

# **Resources Book: Surrounding Communities of New Haven Hospice Care, Inc.**

## **New Haven Hospice Care, Inc.**

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## TABLE OF CONTENTS

### CHAPTER 1

---

- ACUPUNCTURE
- ADVOCACY SERVICES
- AGING SERVICES
- AUTISM SERVICES
- ALZHEIMER'S SUPPORT AND SERVICES
- AROMATHERAPY
- CARE-GIVER AND HOME AIDES
- CHILD ABUSE/NEGLECT
- CHURCHES
- CLOTHING/RESALE SHOPS
- DEMENTIA SERVICES
- DENTAL
- DISABILITY SERVICES
- DOMESTIC VIOLENCE

### CHAPTER 2

---

- EDUCATION
- ELDERLY ABUSE HOTLINE
- EMPLOYMENT
- EXPRESSIVE THERAPY
- FINANCIAL ASSISTANCE FOR ELDER CARE
- FUNERAL HOMES/ARRANGEMENTS/CREMATIONS/BODY & ORGAN DONATIONS
- GENERAL COUNSELING & THERAPY SERVICES & GRIEF SUPPORT GROUPS
- GRANTS/NON-PROFIT FUNDS
- HOSPICE
- HOSPICE SUPPORT GROUPS
- HOSPITALS/ER/CLINICS
- HOUSING
- HOMELESS
- INDEPENDENT LIVING SERVICES
- LEGAL SERVICES
- LIBRARIES
- MASSAGE THERAPY
- MEAL SERVICES & FOOD PANTRIES
- MEDICAL
- MEDICARE AND HEALTH INSURANCE COUNSELING
- MENTAL HEALTH

## CHAPTER 3

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- NEW HAVEN EMERGENCY CONTACT NUMBERS
- OUTREACH/THRIFT SHOPS/EMERGENCY ASSISTANCE
- PARKINSON'S DISEASE
- PCP/DOCTOR'S OFFICE
- RAMPS/HOME MODIFICATIONS/MOTORIZED WHEELCHAIRS/DISABILITY VANS
- REHABILITATION CENTER: DRUG/ALCOHOL ADDICTION
- RESIDENTIAL PROGRAMS AND NURSING HOMES
- RESOURCES/REFERRALS FOR PATIENTS
- RESPITE CARE
- SENIOR CENTERS
- SOCIAL SECURITY
- SPECIAL NEEDS
- TAX-AIDE
- TRANSPORTATION SERVICES
- VETERAN SERVICES
- VISION LOSS & EYE-SIGHT
- YOUTH SERVICES

## **CHAPTER 1**

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### **Acupuncture**

- **Four Rivers Chiropractic & Acupuncture**
  - 707 Jefferson St, Washington, MO 63090      Phone: (636) 239-1220      Hours: 9AM–4:30PM
  - \*Our office accepts most plans including: United Healthcare, Anthem BC/BS, Coventry, Healthlink, Aetna, Cigna, UMR, Medicare and Medicare supplements
- **The Wellness Spot**
  - 120 W Front Street, Washington, MO 63090      Phone: (636) 239-9997      Fax: (636) 239-9931
  - Dr. Megan Minner, D.C.      [twellnessspot@gmail.com](mailto:twellnessspot@gmail.com)      <http://washmochiros.com/>      \*Hours: By Appointment Only
  - \*Most insurance plans accepted, Medicare, family plans offered, flexible/customized plans, “Care Credit” pending credit approval
- **Washington Chiropractic Clinic**
  - 819 W. 5th Street, Washington, MO 63090      Phone: 636-239-4454  
<http://www.washingtonchiropracticclinic.com/>
  - Monday-Friday: 8:00 am - 5:30 pm, Saturday: 8:00 am - 12:00 pm      \*By appointment only

### **Advocacy Services**

- **VOYCE**
  - Speaking up for quality long-term care, for free assistance; Serves Franklin County
  - Services: create awareness, provides resources, consults with families, advocates for quality of care
  - 680 Craig Rd. Suite 245 St. Louis, MO 63141, Phone 314-918-8222 Fax: 314-918-9188  
[www.voycestl.org](http://www.voycestl.org)

### **Aging Services**

- **Mid-East Area Agency on Aging- Union**
  - 14535 Manchester Road, Manchester, MO 63011, Phone: 1 (800) AGE-6060
  - Email: [info@agingmissouri.org](mailto:info@agingmissouri.org); <https://www.agingmissouri.org/>
  - Franklin County:
    - o Stephanie Paul, MSW, LCSW, CIRS-A/D (I & A Specialist/Case Manager) Phone: 636-629-3143, Email: [spaul@mid-eastaaa.org](mailto:spaul@mid-eastaaa.org)
    - o Kathy Craig (Community Service Coordinator), Phone: 636-253-0558, Email: [kcraig@mid-eastaaa.org](mailto:kcraig@mid-eastaaa.org)
  - Our vision is for seniors and their caregivers to have opportunities to lead satisfying, productive lives with health, honor and dignity.
  - Services: Aging info and resources, senior center, meals on wheels, community outreach, choice program (As a member you can participate in the programs, meet new friends, and enjoy lunch catered by local restaurants. It's easy and there is no cost to become a member. )
- **Autism Services**
- **Developmental Services of Franklin County**
  - [www.dsfranklin.org](http://www.dsfranklin.org) 104 South McKinley, Union, MO, Phone: 636-583-1750
- **Easter Seals Midwest**

- Phone: 573-874-3777
- **Project Access**
  - Phone 866-481-3841
- **Thompson Center**
  - 205 Portland, Columbia, MO 573-884-6052
  - Consultation and assessment-573-882-5092

### Alzheimer's Support and Services

- **Alzheimer's Association**
  - 24/7 Helpline: info, referrals
  - emergency response services, support groups for patients and families, educational workshops, green-field library, raised awareness, activities at home, etc.
  - [www.alz.org](http://www.alz.org) Phone: 800-272-3900

### Aromatherapy

- **Essential Oils**
    - Natural oils extracted through careful steam distillation, resin tapping, and cold pressing to be used for: emotional, physical, and spiritual wellness. Examples: aromatherapy, natural cooking/cleaning, for wellness/nutrition, skincare/bath/body, emotional serenity/life balance, etc.
    - Transform your home into your personal aromatherapy oasis! With the diffusers, you can infuse essential oils into any setting. [https://www.youngliving.com/en\\_US](https://www.youngliving.com/en_US) Phone: 1-800-371-3515
- \*Prices listed on website

### Caregiver, Home Aides, & Private Duty Services

- **Eldercare financial assistance Locator- Online tool**
  - [https://www.payingforseniorcare.com/resources/locator\\_tool?step=2](https://www.payingforseniorcare.com/resources/locator_tool?step=2)
  - Must know: estimate of annual income & assets, if he/she has a life insurance policy over \$50,000, the types of insurance and/or public benefits he/she has or receives, known illnesses, etc.
- **INDEPENDENT CAREGIVERS**
  - Independent or private caregivers are employed directly by the family. There is no intermediary agency between the care recipient and the caregiver. Independent caregivers are also able to provide medical care (if trained to do so), but this is much less common. Independent caregivers are more likely to provide personal care. Families who hire independent caregivers must take on the responsibilities of being an employer or use a 3rd party payroll management service.
  - Pros and cons when deciding between a caregiving agency or an independent caregiver:  
[www.payingforseniorcare.com/homecare/agency-or-independent-caregiver](http://www.payingforseniorcare.com/homecare/agency-or-independent-caregiver)
    - "Both home care agencies and independent caregivers can provide either home health care or non-medical care. However, if it is home medical care that a family is seeking, there is a much greater challenge in finding an independent caregiver who is professionally training and licensed. As a result of the added difficulties associated with medical care (and the added liabilities), most families tend to use home care agencies for this purpose."
      - [www.care.com/caregivers](http://www.care.com/caregivers)
        - Can search online profiles with many different parameters such as distance, cost, male/female, age, education, etc. to locate/contact a caregiver.
- **Heartland Independent Living Center, Non-Residential LLC.** (offers many different services)

- 615 Washington Ave, Washington, MO 63090, Phone: 636-390-4723
- [hilc@heartlandilc.org](mailto:hilc@heartlandilc.org) [www.heartlandilc.org](http://www.heartlandilc.org)
- Site Location: 1010 Hwy 28 Owensville, MO 65066 Phone: 573-437-5100 Toll Free: 866-322-3224 Fax: 437-5117; Serving Primarily Franklin, Gasconade and Maries Counties
- Open 8am-4pm, closed 12-12:30pm for lunch
- **Comfort Keepers- Creve Coeur**
  - Can support you and your loved one by working with a hospice agency or medical provider to fully meet the family's care needs. We will help care for your loved one, as well as assist around the house and provide the family with emotional and moral support.
  - [www.comfortkeepers.com](http://www.comfortkeepers.com)
  - We help by providing:
    - bathing, dressing, and toileting assistance for your loved one; light house cleaning; laundry as needed; meal preparation; companionship to your loved one so you can get a much-needed break. We can also continue to help after a loved one's passing. Our team can help families deal with the loss and assist with tasks such as organizing personal items and moving belongings, or just simply being there to listen if family members need to talk and process their grief.
  - 1215 Fern Ridge Parkway, Suite 107, Creve Coeur, Missouri 63141; Ph:(314) 200-4315
- **Cooperative Home Care and Hospice**
  - Home Care: Medicare, Medicaid, insurance, private services home care, intake nurses take calls 24/7, reduced fee opportunities, free monthly nurse visit for 24 hr care clients
  - 1924 Marconi Ave. St. Louis, Mo 63110, Phone: 314-772-8585, Cell 314-243-1099
  - Home Care Intake: 800-466-3227, Cooperative Hospice: 314-571-7855, All-Staff Nursing: 618-394-5681; [CoooperativeHomeCare.com](http://CoooperativeHomeCare.com); [pfox@cooperativehomecare.com](mailto:pfox@cooperativehomecare.com)
- **Faith and Works Home Care, LLC- New Haven**
  - Non-medical home care. Personal care- grooming, bathing, toileting, medication reminders, homemaker chores, respite care, companionship, etc.
  - 203 Miller Street New Haven, Mo 63068 Business 314-445-1752 Cell 636-359-1873, Owner/Director Debra Plummer [faithandworkshomecare@gmail.com](mailto:faithandworkshomecare@gmail.com)
- **Family Caregiver Alliance**
  - [www.caregiver.org/mo-healthnet-medicaid?fbclid=IwAR15XAgncvDfywXZsNzqwZ8N7K5fNq-pSrM3gvzqOj3PmArUPmfaa3rXbIM](http://www.caregiver.org/mo-healthnet-medicaid?fbclid=IwAR15XAgncvDfywXZsNzqwZ8N7K5fNq-pSrM3gvzqOj3PmArUPmfaa3rXbIM)
  - <https://mydss.mo.gov/msmed>
- **Heartland Independent Living Center**
  - Provides services to individuals with disabilities to assist them in attaining and maintaining their independence.
  - 866-322-3224 or 573-437-5100 <http://www.heartlandilc.org/>
  - Provides daily living assistance to consumers with a variety of funding options. Those options include: HealthNet (Medicaid), Veterans Administration Benefits, Private Pay, Private Insurance.
    - House Cleaning, Meal Preparation, Laundry, Grocery Shopping, Grooming Assistance, Feeding, Toileting
    - Counties Served: Franklin, Gasconade, Maries, Osage, and Northern Crawford.
- **Helping Hands- Washington**
  - 1987 Hwy A Suite 110 Washington, MO 63090, Phone: 314-602-4130
  - Non-medical home care. Personal care- grooming, bathing, toileting, medication reminders, homemaker chores, respite care, companionship, etc.
  - Accepts private pay and possibly as little as \$22/hour (call for current pricings)

- **Home Instead Senior Care- Washington**
  - 1615 Heritage Hills Dr. Washington, MO 63090; (636) 223-4367
  - Serving Franklin & Jefferson County, MO
- **Intergrated Home Health Services, LLC- Owensville**
  - 602 State Route 28 E Ste C, Owensville, MO 65066; Ph:(573) 437-6299
  - In-home healthcare services. Home Care Aides, Companions and Nurses. Accept Private Pay, Long Term Care Insurance, Medicaid and Veterans. Provider of Philips Lifeline Personal Emergency Response products/services and Philips Medication Dispensing products/services.
- **Mercy Hospital Home Health**
  - Helping recover at home after surgery, illness or injury
  - Services: skilled nursing, physical therapy, occupational therapy, speech therapy, medical social services, home health aide; \*patient must be homebound to be eligible. Medicare, Medicaid, and most private insurances pay
  - Washington: 636-239-7128
- **Paying for Senior Care.com**
  - [www.payingforseniorcare.com/paid-caregiver/program-locator.html](http://www.payingforseniorcare.com/paid-caregiver/program-locator.html)
    - Answer the following questions to search our Paid Caregiver Program database and find those programs which are relevant to your family. No personally identifiable information is required to use this tool.
- **Shamrock Consumer Care, LLC- Franklin/Gasconade/Warren/STL/etc.**
  - To assist individuals to live independently w/maximum choice and control in home and community regardless of age/disability. \*Medicaid funded program to patients 18 age/older.
  - Services: dressing, bathing, grooming, housekeeping, meals preparation, shopping, transport, shopping, etc.
  - \*allows the patient to recruit, hire, train, manage their own attendant
  - Main Office location: 220 W. Argonne Dr, STE D Kirkwood, MO 63122
    - Main 888-959-4973, Fax 888-958-5672, Toll Free Line for All Locations: 888-959-4973
    - [www.shamrockconsumercare.com](http://www.shamrockconsumercare.com); [shamrockconsumercare@gmail.com](mailto:shamrockconsumercare@gmail.com)
- **STAR Resources**
  - Medicaid, medicare, and private care provider
  - Greg Star Owensville, MO, Phone: 314-807-3855
- **Visiting Angels**
  - STL Caregivers will drive in this area
  - Joe Deters 636-484-4516

### Child Abuse/Neglect, MO

- **Children's Advocacy Center of East Central Missouri (CACECM)**
  - The CACECM accomplishes this through digitally-recorded forensic (fact finding) interviews, sexual abuse forensic examinations, advocacy, mental health referrals, training and coordination of multidisciplinary teams, case review and tracking and community awareness and education regarding child abuse issues.
  - <https://www.comtrea.org/>
    - 14 South Washington St. Union, MO 63084, Ph (636) 584-0222 Fx (636) 584-0224
    - 601 Maple St. Farmington, MO, Phone: (636) 586-1806 Fax: (636) 586-3354
  - <http://www.cacecm.org/cacecm/staff.html>

- N Mill St Festus MO, 63020, Phone: (636) 586-1806 Fax: (636) 586-9285  
<http://www.cacecm.org/cacecm/staff.html>

- **MO Child Abuse/Neglect Hotline**
  - 1-800-392-3738, TDD: 1-800-669-8689
- **MO Department of Social Services/Children's Division, Union location**
  - #1 Liberty Plaza Union MO 63084. Phone: (636) 584-6388. Fax: (636) 583-2916

## Churches

- **Assumption Catholic Church**
  - 603 Miller St, New Haven, MO 63068, Phone: (573) 237-3372
  - Father Deken; Senior Center Contact: Carol R. Home Phone: (573) 237-5109
- **Bethlehem Lutheran Church**
  - 3825 Boeuf Lutheran Rd, New Haven, MO 63068, Phone: (573) 237-2602
  - BScheer@fidnet.com
- **Christian News**
  - 684 Luther Ln, New Haven, MO 63068, Phone: (573) 237-3110
  - <http://www.christiannewsmo.com/>
- **Holy Family Parish-Port Hudson**
  - 124 Holy Family Church Rd, New Haven, MO 63068, Phone: (573) 459-6441
  - Left VM 5/31 12:25pm
- **Immanuel UMC - Senate Grove**
  - 4809 Hwy Vv, New Haven, MO 63068, Phone: (573) 237-3165
  - Email: immanuelUmc@SenateGrove
  - revbooth@aol.com
- **St. James Evangelical Church**
  - 4310 State Hwy E, New Haven, MO 63068, Phone: (573) 237-5837
  - <http://www.stjamesevangelicalchurch.com>
  - Sally Lloyd-Pastor Tom Lloyd's wife
  - tplloyd53@yahoo.com
- **St. Peters United Church of Christ**
  - 607 Maupin Ave, New Haven, MO 63068, Phone: (573) 237-2182
  - Pastor David Poe, davidwpoe@gmail.com
- **Memorial Baptist Church**
  - 205 Sunset Ln, New Haven, MO 63068, Phone: (573) 237-2154
  - memorial@fidnet.com
- **New Beginnings Worship Center**
  - 9653 MO-100, New Haven, MO 63068, Phone: 636-667-1805
  - Assistant Pastor Bob Bowman: 314-766-5946
  - <http://www.newbeginningsupc.com/>
  - sullycaster@aol.com (Pastor Sullivan)
- **Trinity Lutheran Church**
  - 9521 MO-100, New Haven, MO 63068, Phone: (573) 237-3026
  - <http://www.trinitynewhaven.com/>
  - Left VM 5/31/18 1:40pm



