Provides reliable transportation for 60+ disadvantaged Missourians. Must schedule 72 hours in advance.</p>	<p>60+</p>	<p>Suggested donations from \$3.00-\$6.00 each way.</p>
<p><i>St. Louis Peregrine Society</i> 2343 Hampton Ave. St. Louis, MO 63139</p>	<p>(314) 781-6775</p>	<p>Non-profit agency providing services which include nutritional supplements, transportation for treatments, prescription medicine, medical, surgical, and ostomy supplies.</p>	<p>Cancer patient of St. Louis City and County.</p>	<p>Donations accepted.</p>

Utility and/or Rent Assistance Resources

Name	Contact		Boundaries or Qualifications
<i>Ameren UE: Electricity</i>	314-554-2478 (energy plus program) 314-340-7600 LIHEAP 800-526-3247	These assistance funds can supplement the customer's payments. The Low Income Energy Assistance Program (LIHEAP) is designed to assist eligible low income households, elderly persons and people with disabilities pay for energy services. Energy Plus Program: consumer credit counseling services, deferred pay date, gatekeeper, large print bills.	Low income customers and those who are not eligible for government assistance programs benefit.
<i>Catholic Charities Dial Help</i>	314-371-4357	No gas assistance in the summer.	None.
<i>Community Action Agency of St. Louis</i>	314-863-0015	Energy Assistance	County residents only.
<i>Energy Assistance Office</i>	314-340-7600	Gas assistance only.	None.
<i>Energy Care</i>	314-773-5900		None.
<i>Human Development Corp. (HDC)</i>	314 535-7607 314-631-0019	Provides utility assistance (gas & electricity) for low-income. To apply for program: 1) Photo ID, 2) Social Security Card, 3) Proof of Income, and 4) bill. Apply only between 8:30 am - 10:30 am.	None.
<i>Laclede Gas</i>	314-621-6960 800-884-4173	Offers various services such as Cold Weather Rule, Heating Assistance, Elderly and Disabled Assistance, Extended Payment Date Program, & Customer Assistance Program. For more information: www.lacledegas.com/customer/assistance	Registration for elderly and disabled is available if you or any member of your household is age 60+ or is disabled and cannot leave your home without assistance.
<i>Lutheran Children and Family Services</i>	(314) 534-1515	LCFS is a not-for-profit social services organization serving the State of Missouri.	None.
<i>Metro Christian Worship Center</i>	(314) 772-8444	A church planting church with a vision to build lives in the Urban World.	None.

Name	Contact		Boundaries or Qualifications
<i>New Life Evangelistic Center</i>	(314) 421-3020	NLEC has been providing food, housing, utility assistance, transportation and counseling to men, women and children in need throughout Mid-America and around the world for three decades. NLEC is a nondenominational ministry, motivated by the love of God to remember those in need in our communities.	None.
<i>Salvation Army</i>	Lindell: 314 534-1250 Arsenal: 314 771-3460	The Emergency Social Services program helps individuals and families meet their emergency and basic needs while working through temporary financial crises. Services include: grocery vouchers, utility assistance, clothing and casework. Sites: Carondelet, Euclid, Maplewood and Temple Community Centers: Community in Partnership; Family Haven; and Stratford Commons	None.
<i>SBC:</i> Telephone Service	800-464-7928 (sign-up)	Offers discounted telephone service plan to make basic phone service even more affordable for qualified customers.	Must be enrolled in at least 1 of the following programs: Food Stamps, Low Income Home Energy Assistance Plan (LIHEAP), Medicaid, Section 8 Federal Housing, Supplemental Security Income (SSI), Utilicare.
<i>St. Augustine's</i> Fr. Bob (match funds)	314-385-1934		None.
<i>St. Patrick Center</i>	314-802-0700	Through our One-Stop Caring Center, clients have easy access to innovative outreach, stabilization, education, employment, and housing programs.	None.
<i>United Way</i>	314-421-4636	Offers an information and referral service. Has comprehensive community services directory available online.	None.
<i>Urban League</i>	314-388-9840		County residents only.

City of Florissant

For more information or listing, log onto: <http://www.florissantmo.com/dept/seniors/seniorServices.htm>

