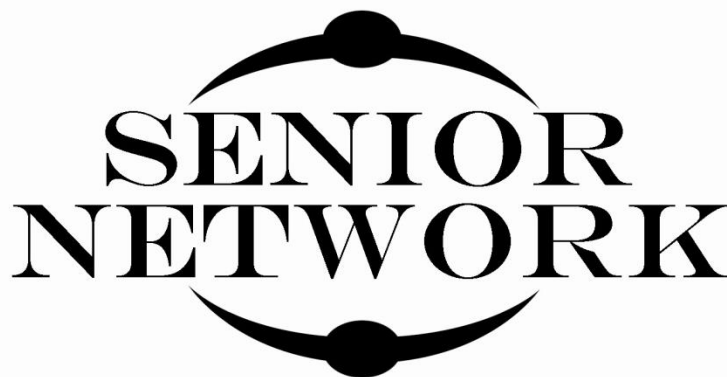


SERVICES FOR SENIORS

Boone County Directory

Published by



2015-2016



If you think your loved one may
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Call HOSPICE TODAY!

Our experienced, compassionate staff
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Hospice provides:

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- Assists patients with the emotional, psychosocial and spiritual aspects of dying.
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- Coaches the family on how to care for the patient.
- Delivers special services like speech and physical therapy when needed.
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Columbia, MO 65203

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"We were overwhelmed by the professionalism, efficiency, and most of all compassion shown to us in the care of our loved one by the Hospice Advantage Staff" -Family Member of MO patient

Senior Network

What is Senior Network?

The Senior Network of Columbia welcomes, and is composed of representatives of organizations, agencies, businesses, and individuals who are interested in promoting the quality of life for the senior citizens of Boone County.

The Senior Network meets at 8:00 a.m. on the third Wednesday of each month at the Columbia Area Senior Center, 1121 Business Loop 70 East.

What is the Services for Seniors Directory?

The purpose of this directory is to share information about senior services and resources available to seniors. It is a wonderful guide to the web of services available but may not include every resource available. This information is also accessible through the website: seniornetwork.missouri.org.

Senior Network does not accept responsibility for quality of services provided by the agencies, organizations, or businesses listed in this directory.

Senior Network has done their best to ensure accuracy and the inclusion of all resources. Each resource was contacted to participate in the directory and each created their listing.

IMPORTANT PHONE NUMBERS

All Emergencies -- Medical, Fire, Police.....911

Elder Abuse Hotline.....(800) 392-0210

Local Law Enforcement (*Non-Emergency*):

Ashland Police Department(573) 657-9062
Boone County Fire Protection District(573) 447-5000
Boone County Sheriff(573) 875-1111
Centralia Police Department(573) 682-2132
Columbia Fire Dept. Administration(573) 682-2132
Columbia Police Department(573) 874-7404
Hallsville Police Department(573) 696-3838
Sturgeon Police Department(573) 442-6131
Crime Stoppers(573) 875-4477

City Halls:

Ashland.....(573) 657-2091
Centralia.....(573) 682-2139
Columbia.....(573) 874-7111
Hallsville.....(573) 696-3885
Rocheport.....(573) 698-3245
Sturgeon.....(573) 687-3321

Fraud Protection:

Consumer Protection Hotline.....(800) 392-8222
Medicaid Fraud Hotline.....(800) 286-3932

Others:

City of Columbia Bus System/Information(573) 874-2489
Columbia Post Office(573) 876-7800
IRS/Federal Tax Information(800) 829-1040
Mental Health Crisis Line(800)395-2132
Missouri RxPlan(800) 375-1406
Medicare Helpline (national)(800) 633-4227
Poison Control(573) 882-1000
Social Security Information (national)(800) 772-1213
Suicide Crisis Hotline (Missouri)(800) 395-2132

IMPORTANT WEBSITES

Boone County Government Page.....www.showmeboone.com
City of Columbia.....www.gocolumbiamo.com
Columbia Chamber of Commerce.....www.columbiamochamber.com
Missouri Hospice & Palliative Care Association www.mohospice.org
Missouri Senior Report.....www.missouriseniorreport.org
National Council on Aging..... www.NCOA.org
Missouri Protection & Advocacy Service.....www.moadvocacy.org
National Long Term Care
Ombudsman Resource Center.....www.ltcombudsman.org

State of Missouri.....www.mo.gov
Attorney General.....<http://ago.mo.gov>
Department of Health & Senior Services.....www.dhss.mo.gov
 (Adult Protective Services, In Home Services, etc.)
 Employee Disqualification List.....www.dhss.mo.gov/EDL
 Family Care Safety Registry.....www.dhss.mo.gov/FCSR
 Missouri Century Club.....www.dhss.mo.gov/CenturyClub
 Nursing Home Inspection Reports.. www.dhss.mo.gov/showmelongtermcare
 Silver Haired Legislators.....www.dhss.mo.gov/SilverHaired
Department of Insurance.....<http://insurance.mo.gov>
Department of Revenue.....www.dor.mo.gov
Department of Social Services.....www.dss.missouri.gov
 (Medicaid/MO Health Net, MoRX, Food Stamps, Family Support, etc.)
Department of Transportation.....www.modot.org/central
Missouri RX – State Pharmacy Assistance Program.....www.morx.mo.gov
Vital Records..... <http://vitalrec.com/mo.html>

US Government

Centers for Medicare/Medicaid Services.....www.cms.hhs.gov
Department of Veterans Affairs.....www.va.gov
Eldercare Locator..... www.eldercare.gov
Housing & Urban Development.....www.hud.gov/local/mo
Medicare.....www.medicare.gov
Social Security Administration.....www.ssa.gov
United States Postal Service.....www.usps.com

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Boone County Council on Aging* (BCCA) (Services for Independent Living – SIL)	(573) 443-1111	15
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Family Support Division	(573) 882-9180	54
Voluntary Action Center (VAC)	(573) 449-6959	126

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L.E.A.D. Institute	(573) 445-5005	72
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Foster Grandparent Program	(573) 442-8794	55
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FINANCIAL MANAGEMENT	<i>Also contact you bank and trust departments</i>	
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SeniorLink, LLC	(573) 447-0167	110

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Services for Independent Living	(573) 874-1646	111

LEGAL ASSISTANCE	See phone book yellow pages for attorneys who specialize in elder law.	
Barchet & Jones Attorneys at Law	(573) 441-9000	10
Central Missouri Area Agency on Aging	(573) 443-5823	26
Cripps & Simmons	(573) 447-3355	--
Law Office of Russ Swanigan	(573) 761-1600	--
Mid-Missouri Legal Services Corporation	(573) 442-0116	79
Midwest Elder Law Firm	(573) 445-4755	80

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Para Transit	(573) 874-7290	93
Services for Independent Living	(573) 874-1646	111

UTILITY ASSISTANCE		
Central Missouri Community Action (CMCA)	(573) 642-3316	27
Columbia/Boone County Health Department	(573) 874-7355	37

Name: **AARP Missouri**

Address: 9200 Ward Parkway, Suite 350
Kansas City, MO 64114

Phone: (866) 389-5627

Fax: (816) 561-3107

Email: moaarp@aarp.org

Website: www.aarp.org/states/mo/

Hours: 8:30 a.m. – 4:30 p.m. Monday - Friday

Fees: \$16.00 per year

Services:

- Meetings at 10 a.m. every second Monday of the month at Boone Electric Coop. building for Mid-Missouri Chapter 5390
- Contact: Carl Poehoman (573) 449-5851
Boone Electric Coop, 1413 Rangeline St.
(573) 449-4181
- Advocacy
- Pharmacy
- Travel
- Insurance
- Tax Aide
- Driver Safety Program
- Information Center – South
- 8059-A Watson Road, Webster Groves, MO 63119
- Phone: (314) 918-7563
- Fax: (314) 918-7584
- Office hours: 9:30 a.m. – 3:30 p.m. Monday – Friday

Name: **Adult Day Connection**

Address: 137 Clark Hall
University of Missouri
Columbia, MO 65211-4200

Phone: (573) 882-7070

Fax: (573) 884-4797

Website: adcshp.missouri.edu

Email: kieslingjw@health.missouri.edu

Hours: 7:30 a.m. - 5:00 p.m. Monday - Friday

Fees: Call for fee information; Medicaid and VA accepted and some assistance available for those who qualify

Eligibility: Adults

Services:

- Adult day health care: Licensed practical nurse, occupational therapist and social worker on staff
- State-licensed adult day health care for older adults who need socialization and assistance during the day
- Nursing supervision and individual care plans
- Hot noon meal and healthy snacks
- Daily activities and exercise
- Respite for caregivers
- Intergenerational and fun atmosphere with a caring staff and interaction with college students
- Applicants are evaluated by staff to determine if adult day health care is appropriate
- Adult day health care: Licensed practical nurse, occupational therapist and social worker on staff

Name: **Advantage Nursing Services**
Address: 1900 North Providence Road
Kelly Plaza, Suite 207
Columbia, MO 65202-3710
Phone: (573) 449-5115 or (866) 554-9990
Fax: (573) 449-6953
Email: ansadmin@Advantage-Nursing.com
Website: www.Advantage-Nursing.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
On-call service 24 hours per day
7 days per week

Fees: Varies upon service;
Medicaid and Private Pay accepted

Eligibility: Individuals that have a need

Services:

- Personal care
- Homemaker chore services
- Licensed Practical Nurses
- Registered Nurses

Name: **Alzheimer's Association Greater Missouri**

Address: 2400 Bluff Creek Drive
Columbia, MO 65201-3554

Phone: (573) 443-8665

Fax: (573) 499-9701

Website: www.alz.org/greater-missouri

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None; some classes are fee for service

Eligibility: Individuals with dementia and/or care partners
and professional caregivers

Services:

- Information / referral services
- 24/7 Help-line: (800) 272-3900
- Care Consultant
- Education
- Support Groups
- Medic Alert Safe Return

Name: **American Red Cross
(Heart of Missouri Chapter)**

Address: 1805 West Worley Street
Columbia, MO 65203-1037

Phone: (573) 445-9411

Fax: (573) 446-4247

Website: www.redcross.org/mo/jeffersoncity

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

Fees: Disaster relief is free. Cost for Health and Safety Training (CPR, First Aid, Aquatics, Senior Caregiving, etc) varies, depending upon the type and level of course.

