

Caregiver Resource Guide to Older Adult Services

**Jefferson & Marion
Counties**

**Illinois
2015 Edition**



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 34-35 for nursing care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 41.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-8; Caregiver Support page 11; or Other Local Resources pages 51-56.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs page 14-17.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 26.
6. I'm overwhelmed with all of this. Where do I turn? Utilize the entire guide – see Table of Contents on page 3.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 14-17 and Food/Meals pages 18-23.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 36.
9. My senior citizen friend is being financially exploited. What do I do? See page 8 for Adult Protective Services at SWAN.
10. Medicare Prescription Drug Program? See pages 6,7, & 53. *

This Guide was written and disseminated by the Jefferson County Mental Health and Aging Systems Integration (MHASI) Advisory Group. The Group provides opportunities for service providers and consumers to work together toward increasing public awareness of the availability and quality of services and treatment strategies for older adults, families, and their caregivers.

*Questions about this publication may be directed to: 1.217.347.7179
Extension 1062 or 1046.*

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What is the Medicare Prescription Drug Program?

This program is available to those who are eligible for Medicare. It provides insurance coverage for prescription drugs and offers a choice of plans. As with other types of insurance, monthly premiums and out of pocket costs vary depending on the plan chosen.

October 15, 2015 open enrollment for 2016 begins.

December 7, 2015 open enrollment for 2016 ends.

January 1, 2016 coverage begins.

Look for agencies with an asterisk (*) in their description for assistance in signing up for a Medicare Prescription Drug plan or Benefits Access Program formerly known as Circuit Breaker.

Adult Day Services:

Call for detailed information, such as times, cost, etc.



Addus Evergreen Club (call for a free trial day)

108 N. 3rd St.

Mt. Vernon, IL 62864

618.241.9503

www.addus.com

- Accredited Day Center that accepts payment from:
 - Illinois Department of Rehabilitative Services
 - Illinois Department on Aging
 - Veterans Administration
 - Private Pay
- Full array of Nursing & Social Services
- Physical, Occupational, and Speech Therapies through Rehab Care.
- Activities and Group Outings.
- Transportation provided.
- Hours:
 - Monday through Friday: 7 a.m. – 5:30 p.m.
 - Saturday: 8 a.m. – 1 p.m.
- Closed on Thanksgiving and Christmas
- Activities and Group Outings.

Assistance in Your Home and Community:

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation or homemaker services (those under 60 years of age)

General Information/Home Service 618.244.0331

Blind Service 618.244.2650

TDD only 618.244.0339

www.dhs.state.il.us

Opportunities for Access, Center for Independent Living

4206 Williamson Place, Ste. 3

Mt. Vernon, IL 62864 618.244.9212

www.ofacil.org (v/tty) Toll-Free: 1.800.938.7400

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory; skills training; systems advocacy; individual advocacy; information and referral.

Assistance in Your Home and Community...

Senior Services

For Jefferson County

409 Harrison St.

Mt. Vernon, IL 62864

618.242.3505

www.eccoa.info

For Marion County

120 E. Green St.

Centralia, IL. 62801

618.533.4300

www.eccoa.info

- Provides programs for people age 60+ who may need help to be able to live in their own homes instead of premature nursing home placement—**includes screening for In-Home Services such as: Homecare Aide, Adult Day and Emergency Home Response System.**
- Certified SHIP Counselors and Designated SHIP site.
- Volunteer money management.
- ITAC Center for free tty's and amplified telephones.
- VOCA (Victims of Crime Act) Counseling.
- Referrals for many services that will add benefit to the individual's needs.

Assistance in Your Home and Community...

SWAN Senior Services

For Jefferson County

815 Broadway Ste. 8

Mt. Vernon, IL 62864

618.899.9110

24/7 Toll-Free:1.888.715.6260

www.swandvhl.org

- Provide information & assistance to available resources.
- Assist with Medicare Prescription Drug Program. *
- Assist with Benefit Access Program Applications (formerly known as Circuit Breaker). *
- Assist with Medicare Savings Programs and the Low-Income Subsidy Program.
- Schedule appointments with legal representatives.
- Certified SHIP site.

Midland Area Agency on Aging

For Marion County

434 S. Poplar P.O. Box 1420

Centralia, IL. 62801

618.532.1853

www.midlandaaa.org

- Provide information & assistance to available resources.
- Assist with Medicare Prescription Drug Program.*
- Assist with Medicare Savings Programs and the Low-Income Subsidy Program.
- Assist with Benefits Access Program applications (formerly known as Circuit Breaker).*
- Schedule appointments with legal representatives.

Emergency Home Response Systems:

Emergency Home Response Service is a 24 hour emergency communication link to assistance outside the home for older adults. This service is provided by a two-way voice communication system, with a base unit connected to a land *line telephone and a cell phone in certain circumstances. An activation device is worn by the older adult.* When activated, the older adult is automatically linked to a professionally staffed support center for assistance.

For a list of available providers please contact your designated Senior Services Office for a list of available providers or visit the Illinois Department of Aging Website at www.illinois.gov/aging

Jefferson County Providers:

Jefferson County

Senior Services of Jefferson County

409 Harrison St.

Mt. Vernon, IL. 62864

618.242.3505

www.eccoa.info

Marion County

Senior Services of Marion County

120 E. Green St.

Centralia, IL 62801

618.533.4300

www.eccoa.info

- Care coordinators complete a comprehensive case management assessment for adults 60 + to determine eligibility for the Community Care Program. IF eligible, the Emergency Home Response System may be funded by the Illinois Department on Aging.

Emotional Needs/Counseling:



Caritas Family Solutions

219 Withers Dr.
Mt. Vernon, IL 62864
www.cssil.org

618.244.0344

- Professional counselors with specialized training.
- Provide outreach to local schools, churches, and communities.

Christian Counseling and Family Services (Main Office)

Central Christian Church
301 N. 10th St.
Mt. Vernon, IL 62864
www.ccfsonline.com

618.242.4185 ext. 31

- Provides professional counseling from a Christian perspective throughout Southern Illinois.
- Referrals are received from ministers, physicians, and community agencies.

Lutheran Children & Family Services

800 S. 45th St. (Wells Bypass)
Mt. Vernon, IL 62864
www.lcfs.org

618.242.3284

- Individual and family counseling are available.

