

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

SUBJECT INDEX

Aging Network.....	3
Area Agencies on Aging.....	4
Advocacy.....	8
Consumer.....	9
Community Action Agencies.....	10
County Health Departments.....	11
Disability/Blind Services.....	12
Disease Prevention.....	13
Employment Services.....	14
Family Support Division.....	15
Food (Emergency & Supplemental).....	16
Housing Services.....	18
Information and Assistance.....	22
In Home Services.....	23
Legal/Legislative.....	25
Medication Assistance	27
Nutrition Programs and Education.....	28
Ombudsman.....	30
Social Security Administration.....	31
Tax Assistance.....	32
Transportation.....	33
University Extension Offices.....	35
Utility Assistance.....	36
Volunteers.....	37
Toll Free Help & Information Numbers.....	38

AGING NETWORK

FEDERAL

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

330 Independence Avenue, SW

www.aoa.gov

Washington, DC 20201

202-619-0724

800-677-1116 (Eldercare Locator)

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 1-800-664-6338
EMAIL: 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
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
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
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)
809 North 13th Street 1-888-844-5626 660-726-3800
PO Box 265 EMAIL: 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
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
Web: <http://www.marc.org>

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

Aging Ahead (Region 8)
14535 Manchester 1-800-243-6060 636-207-0847
Manchester, MO 63011 EMAIL: info@mid-eastaaa.org
Web: <https://www.agingmissouri.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
Web: <http://www.slaaa.org>

Area served: St. Louis City

Region X Area Agency on Aging (Region 10)
531 E. 15th St., P. O. Box 3990 417-781-7562
Joplin, MO 64804 EMAIL: 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

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

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

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

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

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

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. 80th Street

Lenexa, KS 66214

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

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

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

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

State of Missouri
Kirksville Regional Center
1702 E. LaHarpe
Kirksville, MO 63501
660-785-2500

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. 2nd 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

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 3rd 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

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.

CENTRAL MISSOURI FOOD BANK

2101 Vandiver Drive
Columbia, MO 65202

800-764-3663 1-573-474-1020
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

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 AND FOOD ASSISTANCE

<p>ADAIR COUNTY</p> <p>Salvation Army 1004 W Gardner, Kirksville, MO 63501 660-665-7885</p> <p>Christian Community Food Depot 1123 N. Osteopathy St., Kirksville, MO 63501 Becky & Harold Osborn / Tim Mills 660-665-3624 / 660-341-0955</p> <p>Hamilton Street Baptist Church 802 W Hamilton St., Kirksville, MO 63501 660-665-4633</p> <p>Helping Hand Food Pantry Kirksville Church of the Nazarene 2302 N. Lincoln, Kirksville, MO 63501 660-665-6862</p> <p>The Crossings Church 810 E. Shepherd, Kirksville, MO 63501 660-665-6000</p> <p>Adair County Mobile Food Pantry 802 W. Hamilton St., Kirksville, MO 63501 660-665-4633</p> <p>Kirksville Mobile Food Pantry 1602 E. Illinois St., Kirksville, MO 63501 660-665-7800</p> <p>Hope's Kitchen 716 E. Washington, Kirksville, MO 63501 660-665-1006</p> <p>Helping Hands Mission 111 E. Harrison St., Kirksville, MO 63501 660-627-2057</p> <p>Pantry for Adair County (Tuesday 4-6, Wed & Fri. 1-3) 2012 S. Haliburton, Kirksville, MO 63501</p>	<p>CLARK COUNTY</p> <p>Clark County Food Pantry 226 West Cedar, Kahoka, MO 63445 660-727-2204</p> <p>Commodities 208 E. Cedar, Kahoka, MO 63445 Kahoka, MO 63445 Kim Allen 660-341-6090</p> <p>KNOX COUNTY</p> <p>Knox County Food Pantry 105 E Morgan, Edina, MO 63537 660-423-5278</p> <p>Knox County Food Cupboard 109 E. Morgan, Edina, MO 63537 660-216-4846</p> <p>LEWIS COUNTY</p> <p>First Baptist Church 407 N. 6th, Canton, MO 63435 Nina Porter – 573-288-3030</p> <p>Canton Council of Churches 512 College St., Canton, MO 63435 573-288-3018</p> <p>Lewis County Mobile Food Pantry Rodeo Grounds, North 5th, La Belle, MO 573-474-1020</p> <p>MACON COUNTY</p> <p>First Christian Church 806 E. Briggs Macon, MO 63552 660-385-4267</p> <p>Macon County Ministries 305 Sunset Hills Dr Macon, MO 63552 Linda Ellis 660-385-5637</p> <p>LaPlata Christian Minitries 29296 July Road, LaPlata, MO 63549 Stephanie Allen – 660-342-2158</p>
---	---

