

## INTRODUCTION

The role of the Northeast Missouri Area Agency on Aging is to plan, coordinate, and advocate for the development of a comprehensive service delivery system to meet short and long-term needs of older persons within our service area. The mission of the Northeast Missouri Area Agency on Aging is to help older adults maintain dignity and maximum independence in a home environment.

The agency serves sixteen counties in Northeast Missouri and works with a variety of service providers to coordinate existing services and stimulate new ones.

Northeast Missouri Area Agency on Aging is a private not-for-profit corporation providing services with a combination of federal, state, and local funds. Northeast Missouri Area Agency on Aging does not discriminate on the basis of race, color, national origin, gender, age, or handicap.

Northeast Missouri Area Agency on Aging is governed by a Board of Directors. The Board is responsible for policy making, which must coincide with State and Federal Regulations. Board members are elected to represent the elderly in the sixteen county service delivery area of Northeast Missouri.

This guide has been assembled and published by Northeast Missouri Area Agency on Aging to provide information on services to the elderly, their caregivers, and the disabled in the following sixteen counties:

Adair	Clark	Knox	Lewis
Lincoln	Macon	Marion	Monroe
Montgomery	Pike	Ralls	Randolph
Schuyler	Scotland	Shelby	Warren

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# **AGING NETWORK**

## **FEDERAL**

### **Administration on Aging (AOA) Department of Health and Human Services (DHHS)**

330 Independence Avenue, SW

Washington, DC 20201

202-619-0724

800-677-1116 (Eldercare Locator)

[www.aoa.gov](http://www.aoa.gov)

This agency was established as a result of the Older Americans Act of 1965 to fund and oversee the development of services and opportunities for older people in every community across the nation. They are a federal agency dedicated to policy development, planning and the delivery of supportive home- and community-based services to older persons and their caregivers.

### **Regional Office VII (AOA)**

233 N. Michigan Ave., Suite 790

Chicago, IL 60601-5519

312-938-9855

Area served: Iowa, Kansas, Missouri and Nebraska.

One of ten federal regional offices throughout the nation that assists state and area agencies on aging in developing responsive, community-based systems of comprehensive and coordinated services.

## **STATE**

### **Missouri Division of Senior & Disability Services**

912 Wildwood

P. O. Box 570

Jefferson City, MO 65102

573-526-4542

1-866-835-3505

Information and Assistance

The Division of Senior & Disability Services, within the Department of Health and Senior Services, is the single organizational unit that is delegated all authority and responsibility to administer programs for persons aged sixty (60) and over under Title III of the Older Americans Act of 1965 and in accordance with all applicable federal and state laws and regulations.

## **LOCAL**

### **Missouri Division of Senior & Disability Services**

County offices found on page 24.

# AREA AGENCIES ON AGING

Area Agencies on Aging (AAA's) were created through the 1973 amendments to the Older Americans Act of 1965. There are ten Area Agencies in Missouri.

## **Northeast Missouri Area Agency on Aging (Region 5)**

815 N. Osteopathy  
Kirksville, MO 63501

660-665-4682  
EMAIL: [nemoaaa@sbcglobal.net](mailto:nemoaaa@sbcglobal.net)  
Web: <http://www.nemoaaa.com>

Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, and Warren.

Northeast Missouri Area Agency on Aging is a not-for-profit corporation established in October 1973. The agency serves as an advocate for older persons who reside in a sixteen county area of Northeastern Missouri. The role of the agency is to advocate for seniors by defining their needs and developing the necessary public and private resources to address those needs; coordinate the use of existing services and resources; and serve as a source of information on the availability of services. NEMO AAA contracts with community-based agencies to provide the following services in the sixteen counties it serves:

**Information and Assistance:** The Area Agency provides information and assistance services to ensure that all elderly persons within the planning and service area have reasonably convenient access to information about the services available within their geographic region. The Agency provides a prompt, accurate, and pertinent response to an inquiry, which may include directing the person to the appropriate resources.

**In-Home Services: Homemaker/Chore Services:** Homemaker services are general household activities provided by a trained homemaker when clients are unable to manage the home and care for him/herself or others in the home, or when the individual (other than the client) who is regularly responsible for these activities is temporarily absent. Homemaker services include some of the following activities: meal preparation; cleanup after meals; cleaning bathroom fixtures; making beds and changing sheets; sweeping, vacuuming, and scrubbing floors; tidying and dusting; laundry, ironing and mending clothes; washing inside windows and cleaning blinds reachable without climbing; bagging trash inside the home and putting it out for pick up; shopping for essential items; performing essential errands; reading and writing essential correspondence when necessary; and instructing clients in ways to become self-sufficient in performing household tasks. The homemaker activities provided are mutually determined by the provider agency and the client.

**Personal Care:** Personal care services are maintenance services provided to clients in the individual's residence to assist with the activities of daily living. Personal care services include some of the following activities: assisting with dietary needs, including meal preparation and cleanup and assisting with eating/feeding; assisting with dressing and grooming, including helping with dressing and undressing, combing hair and nail care; assisting with bathing and personal hygiene, including assisting with bathing, shampooing hair, oral hygiene and denture care, and shaving; assisting with toileting and continence, including assisting in going to the bathroom; changing of beds for persons with medically related limitations that prohibit the completion of this task; assisting with

# AREA AGENCIES ON AGING

mobility and transfer, including assisting with transfer and ambulation when recipient can at least partially bear own weight; assisting with medication, including assisting with the self-administration of medicine, applying nonprescription topical ointments or lotions; and medically related household tasks including approved homemaker and chore tasks. The personal care activities provided are mutually determined by the provider agency and the client.

**Respite:** Respite care services are maintenance and supervisory services provided to a client in the individual's residence to provide temporary relief to the usual caregiver(s). Respite care services include some of the following activities: Supervision - the respite care worker will provide personal oversight of the client for the duration of the service period. Personal oversight includes making a reasonable effort to assure the safety of the client and to assist the client in meeting his/her own essential human needs. The respite activities provided are mutually determined by the provider agency and the client.

**Legal Service:** NEMO AAA receives very limited funding to assist seniors with legal services they may not otherwise be able to afford. The program does not base eligibility on a person's income or resources; however, federal law requires that the program direct services to those persons 60 years of age and older who are in the greatest social and/or economic need. Priority of assistance will be given to those eligible seniors, living in the counties covered by NEMO AAA, in need of legal assistance regarding income, health care, long-term care, housing, utilities, protective services, abuse, neglect, consumer law, public benefits, and age discrimination. The counties covered by NEMO AAA are Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, and Warren. These services do not include any criminal matters, fee generating cases, out-of-state actions, traffic offenses, actions on behalf of persons who are incarcerated other types of legal problems involving a special degree of expertise such as tax or complex trusts, and actions in which the potential recovery to the client does not justify the use of Agency resources.

NEMO AAA reserves the right to limit the number of units (1 unit = 1 hour of service) received by a participant each program year (July 1 through June 30) in order to ensure fair and appropriate access for all eligible seniors. Services are provided on a first-come first-served basis as long as funding exists, and the case is accepted by the legal services provider.

**Nutrition Service: Congregate Meals:** Nutritionally balanced hot meals are served in a congregate setting at the senior multipurpose centers. These meals provide 1/3 of the adult daily nutrition requirement to persons over the age of 60 and spouses, regardless of economic standing.

**Home Delivered Meals:** The same hot meal served at the multipurpose center is delivered to senior citizens who are homebound due to illness, isolation, or incapacitation. Evening and weekend meals, as well as special diets, are available if needed.

**Ombudsman Service:** The Ombudsman Program is made up of trained volunteers who advocate for quality care for long-term residents.

**Transportation:** Provides door-to-door transportation for medical, shopping, or essential business purposes, and to visit senior centers and nutrition sites.

**Silver Haired Legislature:** A model legislature, SHL delegates represent the needs of Northeast Missouri's seniors. The top five SHL bills are submitted to Missouri's General Assembly each year.

**Volunteers:** Volunteers play a vital role in the successful operation of NEMO AAA funded programs. Volunteers serve on our board of directors and advisory council, assist in senior centers, and serve as ombudsmen in nursing homes. Volunteers are always needed and appreciated.

**Medicare Part D:** The area agency provides information and assists with enrollment.

**Affordable Care Act:** The agency contracts with providers who employ federally certified/state licensed Navigators to provide Marketplace counseling and enrollment assistance.

# AREA AGENCIES ON AGING

**Prescription Drug Assistance:** The Area Agency can help link seniors and the disabled with free or low-cost prescription drugs provided by almost 200 drug distribution programs offered by pharmaceutical companies.

The NEMO AAA and local Senior Centers assist Medicare beneficiaries throughout Northeast Missouri apply for three programs that save many Missourians money on the cost of their medications and the premiums they pay for their Medicare coverage. These programs are the Medicare Savings Program, Limited Income Subsidy Program, and MoRx Program.

**Steady As You Go:** Learn how you can prevent falls. Northeast Missouri Area Agency on Aging and the local Senior Centers provides prevention information. Many of the local Senior Center provide exercise classes.

**Disease Prevention:** The Northeast Missouri Area Agency on Aging contracts for the following programs: Chronic Disease Self-Management, Healthy Ideas, and Powerful Tools for Caregivers.

**Benefits Enrollment Counseling:** Counselors assist in financial assessment and enrollment in money saving programs.

All Missouri area agencies offer similar programs within their service area.

## SeniorAge Area Agency on Aging

1735 S. Fort Avenue  
Springfield, MO 65807

## (Region 1)

1-800-497-0822      417-862-0762  
EMAIL: [swmoa@swmoa.com](mailto:swmoa@swmoa.com)  
Web: <http://www.swmoa.com>

Area served: Barry, Christian, Dade, Dallas, Douglas, Greene, Howell, Lawrence, Oregon, Ozark, Polk, Shannon, Stone, Taney, Texas, Webster, and Wright counties.

## Southeast Missouri Area Agency on Aging

1078 Wolverine Lane  
Cape Girardeau, MO 63701

## (Region 2)

1-800-392-8771      573-335-3331  
EMAIL: [dockins1@semoaaa.org](mailto:dockins1@semoaaa.org)  
Web: <http://www.semoaaa.org>

Area served: Bollinger, Butler, Cape Girardeau, Carter, Dunkin, Iron, Madison, Mississippi, New Madrid, Pemiscot, Perry, Reynolds, Ripley, Scott, St. Genevieve, St. Francois, Stoddard, and Wayne counties.

## Care Connection for Aging Services

106 West Young St.  
P. O. Box 1078  
Warrensburg, MO 64093

## (Region 3)

1-800-748-7826      660-747-3107  
EMAIL: [information@goaging.org](mailto:information@goaging.org)  
Web: <http://www.goaging.org>

Area served: Bates, Benton, Carroll, Cedar, Chariton, Henry, Hickory, Johnson, Lafayette, Pettis, Saline, St. Clair, and Vernon counties.

**Northwest Missouri Area Agency on Aging (Region 4)**  
504 E. Highway 136 1-888-844-5626 660-726-3800  
Box 265 EMAIL: [nwmoaaa@nwmoaaa.org](mailto:nwmoaaa@nwmoaaa.org)  
Albany, MO 64402 Web: <http://www.nwmoaaa.org>

Area served: Andrew, Atchison, Buchanan, Caldwell, Clinton, Daviess, DeKalb, Gentry, Grundy, Harrison, Holt, Linn, Livingston, Mercer, Nodaway, Putnam, Sullivan, and Worth counties.

**Central Missouri Area Agency on Aging (Region 6)**  
1121 Bus. Loop 70 E. 1-800-369-5211 573-443-5823  
Suite 2A EMAIL: [cmaaa@cmaaa.net](mailto:cmaaa@cmaaa.net)  
Columbia, MO 65201 Web: <http://www.cmaaa.net>

Area served: Audrain, Boone, Callaway, Camden, Gasconade, Cole, Cooper, Crawford, Dent, Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski, and Washington counties.

**Mid-America Regional Council on Aging (Region 7)**  
200 Rivergate Center, 600 Broadway 1-800-593-7948 816-474-4240  
Kansas City, MO 64105-9990 EMAIL: [michelle@marc.org](mailto:michelle@marc.org)  
Web: <http://www.marc.org>

Area served: Cass, Clay, Jackson, Platte, and Ray counties.