Senior Care at Franklin Hospital

205 Bailey Lane
Benton, IL 62812
www.franklinhospital.net

618.435.4731

- Intensive outpatient counseling program for older individuals. Call for eligibility requirements.

Emotional Needs/Counseling...

Comprehensive Connections

Route 37 N.

Mt. Vernon, IL 62864

618.242.1510

www.compconnect.org

- Outpatient counseling services.
- Substance abuse programs include outpatient counseling; DUI services; community education; prevention; detoxification; residential/in-patient treatment.

24-Hour Crisis Line

618.242.1512

- Provides support and assistance to help callers cope with emergency situations.

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

217.347.7179

www.heartlandhs.org

- **Caregiver Support Services** (contact Extension 1062)
 - **Resources & Respite**
 - **Support Groups** (see page 48)
- **Memory and Aging Clinic** (contact Extension 1046)

Pathways Counseling Center

1st Baptist Church

721 W. Main St

Salem, IL. 62881

618.367.6352

- Provides counseling services with a sliding fee scale.
- Also accepts insurance. Call for more information.

Emotional Needs/Counseling:

Community Resource Center @ 2 locations in Marion County

904 E. Martin Luther King Dr.

Centralia, IL 62801

618.533.1391

315 Westgate Ave.

Salem, IL 62881

618.548.2181

www.crconline.info

- Outpatient counseling services.
- Substance abuse program include outpatient counseling services, community education and DUI services.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.

24-Hour Crisis Line

618.533.1391

- Provides support and assistance to help callers cope with emergency situations.

Center for Senior Renewal

Clay County Hospital

911 Stacy Burk Dr.

Flora, IL 62839

618.662.6621

www.claycountyhospital.org

Click on Services. Click on Senior Renewal.

- Provides out-patient counseling for senior adults who are experiencing depression, grief, loss, difficulty coping with change, and anxiety.
- Services are provided by licensed therapists under the direction of a psychiatrist.
- Transportation available in parts of Marion County.

Emotional Needs/Counseling...

PAVE Centralia (People Against Violent Environments)
P.O. Box 342
Centralia, IL 62801 618.533.7233
<http://pavecentralia.com/> Toll-Free: 1.800.924.8444

- Provides support to domestic violence victims and their dependent children. Emergency Shelter
- Provides court advocacy and assistance with orders of protection.
- 24-Hour crisis line.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.

Men Challenging Violence (A program of PAVE)

618.533.7233

- Protocol approved program: Meets all state mandates that are safe for victims.
- Provides group services to court mandated & self-referred men who use violence & abuse in their intimate relationships.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.



For individual private counselors check the yellow pages of the local phone book—Counselors—

Energy/Financial Needs:

Angels on Assignment

First United Methodist Church
1201 Broadway Ave.
Mt. Vernon, IL 62864
<http://mountvernonfirst.org>

618.242.1108

- Assistance for basic necessities for those in Jefferson County. Call ahead for an appointment. Only available on Fridays.

Benefit Access Program (formerly known as Circuit Breaker – State of Illinois) *

(For those 65 and over or for those under 65 with a disability)

- License Plate Discount. **File every 2 years!**
- Application assistance:
 - SWAN Senior Services 618.899.9110
 - Opportunities for Access 618.244.9212
 - Senior Services of Jefferson County 618.242.3505
 - Senior Services of Marion County 618.533.4300
 - Midland Area Agency on Aging 618.532.1853

Energy/Financial Needs...

Illinois Department of Healthcare and Family Services

Family Community Resource Center (Jefferson County)
333 Potomac Blvd. Suite F P.O. Box 1607
Mt. Vernon, IL 62864 618.242.1040

Family Community Resource Center in Marion County
800 S. Locust St.
Centralia, IL. 62801 618.532.1966
www.dhs.state.il.us

- Receives applications for cash assistance, Supplemental Nutrition Assistance Program via Link Card, and Medical Assistance.
- Help available to people of all ages.
- Assistance is based on assets and income.

Crosswalk Community Action Agency *(Covers Jefferson County)*

410 W. Main St.
West Frankfort, IL 62896 618.937.3581
State-Wide Phone Number Toll-Free: 1.800.252.8643
www.crosswalkcaa.com

- Energy Assistance
- Home Repair
- Rehabilitation and Weatherization
- Emergency Services
- Homeless Prevention Services
- Small Business Loans
- Scholarships
 - Eligibility requirements exist on services above.

Energy/Financial Needs...

Social Security Administration (local office)

Federal Building

105 S. 6th St.

1.866.931.2549

Mt. Vernon, IL 62864

1.800.772.1213

www.socialsecurity.gov

- Retirement application is available online.

Sunshine Center (Office Location)

16338 N. IL. Hwy 37 P.O. Box 428

Mt. Vernon, IL 62864

618.242.7010

www.comconnect.org Click on Sunshine Center-Senior

Services.

- *Warm Neighbors Bill Payment Energy Assistance Program* that runs December 1 – May 31. Income Eligibility Requirements apply.
- *Warm Neighbors Weatherization Program* that runs from September – May. Income Eligibility Requirements apply.

BCMw Community Action Agency (covers Marion County)

909 E. Rexford P.O. Box 729

Centralia, IL 62801

618.532.7388

www.bcmwcommunityservices.org

- Emergency Services
- Homebuyer Program
- Housing Rehabilitation
- Low income Energy Assistance Program
- Transitional Housing
- Weatherization
 - Eligibility requirements exist on services above.

Energy/Financial Needs...

Salvation Army

216 S. Commercial St.
Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. (noon) & 1 p.m. – 4 p.m.
- Aid in energy assistance, clothing, rental, food, prescriptions, etc.

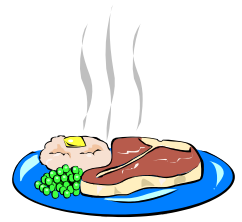
Warm Neighbors Energy Program – founded by Illinois Power

Salvation Army
216 S. Commercial St.
Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. (noon) & 1 – 4 p.m. No appointment necessary.
- Guidelines:
 1. Must be Ameren IP or in an Ameren IP Neighborhood.
 2. Power must be on.
 3. Must be in your name or spouse's name.
 4. May receive help both at Salvation Army & BCMW.
 5. Must owe a bill, not able to give a "credit."