Golden Age Discount Program	<ul style="list-style-type: none"> ▪ Pick up IDs free of charge at James J. Eagan Center at Parker Road and Waterford Drive, or JFK Center at 315 Howdershell ▪ Call 839-7604 or 839-7605 	<ul style="list-style-type: none"> ▪ Allows senior to participate in senior activities and receive senior discounts across town ▪ List of discounts http://www.florissantmo.com/dept/seniors/GAP2005.pdf
Bridge Club	<ul style="list-style-type: none"> ▪ Arts and Crafts room at J. J Eagan Center. ▪ Call (314) 839-7604 or (314) 839-7605. 	<ul style="list-style-type: none"> ▪ 10:00am -3:00 pm. ▪ Lunch not provided, but coffee is provided. ▪ Meet and play bridge with other Florissant Senior Residents
F. L. E. R. T	<ul style="list-style-type: none"> ▪ Call (314) 839-1776 to make appointments (only M-F 8:30am-12:30pm). ▪ Make appointments 24 hours in advance, or 3-5 days before for medical appointments or city sponsored events. 	<ul style="list-style-type: none"> ▪ Rides given: M-F 8am-3:30 Saturdays 8:30am-1:30pm Sundays for church services
Craft Boutique JFK Center 315 Howdershell Rd.	Call (314) 839-7604 or (314) 839-7605.	Tables provided to seniors at not cost to display and see their crafted items.
Dining Center 621 Rue St. Francois Florissant, MO 63031	<ul style="list-style-type: none"> ▪ Call (314) 839-7603 to make reservations 24 hours in advance. ▪ M-F 10am-2pm 	<ul style="list-style-type: none"> ▪ \$ 3.00 for residents, \$4.00 for non-residents but must be a guest of a resident. ▪ Activities include playing cards, bingo, exercise classes, parties, day trips, and monthly blood pressure readings.
R-U-OK Florissant Police Dept	<ul style="list-style-type: none"> ▪ Call (314) 831-7000. ▪ Telephone reassurance program for seniors living home alone 	
Fifty – Five and Alive Program Florissant Police Department 1700 N Highway 67	<ul style="list-style-type: none"> ▪ Call (314) 831-7000 for more information. 	<ul style="list-style-type: none"> ▪ 8-hour course that focuses on bad-habits of mature drivers. ▪ Car insurance companies give discounted rates to participants. ▪ Held on 2 consecutive days
File on Life	Available for no charge when residents register for senior services.	Small magnet for refrigerator or small card for purse or wallet that enables medics and doctors to obtain file in case of emergency.
Florissant Focus		Publication mailed to all residents, highlights the programs and activities in the city

<i>Food Bank Program</i> 955 Rue St. Francois Florissant, MO 63031	<ul style="list-style-type: none"> ▪ Apply at senior office. ▪ Call (314) 839-7604 or (314) 839-7605. ▪ Prove verification of age. ▪ Meet income eligibility requirements of \$1062.00 (total monthly income for one person) 	<ul style="list-style-type: none"> ▪ Distribution site for St. Louis Area Food Bank. ▪ Food is distributed on the 2nd Monday of the month.
<i>Flu Shots</i>	J. J. Eagan Center City of Florissant Senior Office 839-7604	Call for dates.
<i>ID Picture</i>	Call (314) 839-7604 or (314) 839-7605. City Hall	For residents suffering from Alzheimer's Disease/Dementia, Emergency information located on the back of the card, record is kept at the Senior Office and at the Police Department
<i>Income Tax Assistance</i>	JFK Center at Koch Park Appointments can be made through Senior Office at 839-7604 or 839-7605 beginning at January 9 th , office hours M-F 8:00am-5:00pm	Senior Citizens receive help with their Federal, State, and Property Tax Credit returns at no charge, returns are completed between February and April 15 th
<i>Information and Referral Service</i>	Florissant City Hall 955 Rue St. Francois Florissant, MO 63031 839-7604 or 839-7605 Office Hours M-F 8:00am -5:00pm	Phone numbers for handymen, lawn and snow removal, contractors, housekeepers and information regarding services from the Senior Office and about the various programs for seniors
<i>Line Dancing</i>	J. J. Eagan Center	No charge, 2 nd and last Wednesday of each month, Florissant Resident only
<i>Monday Club</i>	J. J. Eagan Center Meets each week	11:30 am – 2:30 pm, Social/Bingo
<i>Adult Club of Florissant</i>	J.J Eagan Center 2 nd Tuesday of each month	10:00am-1:30pm social/charitable
<i>Golden Age Club</i>	J. J. Eagan Center Each Wednesday	11:00am-1:30pm, Social/bingo
<i>Pinochle Club</i>	J. J Eagan Center Every Tuesday	7:00pm – 9:00pm
<i>Town Hall Meeting</i>	J. J Eagan Center, Sept. 21, 2006, 10:00 am	No charge, encouraged to submit questions
<i>“It’s a Wonderful Life”</i>	City Cable Channel #10	Features programs relating to Senior Citizens and Senior Activities throughout the area
<i>Veteran’s Benefits</i>	City Hall: 314-921-5700 Each Tuesday 8:30 am – 3:30 pm	Veterans Service Officer available for Veterans wanting information regarding benefits that are available to them