### Clothing/Resale Shops

- **Goodwill Industries**
  - Goodwill Industries 2030 Phoenix Center, Washington, MO, Phone: 636-239-5586
- **Grace's Merry Go-Round**
  - 1053 Washington Square Center, Washington, MO 63090; (636) 390-2222
  - Mon/Tues/Thurs. 9am-7pm; Wed. 9am-6pm; Fri/Sat. 9am-5pm; Sun Closed
- **Here Today, Gone Tomorrow**
  - 535 Harold Meyer Lane, New Haven, MO, Phone: 573-237-4000
- **Me and My Mommy Again**
  - 112 Main St. Washington, MO, Phone: 636-390-9995
- **Pregnancy Assistance Center**
  - 310 International Ave. Washington, MO, Phone: 636-239-1840
- **Shop Around the Corner**
  - 1910 E Fifth St, Washington, MO 63090, Phone: (636) 390-2900; Mon-Sat 10am-5pm; Sun 12:30-5

### Dementia Services

- **Premier Hospice, Dementia Support Group**
  - Held at the Washington Library the last Tuesday of every month at 2pm
  - Washington Public Library 410 Lafayette St Washington, MO 63090  
<https://www.evensi.us/premiere-hospice-dementia-support-group-washington-public/204264656>

### Dental

- **Crider Dental Services**
  - 1780 Old Hwy 50 Union, MO 636-582-2251
- **Franklin County Dental Network**
  - Provides routine dental care to low-income and uninsured individuals in Franklin County.
  - Phone: 573-437-5100 or 866-322-3224

### Disability Services

- **ABiLITY**
  - Formerly Developmental Services of Franklin County, ABiLITY provides therapy to disabled individuals.
  - Ph: 636-583-5801 [www.abilityds.org](http://www.abilityds.org)
- **Empac Group, Inc.**
  - A not-for-profit corporation that provides facility- and community-based employment services for individuals with disabilities throughout Franklin County.
  - Ph: 573-468-3888 <http://empacgroupinc.com/>
- **Exceptional Equestrians of the Missouri Valley, Inc.**
  - A volunteer-based, therapeutic horsemanship program which provides therapy and recreation for individuals with disabilities.
  - Ph: 636-390-2141 <http://www.eemv.org/>
- **Heartland Independent Living Center**
  - Provides services to individuals with disabilities to assist them in attaining and maintaining their independence.
  - 866-322-3224 or 573-437-5100 <http://www.heartlandilc.org/>

- **Rainbow Abilities Center, Inc.**
  - Provides learning opportunities to adults with developmental and/or mental disabilities which enable them to be vital members of the community. - Phone: 636-583-4235
- **TEMCO, Inc.**
  - An extended-employment sheltered workshop that provides employment, training and support for adults with developmental and mental disabilities.
  - Phone: 636-433-2335
- **VOYCE**
  - Provides assistance and guidance with finding long-term care. Advocates for, educates, and supports residents of long-term care facilities.
  - Phone: 314-918-8222

## Domestic Violence

- **ALIVE, Alternatives to Living in Violent Environments**
  - <https://alivestl.org/> Union, MO, Phone: 636-583-5700; STL locations also
  - Provides support services and short-term emergency sanctuary to adults and children victimized by domestic violence.
  - Free support groups at safe location (location only disclosed to members)
  - Individual counseling
  - A court advocate available to attend court hearings for morale support
  - Children's Play Therapy for kids
- **Children's Advocacy Center of East Central Missouri**
  - Provides interviewing and advocacy services to children who are possible victims of criminal child abuse.
  - Union Office: 14 South Washington Union, MO 63084 Phone: 636-584-0222 Fax: 636-584-0224
- **Turning Point**
  - Provides shelter and crisis intervention for victims of domestic and sexual violence and their children.
  - PO Box 426 ~ Warrenton, MO 63383 ~ 636.456.1186
  - [ellen@turningpointdvs.com](mailto:ellen@turningpointdvs.com)

## CHAPTER 2

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### Education- Adult

- **Developmental Services of Franklin County**
  - [www.dsfranklin.org](http://www.dsfranklin.org) 104 South McKinley Union, MO, Phone: 636-583-1750
- **East Central College**
  - 1964 Prairie Dell Rd. Union, MO, Phone: 636-583-5193
  - Access office- contact Student Support Services at 636-584-6588
- **Franklin County SB40 Board for Service Coordination**
  - 104 S. McKinley Suite E. Union, MO, Phone: 636-584-7240
- **Rainbow Activity Center**
  - 218 North Christina, Union MO, Phone: 636583-4235
  - 306 West Hwy 50, Union, MO 63084, Phone: 636-583-9939

- **MERS Goodwill**
  - 1600 A West Main St. Washington, MO, Phone: 636-239-2225

### Education-Preschool

- **ABC'S and 123's**
  - 443 Charles Cook Plaza New Haven, MO, Phone: 573-237-5000
- **Head Start**
  - Intake office for Franklin County, Phone: 636-451-0344
- **Lighthouse Academy Preschool**
  - 205 Sunset New Haven, MO, Phone: 573-237-2154
- **Little Macs Preschool**
  - 200 Circle Dr. New Haven, MO, Phone: 573-237-333
- **Missouri First Steps**
  - 102 Sout McKinley Union, MO, Phone: 636-584-7279
- **Missouri Preschool Project, New Haven Elementary School**
  - 201 Elton Ave. New Haven, MO
  - Contact Person Gretal Erhardt, Phone: 573-237-2141
- **Parents as Teachers: NH**
  - New Haven School District; Contact Person Gretal Erhardt, Phone: 573-237-2141

### Education- School-aged

- **Autumn Hill State School**
  - 300 Independence Dr. Union, MO, Phone: 636-583-5959
- **Exceptional Equestrians**
  - 5667 Country Club Rd. Washington, MO 63090, Phone: 636-390-2141
- **Four Rivers Career Center**
  - 550 East 11<sup>th</sup> St. Washington, MO, Phone: 636-239-7777
- **Franklin County Cooperative**
  - 1773 West Springfield St. Clair, MO, Phone: 636-629-3571
- **Franklin County R-II School District**
  - Phone: 573-237-2414
- **New Haven School District**
  - 100 Park Dr. New Haven, MO, Phone: 573-237-3231

### Elderly Abuse Hotline

- **MO Department of Health and Senior Services**
  - Elder Abuse and Neglect Hotline & Adults with Disabilities 7am-12 midnight
  - PO Box 570 Jefferson City, MO 65102-0570, Phone: 800-392-0210, Relay MO 800-735-2466

### Employment

- **EMPAC, Sheltered workshops and supported employment**
  - Phone: 573-468-3688
- **Missouri Career Center**
  - 1108 Washington Square Washington, MO, Phone: 636-239-6703
- **Vocational Rehabilitation**

- 3248 Laclede Station Rd. St. Louis, MO 63143, Phone: 877-222-8968

### Expressive Therapy

- **BJC Hospice, Wings on Wheels Program:**
  - Mobile expressive therapy program that helps support children, teenagers, young adults, families, groups, and communities impacted by illness or loss.
  - Painting, drawing, writing, music, play therapy, sand tray play therapy, and dance to allow for expression of thoughts and feelings when someone is facing a serious illness or when a death has occurred.
  - <http://www.bjchospice.org/Services/PediatricPrograms/WingsonWheels.aspx>    Phone: 314-953-1969

### Financial Assistance for Elder Care or Hospice Patients

- **Call Phone number: "211" for Essential Community Service Needs**
  - In many states, dialing "211" provides individuals and families in need with a shortcut through what can be a bewildering maze of health and human service agency phone numbers. By simply dialing 211, those in need of assistance can be referred, and sometimes connected, to appropriate agencies and community organizations.
  - Dialing 211 helps direct callers to services for, among others, the elderly, the disabled, those who do not speak English, those with a personal crisis, those with limited reading skills, and those who are new to their communities
  - Types of referrals: basic human needs resources, physical/mental health, work support, access to services in non-English languages, support for older Americans and Persons with Disabilities, Children/Youth/Family Support, Suicide Prevention referrals.
- **Cancer Care News.com**
  - Grants are money and goods that do not have to be paid back and are provided by the agencies below to help ease the burden of a cancer diagnosis. Grants typically range from \$200 to \$5000. This website lists current known grants.
  - <https://cancercarenews.com/more-cancer-freebies/grants/>
- **Better Tomorrow Grant**
  - The Multiple Sclerosis Foundation offers the Brighter Tomorrow Grant to provide goods/services to improve the quality of life of those with disabilities. Maximum award of \$1,000.
  - 1-800-225-6495, <https://msfocus.org/>    <https://msfocus.org/Get-Help.aspx>
- **Joni and Friends**
  - The Christian Fund for the Disabled (CFD) is a \$1,500 maximum grant for an individual with a disability-related need. The individual must be sponsored by a church that is willing to match funds received through the grant.
  - 1-818-707-5664, [www.joniandfriends.org](http://www.joniandfriends.org)
- **Bryon Riesch Paralysis Foundation**
  - For people suffering from SCI or paralysis, a grant up to \$10,000 for a specific need item.
  - <https://brpf.org/>    Phone: (262) 547-2083, Email: [info@brpf.org](mailto:info@brpf.org), <https://brpf.org/charitable-grant-application/>
- **Eldercare financial assistance Locator- Online tool**

- [https://www.payingforseniorcare.com/resources/locator\\_tool?step=2](https://www.payingforseniorcare.com/resources/locator_tool?step=2)
- Must know: estimate of annual income & assets, if he/she has a life insurance policy over \$50,000, the types of insurance and/or public benefits he/she has or receives, known illnesses, etc.
- **Grants.gov**
  - A helpful website that contains a search engine to check the government's grant database. Use specific key words that meet your needs.
  - 1-800-518-4726, [www.grants.gov](http://www.grants.gov)
- **Help Hope Live**
  - HelpHOPELive helps patients who have exhausted all other resources by awarding them a one-time grant for fundraising and providing other financial services. HelpHOPELive can help people mobilize their communities to raise funds for uninsured expenses related to catastrophic injury, including, but not limited to, vehicle modifications.
  - 1-800-642-8399, <https://helphopelive.org/get-started/>
  - Catastrophic Illness Campaigns: Cancer, coronavirus (COVID-19), multiple sclerosis, spina bifida, cerebral palsy, muscular dystrophy, transverse myelitis, stroke, or ALS fundraising
- **Elder Care Loans:**
  - Financial institutions have recently developed elder care loans. These loans can be used to finance the cost of a wheelchair ramp while an individual is awaiting the fulfillment of other benefits, for example, a veteran's pension, with which the loan can be paid back in full in a lump sum.
- **Missouri Assistive Technology (MoAT)**
  - Through a variety of services and support, MoAT increases access to assistive technologies for disabled Missourians. Where funding is concerned, they only directly offer low-interest loans. However, they can point you toward sources of disability grants for acquiring assistive technology, including a handicapped-accessible vehicle.
  - 1501 NW Jefferson Street Blue Springs, MO 64015; (816) 655-6700 or (800) 647-8557, <http://at.mo.gov/> Email: MoAT1501@att.net
- **Missouri Association of Area Agencies on Aging (ma4)**
  - The ma4 oversees Area Agencies on Aging across the state of Missouri. It was founded in 1973 to advocate for resident senior citizens and to provide them with services and resources. If you need a handicap van because of age-related impairments, or if this describes a loved one, ma4 can help you locate funding assistance. Contact a mobility consultant for more information.
  - <http://www.ma4web.org/>
- **Missouri Developmental Disabilities Council (MODDC)**
  - MODDC serves people living in Missouri who have a developmental disability, as defined in Federal law. It also works with their families. The Council aims to promote full integration, inclusion and participation in the community.
  - P.O. Box 687 1706 E. Elm Street Jefferson City, MO 65102 (573) 751-8611 or (800) 500-7878
  - <http://www.moddcouncil.org/> shanks@mpcdd.com
- **Missouri Veterans Commission**
  - The Missouri Veterans Commission provides information to resident military veterans and their dependents about the services and assistance they are entitled to. It also does all it can to facilitate access to these entitlements. For disabled vets, this includes grant money toward a wheelchair van or other necessities.
  - 205 Jefferson Street 12th Floor Jefferson Building P.O. Drawer 147 Jefferson City, MO 65102

- (573) 751-3779; <http://mvc.dps.mo.gov/>      [Movets.veteran@mvc.dps.mo.gov](mailto:Movets.veteran@mvc.dps.mo.gov)

- **Missouri Vocational Rehabilitation (VR)**

- VR is provided to persons with disabilities residing in Missouri through the state's Department of Elementary and Secondary Education. If your impaired mobility is standing in the way of the job you want, this agency can help. Assistance may even come in the form of a disability grant for use toward a handicap van or handicapped accessibility equipment and conversions to get you to work. Find contact information for your local office at <http://dese.mo.gov/vr/vroffices.htm> or contact the main office at: 3024 Dupont Circle Jefferson City, MO 65109 (573) 751-3251 or (877) 222-8963
- <https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>
- [info@vr.dese.mo.gov](mailto:info@vr.dese.mo.gov)

- **Mobility Resource**

- The Mobility Resource™ is a network of mobility dealers specializing in new and used wheelchair vans who make traveling easier for you and your loved ones. Our customized solutions are available to those with a wide range of evolving mobility needs.
  - We recognize that finding the most ideal mobility solution can seem complex. We're here to help make that decision easier. View our expansive inventory from dealers throughout the U.S. or learn more about equipment options featuring various hand controls, wheelchair and scooter lifts, and wheelchair securement. <https://www.themobilityresource.com/> tel:1-866-771-7770

- **Muscular Dystrophy Association**

- The MDA National Equipment Program takes donations of gently used medical equipment and donates them to people who need them.
  - 1-800-572-1717, <https://www.mda.org/>

- **National Organization for Vehicle Accessibility**

- Provides vehicle accessibility and modification grants to qualified grant applicants throughout the United States and Canada in need of financial assistance. Please visit the Grant Program page for more information. Since its inception in 2010, the Ralph Braun Grant Program has provided more than \$1,000,000 in grants and vehicle accessibility services to those in need. NOVA proudly supports ALL National Mobility Equipment Dealers Association (NMEDA) manufacturer mobility products sold by certified NMEDA mobility dealers.

- **Paying For Senior Care- Understand Your Options for Long-Term Care**

- <https://www.payingforseniorcare.com/financial-assistance>
  - **The Missouri Independent Living Waiver (ILW)** provides home and community based services for adults who are physically disabled. In order to be eligible for the Independent Living Waiver, applicants must be Missouri residents who are between the ages of 18 and 64 and be physically disabled. If the individual also has a cognitive impairment, it must have manifested when the individual was 22 years old or older. In other words, this waiver is not intended for those persons with developmental disabilities. In addition, individuals must require a nursing home level of care, yet still be able to self-direct their own personal care.
    - Applicants must be Medicaid eligible and actively enrolled in the Missouri state plan.
    - There are also asset limitations, which are set at \$2,000 for single applicants and \$4,000 for married applicants, as of 2018. Some assets are considered exempt

(non-countable), such as an individual's primary home, given the applicant lives in it and it is valued under \$572,000.