Food/Meals:



If you would like more information about home delivered meals and congregate meal sites please contact your local office to see what options are available.

Jefferson County

Sunshine Center (Office Location)

On the Comprehensive Connections Campus

16338 N. IL. Hwy 37 P.O. Box 428

Mt. Vernon, IL 62864

618.242.7010

www.compconnect.org Click on Sunshine Center – Senior

Services.

Marion County

BCMW Project B.R.E.A.D.

Basic Right of the Elderly to an Adequate Diet

909 E. Rexford P.O. Box 729

Centralia, IL 62801

618.532.7388 ext. 111

www.bcmwcommunityservices.org

Food/Meals...

Soup Kitchens:

Friendship of Faith Church

12th & Bell

Mt. Vernon, IL 62864

618.244.3430

- Hosts a free, hot, sit down meal provided by area churches on Monday through Friday from 4 – 6 p.m.

Broadway Christian Church

308 S. Broadway Ave.

Salem, IL 62881

618.548.5786

- Free dinner the fourth Thursday of month at 5:30 p.m.

Calument Street Christian Church

2240 E. Calument St.

Centralia, IL 62801

618.533.4421

- Mondays and Thursdays from 4:00 – 5:30 p.m.

Evergreen Christian Church

1875 N. Broadway Ave.

Salem, IL 62881

618.548.4438

- Free dinner the third Thursday of month at 5:30 p.m.

Salem Lutheran Church

1401 Hawthorn Rd.

Salem, IL 62881

618.548.3190

www.salemlc.org

- Free dinner the first Thursday of month at 5:30 p.m.

Food/Meals...

Food Pantries (contact information provided, call for details)

<u>Angels on Assignment</u> 1200 Broadway Mt. Vernon, IL 62864	http://mountvernonfirst.org 618.242.1108
<u>Central Christian Church</u> 301 N. 10 th Mt. Vernon, IL 62864	www.ccfsonline.com 618.242.4185
<u>Epworth United Methodist</u> 401 Main St. Mt. Vernon, IL 62864	 618.242.5394
<u>First Baptist Church of Woodlawn</u> 301 N. Central Woodlawn, IL 62898	 618.735.2191
<u>Long Prairie Baptist Church of Belle Rive</u> RR 1 Box 472 Belle Rive, IL 62810	 618.736.2845
<u>Mt. Vernon Rescue Mission</u> 811 S. 10 th Mt. Vernon, IL 62864	 618.242.3756
<u>Park Ave Baptist Church</u> 1100 Partridge Pl. Mt. Vernon, IL 62864	 618.242.5068
<u>Pleasant Hill Baptist Church</u> 19479 N. Highway 37 Mt. Vernon, IL 62864	http://phbcmv.org/ 618.266.7247

Food/Meals...

Food Pantries continued...

Prince of Peace Lutheran Church

3205 Broadway

Mt. Vernon, IL 62864

618.242.5143

Centralia Community Benevolent Association Food Pantry (CCBA)

900 E. Rexford

Centralia, IL 62801

- Contact Person – Nell Boastick 618.533.2305
- Wednesdays Only: 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Feed My People

600 Hickory Ridge Court Apt. 21

Centralia, IL 62801

618.545.0461

- Fridays Only: 9 a.m. – 11 p.m.

Helping Hands Ministry of Odin

1004 E. Poplar

Odin, IL 62870

618.775.8383

- Food pantry and possible other assistance.

Rick's Chapel

438 N. Poplar

Centralia, IL 62801

618.532.2077

- Saturdays Only: 10:00 a.m. – 12 p.m.

Food/Meals...

Food Pantries continued...

Salem Ministerial Alliance

416 E. Oglesby

Salem, IL 62881

618.367.2904

- Available first and third Thursday of month from 9:30 a.m. – 10:30 a.m.
- Must go to a local church to obtain a voucher.

Salvation Army

216 S. Commercial St.

Centralia, IL 62801

618.532.5942

- Hours: Tuesday—Friday 9 a.m. – 12:00 p.m. & 1 p.m. – 3 p.m.

Sandoval Shalom Community

First United Methodist Church

101 E. Missouri Ave.

Sandoval, IL 62882

618.322.9038

- Available third Saturday of month from 7:30 a.m. – 9:30 a.m.
- Must reside within Sandoval School District.

Mt. Vernon City/School Summer Food Program

Food Service Contact:

618.244.8090

- Usually runs from June until one week before school starts again. Call for more information.

Food/Meals...

Smart Choice Food Source - "Smart Choice" food boxes are offered through local Host Site locations - such as faith-based organizations and churches, companies, outreach or community action programs. Remember:

- **No income requirements.**
- **No membership fees.**
- **No pre-qualifications.**
- www.smartchoicefood.com
- Host Site Locations:
 - Grace Awakenings Comm. Church 618.923.1299
Benton, IL.
 - Flora Assembly of God Church, 730 Seminary St.,
Flora, IL. 62839 Phone: 618.662.4291

Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social worker, & home health aides. All agencies report they provide intermittent care and are available 7 days/week. Care is provided in conjunction with your personal physician for a limited amount of time.

Celtic Healthcare

1809 W. McCord. St.

Centralia, IL. 62801

Toll-Free: 1.800.642.6099

www.celtichealthcare.com

Clay County Home Health (Health Department)

Marion County Only

601 E. 12th St.

Flora, IL 62839

618.662.4406

www.healthdept.org

Toll-Free: 1.800.544.4406

Crossroads Community Home Care Services

1009 S. 42nd St., Ste. 4

618.244.9028

Mt. Vernon, IL 62864

Toll-Free: 1.800.862.3818

www.crossroadscommunityhospital.com

Fairfield Home Health (*covers a small part of Jefferson & Marion Counties*)

303 N.W. 11th

Fairfield, IL 62837

618.842.4049

www.fairfieldmemorial.org

HSHS Home Care Southern Illinois

701 W. Temple

217.347.1777

Effingham, IL. 62401

Toll-Free: 1.800.551.6566

www.stanthonyshospital.org

Home Health Care Agencies...

Mederi Caretenders

4202 Williamson Place, Suite 1 618.242.3516
Mt. Vernon, IL 6286 Toll-Free: 1.800.451.3612
www.almostfamily.com

SSM Home Care at St. Mary's Good Samaritan

#2 Good Samaritan Way Suite #325
Mt. Vernon, IL 62864 618.899.1621
www.ssmhomecare.com



In-Home Services:

- Assistance with grooming and personal care activities, routine house cleaning, laundry, meal preparation, companion care, essential errands.