City of Hazelwood

Transportation Program	<ul style="list-style-type: none"> ▪ Reservations please call 839-5575, M-F 9:00am- 2:00pm. ▪ Transportation Application Online: http://www.ci.hazelwood.mo.us/pdf/ 	<ul style="list-style-type: none"> ▪ Monday, Tuesday, Thursday, and Fridays 8:30am-3:00pm ▪ Special trips are scheduled for Wednesdays ▪ Appointments need to be made 2 days in advance, and up to one month in advance ▪ Boundaries (Howdershell to Mullanphy and Shackleford; Intersection of 270 and West Florissant; Lindbergh to New Halls Ferry) ▪ Also will transport to medical appointments in Hazelwood, to Christian Northeast, Christian Northwest, and DePaul Hospitals
Smoke Detectors	Fire Station Howdershell Road	Pick up a form to request one at the fire station, also will come to your house to make sure your fire detector are placed correctly in your home

Ferguson

Transportation Programs – <i>Jolly Trolley II</i>	See Transportation Section for more detailed information. 314-521-4661	<ul style="list-style-type: none"> ▪ Residents (60+ or disabled) must make reservations ahead of time. ▪ Handicap accessible. ▪ Bus offers door-to-door pick up for medical appointments, shopping, banking, beauty shop, and other special trips.
<i>Senior Excursion Programs</i>	Call recreation office about detailed information 314-521-4661	Residents receive brochure 3 times a year regarding activities

Riverview

<i>Seniors of Riverview in Education Service (SERVES) Program</i>	Vallarie Jones, Special Projects Coordinator 314-868-8920	Volunteer 10 hours a week by working with students in Riverview Schools, receive \$100 offset of their property taxes
---	--	---

Bellefontaine Neighborhood

<p><i>Bellefontaine Neighborhoods Recreation Center</i> 314-867-0700</p>	<p><i>Arthritis Foundation Aquatics Program (AFAP)</i></p>	<p>Resident: \$16 Nonresident: \$20 Exercise program for adults, accommodates abilities of people with arthritis and other related diseases Wednesday 9:45am & Friday 9:45am</p>
	<p><i>Senior Swim</i></p>	<p>Hour long open swim program for residents and nonresidents ages 50 and older, no instructor Tuesday 10:30 am Friday 10:30 am</p>
	<p><i>Golden Golf League</i></p>	<p>4-week league for adults 55 and older, fee covers one round of golf each week, refreshments, prizes and an award barbeque following last match, no partner required \$15 per team/Residents \$20 per team/nonresidents weekly fee: \$5 (resident) and \$7 (nonresident)</p>
	<p><i>Lunch and Bingo</i></p>	<p>Pre-registration is required, limit 40 people, fee covers lunch, dessert, beverage, two bingo cards, and prizes 11:40 am- 1:30 pm Wednesdays</p>
	<p><i>Mature Driving Safety Program</i> 314-867-0080</p>	<p>Pre-registration is mandatory, for individuals who are interested in breaking some of the bad habits into which mature drivers fall</p>
	<p><i>Special Trips</i></p>	<p>Tour of Busch Stadium (resident \$27, nonresident \$29), covers transportation, stadium tour, and “America As Baseball Admission” Par-a-Dice Casino (\$24 resident, \$25 nonresident), transportation and lunch buffet President Casino (\$10 resident, \$11 nonresident), includes transportation and lunch buffet</p>
<p><i>Bellefontaine Neighborhoods</i> 314-867-0700</p>	<p>Contact city for more information regarding transportation.</p>	

Kinloch

<p><i>PAKT Community Resource Center</i> 8301 Booker Ave. Kinloch, MO 63140 314-524-8455 fax: 341-524-8748</p>	<ul style="list-style-type: none"> ▪ Emergency food pantry ▪ Home health services ▪ Utility assistance ▪ Community health information ▪ Free legal services ▪ Community gardens
---	---

Jennings

<p><i>Jennings Transportation</i> See also, Transportation. Call 314-388-1164</p>	<ul style="list-style-type: none"> ▪ Provides 2 buses for senior and disabled resident's transportation for shopping, medical appointments, and recreation. ▪ Must be 60+ or disabled city resident.
--	--

Cool Valley

<p>Cool Valley Elementary 1351 S Florissant St. Louis, MO 63121 314-521-5622</p>	<p>OASIS Intergenerational Tutoring - OASIS matches trained senior citizen volunteer tutors with children for reading and language activities.</p>
--	---

Bridgeton

<http://www.bridgetonmo.com/DesktopDefault.aspx?tabid=61>

<p><i>Bridgeton Transportation</i> Bridgeton, MO 63044 (314) 739-5599</p>	<ul style="list-style-type: none"> ▪ Use for area medical appointments, grocery shopping and Community Center activities. ▪ Van is equipped with a wheelchair lift ▪ Reserve 48 hours in advance by calling Community Center ▪ Mon-Fri: 8:30-3:30 P.M. 	<p>Free. Bridgeton residents 60+ or disabled.</p>
--	--	--