**Mid-East Area Agency on Aging (Region 8)**  
14535 Manchester 1-800-243-6060 636-207-0847  
Manchester, MO 63011 EMAIL: [info@mid-eastaaa.org](mailto:info@mid-eastaaa.org)  
Web: <http://www.mid-eastaaa.org>

Area served: Franklin, Jefferson, St. Charles, and St. Louis counties.

**St. Louis Area Agency on Aging (Region 9)**  
1520 Market St., Rm. 4065 877-612-5918 314-612-5918  
St. Louis, MO 63103 EMAIL: [sykorad@stlouis-mo.gov](mailto:sykorad@stlouis-mo.gov)  
Web: <http://www.slaaa.org>

Area served: St. Louis City

**Region X Area Agency on Aging (Region 10)**  
531 E. 15<sup>th</sup> St., P. O. Box 3990 417-781-7562  
Joplin, MO 64804 EMAIL: [aaax@aaaregionx.org](mailto:aaax@aaaregionx.org)  
Web: <http://www.aaaregionx.org>

Area served: Barton, Jasper, McDonald, and Newton counties.

# ADVOCACY

The following agencies have programs that intercede on behalf of individuals to ensure that they receive the benefits and services to which they are entitled and that their rights guaranteed by law are protected and enforced.

## **ADULT ABUSE / NEGLECT**

### **Missouri Division of Senior & Disability Services**

Hotline: 1-800-392-0210

P. O. Box 570

Jefferson City, MO 65102

[info@health.mo.gov](mailto:info@health.mo.gov)

[health.mo.gov/safety/abuse](http://health.mo.gov/safety/abuse)

Area Served: State of Missouri

Services include a toll-free hotline number manned 7 days a week from 7am-12 midnight for anyone who suspects an older person is being abused, neglected, or exploited either by other persons or by self-neglect.

### **Northeast Missouri Area Agency on Aging**

660-665-4682

1-800-664-6338

815 N. Osteopathy

Kirksville, MO 63501

[nemoaaa@sbcglobal.net](mailto:nemoaaa@sbcglobal.net)

[www.nemoaaa.com](http://www.nemoaaa.com)

Area Served: All sixteen counties.

The agency advocates for seniors by defining their needs and developing the necessary public and private resources to address those needs, coordinates the use of existing services and resources, and serves as a source of information on the availability of services. The Agency offers the Ombudsman program, which trains volunteers to serve as mediators to receive and resolve long-term care resident complaints, inform residents of their rights, and provide information on resident needs; and the Legal Services program which provides resolution of non-criminal legal matters.

### **South Central Pension Rights Project**

[www.southcentralpension.org](http://www.southcentralpension.org)

815 Brazos, Ste 1100

Austin TX 78701

800-443-2528

Area Served: Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, & Texas

Pension counseling assistance is provided free of charge to anyone with a pension question or problem, regardless of age, income, or value of the claim. The program assists with tracking down and recovery of benefits.



## **CONSUMER**

### **Attorney General, State of Missouri**

573-751-3321

Supreme Court Bldg.

P. O. Box 899

Jefferson City, MO 65102

[www.ago.mo.us](http://www.ago.mo.us)

[attorney.general@ago.mo.gov](mailto:attorney.general@ago.mo.gov)

Area Served: State of Missouri

complaints regarding specific problems with consumer goods and services.

Hotline: 1-800-392-8222

Services include a consumer fraud toll-free number to register complaints regarding specific problems with consumer goods and services.

### **Better Business Bureau of E. Missouri & S. Illinois**

314-645-3300

211 N. Broadway, Suite 2060

St. Louis, MO 63102

[www.stlouis.bbb.org](http://www.stlouis.bbb.org)

[bbb@stlouisbbb.org](mailto:bbb@stlouisbbb.org)

Area Served: State of Missouri

manufacture-related cases for specific manufacturers. Also includes general information about products or services and accepts consumer complaints against businesses.

Services include mediation/arbitration of complaints related to manufacture-related cases for specific manufacturers. Also includes general information about products or services and accepts consumer complaints against businesses.

### **Missouri Department of Insurance**

573-751-4126

301 W. High St., Room 530

P. O. Box 690

Jefferson City, MO 65102

<http://insurance.mo.gov>

[askmdi@insurance.mo.gov](mailto:askmdi@insurance.mo.gov)

Area Served: State of Missouri

complaints regarding the licensing, services, unethical or improper conduct of personnel, or other inappropriate business practices of companies that sell insurance or settle insurance claims. This Department also assists in locating life insurance and annuity contracts for deceased relatives through their Life Insurance Policy Locator Service.

1-800-726-7390

Services include assistance for consumers who want to register complaints regarding the licensing, services, unethical or improper conduct of personnel, or other inappropriate business practices of companies that sell insurance or settle insurance claims. This Department also assists in locating life insurance and annuity contracts for deceased relatives through their Life Insurance Policy Locator Service.

### **United States Food & Drug Administration**

913-752-2141

11630 W. 80<sup>th</sup> Street

Lenexa, KS 66214

[www.fda.gov](http://www.fda.gov)

Area Served: State of Missouri

medical devices, and cosmetics subject to the Federal Food, Drug, and Cosmetic Act.

1-888-463-6332

Services include investigating complaints involving drugs, food, medical devices, and cosmetics subject to the Federal Food, Drug, and Cosmetic Act.

### **Missouri State Treasurer**

Unclaimed Property Division

P. O. Box 1004

Jefferson City, MO 65102

[www.treasurer.mo.gov](http://www.treasurer.mo.gov)

[ucp@treasurer.mo.gov](mailto:ucp@treasurer.mo.gov)

Area Served: State of Missouri

refunds, safety deposit boxes, stocks, bonds, accounts, etc.

1-573-751-0123

Assists consumers in finding unclaimed property, such as: refunds, safety deposit boxes, stocks, bonds, accounts, etc.

# **COMMUNITY ACTION AGENCIES**

Provides service to low-income residents and provides outreach offices for all sixteen counties of: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, and Warren.

Services provided through Community Action Agencies include: Supplemental Food Assistance, FEMA Emergency Assistance Program, Independent Living Life Skills Seminars, Housing Rehabilitation, Income Tax Assistance, In-Home Services, Energy Crisis Intervention Program, Cooling Assistance, Dollar More, Energy Conservation/ Weatherization, Utility Bill Payment Assistance, Rental Assistance, and Health Insurance Claim Assistance.

## **Community Action Partnership of Northeast Missouri—Adair, Clark, Knox, Schuyler, & Scotland**

215 N Elson  
P. O. Box 966  
Kirksville, MO 63501  
800-737-3165 or 660-665-9855  
[www.nmcaa.org](http://www.nmcaa.org)

## **North East Community Action Corporation – Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Shelby, & Warren**

16 N. Court St.  
P. O. Box 470  
Bowling Green, MO 63334-0470  
573-324-2231  
800-748-7636  
[www.necac.org](http://www.necac.org)

Energy Assistance: 1-573-324-0120

### **Outreach Offices for above counties:**

**Lewis County**  
408 S. Fourth  
Canton, MO 63435  
573-288-3969

**Lincoln County**  
11 Woodcrest Drive  
Troy, MO 63379  
636-528-7604

**Macon County**  
907 St. Hwy PP, Suite AA  
P. O. Box 361  
Macon, MO 63552  
660-385-4616

**Marion County**  
3518 Palmyra Road  
Hannibal, MO 63401  
573-221-7166

**Monroe County**  
314 N. Washington, P.O. Box 75  
Paris, MO 65275  
660-327-4110

**Montgomery County**  
137 Farmer St., P.O. Box 280  
Montgomery City, MO 63361  
573-564-3606

**Pike County**  
805 Bus. Hwy. 61 N.  
Bowling Green, MO 63334  
573-324-2207

**Ralls County**  
Courthouse Room 26  
311 Main St., P.O. Box 265  
New London, MO 63459  
573-985-2411

**Randolph County**  
1903 W. Morley, Suite B  
Moberly, MO 65270  
660-263-6595

**Shelby County**  
204 E. 3rd St, P.O. Box 189  
Shelbyville, MO 63469  
573-633-2210

**Warren County**  
120 E. Main St.  
Warrenton, MO 63383  
636-456-8191

# **COUNTY HEALTH DEPARTMENTS**

Provides residents with a wide range of health services including: immunizations, health screenings, health education, and home health. These agencies provide one or more of the following programs that help disabled, ill, or convalescing individuals remain in their own homes: CPR/First Aid training, disaster services, skilled nursing care, therapy, personal care, companion, respite, and homemaker service.

## **Adair County**

Health Department  
1001 S. Jamison  
Kirksville, MO 63501  
660-665-8491

## **Knox County**

Health Dept. - Home Health Agency  
207 N. First St.  
Edina, MO 63537  
660-397-3396

## **Lincoln County**

Health Department  
#5 Health Department Drive  
Troy, MO 63379  
636-528-6117

## **Marion County**

Health Dept. - Home Health Agency  
3105 Route W, P. O. Box 1378  
Hannibal, MO 63401  
573-221-1166

## **Montgomery County**

Health Department  
400 N. Salisbury  
Montgomery City, MO 63361  
573-564-2495

## **Ralls County**

Health Dept. - Home Health Agency  
405 W. First St, P. O. Box 434  
New London, MO 63459  
573-985-7121

## **Schuyler County**

Health Dept. - Home Health Agency  
213 S. Green St., P. O. Box 387  
Lancaster, MO 63548  
660-457-3721

## **Shelby County**

Health Department  
700 E. Main, P. O. Box 240  
Shelbyville, MO 63469  
573-633-2353

## **Clark County**

Health Dept.- Home Health Agency  
670 N. Johnson, P. O. Box 12  
Kahoka, MO 63445  
660-727-2356

## **Lewis County**

Health Dept. - Home Health Agency  
101 State Highway A, P. O. Box 96  
Monticello, MO 63457  
573-767-5312

## **Macon County**

Health Department  
503 N. Missouri Street  
Macon, MO 63552  
660-385-4711

## **Monroe County**

Health Dept. - Home Health Agency  
310 N. Market Street  
Paris, MO 65275  
660-327-4653

## **Pike County**

Health Dept. - Home Care/Hospice  
1 Health Care Place  
Bowling Green, MO 63334  
573-324-2111

## **Randolph County**

Health Dept. - Home Health Agency  
423 E. Logan, P. O. Box 488  
Moberly, MO 65270  
660-263-6643

## **Scotland County**

Health Department  
214 W. Madison  
Memphis, MO 63555  
660-465-7275

## **Warren County**

Health Department  
101 Mockingbird Lane, Suite 100  
Warrenton, MO 63383  
636-456-7474

# ***DISABILITY/BLIND SERVICES***

The Centers for Independent Living provide persons with disabilities information on programs, services, and products that can help them live more independently.

## **Rural Advocates for Independent Living (RAIL)**

### **Kirksville Office**

1100 S. Jamison St.  
Kirksville, MO 63501  
(800) 681-7245  
(660) 627-7245  
Counties served: Adair, Knox, Macon,  
Schuyler, Scotland, and Shelby.

### **Macon Branch Office**

203 E. 2<sup>nd</sup> St  
Macon, MO 63552  
(877) 684-4542  
(660) 385-6789  
Counties served: Macon and  
Shelby

## **North East Independent Living Services (NEILS)**

### **Hannibal Office**

909 Broadway St., Suite 350  
Hannibal, MO 63401  
(877) 713-7900  
(573) 221-8282  
Counties served: Clark, Lewis, Marion,  
Monroe, Pike, and Ralls.

## **Delta Center for Independent Living (DCIL)**

3833 McAay Road, Suite 61  
St. Peters, MO 63376  
(866) 727-3245  
(636) 926-8761  
Counties served: Lincoln and Warren.

## **Services for Independent Living (SIL)**

1401 Hathman Place  
Columbia, MO 65201  
(800) 766-1968  
(573) 874-1646  
Counties served: Randolph and Montgomery.

## **Rehabilitation Services for the Blind**

**(800) 592-6004**

RSB assists persons age 55 or older who reside in Missouri and have vision loss.

St. Louis North District Office  
9900 Page Ave., Ste. 105  
St. Louis, MO 63132  
(314) 264-7601  
Counties covered: Montgomery, Pike,  
Lincoln, and Warren.

Mid-Missouri District Office  
3418 Knipp Dr., Ste. A-2  
Jefferson City, MO 65102  
(573) 751-2714  
Counties covered: Adair, Clark,  
Knox, Lewis, Macon, Marion, Ralls  
Randolph, Schuyler, Scotland, and  
Shelby.