Addus HealthCare

In-Home Support Services (for those 60+ & private pay)

128 N. 3rd St.

Mt. Vernon, IL 62864

www.addus.com

618.244.4481

Toll-Free: 1.800.729.8279

Community Care Systems, Inc.

200 Westgate Ave.

Salem, IL 62881

www.ccsicare.com

618.548.1613

Toll-Free: 1.800.266.7530

Help at Home, Inc.

3456 Broadway

Mt. Vernon, IL 62864

www.helpathome.com

618.244.7800

Toll-Free: 1.877.699.7954

Central Illinois Care Services, Inc.

1102 W. Jefferson

Effingham, IL. 62401

www.centralillinoiscareservices.com

217.994.9016

- Call for more information and details on hours.

Hospice — is a special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are listed below.



Celtic Healthcare

1809 W. McCord. St.

Centralia, IL. 62801

Toll-Free: 1.800.642.6099

www.celtichealthcare.com

Clay County Health Department Hospice *(Covers Marion County Only)*

601 E. 12th St.

618.662.4406

Flora, IL 62839

Toll-Free: 1.800.544.4406

www.healthdept.org

Hospice of Southern Illinois, Inc. *(Covers Jefferson County Only)*

305 S. Illinois

618.235.1703

Belleville, IL. 62220

Toll-Free: 1.800.233.1708

www.hospice.org

Hospice of The Good Samaritan at SMGSI

#2 Good Samaritan Way Suite #325

Mt. Vernon, IL 62864

618.899.1621

www.ssmhomecare.com

Click on Services. Click on Hospice.

HSHS Hospice Southern Illinois

503 N. Maple St.

217.347.1777

Effingham, IL. 62401

Toll-Free: 1.800.551.6566

www.stanthonyshospital.org

Hospice....

Safe Haven Hospice

800 N. Keller Dr.

Effingham, IL. 62401

www.safe-havenhospice.org

Toll-Free: 1.855.879.4096



Housing Options:

Apartments:

Housing Authority of Jefferson County

109 Shiloh Dr. P.O. Box 1547

Mt. Vernon, IL 62864

618.244.5910

<http://hajc.org>

- Services: **Traditional rental apartment assistance** to low and very low income families or persons; **section 8 housing assistance** payments to private landlords on behalf of participants; **farmer's home assistance** to the elderly and/or disabled.

Mt. Vernon Housing Authority

4217 Rose Lane

Mt. Vernon, IL 62864

618.244.6275

Rome Meadows Apartments

R.R. 1

Dix, IL 62830

618.266.7324

Rural Development Housing

618.327.8822 ext. 105

- Subsidized apartments based on income.

Willow Springs Apartments

4100 Willow Springs

Mt. Vernon, IL 62864

618.242.4907

- Subsidized apartments based on income.

Garden Glen Apartments

1407 S. 34th St.

Mt. Vernon, IL 62864

618.242.9090

Housing Options...

Apartments continued...

Heritage Landing (For age 55 +; Income Based)

4260 Heritage Ave.
Mt. Vernon, IL 62864 618.242.1728
www.heritagelandingapts.com

- Handicapped accessible (select units).

Housing Authority of Marion County

719 E. Howard St. P.O. Box 689
Centralia, IL 62801 618.532.1894
<http://mcha2000.org/>

- Services: **Traditional rental apartment assistance** to low and very low income families or persons; **section 8 housing assistance** payments to private landlords on behalf of participants.

Salem Office

P.O. Box 448 (Dawley Ave.)
Salem, IL 62881 618.548.3019

- Services: Low income apartments.

Bob White Apartments

299 Bob White Lane
Salem, IL 62881 618.548.6623

- Services: Independent elderly individuals.

Housing Options...

Apartments continued...

Colonial Apartments

920 W. 4th St.

Centralia, IL 62801

618.533.1199

Countryside Village Apartments

104 Fairway Dr.

Centralia, IL 62801

618.545.0219

Downtown Apartments

N. Jefferson St.

Centralia, IL 62801

618.548.0092

- Services: 24 one-bedroom units/subsidy available to qualified individuals, qualified elderly or disabled.

Great Oaks Apartments

419 E. Wells

Salem, IL 62881

618.548.5778

Mills Crossing Apartments

600 Mills Cart Rd.

Salem, IL 62881

618.548.8030

Plaza Verde Apartments

1200 W. 4th St.

Centralia, IL 62801

618.532.6721

- Services: Equal Housing Opportunity.

Housing Options...

Apartments continued...

Salem Village Apartments

Rt. 37 South

Kell St.

Salem, IL 62881

618.997.5365

Village Apartments

1104 E. 13th St.

Centralia, IL 62801

618.532.8971

Woodward Enterprises

125 N. Missouri Ave.

Salem, IL 62881

618.548.5311

- Services: Numerous apartment complexes in Salem, some based on income.

Centralia Estates – A unique retirement apartment complex.

1916 E. McCord St.

Centralia, IL 62801

618.533.2400

- Studio, one or two bedroom apartments.
- Safe and secure environment.
- All utilities included in monthly rent except telephone.

The Villas at Heritage Woods – (For age 55+; Income Based)

100 Heritage Circle

Centralia, IL 62801

618.532.0680

www.bma-mgmt.com/villasheritagewoodscentralia

- Duplexes with one bedroom & two bedroom floor plans.
- Maintenance, landscaping, and snow removal services.

Housing Options...

Supportive Living:

Heritage Woods of Mt. Vernon *(For age 65 +; Income Based)*
1033 S. 42nd St.
Mt. Vernon, IL 62864 618.241.9518
www.bma-mgmt.com/heritagewoodsmtvernon

- Affordable assisted lifestyle community.

Assisted Living:

Countryside Residential Living Center
608 E. IL Hwy 15
Mt. Vernon, IL 62864 618.244.9318
www.residential-living.com

GreenTree Assisted Living for Seniors
208 Zachery St.
Mt. Vernon, IL 62864 618.244.5580
www.provisionliving.com
Click on Communities then GreenTree of Mt. Vernon.