Information & Referral Services

Educational Services

A. A. R. P. S. C. S. E. P. Foundation

11681 W Florissant Ave
Florissant, MO 63033
314-830-3600

http://www.aarp.org/money/careers/findingajob/jobseekers/a2005-01-03-job_training_placement.html

Assist seniors (residents of St. Louis County, 55+, and 125% of poverty level) in job searching:

- Resume updating,
- Accessing job skills and interests
- Interview tips
- Providing job leads

Aging Services Academy

314-615-4474

St. Louis County Residents, 50+ older free

- 3 components: Training in computer basics, Gerontology Curriculum, Tips on Aging Successfully
- Guest Speakers from community organizations that provide services for older adults
- Must volunteer 40 hours for one of the agencies to attend the class
- 6-week sessions every three months

Veterans' Affairs

Veterans Affairs/St. Louis Regional Office

St. Louis Office, 400 S 18th St., 63103 314-552-9801
1-800-827-1000
Insurance Center 1-800-669-8477
www.va.gov

- Advises Veterans and their families or survivors with all the VA benefits available to them.
 - Assistance may be available for medical homecare, respite, nursing home care and burial.
 - Counseling for dependents of Vets.
-

AARP

8059a Watson Road, 63119
1-888-OUR-AARP

Services:

- Offer recreation, education and volunteer and employment opportunities.
 - Insurance forms and income tax assistance
 - Defensive driving programs
 - Discounts on prescription drugs, consumer goods and services.
-

Lutheran Senior Services: Outreach Social Service

723 South Laclede Station Rd, St. Louis, 63119
314-446-2475
314-446-2521
314-446-2472

*This program provides assistance in evaluating older adults' needs and providing information on community resources. The Outreach Social Worker can offer assistance during a phone consultation or an in-home visit. The program is provided **FREE** of charge.*

*Age requirement: 50 with disability or 60+

Fees: Sliding scale or free of charge

Services:

Provides referrals or information on:

- Homemaking
- Personal care
- Socialization
- Personal companion
- Respite care
- Adult day care
- Transportation
- Medicare & Medicaid coverage
- Residential or skilled nursing facilities
- Geriatric care management, other resources as needed

Lutheran Senior Services Benevolent Assistance Program

- Ensure, Lifeline, and other resources available
 - Eligibility determined by South Grand Senior Ministry staff member
 - Call for application: 314-353-9700
-

North East Community Action Corporation (NECAC)

636-723-3470

Serves low income adults age 60+

- Counseling
 - Food pantry
 - Energy assistance
 - Limited transportation
 - Provides energy saving materials to reduce heating costs.
-

St. Andrew’s At Home Services—Caregiver services/ Geriatric care management

6633 Delmar, St. Louis, 63130

314-726-5766

Contact: St. Andrew’s care manager

In an effort to serve with a more holistic approach, St. Andrew’s At-Home Services has incorporated “Specialty Services” to further meet the needs and wants of older adults and their families.

Services

Specialists will:

- Evaluate needs of in-home services
- Identify the best services/care available to meet needs
- Supply information & referral for community services
- Coordinate and monitor services on an ongoing basis

Fees and Eligibility

Costs vary, Over 60 for city recipients, and caregivers

St. Louis Area Agency on Aging (SLAAA)

City of St. Louis Department of Human Services

634 North Grand Blvd., 7th Floor, St. Louis, 63103

314-612-5918

Fax 314-612-5915

Services:

1. In-home Services:

- *Home delivered meals (“Meals on Wheels”)*
- *Congregate meals*
- *Personal care referrals*
- *Legal assistance*

- *Housing options*

2. Community Services

- *Senior centers with meals programs*
- *Transportation services*
- *Information and referral services*

- *Home repair*

Web Resources:

Alzheimer's Association Resources

Resources on: Medical Services, Adult Day Care, County Resources, Diagnostic Centers, Driving & Dementia, General Aging, In Home/ Hospice, Legal & Financial, Medicare Information, Nursing Homes, RCF (Assisted Living), Research Lists, Support Groups.

http://www.alzstl.org/Resources/resource_list_home.htm

South Grand Senior Ministry

<http://www.sgsm-stl.upcsites.org>

Medicare

-Resources on: Medicare, nursing homes, doctors, hospitals, home health agencies

<http://www.medicare.gov>

Mid-East Area Agency on Aging (MEAAA)

www.mid-eastaaa.org

Email: info@mid-eastaaa.org

Saint Louis Area Agency on Aging (SLAAA)

City of Saint Louis Department of Human Services

Email: SLAAA@stlouiscity.com

<http://stlouis.missouri.org/government/hslaaa.html>

Missouri Senior Report: An annual report monitoring the services for seniors in Missouri.

www.missouriseniorreport.org