Eligibility: For disaster relief: Verification of disaster
For Health and Safety Training: open to anyone
(Some courses have pre-requisites)

Services:

- Disaster relief (After fires, tornados, floods, earthquakes, etc) and disaster preparedness
- First aid training, CPR training, Automated External Defibrillator (AED) training
- Family Caregiving training offered via classroom instruction -- or DVDs available for purchase
- Wide variety of volunteer opportunities (With training provided)
- Services to Armed Forces (And their family members)
- Community:
 - Broad range of training available -- for Disaster Preparedness / Response and Health and Safety
 - Informational booths at local health fairs
 - Educational resources
 - Informative, expert speakers for your community organizations and meetings

Name: **Apria Healthcare**

Address: 2202 Nelwood Drive, #10
Columbia, MO 65202

Phone: (573) 446-9706 or (800) 277-4288

Fax: (573) 474-5423

Email: contact_us@apria.com

Website: www.apria.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(On-call 24 hours per day / 7 days per week)

Fees: Varies upon individual's medical coverage

Eligibility: Must have physician's orders

Services:

- Oxygen
- Home medical equipment: beds, wheelchairs, walkers, canes, etc.
- Nutritional supplements
- Respiratory services: nebulizers, medicine, CPAPs, etc.
- Infusion therapy: antibiotics, IV nutrition

Name: **The Arbors at Bluff Creek Terrace**
Address: 3100 Bluff Creek Drive
Columbia, MO 65201-3524
Phone: (573) 256-5565
Fax: (573) 256-5112
Email: columbia@americareusa.net
Website: www.americareusa.net/location/bluff-creek-terrace

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
(Services 24 hours per day, 7 days per week)

Fees: Available upon request

Eligibility: Private Pay, Medicaid cash grant, personal care, Veterans Administration benefits, Blind Pension and Mason and Eastern Star benefits

Services:

- 15-bed assisted living facility for those with Alzheimer's or dementia-related disorders
- Secured unit with outside courtyard
- Medication assistance and supervision
- Three daily well-balanced meals (With snacks)
- Daily housekeeping and laundry services
- Assistance with bathing, dressing, grooming, or other hygiene services
- Structured daily activities
- Beauty salon on-site (Weekly visits from beautician)
- Physical, occupational, or speech therapy services available

Name: Ashland Healthcare
Address: 300 South Henry Clay Boulevard
Ashland, MO 65010-9438
Phone: (573) 657-2877
Fax: (573) 657-4189
Email: ashlandadmin@socket.net

Hours: Available 24 hours per day/ 7 days per week
Fees: Variable rates (Call for information); Medicaid and Medicare certified; private insurance accepted

Services:

- 60-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- Podiatrist
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social Activities
- Regular beautician visits
- Long-term and Short-term care
- Hospice patients accepted

Name: **Ashland Villa Assisted Living by Americare**

Address: 301 South Henry Clay Boulevard
Ashland, MO 65010-9439

Phone: (573) 657-1920

Fax: (573) 657-1188

Email: ashland.don@americareusa.net

Website: www.americareusa.net/location/ashland-villa/

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Services 24 hours per day / 7 days per week)

Fees: Private pay, Medicaid

Eligibility: Ambulatory

Services:

- 36 bed assisted living facility
- Medication administration
- Assistance with bathing and activities of daily living
- Housekeeping, laundry and dietary services provided
- 24 hour protective oversight by certified staff
- Assisted Living Facility II (ALF II)
- Adult daycare services available

Name: Barchet & Jones

Cynthia Barchet, Attorney At Law
Nathan Jones, Attorney At Law

Address: 1203 W. Broadway
Columbia, MO 65203

Phone: (573) 441-9000 or (888) 771-2500

Fax: (573) 875-5873

Email: legal@BarchetLaw.com

Website: www.BARCHETLAW.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Varies upon services required

Services:

- Estate Planning: Trusts, Wills, Probate Avoidance, Powers of Attorney, Living Wills, Beneficiary Deeds, Non-probate Transfers, Trust & Will Reviews, Options for Minor Children and Grandchildren
- Elder Law & Medicaid Planning: Nursing Home Issues, Medicaid Help, Asset Protection, Division of Assets, Spenddown, Advice concerning Financial Exploitation, Elder Neglect & Abuse
- Planning for Disabled Family Members: Special Needs Trusts, Inheritance Options, Guardianships, Conservatorship, Durable Powers of Attorney, Medicaid & Social Security Help
- Advice Upon the Death of a Loved One: Avoiding Probate, Asset Distributions, Trust Administration and Trustee Representation, Will & Trust Contests, Estate Problems and Probate Court Advice
- Small Business Help: Start Ups, LLCs, Corporations, Buying/Selling Businesses, Contracts & Leases

NAME: **Bella Casa Condos for Retirement Living**

Address: 2420 Ridgefield Road
Columbia, MO 65203

Residences: Face Rock Court, Columbia, MO

Phone: (573) 446-4020

Cell: (573) 881-3081

Website: www.BellaCasaHomes.com

Hours: 24 hours per day/ 7 days per week

Fees: Start at \$1800.00 per month

Eligibility: Age 50+ for main resident

Services:

- Independent living leased units. Many “Universal Design” features for aging in place and rehabilitation
- One story living with open spacious floor plans
- “No step” entry and exit for all doors
- Large 2 car garages
- Landscaping and snow removal provided
- Pets are welcome
- Softened water, Reverse Osmosis filter water for drinking and cooking
- Appliances and maintenance provided; central vacuum systems; elevated dishwasher and dryer; jetted tubs and no threshold entry showers
- Security system provided
- High-speed internet provided
- Adjacent to trail with access to Twin Lakes Recreation area
- Private screened patios and decks
- Cul-de-sac street with compatible neighbors
- Basement or crawl space construction... no concrete slabs!
- Location, Location, Location. Neighborhood drive to everything!

NAME: **Bethel Ridge Estates I & II**

Address: 3711 Santiago Drive
Columbia, MO 65203-3188

Phone: (573) 443-0158
(573) 442-1358

Fax: (573) 443-0159

Email: bethelridge@fairwaymanagement.com

Website: www.fairwaymanagement.com

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Evening and Weekend hours by appointment only

Fees: Monthly rental fees

Eligibility: All household members must be 62 years or older;
certain income limits and restrictions apply call for
more information.

Services:

- 42 energy efficient 2 bedroom / 2 bath apartments
- Handicapped accessible apartments available
- Full kitchens & washer and dryer in each apartment
- Trash pick-up provided
- Maintenance free living
- Social events for residents to enjoy
- Community room available for resident private events
- Barber / Beauty Salon
- Wellness Center
- Computer Library
- Fitness Room
- Home Theatre
- Craft Area
- Billiards Room
- Weekly Exercise Classes
- Secure Building
- Outside patio with walking paths
- Pets are welcome

Name: **Bluff Creek Terrace**
Address: 3104 Bluff Creek Drive
Columbia, MO 65201-3524
Phone: (573) 815-9111
Fax: (573) 815-9127
Email: columbia@americareusa.net
Website: www.americareusa.net

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
(Services 24 hours per day / 7 days per week)

Fees: Available upon request

Eligibility: Private pay, Medicaid cash grant, personal care,
Veterans Administration benefits, Blind Pension and
Eastern Star benefits

Services:

- 21-room assisted living facility; licensed as a Residential Care Facility II (RCF II)
- Full-time licensed nurses and personal assistants on duty 24 hours per day
- Medication assistance and supervision
- Three daily well-balanced meals (With snacks)
- Daily housekeeping and laundry services
- Assistance upon request with bathing, dressing, grooming, or other hygiene services
- Private and semi-private rooms with large closets and full private baths
- Beauty salon (Weekly visits from beautician)
- Physical, occupational, or speech therapy services available

Name: **The Bluffs**

Address: 3105 Bluff Creek Drive
Columbia, MO 65201-3529

Phone: (573) 442-6060

Fax: (573) 874-8060

Email: referrals@thebluffscolumbia.org

Website: www.thebluffscolumbia.org

Hours: 9:30 AM-5:00 PM Monday – Friday and by
appointment

Fees: Medicaid, Medicare, private insurance and private pay

Services:

- 132-bed facility providing 24-hour care at skilled level
- Short-stay rehab, and long-term care
- Physical, Speech and Occupational Therapy Services
- Life enrichment opportunities
- Physician care
- Hospice Services
- 16 person secure memory care section

Name: **Boone County Council on Aging (BCCA)**
*** Services for Independent Living (SIL)**
Address: 1401 Hathman Place
Columbia, MO 65201
Phone: (573) 443-1111 or (573) 874-1646
Email: info@booneaging.org
Website: www.booneaging.org or www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: People ages 55 and older; some services are income based
Services:

- Connects seniors with information and resources they need to make informed decisions and live independently in the community
- Senior Connect program uses professional staff with volunteer support to coordinate care of seniors and advocates for their well-being
- Volunteer services include:
 - Friendly visitors for socially isolated seniors
 - Grocery shopping and food pantry delivery
 - Yard maintenance
 - FREE Home repair program for low-income senior homeowners who reside within the City of Columbia
 - Assistance filing Missouri Property Tax Credit
 - Carrier Alert Program

***BCCA merged with Services for Independent Living
on 12-31-14 all services still available!***

Name: **Boone Hospital Center**

Address: 1600 East Broadway
Columbia, MO 65201

Phone: (573) 815-8000

Fax: (573) 815-8525

Website: www.boone.org

Hours: 24 hours per day / 7 days per week

Fees: Varies upon service; all insurance accepted

Eligibility: No eligibility requirements

Services:

- 397-bed full-service magnet hospital
- Advanced Wound Healing Center
- Stewart Cancer Center
- Cardiac Rehabilitation Program
- Joint Replacement Center
- Diabetes self-management education program
- Dr. Hugh Harris Breast Screening & Diagnostic Center
- Sleep Disorders Center
- Spine Center
- Pain Management Clinic
- Palliative Care
- Physical Therapy
- Rehabilitation Unit
- Speech Pathology
- Audiology
- Balance assessment program
- Physician referral service at
 - (573) 815-6400 or (800) 872-9008

Name: **Boone Hospital Center's WELLAWARE
Fitness and Wellness Programs**

Address: 1601 East Broadway
Broadway Medical Plaza 1
Columbia, MO 65201

Phone: (573) 815-3876

Website: www.boone.org

Hours: 5:45 a.m. – 7:00 p.m. Monday, Wednesday & Friday
6:45 a.m. – 7:00 p.m. Tuesday & Thursday
8:00 a.m. – Noon Saturday

Fees: Vary. Call for details

Services:

- Exercise programs for fitness / wellness / health maintenance
- Dietitian consultation and education
- Cardiac rehabilitation (inpatient / outpatient)
- Stress management
- Massage therapy
- Personal health and fitness consultation
- Personal training
- Supervised exercise fitness center
- Corporate health and wellness services
- Prevention Programs
 - Diabetes Program
 - Smoking Cessation classes
 - Men and women's community health screens
- Cardiopulmonary resuscitation / automatic
 - Electronic defibrillator training

Name: **Boone Hospital Home Health & Hospice
(Formerly Boone Hospital Home Care)**

Address: 601 Business Loop 70 W, Suite 260
Columbia, MO 65203

Phone: (573) 875-0555

TDD: (800) 735-2966

Fax: (573) 875-0606

Website: www.boone.org

Hours: 8:00 a.m. - 4:00 p.m. Monday - Friday
(On-call 24 hours per day / 7 days per week)

Fees: Medicare, Medicaid, insurance, and private pay

Eligibility: Insurance criteria dependent

Services:

- Intermittent home care
- Certified nurse assistants and home care aides
- Physical, occupational, and speech therapy
- Medical social workers
- Hospice services and bereavement specialists
- Volunteer services
- Chaplain services
- Registered dietitians

Name: **Boone Landing**
Address: 109 North Keene Street
Columbia, MO 65201-6725
Phone: (573) 443-2007
Fax: (573) 443-2099
Email: 5264Manager@holidaytouch.com
Website: www.boonelanding.com

Hours: 24 hours per day / 7 days per week

Fees: Varies upon service

Eligibility: Independent living

Services:

- 118 independent living apartments
- Three chef-prepared meals served daily
- Private dining room for special occasions
- Paid utilities (Except telephone) – including basic extended cable television
- Kitchenettes with refrigerator and sink
- Individual apartments cleaned once per week
- Linens provided and laundered weekly
- Scheduled transportation by facility bus to and from appointments, shopping, etc.
- Two free-of-charge laundry facilities on each floor
- Pull-cord emergency systems in each apartment
- Individually controlled heating and air conditioning
- Managers on-site 24 hours per day
- Beauty/barber shop
- Library
- Activity room with full kitchen and exercise equipment, billiard / game room, television room with large screen TV, VCR, and DVD
- Full activity program tailored to residents
- Alzheimer's and Memory Care