# ***DISEASE PREVENTION***

The Northeast Missouri Area Agency on Aging partners with various agencies to provide the following Disease Prevention Programs:

**Chronic Disease Self-Management Program:** Workshops in the community setting including content on techniques to deal with problems such as frustration, fatigue, pain, flexibility, and isolation; appropriate exercise for maintaining/improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

**Healthy Ideas (Identifying Depression, Empowering Activities for Seniors):** Screening Seniors for depression, impact on activities of daily living, level of pain, self-confidence levels for managing levels for managing depressive symptoms, and impact on activity level caused by depressive symptoms.

**Powerful Tools for Caregivers:** This program improves self-care behavior (e.g. increased exercise, relaxation, and medical check-ups); management of emotions (reduced guilt, anger, and depression); self-efficacy (increased confidence in coping with caregiving demands); and use of community resources (increased utilization of local services).

**Diabetes Self-Management Program:** This community-based, six week program is designed for people with type 2 diabetes or pre-diabetes. Each of the 2 ½ hour workshops are facilitated two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers

**Matter of Balance:** This program emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

# **EMPLOYMENT SERVICES**

## **Missouri Career Centers**

[jobs.mo.gov/jobseeker](http://jobs.mo.gov/jobseeker)

### Kirksville Office

2105 E. Normal

Kirksville, MO 63501

660-785-2400 or 888-728-5627

Counties served: Adair, Clark, Knox, Macon, Randolph, Schuyler and Scotland.

### Hannibal Office

203 N. 6th

Hannibal, MO 63401

573-248-2520 or 888-728-5627

Counties served: Clark, Lewis, Marion, Monroe, Pike, Ralls, and Shelby.

### Warrenton Office

111 Steinhagen Road

Warrenton, MO 63383

636-456-9467 or 800-264-5872

Counties served: Lincoln, Montgomery and Warren.

**Senior Employment:** Provides employment/training opportunities for individuals 55 and over with limited income.

## **SER National**

**1-573-886-8988**

Northeast Counties served: Adair, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler and Shelby.

## **Senior Community Service Employment Program (SCSEP)**

**1-573-526-4542**

Northeast Counties Served: Clark

## **AARP/NCBA**

**1-202-434-2252 or 1-816-471-1884**

Northeast Counties served: Warren

## **AARP**

8059 Watson Rd

St. Louis, MO 63119

1-314-918-7563

Northeast Counties served: Lincoln and Warren.

## **Gamm Incorporated**

103 South 3<sup>rd</sup> St.

LaBelle, MO 63447

1-660-213-3221

Northeast Counties served: Adair, Clark, Knox, Lewis, Macon, Marion, Monroe, Pike, Ralls, Randolph, Schuyler, Scotland, and Shelby.

# ***FAMILY SUPPORT DIVISION***

## **Missouri Department of Social Services**

### **Family Support Division**

P. O. Box 2320

Jefferson City, MO 65102-2320

1-573-751-3221

1-800-392-1261 (24/7 number)

1-855-373-4636 (M-F 7a-6p)

**[www.dss.mo.gov/fsd](http://www.dss.mo.gov/fsd)**

The State of Missouri Family Support Division administers several programs and services. Each program has different eligibility criteria. Programs include MO HealthNet (Medicaid), Nursing Care, Home and Community Based Programs, Prevention of Spousal Impoverishment, Supplemental Aid to the Blind, Blind Pension, Adult Supplemental Payments, Qualified Medicare Beneficiary, Specified Low-Income Medicare Beneficiary, and Food Stamps. Contact your local county office for more information or to apply for a program.

### **Adair County (Knox/Schuyler)**

1612 N. Osteopathy  
Kirksville, MO 63501  
660-785-2440  
855-373-4636

### **Clark County**

320 W. Main  
Kahoka, MO 63445  
660-727-3393  
855-373-4636

### **Lewis County**

500 S. Washington  
Monticello, MO 63457  
573-767-5284  
855-373-4636

### **Lincoln County**

384 N. Lincoln Dr.  
Troy, MO 63379  
636-528-8521  
855-373-4636

### **Macon County**

1716-B Prospect  
Macon, MO 63552  
660-385-3191  
855-373-4636

### **Marion County (Ralls)**

3055 Holman Drive  
Hannibal, MO 63401  
855-373-4636

### **Monroe County**

315 N. Washington  
Paris, MO 65275  
660-327-4185  
855-373-4636

### **Montgomery County**

501 Niedergerke Dr.  
Montgomery City, MO 63361  
573-564-2258  
855-373-4636

### **Pike County**

1610 Bus. Hwy. 54 West  
Bowling Green, MO 63334  
573-324-2243  
855-373-4636

### **Randolph County**

1715 S. Morley #B  
Moberly, MO 65270  
660-263-4330  
855-373-4636

### **Scotland County**

#2 Child Support Lane  
Memphis, MO 63555  
660-465-8549  
855-373-4636

### **Shelby County**

306 E. Main  
Shelbyville, MO 63469  
573-633-2550  
855-373-4636

### **Warren County**

513 W. Booneslick Rd.  
Warrenton, MO 63383  
636-456-3307  
855-373-4636

# **FOOD – EMERGENCY & SUPPLEMENTATION**

**FOOD STAMPS** – Any person or household may apply for Food Stamps through their local Family Support Division. Eligibility is based primarily on income and resources. The Department of Social Services offers a pre-screening tool at [www.dss.mo.gov/fsd/fstamp/index.htm](http://www.dss.mo.gov/fsd/fstamp/index.htm).

## **CENTRAL MISSOURI FOOD BANK**

2101 Vandiver Drive  
Columbia, MO 65202

800-764-3663                      1-573-474-1020  
[sharefoodbringhope.org](http://sharefoodbringhope.org)

Counties served: Adair, Clark, Knox, Lewis, Macon, Marion, Monroe, Schuyler, Scotland, Shelby, Randolph, and Ralls.

## **ST. LOUIS AREA FOOD BANK**

70 Corporate Woods Drive  
St. Louis, MO 63044

314-292-6262  
[www.stlfoodbank.org](http://www.stlfoodbank.org)

Counties served: Lincoln, Montgomery, Pike and Warren.

## **New Hope Food Pantry Outreach Center**

3317 Highway 94 North  
St. Charles, MO 63301

636-947-0755

Counties served: Lincoln, Montgomery, Pike, and Warren.

## **OTHER LOCAL FOOD PANTRIES**

### **ADAIR COUNTY**

Salvation Army  
1004 W Gardner, Kirksville, MO 63501  
660-665-7885

Christian Community Food Depot  
1123 N. Osteopathy St., Kirksville, MO 63501  
Becky & Harold Osborn / Tim Mills  
660-665-3624 / 660-341-0955

Hamilton Street Baptist Church  
802 W Hamilton St., Kirksville, MO 63501  
660-665-4633

Helping Hand Food Pantry  
Kirksville Church of the Nazarene  
2302 N. Lincoln, Kirksville, MO 63501  
660-665-6862

The Crossings Church  
810 E. Shepherd, Kirksville, MO 63501  
660-665-6000

### **KNOX COUNTY**

Knox County Food Pantry  
105 E Morgan, Edina, MO 63537  
660-423-5278

Knox County Food Cupboard  
109 E. Morgan, Edina, MO 63537  
660-216-4846

### **CLARK COUNTY**

Clark County Food Pantry  
226 West Cedar, Kahoka, MO 63445  
660-727-2204

Commodities  
208 E. Cedar, Kahoka, MO 63445  
Kahoka, MO 63445  
Kim Allen 660-341-6090

### **LEWIS COUNTY**

First Baptist Church  
407 N. 6<sup>th</sup>, Canton, MO 63435  
Nina Porter – 573-288-3030

Canton Council of Churches  
512 College St., Canton, MO 63435  
573-288-3018

Lewis County Mobile Food Pantry  
Rodeo Grounds, North 5<sup>th</sup>, La Belle, MO  
573-474-1020

### **MACON COUNTY**

First Christian Church  
806 E. Briggs  
Macon, MO 63552 660-385-4267

Macon County Ministries 305 Sunset Hills Dr  
Macon, MO 63552 Linda Ellis 660-385-5637

LaPlata Christian Ministries  
29296 July Road, LaPlata, MO 63549  
Stephanie Allen - 660-342-2158



# **FOOD – EMERGENCY & SUPPLEMENTATION**

## **LINCOLN COUNTY**

Saints Joachim & Ann Care Services  
4112 McClay Road, St. Charles, MO 63304  
636-441-1302

Briscoe Bible Holiness 6164 Hwy K  
Troy, MO 63379 573-384-5953

Bread of Life 102 S. Lincoln  
Troy, MO 63379 636-528-3646

First Baptist Church 105 S. 3<sup>rd</sup> St.  
Elsberry, MO 63343 573-898-2986

Lincoln County Cupboard 456 N. Main  
Elsberry, MO 63343 636-358-5901

## **MARION COUNTY**

Douglass Community Services 711 Grand Ave  
Hannibal, MO 63401 573-221-3892

Palmyra Food Pantry 573-406-2538

Salvation Army 200 S. 9<sup>th</sup> St.  
Hannibal, MO 63401 573-221-7072

Christ Apostolic Temple 206 Willow St.  
Hannibal, MO 63401 573-248-3500

Arch United Methodist 56017 Oceanway Ln.  
Hannibal, MO 63401 573-221-3227

First United Methodist Church 901 Broadway  
Hannibal, MO 63401 573-221-0745

Apostolee Holiness 132 Ledletter Lane  
Hannibal, MO 63401 573-221-3990

## **RALLS COUNTY**

Monroe City Food Pantry 573-735-4600

First Baptist Church  
New London, MO 573-985-7201

## **SCHUYLER COUNTY**

Ministerial Alliance 105 E. North Park  
Lancaster, MO 63548 660-626-6171

## **WARREN COUNTY**

Saints Joachim and Ann Care Services  
4112 McClay Rd., St. Charles, MO 63304  
636-441-1302

Baptist Mission - 418 Warren Ave.  
Wright City, MO 63390 636-745-3154

Agape Ministries - 70 Bell Rd  
Wright City, MO 63390 636-456-4645

## **MONROE COUNTY**

Monroe City Food Pantry  
101 Washington St.  
Monroe City, MO 63456  
Sheila Kendrick 573-735-4513

Paris Senior Center 112 E. Marion  
Paris, MO 65275 660-327-5824

Faithwalk - Bishop Long  
Paris, MO 65275 660-327-5627

## **MONTGOMERY COUNTY**

Reach Church 100 Chamber Road  
Montgomery City, MO 63361 464-544-4559

We Care Ministries 120 West Second  
Montgomery City, MO 63361  
573-564-6406

## **PIKE COUNTY**

Community Food Pantry 1<sup>st</sup> Baptist Church  
Louisiana, MO 63353 573-754-6384

Heart to Heart 3515 Georgia St  
Louisiana, MO 63353 573-754-0148

Hope Center of Pike County 30 N. Court  
Bowling Green, MO 63334 573-324-3200

## **RANDOLPH COUNTY**

Randolph County Caring Communities  
Brian Williams 660-263-7173

Cherith Brook Food Pantry 339 N. Williams  
Moberly, MO 65270 660-263-0488

Christos Center 111 N. 5<sup>th</sup> St.  
Moberly, MO 65270 660-263-0278

Community Kitchen 411 W. Reed  
Moberly, MO 65270 660-353-9322

St. Pius Church 217 S. Williams  
Moberly, MO 65270 660-263-5250

## **SCOTLAND COUNTY**

Scotland County Senior Center 301 W. Monroe St.  
Memphis, MO 63555 660-465-7011

Scotland County Ministerial Alliance  
Memphis, MO 63555 660-465-8959

## **SHELBY COUNTY**

Shelby County Health Department  
700 E. Main, Shelbyville, MO 63469 573-633-2353

Bethel Food Pantry 345 N. Main, Bethel, MO 63434 660-956-2496

Shelby County Food Pantry 403 E. Maple St.,  
Shelbina, MO 63468 816-679-8843

# **HOUSING SERVICES**

**FEMA**--The Community Action Partnership of Northeast Missouri periodically administers emergency rental assistance through Federal Emergency Management Agency (FEMA) funds. To apply, bring in social security cards and proof of income for every family member. There is no cost for services. Contact your county outreach office for an appointment (see pages 10 for office listings).