Heritage Woods of Centralia (Affordable living for those
65+)
2049 E. McCord St.
Centralia, IL 62801 618.532.4590
www.bma-mgmt.com/heritagewoodscentralia

The Manor at Salem Woods
441 S. Hotze Rd.
Salem, IL 62881 618.548.8910
www.manoratsalemwoods.com

Housing Options...

Nursing Homes (Jefferson County):

Helpful Website when selecting a nursing home:

www.medicare.gov/NHCcompare

Intermediate Care – Help for those who cannot live alone.

Skilled Care – Intensive 24 hour nursing care.

Alzheimer's Dementia Unit – Supervision by staff trained in caring for people with Alzheimer's disease. Provide structured daily activities.

Mt. Vernon Countryside Manor

(Intermediate & Skilled Care)

606 New Fairfield Rd.

Mt. Vernon, IL 62864

618.242.1800

www.mtvernoncountrysidemanor.com

Mt. Vernon Health Care Center

(Specialized Alzheimer's Unit, Intermediate Care)

5 Doctor's Park Rd.

Mt. Vernon, IL 62864

618.242.1064

www.petersenhealthcare.net/mt-vernon

Nature Trail

(Intermediate & Skilled Care)

1001 S. 34th St.

Mt. Vernon, IL 62864

618.242.5700

White Oak Rehab & Health Care Center

(Intermediate & Skilled Care)

1700 White Ave.

Mt. Vernon, IL 62864

618.242.4075

www.petersenhealthcare.net/white-oak

Housing Options...

Nursing Homes (Marion County):

Centralia Manor

(Intermediate, Skilled, & Alzheimer's/Dementia Unit)

1910 E. McCord

Centralia, IL 62801

618.533.1200

Doctors Health and Rehabilitation Center

(Intermediate & Skilled Care)

1201 Hawthorn Rd.

Salem, IL 62881

618.548.4884

<http://doctorsnursingrehab.com>

Fireside House of Centralia

(Intermediate & Skilled Care)

1030 Martin Luther King Dr.

Centralia, IL 62801

618.532.1833

Odin Health Care

(Intermediate & Skilled Care)

300 Green St.

Odin, IL 62870

618.775.6444

Twin Willows

(Intermediate & Skilled Care)

1600 N. Broadway

Salem, IL 62881

618.548.0542

<http://twinwillowsnursingcentersalem.com>

Resident's Rights in Long-Term Care:

Effingham County Committee on Aging (ECCOA)

(Covers Jefferson & Marion County)

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

www.eccoa.info

- Regional Long Term Care Ombudsman Program:
 1. Provides advocacy to residents age 60 or older in licensed homes — nursing, supportive, and assisted.
 2. Is a confidential listener to the problems and concerns of residents.
 3. Informs residents of their rights.
 4. Assists in solving problems, if requested.

Illinois Department on Aging

One Natural Resources Way, Suite 100

Springfield, IL 62702-1271

www.state.il.us/aging

State Long-Term Care Ombudsman 217.785.3143

Deputy State LTC Ombudsman 217.785.3140

Senior HelpLine: 1.800.252.8966

Illinois Department of Public Health Hotline:
1.800.252.4343

National Long-Term Care Ombudsman Resource Center:

www.ltcombudsman.org

202.332.2275



Medical Equipment: Providers work with the patient's doctor and family to ensure that the equipment needs of the patient are met. Equipment needs include:

- Hospital Beds
- Walkers and/or Wheelchairs
- Oxygen/CPAP
- Lifts, Elevators & Special Chairs

Medical Equipment providers also perform several services:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery, installation, and instruction.

American Homepatient, Inc.

4 Cusumano Plaza Dr.
Mt. Vernon, IL 62864

www.ahom.com

618.244.9922

Toll-Free: 1.800.933.9451

Apria Healthcare

1912 W. Rendleman
Marion, IL 62959

www.apria.com

618.997.6469

Toll-Free: 1.800.642.5459

Byrd Watson

- 1200 Main St., Mt Vernon
- 3401 Broadway, Mt. Vernon
- 123 N Locust, Centralia

618.242.2800

618.244.5400

618.532.3045

www.byrdwatson.com

Care Medical Supplies, Inc.

4201 Ilberry Rd.
Mt. Vernon, IL 62864

618.244.4949

Toll-Free: 1.800.642.7784

Medicine Shoppe

2339 Broadway
Mt. Vernon, IL 62864

www.medicineshoppe.com

618.242.8776

Medical Equipment...

Bandy's Pharmacy & Medical Equipment

1413 W. Whittaker

Salem, IL 62881

618.548.4000

ConvaCare Home Medical Equipment Rentals and Sales

The Medicine Shoppe

215 N. Broadway

Salem, IL 62881

618.548.0070

CVS Pharmacy – 2 locations

225 N. Poplar

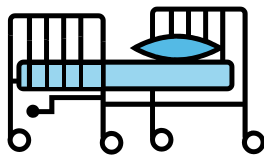
Centralia, IL 62801

618.533.1421

402 E. Main

Salem, IL 62881

618.548.7603



Memory Care Assessments:

Memory Clinic

St. Mary's Good Samaritan Medical Group
1708 Jefferson
Mt. Vernon, IL 62864
Tuesdays & Wednesdays

- 618.899.1431 (leave a message)
- The Memory Clinic – Primary Provider Site of SIU School of Medicine in Springfield.
- Requirements:
 - Referrals are accepted from physicians, family members, and individuals.
 - Accepts Medicare, Medicaid, most major insurance carriers (financial assistance program is offered)
 - Caregivers attend appointments with patient

Center for Senior Renewal

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL. 62839

618.662.6621

www.claycountyhospital.org

Click on Services. Click on Senior Renewal

- A Memory & Aging Network Provider of Southern Illinois University School of Medicine's, Center for Alzheimer's Disease and Related Disorders in Springfield, Illinois.
- Specially trained staff to evaluate individuals with memory or other cognitive complaints.
- Referrals are accepted from physicians, family members, and individuals.
- Provide counseling, education, and resources in a follow-up consultation.

Memory Care Homes: **Specialized care for individuals with memory impairments.**

Assisted Living:

Green Tree Memory Care

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

www.provisionliving.com

Click on Communities. Click on GreenTree of Mt. Vernon. Click on GreenTree Memory Care.

- Dementia Care Specialists Distinguished Provider.