Name: **Bridge To Wellness**
Jackie Schneider, M. Ed Wellness Coach

Phone: (573) 445-6877

Cell: (573) 999-1040

Email: coachingwithjackie@gmail.com

Website: coachingwithjackie.com

Services:

- Helping seniors live more active and autonomous lives in areas concerning:
 - Personal Assessment: Set yourself up for success
 - Strength and Flexibility: Get healthy from the inside out
 - Weight Management: Optimize your health and appearance
 - Balance and Flexibility: Stay more mobile and independent longer
 - Visual and Relaxation: Minimize and manage stress
 - Clear Clutter: Free your space and free your mind
 - Lifestyle Detox: Get rid of baggage that keeps you down
 - Smoking Cessation: Become a comfortable non-smoker

Name: **BrightStar Care**
Address: 108 E. Green Meadows Road. Suite 8
Columbia, MO 65203
Phone: Columbia: (573) 777-9222
Jeff City: (573) 644-7877
Fax: (573) 303-0132
Contact: Matthew Hayes – President/Owner
Direct: 573-777-9224
Email: matthew.hayes@brightstarcare.com
Neil Jones – Branch Manager
Direct: 573-777-9225
Rhonda Jones – Director of Nursing
Direct: 573-777-9223

Hours: Office – 8:30am to 5:00 pm - On Call 24 hours/day
Services:

- 24/7 Availability
- RN Oversight and no-charge physical and home safety assessments
- Hourly and Live-in Availability
- Bathing & Personal Hygiene
- Meal Preparation
- Companion Care – Homemaker chore, sitting and respite care services
- Transportation
- Medication Reminders
- Flexible Hours – No Contract
- Guaranteed Compatibility®
- Light Housekeeping
- Skilled Nursing Services
- Licensed, Bonded, Insured, Background Checked & Drug Tested

Name: **Bristol Manor**

Address: 610 North Jefferson Street
Centralia, MO 65240-1178

Phone: (573) 682-5913 or (888) 826-0404

Fax: (573) 682-5913 (call first)

Email: info@bristol-manor.com

Website: www.bristol-manor.com

Hours: 8:00 a.m. - 8:00 p.m. Monday - Friday
(Services 24 hours per day / 7 days per week)

Fees: Call for information

Services:

- Residential Care Facility I (RCF I)
- Cleaning, laundry, bathing assistance, and cooking services provided
- Planned activities available
- Adult day care
- Medication administration
- Private rooms with private baths

Name: Buena Vista 1 and 2
Address: PO Box 14
Sturgeon, MO 65284-0188
Phone: (573) 687-1259

Hours: 8:00 a.m. - 6:00 p.m. Monday - Friday
Fees: Rent is based on income and medical expenses
(some assistance available for rent)
Eligibility: Senior citizens (age 62 and older) and/or individuals
with disabilities
Services:

- 32 one-bedroom apartments
- Utilities included
- Washer and dryer on premises
- Recreation room
- Apartment Locations:
 - 602 North Ruby Street
 - 405 North Ogden Street
- Waiting list

Name: **Candlelight Lodge**
Address: 1406 Business Loop 70 West
Columbia, MO 65202
Phone: (573) 449-5287
Fax: (573) 442-6559
Email: janice@candlelightlodge.com
Website: www.candlelightlodge.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: Available upon request; accept private pay, LTC insurance, Veteran's Administration benefits, Medicaid cash grant, Blind Pension

Services:

- Assisted Senior Community, established in 1959, licensed for 112 residents
- Full time RN, Director of Healthcare
- 24-hour on-site licensed and certified nursing staff
- Medication administration
- Personal care assistance
- Home-style meals (Special diets accommodated)
- Weekly housekeeping and linen service
- Private rooms and private baths
- Transportation to medical appointments, shopping and community functions
- Long-term and short-term care
- Senior adult day programs
- Special memory care program
- Social, cultural, and recreational events
- Personalized wellness monitoring and assessment
- Emergency medical alert system
- Home-based transition assistance: includes case management for individuals transitioning from home to a facility

Name: **Care Navigators**

Address: 3610 Buttonwood Drive, Suite 200
Columbia, MO 65201

Phone: (573) 886-8941 Ext. 2823

Cell Phone: (573) 489-5465

Email: nksymmgruender@yahoo.com

Website: www.yourcarenavigators.com

Hours: Office hours: 8:00 a.m. to 5:00 p.m. M –F
Cell Phone Calls Excepted 24 hours a day

Fees: Private fee for service company; payment
plans available

Eligibility: Adults who require ongoing health care for a specific
disease, injury, or the aging process

Services:

- The mission of Care Navigators is to guide clients and their families on their journey through the health care systems to become active, informed participants so they can make informed decisions about safety and care options.
- Appointment facilitation with written transcripts presented to the client, family, and the entire healthcare team
- Evaluation of extended care needs
- Review of medical bills for accuracy
- Locally Owned

Name: **Central Missouri Area Agency on Aging (CMAAA)**

Address: 1121 Business Loop 70 East, Suite 2A
Columbia, MO 65201-4600

Phone: (573) 443-5823

Fax: (573) 875-8907

TTY: (573) 443-0105

Email: cmaaa@cmaaa.net

Website: www.cmaaa.net

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None

Eligibility: Ages 60 and older

Services:

- A federally funded nonprofit organization that serves 19 central Missouri counties
- Provides information and assistance, care coordination, and case management
- Respite assistance program
- Limited legal services for wills or financial power of attorney documents
- Long-term care ombudsman program for nursing home residents
 - See Long Term Care Ombudsman entry.
- Transportation assistance
- Medicare consumer education and enrollment assistance
- Consumer information and enrollment assistance for the Affordable Care Act health insurance marketplace
- Provides congregate and home-delivered meals for a suggested donation of \$4.00 per meal
 - See Senior Meal Program (CMAAA) entry

Name: **Central Missouri Community Action (CMCA)**

Address: 807B North Providence Road
Columbia, MO 65203-4300

Phone: (573) 443-8706
Foster Grandparents (573) 443-8706 ext 1131
Weatherization (573) 443-8706 ext 1958
Utility Assistance (573) 443-1100

Website: www.showmeaction.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

Fees: None

Eligibility: Varies upon service

Services:

- Foster Grandparent Employment Program for income eligible senior citizens
- Emergency Utility Assistance
 - Winter: Both electric / gas
 - Summer: Electric only
 - Eligibility is based on total household income and cannot exceed the 200% federal property income guidelines. See website for more details
- Weatherization & Energy Conservation Program
- Single family homes, mobile homes, multi-family units (restrictions apply)
- Available to homeowners and renters (with landlord authorization and financial contribution) in all eight counties of service area
- Eligibility is based on total household income and cannot exceed the 200% federal poverty income guidelines. See website for more details
- Long-term solutions to reduce utility costs, enhance health and safety

Name: **Central Missouri Regional Arthritis Center (CEMRAC)**

Address: Mizzou North Room 1028
Business Loop 70 W
Columbia, MO 65212

Phone: (573) 882-8097

Fax: (573) 884-5050

Email: phelpsam@health.missouri.edu

Website: www.moarthritis.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Fees vary by program, most are offered at no charge

Eligibility: No eligibility requirements

Services:

- Arthritis Foundation Exercise Program
- Walk with Ease Program (group and individual
- Chronic Disease Self Management Program
- Arthritis Toolkit
- Tomando Control de su Salud
- Information on arthritis & other related conditions

Name: **Central Pantry**
(Formerly Central Missouri Food Bank Pantry)
Address: 1007 Big Bear Boulevard
Columbia, MO 65202-1865
Phone: (573) 874-7848
Fax: (573) 474-3698
Website: sharefoodbringhope.org/central-pantry

Hours: Shopping Hours: 10:00 a.m. - 4:00 p.m. Monday - Friday
10:00 a.m. - 2:00 p.m. Saturday
Fees: None
Services:

- Provides supplemental food to low-income individuals
- Shopping assistance can be arranged
- Proxy shopping available
- Waiting list for supplemental food boxes for seniors
- Provide emergency food assistance
- To receive food, please bring photo ID, Social Security Card for each family member living with you, Proof of residency (Can use a utility bill or other mail with your name, current address and current date on it.)

Name: **Centralia Senior Citizen Center**

Address: 211 West Bruton Street
Centralia, MO 65240-1501

Phone: (573) 682-5053

Alt phone: (573) 449-8000

Hours: 8:30 a.m. -1:30 p.m. Monday - Friday

Eligibility: Ages 60 and older

Services:

- Card games (12:30 p.m. on Wednesday)
- Exercise (9:30 a.m. Monday, Wednesday & Friday)
- Line dancing (1 p.m. on Tuesday)
- Bingo (Thursday afternoon)
- Pool table
- Potluck meals
- Birthday meals every fourth Friday of the month

Name: **CLAIM - Missouri's State Health Insurance Assistance Program (SHIP)**

Address: 200 North Keene Street, Suite 101
Columbia, MO 65201-8102

Phone: (573) 817-8320 or (800) 390-3330

Fax: (573) 817-8341

Email: claimcallcenter@primaris.org

Website: www.missouricclaim.org

Facebook: www.facebook.com/missouricclaim

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday

Fees: None

Eligibility: Medicare Recipient / Representative

Services:

- Medicare counseling on:
 - Medicare prescription drug plans
 - Medigap and other supplemental insurance options
 - Medicare Advantage Plans (HMOs, PPOs and private fee-for-service plans)
 - Long-term care planning and insurance comparison
 - Appeals and grievances
 - Medicare enrollment, billing, and general information
 - Suspected waste, fraud, and abuse
 - Public Benefits
- CLAIM is a program of Primaris

***Disclaimer**

This is a program with financial assistance, in whole or in part, through a grant from the Administration for Community Living. Funding is administered through the Missouri Department of Insurance, Financial Institutions, and Professional Registration And services are provided by Primaris

Name: **Colony Pointe &
The Arbors at Colony Point - (Assisted
Living & Alzheimer Care)**

Address: 1510 Chapel Hill Road
Columbia, MO 65203

Phone: (573) 234-4318

Fax: (573) 445-4577

Email: colony@americareusa.net

Website: www.americareusa.net

Hours: Service available 24 hours a day / 7 days a week

Fees: Available upon request

Eligibility: Private pay, Medicaid cash grant, personal care,
Veterans Administration benefits, Blind Pension and
Eastern Star benefits

Services:

- **Medical Services:**
 - Fulltime licensed nurses available 24/7
 - Medication supervision and distribution
 - Assistance with ADLs (bathing, dressing, grooming, etc.)
- **Social Services:**
 - Private and Semi Private rooms
 - Secure and safe environment
 - Daily social enrichment programs

Name: **Columbia Area Career Center
Professional & Community Education**

Address: 4203 South Providence Road
Columbia, MO 65203-7157

Phone: (573) 214-3800

Website: www.career-center.org/adult

Hours: 7:00 a.m. – 4:00 p.m. Monday – Friday
Online registration: 24 hours a day / 7 days a week

Fees: Published in the catalog and on the Website

Eligibility: Adults (Usually 18+, but some parent / child classes)

Services:

- Makes lifelong learning an adventure with enrichment courses to enhance your personal life and career training necessary to remain competitive in the current working environment.
Areas include:

- | | |
|---|---|
| <ul style="list-style-type: none"> o Arts - Fine Arts (acting, music, painting, writing, photography, etc.) and Hand Arts (crochet, knitting, jewelry, quilting, woodworking, etc.) o Business courses o Computer courses o Cooking o Foreign Language o Games & Hobbies o History & Lore o Home Repair o Mind, Body & Spirit - (massage, hypnosis, Reiki, eldercare) o Outdoor & Pets o Career Training | <ul style="list-style-type: none"> o Commercial & Residential Wiring o Construction Technology o EMT/Paramedic o Help Desk Technician o HVAC o Industrial Electrical o Medical Coding o Network Administration o Practical Nursing o Solar Panel Installation o Surgical Technology o Welding |
|---|---|

Name: **Columbia Area Older Adult Ministries**

Rev. Sally A. Robinson,
Board Certified Chaplain

Address: 101 N. Tenth Street
Columbia, MO 65201

Phone: (573) 819-5043

Email: chaplainsal@yahoo.com

Hours: Sunday – Thursday, 8:00 a.m. – 5:00 p.m.