<p>LINCOLN COUNTY</p> <p>Saints Joachim & Ann Care Services 4112 McClay Road, St. Charles, MO 63304 636-441-1302</p> <p>Briscoe Bible Holiness 6164 Hwy K Troy, MO 63379 573-384-5953</p> <p>Bread of Life 102 S. Lincoln Troy, MO 63379 636-528-3646</p> <p>First Baptist Church 105 S. 3rd St. Elsberry, MO 63343 573-898-2986</p> <p>Lincoln County Cupboard 456 N. Main Elsberry, MO 63343 636-358-5901</p>	<p>MONROE COUNTY</p> <p>Monroe City Food Pantry 101 Washington St. Monroe City, MO 63456 Sheila Kendrick 573-735-4513</p> <p>Paris Senior Center 112 E. Marion Paris, MO 65275 660-327-5824</p> <p>Faithwalk - Bishop Long Paris, MO 65275 660-327-5627</p> <hr/> <p>MONTGOMERY COUNTY</p> <p>Reach Church 100 Chamber Road Montgomery City, MO 63361 464-544-4559</p> <p>We Care Ministries 120 West Second Montgomery City, MO 63361 573-564-6406</p>
<p>MARION COUNTY</p> <p>Douglass Community Services 711 Grand Ave Hannibal, MO 63401 573-221-3892</p> <p>Palmyra Food Pantry 573-406-2538</p> <p>Salvation Army 200 S. 9th St. Hannibal, MO 63401 573-221-7072</p> <p>Christ Apostolic Temple 206 Willow St. Hannibal, MO 63401 573-248-3500</p> <p>Arch United Methodist 56017 Oceanway Ln. Hannibal, MO 63401 573-221-3227</p> <p>First United Methodist Church 901 Broadway Hannibal, MO 63401 573-221-0745</p> <p>Apostolee Holiness 132 Ledletter Lane Hannibal, MO 63401 573-221-3990</p>	<p>PIKE COUNTY</p> <p>Community Food Pantry 1st Baptist Church Louisiana, MO 63353 573-754-6384</p> <p>Heart to Heart 3515 Georgia St Louisiana, MO 63353 573-754-0148</p> <p>Hope Center of Pike County 30 N. Court Bowling Green, MO 63334 573-324-3200</p> <hr/> <p>RANDOLPH COUNTY</p> <p>Randolph County Caring Communities Brian Williams 660-263-7173</p> <p>Cherith Brook Food Pantry 339 N. Williams Moberly, MO 65270 660-263-0488</p> <p>Christos Center 111 N. 5th St. Moberly, MO 65270 660-263-0278</p> <p>Community Kitchen 411 W. Reed Moberly, MO 65270 660-353-9322</p> <p>St. Pius Church 217 S. Williams Moberly, MO 65270 660-263-5250</p>
<p>RALLS COUNTY</p> <p>Monroe City Food Pantry 573-735-4600</p> <p>First Baptist Church New London, MO 573-985-7201</p>	<p>SCOTLAND COUNTY</p> <p>Scotland County Senior Center 301 W. Monroe St. Memphis, MO 63555 660-465-7011</p> <p>Scotland County Ministerial Alliance Memphis, MO 63555 660-465-8959</p>
<p>SCHUYLER COUNTY</p> <p>Ministerial Alliance 105 E. North Park Lancaster, MO 63548 660-626-6171</p>	<p>WARREN COUNTY</p> <p>Saints Joachim and Ann Care Services 4112 McClay Rd., St. Charles, MO 63304 636-441-1302</p> <p>Baptist Mission - 418 Warren Ave. Wright City, MO 63390 636-745-3154</p> <p>Agape Ministries - 70 Bell Rd Wright City, MO 63390 636-456-4645</p>
<p>SHELBY COUNTY</p> <p>Shelby County Health Department 700 E. Main, Shelbyville, MO 63469 573-633-2353</p> <p>Bethel Food Pantry 345 N. Main, Bethel, MO 63434 660-956-2496</p> <p>Shelby County Food Pantry 403 E. Maple St., Shelbina, MO 63468 816-679-8843</p>	