Lavender Ridge Memory Care

1400 S. 34th St.

Mt. Vernon, IL 62864

618.242.4050

www.lavenderridge.net

- Offers diversified activity programs that address individual and group needs.

Willowbrook

100 Bloehm Ave. & 102 Bloehm Ave.

Effingham, IL 62401

217.342.3233

www.willowbrookliving.net

- Specialized care for individuals with Alzheimer's disease and other dementia related diseases.
- Family support and education.

Respite — is temporary relief for the primary caregiver from her/his caregiver duties.

The following nursing homes provide short-term stays. Contact them for details and cost.

Mt. Vernon Health Care Center	618.242.1064
Nature Trail	618.242.5700
White Oak Rehab & Health Care Center	618.242.4075
Centralia Manor	618.533.1200
Doctors Health and Rehabilitation Center	618.548.4884
Fireside House of Centralia	618.532.1833
Odin Health Care	618.775.6444
Twin Willows	618.548.0542
<u>GreenTree Assisted Living and GreenTree Memory Care</u>	
www.provisionliving.com	618.244.5580
• <i>Suite Retreat Respite Program (several days or weeks)</i>	

Heartland Human Services 217.347.7179 ext. 1062
www.heartlandhs.org

Caregiver Advisor assesses family caregiving situations and determines respite eligibility. In Jefferson & parts of Marion County, two types of respite are available:

In-home Respite

- Companionship, reading, light housekeeping duties.
- Laundry, meal preparation, personal care.
- Contract with Addus HealthCare in Mt. Vernon.

Adult Day Respite

- Full array of nursing and social services.
- Available through Addus Evergreen Club in Mt. Vernon
- Transportation provided.

Support Groups: Meeting dates & times are subject to change.
(For information about times and locations of AA meetings in the Mt. Vernon area,
call District 7 AA at 1.800.307.6600 or visit www.district7aa.info/home.html)

Alcoholics' Anonymous – www.aa.org

Share & Care

Central Christian Church
314 N. 12th St.
Mt. Vernon, IL 62864

- Meets Mondays at 7 p.m.

Serenity First

First United Methodist Church
1133 Main St.
Mt. Vernon, IL. 62864

- Meets Mondays at 7 p.m.

Tuesday Noon Meeting

Central Christian Church
301 N. 10th St.
Mt. Vernon, IL 62864

- Meets Tuesdays at 12 p.m. (noon).

Agape Group

Central Christian Church
314 N. 12th St.
Mt. Vernon, IL 62864

- Meets Tuesdays at 7 p.m.

New Found Freedom

Faith Lutheran Church
1104 N. 42nd St.
Mt. Vernon, IL 62864

- Meets Wednesdays at 8 p.m.

Primary Purpose

Prince of Peace Lutheran Church
3205 Broadway
Mt. Vernon, IL 62864

- Meets 1st Thursday at 7 p.m. (closed)

Support Groups...

Alcoholics' Anonymous...

Friday Night Mixers

Central Christian Church
301 N. 10th St.
Mt. Vernon, IL 62864

- Meets Fridays at 8 p.m.

Saturday Night Raw Group

Baptist Church
100 E. Casey
Mt. Vernon, IL 62864

- Meets Saturdays at 8 p.m.

Saturday Groups

Prince of Peace Lutheran Church
3205 Broadway
Mt. Vernon, IL 62864

- Meets Saturdays at 12 noon.
- Meets Saturdays at 7 p.m. (closed)

St. Mary's Good Samaritan Hospital
404 N. Pleasant Ave.
Centralia, IL 62801

- Call to get room number of meeting 618.532.6731
- **Meets Sundays at 9:15 a.m. (*Little Church Group*)**
- **Meets Mondays at 10:30 a.m. (*Day by Day Group*)**
- **Meets Tuesdays at 8 p.m. (*Circle of Friends Group*)**
- **Meets Thursdays at 10:30 a.m. (*Touched by Grace Group.*)**
- **Meets Thursday at 8 p.m. (*Freedom at Last*)**
- **Meets Saturdays at 12 p.m. (noon) (*Rainbow Group*)**

Support Groups...

Alcoholics' Anonymous...

Kamel Club Group

First Presbyterian Church
201 E. McMackin St.
Salem, IL 62881

- Meets Thursdays at 8 p.m.

Salem Group

First Presbyterian Church
201 E. McMackin St.
Salem, IL 62881

- Meets Fridays at 8 p.m.

Al-ANON Group (offers help/hope to family and friends of alcoholics)

Central Christian Church (room 116)
301 N. 10th St.

Mt. Vernon, IL 62864

618.242.8562

- Wednesday 7:30 p.m. (Wednesday Night Step Meeting)
- Thursdays at 7:30 p.m. (King City)
- Saturdays at 10 a.m. (Making a Difference Alateen).

GROW – 12-Step mutual support and recovery group for those with mental illnesses or those needing help to face life's challenges.

- <http://growinamerica.org/>

Call 1.888.741.4769 for a site near you

Support Groups...

(For information about times and locations of NA meetings in the area, call 618.322.3178)

Narcotics Anonymous – www.na.org

Welcome Home

Grace Community Church

Rte. 37 N.

Mt. Vernon, IL 62864

- Meets Wednesdays at 7 p.m. and Fridays at 8 p.m.

St. Mary's Good Samaritan Hospital—Doctor's Hall

400 N. Pleasant Ave.

Centralia, IL 62801

- Meets Sundays at 6 p.m.
- Call for room number of meetings 618.532.6731

Salem First Presbyterian Church

201 E. McMackin

Salem, IL 62881

- Meets Tuesday at 7 p.m.

More Will Be Revealed

Salem Activities Center

416 E. Oglesby

Salem, IL.

- Meets Friday at 6:30 p.m.

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Support Groups...

Alzheimer's Support Groups

Mt. Vernon Health Care Center
5 Doctor's Park Rd.

Mt. Vernon, IL 62864 618.242.1064

- 2nd Wednesday of the month at 10:30 a.m.

Centralia Estates
1916 E. McCord

Centralia, IL 62801 618.533.2400

- Meets the last Tuesday of each month at 6:30 p.m.

Bereaved Parents Support Group

Prince of Peace Lutheran Church
3205 Broadway

Mt. Vernon, IL 62864 618.242.5143

- Meets second Sunday of month at 2 p.m.
- Contact Person: Linda Mlot.