USDA Rural Development Area offices provides assistance to homeowners through Home Improvement Loans, Home Modification and Home Repair Grants for electric/plumbing repairs, ramps, roof repairs, and weatherization.

## **USDA**

### **Rural Development Area Office**

2995 County Road 1325

Moberly, MO 65270

660-263-7400

Counties Served: Adair, Knox, Macon, Monroe, Randolph Schuyler, Scotland, and Shelby.

## **USDA**

### **Rural Development Area Office**

17623 Highway 19

New London, MO 63459

573-985-7211

Counties Served: Clark, Lewis, Ralls, Marion, Monroe, and Shelby.

## **USDA**

### **Rural Development Area Office**

114 Frenchman Bluff Rd.

Troy, MO 63379

636-528-4113 Ext. 4

Counties Served: Lincoln, Montgomery, Pike and Warren.

## **Northeast Missouri Area Agency on Aging**

815 N. Osteopathy

Kirksville, MO 63501

660-665-4682

800-664-6338

Information on senior housing is available for all sixteen counties.

**Missouri Home of Your Own** – offers a wide variety of information for Missourians on rental and ownership. Information is available regarding rental availability, rent assistance, guides to purchasing a home, loan information, upkeep information, etc.

<http://www.mohomeofyourown.com/index2.html>

# HOUSING – APARTMENT COMPLEXES

<u>COUNTY</u>	<u>COMPLEX</u>	<u>PHYSICAL ADDRESS</u>	<u>MAILING ADDRESS</u>	<u>PHONE</u>
ADAIR	BRASHEAR HSG ASSOC	205 W CHURCH ST	P O BOX 131 BRASHEAR MO 63353	660-341-5978
ADAIR	DEVLIN PLACE - KIRKSVILLE HOUSING	DEVLIN PL	100 VALLEY FORGE DR KIRKSVILLE MO 63501	660-665-7260
ADAIR	FJELD ARMS	2016 FLORENCE PL	2016 FLORENCE PL KIRKSVILLE MO 63501	660-665-7260
ADAIR	GREENTOP HSNG ASSOC	400 N MARION ST	P O BOX 43 GREENTOP MO 63546	660-949-2546
ADAIR	KIRKSVILLE AFFORDABLE HOUSING	2202 E NORMAL	2202 E NORMAL ST KIRKSVILLE MO 63501	573-324-2231
ADAIR	KIRKSVILLE ESTATES	2200 E NORMAL	2200 E NORMAL ST KIRKSVILLE MO 63501	660-535-4305
ADAIR	KIRKSVILLE GARDENS	1501 S JAMISON	1501 S JAMISON KIRKSVILLE MO 63501	660-665-4773
ADAIR	KIRKSVILLE HEIGHTS	2400 S BALTIMORE	2400 S BALTIMORE ST KIRKSVILLE MO 63501	660-665-0088
ADAIR	KIRKSVILLE SENIOR APTS (Sheraton Square)	316 PFEIFFER AVE	316 PFEIFFER KIRKSVILLE MO 63501	660-665-6847
ADAIR	KIRKSVILLE VILLAGE	2118 E NORMAL ST	2118 E NORMAL ST KIRKSVILLE MO 63501	660-627-2700
ADAIR	NOVINGER HSG ASSN	500 MAIN ST	1003 MAIN ST NOVINGER MO 63559	319-470-3854
ADAIR	ST ANDREWS APTS	500 S OSTEOPATHY	500 S OSTEOPATHY ST KIRKSVILLE MO 63501	660-627-5400
ADAIR	TRAVELERS HOTEL APARTMENTS	301 W WASHINGTON ST	301 W WASHINGTON ST KIRKSVILLE MO	660-665-2905
ADAIR	VILLAGE 76	VILLAGE 76	100 VALLEY FORGE DR KIRKSVILLE MO 63501	660-665-8539
ADAIR	VISTA HEIGHTS	2202 S MARION	2202 S MARION KIRKSVILLE MO 63501	660-665-9224
CLARK	KAHOKA CROSSING	1140 W MAIN	1140 W MAIN ST #25 KAHOKA MO 63445	660-727-2424
CLARK	WYACONDA HOUSING CORP	200 MAIN ST	200 MAIN ST, WYACONDA MO 63474	660-754-1129
CLARK	KAHOKA HOUSING CORP	151 SHERIDAN ST	P O BOX 195 KAHOKA MO 63445	660-727-3459
CLARK	WAYLAND HOUSING ASSOC.	105 LAKE AVE	P O BOX 248 DOWNING MO 63536	660-754-1129
KNOX	BARING COMMUNITY SENIOR HOUSING INC	100 E 1ST	P O BOX 53 BARING MO 63561	660-626-6101
KNOX	KNOX CITY SENIOR HAVEN INCORPORATED	310 SENIOR DR	P O BOX 53 BARING MO 63561	660-397-2315
KNOX	KNOX COUNTY SENIOR CITIZEN HOUSING INC	400 N COTTEY	P O BOX 164 EDINA MO 63537	660-397-2315
LEWIS	CANTON SENIOR HOUSING INC	509C1 MONTGOMERY ST	P O BOX 92 CANTON MO 63435	573-288-5838
LEWIS	EWING COMMUNITY SENIORS HOUSING INC	101 W BRYAN ST	P O BOX 204 EWING MO 63440	660-341-0134
LEWIS	LABELLE SENIOR HOUSING, INC	510 LINCOLN ST	P O BOX 169 LABELLE MO 63447	660-213-4012
LEWIS	LAGRANGE APTS	804 W MONROE ST	305 E EWING LEWISTOWN MO 63452	573-470-1492
LEWIS	LAGRANGE SENIOR HOUSING, INC	905 W JEFFERSON	905 W JEFFERSON LAGRANGE MO 63448	573-655-4387
LEWIS	LEWIS CO AFFORDABLE HOUSING	305 E EWING	305 E EWING LEWISTOWN MO 63452	573-324-2231
LEWIS	LEWISTOWN APTS	100 EWING ST	100 EWING ST LEWISTOWN MO 63452	573-470-0410
LEWIS	LEWISTOWN SENIOR HOUSING INC	401 E MAIN	P O BOX 31 LEWISTOWN MO 63452	660-216-6914
LEWIS	WESTPORT APTS	31732 WESTPORT	31732 WESTPORT CANTON 63435	573-288-5982
LINCOLN	BROOKVIEW APTS OF ELSBERRY	100 BROOKVIEW LN	100 BROOKVIEW LN ELSBERRY MO 63343	314-721-3410
LINCOLN	BROOKVIEW APTS OF TROY	1051 BROOKVIEW DR	1051 BROOKVIEW DR TROY, MO 63379	314-721-3410
LINCOLN	ELSBERRY SENIOR HOUSING/TAYLOR TERRACE	105 TAYLOR TERRACE	102 TAYLOR TERRACE ELSBERRY MO 63343	636-358-2227
LINCOLN	FAIRFIELD APTS OF TROY	1050 SOMMERSET DR	1050 SOMMERSET DR TROY MO 63379	314-721-3410
LINCOLN	LINCOLN VILLA SENIOR APTS	311 VILLA DR	P O BOX 470 BOWLING GREEN MO 63334	636-528-6845
LINCOLN	OLD MONROE SENIOR HOUSING	100 FRIENDSHIP VILLAGE CT	100 FRIENDSHIP VILLAGE CT OLD MONROE MO	636-239-6656
LINCOLN	PIN OAK I	1002 FORSYTHE CIRCLE	1002 FORSYTHE CIRCLE TROY MO 63379	573-448-3000
LINCOLN	PIN OAK II	1102 FORSYTHE CIRCLE	11102 FORSYTHE CIRCLE TROY MO 63379	573-448-3000
LINCOLN	PIN OAK III	1202 FORSYTHE CIRCLE	1202 FORSYTHE CIRCLE TROY MO 63379	573-448-3000
LINCOLN	TROJAN VILLA	400 ANNIE AVE	345 PERKINS BLVD TROY MO 63379	636-528-8331
LINCOLN	TROY ESTATES	219 VILLA DR	219 VILLA DR #5 TROY MO 63379	573-443-2021
LINCOLN	WINFIELD I	222 8 <sup>TH</sup> ST	222 8 <sup>TH</sup> ST WINFIELD MO 63389	573-448-3000
LINCOLN	WINFIELD ii	747 W ELM ST	747 W ELM ST WINFIELD MO 63389	573-448-3000
LINCOLN	WINFIELD SENIOR CITIZENS HOUSING	450 ELM ST	206 JEFFERSON ST WASHINGTON MO 63090	636-239-6656
LINCOLN	WOODCREST VILLAS	15 WOODCREST DR	15 WOODCREST DR TROY MO 63379	636-528-1828
MACON	ATLANTA RURAL RENTAL HOUSING	406 S WILLIAMSON	406 S WILLIAMSON ST APT 10 ATLANTA MO	660-239-4777