- **Assistance for Veterans:** Similar to the Medicare supplemental insurance benefits programs for non-veterans, TRICARE for Life / CHAMPVA for Life supplement Medicare Part B to pay the 20% co-payments that Medicare does not pay. However, this benefit only helps when Medicare first agrees to pay for the product or service which, as described earlier, Medicare is very unlikely to do in the case of wheelchair ramps.
  - o A better option is the VA's 'Cash and Counseling' benefit, where qualifying veterans receive a care budget and are allowed to select the services and supplies that they require.
- **Reeve Foundation**
  - The Reeve Foundation cannot award grants to individuals, but the Information Specialist Team at the Paralysis Resource Center (PRC) can help individuals identify resources that can provide financial assistance. 1-800-225-0292, [www.christopherreeve.org](http://www.christopherreeve.org)
- **Special Kids Fund**
  - To be eligible for the Special Kids Fund, a family must demonstrate they do not have the resources to afford a vehicle on their own. The family must also have a good driving record, carry car insurance, register the vehicle, and pick it up. Nationwide program for children and adults. Apply via their website. [www.specialkidsfund.org](http://www.specialkidsfund.org)

#### Funeral Homes/Arrangements/Cremations/Body & Donations

- **Alternative Funeral & Cremation Services-** St. Peters
  - 2115 Parkway Dr, St Peters, MO 63376
  - Phone: (636) 498-5300 or 800-225-6125
  - <https://www.alternativefuneralcremation.com/>
    - CREMATIONS STARTING AT \$690.00 + Crematory Fee's= \$895 total
    - Now offering Flameless Cremation \$1,190.00
- **Bell Funeral Home LLC-** Pacific
  - 709 West Union Street Pacific, MO 63069, Phone: 636-257-2112
  - Email: [bellcremation@yahoo.com](mailto:bellcremation@yahoo.com) [www.cremation-only.com/](http://www.cremation-only.com/)
  - \$750: Arrangement conference, removal of body, cremation container, crematory fee, necessary permits, death certificate, cremation urn
  - Serve: Metropolitan St. Louis Area including: St. Louis City, St. Louis County, Franklin County, Jefferson County, St. Charles County.
  - We typically meet with the Family at the hospital, nursing home, Family residence or other mutually convenient location to make arrangements.
- **Baue Funeral/Cremation/Cemetery/Support Services-** St. Charles/O'Fallon
  - Services: Funeral/Cremation/Cemetery/Grief Counseling (Center for Hope and Healing)/Surviving Spouses Group/Young Surviving Spouses Group/Survivors of Suicide Group/Call Group/Pet Loss Support Group/Annual Remembrance Programs
  - Funeral & Memorial Center: 3950 West Clay St. Charles, MO 63301, Phone: (636) 946-7811
  - St. Charles Funeral Home: 620 Jefferson St. St. Charles, MO 63301, Phone: (636) 940-1000
  - O'Fallon Funeral Home 311 Wood St. O'Fallon, MO 63366, Phone: (636) 240-2242
  - Care & Cremation Center: 4175 Shady Springs Lane St. Peters, MO 63376, Phone: 636-940-1000
- **Bopp Chapel-** Kirkwood



- 10610 Manchester Road Kirkwood, MO 63122-1308; Phone: 314-965-7680
- [boppchapel@boppchapel.com](mailto:boppchapel@boppchapel.com)
- **Chapel Hill Mortuary- STL area**
  - Chapel Hill Mortuary - Cedar Hill
    - Chapel Hill Memorial Gardens: 6300 Highway 30 Cedar Hill, MO 63016 Ph: (636) 274-4100; Fax: (636) 274-4113; Email: [info@stlchapelhill.com](mailto:info@stlchapelhill.com); Toll-free: (855) 568-8228; [www.stlfuneral.com](http://www.stlfuneral.com)
  - Chapel Hill Mortuary - Kirkwood
    - Oak Hill Cemetery: 10301 Big Bend Road Kirkwood, MO 63122; Ph: (314) 965-8228; [info@stlchapelhill.com](mailto:info@stlchapelhill.com); Fax (314) 965-2263; Toll-free (855) 568-8228; [www.stlfuneral.com](http://www.stlfuneral.com)
- **Cremation Society of Missouri- St. Charles**
  - 2338 HWY 94 South Outer Rd. St. Charles, MO 63303, Phone: 636-946-9896, Toll Free: 855-858-8550; [www.missouricremate.com](http://www.missouricremate.com)
  - Simple Plan: \$895, Includes: pickup/transport of body, cremation fee, plastic urn, filing for death certificates and recording vital info., included cremation receptacle provided by Cremation Society of MO (family may provide)
  - \$1,295 Veterans Package: Includes all Simple Plan Services, Use of our staff to supervise/coordinate w/Military Honors at Jefferson Barracks National Cemetery
  - \$1,395 Away from Home Package: Guaranteed coast to coast, Includes all Simple Plan Services, Ideal offering for those who travel regularly or have multiple residences, includes a simple direct cremation anywhere in the continental US, Shipping of cremated remains anywhere in the continental US, handling of all administrative paperwork for death certificates, social security, & local permits
  - Online Obituary
  - \$1,595 Private Gathering Time with Cremation: Includes all Simple Plan Services, Choice of 6 urns, Family Viewing Time up to 2 hours (15 people)
- **Eaton Funeral Home - Sullivan**
  - 347 N Clark St, Sullivan, MO 63080, Phone: (573) 468-4147; <http://www.eatonfuneralhome.com/>
  - Memorial/burial/cremation services
- **Gottenstroeter Funeral Home- Owensville/Gerald**
  - 108 S 2nd St Owensville, MO 65066, Phone: (573) 437-2155
  - 21 East 5<sup>th</sup> St. Gerald, MO 63037, Phone: 573-764-3300 or 573-764-2211
  - <http://www.gottenstroeterfuneralhome.com/>
  - Offers cremation, burial, funeral services, etc.
- **Hoffmeister Colonial Mortuary: Dignity Memorial**
  - 6464 Chippewa Street, St. Louis, MO; Ph: 314-832-7770; <https://www.dignitymemorial.com/>
  - Cremation/memorial/funeral/visitation
- **Jay B. Smith Funeral Home- Fenton/Maplewood**
  - Fenton Chapel: 777 Oakwood (at Hwy 141) Fenton, MO 63026; Ph: (636) 343-0400
  - Maplewood Chapel: 7456 Manchester St. Louis, MO 63143; Ph: (314) 781-1115
  - [www.jaybsmith.com](http://www.jaybsmith.com); Email: [jhardy@jaybsmith.com](mailto:jhardy@jaybsmith.com)
  - Cremation/Embalming/funeral/visitation prices: [jaybsmith.com/price-list/](http://jaybsmith.com/price-list/)
- **Kutis Funeral Home-STL**
  - Kutis Funeral Home, Inc. City Chapel
    - 2906 Gravois Ave. St. Louis, MO 63118; Ph: 314-772-3000
  - Kutis Funeral Home, Inc Affton Chapel
    - 10151 Gravois Rd. St. Louis, MO 63123; Ph: 314-842-4458



- Kutis Funeral Home, Inc South County Chapel
  - 5255 Lemay Ferry Rd. St. Louis, MO 63129; Ph: 314-894-4500; [www.kutisfuneralhomes.com](http://www.kutisfuneralhomes.com)
- **Marcusen Funeral Consulting- Nationwide**
  - We advocate on the behalf of families!
  - 301 North Mill St. Yellville, AR 72687, Phone: (807) 277-0001, Ext. 104
  - Email: [info@marcusenfuneralconsulting.com](mailto:info@marcusenfuneralconsulting.com)
  - Website: [www.marcusenfuneralconsulting.com](http://www.marcusenfuneralconsulting.com)
  - Services: Pre-Need or At-Need Consulting, Grief counseling, family/funeral home mediation, powers of attorney, funeral planning, consulting services, clerical services, wills
  - 24/7 FREE Consultation on estimated savings
  - \*All Service options start at \$250; Flat rate fee: \$750; With Veterans Discount: \$500; Individual Services \$125
  - Saves Families on an average \$4,000 of funeral costs
  - Offer: service plans, payment plans, indigent assistance so that everyone can afford our services
- **Martin Funeral Home- Marthasville/Warrenton**
  - 16137 State Hwy 47, Marthasville, MO 63357, Phone: (636) 433-2827
  - 510 E Booneslick Rd Warrenton, MO 63383, Phone: (636) 456-3316
  - <http://www.martinfuneral.net/obits>
- **Midlawn Funeral Home and Memorial Gardens- Union**
  - 7280 State Hwy 47, Union, MO 63084 (Open 9am-4pm), Ph: 636-583-3722
  - **Affordable Cremation, under \$900**; <http://www.midlawn.com/>
- **Nieburg-Vitt, Miller Funeral Home (Wolf Family Funeral Home)- Washington/Pacific**
  - 1206 Jefferson St. Washington, MO 63090, Phone: (636) 239-6707 (Open 9am-4pm)
    - [info@wolfefuneralhomes.net](mailto:info@wolfefuneralhomes.net)      [www.miller.wolfefuneralhomes.net](http://www.miller.wolfefuneralhomes.net)
  - **Nieburg-Vitt, Thiebes Funeral Home**
  - 231 E. Union St. | Pacific, MO 63069 | Tel: 1-636-257-2730; [www.thiebes.wolfefuneralhomes.net/](http://www.thiebes.wolfefuneralhomes.net/)
  - PRICES:
    - Traditional burial: casket and vault, from \$9,000-13,000 depending on casket
    - **Traditional service with Cremation** (visitation/body laid out, funeral, then cremated: \$6,000-\$6,500
    - Cremation first, visitation/service: \$4,000-\$4,500 depending on services
    - Direct/basic cremation with no funeral services: \$1,995
- **Oltmann Funeral Home- Washington/Union**
  - 508 E 14th St. Washington, MO 63090, Phone: (636) 239-9600 (Open 9am-4:30pm)
  - 103 North Church Street Union, MO 63084, Phone: (636) 583-2525
  - <http://www.oltmannfuneralhome.com/>
  - BURIAL PRICES: traditional visitation & ceremony: \$4,450, Same Day Visitation & Ceremony Package \$4,050, Graveside Ceremony Package \$3,150, Economy Service Package \$4,950
  - CREMATION PRICES: Full Service Cremation Rental with Ceremony at Church \$5,425, Full Service Cremation Rental Ceremony at Funeral Home \$4,900, Same Day Cremation Rental Ceremony at Funeral Home \$4,500, Private Viewing with Embalming \$3,375, Private Viewing without Embalming \$2,825, Two-Day Cremation Memorial Service \$4,475, Same Day Cremation Memorial Service \$3,900, Direct Cremation-No Service \$1,550
- **Russell Colonial Funeral Home- St. Clair**
  - 530 E Springfield Rd St. Clair, MO 63077, Phone: (636) 629-1100
  - <http://russellcolonialfuneralhome.com/>
- **Sassmann's Chapel- Bland**

- 207 Linn Avenue Belle, MO 65013; Tel: 1-573-859-3712; [www.sassmannschapel.com](http://www.sassmannschapel.com)
- Offers funeral, memorial, burial, & cremation services
- **Schrader Funeral Home- Eureka/Ballwin**
  - 108 N Central Ave, Eureka, MO 63025, Phone: (636) 938-3000, Hours: Mon.-Fri. 9 a.m. - 4 p.m., evenings & weekends by appointment
  - 14960 Manchester Rd., Ballwin, MO 63011, Phone: 636.227.5511, Hours: Sun.-Fri., 8 a.m. - 8 p.m., Sat. 8 a.m. - 5 p.m.
  - <http://www.schrader.com/>
- **St. Louis Cremation**
  - 2135 Chouteau Ave. St. Louis, MO 63103, Phone: 314-241-8844
  - 14374 Manchester, MO 63011, Phone: 636-227-4488
  - 320 Jungermann Rd. St. Peters, MO 63376, Phone: 636-227-4488
  - [www.stlouiscremation.com](http://www.stlouiscremation.com)
  - \$1,195- pickup/transport/file death certificate/black plastic urn/online obituary, slide show/music
- **Toedtmann & Gross Funeral Home- NH, Hermann, New Florence, Morrison**
  - Hermann Location: 1221 Washington Street Hermann, MO 65041; Ph: 573-486-5429
  - New Haven location: 1053 Hwy C New Haven, MO 63068; Ph: 573-237-2133
  - New Florence Location: 330 West Milton St. New Florence, MO 63363; Ph: 573-835-2600
  - Morrison Location: 190 Main St. Morrison, MO 65061; Ph: 573-294-6446
  - [www.toedtmannngrosse.com](http://www.toedtmannngrosse.com)
- **Ziegenhein Funeral Home/South County Chapel**
  - South County Chapel
    - 4830 Lemay Ferry Road St. Louis, MO 63129; Tel: 314-894-8444
  - South City Chapel
    - 7027 Gravois Avenue St. Louis, MO 63116; Tel: 314-352-2600;
    - [www.ziegenheinfuneralhome.com](http://www.ziegenheinfuneralhome.com); funeral/memorial/burial/cremation
- **Valhalla Funeral Chapel, Crematory, and Cemetery-STL**
  - 7600 St. Charles Rock Road St. Louis, MO 63133; Ph: (314) 721-4900; Fax (314) 721-5167
    - o Email: [randy@valhallafunerals.net](mailto:randy@valhallafunerals.net); [www.valhallafunerals.net](http://www.valhallafunerals.net)
  - **Valhalla's Hillcrest Abbey:** 3211 Sublette Ave. St Louis, MO 63139; Ph: (314) 645-4305; Fax: (314) 645-4305, Email: [randy@valhallafunerals.net](mailto:randy@valhallafunerals.net); [www.valhallafunerals.net](http://www.valhallafunerals.net)

### Body/Organ Donations

- **Donate Life, Mid • America Transplant (Missouri's web page for Organ Donations)**
  - Giving life to others when you die: Register to be an organ/eye/tissue donor
  - Living donation: an opportunity to save a life while you're still living
  - [www.midamericatransplant.org](http://www.midamericatransplant.org); <https://donatelifemissouri.org/donation/faq/donation-process/>; Phone: 573-522-2847
    - The federally chosen, non-profit, organ procurement organizations (OPO) are in charge of the process. Missouri has two that serve different parts of the state; Mid-America Transplant and Midwest Transplant Network. Missouri also has a tissue bank, Saving Sight. The agencies are in charge of and make the donation process easy. The recovery and transplant process is regulated by the Centers for Medicare and Medicaid Services, a Division of the U.S. Department of Health and Human Services.

- Is the Registry used for whole body donation?
  - No. The Registry is for the gift of organs, tissues, and eyes. If your organs are not good enough for transplant, they can be used for research and medical education. Under Gift Specifications, be sure to select “Transplant, Therapy, Research, Education.” This is not the same as whole body donation. If you choose to give your whole body for research and education, you must make plans for this in advance of your death with the institute of your choice. Note: If you choose to consent to whole body donation, you may not be able to donate your organs or tissues for transplant.
- Organs are recovered as soon as possible after death is legally declared. Tissue can be removed up to 24 hours after death.
- **Medcure: Whole Body Donation**
  - 18111 NE Sandy Blvd. Portland, OR 972230; Toll Free: 866-560-2525, Local: 503-257-9100
  - Email: [donate@meducare.org](mailto:donate@meducare.org), Website: [www.medcure.org](http://www.medcure.org), American Association of Tissue Banks
  - Give back by helping advance medical knowledge
  - Connects people wanting to donate their bodies to science (whole body donors) with the physicians and anatomical researchers that are uncovering tomorrow medial breakthroughs.
  - NO COST to be a donor: all expenses related to the donation process are covered once a candidate for donation is accepted at the time of final transportation to a Medcure facility
  - Most people are eligible for donation regardless of: age/disease/state of health
  - Process: 1. Contact Medcure (available 24/7 to conduct a donor eligibility screening or to verify donor registration on file.) 2. Transportation (Medcure makes all transport arrangement from the place of death to 1 of 5 US facilities at no cost to the donor/family) 3. Donor Received (Organs/tissues for study are recovered and matched to meet medical science needs while strictly following legal requirements) 4. Final Arrangements (Cremated remains are returned to the family within 6-12 weeks or scattered at sea; a certified death certificate is issues to the family/estate).
- **National Body Donor Program**
  - P.O. Box 775039 St. Louis, MO; Phone: 314-241-6237, Toll-Free: 866-382-6237
  - [www.nationalbody.org](http://www.nationalbody.org); Non-for profit corporation
  - No costs for body donation, body is accepted from any funeral home (funeral home may charge family costs of transportation or paperwork such as death certificates which must be filed by law). If body donation is arranged in advance or the family calls us immediately following death, we can attempt finding a funeral home that will waive the transportation charges.
  - If desired, the family can still have a gathering/memorial/vigil (body donation doesn't include ritualistic costs); family will be given the cremated remains
  - General Criteria: Donor 18/over, Body must be HIV and Hepatitis negative, extremities must be intact with no contraction, no organ donation or autopsy can be performed, next of kin or authorized person agrees to sign a donation form
- **Health Resources and Services Administration**
  - <https://www.organdonor.gov/about/process/deceased-donation.html>
  - The process of donation most often begins with your consent to be a donor by registering in your state. Signing up does not guarantee you will be able to donate your organs, eyes, or tissues—and registering usually takes place many years before donation becomes possible. But it is the first step to being eligible to save lives.

- **Science Care .Com**
  - <https://www.sciencecare.com/>      Phone: 800-417-3747
  - Register today to donate your body to science — it takes less than 5 minutes.
- **United Tissue .Org**
  - <https://unitedtissue.org/>      Phone: 877-738-6111
  - United Tissue Network welcomes anyone to join our registry at all stages in life. An individual can register to be a whole-body donor before or after time of passing. UTN encourages individuals to register prior to passing to provide peace of mind for loved ones and to ensure end-of-life wishes are fulfilled. UTN will not sell or share any of your personal information, we utilize this information to contact you if necessary.
  - For those who are actively dying or have passed, contact UTN immediately at 877.738.6111 and reference the Register A Loved One To Be A Whole-Body Donor section.
  - Whole Body Donation- All of body is donated for medical research/training
  - If already an organ donor: can donate organ tissues/bones for transplant. You can do both but must specify.