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 TH ST	222 8 TH 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	706 BRIGGS DR	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 TH	600 W 5 TH 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 TH 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

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

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

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

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

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@cableone.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

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

Shelby County Senior Citizens Association, Inc.

112 East Chestnut

Shelbina, MO 63468

573-588-7669

Counties Served: Shelby

Email: 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

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

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**.

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

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

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

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

800-235-5503

LEGAL/LEGISLATIVE

Governor's Advisory Council on Aging

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

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

Northeast Missouri Area Agency on Aging

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.

Washington University in St. Louis School of Law

law.wustl.edu/ClinicalEd/LITC_Client.aspx

314-935-7238

Provide free legal representation to qualifying low income individuals in disputes with the Internal Revenue Service for Audits, Appeals, Collection matters, Federal tax litigation and can also help taxpayers respond to IRS notices and correct account problems.

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** 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**.

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**.

Rx Assist – RxAssist offers a comprehensive database of patient drug assistance programs offered by drug companies. 800-769-3880 **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**.

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**.

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**.

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**.

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
7:00 a.m. to 3:00 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. 3rd 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. 10th 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.

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.

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.

RANDOLPH

Senior Americans Multipurpose
205 Farror St.
Moberly, MO 65270
Lacy Ackley, Director
660-263-5468
Monday thru Friday
9:00 a.m. to 3:00 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.

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.

SHELBY

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

WARREN

Warren County Senior Center
501 Ashland Ave.
Warrenton, MO 63383
Sheryl Stefanski, 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

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

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

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

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

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

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

<https://www.oatstransit.org/schedules>

Routine transportation to Columbia and St. Louis is available. Reservations must be made at least 24 hours in advance; appointments should be made between 10:00am-2:00pm. Pickup points have been established along the routes; however, the bus will deviate off the route up to 5 miles. Fares are \$10.00 for a round trip; \$6.00 for one-way.

To Schedule a Ride, Call 1-800-654-6287
Monday-Friday, 8:00a.m. - 3:00 p.m.

Monday-Friday: Service along Hwy 63 from Lancaster to Kirksville to Macon to Moberly to Columbia

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

Monday-Wednesday-Friday: Service along Hwy 61 from Palmyra to Hannibal to New London to Bowling Green to Troy to St. Louis (traveling in to St. Louis on either I-70 or I-64 as far east as Grand St; bus will deviate from these highways up to five miles for medical appointments only).