MACON	BEVIER SENIOR CITIZENS HOUSING	100 N MACON	P O BOX 83 BEVIER MO 63532	660-773-5251
MACON	BROOKVIEW APTS	300 N EAST ST	300 N EAST ST LAPLATA MO	314-721-3410
MACON	LA PLATA RURAL RENTAL HOUSING CORP	111 E BARTLETT	P O BOX 86 LAPLATA MO 63549	660-341-0974
MACON	LAKEVIEW TOWERS	1404 S MISSOURI	P O BOX 306 MACON MO 63552	660-385-5781
MACON	MACON SENIOR CITIZENS HSG INC	601 MAPLE LN	P O BOX 72 MACON MO 63552	660-395-7097
MACON	NEW CAMBRIA RURAL RENTAL HOUSING CORP	112 NEW CAMB. HGHTS	P O BOX 155 NEW CAMBRIA MO 63558	660-226-5331
MACON	ALEXANDRA POINTE	802 RANCHLAND DR	P O BOX 553 MACON MO 63552	816-246-9220
MARION	ANDERSON ESTATES	1821 S MAIN	1821 S MAIN PALMYRA MO 63461	573-324-2231
MARION	BELLE FIELD ESTATES	12 GATEWAY SQ	12 GATEWAY SQ MONROE CITY 63456	573-324-2231
MARION	BETH HAVEN TERRACE	901 CENTRAL AVE	901 CENTRAL AVE HANNIBAL MO 63401	573-248-1005
MARION	HANNIBAL AFFORDABLE HOUSING	202 CENTERVILLE RD	202 CENTERVILLE RD HANNIBAL MO 63401	573-324-2231
MARION	HANNIBAL ESTATES	494 MUNGER LN	494 MUNGER LN HANNIBAL MO 63401	660-535-4305
MARION	HANNIBAL HOUSING AUTHORITY	100 N 11TH ST	P O BOX 996 HANNIBAL MO 63401	573-221-5759
MARION	HANNIBAL MANOR	271 MUNGER LN	272 MUNGER LN HANNIBAL MO 63401	573-221-6307
MARION	HANNIBAL VILLAGE	732 HEAD LN	P O BOX 339 KING CITY MO 64463	660-535-4305
MARION	MARK TWAIN HOTEL APARTMENTS	200 S MAIN	200 S MAIN HANNIBAL MO 63401	573-248-1650
MARION	OAKWOOD SR APTS	760 HEAD LN	760 HEAD LN HANNIBAL MO 63401	573-324-2231
MARION	PALMYRA ASSOC.	409 SHEROL CR	P O BOX 339 KING CITY MO 64463	573-448-3000
MARION	PALMYRA RURAL RENTAL HOUSING INC	502 SUNSET DR	P O BOX 368 PALMYRA MO 63461	573-248-9456
MARION	PARK TERRACE ASSOC.	1440-1524 30TH 1501-1521 29TH St	1440 30TH ST #207 HANNIBAL MO 63401	573-448-3000
MARION	PHILADELPHIA SENIOR CITIZENS HSG INC	2922 HWY D	2922 HWY D PHILADELPHIA MO 63463	573-439-2484
MARION	RIVER BLUFF APTS	4000 RIVER BLUFF DR	P O BOX 470 BOWLING GREEN MO 63334	573-470-1492
MONROE	BROOKVIEW APTS	500 BROOKVIEW DR	500 BROOKVIEW DR PARIS MO 65275	314-721-3410
MONROE	MADISON COMMUNITY HOUSING INC	200 E BROADWAY	201 S MAIN PARIS MO 65275	660-327-4969
MONROE	MONROE CITY SR HSG	220 2ND ST	201 S MAIN PARIS MO 65275	660-327-4969
MONROE	PARIS SENIOR CITIZEN HOUSING	310 E MONROE ST	201 S MAIN PARIS MO 65275	660-327-4969
MONTGOMERY	HIGH HILL SENIOR CITIZENS HSG	100 LOCUST ST	P O BOX 162 HIGH HILL MO 63350	573-564-3689
MONTGOMERY	JONESBURG APTS	204 N GLADSTONE AVE	204 N GLADSTONE AVE JONESBURG MO 63351	573-324-2231
MONTGOMERY	JONESBURG SENIOR CITIZENS HOUSING	201 W FOREMAN	P O BOX 281 JONESBURG MO 63351	636-456-7080
MONTGOMERY	MONTGOMERY CITY	920 PEARL ST	P O BOX 470 BOWLING GREEN MO 63334	573-324-2231
MONTGOMERY	MONTGOMERY CITY APTS I	27 OAK TREE CT	27 OAK TREE CT MONTGOMERY CITY 63361	573-448-3000
MONTGOMERY	MONTGOMERY CITY APTS II	607 N WENTZ ST	607 N WENTZ ST MONTGOMERY CITY 63361	785-272-9700
MONTGOMERY	BROOKVIEW SENIOR HOUSING	600 W 5 <sup>TH</sup>	600 W 5 <sup>TH</sup> MONTGOMERY CITY 63361	314-721-3410
MONTGOMERY	WELLSVILLE APTS	525 N 2ND	525 N 2ND WELLSVILLE MO 63384	573-684-2524
MONTGOMERY	WELLSVILLE I APTS	810 N SECOND	810 N SECOND WELLSVILLE MO 63384	573-324-2231
PIKE	BOWLING GREEN APTS	1800 W MAIN ST	P O BOX 470 BOWLING GREEN MO 63334	573-324-2231
PIKE	BOWLING GREEN HOUSING AUTHORITY	510 W CHAMP CLARK DR	510 CHAMP CLARK DR BOWLING GREEN MO	573-324-5203
PIKE	CLARKSVILLE ESTATES	399 N 1ST ST	399 N 1ST ST CLARKSVILLE 63336	573-324-2231
PIKE	COURT ST APTS	22A N COURT ST	22A N COURT ST BOWLING GREEN MO 63334	573-470-0410
PIKE	CREEKSIDE APTS	101 CREEKSIDE DR	101 CREEKSIDE DR BOWLING GREEN MO 63334	573-324-6353
PIKE	FIELD VILLAGE (LOUISIANA HSG ASSN)	1000 N CAROLINA ST	P O BOX 125 LOUISIANA MO 63353	573-754-4434
PIKE	FRANKFORD ELDERLY HOUSING	314 KING ST	P O BOX 205 FRANKFORD MO 63441	573-784-9937
PIKE	PARKVIEW SENIOR APTS	117 S MAIN - EOLIA	P O BOX 1292 COLUMBIA MO 65205	573-449-1835
PIKE	ST CLEMENT RETIREMENT VILLAGE	21319 HWY 161	110 HILLCREST DR BOWLING GREEN MO 63334	573-324-5229
PIKE	SWISHER VILLAGE	310 N 7TH; 221-223 N 8TH;	P O BOX 125 LOUISIANA MO 63353	573-754-4434
PIKE	TELLA JANE SENIOR APTS	400 TELLA JANE LN	P O BOX 470 BOWLING GREEN MO 63334	573-470-0410
PIKE	THOMAS APT COMPLEX	207 S 5TH	207 S 5 <sup>TH</sup> ST LOUISIANA MO 63353	573-754-5121
PIKE	WALTMAN VILLAGE	500 TELLA JANE LN	P O BOX 125 LOUISIANA MO 63353	573-754-4434
RALLS	CENTER SENIOR HOUSING INC	301 S PACIFIC	P O BOX 284 CENTER MO 63436	573-267-3243

RALLS	NEW LONDON APT	201 E RECTOR	201 E RECTOR ST NEW LONDON MO 63459	573-324-2231
RALLS	NEW LONDON SENIORS HOUSING INC	909 S MAIN	909 S MAIN NEW LONDON MO 63459	573-985-8011
RALLS	UPTOWN APTS	411 A MAIN ST	411 A MAIN ST NEW LONDON MO 63459	573-470-0410
RALLS	VILLAGE HOUSING INC	521 E WALNUT	521 E WALNUT PERRY MO 63462	573-248-6847
RANDOLPH	ALLENDALE MANOR / COUNTRY VIEW GARDEN	23 KEHOE ST	P O BOX 159 MOBERLY MO 65270	660-263-3950
RANDOLPH	CAIRO-JACKSONVILLE SR CITIZENS HSG	113 E MARTIN	372 HWY JJ STE C CAIRO MO 65259	660-295-4587
RANDOLPH	HAPPY HOMES MANOR	301 E LIBRARY ST	301 E LIBRARY ST HUNTSVILLE MO 65259	660-651-1004
RANDOLPH	HIGBEE RURAL HOUSING CORP	DIVISION & RANDOLPH	P O BOX 245 HIGBEE MO 65270	660-456-7296
RANDOLPH	LUCILLE MANOR	800 SINNOCK ST	800 SINNOCK ST MOBERLY MO 65270	660-263-8180
RANDOLPH	MOBERLY APTS	2105 SILVA LN	2105 SILVA LN MOBERLY MO 65270	573-324-2231
RANDOLPH	MOBERLY HOUSING AUTHORITY LW CASE	205 FARROR ST	P O BOX 159 MOBERLY MO 65270	660-263-2287
RANDOLPH	SHERWOOD GLEN	1000 S WILLIAMS	1000 S WILLIAMS MOBERLY MO 65270	573-448-3000
SCHUYLER	DOWNING HOUSING ASSOCIATION	400 CARTER LANE	P O BOX 294 DOWNING MO 63536	660-465-2975
SCHUYLER	GREENTOP HSG ASSOCIATION	400 N MARION ST	400 N MARION ST GREENTOP MO 63546	660-949-2546
SCHUYLER	LANCASTER HOUSING AUTHORITY	RT 1 BOX 157A	RT 1 BOX 157A LANCASTER MO 63458	660-457-3030
SCHUYLER	QUEEN CITY HSG ASSN	102 S HIRSHELL ST	102 S HIRSHELL ST QUEEN CITY MO 63561	660-341-5884
SCOTLAND	GORIN SR HSG ASSN	TRIPLETT ST	315 GREEN ST MEMPHIS MO 63555	660-465-2975
SCOTLAND	MEMPHIS HOUSING AUTHORITY	31 CORNELIUS AVE	31 CORNELIUS AVE MEMPHIS MO 63555	660-465-2261
SHELBY	BETHEL RURAL RENTAL HOUSING	270 E 1ST BETHEL	270 E 1ST BETHEL MO 63434	660-346-0627
SHELBY	CITY OF HUNNEWELL RURAL HOUSING	109 W BIRCH; 102 N 2ND	P O BOX 87 HUNNEWELL MO 63443	573-983-2264
SHELBY	CLARENCE RURAL RENTAL HOUSING INC	500 E ELM	P O BOX 66 CLARENCE MO 63437	660-699-9218
SHELBY	SHELBINA APTS	605 N CENTER	605 N CENTER SHELBINA MO 63468	573-588-7580
SHELBY	SHELBINA ASSOC.	600 E COLLEGE	605 N CENTER SHELBINA MO 63468	573-448-3000
SHELBY	SHELBINA APARTMENTS	612 E COLLEGE	612 E COLLEGE SHELBINA MO 63468	573-999-0001
SHELBY	SHELBYVILLE RURAL RENTAL HOUSING CORP	304 W MAIN ST	P O BOX 65 SHELBYSVILLE MO 63469	573-633-2318
WARREN	BROOKVIEW APTS OF WRIGHT CITY	160 BROOKVIEW DR	160 BROOKVIEW DR WRIGHT CITY MO 63390	314-721-3410
WARREN	BROOKVIEW SR APTS OF WRIGHT CITY	660 WESTWOODS DR	660 WESTWOODS DR WRIGHT CITY MO 63390	314-721-3410
WARREN	CHARRETTE APTS	811 OZARK	811 OZARK ST MARTHASVILLE MO 63357	314-443-2821
WARREN	DONNA MARIE APTS	2305 DONNA MARIE DR	2305 DONNA MARIE DR WARRENTON MO 63383	573-324-2231
WARREN	HAWTHORN VILLAGE	1026 HAWTHORN VILLAGE DR	1026 HAWTHORN VILLAGE DR WARRENTON MO	636-456-6577
WARREN	LIBERTY GARDENS APTS	305 S ELM ST	305 S ELM ST WRIGHT CITY MO 63390	636-239-6656
WARREN	MISSOURI HILLS APTS	16723 MISSOURI HILLS DR	16723 MISSOURI HILLS DR MARTHASVILLE MO	636-433-5644
WARREN	ST CLARE OF ASSISI SENIOR VILLAGE	409 WARRENTON VILLAGE DR	409 WARRENTON VILLAGE DR WARRENTON MO	636-695-4206
WARREN	VILLAGE APTS	101 S SIDE COURT	101 SOUTH SIDE CT WARRENTON MO 63383	573-448-3000
WARREN	WARRENTON ASSOC.	OAK & WEST ST	P O BOX 68 CLARKTON MO 63837	636-456-7243
WARREN	WARRENTON I APTS	205 NW ST	204 NW ST WARRENTON MO 63383	636-456-7243
WARREN	WARRENTON II APTS	201 E OAK ST	201 W OAK ST WARRENTON MO 63383	573-448-3000
WARREN	WARRENTON PROPERTIES (MEADOW WOODS)	710 E WOODS	710 E WOODS WARRENTON MO 63383	636-456-0895
WARREN	WARRENTON VILLA	2309 DONNA MARIE DR	36 DOGWOOD DR WARRENTON MO 63383	636-456-0454
WARREN	WHISPERING PINES RETIREMENT COMM.	700 FOREST AVE	700 FOREST AVE WARRENTON MO 63383	636-456-6464
WARREN	WINFIELD I	222 8TH ST	220 8TH ST WINFIELD MO 63389	636-668-6577
WARREN	WINFIELD II	747 ELM ST	747 ELM ST WINFIELD MO 63389	636-668-6577
WARREN	WRIGHT CITY NORTH	210 BROOKVIEW	210 BROOKVIEW WRIGHT CITY MO 63390	573-324-2231

# **INFORMATION AND ASSISTANCE**

## **ELDERCARE LOCATOR**

1-800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

Provides caregivers, family members, and seniors access to an extensive nationwide network of state and local organizations that serve older people. Calls are referred to Area Agencies on Aging based on the older person's location.

## **Northeast Missouri Area Agency on Aging**

815 N. Osteopathy  
Kirksville, MO 63501  
660-665-4682  
800-664-6338

[www.nemoaaa.com](http://www.nemoaaa.com)

Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby and Warren.

Provides information & assistance service to ensure that all elderly persons, their caregivers, and disabled within the planning and service area have reasonably convenient access to information about the services available within their region. Provides a prompt, accurate, and pertinent response to an inquiry, which may include directing the person to the appropriate resources.

## **Caregivers & Seniors**

[www.moaging.com](http://www.moaging.com)

Comprehensive information on aging and disability services in the following Northeast Missouri counties: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Schuyler, Scotland, Shelby, and Warren. Caregivers, seniors, and the disabled can get information on In-Home Services, Care Coordination, Senior Centers with Meals, Home-Delivered Meals, Nursing Homes, Long-Term Care Ombudsman, Respite Care, Transportation, and many other services.

## **United Way of Missouri 2-1-1**

[www.211helps.org](http://www.211helps.org)

United Way 2-1-1 is a toll-free number to help connect people with available community resources and volunteer opportunities. If 2-1-1 is not active with your phone provider, you can reach the 2-1-1 call center by dialing (800) 427-4626.

## **Alzheimer's Association – Mid-Missouri Chapter**

2400 Bluff Creek  
Columbia, MO 65201  
1-573-443-8665  
800-272-3900

[www.alz.org/mid-missouri](http://www.alz.org/mid-missouri)

## ***IN HOME SERVICES***

The following agencies contract with NEMO AAA to provide in-home services (homemaker, chore services, personal care, and respite) for seniors age 60+ in our sixteen county service area.