### General Counseling & Therapy Services & Grief Support Groups/Services

[Additional Grief & Bereavement Support Services below]

- **ONLINE ONLY:**
  - **Heal Grief .org**
    - <https://healgrief.org/actively-moving-forward/>
    - Actively Moving Forward® (AMF) is a national network created in response to the needs of grieving young adults.
    - Virtual Support Groups to choose from: <https://healgrief.org/virtual-support/>
      - Age group over 30; Age group 18-30
  - **Grief Net**  
Online Support Group: an Internet community of persons dealing with grief, death, and major loss.  
Over 50 e-mail grief support groups and two web sites
  - **Joseph D Cusumano, Ph.D.**
    - (Licensed Professional Counselor, PH.D., NCC, LPC, LCMHC, LCPC); Wright City, MO 63390
    - \$30 for 45 minute session. No insurance
- **HERMANN, CUBA, or WARRENTON, MO**
  - **Online Counseling, Hermann, MO:** Pillar Counseling, Megan Schomer, LPC
    - Ph: (636) 465-9233; [megan@pillarcounseling.com](mailto:megan@pillarcounseling.com)
  - **Churchill Family Counseling**
    - 1428 State Hwy 47, Ste. C, Warrenton, MO 63383; Ph: (660) 570-8664,  
<https://forsythewellness.org/>      Derrick Forsythe (PLPC, MA, HC)
  - **Gasconade County Counseling Services @ SW Medical Association- (Hermann)**
    - 1714 Wein St, Hermann, MO 65041
    - Facility for Adults, Young Adults, Children And Teenagers
    - Private Health Insurance, Military insurance coverage, Medicaid, Medicare, Treatment financing available; Cash, Credit or Debit card accepted
    - Individual adult counseling: \$70/hr
    - Special program: gasconade county residents and uninsured- covered 100%
    - Hermanary district hospital- same access to the same fund: Southwest medical asso. 573-486-2118 (referred by Gasconade County services)
  - **Journey Through Life Counseling- (Cuba)**

- 404 Magnolia St, Cuba, MO 65453; Phone: (573) 885-1600
- **Rauscher Therapeutic Group, LLC (Warrenton)**
  - Alica Dunahoe-Mitchell (Pre-Licensed Professional, MAC, CIT)
  - 220 East Main Street Warrenton, MO 63383, Ph: (636) 290-2141
  - Individual, Couples, or Family therapy
  - Cost per Session: \$20 - \$50; Sliding Scale: Yes; Pay By: ACH Bank transfer, Cash, Discover, Mastercard, Visa
- **Southwest Medical Association- Hermann Hospital**
  - 1714 Wein St, Hermann, MO 65041, MO, Phone: (573) 486-2118
  - Individual adult counseling: SPECIAL PROGRAM: gasconade county residents AND uninsured only- covered 100%, Call & ask to speak to a Social Workers.
  - Accept most insurances, Medicaid/Medicare, sliding fee scale based upon income (tax returns & last paystub)- initial visit over 30 minutes \$220
  - SW Crystal- counseling 2x/week, Montgomery 3x/week
  - SW Brandy Bristow: In office Tuesdays/Wednesdays/rest of time at clinic in Owensville
- **UNION, SULLIVAN, ST. CLAIR, or POSOSI, MO**
  - **Anchor of Hope, LLC (Union)**
    - 37 St Andrews Dr. Union, Missouri 63084; Phone (636) 224-4141
    - Kelly Lynn Roberts: Licensed Professional Counselor, MEd, LPC
      - Avg Cost (per session): \$50 - \$120
      - Sliding Scale: Yes
      - Accepts Insurance: Yes
      - Accepted Payment Methods: American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Visa
      - Accepts Most Insurance Plans
  - **Answers Through Christian Counseling LLC (Sullivan)**
    - 325 S Park St Sullivan, Missouri 63080
    - Ms. Marilyn Coffman (314) 485-4723
    - Specialties: Christian Counseling, Trauma and PTSD, Depression
  - **Counseling Rediscovering Connections (Union)**
    - 301 US Hwy 50 West, Suite D In Stonecreek; PO Box 700 Near Sonic, Union, Missouri 63084
    - Phone: (636) 452-7677
    - Specialties: Relationship Issues, Infidelity, Sex Therapy
    - Issues: Couples VIP Retreats 2,3,5 days to healing, Divorce, Family Conflict, Grief, Infertility, Marital and Premarital, Men's Issues, Sexual Addiction, Sexual Revitalization Affair Recovery, Spirituality, Transgender, Women's Issues
  - **Catholic Family Services (Union)**
    - Union Office: 102 E. Springfield, Ste. 202 Union, MO 63084-1818
    - P: 636.583.1800, Fax: 636.583.0836, <http://cfsstl.org/>
    - Other locations: O'Fallon, Florissant, West County, Troy, Bellefontaine, Herculaneum
    - Business hours are Monday – Thursday 8 AM-8 PM, Fridays 8 AM-4 PM and Saturdays 9 AM-2 PM
    - Clients who have no insurance may use the Sliding fee scale based upon household income & run from \$20-100
    - Accept Medicaid, Medicare, and most insurances
  - **Crossroads Counseling Service (Union)**
    - Linda Warren, LPC 202 East Locust Street Union, Missouri 63084; (636) 688-8444

- Avg Cost (per session): up to \$60
- Accepts Insurance: Yes
- Accepted Payment Methods: American Express, Cash, Check, Discover, Mastercard, Visa
- **Diversified Counseling Services (Union, Sullivan)**
  - 202 East Locust St. Union, MO, 63084 Phone: 636-583-2040
  - <https://www.diversifiedcounseling.net/>
    - 110 West Main Street Sullivan, Missouri 63080
    - Cheri Lynn Riley, MA, LPC: 314-328-8181
      - o Avg Cost (per session): \$30 - \$70
    - Sheilan Cook, LPC: (573) 319-4022
      - o Avg Cost (per session): \$60 - \$110; Sliding Scale: Yes
      - o Specialties: Marital and Premarital, ADHD, Domestic Violence
      - o Issues: Anger Management, Anxiety, Behavioral Issues, Child or Adolescent, Depression, Divorce, Relationship Issues, Spirituality
  - Reduced fee services are available on a limited basis.
  - Insurance: - Melissa Hampton, MA, LPC: accepts Medicaid
    - Sheilan Cook, MA, LPC: accepts Blue Cross Blue Shield (Anthem), Healthlink, Aetna, Medicaid, HomeState, (Well Care) MissouriCare, and Optum (United Health Care). Sheilan also works with some EAP Services.
- **East Missouri Action Agency (Potosi)**
  - 411 State Hwy N, Potosi, MO 63664; Phone: (573) 438-3528
- **Lifespan Counseling Center (Sullivan)**
  - 625 Missouri Ave, Sullivan, MO 63080; Phone: (573) 468-2121
- **Marcella L Bolzenius: Licensed Professional Counselor, MEd, LPC (St. Clair)**
  - 202 Maple St, Sullivan, MO 63080; Phone: (573) 860-3092
- **OWENSVILLE, MO**
  - **Christopher E. Anderson, MA (Owensville)**
    - 102 North 1st Street, Owensville, MO 65066, Owensville, MO 65066; Phone: (573) 437-2959
- **ST. CHARLES, WENTZVILLE, or ST. LOUIS, MO**
  - **Annie's Hope, bereavement services for kids- St. Louis**
    - 1333 W. Lockwood Suite 104 St. Louis, MO 63122, phone: 314-965-5015, [www.annieshope.org](http://www.annieshope.org)
  - **Baue Grief Support Group Services & Center for Hope & Healing- St. Charles**
    - Baue Community Center: 608 Jefferson St. St. Charles, MO 63301, Phone: 636-328-0878
      - Current schedule of groups: <http://www.baue.com/grief-classes/> OR call 314-647-3100
    - **VIRTUAL FREE GRIEF SUPPORT GROUPS:** <https://www.baue.com/virtual-grief-support-group/>
      - o Every Wednesday at 6:00 PM OR Every Friday at 10:00 AM
    - **CALL Group: a social group for widows/widowers.;** Call 636-946-9144
    - **Holiday Grief Class (November/December):** 636-328-0878
    - **Pet Loss Support Group:** 636-328-0878
    - **Surviving Spouses 65+ Group**
    - **Young Surviving Spouses Group**
    - **Survivors of Suicide Group:** appropriate for adults whose loved one has completed suicide
    - **Finding Hope After a Heroin/Opioid Loss:** 636-328-0878
  - **Collaborative Counseling (St. Charles)**
    - 1600 Heritage Landing, Suite 116 St. Charles, MO 63303; 636 345-1400



- <https://www.stcharlescounseling.com/>      Email: [info@stcharlescounseling.com](mailto:info@stcharlescounseling.com)
- Private Fee Rates: \$100.00 per 60-minute session Individual and Family Counseling
- Insurance: Services may be covered in full or in part by your health insurance or employee benefit plan. Please check your coverage carefully
  - o For all patients using health care coverage, you will be required to keep a credit card on record for any unpaid deductibles, or co-payments.

- **St. Charles Counseling Associates (St. Charles)**

- 1236 Jungermann Rd., Suite D, St. Peters MO 63376; (314) 409 – 2290
- Your fees will vary based on your payment method chosen and your insurance coverage. We accept most major insurance plans including Medicaid and Medicare. Please refer to each therapist's personal page for detailed information on fees and insurance accepted. Any fees and/or co-pays are collected in the beginning of each session.

- **Rauscher Therapeutic Group, LLC**

- 102 East Pearce Boulevard Wentzville, MO 63385; Ph:(636) 434-1947
- Kristiene Rhinehart (Pre-Licensed Professional, MAC, PLPC)
- \* I am accepting new clients and I am offering phone and video sessions via Zoom or Skype for clients who are distancing or quarantined.

- **St. Louis Chapter of the Bereaved Parents of the USA**

- P. O. Box 1115 St. Peters, 63376; Phone: 314-878-0890; <http://bpusastl.org/>
- Support for Death of a Child For: Adults, Teens, Children

- **WASHINGTON or NEW HAVEN, MO**

- **Bell Psychological Services- (Washington)**

- 202 West Third St. Washington MO, Phone: 636-239-6787
- No website;
- Lisa Bell- not accepting new patients as of 1/25/18

- **Counseling Concepts (Washington)**

- 1190 Jefferson St. STE 102 Washington, MO Phone: 636-390-4422
- Child, adolescent, adult, family therapy
- [http://counselingconcepts.net/Home\\_Page.html](http://counselingconcepts.net/Home_Page.html)
- Most insurances accepted; Clients with no insurance: \$65/ individual session
  - Lizabeth "Betty" Werner, MSW, LCSW (Adult Grief, death and dying issues) (accept most employee assistance plans) [http://www.counselingconcepts.net/Betty\\_Werner.html](http://www.counselingconcepts.net/Betty_Werner.html)
  - Dina Vitoux, LCSW (Terminal Illness/Grief)

- **Crider Health Center (Washington)**

- 851 East 5 St. Ste. 132 Washington, Phone: 636-239-1717? (Unsure if correct number)
- Sliding fee scales based upon your income; funded by the federal government
- [https://www.freeclinics.com/det/mo/Crider\\_Health\\_Center\\_Inc](https://www.freeclinics.com/det/mo/Crider_Health_Center_Inc)

- **Embracing Change (Washington)**

- 426 East 5<sup>th</sup> St. Washington, MO Phone: 636-239-1117
- 8am- 5pm, <http://washingtonhealingartscenter.com/>
- Counseling & Life Coaching, Acupuncture & Chinese Medicine, CranioSacral Therpay (SomatoEmotional Release),
  - o Yael DiPlacido, MSW, LCSW, Life Balance Counseling:
    - Individual/couples/family therapy/teen & adult therapy; <http://www.lifebalancemissouri.com/>

- **First Christian Church-Washington**

- 6890 Hwy 100 Washington, MO 63090, Ph: 636-239-7560; Facilitator: Judy Weiser 251-747-5417

- [www.fccwashington.org/care-groups](http://www.fccwashington.org/care-groups); Wednesdays 6:30pm (current schedule)

- **Grief Share**

-(info found at 314-953-1676 or [griefsupport@bjc.org](mailto:griefsupport@bjc.org))

-meeting location: Washington, MO 63090 Every Wednesday –6:30pm Dave Smith (636)-239-7560, Jim and Judy Weiser (636)-390-0689; [www.griefshare.org/](http://www.griefshare.org/)

- **Heartland Hospice, Coping with Loss, Living with Hope**

-(info found at 314-953-1676 or [griefsupport@bjc.org](mailto:griefsupport@bjc.org))

-meeting location: Washington, MO 63090 6 week program (4 weeks during winter months) offered quarterly

-4 week educational support session, FREE

- Every Tuesday August 9-30, 2016 from 1:30 to 3:30 p.m. at the Heartland Hospice Office

- 615 Franklin Ave Washington, MO 63090 (HWY 47 and 8th St), Office: 636-390-4723.

-St. Louis office: (314)-453-0990

- **Life Balance Counseling- (Washington)**

- 426 East Fifth St. Washington, MO, Phone: 314-660-7473

- Individual/couples/family therapy/teen & adult therapy

- (Loss or Grief); individual, couples/family/group therapy/ gender specific therapy

- <http://www.lifebalancemissouri.com/>

- Per session: \$120/hr; most insurances accepted

- Call Insurance Specialist, Lakeita Hardaway at 816-753-7071

Income \$0- \$20,000	\$20,001- \$50,000	\$50,001- \$85,000	\$85,001- up
Fee \$80/ hr.	\$90/hr	\$100/hr	\$120/hr

- **Life Delta (Washington)**

- Matt Gildehaus, 20 E Fifth St Washington, MO 63090, Phone: 636-390-3213

<http://www.lifedeltacounseling.com/index.html>

- \$85 for initial session (usually about 90 minutes) \$60 for subsequent (50 minutes to 1 hour) sessions \*Flexible with clients for payment options, doesn't accept insurance

- **New Haven Hospice Care- Grief Groups**

- Office Base: 9503 West Hwy 100, Suite 101, New Haven, MO 63068 Ph: 573-237-2878,

- [www.nhhospicecare.org/griefsupport](http://www.nhhospicecare.org/griefsupport) Email: [info@nhhospicecare.org](mailto:info@nhhospicecare.org)

- Facilitator: Destiny Poertner, MSW Bereavement Coordinator

- Email: [dpoertner@nhhospicecare.org](mailto:dpoertner@nhhospicecare.org) Work Cell: (636) 266-8503

- **NHHC Adult Grief Support Groups:**

- Held at Peace Lutheran Church 5 Scenic Drive Washington, MO 63090-Lower level

- Every Tuesday from 9:30am-11:30am (not a religious based group)

- View current listing of schedule online: [www.nhhospicecare.org/griefsupport](http://www.nhhospicecare.org/griefsupport) OR [www.facebook.com/NewHavenHospiceCareInc](https://www.facebook.com/NewHavenHospiceCareInc) (Events tab)

- \* Groups are cancelled when Washington School District cancels due to weather or hazardous conditions. Cancellations of group will be posted on the Facebook page.

- [www.nhhospicecare.org/griefsupport](http://www.nhhospicecare.org/griefsupport)

- Sign up to receive monthly supportive emails for 1 year

- View upcoming events and attend the annual Spring & Holiday Memorial Services

- **Washington Community Counseling; (Washington)**



- 421 West 5<sup>th</sup> St. Suite 110 Washington, MO, Lisa Phone: 636-221-2756
- <http://washmocounseling.com/> Email: [Lisa@WashmoCounseling.com](mailto:Lisa@WashmoCounseling.com)
- Lisa Luers: offer PayPal
- Don't do sliding scale fees & don't use insurance
- Grief/Trauma therapist; \$65 an hour; if paid online \$68
- Keep 2 spots each for firefighters/emergency responders/single moms= very reduced rates
- If in a serious current struggle, possibly: \$55 or \$60/hr
- \*available office space for NHHC grief support groups; grief support group education
- **Washington Library Grief Support Groups:**
  - 410 Lafayette Avenue Washington, MO 63090
  - Coordinator: Carol Weber 314.713.4820
  - 2nd Monday of the month at 6:00 pm (call to verify current schedule)
- **Waypoint Counseling (Washington)**
  - 224 Elm St. Washington, MO, Phone: 636-234-0035 <http://waypointcounselingservices.com/>
  - No insurance: no sliding scale is used
  - Single session \$90; if pay for 3 sessions at once, discount of \$70/session
- **MULTIPLE LOCATIONS:**
  - **Compass Health: Crider Health Center (Union, Owensville, & Warrenton Offices)**
    - 1780 Old Hwy 50 Union, Phone: 636-582-8100 \*All communication is directed by Compass Health
    - Other locations: Owensville, Warrenton, Sullivan: (884) 853-8937
    - <http://compasshealthnetwork.org/location/crider-health-center-union/>
    - Family Medicine, Dental Health, Adult and Youth Services for Psychiatric Health & Wellness
    - Outpatient Therapy and Psychological Assessments, Outpatient Adult Substance Use Disorders Treatment, Pharmacy
    - Rates: Call 888-403-1071; initial assessment \$240, same day discount \$90
    - Counseling Sliding fee scale: based off of income:
      - \$: ranges from \$30-\$60 based off income and family size (see attachment)
      - Counseling Union Office: if no insurance; need most 2 consecutive recent paycheck stubs of wife & husband

#### [Additional Grief & Bereavement Support Services]

- **BJC Hospice Grief Support Programs**
  - <http://www.bjchospice.org/GriefSupport/ForChildren.aspx>
  - <http://www.bjchospice.org/GriefSupport/ForAdults/Daybreakretreatforcouples.aspx>
  - <http://www.bjchospice.org/GriefSupport/ForAdults/Weavingsretreatformothers.aspx>
- **Compassionate Friends**
  - If you are a member (or a friend) of a family that has suffered the death of a child, The Compassionate Friends is here to help you and provide support for the family. Feel free to contact TCF's National Office at 877-969-0010 or [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org) if you need assistance in finding a local Chapter or you have any other questions.
  - Generally, most meetings are held once a month (some chapters do hold two or have a secondary meeting location that serves a neighboring area) for 1 1/2 or two hours in the evening or on the weekend
  - <https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

- <http://griefnet.org/>

- **Widowhood & Spousal Loss Organizations:**

- **Soaring Spirits:** Soaring Spirits has one goal; to connect widowed people with each other. Soaring Spirits communities, both online and in-person, are diverse, inclusive, secular, and positive. We share resources, ideas, energy, and most importantly, hope.
  - o [www.soaringspirits.org/](http://www.soaringspirits.org/)
- **Hope for Grieving Families:** Hope For Grieving Families supports and connects families with children who have lost a parent, parental figure, or sibling in the Metro DC area. Ongoing events are free to families. To register for events or email [sammi@hopeforgrievingfamilies.org](mailto:sammi@hopeforgrievingfamilies.org).
  - o [www.hopeforgrievingfamilies.org](http://www.hopeforgrievingfamilies.org)
- **TAPS: The Tragedy Assistance Program for Survivors (TAPS)** offers compassionate care to all those grieving the loss of a loved one who died while serving in our Armed Forces or as a result of his or her service. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.
  - o [www.taps.org/mission](http://www.taps.org/mission)