Thursday: Service along Hwy 36, 24 and 63 from Palmyra to Hannibal to Monroe City to Paris to Moberly to Columbia

Call for dates: Service along Hwy 54 & I-70 from Louisiana to Bowling Green to Vandalia to Mexico to Kingdom City to Columbia

Call for dates: 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

NON-EMERGENCY MEDICAL TRANSPORTATION

Logisticare – Medicaid Transportation

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. 4th 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. 3rd 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

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.heartlandrsvp.org

201 N. Elson, Ste. 205
Kirksville, MO 63501
660-665-8314
heartlandrsvp1@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
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 www.addictioncareoptions.com	1-800-784-6776
Alzheimer's Association 24/7 Helpline www.alz.org/greatermissouri	1-800-272-3900
AARP www.AARP.org	1-888-687-2277
AARP – Missouri office niaaro@aarp.org	1-866-389-5627
American Cancer Society www.cancer.org	1-800-227-2345
American Council of the Blind www.abc.org	1-800-424-8666
American Diabetes Association www.diabetes.org	1-800-342-2383
American Heart Association www.americanheart.org	1-800-242-8721
American Kidney Fund Information www.kidneyfund.org	1-800-638-8299
American Liver Foundation www.liverfoundation.org	1-800-465-4837
American Lung Association www.lungusa.org	1-800-586-4872
American Speech Language/Hearing Assoc. www.asha.org	1-800-638-8255
Arthritis Foundation Information Hotline www.arthritis.org	1-800-283-7800
Cancer Information Service http://cis.nci.gov	1-800-422-6237
Centers for Disease Control (CDC) www.cdc.gov	1-800-232-4636
Child Abuse and Neglect Hotline www.dss.mo.gov/cd/can.htm	1-800-392-3738
CLAIM Program-Insurance Information/Assistance www.missouri.claim.org	1-800-390-3330
Consumer Protection - Missouri www.ago.mo.gov/consumercomplain.htm	1-800-392-8222
Consumer Product Safety Commission www.cpsc.gov	1-800-638-2772
Eldercare Locator-Information Line www.eldercare.gov	1-800-677-1116
Elderly Abuse and Neglect Hotline www.dhss.mo.gov/ElderAbuse	1-800-392-0210
Family Caregivers Alliance www.caregiver.org	1-800-445-8106
Hearing Aid Help Line www.hearinglosseducation.com	1-800-521-5247
Home Health Agency Hotline	1-800-392-0210
Internal Revenue Service www.irs.gov	1-800-829-1040
Medicaid (MO HealthNet) Participant Services www.dss.mo.gov/mhd	1-800-392-2161
Medicare Information www.medicare.gov	1-800-633-4227
Missouri Long-Term Care Ombudsman www.dhss.mo.gov/Ombudsman	1-800-309-3282
Missouri Veterans Commission www.mvc.dps.mo.gov	1-866-838-4636
Missouri Rx Plan (MoRx) www.morx.mo.gov	1-800-375-1406
National Arthritis Foundation www.arthritis.org	1-800-283-7800
National Cancer Institute Information www.cancer.gov	1-800-422-6237
National Family Caregivers www.caregiveraction.org	1-202-454-3970
National Health Information Center www.health.gov/nhic	1-800-336-4797
National Directory Assistance www.nationalda.com	1-800-555-1212
National Parkinson's Foundation www.parkinson.org	1-800-327-4545
NO-CALL Hotline www.nocall.ago.mo.gov	1-866-662-2551
Poison Center www.aapcc.org	1-800-392-9111
Property Tax Credit (Circuit Breaker) - Tax Forms www.dor.mo.gov	1-800-877-6881
Rehabilitation Services for the Blind www.dss.mo.gov/fsd.rsb	1-800-592-6004
Road Conditions & Construction Hotline www.usroadconditions.com/mo.shtml	1-800-222-6400
Senior Eyecare Program www.eyecareamerica.org	1-800-222-3937
Social Security Administration www.sss.gov	1-800-772-1213
“Su Familia” National Hispanic Family Health Help Line www.hispanichealth.org/sufamilia	1-866-783-2645
US Food & Drug – Consumer Inquiry www.fda.gov	1-888-463-6332
United Way World Wide www.liveunited.org	1-800-892-2757
Well Spouse Association www.wellspouse.org	1-800-838-0879