**NEMO Senior Citizens Center, Inc.**

100 Valley Forge Dr.

P. O. Box 203

Kirksville, MO 63501

660-665-9163

Counties served: Adair and Schuyler.

**Email:** [nemoscs@cablone.net](mailto:nemoscs@cablone.net)

**Heartland Resources, Inc.**

108 E. Main Street

P. O. Box 460

Ewing, MO 63440

573-209-3600

Counties served: Clark, Knox, Lewis, and Scotland.

**Email:** [hrinc@marktwain.net](mailto:hrinc@marktwain.net)

**HomeCare of Mid-Missouri, Inc.**

102 W. Reed Street

Moberly, MO 65270

660-263-1517

800-246-6400

Counties served: Macon, Pike, and Randolph.

**Email:** [homecare@mcmsys.com](mailto:homecare@mcmsys.com)

**Shelby County Senior Citizens Association, Inc.**

112 East Chestnut

Shelbina, MO 63468

573-588-7669

Counties Served: Shelby

**Email:** [scsc@marktwain.net](mailto:scsc@marktwain.net)

**North East Community Action Corporation**

16 N. Court

Bowling Green, MO 63339

573-324-2231

800-748-7636

In-Home Direct Office Line

Counties Served: Montgomery, Lincoln and Warren.

**Email:** [necac@necac.org](mailto:necac@necac.org)

573-324-5062

**Monroe City Senior Nutrition Center, Inc.**

314 N. Main

Monroe City, MO 63456

573-735-2131

Counties Served: Marion, Monroe and Ralls.

**Email:** [ncenter1@centurytel.net](mailto:ncenter1@centurytel.net)

For a complete list of agencies providing in-home services in your county, contact Northeast Missouri Area Agency on Aging at 800-664-6338 or visit [www.moaging.com](http://www.moaging.com).

## ***IN HOME SERVICES***

The Missouri Division of Senior & Disability Services authorizes in-home services (homemaker, chore services, personal care, and respite) for eligible seniors aged 60+ and disabled persons aged 18 to 59 who are eligible for Medicaid. The Division has a Home & Community Based Services statewide call center for persons who want in-home services. **1-866-835-3505**

### **COUNTY OFFICES**

**Region 5 Office: 1-573-441-6222**

#### **Adair County**

1702 E. Laharpe St  
P. O. Box 670  
Kirksville, MO 63501  
660-785-2416

#### **Clark County**

320 W. Main  
Kahoka, MO 63445  
660-727-3393

#### **Knox County**

Contact the Adair County Office  
660-785-2416

#### **Lewis County**

Contact the Adair County Office  
660-785-2416

#### **Lincoln County**

384 N. Lincoln Dr  
P. O. Box 318  
Troy, MO 63379  
636-528-2107

#### **Macon County**

1716 Prospect, Suite C  
P. O. Box 472  
Macon, MO 63552  
660-385-3191

#### **Marion County**

3055 Holman Drive  
Hannibal, MO 63401  
573-248-2553

#### **Monroe County**

Contact Boone County Office  
573-441-6222

#### **Montgomery County**

Contact Pike County Office  
573-324-2243

#### **Pike County**

1610 Bus. Hwy. 54 West  
Bowling Green, MO 63334  
573-324-2243

#### **Ralls County**

Contact Pike County Office  
573-324-2243

#### **Randolph County**

Contact Boone County Office  
573-441-6222

#### **Schuyler County**

Contact Adair County Office  
660-785-2416

#### **Scotland County**

Contact Adair County Office  
660-785-2416

#### **Shelby County**

Contact Boone County Office  
573-441-6222

#### **Warren County**

513 W. Booneslick Road  
Warrenton, MO 63383  
636-456-3307



## **LEGAL/LEGISLATIVE**

### **The Missouri Bar**

[www.mobar.org](http://www.mobar.org)

573-635-4128

P. O. Box 119

Jefferson City, MO 65102-0119

Area Served: State of Missouri

Services include an online “find a lawyer” service (<http://missourilawyershelp.org/>), free brochures and booklets which explain Missouri laws, state legal system, and legal issues.

### **Legal Services of Eastern Missouri**

[www.lsem.org](http://www.lsem.org)

801 Broadway

P.O. Box 1276

Hannibal, MO 63401

573-248-1111

800-767-2018

Counties served: Adair, Clark, Knox, Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Schuyler, Scotland, Shelby, and Warren.

Provides legal assistance in civil matters, such as family law for victims of domestic violence housing, consumer (debtor/creditor), public benefits. Limited NEMO-AAA funding available to serve persons aged 60 and older. Service eligibility for the general population is a household living with low income/low opportunity and case meets established priority guidelines.

### **Mid-Missouri Legal Services**

[www.mmls.org](http://www.mmls.org)

205 East Forest Avenue

Columbia, MO 65201

573-442-0116

800-568-4931

Counties served: Randolph

Provides legal assistance in some civil matters. Service eligibility; Household at or below U.S.C.L poverty level and case meets established priority guidelines.

### **Northeast Missouri Area Agency on Aging**

**800-664-6338**

NEMO AAA receives very limited funding to assist seniors with legal services they may not otherwise be able to afford. The program does not base eligibility on a person’s income or resources; however, federal law requires that the program direct services to those persons 60 years of age and older who are in the greatest social and/or economic need. Priority of assistance will be given to those eligible seniors, living in the counties covered by NEMO AAA.

NEMO AAA reserves the right to limit the number of units (1 unit = 1 hour of service) received by a participant each program year (July 1 through June 30) in order to ensure fair and appropriate access for all eligible seniors. Services are provided on a first-come first-served basis as long as funding exists.

### **Missouri Seniors’ Legal Helpline**

[www.moaging.com/legalhelp](http://www.moaging.com/legalhelp)

800-235-5503

## **LEGAL/LEGISLATIVE**

### **Governor's Advisory Council on Aging**

**[www.dhss.mo.gov](http://www.dhss.mo.gov)**

Division of Senior & Disability Services  
P. O. Box 570, 912 Wildwood  
Jefferson City, MO 65102  
573-526-4542  
info@health.mo.gov  
Area Served: State of Missouri

Council serves as an advisory group to the Governor, the Department of Health & Senior Services and Division of Senior & Disability Services on ways to improve programs and services for older persons in Missouri.

### **National Committee to Preserve Social Security and Medicare**

10 G Street NE  
Suite 600  
Washington, DC 20006  
800-998-0180  
202-216-0420  
general@ncpssm.org  
Areas Served: All sixteen counties.

**[www.ncpssm.org](http://www.ncpssm.org)**

Advocacy agency that monitors all current events and legislation concerning Social Security and Medicare.

### **Northeast Missouri Area Agency on Aging**

**[www.nemoaaa.org](http://www.nemoaaa.org)**

815 N. Osteopathy  
Kirksville, MO 63501  
800-664-6338  
660-665-4682  
Area Served: All sixteen counties.

Services include Silver Haired Legislature, which gives older adults the opportunity to become involved in the lawmaking process by designing legislation that affects seniors.

# ***MEDICATION ASSISTANCE***

**NeedyMeds, Inc.** – NeedyMeds is a nonprofit web based program dedicated to helping those in need to obtain their medications. They are a source of information listing multiple drug company assistance programs, and can be searched by the medication name. This can be accessed at [www.needymeds.org](http://www.needymeds.org) or call the Helpline at 800-503-6897.

**Partnership for Prescription Assistance** – PPA offers a comprehensive database of patient drug assistance programs offered by a variety of drug companies. 888-477-2669 [www.pparx.org](http://www.pparx.org).

**FamilyWize** – FamilyWize is a prescription discount card that can be used at participating pharmacies. Average savings is 20%. For more information contact FamilyWize at 800-222-2818 or [www.FamilyWize.org](http://www.FamilyWize.org).

**Rx Assist** – RxAssist offers a comprehensive database of patient drug assistance programs offered by drug companies. 800-769-3880 [www.rxassist.org](http://www.rxassist.org).

**Rx Outreach** – This is a mail-order program offering low cost prescription drugs. For eligibility guidelines and medications covered, contact Rx Outreach at 800-769-3880 or visit their website at [www.rxoutreach.com](http://www.rxoutreach.com).

In addition to the many programs offered directly from the drug manufacturing companies, many local pharmacies offer discounted prescriptions (\$4/\$10).

**Wal-Mart** – Wal-Mart offers many generic medications at \$4 for a 30 day supply or \$10 for a 90 day supply. For more information, contact your local Wal-Mart or visit their website at [www.walmart.com](http://www.walmart.com).

**Walgreens** - Their prescription savings club offers many generic drugs for \$12 for a 90 day supply. Annual membership fee required (\$20 individual or \$35 family). For more information, contact your local Walgreens or visit their website at [www.walgreens.com](http://www.walgreens.com).

**HyVee** – Their discount drug program offers many generics at \$4 for a 30 day supply or \$10 for a 90 day supply. For more information, contact your local HyVee or visit their website at [www.hyvee.com](http://www.hyvee.com).

**Medicare Part D Prescription Plans** change yearly, so don't forget to complete your plan comparison each year. If you need assistance with the plan comparison, contact your local Area Agency on Aging.

## ***NUTRITION PROGRAMS***

Nutrition service is a meal served in a senior center for a congregate meal or delivered to a homebound person for a home delivered meal.

### **ADAIR**

Village '76 Senior Center  
100 Valley Forge Dr.  
Kirksville, MO 63501  
Bridget Morton, Director  
660-665-9163  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

### **CLARK**

Clark County Council on Aging  
222 N. Lincoln Street  
Kahoka, MO 63445  
Sara Blaine, Director  
660-727-2400  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

### **KNOX**

Knox County Council On Aging  
109 N. Main St.  
Edina, MO 63537  
Beth Bacon, Director  
660-397-2296  
Monday thru Friday  
7:30 a.m. to 3:30 p.m.  
Saturday 7:30 a.m. to 1:30 p.m.

### **LEWIS**

Canton Senior Center  
600 Montgomery St.  
Canton, MO 63435  
Dova Geisendorfer, Admin.  
573-288-3633  
Monday thru Friday  
9:00 a.m. to 1:00 p.m.

### **LEWIS**

Ewing Senior Center  
101 W. Bryant St  
Ewing, MO 63440  
Melinda Hinton, Admin.  
573-209-3600  
Monday thru Friday  
8:00 a.m. to 1:00 p.m.

### **LEWIS**

LaGrange Senior Center  
905 Jefferson St.  
LaGrange, MO 63448  
Donna Johns, Admin.  
573-655-4387  
Monday thru Friday  
9:00 a.m. to 1:00 p.m.

### **LINCOLN**

Silex Senior Center  
115 Main St.  
Silex, MO 63377  
Tammy Grgurich, Admin.  
573-384-5561  
Monday thru Friday  
8:30 a.m. to 2:30 p.m.

### **LINCOLN**

Troy Senior Center  
1380 Boone St.  
Troy, MO 63379  
Janet Carver, Manager  
636-528-7000  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

### **LINCOLN**

Winfield Senior Center  
225 Second St.  
Winfield, MO 63389  
Pam Perry, Admin.  
636-668-8448  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

### **LINCOLN**

Elsberry Nutrition Center  
206 N. 3<sup>rd</sup> St.  
Elsberry, MO 63343  
Bob Harrison, Admin.  
573-898-2296  
Monday thru Friday  
8:30 a.m. to 2:30 p.m.

### **MACON**

Senior Center of Macon  
1404 S. Missouri, Ste. 223  
Macon, MO 63552  
Christina Viers, Director  
660-385-6411  
Monday & Wednesday-Friday  
7:30 a.m. to 1:30 p.m.

### **MARION**

Hannibal Senior Nutrition Center  
219 S. 10<sup>th</sup> St.  
Hannibal, MO 63401  
Debra Catlett, Director  
573-221-4488  
Monday thru Friday  
6:00 a.m. to 2:00 p.m.

### **MARION**

Palmyra Nutrition Center  
219 W. Ross  
Palmyra, MO 63461  
Tammy Nix, Site Director  
573-769-3358  
Monday thru Friday  
7:30 a.m. to 2:00 p.m.