- **Learn more about grief:** <http://www.hospicenet.org/html/bereavement.html>

- **5 stages of grief:** Visit: <https://grief.com/the-five-stages-of-grief/>

- **Death & dying Q/A?** Visit: <https://grief.com/faqs-on-death-dying/>

- **Tips to aid children with grief:**

- [www.grief.com/children-in-grief/](http://www.grief.com/children-in-grief/)      [www.hospicenet.org/html/children.html](http://www.hospicenet.org/html/children.html)
- [www.hospicenet.org/html/teenager.html](http://www.hospicenet.org/html/teenager.html)      [www.hospicenet.org/html/talking.html](http://www.hospicenet.org/html/talking.html)
- Grief Activity Book: "Scarlet Says Good-Bye" by Christine L. Thompson
- "The Grieving Teen: A Guide for Teenagers and Their Friends" by Helen Fitzgerald

- **Adult Grief Healing Books**

- "A Grace Disguised" by Gerald L. Sittser
- "A to Z Healing Toolbox: A Practical Guide for Navigating Grief and Trauma with Intention" by Susan Hannifen-MacNab
- "Blind Curves: A Woman, a Motorcycle, and a Journey to Reinvent herself" by Linda Crill
- "Dying Well: The prospect for Growth at the End of Life" by Ira Byock
- "Grievors Ask: Answers to Questions About Death and Loss" by Harold Ivan Smith
- "It's OK that you're not OK: Meeting Grief and Loss in a Culture That Doesn't Understand" by Megan Devine
- "I've Still Got Me: A Wise woman's Journey to Love, Happiness & Financial Independence" by Michelle P. Cooper
- "Healing After the Suicide of a Loved One" by Ann Smolin and John Gulnan
- "How to go on Living When Someone You Love Dies" by Therese A. Rando
- "How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding Your Life" by Catherine A. Sanders
- "Sudden Money: Managing a Financial Windfall" by Susan Bradley and Mary Martin
- "The Gift of Peace" by Joseph Cardinal Bernadin
- "The Grieving Child: A Parent's Guide" by Helen Fitzgerald
- "Welcome to...The Widows Club" by Sula Miller
- "We the Widows: A Guide to Your New Life" by Patricia Tyson Redmond
- "When Parents Die: A Guide for Adults" by Edward Myers
- "Widowed" by Joyce Brothers

- **COVID Grief Network**

- <https://www.covidgriefnetwork.org/>
- Get connected to a community of young adults who know what it's like, and free one-on-one support from a volunteer grief worker.
- **Funeral Homes:**
  - Visit a funeral home website, most have free grief support emails you can subscribe to.
    - Toedtmann & Grosse Funeral Home: available on their home page
- **Lost and Found Grief Center**
  - 1006 N. Cedarbrook Springfield, 65802; Phone: 417-865-9998; <https://lostandfoundozarks.com/>
  - Office: 1555 S. Glenstone Ave. Springfield, MO 65804
  - Support for: Adults, Teens, Children
  - If you are interested in finding out more about our therapeutic grief support programs, please call (417) 865-9998

### Grant/Non-Profit Funds

- **Franklin County Area United Way**
  - 301 W. Front St. P.O. Box 3 Washington, MO 63090, Ph: 636-239-1018
  - [info@franklincountyuw.org](mailto:info@franklincountyuw.org)      [www.franklincountyuw.org](http://www.franklincountyuw.org)
  - The Franklin County Area United Way has been improving lives for over 60 years by allocating funds to agencies and programs that provide health and human services in four areas:
    - Strengthening Families & Nurturing and Protecting Children
    - Assisting the Elderly and Disabled & Providing Emergency Assistance

### Hospice

- **Compassus & Palliative Care**
  - 11872 Westline Industrial Drive, Building #2, Suite 160, Maryland Heights, MO 63146
    - Ph:314-731-4700, Fax: 314-731-9000
- **Heartland Hospice Care**
  - 615 Franklin Ave. Washington, MO 63090, Phone: 636-390-4723, Fax: 636-239-2783
  - 1097 Wentzville Parkway Wentzville, MO 63385-3537, Ph: 844-329-0950
  - 12101 Woodcrest Executive Drive, Suite 102; St. Louis, MO 63141-5008, Ph:844-329-0950
- **Kindred Hospice**
  - 16 The Plaza Troy, MO 63379, Phone: 636-528-2816
- **New Haven Hospice Care, Inc.**
  - 9503 West Hwy 100, Suite 101 New Haven, MO 63068, Phone: 573-237-2878, Fax: 573-237-2874
    - <https://www.nhhospicecare.org/>      [www.facebook.com/NewHavenHospiceCareInc](https://www.facebook.com/NewHavenHospiceCareInc)
- **Preferred Hospice of Missouri (Northeast)**
  - St. Louis Region (Includes pediatric care), Phone: 636-527-9330
  - 301 Sovereign Court, Suite 206, Ballwin, Missouri 63011

### Hospitals/ER/Clinics

- **Free Clinics**
  - <https://www.freeclinics.com/>
  - Search online for FREE/Sliding Fee Income-based Scales of: medical/health clinics, walk-ins
- **Hermann Area District Hospital**

- 509 W 18th St, Hermann, MO 65041, Phone: 573- 486-2191
- Ashten Heying, MSW, Director of Social Services, 573-486-2053
- **Mercy Hospital- Washington**
  - 901 E Fifth St, Washington, MO 63090, Phone: (636) 239-8000

## Housing

- **Haven Manor- NH (waitlist)**
  - 100 Haven Manor Dr. New Haven, MO 63068, Phone: 636-239-6656
  - (located next to Ridgeway Apartments) Rates: \$255-265 based on income and deductions (included water trash, sewer, electric)
  - all 1 bedroom and baseboard heat and AC, coin laundry hookup on site
- **Jefferson Franklin Community Action**
  - PO Box 5 Hwy MM Gray Summit, MO 63039, Phone: 636-742-0808
- **Parkview Apartments- NH (waitlist)**
  - 100 Douglas St. New Haven, MO 63068, Phone: 636-239-6656
  - \$330-451/month, electric allowance 57, based on income, assists, and medical and deductions, (cable 25/monthly) 125 sq. foot, coin operated washer/dryer on site
- **Ridgeway Apartments- NH**
  - 104 Ridgeway Dr New Haven, MO 63068, Phone: 636-239-6656
  - between 2 bedroom-5 bedroom \$490-565, proof of income, different amenities available
  - (cable 25/monthly) 125 sq. foot, coin operated washer/dryer on site
- **Willimann Apartments- NH**
  - New Haven, MO 63068, Phone: 573-237-

## Homeless Shelters

- **Agape House Of Franklin County- St. Clair**
  - Saint Clair, MO 63077      (13.29 miles from city center Washington)
  - Phone: 636-629-9899, Homeless shelter and food bank.
  - Food Pantry
    - o Mon 12:00 - 2:00 pm, Thurs 11:00 am - 1:30 pm, Fri 1:00 - 3:00 pm
  - Call to confirm pantry hours and shelter hours
- **First Step Back Home- Lake St. Louis**
  - Lake St Louis, MO      (19.96 miles from city center Washington)
  - Ph: (636) 466-1365
  - We are the St. Charles leader in Shelter
  - Limited homeless services and financial assistance. 3 nights at week with \$100 match from client.
- **Salvation Army O'Fallon**
  - O Fallon, MO 63366      (24.63 miles from city center Washington)
  - Ph: 636-240-4969
  - Homeless shelter for families.
  - Office Hours: Mon - Fri, 8:30am - 5pm; Sat, Sun, closed.

- Homelessness, by addressing its root causes and breaking the cycle of poverty. We operate four shelters in the St. Louis Metro area that serve the neediest men, women

### Independent Living Services

- **Heartland Independent Living Center, Non-Residential LLC.**

- 615 Washington Ave, Washington, MO 63090, Phone: 636-390-4723
- [hilc@heartlandilc.org](mailto:hilc@heartlandilc.org)    [www.heartlandilc.org](http://www.heartlandilc.org)
- Site Location: 1010 Hwy 28 Owensville, MO 65066 Phone: 573-437-5100 Toll Free: 866-322-3224 Fax: 437-5117
- Serving Primarily Franklin, Gasconade and Maries Counties
- Open 8am-4pm, closed 12-12:30pm for lunch

-Services: Advocacy, Independent Living Training, Information and Referrals, Peer Support, HILC In-Home Care, TAP-Telecommunications Access for Telephone and Internet (equipment that matches your disability/needs), Adaptive Equipment Programs (wheelchairs, walkers, canes, etc.)

- **Oak View Village- Union**

- 204 Oak View Circle Union, MO 63084, Phone: 636-294-4860

- **MacArthur Park- Apartments- Washington**

- Tammy Zeugin, Property Manager, Phone: 636-239-2322, Fax: 636-239-2320
- 700 East 5<sup>th</sup> St. Washington, MO 63090
- [tzeugin@hamiltoncorporation.com](mailto:tzeugin@hamiltoncorporation.com)
- [hamiltonpropertiescorporation.com](http://hamiltonpropertiescorporation.com)

- **MO Department of Health and Senior Services- Union**

- Assists elderly and disabled to live as independently as they can
- Services: Jobs for Seniors, Nutrition assistance, Housing Assistance, Legal Services, Transportation- OATS, Keeping Seniors Active, Find/Compare nursing homes on website, <http://health.mo.gov/seniors/>
- Elder Abuse and Neglect Hotline & Adults with Disabilities
- 1 Liberty Plaza Union, MO 63084, Phone: 636-583-2419, Hotline: 800-392-0210
- Mon-Friday 8am-4pm

### Legal and Advocacy Services

- **LAWYERS:**

- Donna Coleman Attorney & Counselor
  - 3925 Highway E, New Haven, MO 63068; Ph: (573) 237-3549
- Edward Jones - Financial Advisor: Jim Stiles
  - 201 Immanuel Ave, New Haven, MO 63068; Phone: (573) 237-4834

- **Administration for Community Living (ACL)**

- ACL advocates across the federal government for older adults, people with disabilities, and families and caregivers; funds services and supports provided primarily by states and networks of community-based programs; and invests in training, education, research, and innovation.
- Legal Services for the Elderly Program
  - Legal assistance provided under Title III-B is part of the essential core of AoA's legal assistance and elder rights programs. The legal services network can provide important

assistance for older persons in accessing long-term care options and other community-based services.

- Legal services also protect older persons against direct challenges to their independence, choice, and financial security. These legal services are specifically targeted to “older individuals with economic or social needs.”
- There are approximately 1,000 OAA-funded legal services providers nationwide, which provide nearly one million hours of legal assistance each year.
- Maintaining long-term financial solvency and economic security.
- [www.acl.gov](http://www.acl.gov), Phone: (202) 401-4634
- **CASA- Franklin County Court Appointed Advocate**
  - CASA of Franklin County’s vision is to ensure that every abused and neglected child has a voice in court in order to make a positive impact on the child and community. CASA of Franklin County advocates for abused and neglected children by providing them with a voice in the juvenile court system. CASA recruits, screens, trains and supports community volunteers to advocate for the best interests of abused and neglected children.
  - 17 South Oak Union, MO 63084, Phone: 636-583-4422
- **Create Your Will Online: Possible FREE or Charge (read websites for pricing)**
  - Missouri Last Will and Testament: <https://eforms.com/wills/>
  - Last Will and Testament: <https://www.rocketlawyer.com/form/last-will-and-testament.r/#/>
  - MO Will and Testament: Pay \$100: <https://willing.com>
  - Many more, just google “Missouri Last Will and Testament free templates”
- **Identity Theft Recovery: Federal Trade Commission**
  - Visit [IdentityTheft.gov](http://IdentityTheft.gov), the federal government’s one-stop resource to help you report and recover from identity theft.
- **Legal Services of Eastern MO (LSEM)**
  - Legal Aid programs providing free legal help to low-income and disadvantaged people in Missouri
  - Generally, we help family households with annual incomes at or below 125% of the federal poverty guidelines. However, we have many special programs and funding available to assist individuals who are over the basic income guidelines.
  - You can apply for legal aid at one of the offices listed below by telephone. Also, you can apply online, <https://www.lsmo.org/node/747/our-offices>
    - 20 South Church Street, Suite C Union, MO 63084, 636-583-7877 OR 1-866-767-2018
    - 4232 Forest Park Ave. St. Louis, MO 63108, Phone: 800-444-0514
- **MO Protection and Advocacy Services**
  - To protect the rights of individuals with disabilities by providing advocacy and legal services.
  - Services:
    - Protection and Advocacy for Individuals with Developmental Disabilities
    - Protection and Advocacy for Individuals with Mental Illness
    - Protection and Advocacy of Individual Rights
  - [www.moadvocacy.org](http://www.moadvocacy.org), Phone: 800-392-8667
- **National Consumer Law Center**
  - <https://www.nclc.org/special-projects/older-consumers.html>
  - NCLC provides trainings and case consultation as well as legal assistance to attorneys and advocates for older adults in consumer and energy law.

- Our advocates specialize in foreclosure prevention and defense, debt collection, consumer fraud, and energy/utility assistance, among other topics. NCLC is a partner organization with the National Center on Law and Elder Rights (NCLER).
- **NCLC: National Center on Law & Elder Rights**
  - <https://ncler.acl.gov/>
  - a national resource center for the legal services and aging and disability networks, focused on the legal rights of older adults.
  - Providing webinars, trainings, written materials, and case consultations, NCLER is a one-stop resource for professionals serving older adults with the greatest economic and social needs.
  - NCLER is administered by Justice in Aging in partnership with the National Consumer Law Center, the ABA Commission on Law & Aging, and The Center for Social Gerontology, under contract with the Administration for Community Living's (ACL) Administration on Aging
- **Paying For Senior Care: State Bar Associations**
  - Wills can be written without assistance and without a fee. However, depending on complexity, one may wish to seek help. There are many websites that offer assistance and only charge a small fee. These sites usually charge less than \$100.
  - Using an attorney greatly decreases the chance of making an error, and therefore, having a will declared invalid. One should expect to pay an attorney between \$250 and \$1,000 for their assistance.
  - **State bar associations can usually make referrals to specific attorneys or organizations that provide free (pro bono) services:**
    - **Bar Association of Metropolitan St Louis**
      - Address: 555 Washington Ave Ste 100 Saint Louis, MO 63101-1249, (314) 421-4134
    - **The Lawyers Association of St. Louis**
      - Address: PO Box 411122 Saint Louis, MO 63141-3122, (314) 991-5297
    - **The Missouri Bar**
      - Address: 326 Monroe St Jefferson City, MO 65101-3158, (573) 635-4128
- **U.S. Administration on Aging's Pension Counseling and Information Program:      SOUTH CENTRAL PENSION RIGHTS PROJECT**
  - Texas Pension Rights Office: Serving Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, Texas
  - [www.southcentralpension.org](http://www.southcentralpension.org)      Toll Free (800) 443-2528
  - Help provided...
    - If you have been unjustly denied your pension benefits
    - If you cannot locate the company that administers your benefit
    - If your spouse had a benefit but has passed away
    - If you don't know how to apply for your pension
    - If you don't know if you are entitled to a pension
    - If you have any questions about your retirement plan

### Libraries- Local

- **Scenic Regional Library-NH**
  - Hours: Mon/Wed/Fri: 9am – 6pm; Tues/Thurs: 9am – 8pm; Sat: 9am – 5pm; Sun: Closed
  - 200 Douglas Street, New Haven, Missouri 63068, Phone: 573-603-0466
  - Branch Manager: Rachel Terbrock, [rterbrock@scenicregional.org](mailto:rterbrock@scenicregional.org)

### Massage Therapy



- **Elements of Health**
  - 201 W. Main St (Lower Level) Washington, MO
  - Licensed Massage Therapists: Jackie Wehmeyer 314-808-1467, Laura Kessler 636-667-3227, Elizabeth Brown 573-291-0659, Morgan Bush 636-221-7657, Ellen Rowe 314-258-1203
  - <http://www.elementsofhealthmassage.com/>
- **Massage For Your Health**      **\*Reflexology Services and Cancer Care available also**
  - 1011 Market St. Hermann, MO 65041      Phone: 573.486.0199, 877-543-0199
  - <http://massageforyourhealth.com/>
  - Monday, Wednesday, Friday: 9:00am - 6:00 pm, Tuesday & Thursday: By appointment, Saturday: 9:00- 4:00pm
  - [massageforyourhealth@yahoo.com](mailto:massageforyourhealth@yahoo.com)      \*Prices listed on website. \*Services that are prescribed by a physician may be eligible for payment through Crusade Against Cancer funds.
- **The Wellness Spot**
  - 120 W Front Street, Washington, MO 63090      Phone: (636) 239-9997      Fax: (636) 239-9931
  - Dr. Megan Minner, D.C.      [twellnessspot@gmail.com](mailto:twellnessspot@gmail.com)      <http://washmochiros.com/>      \*Hours: By Appointment Only
  - \*Most insurance plans accepted, Medicare, family plans offered, flexible/customized plans, "Care Credit" pending credit approval
  - Tues 10am-5pm, Wed 1:30-4:30pm, Thursday 8:30am-10:30am, Saturday 9am-12pm