Fees: Varies upon services required

Services:

- Spiritual care to residents and family members in long-term care and retirement communities
- In-service presentation for staff in long-term care and retirement communities
- Grief care
- Palliative care
- Programs in nursing home visitation for congregations and faith communities

Name: **Columbia Orthopaedic Group**
Address: 1 South Keene St.
Columbia, MO 65201
Phone: (573) 443-2402
Fax: (573) 443-0574
Website: columbiaorthogroup.com
Email: b.baehman@columbiaorthogroup.com

Hours: 7:30 a.m. - 5:00 p.m. Monday - Friday
Fees: Call for fee information; Medicare
Eligibility: Anyone
Services:

- Columbia Orthopaedic Group defines excellence in orthopaedic care through a passion for clinical skill, innovation, teamwork, wellness advocacy and patient-centered care. Whether caring for high performance athletes or restoring function in seniors, the physicians and staff have the training and expertise to deliver the latest in orthopaedic treatment.
- For your convenience, we also have an impressive array of onsite ancillary services, including diagnostic imaging (X-ray, MRI, CT), outpatient surgery, PRP therapy, bracing & orthotics and more.
- With 29 specialized physicians devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and diseases of the muscles, bones, joints and soft tissue, Columbia Orthopaedic Group can get you back to health and doing the things you love to do.

Name: **Columbia Senior Activity Center**
Address: 1121 Business Loop 70 East
Columbia, MO 65201-4600
Phone: (573) 874-2050
Fax: (573) 875-8864
Email: columbiaseniorcenter0@gmail.com
Website: www.columbiaseniorcenter.com

Hours: Office: 9:30 a.m. – 2:30 p.m. Monday - Friday
Center: 9:00 a.m. - 4:00 p.m. Monday - Friday
Saturdays: Closed, except for dances at 6 p.m. on the
2nd & 3rd Saturdays
Sundays: 11:00 a.m. - 1:00 p.m.
Fees: Daily congregate meal, served M-F from 10:45
a.m. to 12:45 p.m. is \$6.00
Sunday noon congregate meal is \$7.00
Voluntary donations are also accepted
Eligibility: All ages welcome.
Services:

- Crafts, cards, dances, dominoes, exercise, tai-chi, yoga, pool and educational seminars
- Hot meals served six days per week
- Blood pressure screenings on Wednesday mornings from 9-11 a.m. No testing on fifth Wednesday
- Opportunities to volunteer with other seniors include: greeters, serving meals and pricing items for garage sale fundraisers
- Those needing financial assistance for M-F meals should contact Senior Meal Program (CMAAA) pg. 26

Name: **Columbia / Boone County Department of Public Health and Human Services**

Address: 1005 West Worley Street
Columbia, MO 65203-2037

Phone: (573) 874-7355

Fax: (573) 874-7756

Email: health@GoColumbiaMO.com

Website: www.GoColumbiaMO.com/Health/

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Varies upon service

Eligibility: Specified requirements for certain services / programs

Services:

- Flu shots
- Pneumonia shots
- Adult / pediatric immunizations
- Assistance with prescription medications (Excludes controlled substances)
- Hypertension / blood glucose screenings
- TB testing
- Utility assistance (Water and electric only)
- In-home services (Personal care and respite)
- HIV / STD testing
- Women's health care

Name: **Columbia Community Development Dept.**
Address: 701 East Broadway
Columbia, MO 65201-4465
Phone: (573) 874-7239
TTY: (573) 874-6364
Fax: (573) 874-7546
Email: planning@GoColumbiaMo.com,
Website: www.GoColumbiaMo.com
Search "Housing Assistance Programs"

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: 80% Area Median Income as defined by HUD.
Contact the City Community Development
Department for more specific income and eligibility
requirements.

Services:

- Minor home repair program: Provides zero-interest loans to income eligible homeowners for repairs, up to \$10,000.
- Owner-Occupied Housing Rehabilitation Program: Provides zero-interest loans to income eligible owners for repairs, up to \$35,000.
- Homeownership Assistance Program: Provides financial assistance for down payment and closing costs to income eligible homebuyers up to \$7,500.

Name: **Columbia Disabilities Commission**
Columbia Human Rights Commission

Address: City of Columbia
PO Box 6015
Columbia, MO 65205-6015

Phone: (573) 817-5024

Email: humanrights@GoColumbiaMO.com

Website: www.GoColumbiaMO.com

Hours: Meets from 3:00 p.m. - 4:30 p.m. on the second
Thursday of each month, at the Chamber of
Commerce building
(Located at 300 South Providence Road)

Eligibility: All individuals are welcome to attend

Services:

- The commission holds public meetings to consider the concerns of residents of the city with disabilities and advises the City Council as necessary.

Name: **Columbia Healthcare Center**
Address: 1801 Towne Drive
Columbia, MO 65202-2337
Phone: (573) 474-6111
Fax: (573) 474-0425
Website: columbiahealthcarecenter.com

Hours: 24 hours per day / 7 days per week
Office Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday
Fees: Medicare, Medicaid and Private insurance
Services:

- Skilled Nursing Facility (SNF) with 97 beds
- Open visiting hours
- Hospice care
- Alzheimer's / dementia unit
- Psychiatric services
- Optometry services
- Podiatry services
- Physician services
- Respite care
- Rehabilitation services
- Physical, occupational, and speech therapy
- Restorative care

Name: Columbia Housing Authority (CHA)

Address: 201 Switzler Street
Columbia, MO 65203-4156

Phone: (573) 443-2556

TTY: (800) 735-2966

Fax: (573) 443-0051

Email: columbiaha.info@gmail.com

Website: www.columbiaha.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Vary

Eligibility: Low income

Services: The Columbia Housing Authority(CHA) has affordable housing programs that offer income based rental assistance. A variety of supportive services are also available. All individuals and families receiving housing assistance pay 30% of their adjusted household income for rent. All individuals and families must pay for their own utilities except for Oak Towers and Paquin Tower.

- **Providence Family Townhomes & Bear Creek Family Townhomes**

- Family units composed of 1, 2, 3, & 4 bedroom townhouses.

- **Oak Towers**

- 147 high-rise apartments designated for the elderly. Services include: Transportation to area grocery stores, food pantries, Wal-Mart and more. On-site nurses, housing and maintenance staff, onsite Social Worker and other support services. Amenities include an exercise room, computer lab, garden plots, BBQ areas, laundry mat, meeting space and more.

- **Paquin Tower**

- 200 high-rise apartments designated for persons with disabilities and the elderly. Services include: Transportation to area grocery stores, food pantries, Wal-Mart and more. On-site nurses, housing and maintenance staff, on-site Social Worker and other support services. Amenities include an exercise room, computer lab, garden plots, BBQ areas, laundry mat, meeting space and more. All units are ADA accessible.

- **Section 8 Housing Choice Vouchers – Rental Housing Assistance Vouchers**

- The waiting list to sign up for the Section 8 Housing Choice Voucher Program is generally closed due to the large number of current applicants. The CHA will advertise the opening of the waiting list prior to accepting new applicants. New applicants are assigned to the waiting list using a lottery system.

Name: **Columbia Manor Care Center**

Address: 2012 East Nifong Boulevard
Columbia, MO 65201-3874

Phone: (573) 449-1246

Fax: (573) 874-8753

Email: jleffert@columbiamanor.net

Website: Columbiamanor.net

Hours: 24 hours per day / 7 days per week

Office Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday

Administrator: Joyce Leffert

Fees: Private pay, Medicaid, and Medicare

Services:

- 52-bed Skilled Nursing Facility (SNF)
- Home-like atmosphere
- Licensed nurses 24 hours per day
- Case-by-case dementia care
- Occupational, physical, and speech therapy
- Temporary respite
- Specialized wound care
- Medication Management
- Hospice Services

Name: **Columbia Parks and Recreation**
50+ Program
Hillcrest Community Center

Address: Hillcrest Community Center and Moss Bldg.
Waters-Moss Memorial Wildlife Area
1907 Hillcrest Drive
Columbia, MO 65201

Phone: (573) 874-7475

Fax: (573) 874-5232

Email: hcc@GoColumbiaMO.com

Website: www.GoColumbiaMO.com

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday

Fees: \$20 Annual Membership
(Some additional fees may apply)

Eligibility: Ages 50 or older

Services:

- Volunteer music groups
- Live music dances
- Painting Groups
- Pot Lucks and Games
- Mah Jongg
- 50s Plus Explores Club
- Travel opportunities, contact us for information regarding 50+ Tours

Name: **Columbia Police Department (CPD)**
Address: 600 East Walnut Street
Columbia, MO 65201-4461
Phone: (573) 874-7652
Fax: (573) 874-3142
Website: www.GoColumbiaMO.com/Dept/Police
www.875tips.com – to report a crime

Hours: 24 hours / 7 days a week / 365 days a year
Services:

- Response to and investigation of crimes and incidents within the city limits of Columbia, MO
- Educational and prevention information through the Patrol Division
- Domestic violence information and investigation through the DOVE Unit
- Copies of police reports can be obtained through the records division
- Crime Stoppers: (573) 875-TIPS [8477]
 - o Track anonymous tips from citizens regarding criminal activities
 - o \$50-\$1,500 rewards offered if tip leads to arrest
- Others:
 - o Non-Emergency: (573) 442-6131
 - o TTY: (573) 874-7652
 - o Elderly Abuse and Neglect Hotline (800) 392-0210

Name: **Columbia Public Library
(Daniel Boone Regional Library)**
Address: 100 West Broadway
PO Box 1267
Columbia, MO 65205-1267
Phone: (573) 443-3161 or (800) 324-4806
TTY: (573) 443-6027
Fax: (573) 443-3281
Website: www.dbrl.org
Hours: 9:00 a.m. - 9:00 p.m. Monday - Thursday
9:00 a.m. - 6:00 p.m. Friday
9:00 a.m. - 5:00 p.m. Saturday
1:00 p.m. - 5:00 p.m. Sunday
Eligibility: No eligibility requirements
Services:

- Online catalogs
- TTY and copy machine available for public use
- Machines for individuals who are visually impaired
- Large-print books
- Audiobooks on CD
- Audiobooks on portable devices ("Playaways")
- Downloadable Audiobooks
- DVDs
- Door-to-door services (Through Outreach)
- Wheelchairs available
- Bookmobile stops: Hallsville, Harrisburg and Sturgeon

Additional Branch:

Southern Boone County Public Library

Address: 109 N. Main Street, Ashland, MO 65010
Phone: (573) 657-7378
Hours: 9:00 a.m. – 6:00 p.m. Monday - Friday
9:00 a.m. – 3:00 p.m. Saturday

Name: **D&H Drugstore**
Address: 1001 West Broadway
Columbia, MO 65203-2121
Phone: (573) 777-7333
Fax: (573) 777-7334
Email: customerservice@dhdrugstore.com
Website: www.dhdrugstore.com

Hours: Monday – Friday: 8:00 a.m. – 8:00 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.
Sunday: 10:00 a.m. – 6:00 p.m.