### **MONROE**

Senior Citizens Community Cntr  
112 E. Marion St.  
Paris, MO 65275  
Tara Garside, Director  
660-327-5824  
Monday thru Friday  
7:30 a.m. to 3:30 p.m.

## ***NUTRITION PROGRAMS***

### **MONTGOMERY**

Montgomery County Senior Cntr  
138 S. Allen St.  
Montgomery City, MO 63361  
Cathy Leu, Director  
573-564-3224  
Monday thru Friday  
6:30 a.m. to 3:00 p.m.

### **RALLS**

Monroe City Senior Nutrition  
314 S. Main St.  
Monroe City, MO 63456  
Diana Hendrix, Director  
573-735-2131  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

### **SCOTLAND**

Scotland County Senior Center  
301 W. Monroe St.  
Memphis, MO 63555  
Barbara Smith, Director  
660-465-7011  
Monday thru Friday  
6:30 a.m. to 2:00 p.m.

### **PIKE**

Pike County Council on Aging  
521 Georgia St.  
Louisiana, MO 63353  
Diane Redd, Director  
573-754-6511  
Monday thru Friday  
8:00 a.m. to 2:00 p.m.

### **RANDOLPH**

Senior Americans Multipurpose  
205 Farror St.  
Moberly, MO 65270  
Dana McCune, Director  
660-263-5468  
Monday thru Saturday  
9:00 a.m. to 3:00 p.m.

### **SHELBY**

Shelbina Senior Citizens Center  
112 E. Chestnut St.  
Shelbina, MO 63468  
Debra Sparks, Director  
573-588-7669  
Monday thru Saturday  
7:00 a.m. to 3:30 p.m.

### **PIKE**

Pike Pioneer Nutrition Center  
510 W. Champ Clark Dr.  
Bowling Green, MO 63334  
Diane Redd, Director  
573-324-5001  
Monday thru Friday  
9:00 a.m. to 1:00 p.m.

### **SCHUYLER**

Schuyler County Nutrition Cntr  
200 N. Marion  
Lancaster, MO 63548  
Jean Robbins, Director  
660-457-3066  
Monday thru Friday  
7:00 a.m. to 3:00 p.m.

### **WARREN**

Warren County Senior Center  
501 Ashland Ave.  
Warrenton, MO 63383  
Lindsey Boehle, Director  
636-456-3379  
Monday thru Friday  
8:00 a.m. to 4:00 p.m.

# **OMBUDSMAN**

The Ombudsman program is made up of trained volunteers who visit with residents of nursing homes and other long-term care facilities. The volunteers advocate for quality care for long-term residents.

## **Division of Senior & Disability Services**

State Office of Long-Term Care Ombudsman  
Missouri Department of Health & Senior Services

P. O. Box 570  
912 Wildwood  
Jefferson City, MO 65102

[www.dhss.mo.gov/ombudsman](http://www.dhss.mo.gov/ombudsman)

573-526-0727 or 800-309-3282  
LTCOmbudsman@dhss.mo.gov

Area served: State of Missouri

## **VOYCE (Long Term Care Ombudsman Program) [www.voycestl.org](http://www.voycestl.org)**

680 Craig Road, Suite 245  
St. Louis, MO 63141

314-918-8222  
866-918-8222

Area served: All sixteen counties.

# ***SOCIAL SECURITY ADMINISTRATION***

Administers retirement, survivors, and disability cash benefits for entitled workers, their dependents, and survivors. Supplemental Security Income (SSI) is administered to eligible individuals with limited income and resources who are age 65, blind, or disabled. Medicare information is also provided.

## **Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

1305 Crown Drive  
Kirksville, MO 63501  
800-772-1213  
888-386-2705

Counties served: Adair, Knox, Macon, Schuyler, and Scotland counties.

## **Social Security Administration**

155 Forrest Dr  
Hannibal, MO 63401  
800-772-1213  
866-331-7094  
[mo.fo.hannibal@ssa.gov](mailto:mo.fo.hannibal@ssa.gov)

Counties served: Clark, Lewis, Lincoln, Marion, Monroe, Pike, Ralls, and Shelby counties.

## **Social Security Administration**

803 Gray Oak Dr.  
Columbia, MO 65201  
800-772-1213  
866-563-9108  
[mo.fo.columbia@ssa.gov](mailto:mo.fo.columbia@ssa.gov)

Counties served: Randolph County

## **Social Security Administration**

129 Scott Station Road  
Jefferson City, MO 65109  
800-772-1213  
877-405-9803

Counties served: Montgomery County

## **Social Security Administration**

4800 Executive Ctr Pky  
St. Peters, MO 63376  
800-772-1213  
877-405-3570

Counties served: Warren County

# TAX ASSISTANCE (INCOME AND PTC)

## MO PROPERTY TAX CREDIT ASSISTANCE AND INCOME TAX ASSISTANCE

Call AARP at 888-687-2277 and they will direct them to assistance in their area

		Appt. needed	PT	IT
ADAIR	RSVP - 201 N Elson - Kirksville (660) 665-8314	Y	Y	N
ADAIR	VITA-Truman University Violet Hall 1424 660-785-6064	Y	Y	Y*
CLARK	Clark County Collector - Courthouse Annex Bldg. - Kahoka (660) 727-3787	Y	Y	N
KNOX	RSVP - 201 N Elson Ste 205 - Kirksville (660) 665-8314 (would need to travel to Kirksville)	Y	Y	N
KNOX	Knox County Collector - Edina Court House (660) 397-2349	Y	Y	N
LEWIS	Contact Phyllis at Heartland Resources, Inc. at (573) 209-3600	Y	Y	Y*
LEWIS	Douglass Community Center 711 W Grand Ave Hannibal (573) 221-3892 X 247 PT \$10	Y	Y	N
LINCOLN	Call Vicky (636) 356-1499 between 9am-4pm--service provided in the Community Room of the Lincoln Co. Health Dept.	Y	Y	Y*
MACON	NECAC 907 St Hwy PP Macon (660) 385-4616	Y	Y	Y*
MACON	RSVP - 201 N Elson Ste 205 - Kirksville (660) 665-8314 (would need to travel to Kirksville)	Y	Y	N
MARION	Douglass Community Center 711 W Grand Ave Hannibal (573) 221-3892 X 247 PT \$10	Y	Y	N
MARION	VITA-Palmyra Public Library (573) 221-2761	Y	Y	Y*
MARION	VITA-Marion County NECAC Office 3518 Palmyra Rd, Hannibal MO (573) 221-2761	Y	Y	Y*
MONTGOMERY	Montgomery Senior Center – Montgomery City – (573) 564-3224	Y	N	Y*
MONROE	Douglass Community Center 711 W Grand Ave Hannibal (573) 221-3892 X 247 PT \$10	Y	Y	N
PIKE	NECAC Service Center-Pike County (573) 324-2207 ext. 13101	Y	Y	N
RALLS	Monroe City Senior Nutrition Center 314 S Main Monroe City MO (573) 735-2131	Y	Y	Y*
RANDOLPH	Carol Lewis (660) 263-3699	Y	Y	Y*
RANDOLPH	NECAC 907 St Hwy PP Macon (660) 385-4616 (must travel to Macon)	Y	Y	Y*
RANDOLPH	Columbia Public Library 100 W Broadway Columbia MO (AARP Tax Aide) (573) 443-3161	Y	Y	Y*
SCHUYLER	RSVP - 201 N Elson Ste 205 - Kirksville (660) 665-8314 (would need to travel to Kirksville)	Y	Y	N
SCOTLAND	Scotland County Collector Courthouse Memphis (660) 465-7705	Y	Y	N
SHELBY	Shelby County Senior Citizens Ass'n 112 E Chestnut Shelbina MO (573) 588-7669	Y	Y	Y*
WARREN	AARP (Warrenton Fire Dept.) 606 Fairgrounds Rd Warrenton (636) 465-1452	Y	Y	Y*

Updated 01/2018

\*Income tax assistance is available for simplified only, not itemized.



# **TRANSPORTATION**

**OATS, Inc.**

**[www.oatstransit.org](http://www.oatstransit.org)**

3006 Jim's Rd  
Macon, MO 63552

660-395-3041  
800-654-6287

Area served: All sixteen counties.

As a private, not-for-profit corporation, OATS, Inc. offers door-to-door transportation to the general public with emphasis on senior citizens and people with disabilities.

## **Weekly Express**

To Schedule a Ride, Call 1-800-654-6287

Routine transportation to Columbia is available, with medical trips being a priority. Reservations must be made at least 24 hours in advance; appointments in Columbia should be made between 10 a.m. and 2 p.m. Pickup points have been established along the routes; however, the bus will go up to 5 miles off the routes. Fares are \$10.00 for a round trip; \$6.00 for one-way.

Monday, Wednesday, Friday: Service along Hwy. 63 from Lancaster to Kirksville to Macon to Moberly to Columbia.

Tuesday: Service along Hwys. 36, 15, 24 and 63 from Palmyra to Hannibal to Monroe City to Shelbina to Paris to Moberly to Columbia.

1<sup>st</sup>, 2<sup>nd</sup>, & 4<sup>th</sup> Wednesdays: Service along Hwys. 24, 61 and 40/61 from Palmyra to Hannibal to New London to Bowling Green to Troy to St. Louis.

3<sup>rd</sup> & 5<sup>th</sup> Wednesdays: Service along Hwys. 24, 61 and I-70 from Palmyra to Hannibal to New London to Bowling Green to Troy to St. Louis.

Thursdays: Service along Hwys. 36, 24 and 63 from Palmyra to Hannibal to Monroe City to Paris to Moberly to Columbia.

1<sup>st</sup> Friday in Jan, Mar, May, July, Sept, Nov: Service along Hwys. 19 & I-70 to 40/61 from Montgomery City to New Florence to Jonesburg to Warrenton to Wright City to Wentzville to St. Louis.

2<sup>nd</sup> Friday: Service along Hwy 54 & I-70 from Louisiana to Bowling Green to Vandalia to Mexico to Kingdom City to Columbia.

3<sup>rd</sup> Friday in Feb, Apr, June, Aug, Oct, Dec: Service along I-70 & Hwy 19 from Wright City to Warrenton to Jonesburg to New Florence to Montgomery City to Kingdom City to Columbia

# **TRANSPORTATION**

## **Public Transportation Systems**

**Kirk-Tran-** available inside the city limits of Kirksville and within a 15- mile radius of downtown Kirksville. For information, call 660-665-8404 or toll free 877-666-5475.

**The LINC-** available for the residents of Lincoln County. For information, call 636-528-2831 or toll free 866-261-5462.

**Magic City Express-** available for the residents of Moberly for travel within the city limits. For information, call 660-269-9900.

**Macon Area Chamber of Commerce** – available for the residents of Macon for travel within the city limits. Cost is \$2 each way. For information, call 660-385-2811.

**MO Rides** - Referral service works with transportation providers to coordinate affordable rides for people with transportation challenges. MO Rides serves a five county region which includes Franklin, Lincoln, Montgomery, St. Charles and Warren Counties. Call 636-359-4656 for more information or visit their website at [morides.org](http://morides.org)

## **NON-EMERGENCY MEDICAL TRANSPORTATION**

### **Logisticare – Medicaid Transportation**

**[www.logisticare.com](http://www.logisticare.com)**

1-866-269-5927 (24 hour number)

Area served: All sixteen counties.

Medical transportation through this direct service program must be approved before your scheduled appointment. At least five days before your appointment date, you can call the toll-free number to get help finding a ride.

If you are a Medicaid recipient, seeing a Medicaid provider, you may use this transportation provided through Medicaid.

You must have this information before you make the call to ask for a ride:

- \*Patient's name, address, and Medicaid number
- \*Medicaid provider name (doctor, dentist, clinic, and others)
- \*Date of scheduled appointment
- \*Time of scheduled appointment
- \*Address of scheduled appointment
- \*Any special transportation needs, such as a need for a wheelchair lift or someone to go with you.

# **UNIVERSITY EXTENSION OFFICES**

County extension councils - made up of elected and appointed citizens - plan and oversee local extension activities. Extension specialists, who live and work in each county, help citizens identify issues that affect their lives and their communities. Some programs from University Extension offices are: Agriculture, Youth Education and Development, Food and Nutrition, Human Resources.