### **Meal Services & Food Pantries**

- **Agape Christian Care Center**
  - 1095 N. Service Rd. St. Clair, MO 63077, Phone: 636-629-9899
  - Monday 12-3pm, Thurs 11am-1:30pm, Friday 1-3pm
  - \*Call to confirm zip code served
- **Agape Help House of Pacific**
  - 120 Lamar Parkway Pacific, MO 63069, Phone: 636-271-5315
  - Tues, Thurs, Sat: 10am-11:45am; Tues: 1-3pm; Thurs 1-4:30pm
  - Serves Meramec Valley School District; Bring photo ID and proof of income.
  - Offers 1<sup>st</sup> time emergency food assistance
- **Bourbon Ecumenical Corp.**
  - 319 E. Pine Bourbon, MO 65441, Phone: 573-732-4888
  - Saturdays 9am-12pm
  - Serves Bourbon residents
  - bring proof of residence and photo ID
- **First Assembly of God**
  - 255 Crescent Lake Rd. St. Clair, MO 63077, Phone: 636-629-3354
  - Second Friday 4:30-5:30pm
  - Serves St. Clair residents.
- **Gerald Community Outreach, "Finder's Keeper's"**
  - 17 4th St, Gerald, MO 63037, Phone: 573-764-4357
  - Thrift shop, help with utilities/place to live/Food pantry
  - Open Fridays/Saturdays 9am-12pm; Serves: Gerald, Rosebud, Beaufort, Leslie, New Haven, \*Bring photo ID and proof of residence
- **Helping Hands Outreach Center**



- 604 S. Second St. Owensville, MO 65066, Phone: 573-437-8880
- Tues, Wed, Thurs: 10am-2pm
- Serves Gasconade County residents
- **Hermann Community Food Pantry**
  - 1902 Jefferson St. Hermann, MO 65041, Phone: 573-4865-0557
  - 3<sup>rd</sup> Wed. 4pm-5:15pm
  - Serves Hermann School District, Applications in box outside of pantry (collected 1<sup>st</sup> Friday of each month)
- **Holy Family Catholic Church (SSVDP)**
  - 124 Holy Family Church Rd. New Haven, MO 63068, Phone: 573-459-6441
  - \*By appointment only
  - Paris Boundaries, \*Bring photo ID and proof of residence
- **Immaculate Conception Catholic Church (SSVDP)**
  - 100 N. Washington Ave. Union, MO 63084, Phone: 636-583-5144
  - \*By appointment only
  - Bring photo ID, proof of residence, and proof of income.
- **Loving Hearts Outreach**
  - 1902 West Main St. Washington, MO 63090, Phone: 636-390-8300 or 636-583-5700
  - Thrift shop, help with utilities/place to live, food pantry: bring proof of Franklin County residence and photo ID
  - Dropped off brochures 6/14/17
- **Meals on Wheels**
  - People homebound age 60 and older
  - To apply, call (636) 583-5432 or email [union@mid-eastaaa.org](mailto:union@mid-eastaaa.org)
  - Hot lunches served Monday-Friday 11:45 a.m. - 1:00 p.m.
- **Memorial Baptist Church**
  - Food pantry, Joe Nogalski
  - 205 Sunset Ln, New Haven, MO 63068, Phone: 573-237-2154
- **Meramec Community Mission**
  - 200 W. Main St. Sullivan, MO 63080, Phone: 573-468-5813
  - Thurs 9am-4:30pm
  - Serves residents of Sullivan/Sullivan C-2 School District with limited income.
- **New Haven Community Outreach**
  - Serves NH and surrounding community
  - President: Julie Conner 573-418-7068
  - Operates NH Food Pantry at St. Peters UCC: 607 Maupin Ave. 63068, Phone: 573-237-2182
  - Friendship Plate: free community meal offered on the second Saturday of the month by local churches and community volunteers. Doors open at 4:30pm, meal served from 5-6pm.
  - \*Holds community meetings every 3 months; anyone from the community is welcomed
- **New Haven Food Pantry**
  - Pantry operates on third Saturday of the month from 9-11am
  - St. Peter's UCC 607 Maupin New Haven, MO 573-237-2182
  - Serves NH residents
  - \*Call Julie Conner 573-418-7068 with NH Community Outreach
- **Operation Food Search Hunger Hotline**
  - Emergency 24/7 Services, Phone: 314-726-5355

- **Peace Pantry**
  - 6672 Veterans Dr. Cedar Hill, MO 63016, Ph: 636-285-0934
- **Second Blessings-Food Pantry**
  - 105 East Main Street Union, MO 63084, Ph: (636) 649-4545
- **St. Francis Borgia Food Pantry**
  - 310 West Main St. Washington, MO 63090, Phone: 636-239-6701 x1305
  - Monday & Thursdays 4-5:30pm
- **St. Paul's Church**
  - 103 S. 2<sup>nd</sup> St. Marthasville, MO 63357, Phone: 633-433-2482
  - 2<sup>nd</sup> Tues 7am-8pm, 3<sup>rd</sup> Sat. 2-4pm
  - \*Call to confirm zip code served
- **St. Peters United Church of Christ**
  - 20 E. 5<sup>th</sup> St. Washington, MO 63090, Phone: 636-390-2126
  - Monday 12-4pm; Tues 12:30-2:30pm; Thursday: 9am-11am
  - Serves Washington School District
  - bring proof of Franklin County residence and photo ID
  - \*The Harvest Table: Saturdays 5-6pm, Provides a home cooked meal in a safe environment every Saturday evening at no charge, serves all ages.
- **Tri-County Food Pantry**
  - 4529 Hwy 50 Leslie, MO 63056, Phone: 573-484-3123, Tues 4:30pm-6pm
  - Call to confirm zip code served
- **Union Food Pantry**
  - 115 West Locust St. Union, MO 63084, Phone: 636-584-7050
  - Monday, Thursday 2-4pm
  - Bring proof of Union residence and SSN for all people in household.
  - Bring proof of employment, disability, SSI, and food stamps (if applicable).
- **United Way**
  - Information & Referral, emergency 24/7 services at 211, or 800-427-4626
- **Welcoming Table: First Presbyterian Church**
  - 105 E. Main St. Union, MO 63084, Phone: 636-58232-3555
  - Tuesday 6-7pm
  - Free Dinner in the downstairs fellowship hall. Use basement entrance at rear of church

### Medical & Applying for Medicaid

- **Applying for Medicaid**
  - **Program Overview:** <https://www.benefits.gov/benefit/606>
  - **Who is Eligible for Medicaid:** <https://mydss.mo.gov/healthcare/mo-healthnet-for-seniors#eligible>
  - **Medicaid Eligibility in Missouri:** <https://eligibility.com/medicaid/missouri-mo-medicaid-benefits>
    - Not a government website but has helpful information
  - **What is "Spend Down"?**
    - Helpful Video: <https://www.youtube.com/watch?v=q65HPAuoido&feature=youtu.be>
    - <https://mmac.mo.gov/who-can-pay-for-medicaid-spend-down/>
  - **How to Apply for Medicaid:** <https://www.healthcare.gov/medicaid-chip/getting-medicaid-chip/>
  - **What happens to debt after death?**
    - <https://www.consumerfinance.gov/ask-cfpb/if-someone-dies-owing-a-debt-does-the-debt-go-away-when-they-die-en-1463/>

- If someone dies owing a debt, does the debt go away when they die?
  - o No, when someone dies owing a debt, the debt does not go away. Generally, the deceased person's estate is responsible for paying any unpaid debts. The estate's finances are handled by the personal representative, executor, or administrator. That person pays any debts from the money in the estate, not from their own money.
- **Franklin County Health Department**
  - 414 East Main, Union, MO 636-583-7300
- **Gasconade County Health Department**
  - 300 Schiller Hermann, MO, Phone: 573-486-3129
- **Mercy Healthcare**
  - 513 Hwy 100 New Haven, MO, Phone: 573-237-6100
- **Mercy Woman and Children's Clinic**
  - 901 East Fifth St. Washington, MO, Phone: 636-239-8000

### Medicare and Health Insurance Counseling

- **CLAIM Program- MO State Health Insurance Assistance Program**
  - 200 N. Keene St., Ste. 101 Columbia, MO 65201, Toll-Free: (800) 390-3330, Local: (573) 817-8320
  - Trained counselors provide free, unbiased advocacy, education and assistance to people with Medicare and those who help them (beneficiaries, families, and caregivers) to make informed decisions about Medicare and related health insurance needs.

### Mental Health & Crisis Lines

- **Harmony Clubhouse**
  - Washington, MO 63090, <http://www.harmonyclubhouse.org/referral-form/>
  - accredited rehabilitation clubhouse for adults with a mental illness
  - Membership is open to anyone who has a history of mental illness and meets the admission criteria of the program.
  - Membership is for life. If someone is interested in becoming a member, they can call the clubhouse for a visit through Career Development Unit. Participation in a three day orientation gives experience in each of the work units and an understanding of what Harmony Clubhouse has to offer.
  - Does not provide clinical treatment. The staff will help members locate mental health and other professional services as needed. The support is centered around the work ordered day and can also include help with housing, advocacy, and financial aid
- **Telephone Hotlines 24/7**
  - o **Crisis Call Center**
    - o Call: (775) 784-8090
  - o **National Suicide Prevention Hotline**
    - o <tel:1-800-273-8255>
  - o **Online Crisis Network**
    - o Call 1-800-442-HOPE 1-800-442-4673
  - o **Provident Behavioral Health**
    - o PROVIDENT CRISIS HOTLINE- 314.647.4357
  - o **PRS CrisisLink (Psychiatric Rehabilitation Services)**
    - o Call 703-527-4077 (24/7)

- **Samaritans Completely Confidential Hotline**
  - When You Need Someone to Talk to 24/7
  - Ph: (212) 673-3000
  - <https://samaritansnyc.org/24-hour-crisis-hotline/>
- **Yellow Ribbon Suicide Prevention Program**
  - Phone: 800-811-4760
- **Text or Online Chat:**
  - **Crisis TEXT Line**
    - Text “SUPPORT” to 741-741 (24/7).
  - **Crisis Call Center**
    - Text: “ANSWER” to 839863
  - **Suicide Prevention LifeLine CHAT**
    - Chat online, or call 1-800-273-8255

## CHAPTER 3

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### New Haven Emergency Contact Numbers

- **City Hall**
  - 101 Front Street, Phone: 573-237-2349
- **Ambulance**
  - Phone: 573-237-3519
- **Fire Department**
  - Phone: 573-237-3229
- **New Haven Chamber of Commerce**
  - 200 Main Street New Haven, MO 63068, Phone: 573-237-3830
- **Police Department**
  - 1100 Olive, Phone: 573-237-2211

### Outreach/Thrift Shops/Emergency Assistance

- **American Red Cross- Emergency Assistance**
  - 3201 Hwy A Washington, MO, Phone: 800-448-3543
- **Gerald Community Outreach, “Finder’s Keeper’s”**
  - 17 4th St, Gerald, MO 63037, Phone: 573-764-4357
  - Thrift shop, help with utilities/place to live/food pantry
  - Open Fridays/Saturdays
  - Dropped off brochures 6/15/17
- **Loving Hearts Outreach**
  - 1902 West Main St. Washington, MO 63090, Phone: 636-390-8300
  - Thrift shop, help with utilities/place to live, food pantry: bring proof of Franklin County residence and photo ID
  - Dropped off brochures 6/14/17
- **New Haven Community Outreach**
  - 9am-1pm, Phone: 573-237-2182
  - Or contact Julie Conner at 573-418-7068

## Parkinson's Disease

- **Parkinson's Support Group: Washington**
  - Washington Public Library: 410 Lafayette Avenue, Carol Weber: 314.713.4820
  - 2nd Monday of the month at 6:00 pm
- **Parkinson's Support Group: Hermann**
  - StoneBridge- Frene Valley, 1800 Wein St., Falls Conference Room, Emilie Hegerfeld 573.486.3155
  - 4th Tuesday of the month at 5:00 pm
- **Resources:**
  - <https://www.apdaparkinson.org/community/st-louis/resources-support-stl/support-groups/>
  - [www.apdaparkinson.org](http://www.apdaparkinson.org)
  - [www.parkinson.org](http://www.parkinson.org)
  - <https://www.nia.nih.gov/health/parkinsons-disease>
  - [www.moretoparkinsons.com](http://www.moretoparkinsons.com)

## PCP/Doctor's Office- Local

- **Mercy Clinic Family Medicine- New Haven**
  - 9513 MO-100, New Haven, MO 63068, Phone: [\(573\) 237-6100](tel:5732376100)
  - Dropped off brochures 8/2017
- **New Freedom Family Medicine- Dr. Allen's, Hermann**
  - 127 E 4<sup>th</sup> St., Hermann, MO 65041, Phone: [\(573\) 486-1104](tel:5734861104)
  - Dropped off brochures 8/18/17
- **Southwest Medical Clinic**
  - 1714 Wein St, Hermann, MO 65041, Phone: [\(573\) 486-2118](tel:5734862118)
  - Dropped off brochures on 8/18/17

## Ramps/Home Modifications/Motorized Scooters/Wheelchairs/Disability Vans

- **INSURANCEES:**
  - **Medicare:** won't pay for any mobility device if a patient is on hospice services- insurances view this as an unnecessary expense.
  - **United Healthcare:** won't pay for any mobility device if a patient is on hospice services (Verified this with Provider Plus, Mobility Division Department 314-961-8500.)
  - **However, if a patient isn't on hospice services a patient:**
    - 1. Make an appointment with PCP face to face
    - 2. Doctor will or will not provide them with a prescription for a mobility device
    - 3. Patient chooses a DME company (Mercy uses Provider Plus or New Motion)
    - 4. A seating specialist from that DME Company comes to patient's house for a PT evaluation to determine which mobility device their needs require.
    - 5. Usually the patient is still responsible for 20% of that device expense.
- **101 Mobility of St. Louis**
  - 314-669-7065, go.101mobility.com
    - 101 Mobility sells, installs, and services stairlifts, platform lifts, wheelchair ramps, patient lifts, and offers free home assessments to adapt your home to your changing needs.
    - Rent a motorized scooter "Pride Mobility Elite Travel Plus 4 Wheel" for \$350/month
    - Buy a gently used scooter (only rented once/twice) for \$850-price discussed 5/7/20
- **Aging Ahead**

- <https://www.agingmissouri.org/> Email: [info@agingahead.org](mailto:info@agingahead.org)
  - o Community Options Specialis: Stephanie Paul, MSW, LCSW 636-253-0558
  - o 6180 Hwy MM House Springs, MO 63051 spaul@agingahead.org
- 14535 Manchester Road, Manchester, MO 63011, Phone: 1 (800) AGE-6060
  - Senior Resource Centers
  - Family Caregivers Support Program
  - Choice Program
  - Senior Medicare Patrol: Fraud Education
- Family Caregiver Support Program: offers \$500 in assistance toward a minor home modification project.
  - o Eligibility: the client has to be 60 or older with a caregiver residing in the home.
  - o They contact us to complete an assessment via phone and if they would like to move forward we will complete a home visit to verify the need for the project before funding is approved.
  - o We do not supply volunteers or recommend any contractors to complete the work; that is the responsibility of the family to coordinate.
- If they do not meet these criteria or need additional assistance we refer individuals to Heartland Independent Living Center or local churches for potential assistance.
- **Heartland Independent Living Center**
  - o Heartland Independent Living Center, Non-Residential LLC. (offers many different services)
  - o 615 Washington Ave, Washington, MO 63090, Phone: 636-390-4723
  - o [hilc@heartlandilc.org](mailto:hilc@heartlandilc.org) [www.heartlandilc.org](http://www.heartlandilc.org)
  - o Site Location: 1010 Hwy 28 Owensville, MO 65066 Phone: 573-437-5100 Toll Free: 866-322-3224 Fax: 437-5117
  - o Serving Primarily Franklin, Gasconade and Maries Counties
  - o Open 8am-4pm, closed 12-12:30pm for lunch
  - o Do not have any motorized mobility equipment, only knee scooters/wheelchairs/walkers/rollators (wheeled walkers). Must have a doctor prescription for this and a \$75 fee.
- **MO Disability Grants**
  - o [www.themobilityresource.com/financing-handicap-accessible-vehicles/state-grants/missouri-disability-grants/](http://www.themobilityresource.com/financing-handicap-accessible-vehicles/state-grants/missouri-disability-grants/)
- **Missouri Assistive Technology (MoAT)**
  - Through a variety of services and support, MoAT increases access to assistive technologies for disabled Missourians. Where funding is concerned, they only directly offer low-interest loans. However, they can point you toward sources of disability grants for acquiring assistive technology, including a handicapped-accessible vehicle.
  - 1501 NW Jefferson Street Blue Springs, MO 64015; (816) 655-6700 or (800) 647-8557
  - <http://at.mo.gov/> Email: MoAT1501@att.net
- **Missouri Association of Area Agencies on Aging (ma4)**
  - The ma4 oversees Area Agencies on Aging across the state of Missouri. It was founded in 1973 to advocate for resident senior citizens and to provide them with services and resources. If you need a handicap van because of age-related impairments, or if this describes a loved one, ma4 can help you locate funding assistance. Contact a mobility consultant for more information.
  - [www.ma4web.org/](http://www.ma4web.org/) Counties Served: [www.ma4web.org/contact](http://www.ma4web.org/contact)
  - Central MO AAA: Rebecca Nowlin, LPC – CEO (Gasconade County)