Address: 1814 Paris Road
Columbia, MO 65201-5538
Phone: (573) 777-7373
Fax: (573) 777-7374
Email: customerservice@dhdrugstore.com
Website: www.dhdrugstore.com

Hours: Monday – Friday: 8:00 a.m. – 8:00 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.
Sunday: 10:00 a.m. – 6:00 p.m.

Services:

- At both locations:
 - Full Service Pharmacy
 - Delivery Service on meds and equipment
 - Home Medical Equipment Products
 - Health & Nursing Services
 - Full time RNs on staff
 - Diabetic shoe fittings
 - Medical Equipment Rentals
 - Walkers, canes, wheelchairs, lift chairs, hospital beds, and much more

Name: **Division of Senior and Disability Services
(Department of Health & Senior Services)**

Address: Boone County Office (Region 5)
1500 Vandiver Drive, Suite 102
Columbia, MO 65202-3932

Phone: (573) 441-6222

Fax: (573) 884-4884

Website: www.dhss.mo.gov

Email: info@helath.mo.gov

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None

Eligibility: Age 60 or older or age 18 and older with disabilities

Services:

- Investigates abuse, neglect and exploitation of elderly and disabled
- Authorizes in-home services: homemaker chore, personal care, respite, day care and consumer-directed services
- Assists with information / referral for long-term placements
- Care-plan management for active in-home services and consumer-directed services

Name: **Elder Care Resources**
(Private geriatric care management)
Address: 3305 Clark Lane, Suite 167
Columbia, MO 65202-2404
Phone: (573) 696-0563
Fax: (573) 696-0413
Email: eldercaresupport@aol.com
Website: www.youreldercarerresources.com

Hours: 24 hours per day / 7 days per week
Fees: Billed privately by hour or longer term depending on
the needs and wants of the family
Eligibility: Older adults and their families
Services:

- Geriatric care management
- Arranges and manages care for the elderly in their homes or in nursing homes
- Elder advocate and family liaison
- Provides transportation/assistance for medical appointments and personal needs for clients

Name: **Ellis Fischel Cancer Center**
Address: 1 Hospital Drive
Columbia, MO 65212
Phone: (573) 882-2100 - **Outpatient Clinic**
(573) 882-4141 - **Inpatient**
Fax: (573) 884-4632
Website: www.muhealth.org

Hours: Outpatient Clinic at Ellis Fischel:
8:00 a.m. - 5:00 p.m. Monday – Friday
Inpatient at University Hospital:
24 hours a day / 7 days per week

Fees: Varies upon service; Medicare, Medicaid, health plans, and most insurance accepted

Eligibility: Any patient without regard to race, color, religion, national origin, sex, age, or ability to pay

Services:

- A member of the University of Missouri Health Care Family since November 1, 1990
- Comprehensive cancer screening and treatment including: surgery, chemotherapy, radiation, specialized nursing staff, and pain management
- The Ernest & Eugenia Wyatt Guest House is located on the grounds of Ellis Fischel
- Phone: (573) 884-1825
- Home away from home for out-of-town patients and their families
- Volunteers welcome

Name: Experience Works
Address: PO Box 404
Columbia, MO 65205
Phone: (573) 442-0067 or 4450-4509
Fax: (573) 442-0049
Website: www.experienceworks.org
Email: shari_wooldridge@experienceworks.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: None
Eligibility: Age 55 and older; specific income guidelines
Services:

- Offers training, employment, and community service opportunities for mature workers
- Helps mature individuals enter the workforce, secure more challenging positions, move into new career areas, or supplement their income

Name: **Family Counseling Center of Missouri**

Address: 117 North Garth Avenue
Columbia, MO 65203-4103

Phone: (573) 449-2581

Alt phone: (573) 443-2204

Fax: (573) 449-2583

Email: info@fccmo.org

Website: www.fccmo.org

Hours: 8:00 a.m. - 5:00 p.m. Monday -Thursday
8:00 a.m. - 12:00 p.m. Friday
(Evening appointments also available)

Fees: Private Insurance, Private Pay, Sliding Scale,
Medicaid & Medicare

Eligibility: No eligibility requirements

Services:

- Individual counseling for adults and children
- Family and marriage counseling
- Drug / alcohol treatment
- Anger Management
- Psychiatric
- Men Exploring Non-violent Crisis Directions (MEND)
- SATOP (Substance Abuse Traffic Offender Program)
- REACT (Required Educational Assessment and Community Treatment) for felony drug offenders
- Prevention resource library

Name: **Family Dental Center**
(A Service of Family Health Center)

Address: 1101 North Providence Road
Columbia, MO 65203

Phone: (573) 777-8997 or (573) 214-2314

Toll Free: (877) 677-4342

Fax: (573) 442-5208

Website www.fhcmo.org/services/oral-care/

Hours: 7:00 a.m. - 6:00 p.m. Monday - Thursday
8:00 a.m. - 5 p.m. Friday
Closed Weekends

Fees: Varies upon service

Eligibility: MO HealthNet (Medicaid), MC+ and commercial insurance. Charges are discounted for uninsured, low-income persons based upon total household income and total persons in household (No residency requirement).

Services:

- Preventative dental care and emergency services
- Dental education
- Dental cleaning
- Fluoride treatments and sealant
- X-rays
- Dental fillings and root canals
- Treatment for gum disease
- Oral surgery
- Crown and bridge work
- Partial dentures
- Language translation services

Name: **Family Health Center**
Address: 1001 West Worley Street
Columbia, MO 65203-2037
Phone: (573) 214-2314
Toll Free: (877) 677-4342
Fax: (573) 814-2835
Website: www.fhcmo.org

Hours: 8:00 a.m. - 5:00 p.m. Monday, Tuesday, Wednesday,
and Friday
10:00 a.m. - 7:00 p.m. Thursday
9:00 a.m. – 1:00 p.m. Saturday

Fees: Varies upon service

Eligibility: Most commercial insurance, Medicare, MO HealthNet
(Medicaid) and MC+. Charges for services to low-
income and uninsured persons are discounted based
upon total household income and total persons in
household (No residency requirement)

Services:

- Primary and preventative medical care
- Annual exams
- Immunizations
- Well-woman care
- Limited mental health care
- Chronic disease care
- Dental care (see Family Dental Center)
- Eye care program
- Medication assistance
- Referrals for specialty care and social services
- Language translation services

Name: **Family Support Division**

Address: 1500 Vandiver Drive, Suite 103
Columbia, MO 65202-3932

Phone: (855) 373-4636

Fax: (573) 884-5110

Website: www.dss.mo.gov/fsd/

Hours: 7:00 a.m. - 6:00 p.m. Monday - Friday

Fees: None

Eligibility: Varies upon service

Services:

- Assistance includes MO HealthNet, based on age (65) eligibility or disability; income and resources
- Food stamps
- Supplemental aid to the blind
- Blind pension
- Nursing home assistance
- You may also apply for assistance through mail, fax and for some programs, through the internet
- A home visit may be requested under certain circumstances

Name: **Foster Grandparent Program**
Address: 800 North Providence Road, Suite 220
Columbia, MO 65203-4300
Phone: (573) 443-8706 ext #1131
Fax: (573) 777-4419
Website: www.showmeaction.org

Hours: Vary
Fees: None
Eligibility: Income eligible seniors age 55 and older, retired or no longer in the work force, capable of serving children on a personal and regular basis, physically able and willing to accept supervision as needed

Services:

- **Activities:**
 - Foster grandparents and children can play games, read, or simply enjoy each other's company in a variety of settings (e.g. daycare centers, Head Start, public / private schools, in the home setting, etc.)
- **Benefits:**
 - Stipend of \$2.65 per hour for an average 20 hour week (4-5 hours daily)
 - One hot meal per day
 - Transportation or mileage reimbursement
 - Physical examination
 - Accident and liability insurance
 - Annual sick and holiday leave
 - Orientation and in-service training program
 - Information and referral services
 - Annual recognition program
- Foster Grandparents is a program of Central Missouri Community Action

Name: **Gentiva Healthcare**

Address: 201 W. Broadway, Ste 2D
Columbia, MO 65203

Phone: (573) 256-4705

Fax: (573) 256-4707

Intake line: 800-771-7440

Website: www.gentiva.com

Hours: Monday-Friday 8:00 am – 5:00 pm, available 7 days a week for all services

Fees: Varies upon service: Medicare, Medicaid, Private Insurance, Veterans Benefits, and Private Pay

Eligibility: Eligibility determined by payer source

Services:

- Skilled Nursing
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Medical Social Worker
- Specialized Programs:
 - Cardiac and Pulmonary Care
 - Orthopedic Rehab
 - Medication Management
 - Memory Care
 - Fall and Balance prevention
 - Disease and pain management
 - Neuorehabilitaion program

NAME: **Gentry Estates**
Address: 4150 Bethel Street
Columbia, MO 65203
Phone: (573) 443-0437
(573) 289-7145
Fax: (573) 443-0846
Email: gentryestates@fairwaymanagement.com
Website: www.fairwaymanagement.com
Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Evening and Weekend hours by appointment only
Fees: Monthly rental fees
Eligibility: All household members must be 62 years or older;
certain income limits and restrictions apply call for
more information.
Services:

- 42 energy efficient apartments (30 - 2 bedroom / 2 bath and 12 – 1 bedroom / 1 bath)
- Accessible apartments available
- Full kitchens & washer and dryer in each apartment
- Trash pick-up provided
- Maintenance free living
- Social events for residents to enjoy, Community room available for resident private events, Craft Area, Billiards Room
- Barber / Beauty Salon
- Wellness Center/ Fitness Room/ Weekly Exercise Classes
- Computer Library
- Home Theatre
- Scheduled transportation to and from appointments, shopping, etc.
- Secure Building
- Outside patio with walking paths
- Pets are welcome

Name: **Hanover Estates**
Address: 1601 Hanover Boulevard # 7
Columbia, MO 65202-5544
Phone: (573) 474-0550
Fax: (573) 474-8141
Email: hanoverestates@fairwaymanagement.com
Website: www.fairwaymanagement.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: Call for monthly rental fees
Eligibility: Ages 55 and older; income cannot exceed \$28,320 per year for 1 person or \$32,400 per year for a couple
Services:

- Apartments with washer / dryer hook-ups
- Lawn care
- Trash pick up
- Maintenance
- Potluck dinners
- Single-level apartments (1 or 2 bedroom)
- Bathrooms modified with shower bars
- Community room for tenants

Name: Harbor House
Address: 602 North Ann Street
Columbia, MO 65201
Phone: (573) 442-1984
Fax: (573) 449-3604

Hours: 24 / 7
Fees: None
Eligibility: Homeless persons needing shelter; must call; must
be completely able to care for self
Services:

- Emergency shelter
- Transitional housing
- Noon lunch program
- A program of The Salvation Army
- 61 total beds, 6 family rooms
- Workers program
- Recovery Program for addictions

Name: **Heartland Cremation & Burial Society**

Address: 616 Jackson St.
Columbia, MO 65203

Phone: (573) 442-7850

Fax: (888) 840-1737

Website: www.heartlandcremation.com

Email: joe@heartlandcremation.com
rachel@heartlandcremation.com

Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday. We kindly ask that you phone for an appointment.