## **ADAIR COUNTY**

503 E. Northtown Rd.  
Kirksville, MO 63501  
660-665-9866

## **KNOX COUNTY**

110 N. 4<sup>th</sup> St.  
Edina, MO 63537  
660-397-2179

## **LINCOLN COUNTY**

880 W. College  
Troy, MO 63379  
636-528-4613

## **MARION COUNTY**

100 S. Main, Room 201  
Palmyra, MO 63461  
573-769-2177

## **MONTGOMERY COUNTY**

310 Salisbury St, Suite E  
Montgomery City, MO 63361  
573-564-3733

## **RALLS COUNTY**

311 S. Main St., P. O. Box 540  
New London, MO 63459  
573-985-3911

## **SCHUYLER COUNTY**

P. O. Box 310, Courthouse  
Lancaster, MO 63548  
660-457-3469

## **SHELBY COUNTY**

106 E. 3<sup>rd</sup> St., P. O. Box 230  
Shelbyville, MO 63469  
573-633-2640

## **CLARK COUNTY**

111 E. Court, Suite 10  
Kahoka, MO 63445  
660-727-3339

## **LEWIS COUNTY**

104 E. Jefferson St., P. O. Box 68  
Monticello, MO 63457  
573-767-5273

## **MACON COUNTY**

404 N. Missouri St., Suite B  
Macon, MO 63552  
660-385-2173

## **MONROE COUNTY**

208 N. Main St.  
Paris, MO 65275  
660-327-4158

## **PIKE COUNTY**

115 W. Main, Courthouse  
Bowling Green, MO 63334  
573-324-5464

## **RANDOLPH COUNTY**

423 E. Logan, P. O. Box 655  
Moberly, MO 65270  
660-269-9656

## **SCOTLAND COUNTY**

117 S. Market, Ste. 105  
Memphis, MO 63555  
660-465-7255

## **WARREN COUNTY**

107 W. Walton  
Warrenton, MO 63383  
636-456-3444

# UTILITY ASSISTANCE

## MISSOURI COLD WEATHER RULE

In Missouri, the Cold Weather Rule prohibits disconnection of heat-related service for certain households when the temperature is forecasted to drop below 32 degrees. For more information regarding this ruling, or to find out if your household qualifies, contact the Missouri Public Service Commission Consumer Hotline: **800-392-4211**

## LOCAL ELECTRIC UTILITY COMPANIES

Most utility companies offer budget payment plans and payment plans for arrears (utility debts). Contact your local utility company to find out what specifically they offer.

Ameren UE – Dollar More Program	800-552-7583
Lewis County Rural Electric	888-454-4485
Macon Municipal Utilities – Utilicare Program	660-385-3173
Macon County Rural Electric – Care & Share Program	800-553-6901
Cuivre River Electric – Round Up Program	800-392-3709

## ENERGY ASSISTANCE & ENERGY CRISIS INTERVENTION PROGRAMS

Energy Assistance is a federally funded program assisting low-income households once each winter with home heating costs. This is normally offered November 1 through March 31 of each year, and is dependent upon fund availability.

Energy Crisis Intervention Program provides financial assistance to households whose utility services are off or in threat of being disconnected. This program provides Air Conditioning Units based on eligibility and availability.

The Community Action Partnership of Northeast Missouri serves Adair, Clark, Knox, Schuyler, and Scotland Counties. Local contact information can be found on page 10 of this brochure.

North East Community Action Corporation serves Lewis, Lincoln, Macon, Marion, Monroe, Montgomery, Pike, Ralls, Randolph, Shelby, and Warren Counties. Local contact information can be found on page 10 of this brochure.

**National Kidney Foundation of Eastern Missouri & Metro East, Inc.** – provides financial grants to renal patients to assist with energy and emergency bills when other community resources have been exhausted. **800-489-9585**

## OTHER UTILITY ASSISTANCE BY COUNTY

### ADAIR COUNTY

Salvation Army  
1004 W. Gardner  
Kirksville, MO 63501  
660-665-7885

### LINCOLN

Saints Joachim & Ann Care  
4112 McClay Rd.  
St Charles, MO 63304  
636-441-1302

### MARION

Douglass Community Services  
711 Grand Ave.  
Hannibal, MO 63401  
573-221-3892

### RALLS COUNTY

Douglass Community Services  
711 Grand Ave.  
Hannibal, MO 63401  
573-221-3892

### WARREN

Love Inc.  
9 Love Park Ln.  
Wentzville, MO 63385  
636-332-5127

### WARREN

Saint Joachim & Ann Care  
4112 McClay Rd.  
St Charles, MO 63304  
636-441-1302

# ***VOLUNTEERS***

Volunteers play a vital role in the successful operation of Northeast Missouri Area Agency on Aging funded programs. Volunteers serve on our board of directors and advisory council, assist in senior centers, and serve as ombudsmen in nursing homes. Volunteers are always needed and appreciated.

## **Northeast Missouri Area Agency on Aging**

**[www.nemoaaa.com](http://www.nemoaaa.com)**

815 N. Osteopathy  
Kirksville, MO 63501  
800-664-6338  
660-665-4682

Area served: All sixteen counties.

If you are interested in being a volunteer for the NEMO AAA funded programs or volunteering for other services in your area, please contact the following organizations or call the numbers on the 1-800 page (last page) of this booklet.

## **RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)**

Provide volunteer opportunities to persons 55 years of age or older, and provide volunteer services to non-profit agencies and organizations, as well as health care facilities. Also provide assistance with Missouri Property Tax Credit claim forms and assist the elderly with questions about Supplemental Insurance, Medicare, Medicaid, and the Prescription Drug Program. A phone call is all it takes.

### **Kirksville Office**

**[www.heartlandrspv.org](http://www.heartlandrspv.org)**

201 N. Elson, Ste. 205  
Kirksville, MO 63501  
660-665-8314  
[heartlandrspv1@gmail.com](mailto:heartlandrspv1@gmail.com)

Counties served: Adair, Knox, Macon and Schuyler counties.

### **Hannibal Office**

711 Grand Ave.  
Hannibal, MO 63401  
573-221-3892  
[www.douglassonline.org/rsvp](http://www.douglassonline.org/rsvp)  
[rsvp@douglassonline.org](mailto:rsvp@douglassonline.org)

Counties served: Lewis, Marion, Monroe, Pike, Randolph, Ralls and Shelby counties.

# **TOLL FREE HELP & INFORMATION NUMBERS**

Assistance with Hotline Numbers (Directory) .....	1-800-555-1212
Alcohol and Drug Abuse <a href="http://www.addictioncareoptions.com">www.addictioncareoptions.com</a> .....	1-800-784-6776
Alzheimer's Association <a href="http://www.alz.org">www.alz.org</a> .....	1-800-272-3900
AARP <a href="http://www.AARP.org">www.AARP.org</a> .....	1-888-687-2277
AARP – Missouri office <a href="mailto:niaaro@aarp.org">niaaro@aarp.org</a> .....	1-866-389-5627
American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a> .....	1-800-227-2345
American Council of the Blind <a href="http://www.abc.org">www.abc.org</a> .....	1-800-424-8666
American Diabetes Association <a href="http://www.diabetes.org">www.diabetes.org</a> .....	1-800-342-2383
American Heart Association <a href="http://www.americanheart.org">www.americanheart.org</a> .....	1-800-242-8721
American Kidney Fund Information <a href="http://www.kidneyfund.org">www.kidneyfund.org</a> .....	1-800-638-8299
American Liver Foundation <a href="http://www.liverfoundation.org">www.liverfoundation.org</a> .....	1-800-465-4837
American Lung Association <a href="http://www.lungusa.org">www.lungusa.org</a> .....	1-800-586-4872
American Speech Language/Hearing Assoc. <a href="http://www.asha.org">www.asha.org</a> .....	1-800-638-8255
Arthritis Foundation Information Hotline <a href="http://www.arthritis.org">www.arthritis.org</a> .....	1-800-283-7800
Cancer Information Service <a href="http://cis.nci.gov">http://cis.nci.gov</a> .....	1-800-422-6237
Centers for Disease Control (CDC) <a href="http://www.cdc.gov">www.cdc.gov</a> .....	1-800-232-4636
Child Abuse and Neglect Hotline <a href="http://www.dss.mo.gov/cd/can.htm">www.dss.mo.gov/cd/can.htm</a> .....	1-800-392-3738
CLAIM Program-Insurance Information/Assistance <a href="http://www.missouri.claim.org">www.missouri.claim.org</a> .....	1-800-390-3330
Consumer Protection - Missouri <a href="http://www.ago.mo.gov/consumercomplain.htm">www.ago.mo.gov/consumercomplain.htm</a> .....	1-800-392-8222
Consumer Product Safety Commission <a href="http://www.cpsc.gov">www.cpsc.gov</a> .....	1-800-638-2772
Eldercare Locator-Information Line <a href="http://www.eldercare.gov">www.eldercare.gov</a> .....	1-800-677-1116
Elderly Abuse and Neglect Hotline <a href="http://www.dhss.mo.gov/ElderAbuse">www.dhss.mo.gov/ElderAbuse</a> .....	1-800-392-0210
Family Caregivers Alliance <a href="http://www.caregiver.org">www.caregiver.org</a> .....	1-800-445-8106
Hearing Aid Help Line <a href="http://www.hearinglosseducation.com">www.hearinglosseducation.com</a> .....	1-800-521-5247
Home Health Agency Hotline .....	1-800-392-0210
Internal Revenue Service <a href="http://www.irs.gov">www.irs.gov</a> .....	1-800-829-1040
Medicaid (MO HealthNet) Participant Services <a href="http://www.dss.mo.gov/mhd">www.dss.mo.gov/mhd</a> .....	1-800-392-2161
Medicare Information <a href="http://www.medicare.gov">www.medicare.gov</a> .....	1-800-633-4227
Missouri Long-Term Care Ombudsman <a href="http://www.dhss.mo.gov/Ombudsman">www.dhss.mo.gov/Ombudsman</a> .....	1-800-309-3282
Missouri Veterans Commission <a href="http://www.mvc.dps.mo.gov">www.mvc.dps.mo.gov</a> .....	1-866-838-4636
Missouri Rx Plan (MoRx) <a href="http://www.morx.mo.gov">www.morx.mo.gov</a> .....	1-800-375-1406
National Arthritis Foundation <a href="http://www.arthritis.org">www.arthritis.org</a> .....	1-800-283-7800
National Cancer Institute Information <a href="http://www.cancer.gov">www.cancer.gov</a> .....	1-800-422-6237
National Family Caregivers <a href="http://www.caregiveraction.org">www.caregiveraction.org</a> .....	1-202-454-3970
National Health Information Center <a href="http://www.health.gov/nhic">www.health.gov/nhic</a> .....	1-800-336-4797
National Directory Assistance <a href="http://www.nationalda.com">www.nationalda.com</a> .....	1-800-555-1212
National Parkinson's Foundation <a href="http://www.parkinson.org">www.parkinson.org</a> .....	1-800-327-4545
NO-CALL Hotline <a href="http://www.nocall.ago.mo.gov">www.nocall.ago.mo.gov</a> .....	1-866-662-2551
Poison Center <a href="http://www.aapcc.org">www.aapcc.org</a> .....	1-800-392-9111
Property Tax Credit (Circuit Breaker) - Tax Forms <a href="http://www.dor.mo.gov">www.dor.mo.gov</a> .....	1-800-877-6881
Rehabilitation Services for the Blind <a href="http://www.dss.mo.gov/fsd.rsb">www.dss.mo.gov/fsd.rsb</a> .....	1-800-592-6004
Road Conditions & Construction Hotline <a href="http://www.usroadconditions.com/mo.shtml">www.usroadconditions.com/mo.shtml</a> .....	1-800-222-6400
Senior Eyecare Program <a href="http://www.eyecareamerica.org">www.eyecareamerica.org</a> .....	1-800-222-3937
Social Security Administration <a href="http://www.sss.gov">www.sss.gov</a> .....	1-800-772-1213
“Su Familia” National Hispanic Family Health Help Line <a href="http://www.hispanichealth.org/sufamilia">www.hispanichealth.org/sufamilia</a> .....	1-866-783-2645
US Food & Drug – Consumer Inquiry <a href="http://www.fda.gov">www.fda.gov</a> .....	1-888-463-6332
United Way World Wide <a href="http://www.liveunited.org">www.liveunited.org</a> .....	1-800-892-2757
Well Spouse Association <a href="http://www.wellspouse.org">www.wellspouse.org</a> .....	1-800-838-0879