- AgingBest, formerly Central Missouri Area Agency on Aging
- 1121 Business Loop 70 East Columbia, MO 65201 Ph: 573.443.5823 Alt Ph:800.369.5211
- Web: [www.cmaaaa.net](http://www.cmaaaa.net) Email: rnowlin@cmaaaa.net
- **Missouri Developmental Disabilities Council (MODDC)**
  - MODDC serves people living in Missouri who have a developmental disability, as defined in Federal law. It also works with their families. The Council aims to promote full integration, inclusion and participation in the community.
  - P.O. Box 687 1706 E. Elm Street Jefferson City, MO 65102 (573) 751-8611 or (800) 500-7878
  - [www.moddcouncil.org/](http://www.moddcouncil.org/) Email: shanks@mpcdd.com
- **Missouri Veterans Commission**
  - The Missouri Veterans Commission provides information to resident military veterans and their dependents about the services and assistance they are entitled to. It also does all it can to facilitate access to these entitlements. For disabled vets, this includes grant money toward a wheelchair van or other necessities.
  - 205 Jefferson Street 12th Floor Jefferson Building P.O. Drawer 147 Jefferson City, MO 65102
  - (573) 751-3779 <http://mvc.dps.mo.gov/> [Movets.veteran@mvc.dps.mo.gov](mailto:Movets.veteran@mvc.dps.mo.gov)
- **Missouri Vocational Rehabilitation (VR)**
  - VR is provided to persons with disabilities residing in Missouri through the state's Department of Elementary and Secondary Education. If your impaired mobility is standing in the way of the job you want, this agency can help. Assistance may even come in the form of a disability grant for use toward a handicap van or handicapped accessibility equipment and conversions to get you to work. Find contact information for your local office at <http://dese.mo.gov/vr/vroffices.htm> or contact the main office at:
  - 3024 Dupont Circle Jefferson City, MO 65109 (573) 751-3251 or (877) 222-8963
  - <https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>
  - [info@vr.dese.mo.gov](mailto:info@vr.dese.mo.gov)
- **Mobility Scooters of Washington**
  - 308 Jefferson Street Washington, MO 63090
  - [www.americanmobilityscooters.com/mobility-scooters.html](http://www.americanmobilityscooters.com/mobility-scooters.html)
  - scooters that start as low as \$400
- **Ramp Builders, Organizations, and Projects in Missouri**
  - <http://www.ramps.org/projects-missouri.htm>
  - \*As of 9/4/18 Franklin/Warren/Gasconade are not service areas covered
- **Non-Profit Organizations**
  - Habitat for Humanity
  - AccessABILITY Experience
  - Rebuilding Together
  - National Directory of Home Modification Repair Resources Program
  - Senior Corps
  - Centers for Independent Living
- **Paying For Senior Care- Understand Your Options for Long-Term Care**
  - <https://www.payingforseniorcare.com/financial-assistance/wheelchair-ramps-medicare.html#title10>
  - **MO Medicare policy** on wheelchair ramps falls under their policy for Durable Medical Equipment. As such, if the wheelchair ramp is used for a medical purpose, then the ramp is reimbursable. A



ramp will have to be medically necessary as declared by a licensed physician. Therefore, it is extremely rare that Medicare will pay for the cost of a wheelchair ramp.

- **MO Medicaid:** While there have been some successful court cases where states have been required to provide a ramp benefit to wheelchair bound seniors, these cases are very uncommon and often require a court challenge.
    - o **The Missouri Independent Living Waiver (ILW)** provides home and community based services for adults who are physically disabled. In order to be eligible for the Independent Living Waiver, applicants must be Missouri residents who are between the ages of 18 and 64 and be physically disabled. If the individual also has a cognitive impairment, it must have manifested when the individual was 22 years old or older. In other words, this waiver is not intended for those persons with developmental disabilities. In addition, individuals must require a nursing home level of care, yet still be able to self-direct their own personal care.
      - Applicants must be Medicaid eligible and actively enrolled in the Missouri state plan.
      - There are also asset limitations, which are set at \$2,000 for single applicants and \$4,000 for married applicants, as of 2018. Some assets are considered exempt (non-countable), such as an individual's primary home, given the applicant lives in it and it is valued under \$572,000.
  - **Assistance for Veterans:** Similar to the Medicare supplemental insurance benefits programs for non-veterans, TRICARE for Life / CHAMPVA for Life supplement Medicare Part B to pay the 20% co-payments that Medicare does not pay. However, this benefit only helps when Medicare first agrees to pay for the product or service which, as described earlier, Medicare is very unlikely to do in the case of wheelchair ramps.
    - o A better option is the VA's 'Cash and Counseling' benefit, where qualifying veterans receive a care budget and are allowed to select the services and supplies that they require.
  - **Elder Care Loans:** Financial institutions have recently developed elder care loans. These loans can be used to finance the cost of a wheelchair ramp while an individual is awaiting the fulfillment of other benefits, for example, a veteran's pension, with which the loan can be paid back in full in a lump sum.
  - **Paying for Senior Care: Discounted Rates for Wheelchairs & Motorized Scooters:**
    - o [www.payingforseniorcare.com/walgreens-scooter-discount](http://www.payingforseniorcare.com/walgreens-scooter-discount)
    - o Follow the Walgreens link embedded at this website
  - Our organization has negotiated a special discount for users of PayingForSeniorCare.com with Walgreens Mobility Products. Seniors and persons with disabilities can receive 25% off electric wheelchairs and scooters and free shipping on their purchases when they shop at Walgreens.com.
  - To receive this discount, users must visit Walgreens.com using the link below and enter the Promotional Code below during their checkout process.
  - Click "show code" to reveal Walgreens 25% promotional discount code - 25OFFHM
- **Rebuilding at Home**
    - <https://rebuildingtogether.org/find-your-local-affiliate>
    - Sponsors choose their service area \*as of 9/4/18 no sponsors for the Franklin County area
    - national non-profit organization that has several programs and community building projects which help low income families, veterans, and the elderly to remain living at home and age in place by providing free home modifications services. The major programs offered by this coalition of non-profits, volunteers, and



corporate agencies, are the Safe at Home Program, the Heroes at Home Program, and the National Rebuilding Day. Rebuilding Together has nearly 150 affiliates nationwide.

- **Wheelchair Ramp Rentals/Purchased**

- Seniors who rent their home or are unsure how long they will live in the house may consider renting one a better option. Another advantage to consider of rental or temporary ramps is that they are less likely to require any building permits or fees. One should always check with the city or local authorities to make sure of the local building codes.
  - o AM RAMP: <http://www.amramp.com/rent-or-buy>
    - We will respond to your initial request within 24 hours and set up your FREE site evaluation at your convenience; <https://www.discountramps.com/sfpas/p/SFPAS/>

## Rehabilitation Center: Drug/Alcohol/Substance Use Addiction

- **Al-Non**

- Help and Hope for Families of Alcoholics (Offers support groups for families of alcoholics)
  - <https://al-anon.org/contact-us> Meeting Information: 1-888-4AL-ANON (1-888-425-2666)
  - Family group headquarters: wso@al-anon.org

- **Bridgeway Counseling Services**

- [www.bridgeway.org](http://www.bridgeway.org) 113 Liberty Plaza Union, MO, Phone: 636-584-7146

- **Center Pointe Hospital**

- [www.centerpointehospital.com](http://www.centerpointehospital.com) 5931 Hwy. 94 South, St. Charles, Phone: 1-800-345-5407

- **Alcoholics Anonymous**

- Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.
- <https://www.aa.org/> online meetings/online groups: <http://aa-intergroup.org>
  - **MEETINGS:**
    - o Local Area Web site(s) that May Have A.A. Meeting Information
      - Area 38: Eastern Missouri, Site: [www.eamo.org](http://www.eamo.org)
      - Area 39: Western Missouri, Site: [www.wamo-aa.org](http://www.wamo-aa.org)
    - o Washington, MO local meetings:
      - 110 A HIGH ST, Washington, Missouri 63090 Thursdays at 8PM
      - ST FRANCIS BORGIA PARISH CENTER: 2ND AND CEDAR WASHINGTON, 63090, Washington, Missouri 63090. Sundays at 6PM AND Tuesdays at 7PM
    - o Near Gasconade County; Meeting/Times call 866-256-3258
      - Warrenton, MO:
        - Discussion, Open Alcoholics Anonymous Meeting
        - 501 Ashland St Warrenton, MO; Mondays/Wed./Fri. at 8pm
      - Fulton, MO
        - Unspecified AA Meeting - Alcoholics Anonymous
        - 718 Court St Fulton, MO; Mon/Tues/Thurs 6PM, Fri/Sat 7:30PM
      - Troy, MO
        - AA Big Book Meeting, Open Alcoholics Anonymous Meeting
        - 70 Front St Troy, MO; Mondays 7pm
      - o Saint Louis, Missouri: Central Services Of A.A.(St. Louis Central Service Office)
        - Main: (314)647-3677, Site: [www.aastl.org](http://www.aastl.org)

- Columbia, Missouri: Central Office Of Mid-Missouri (C.O.M.M.)
  - Site: [www.aacomm.org](http://www.aacomm.org)    Dist. 12 Office 24 Hr. Answering Service
  - 24 Hr Answering Svc: (573)442-4424, Site: [www.d12aa.org](http://www.d12aa.org)
- Saint Peters, Missouri: Tri County Intergroup
  - 24 Hr Phone: (636)970-0013, Site: [tricityaa.org](http://tricityaa.org)
- St. Robert, Missouri: District 9 - Eastern Missouri
  - Site: <http://www.aadistrict9mo.com/>
- Park Hills, Missouri: District 6 AA Answering Service
- 24 Hr Hotline: (573)482-4120
- **Better Addiction Care**
  - Provides a free advisory service to help you or your loved ones who are struggling with addiction and may receive compensation from our Featured or Sponsored listings. We at BAC understand that there are many places where you can go for treatment, which may make it difficult to decide. Finding the absolute best place for you or your loved one is our main concern, just as it is yours. We'll take the time to work with you to gain a clear understanding of your needs and concerns.
  - <http://awseb-awseb-1e7pn84oznq1l-236369770.us-east-1.elb.amazonaws.com/>
  - Ph: 800-429-7690 24/7 available
  - **Missouri Treatment Centers listed:** <http://awseb-awseb-1e7pn84oznq1l-236369770.us-east-1.elb.amazonaws.com/missouri-drug-rehab-centers>
- **Bridgeway Behavioral Health**
  - 100 W Main St. Union, MO 63084, Phone: (636) 224-1400

### Residential Programs & Nursing Homes

- **Cedarcrest Manor- Washington**
  - 324 W 5th St, Washington, MO 63090
  - Phone: (636) 239-7848
  - \$194/day semi-private room \$154/day
- **Community Care Center of Union Inc.**
  - 1080 Marie Lane Union MO, 63084; Phone: 636-206-8585
  - Sherry Whitmore- Administrator; Rose Butler- Social Services
  - Semi private room \$195/day; private room \$225/day; private room with shower/bath \$250/day
- **Frene Valley Health Center- Hermann**
  - 1800 Wein St, Hermann, MO 65041, [\(573\) 486-3155](tel:5734863155)
- **Frene Valley of Owensville, A Stonebridge Community**
  - 1016 W Highway 28, Owensville, MO 65066, Phone: (573) 437-6877
- **Gasconade Manor Nursing Home- Owensville**
  - 1910 Nursing Home Rd, Owensville, MO 65066, Phone: (573) 437-4101
- **Gerald Nursing & Rehab- Gerald**
  - 533 E Canaan Rd, Gerald, MO 63037, Phone: (573) 764-2135
- **Grandview Health Center- Washington**
  - 201 Grand Ave, Washington, MO 63090, Phone: (636) 239-9190
  - Semi private room \$154/day; Private on North Side \$198, Private on South Side \$189
- **New Haven Care Center**
  - 9503 Highway 100 New Haven, MO 63068, Phone: 573-237-2103
  - <https://www.newhavencarecenter.org/>
  - Private Pay: \$165.00 Daily for semi-private room \$185.00 daily for private room

- **Preferred Family Healthcare**
  - www.pfh.org 20 South Church Union, MO Phone: 636-584-8724
- **South Pointe Assisted Living by Americare- Washington**
  - South Pointe 5125 Old Highway 100 Washington, MO 63090, Phone: 636-283-0431
- **St. Andrew's at St. Francis Place**
  - 300 Forby Road | Eureka, MO 63025
  - Renee Pyatt- Social Services Director
  - Office- 636-938-5151 | Renee Pyatt- 636-549-8415 | Fax- 636-938-5266
  - Private pay: Semi-private room \$216/day, Private Deluxe Suites room \$275
- **Sunset Health Care Center**
  - 400 W Park Ave, Union, MO 63084, Phone: (636) 583-2252; Debbie Clark-DON
  - <http://www.mgmhealthcare.com/sunset>
  - Offers secure units
  - \$      \$ call back in morning
  - Accepts VA benefits for payment
- **Homestead at Hickory View Retirement Community**
  - 1481 Marbach Drive Washington, MO 63090, Phone: 636-283-0742
  - <https://www.spectrumretirement.com/senior-living/mo/washington/the-homestead-at-hickory-view-retirement-community/>
- **Victorian Place of Hermann, Assisted Living Facility**
  - 2120 Village Ln, Hermann, MO 65041, Phone: [\(573\) 755-0236](tel:5737550236)
- **Victorian Place of Owensville, Assisted Living Facility**
  - 301 N 7th St Owensville, MO 65066, Phone: (573) 437-5396
- **Victorian Place of Union, Assisted Living**
  - 1320 W Main St, Union, MO 63084, Phone: (636) 584-0085
- **Victorian Place of Washington, Assisted Living Facility**
  - 2800 Rabbit Trail Dr. Washington, MO 63090, Phone: (636) 390-9500
- **Willow Brooke Assisted Living by Americare**
  - 1 North Potomac Ct, Union, MO 63084, Phone: (636) 583-2799

#### Resources/Referrals for Patients

- **Mid-East Area Agency on Aging (MEAA)**
  - Washington, MO 63090, Phone: (636) 239-3374
  - Union, MO 63084, Phone: (636) 583-5432
  - Sullivan, Phone: 573-468-3766
  - St. Clair, Phone: 636-629-2187
  - \*Main Franklin County, Phone: 636-629-3143

#### Respite Care

- **Grace's Place Crisis Nursery**
  - 302 Lafayette St, Washington, MO 63090, Phone: (636) 432-1313, [www.GracesPlaceCrisisNursery.com](http://www.GracesPlaceCrisisNursery.com)
  - Crisis and Respite care for children
  - Case management offered

- Essential need items for children: clothes, bedding, shoes, toiletries, diapers, cleaning products, etc.

## Senior Centers

- **County Seat, Senior Center Foundation**
  - Hot lunches Served: Monday - Friday 11:45 a.m. - 1:00 p.m.
  - Provides nutritious meals, social activities, crafts, exercise classes, health and nutrition classes
  - 1329 Union Ave, Union, MO 63084, Phone: 636-584-5432; Open 8am-3pm
- **Gerald Senior Center**
  - 140 W Industrial Dr. Gerald, MO 63037, Phone: (573) 764-2256
  - All volunteers/phone in kitchen; Open Tues/Thurs. 9am, eat at 11:30am
- **Owensville Senior Center**
  - Congregate Meal Program; Recreational and Social Activities; Health Education and Screening Programs; Exercise Classes; Information and Assistance Services; Volunteer Opportunities
  - 214 N. First St. Owensville, MO 65066, Phone: (573) 437-3096; Hours: 8am-4pm Monday-Friday
- **Messmer & Eitmann Foundation**
  - 196 Hwy 19 South Herman, MO 65041, Phone: 573-486-3230
  - Hours: 9am-close ; Lunch Served 11am-1 Monday-Friday
  - \*Best to drop off brochures at 9am
- **New Haven Senior Center**
  - 603 Miller St. New Haven, MO 63068, Phone: 573-237-4009
  - Open Tuesdays/Thursdays; \*Ask for Carol regarding dropping off brochures
- **St. Clair Senior Center**
  - 510 Park Ave. St. Clair, MO 63077, Phone: 636-629-2187
  - Hours: Mon-Friday 8:30am-3:30pm, lunch served 11:30am-12pm
  - Services: educational, recreational and health programs, I&R, outreach, telephone reassurance, volunteerism, etc. for person 60 and older
- **Sullivan Senior Center**
  - Community Center, Sappington Bridge Rd. Sullivan, MO 63080, Phone: 573-468-3766
  - Hours: Mon-Friday 9am-3pm, lunch served 12pm-1pm
  - Services: educational, recreational and health programs, I&R, outreach, telephone reassurance, volunteerism, etc. for person 60 and older
- **Washington Senior Center**
  - Municipal Auditorium, 2<sup>nd</sup> and High STs. Washington, MO 63090, Phone: 636-239-3374
  - Hours: Mon-Friday 8am-3pm, lunch served 11:30am-12:30pm
  - Services: educational, recreational and health programs, I&R, outreach, telephone reassurance, volunteerism, etc. for person 60 and older

## Social Security

- **Social Security Administration**
  - 1275 N Hwy 47 Union, MO 63084, Phone: 866-837-1704, Fax: 636-583-1704, [www.socialsecurity.gov](http://www.socialsecurity.gov); Mon-Friday 9am-4pm
  - With retirement, disability, and survivors benefits, Social Security is one of the most successful anti-poverty programs in our nation's history. (For: Retirement, disability, and survivors benefits)

- Disability benefits to those who can't work because they have a medical condition
- Medicare is our country's health insurance program for people 65 or older. Certain people younger than age 65 can qualify for Medicare too, including those with disabilities and those who have permanent kidney failure. Social Security works with the Centers for Medicare and Medicaid Services to ensure the public receives the assistance they need.
- We pay survivors benefits to widows, widowers, and to the dependents of eligible workers
- Supplemental Security Income (SSI) program provides support to disabled adults and children who have limited income and resources, as well as people age 65 and older who are not disabled but have limited income and resources.
- Medicare Prescription Drug Programs
- **Social Security Office**
  - 43 Prairie Dell Road, Union, MO 1-800-772-1213 or 866-837-1063

### Special Needs

- **MPACT, Missouri Parents Act**
  - Missouri Parents Act (MPACT) is Missouri's Parent Training and Information Center, funded in part by the U.S. Department of Education and the State of Missouri. Our mission is to empower families to advocate for themselves so that children with special educational needs can reach their full potential in education and life – through support, training, and education.
  - [www.missouriparentsact.org](http://www.missouriparentsact.org), Phone: 800-995-3160

### Tax-Aide

- **AARP Tax-Aide MO**
  - 15631 Summerridge Drive Chesterfield, MO 63017 Phone: 636-532-5202  
<http://www.aarp.org/taxaide/about.html>
  - FREE Service: Prepares tax returns and answers tax questions
  - \*Usually by appointment after January 30.
  - Population served: Low-Middle income, emphasis on over age 60.