Fees: Varies. Call for free no obligation information packet.

Services:

- Affordable Funeral/Burial Services
- Simple Cremation Services
- Memorial Services
- Modern Facilities With On Site Chapel
- On Site Crematory
- Honored Provider of Veterans Funeral Care™
- Prepaid Customized Arrangements That Locks In Today's Cost
- Husband and Wife; Family Owned and Operated Funeral Establishment

“We are a funeral home but we don’t look, act or charge like one”

Name: **Heartland Medical Equipment, Inc.**

Address: 941 South Cherokee Drive, Suite 4
Marshall, MO 65340-3646

Phone: 660-886-9229

Toll-free: 800-332-1463

Fax: 660-886-9585

Email: info@heartlandmedequip.com

Website: www.heartlandmedequip.com

Hours: 8:00 a.m. – 5 p.m. Monday – Friday

On Call after hours and weekends

Fees: Accept Medicare, Medicaid & most insurance companies

Eligibility: Anyone

Services:

- Full line Durable Medical Equipment rental & sales including the following: Oxygen, Nutritional Supplies, CPAP, Nebulizers, Hospital Beds, Manual Wheelchairs, Power Wheelchairs, Mobility Aids, Diabetic Supplies, Diabetic Shoes, Lift Chairs, Aids to Daily Living, Bathroom Safety Products, Bariatric Supplies, and Heavy Duty Products
- In house customer service and billing departments
- Provider for Bureau of Special Needs
- Service area includes: Columbia & Western Boone, Howard, Cooper, Saline, Pettis, Chariton, Carroll, Lafayette, and Johnson Counties

Name: **Help at Home, Inc**

Address: 1900 N. Providence Road. Ste 105
Columbia, MO 65202

Phone: (573) 256-8337

On-Call Cell: (573) 823-7785

Fax: (573) 256-8347

Email: info@helpathome.com

Website: www.helpathome.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(24-hour on-call cell)

Fees: Medicaid, private pay, city funding, local funding,
block grants, private insurance, VA

Eligibility: No eligibility requirements

Services:

- In-home care provider
- Homemaker chore
- Personal care
- Advanced personal care
- Authorized nurse visits / medication set-up
- Errands and respite care

Name: Heritage Hall
Address: 750 East Highway 22
Centralia, MO 65240-1146
Phone: (573) 682-5551
Fax: (573) 682-1469
Email: hh@americareusa.net
Website: www.americareusa.net/local/heritage-hall

Hours: 24 hours per day / 7 days per week
Office hours: 8:00 a.m. - 4:00 p.m. Monday - Friday
Fees: Varies upon service; accepts Medicare, Medicaid,
private pay, and private insurance

Services:

- 60-bed skilled nursing facility (SNF)
- Medicare/Medicaid certified
- Respite and short-term care
- Hospice
- Occupational, physical, and speech therapy
- Restorative care

Name: **Hillcrest Assisted Living**
Address: 9415 North Brown Station Road
Columbia, MO 65202-8671
Phone: (573) 696-3201
Fax: (573) 696-3582
Email: hillcrestreside@centurytel.net
Website: www.hillcrestassistedlivingcolumbia.com
Facebook: <http://www.facebook.com/pages/Hillcrest-Assisted-Living>

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
Fees: \$1,895 for semi-private room or “known income”
\$2,350 for private room with hall bath
\$2,600 for private room with private bath

Eligibility: Must be able to mentally and physically get to the path of safety with three verbal assists and one physical assist.

Services:

- Assisted Living Facility with 33 beds
- 24-hour supervision
- Home-style cooking
- Transportation to physician appointments
- Physician on staff
- Full-time licensed / LPN (On-call 24 hours per day)
- Home-like atmosphere with wooded setting

Name: **Home Care of Mid-Missouri**
Address: 102 West Reed Street
Moberly, MO 65270-1555
Phone: (660) 263-1517 or (800) 246-6400
Fax: (660) 263-8033
Email: administration@homecaremo.org
Website: www.homecaremo.org

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Medicare, Medicaid, VA, Private Insurance, and
Private Pay Accepted; Local and Area Agency on
Aging Funding

Services:

- In-Home Care
- Homemaker Chore Services
- Palliative Care
- Personal Care
- Authorized Nurse Visits
- Advanced Personal Care Services
- Home Health
- Hospice
- Errands
- Respite

Name: **Home Instead Senior Care (HISC)**

Address: 1520 Business Loop 70
Columbia, MO 65202

Phone: (573) 442-4333

Toll Free: (877) 442-4333

Fax: (573) 443-6404

Email: homeinstead@socket.net

Website: www.homeinstead.com/215

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
(24-hour answering service for emergencies)

Fees: Private pay and some long term care insurance (Call for more information)

Eligibility: Seniors desiring non-medical assistance

Services:

- Non-medical, in-home domestic services
- Companionship and conversation
- Medicine reminders
- Meal preparation and clean-up
- Laundry and light housework
- Running errands and shopping
- Incidental transportation to appointments
- Individualized companion services at care facilities
- Minimum of three hour visits; can be anytime 24 hours per day, 7 days per week (Including holidays)
- Respite and temporary services available
- Caregivers are screened, bonded, insured, trained and supervised
- Locally owned and operated since 1998

Name: **Hospice Advantage**
Address: 2620 Forum Boulevard, Suite E
Columbia, MO 65203
Phone: (573) 442-9104
Toll Free: (866) 453-9199
Fax: (573) 442-9124
Email: Roxanne.wilson@hospiceadvantage.com
Website: www.HospiceAdvantage.net

Hours: Office Hours: 8:30 a.m. – 5:00 p.m. Monday – Friday
On Call available 24 / 7

Fees: Medicare, Medicaid, and private insurance accepted

Eligibility: Terminally ill with physician certification

Services:

- Skilled nursing (Available 24 hours per day) specializing in pain management using the most advanced technologies including IV therapy
 - Personal care
 - Social services
 - Pastoral care
 - Volunteers
- Bereavement support for at least 2 years to the entire family including care giving community
- Specialized programs for the dementia patients and short length of life patients
- Grant foundation funds available for those who qualify

Name: **Hospice Compassus**
(Formerly Community Hospices of America)

Address: 3050 I-70 Drive SE, Suite 200
Columbia, MO 65201-4105

Phone: (573) 443-8360

Toll Free: (877) 700-1070

Fax: (573) 499-4601

Email: laura.templeton@hospicecom.com

Website: www.hospicecompassus.com

Hours: 8:00 a.m. – 5:00 p.m. Monday – Friday
On Call available 24 / 7

Fees: Medicare, Medicaid, and private insurance accepted

Eligibility: Terminally ill with physician certification

Services:

- Skilled nursing (Available 24 hours per day)
- Personal care
- Social services
- Pastoral care
- Volunteers
- Physician services
- Bereavement support

Name: **Integrity Home Care**

Address: 905 Safari Drive #105
Columbia, MO 65202-3754

Phone: (573) 499-1125 or (800) 641-1125

Fax: (573) 499-1127

Website: www.integrityhc.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Services provided 24 hours per day / 7 days per week)

Fees: Private insurance, private pay, Medicare, Medicaid, and Workman's Compensation

Eligibility: No eligibility requirements

Services:

- In-home aide services: include bathing / personal hygiene assistance, meal preparation, housekeeping, and companion care
- Home health: include skilled nursing, oncology / cardiac / wound care, infusions, physical / occupational / speech therapy and home tele-monitoring
- Lifeline Emergency Response System:
 - Waterproof personal help button
 - In a medical emergency, Lifeline CareAlert will send a fax notification to your physician, home health nurse, or designated family member
 - Lifeline is set up month-to-month (no contract required)
- Consumer Directed Care:
 - State-funded program assisting individuals in directing their own care by providing human resource and financial oversight
- Pharmacy
- Counties served include: Adair, Audrain, Boone, Callaway, Camden, Cole, Cooper, Howard, Macon, Moniteau, Morgan, Pettis, Randolph, and Saline

Name: **Keeping Good Company
Senior Care at Home, LLC**

Address: PO Box 7771
Columbia, MO 65205

Phone: (573) 445-0532

Fax: (573) 445-0532

Email: info@KGCseniorcare.com

Website: www.KGCseniorcare.com

Hours: Office: 8:00 a.m. – 5:00 p.m. Monday-Friday
Services available 24 hours a day, 7 days a week

Fees: Private Pay

Eligibility: Seniors or disabled persons needing non-medical
assistance

Services:

- Locally owned and operated, RN oversight
- Caring Companionship
- Meal planning and preparation
- Incidental transportation
- Running errands
- Light housekeeping
- Medication reminders
- Monitoring of safety while bathing
- Hygiene/personal care
- Information and referral services
- Respite Care

We are bonded and insured, and all caregivers are thoroughly screened.

Name: Lake George Assisted Living
Address: 500 E Richard Rd
Columbia, MO 65201
Phone: (573) 422-0577 or (573) 881-5008
Fax: (573) 441-0822
Email: eldercaresupport@aol.com

Hours: Open 24 hours per day, 7 days per week
Fees: Available upon request
Eligibility: Private Pay, Veterans Administration Benefits
Services:

- 8 Bed licensed assisted living facility
- Licensed Nurses on duty 24 hours per day
- Certified Medication Aides on duty 24 hours per day
- Daily Housekeeping and laundry service
- Assistance with bathing, dressing, grooming available
- Private rooms with lake view
- Spacious closets and private baths
- Transportation available
- Three meals daily
- Snacks and drinks available when desired

Since we are a small facility, we can offer one on one care. We also incorporate the beauty of the lake with the surrounding nature in our care of our residents. This includes fishing, boating, gardening, birding, riding in the golf cart around the lake and just being outside enjoying the sunshine and fresh air.

We also believe and practice the Eden Philosophy which states that no adult living in a long term care facility should ever feel lonely, bored, or helpless.