Blind and Low Vision Support Group

Faith Lutheran Church
1104 N. 42nd St.

Mt. Vernon, IL 62864

- Meets 1st Thursday of month at 1:30 p.m.
- Contact Dee Jackson at 618.244.5089.

Support Groups...

Cancer Support Groups:

St. Mary's Good Samaritan Hospital – Auditorium
400 N. Pleasant
Centralia, IL 62801 618.436.8548

- Meets the fourth Thursday of each month at 7 p.m.

American Cancer Society Look Good...Feel Better
Classes
St. Mary's Good Samaritan Hospital – Cancer Center
400 N. Pleasant
Centralia, IL 62801 618.998.9898

- Call for a schedule.

Caregiver Connection (respite may be arranged—see page 42)

Heartland Human Services – Sponsoring Agency
Lavender Ridge – Meeting Site
1400 S. 34th St.
Mt. Vernon, IL 62864 618.242.4050

- Meets second Tuesday of month from 3 p.m. – 4 p.m. in the activity room. Provides education and support.
- Phone the Caregiver Advisor: 217.347.7179 ext 1062.
- www.heartlandhs.org

Caregiver Support Group (respite may be arranged—see page 42)

Kaskaskia College – Salem Education Center
1475 W. Whittaker St.
Salem, IL 62881

- Meets the third Tuesday of each month at 4 p.m.
- Phone the Caregiver Advisor: 217.3477179 ext 1062.
- www.heartlandhs.org

Support Groups...

Celebrate Recovery

CR Centralia

New Horizon Christian School
12 Greenview Church Rd.
Centralia, IL. 62801

- Meets Monday nights at 6:30 p.m.

The Hope House

5201 Charleston Rd.
Salem, IL. 62881

- Meets Thursday nights at 6:30 p.m.

Connexion Church

18147 E. IL. Hwy 15
Mt. Vernon, IL. 62864

- Meets Friday nights at 6:45 p.m.

Grandparents/Relatives Raising Grandchildren

Heartland Human Services --Sponsoring Agency
Christian Fellowship Church – Meeting Site
24th & Cherry St.
Mt. Vernon, IL 62864

- Meets at 10:30 a.m. on the 2nd Tuesday of the month.
- Phone the Caregiver Advisor: 217.347.7179 ext. 1062.
- www.heartlandhs.org

Grandparents/Relatives Raising Grandchildren

Heartland Human Services—Sponsoring Agency
Midland Area Agency on Aging – Meeting Site
434 S. Poplar St.
Centralia, IL 62801

- Meets the 2nd Thursday of the month at 10 a.m.
- Phone the Caregiver Advisor: 217.347.7179 ext. 1062.
- www.heartlandhs.org

Support Groups...

Grief Support Group

St. Mary's Good Samaritan Home Health/Hospice—
Conference Room

#2 Good Samaritan Way

Mt. Vernon, IL 62864

618.899.1621

- Meets third Thursday from 11 a.m. – 1 p.m.

HOPE – 9 week ministry of education & support for those who have
lost a loved one (Sessions in Fall & Spring)

Central Christian Church

301 N. 10th St.

Mt. Vernon, IL 62864

618.242.4185

Parkinson's Disease Support Group

Heritage Woods

2049 E. McCord St.

Centralia, IL. 62801

618.545.6597

- Meets 2nd Wednesday of the month at 2 p.m. in the
Independent Living Room

St. Mary's Good Samaritan, Inc Support Groups:

www.smgisi.com

Toll-Free: 1.888.257.6098

Check the monthly calendar for details. Or call the Toll
Free number for a list of dates and times and to register.

- Topics Include:
 - Bariatric
 - Cancer
 - Diabetes
 - Grief
 - Stroke

Transportation:

South Central Transit

Jefferson County scheduling

15178 N. IL HWY 37
Mt. Vernon, IL 62864

618.242.0202
Toll-Free: 1.800.660.7433

Marion County scheduling

1616 E. McCord
Centralia, IL. 62801

618.532.8076
Toll-Free: 1.800.660.7433

www.southcentraltransit.org/

Services:

- Demand responsive transportation service (24-hour notice) within Centralia, Salem, & Mt. Vernon city limits.
- Wheelchair accessible transportation.
- Shopping shuttle.
- Discounted monthly senior, adult, and child school passes.
- Dispatching department is open from 8 a.m. – 3:30 p.m. Monday through Friday.

Other Local Resources:

Libraries

C.E. Brehm Memorial Library

101 South 7th St.

618.242.6322

Mt. Vernon, IL 62864

www.mtvbrehm.lib.il.us

- Local caregiver resource center with access to books and videos on caregiving. Caregiver Advisor is available the Second Tuesday of each month by appointment (1.888.560.8805 ext. 1062).

www.salembbl.lib.il.us

Bryan-Bennett Library

315 S. Maple St.

Salem, IL 62881

618.548.3006

- Services: Local resource center with access to books and videos on caregiving.
- Caregiver Advisor is available the third Tuesday of each month by appointment (1.888.560.8805 ext. 1062).

Centralia Regional Library

www.centralialibrary.org

515 E. Broadway

Centralia, IL 62801

618.532.5222

- Services: Access to books and videos on caregiving.

Elderly Services Officer

City of Mt. Vernon Police Department

618.242.0215

www.mvpd.org

Jefferson County Sheriff Department

618.242.6806

City of Centralia Police Department

618.533.7602

City of Salem Police Department

618.548.2232

Other Local Resources...

One Hope United—Foster Grandparent Program

111S. 20th St.

Mt. Vernon, IL 62864

618.242.8266

- Services: Offers seniors age 60 and over opportunities to serve as mentors, tutors, and loving caregivers for youth with special needs.
- Benefits: Tax-free stipend, travel allotment, free monthly training, annual physical, paid holiday/vacation/sick days, recognition, and support from other Foster Grandparent Volunteers.

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Last Wills.
- A representative is available regularly in Mt. Vernon for Jefferson County Residents at SWAN Senior Services
- For an appointment call: 618.899.9110
- A representative is available regularly in Centralia for Marion County Residents at Midland Area Agency on Aging.
- For an appointment call 618.532.1853

Other Local Resources...