### Transportation Services

- **Airport- St. Louis Lambert International Airport**
  - 10701 Lambert International Blvd, St. Louis, MO 63145 in St. Louis County
  - Phone: (314) 890-1333, [www.flystl.com/](http://www.flystl.com/)
  - Parking, Transport, Pickup Spots: [www.flystl.com/parking-and-transport/parking](http://www.flystl.com/parking-and-transport/parking)
  - Transportation from Airport, Services: [www.flystl.com/parking-and-transport/transportation](http://www.flystl.com/parking-and-transport/transportation)
    - Get an escort from the STL airport to airport exit, call- (314) 890-1333 with airline info provided.
- **Ambulance District**
- **Around and About Full Service Transportation**
  - We offer full service transportation for Washington Missouri and the surrounding St. Louis area. All of our drivers are licensed and professional.
  - 300 E 5th St Washington, Missouri; Phone: (636) 239-1352
- **Express Medical Transporters**
  - 1170 Clock Tower Plaza, Washington, MO; Ph: (844) 743-3368 (844-ride-EMT) [www.rideemt.com](http://www.rideemt.com)
  - Uniquely qualified to serve as your non-emergency medical transporter
    - Includes: Wheelchair-lift-equipped vehicles, Mini vans, Ambulatory vans, Stretcher vans, & more

- EMT serves organizations all over the Midwest, including school districts, hospitals, medical clinics, adult day centers, nursing homes, dialysis centers, doctor's offices and more. We also transport individuals and families to and from appointments, or simply when they need a ride.
- Special events sometimes require special transports. If you have a family member who needs a wheelchair accessible vehicle to go to a reunion, wedding or public event, just call us. You are able to ride along with them, usually at no additional charge.
- Price depends on location to their other scheduled routes and amount of miles
  - o Private pay example: on 2/19/19 trip for 15.1 miles from Wash to NH was \$405 wheelchair or \$445 stretcher
  - o Call ASAP or 2 days prior to schedule a ride; same day ride may not be possible
  - o 1 family member can ride with the person at no additional charge
  - o Transport can include one's oxygen
  - o INFO PROVIDE: weight of patient, addresses, credit card info
- **Franklin County Transportation Council**
  - 519E Independence, Union, MO, Phone: 636-583-1125
- **Green Light Taxi Services, LLC**
  - Green Light Taxi Services LLC is currently based out of Sullivan, Missouri, and continues to offer services statewide!
  - Phone: (573)205-8376; <https://sites.google.com/view/greenlighttaxiservicesllc/home>
  - **PRIVATE TAXI:** Local or Long Distance Taxi Services! We get you, where you need to go!
  - **SHUTTLE SERVICES:** We offer private shuttle services to or from the airport, city to city, or for small group events and outings! "We also offer all day shuttle services for small group events such as weddings, wine tours, sight-seeing, etc." (Six people or less at a time) Call for details
  - **DELIVERY SERVICE:** Need a package picked up or delivered? While we aren't a mail delivery service, we can offer delivery services for parts between warehouses or factories when time is of the essence! Or, perhaps a large order of pizza to an event. Whatever the case, we can help!
  - **TRANSPORT SERVICE:** From one place to the next, professional customers, such as hospitals, nursing homes, job services, etc. You can count on us to get their non-critical clients to their set destinations safely and secure. We're here to help you help them!
- **Metro**
  - [www.metrostlouis.org](http://www.metrostlouis.org)
  - Metro Link
    - o <https://www.metrostlouis.org/metrolink-schedule/>
    - o MetroLink is just one part of our world-class, regional transit system, designed and engineered to get you there
    - o Use our online Trip Planner or download Transit, our official trip-planning app (available on the App Store and Google Play) to plan your trip from your mobile device. If you would like personal assistance or have any questions, contact Metro Transit Information directly at 314-231-2345 or 618-271-2345 (phone) or 314-207-9786 (text), Monday through Friday, 7 a.m. – 6 p.m.
  - Metro Bus
    - o <https://www.metrostlouis.org/metrobus/>
    - o MetroBus is just one part of our world-class, regional transit system, designed and engineered to get you there
    - o Use our online Trip Planner or download Transit, our official trip-planning app (available on the App Store and Google Play) to plan your trip from your mobile device. If you would

like personal assistance or have any questions, contact Metro Transit Information directly at 314-231-2345 or 618-271-2345 (phone) or 314-207-9786 (text), Monday through Friday, 7 a.m. – 6 p.m.

- **MO Ride**

- MO RIDES is a listing of multiple Missouri public transportation resources.
- <http://www.morides.org/> Phone: 844-836-RIDE (7433)
- Click NEED A RIDE for our Transportation Providers or click your county on the map and find the list of providers in your area.

- **OATS**

- 519B Independence, Union, MO, Phone: 636-583-1630; <https://www.oatstransit.org/>
- **Services:** Deviated-Fixed Routes, Medical & Dialysis Transportation, Disability Programs, Intercity Express Routes, Rural General Public, Senior Transportation, Veteran Hospitals & Clinics, Other Services
- **Types of Service Offered:** Depending on the county, we offer door-to-door service or have pick-up points along the way. We also contract with a number of agencies to provide service to their clients. Most buses are wheelchair accessible, but we need to know this in advance to ensure we don't over-book the available seating. You can find our Riders Rules of Conduct here. They will provide you with more details about your service and what to expect.
- **When to Call:** Some routes require a 7-10 day advanced notice, while others are much shorter. The schedule will tell you if advance notice is required. This is necessary so we have planning time to ensure we have a bus and driver available.
- **Days and Times of Operation:** Standard days of service are weekdays Monday through Friday, with some routes operating on weekends and after hours. Hours of service will vary depending the county you reside in.
- **Allow Plenty of Time:** Depending on the bus or route you are riding, you will need to allow extra time for your service. OATS Transit is a share-ride service, meaning you will be riding with others who have different destinations than yours.
- **Fares:** Some routes have a set fare and those are listed on our website and on the bus. Some routes are donation based as they may be covered by agencies like the Area Agency on Aging. When you call to schedule service be sure to ask about fares. We also have fare cards available for many of our routes.

- **Railroad in Franklin County/Union area**

- The Central Midland Railway provides continuous branch line service to Franklin County and Union. Central Midland Railway leases use of the rail line from Ameren. Piggyback service is available approximately 60 miles.
- Contact: Jordan Buck, General Manager 1400 N. Warson Road Saint Louis, Missouri 63132-1623 (618) 667-9803 Email: [jbuck@progressiverail.com](mailto:jbuck@progressiverail.com)

- **Uber**

- Uber Technologies, Inc. is an American multinational transportation network company offering services that include peer-to-peer ridesharing, ride service hailing, food delivery, and a bicycle-sharing system. The company is based in San Francisco and has operations in over 785 metropolitan areas worldwide
- [www.uber.com](http://www.uber.com) (you must sign up with Uber before selecting a driving service)
- How Uber works: [www.uber.com/us/en/about/how-does-uber-work/](http://www.uber.com/us/en/about/how-does-uber-work/)
- Schedule Transport from Airport: [www.uber.com/global/en/airports/](http://www.uber.com/global/en/airports/)
- You must download the app "Uber" on your phone under the google/apple play store or Apps Store



- STEP 1: A rider opens the app
  - The rider enters their destination into the Where to? box on the top of the screen; taps each ride option to see the wait time, car sizes, and price; then confirms their pickup location and taps Request.
- STEP 2
  - The rider is matched with a driver
  - A nearby driver sees and chooses to accept the rider's trip request. The rider is automatically notified when the driver's vehicle is about a minute away.
- STEP 3
  - The driver picks up the rider
  - The driver and the rider verify each other's names and the destination. Then the driver starts the ride.
- STEP 4
  - The driver takes the rider to the destination
  - The app gives the driver the option to access turn-by-turn directions, so the driver can focus on getting there and the rider can focus on enjoying a comfortable ride.
- STEP 5
  - The driver and rider leave ratings and reviews
  - At the end of each trip, drivers and riders can rate each other from 1 to 5 stars. Riders can also give the driver compliments. In cities where tipping is available, they can also add a little extra to show their gratitude.
- **YO Taxi**
  - We are an All-American, state-certified, legally-licensed, fully-insured company. Our DOT number is 252-1253-MO. We have proudly served the local areas since 2005.
  - Our professional drivers have valid chauffeur's licenses and clean driving records. We drive clean and safe vehicles. And we're accident free for 13 years.
  - We serve Franklin, Jefferson, Lincoln, Montgomery, St. Charles, St. Louis, and Warren Counties.
  - We accept cash, all Major Credit Cards, and Company Checks.
  - We offer competitive rates, rentals by-the-hour, and reliable service. Our outstanding customer service is hard to beat.
  - Phone: 636-234-6360

## Veteran Services

- **Department Of Veterans Affairs**
  - 1627 Aroy Dr, Washington, MO 63090, Phone: (314) 289-7950
  - VA Service Officers: Regional Office, 800-827-1000
    - Locate your local service officer: <https://mvc.dps.mo.gov/service/serviceofficer/>
- **MO Veterans Endeavor**
  - 8410 Engler Park Ct. St. Louis, MO 63114, Main Office: 314-778-9497, Fax: 314-723-5905
  - "We believe that no veteran should ever be homeless. We provide housing, counseling, and many other services to help our veterans reintegrate back into society and become independent in our community."; <https://www.move-stl.org/>
- **Vet Assist: Veterans Home Care**
  - <https://veteranshomecare.com/>      Referrals: 1-888-314-6075      Fax: 800-640-7988
  - National Headquarters: 11861 Westline Industrial Drive, Suite 750 St. Louis, Missouri 63146
  - Mission: To assist veterans who protected our freedom to stay in their homes and live with dignity.
  - Assistance with eligibility and understanding the confusion VA application process

- You may have what it takes to be eligible for the “Aid and Attendance” benefit. If you would like to use your VA Aid and Attendance funds primarily for home care or adult day care, call us today toll free 888-314-6075 for more details.
- Vet Assist can potentially assist veterans with financial support to pay for caregiving/private duty services at home up to a certain financial amount.
  - o It’s common for them to cover around \$1,800-\$1,300/month which usually is equivalent to 10 hours per week or 40 hours per month of services to be fully paid for. Additional hours/services would be responsible from the patient or family to pay for.
  - o Process:
    - Patient/family/caregiver must call the Vet Assist for a request in their services (their services/phone calls are free)
    - Provide patient information: d/c papers “DD-214” form by email or fax, explain financial situation, when pt served, pt’s age. Vet Assist can also help guide them how to move their money around so they qualify for Vet Assist services
    - Usually it’s a quick process to get preapproved and schedule for services. The process is much faster if the family knows a pre-approved caregiving agency already. (Helping Hands in Washington, MO is a pre-approved vet assist agency). Vet Assist can also give the patient/family a list of their pre-approved caregiving agencies they work with as well.

### Vision Loss & Eye-Sight

- **American Foundation for the Blind (AFB)**
  - [www.afb.org/info/living-with-vision-loss/visionaware/15](http://www.afb.org/info/living-with-vision-loss/visionaware/15)
  - Committed to connecting people to life-changing information, resources, local services, and a vibrant and supportive community.
  - AFB launched **VisionAware**—which as of July 1, will be stewarded by the American Printing House for the Blind—a **free, comprehensive resource for basic information about adjusting to vision loss**, including tips for adapting your home and daily living. Adults who are losing their sight, their families, caregivers, healthcare providers, and social service professionals will all find rich content and practical tips on living with vision loss.
    - o [www.visionaware.org](http://www.visionaware.org)
  - **Missouri Directory of Services for Vision Loss:** <http://www.afb.org/directory.aspx?action=results>
- **American Optometric Association (AOA)**
  - 243 N. Lindbergh Boulevard
  - St. Louis, MO 63141; Phone: (800) 365-2219, (314) 991-4100, [www.aoa.org](http://www.aoa.org)
  - The AOA represents doctors of optometry (ODs) who examine, diagnose, treat, and manage diseases, injuries, and disorders of the visual system, the eye, and associated structures as well as identify related systemic conditions affecting the eye. Their website provides a directory of optometrists in vision rehabilitation.
- **Missouri School for the Blind**
  - [www.afb.org/info/living-with-vision-loss/visionaware/15](http://www.afb.org/info/living-with-vision-loss/visionaware/15)
  - 3815 Magnolia Avenue St. Louis, MO 63110; Phone: (314) 776-4320 (Local), Fax: (314) 776-1875  
Toll-Free: (800) 622-5672      <https://msb.dese.mo.gov/>
- **National Eye Institute**
  - <https://nei.nih.gov/lowvision/content/resources2>
- **NLS Library: Wolfner Talking Book and Braille Library**
  - PO BOX 387 Jefferson City, MO 65102-0387; Phone: (573) 751-8720 (Local); Fax: (573) 751-3612
  - [wolfner@sos.mo.gov](mailto:wolfner@sos.mo.gov)      <http://www.sos.mo.gov/wolfner>
- **State Rehabilitation Services for the Blind & Independent Living Center**
  - 615 Howerton Court Jefferson City, MO 65102; Phone: (573) 751-4249, Fax: (573) 751-4984

- Toll-Free: (800) 592-6004, [Janice.M.Phillips@dss.mo.gov](mailto:Janice.M.Phillips@dss.mo.gov), <http://www.dss.mo.gov/fsd/rsb/>

- **State Unit on Aging**

- Missouri Division of Senior and Disability Services
- Department of Health and Senior Services
- 912 Wildwood Jefferson City, MO 65109; Phone: (573) 751-6001, Fax: (573) 751-6041,  
Toll-Free: (800) 235-5503 [info@health.mo.gov](mailto:info@health.mo.gov) <http://www.dhss.mo.gov>

- **Social Security Disability Benefits For The Legally Blind**

- [www.disability-benefits-help.org/ssdi/qualify-for-ssdi](http://www.disability-benefits-help.org/ssdi/qualify-for-ssdi)
  - Social Security Disability Insurance (SSDI). The SSDI program pays benefits to you and certain members of your family if you have worked long enough and paid Social Security taxes.
  - Supplemental Security Income (SSI). The SSI program pays benefits based on financial need and is intended for low income individuals and families.
- [www.allaboutvision.com/lowvision/social-security.htm](http://www.allaboutvision.com/lowvision/social-security.htm)

- **VisionAware**

- <http://www.visionaware.org>; [visionaware@afb.net](mailto:visionaware@afb.net)
- VisionAware helps adults who are losing their sight continue to live full and independent lives by providing timely information, step-by-step daily living techniques, a directory of national and local services, and a supportive online community. The website has "Looking for Help", a directory of state and local resources.

- **VisionServe Alliance**

- 8760 Manchester Road St. Louis, MO 63144, Phone: (314) 961-8235 [www.visionservealliance.org](http://www.visionservealliance.org)
- [info@visionservealliance.org](mailto:info@visionservealliance.org)
- VisionServe Alliance represents non-profit organizations in every aspect of services to people who are blind or visually impaired. The website provides a listing of local and state organizations.

- **Vision Loss Resource:** [www.visionlossresources.org/](http://www.visionlossresources.org/)

## Youth Services

- **Big Brothers Big Sisters of Eastern MO**

- Headquarters: 501 N Grand Blvd, St. Louis, MO 63103, Phone: 314-361-5900, Fax: 314-361-4484
- 28 Portwest Court, St. Charles, MO 63303, Phone: 314.361.5900, Fax: 636.493.9538
- 8:30am-5:30pm, <http://www.bbbsemo.org/> Matches adult volunteers with children ages 5-17