Midland Area Agency on Aging

www.midlandaaa.org

434 S. Poplar P.O. Box 1420
Centralia, IL 62801

618.532.1853

Toll-Free: 1.877.532.1853

- Area Agency on Aging as designated by the Illinois Department on Aging. Covers Clay, Effingham, Fayette, Jefferson, and Marion Counties.
- Services:
 - Develops programs and funds community agencies.
 - SHIP site. Assists with Medicare Prescription Drug Applications* and Benefits Access Applications (formerly known as Circuit Breaker)*.
 - Provides general and court advocacy services to victims of abuse.

CARE Consortium (HIV/AIDS Services)

www.jchdonline.org

Jackson County Health Department
415 Health Department Rd.
Murphysboro, IL 62966

618.684.3143

- Serves: 19 Counties including Jefferson.

CARE Consortium (HIV/AIDS Services)

Southern Illinois Healthcare Foundation
1510 Sunset Dr.
Vandalia, IL 62471

618.283.3144

- Covers Marion County

Mid-Illinois Talking Book Center

125 Tower Dr.
Burr Ridge, IL. 60527

Toll-Free: 1.800.426.0709

www.illinoistalkingbooks.org

Other Local Resources...

Frisse & Brewster Law Offices, LLC

2301 Hoffman Drive, Suite B
Effingham, IL 62401

866.631.2946

www.frissebrewsterlaw.com

- Elder Law Practice - providing legal guidance & care planning services for elderly or disabled clients.
- Powers of Attorney, Wills, Trusts, Nursing Home Planning & Estate Settlement.

Lifeboat Alliance Family Shelter (housing)

P.O. Box 76
Mt. Vernon, IL

618.244.4088

www.lifeboatalliance.com

- Homeless shelter by referral only.

Friendship House Project

1000 Martin Luther King Jr. Dr., P.O. Box 1445
Centralia, IL. 62801

618.335.7452

www.friendshipproject.org

Senior Circle, Crossroads Chapter

#8 Doctors Park Rd.
Mt. Vernon, IL 62864

618.241.8567

www.crossroadscommunityhospital.com

Click on Community Relations Click on Senior Circle

- Senior Circle Association is committed to enriching the lives of adults age 50 and over.
- Annual membership provides access to valuable discounts, activities and events, exercise and wellness classes, chapter newsletter subscription.
- www.seniorcircle.com

Other Local Resources...

Illinois Department of Veterans' Affairs

Veterans Assistance Commission

4105 N. Water Tower Place, Room #112

Mt. Vernon, IL 62864 618.246.2910 ext. 73404

<http://www2.illinois.gov/veterans>

- Hours: Monday – Thursday 8:00 a.m. to 3:00 p.m.
(Except 1st & 3rd & 4th Thursday)

Illinois Department of Veterans' Affairs

600 E. Main St. Ste # 6.

618.548.6929

Salem, IL 62881

618.548.8945

<http://www2.illinois.gov/veterans>

- Hours: 8:30 a.m. to 5:00 p.m. Monday – Friday. (Except 2nd & 4th Wednesday)

Veterans Aid & Attendance Program

www.addus.com

(Referrals handled through Addus HealthCare)

618.244.4481

- Call Addus HealthCare for a free pre-screening to determine eligibility.

Illinois Assistive Technology Program

1 W. Old State Capitol Plaza, Ste. 100

217.522.7985

Springfield, IL 62701

www.iltech.org

- Services include Information & Assistance
- Devices Loan Program

Other Local Resources...

Vision Centers who Accept Medicaid

- The Eye Clinic (*only for treating diseases, not exams or glasses*)
109 S. 32nd St.
Mt. Vernon, IL 62864 618.242.4141
- Marion Eye Center (*for eye exams and 1 pair of eye glasses per year*)
3111 Broadway
Mt. Vernon, IL 62864 618.244.2777
- Mt. Vernon Eye Center (*for eye exams and eye glasses*)
Times Square Mall
Mt. Vernon, IL 62864 618.244.5522
 - *Low cost lenses and frames for out-of-pocket purchase.*

Vision and Hearing Aid Assistance

Centralia Lions Club 618.316.0308
Applications are available online at
www.centralcitylionsclub.org

Southern Illinois Radio Information Service (SIRIS)

www.wsiu.org/siris 618.453.2808

- Any person in the WSIU-FM (91.9) or WVSI-FM (88.9) listening area whose eyesight or physical condition makes it impossible to read a newspaper or book qualifies to receive SIRIS Broadcast.
- Call to request an application.

Toll-Free Numbers and Web Pages...

AARP

1.888.687.2277

www.aarp.org

Administration on Aging, U.S. Dept. of Health & Human Services

www.aoa.gov

Alzheimer's Association

1.800.272.3900

www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

www.nia.nih.gov/alzheimers

Caring Today

www.caringtoday.com

Elder Abuse

1.866.800.1409

www.ncea.aoa.gov

Eldercare Locator

1.800.677.1116

www.eldercare.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

Caregiver Action Network

www.caregiveraction.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

Mental Health America

1.800.969.6642

www.nmha.org

Contributing Members of the Jefferson County MHASI Advisory Group

Addus HealthCare www.addus.com
BCMw Project BREAD & Senior Services www.bcmwcommunityservices.org
Bryan-Bennett Library www.salembbl.lib.il.us
C.E. Brehm Memorial Library www.mtvbrehm.lib.il.us
Community Resource Center www.crconline.info
GreenTree Assisted Living for Seniors www.provisionliving.com
Housing Authority of Jefferson County <http://hajc.org>
Heartland Human Services www.heartlandhs.org
HSHS St. Anthony's Memorial Hospital www.stanthonyshospital.org
Comprehensive Connections & Sunshine Center www.jccsinc.info
Lavender Ridge Memory Care www.lavenderridge.net
Liberty Village of Centralia www.libertyvillageofcentralia.com
Midland Area Agency on Aging www.midlandaaa.org
St. Mary's Good Samaritan, Inc. www.smgsi.com
Senior Services of Jefferson & Marion County www.eccoa.info
SWAN Senior Services www.swandvhl.org

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Jefferson and Marion Counties. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2015. Printing provided by Heartland Human Services, supported in part by a Caregiver Grant through Midland Area Agency on Aging.

*Questions about this publication may be directed to:
Caregiver Advisor at 217.347.7179, extension 1062
Director of Geriatric Services at 217.347.7179, extension 1046*