Name: **L.E.A.D. Institute (Leadership through Education and Advocacy for the Deaf)**

Address: 2505 West Ash, Suite B
Columbia, MO 65203

Phone/TTY: (573) 445-5005

Crisis Line: (800) 380-3323

Fax: (573) 445-5088

Website: www.deaflead.org

Email: slogan@midamerica.net

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
(Crisis Line: 24 hours per day / 7 days per week)

Fees: All direct services are free

Eligibility: Services provided as needed

Services:

- Provides education, advocacy, crisis intervention services, free counseling and other direct services for deaf, hard of hearing, deaf / blind, and late-deafened individuals and their families.
- Deaf-line Missouri Crisis Hotline and the Mid-Missouri Crisis Line
- Deaf culture training to area agencies
- Free counseling for hearing and deaf individuals who are victims of domestic violence, sexual assault, rape, incest and child abuse

Name: **Lenoir Woods (Lutheran Senior Services)**

Address: 3710 South Lenoir Street
Columbia, MO 65201-5463

Phone: (573) 876-5800

Fax: (573) 876-5832

Email: lenoirwoods@lssliving.org

Website: www.lssliving.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
(Or by appointment)

Fees: Varies upon service

Eligibility: 62 years of age or older

Services:

- Multi-level retirement community (The only one in Columbia)
- Retirement living in 70 houses, 34 duplexes, 20 cottages, and 68 Maplewood apartments
- 39 private residential care studios and 15 residential care apartments
- Medicare-certified nursing care and therapy services
- 54 private rooms and 19 semi-private rooms in skilled nursing community
- Memory care
- Community center, library, coffee shop, chapel, and fitness center
- Scheduled transportation services
- Spiritual, social, recreational, and educational opportunities

Name: **Lincare**
Address: 5900 N. Tower Drive. Suite J
Columbia, MO 65202
Phone: (573) 449-0206
Toll Free: (800) 999-7446
Fax: (573) 875-8868
Email: info@lincare.com
Website: www.lincare.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(24 hour on-call staff available)

Fees: Medicare, Medicaid, and private insurance

Services:

- Home oxygen
- Nebulizer medication
- Durable medical equipment
- Rental, purchase or rent to own

Name: **Long Term Care Ombudsman Program
(Central Missouri Area Agency on Aging)**

Address: 1121 Business Loop 70 East, Suite 2A
Columbia, MO 65201-4600

Phone: (573) 443-5823

Fax: (573) 875-8907

TTY: (573) 443-0105

Email: cmaaa@cmaaa.net

Website: www.cmaaa.net

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None

Eligibility: Residents of long-term care homes and their family
and friends

Services:

- Provides information to consumers who are making decisions about long-term care, including
 - A list of homes and the services they offer
 - What to look for when touring a home
 - Basic information on financing long-term care
 - How to access inspection results
- Investigates complaints made by or on behalf of residents of care homes
- Facilitates communication between nursing home staff and residents or their families
- Recruits and trains volunteer ombudsmen who provide weekly visitation in nursing homes. With permission from the resident, the ombudsman takes concerns to the administration and works to resolve complaints.

Name: **Mature Home Safety**

Address: 305 Rockingham Drive
Columbia, MO 65203

Phone: (573) 289-3565

Email: MatureHomeSafety@gmail.com

Website: www.MatureHomeSafety.com

Fees: Varies upon services required- call for more information

Hours: 8:00 a.m. – 6:00 p.m. Monday – Friday
8:30 a.m. – 3:00 p.m. Saturday
(On-Call 24 hours per day/7 days per week)

Services: Non-Medical Aging In Place Solutions- Our goal is to assist you to comfortably and safely continue living in your own home.

- Professional Grab Bar Installation
- Home Safety and Accessibility Inspections (over 1,000 items inspected/reported on)
- Minor Plumbing & Electrical Modifications
- Cost Effective Remodeling Recommendations
- Handyman/Contractor Referrals
- Aging In Place and Universal Design Consulting

Name: **Meals on Wheels**

Address: 800 Hospital Drive
Columbia, MO 65201

Phone: (573) 886-7554

Fax: (573) 814-6363

Email: mowheels@gmail.com

Website: www.mealsonwheelscolumbia.org

Hours: 7:30 a.m. - 4:00 p.m. Monday - Friday

Fees: Sliding fee scale to assist individuals living below FPL
(Based on monthly gross income)

Eligibility: 1) Live in Columbia
 2) Have a need for assistance such as age, disability,
 and/or recent hospitalization

Services:

- Hot, nutritious, noon meals delivered Monday-Friday
- Cold suppers and frozen weekend meals available to supplement hot noon meal (optional)
- A quick friendly visit by outstanding volunteers while delivering a noon meal is great for individuals living alone and comfort for family members while at work.

Excellent Volunteer Organization

2014 HERO Volunteer Organization of Columbia

Name: **Memorial Funeral Home & Cemetery**
Address: 1217 Business Loop 70 W
Columbia, MO 65202
Phone: (573) 443-3173
Fax: (573) 875-5085
Web: www.memorialfuneralhomeandcemetery.com

Hours: 8:00 a.m. – 5:00 p.m. Monday - Saturday
9:00 a.m. – 4:00 p.m. Sunday
Fees: Call for details
Services:

- We are committed to providing you with personal care by customizing your funeral arrangements. We also provide pre-arrangement options. Memorial Funeral Home & Cemetery provides all your funeral, cremation and cemetery needs from one location. After more than 60 years, it is our continued privilege to honor the personal and unique needs of each individual family.

Name: **Mid-Missouri Legal Services Corporation
(Legal Aid)**

Address: 1201 West Broadway
Columbia, MO 65203

Phone: (573) 442-0116

Toll Free: (800) 568-4931

Fax: (573) 875-0173

Email: lutton@mmls.org

Statewide Website: www.lsmo.org

Local Website: www.mmls.org

Name: **Mid-Missouri Legal Services**

Address: 428 E. Capitol Avenue, Ste 200
Jefferson City, MO 65101

Phone: (573) 634-4545

Toll Free: (888) 476-4545

Fax: (573) 634-2973

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Free services for qualified persons

Eligibility: Low-income individuals

Services:

- Call for an appointment (Between 9:00 a.m. and 3:00 p.m. daily for screening services)
- Civil cases only
- Counties served: Audrain, Boone, Callaway, Chariton, Cole, Cooper, Howard, Miller, Moniteau, Osage, and Randolph
- Civil cases (not criminal) and Wills; Powers of Attorney; Beneficiary Deeds; Appeals of Home Care Assistance Denials or Reductions; Appeals of Nursing Home Discharges.

Name: **Midwest Elder Law Firm**
Address: 1121 Business 70 E., Ste 2B
Columbia, MO 65201
Phone: (573) 445-4755
Fax: (573) 445-4756 or (877) 845-5576
Email: office@midwestelderlaw.com
Website: www.midwestelderlaw.com

Hours: 9:00 a.m. to 5:00 p.m. Monday - Friday
Fees: Based on service provided
Services:

- Long Term Care Planning and Asset Protection
- Medicaid Eligibility
- Veteran's Benefits
- Estate Planning: Wills, Trusts; Property Transfers; Powers of Attorney; Health Care Powers of Attorney; Health Care Directives, Guardianships and Conservatorships
- Probate/Trust Litigation
- Probate/Trust Administration

Name: **Missouri Psychiatric Center**
University of Missouri Healthcare

Address: One Hospital Drive
Columbia, MO 65212

Phone: (573) 884-1300

Fax: (573) 884-1010

Website: www.muhealth.org/mpc

Hours: 24/7

Fees: Medicare and Medicaid accepted

Eligibility: Individuals with mental illness

Services:

- University of Missouri Health Care facility since July 1, 2009
- Inpatient, short-term facility
- Specializes in providing individualized psychiatric treatment for adults, adolescents and children

Name: **Missouri Veterans Commission**
Address: 601 Business Loop 70, Suite 214A
Columbia, Mo 65203
Phone: (573) 882-5135
Website: www.mvc.state.mo.us

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Please call before visiting)

Fees: None

Eligibility: Honorable discharge veterans, their dependents, and survivors

Services:

- Information concerning benefits for veterans and their dependents
- Assists in filing for VA benefits, compensation pensions, loan guarantees, death benefits / burial allowances, military grave markers, education and training
- Applications for state veteran's homes and the Missouri Veterans Cemetery System

Name: **MO HealthNet Division**
Missouri Department of Social Services

Address: 615 Howerton Court
PO Box 6500
Jefferson City, MO 65102-6500

Phone: (573) 751-3425

Fax: (573) 884-5110

TTY: (800) 735-2966

Email: ask.mhd@dss.mo.gov

Website: www.dss.mo.gov/mhd/

Hours: 8:00 to 5:00, Monday through Friday except holidays

Fees: Co-pays and deductibles may apply; varies by program

Eligibility: Varies by program

Services:

MO HealthNet is the state's health coverage program for low-income and vulnerable citizens. This program provides care for children, pregnant women, the aged, blind, disabled and some low income families.

Programs:

- Children's Health Insurance Program
www.dss.mo.gov/mhk/index.htm
- Home and Community Based Programs
www.dss.mo.gov/fsd/homecb.htm
- Pregnant Women and Newborns
www.dss.mo.gov/fsd/mpreg.htm
- Aged, Blind, and Disabled
www.dss.mo.gov/fsd/massist.htm
- Uninsured Women's Health Services Program
www.dss.mo.gov/fsd/uwhs.htm
- Health and Wellness Program
www.mohealthandwellness.com See MO HealthNet Health and Wellness Program entry
- Missouri Rx Plan (MoRx) - www.morx.mo.gov
- MoRx Price Compare - www.morxcompare.mo.gov

Name: **MO HealthNet Health & Wellness Program**

Address: PO Box 6500
Jefferson City, MO 65102-6500

Toll Free: (866) 464-7147

Fax: (800) 461-9184

TTY: (800) 735-2966

Email: mohealthandwellness@apshealthcare.com

Website: www.mohealthandwellness.com

Hours: 24 hours a day / 7 days a week

Fees: None

Eligibility: MO HealthNet participant,
not enrolled in a managed care plan

Services:

- Administered by APS Healthcare
- Nurses available by phone 24 hours a day to talk about health concerns
- A healthcare team to help with making healthy decisions
- Help finding community resources and health care providers
- Advice on important immunizations and health screenings
- Information about health conditions
- Educational materials on topics such as:
 - Healthy meal planning
 - How to follow medication instructions
 - How to stop smoking

Name: **MU Occupational Therapy Clinic**
Address: 1 Lewis Hall (Rollins & Providence Road)
Columbia, MO 65211
Phone: (573) 882-3988
Fax: (573) 884-2610
Website: <http://healthprofessions.missouri.edu/ot/index.php>

Hours: Varied
Fees: No charge; donations accepted but not required
Eligibility: 18 years of age; difficulty with daily activities; no funding available for hospital- or center-based services

Services:

- Activities of daily living retraining
- Adaptive equipment/adaptive technique training
- Physical rehabilitation
- Cognitive rehabilitation
- Visual-perceptual rehabilitation
- Client and caregiver education
- Home exercise programs
- Referral for additional services

Name: The Neighborhoods by TigerPlace
**Skilled Nursing and Rehabilitation
by Americare**
Address: 3003 Falling Leaf Ct.
Columbia, MO 65201
Phone: (573) 256-4620
Fax: (573) 814-5146
Email: tigerplace.outreach@americareusa.net
Website: www.americareusa.net
Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday (business hrs)
Accept referrals and inquiries: 24/7 days a week

Services:

- Rehabilitation and Skilled Nursing
- 20 + full time therapists on staff
- 6 days a week rehab services, 2 times a day, on call therapy on Sunday
- Restorative nursing programs in mobility, eating and ADL's
- High staff ratio including 24/7 RN coverage
- Restaurant style dining
- Whirl Pool Spa in each Neighborhood
- State of the Art Aqua Center Eden Alternative Programming
- Full time Nurse Practitioner on site
- Hospice services (Hospice room)
- Respite and short-term care
- Intergenerational activities, On Site Daycare
- 2 Neighborhoods focus on long term care, 3 focus on rehab
- On site coffee shop and community room
- 4 courtyards and bridge with gazebo
- Case management
- Mostly Private Rooms with Resort Style Hospitality
- Home like environment

Name: **New Horizons Community Support Services, Inc.**

Address: 1408 Hathman Place
Columbia, MO 65201-5551

Phone: (573) 443-0405

Fax: (573) 875-2557

Website: www.mo-newhorizons.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

Fees: Medicare, Medicaid and Missouri Department of Mental Health payments

Eligibility: 18 years or older with serious and persistent mental illness

Services:

- Community psychiatric rehabilitation services
- Psychosocial rehabilitation
- Homeless outreach and housing assistance to persons with serious and persistent mental illness
- Substance abuse treatment for people with co-occurring mental illness and addictions

Name: **North East Community Action Corporation (NECAC)**

Address: 1301 Vandiver Drive, Suite 100
Columbia, MO 65202-3948

Phone: (573) 875-1107

Alt phone: (573) 324-5062

Toll Free: (800) 300-9978

TDD: (800) 736-2966

Email: csmith@necac.org

Website: www.necac.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Varies upon service

Services:

- Personal care
- Advanced personal care
- Respite and advanced respite
- Homemaker chore services
- Registered Nurses
- Licensed Practical Nurses
- Private duty nurses

Name: North Hampton Apartments
Address: 7000 North Buckingham Square
Columbia, MO 65202-6002
Phone: (573) 886-7808
Fax: (573) 886-7809
Website: www.fairwaymanagement.com

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: Monthly rental fees
Eligibility: Call for details
Services:

- 99 single-level apartments (1 or 2 bedroom)
- Select apartments with washer / dryer hook-ups
- Lawn care
- Trash pick up
- Maintenance
- Handicap units available
- Snow removal
- Laundry facilities (coin-operated)
- Country-like, quiet setting

Name: OATS, Inc.
Address: 2501 Maguire Boulevard, Suite 103
Columbia, MO 65201
Phone: (573) 449-3789
Fax: (573) 441-0609
Website: www.oatstransit.org
Fees: Round trip Fare for your transportation
• In town- \$5.00
• Within county- \$7.00
• Long Distance(beyond 2 counties)- \$7.00/county

Eligibility: OATS transportation is available to anyone regardless of age, race, income, disability, gender, religion, or national origin.

Services:
• Personalized door to door transportation
• Professional, courteous, and trained drivers
• 5-7 Day Notice

Name: **Osher Lifelong Learning Institute at MU**

Address: Waters Moss Building
1907 Hillcrest Drive
Columbia, MO 65201

Phone: (573) 882-8189

Email: Learnforlife@missouri.edu

Website: www.extension.missouri.edu/learnforlife

Hours: 8:30 a.m. - 4:30 p.m. Monday - Friday

Fees: \$60 for short semester/ \$80 for long semester
\$240 annual membership with unlimited courses

Eligibility: Adult learners 50 years or better, although we
card no one!

Services:

- Delivers courses designed to complement the interests, concerns, and lifestyles of the over-50 adult
- Course taught largely by MU professors
- Educational day trips
- Wonderfully interesting membership events

Name: Oxford HealthCare
Address: 1400 Heriford Road, Suite 104
Columbia, MO 65202-1932
Phone: (573) 474-1530
Toll Free: (800) 749-6555
Fax: (573) 474-1539
Email: wecare@oxfordhealthcare.net
Website: www.oxfordhealthcare.net
Hours: 24 hours per day / 7 days per week
Fees: Medicare, Medicaid, private insurance, workers compensation, Veterans Benefits and private pay

With one call to Oxford HealthCare you can access services, resources and options available to help keep someone safe and independent at home. Oxford can:

- Assist individuals of all ages who need help to stay at home
- Help seniors maintain an active lifestyle
- Provide assistance and peace-of-mind for caregivers who can not be there all the time
- Provide follow-up care for a person coming home from the hospital
- Provide one-on-one care in a hospital or nursing home

Services Include:

- Skilled Nursing Care
- Medication Supervision
- IV Therapy
- Home Telemonitoring
- Lifeline Medical Alert
- Bathing and Personal Care
- Housekeeping and Laundry
- Meal Preparation
- Shopping and Errands
- Transportation
- Companionship
- Physical, Occupational, and Speech Therapy
- Medical Social Worker
- Consumer Directed Services
- Community Services
- Service Area: Audrain, Barry, Barton, Benton, Boone, Callaway, Cedar, Chariton, Christian, Cole, Cooper, Dade, Dallas, Douglas, Greene, Hickory, Howard, Howell, Jasper, Laclede, Lawrence, Macon, McDonald, Moniteau, Monroe, Montgomery, Morgan, Oregon, Ozark, Newton, Pettis, Polk, Pulaski, Randolph, Stone, Taney, Texas, Vernon, Webster and Wright Counties.

Name: Para Transit (COMO Connect Para Tranist)
Address: 126 North 10th Street
Columbia, MO 65201
Phone: (573) 874-7290
Fax: (573) 874-7276
Website: www.COMOconnect.org/Services/Para-Transit

Hours: 6:25 a.m. - 7:30 p.m. Monday - Friday
10:00 a.m. – 7:30 p.m. Saturday
Closed Sundays

Fees: \$2.00 one way

Eligibility: Must be unable to ride a fixed route and have approved application on file

Services:

- Origin to destination service for individuals who are ADA eligible (Disabled)
- All buses are fully accessible (Including wheelchairs)
- Program of City of Columbia transportation system

Name: Como Connect
(City of Columbia Bus System)

Phone: 573-874-2489

Website: www.COMOconnect.org

Hours: 6:25 a.m.- 8:00 p.m. Monday – Friday
10:00 a.m. – 8:00 p.m. Saturday
Closed Sundays

Fees: One-Way Fare \$1.50 regular price, \$0.75 half-fare eligible
All-Day Pass: \$3.00 regular price \$1.50 half-fare eligible // *+ more pass options available*
Half-Fare Eligible (must apply): Medicare or Medicaid recipients, low-income, persons with a disability, 65+ years of age

Name: **Parkinson's Support Group**

Address: 3700 S. Lenoir St
Columbia, MO 65203

Phone: (573) 434-4569

Email: daltonsinc.aol.com

Hours: Monthly Meeting

Fees: Free

Services:

- Columbia Parkinson's Group meets the first Thursday of each month at Lenoir Community Center 3700 South Lenoir Street.
- Open to all people diagnosed with Parkinson's and their caregivers or friends and family.
- Chair exercises begin at 3:30pm
- Program begins at 4:00pm
- At each meeting educational talks and presentations are made or breakout sessions are hosted for both people with Parkinson's and their caregivers.
- Tables of Literature are available at each meeting.
- Special events are held throughout the year and the group works with national Parkinson's organization.
- Call for more details or to be added to the email list for monthly flyers.
- You can expect excellent opportunities socially and educationally.

Name: **Parkside Manor**

Address: 1201 Hunt Avenue
Columbia, MO 65202-1367

Phone: (573) 449-1448

Fax: (573) 443-2591

Email: parksideadmin@socket.net

Hours: 24 hours per day / 7 days per week

Office hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

Fees: Call for information; Medicare and Medicaid accepted

Services:

- 120-bed Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF)
- Registered Nurse supervision 7 days per week
- Full-time rehabilitation services (Including physical, occupational, and speech therapy)
- Hospice
- Short-term respite
- Special care unit
- Ombudsman volunteer

Name: **Phoenix Home Care**
Address: 1410 I-70 Drive SW
Columbia, MO 65203
500 W. Broadway
Jefferson City, MO 65101
Phone: (573) 442-9911 or (855) 881-7442
Fax: (573) 442-9901
Email: Columbia@phoenixhomehc.com
Website: www.phoenixhomehc.com

Hours: Services 24 hours per day / 7 days per week

Fees: Licensed by State of Missouri,
Medicare/Medicaid certified, VA approved,
private pay and most insurances accepted

Eligibility: Please call for more information
Services:

- Home Health, In-Home Care, Pediatric Nursing
- Companion Care: Housekeeping, Laundry, meal prep and clean up, shopping, errands and transportation
- Nurse Aid Care: Dressing, grooming, bathing, toileting, continence, assist with transfers, ostomy, catheter and vital signs
- Skilled nursing visits & medication set up
- Bath visits, home health aides, wound therapy, IV therapy
- Physical/occupational/speech therapy
- Home health aide
- Medical social work
- Overnight live in and in home services
- Consumer directed services

Name: **Preferred Hospice of Central Missouri**
 (Comprehensive Hospice Program)

Address: 1900 North Providence Road, Suite 311
 Columbia, MO 65202-3710

Phone: (573) 499-4540 or (866) 852-3310

Fax: (573) 499-4543

Website: www.preferredhospice.com

Hours: 8 a.m. - 5 p.m. Monday - Friday
 (Services 24 hours per day / 7 days per week)

Fees: Medicare, Medicaid, private insurance
 (Accepted and filed), and private pay

Eligibility: Physician certification; must meet hospice guidelines

Services:

- 24 / 7 on-call nurse availability
- Grief and bereavement programs
- Hospice volunteers
- Community education
- Free informational visits
- In-home and nursing home respite options
- Staff consisting of: Medical Director,
 Registered Nurse, Licensed Practical Nurse,
 Aide, Chaplain, Social Worker, Case
 Management and Personal Care Staff

Name: **Personal Financial Assistants**

Address: 1003 S Eastwood Circle
Columbia, MO 65201

Phone: (573) 256-8064

Email: arlin.epperson@gmail.com

Hours: Call anytime.

Fees: Call for fee information

Services:

Personal Financial Assistants is a daily money management company for individuals in Mid-Missouri who need help with financial management

Financial Assistance - Open and sort mail, Identify and pay bills, Maintain financial records and files, Review and balance checkbooks, Reconcile bank statements, Organize and prepare records for income tax purposes, Establish budgets, Create income/expense reports

Medical and Insurance Assistance - Reconcile Medicare and/or secondary insurance, Review doctor and hospital bills for accuracy, Review Medicare and insurance payments for errors or exclusions, Resolve incorrect billings

Estate, Executor, Family Assistance - Executor, trustee & Power of Attorney, Estate paperwork assistance, Caregiver & decision-maker support, Third-party intervention for sibling caregivers, Surviving spouse/family assistance, Household-transition management, Coordinate appointments and manage relationships with other professionals, Date reminders such as birthdays and important appointments, Notary services.

Credit Assistance & Investment Tracking Assistance

Name: **Presbyterian Manor of Fulton**

Address: 811 Center Street
Fulton, MO 65251

Phone: (573) 642-6646 or (800) 336-8511

Fax: (573) 642-2202

Website: www.presbyterianmanors.org

Hours: Continuous care community; services available 24/7

Eligibility: Private Pay, Medicare or Medicaid

Services:

- Continuous care community that offers:
 - o Independent living apartments
 - o Assisted living suites
 - o Long-Term Care rooms
 - o Rehabilitation services
 - o PATH (Post-Acute to Home) Short-term rehab private rooms

Name: **Primaris/KMA (Knowledge Management Associates)**

Address: 200 North Keene Street, Suite 101
Columbia, MO 65201-8102

Phone: (573) 817-8300

Fax: (573) 777-9035

Website: www.primaris.org/services/insurance-counseling-services

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

Fees: None

Eligibility: Missourians who do not have access to other forms of health insurance (Medicare, Medicaid, Veteran's, employer based insurance, ect.)

Services:

- Helps people understand and apply for health insurance under the Affordable Care Act (ACA)
- Helps people apply for tax credits to reduce the cost of health insurance provided on the Missouri Marketplace
- Educates the public about the Affordable Care Act and health insurance, particularly in rural communities
- Helps people file for exemptions from the individual shared responsibilities mandate (the "penalty" for not having health insurance)
- Helps people notify the federal government of important life events which could alter their eligibility for assistance paying for health coverage

Name: **Provision Living at Columbia**
Address: 2333 Chapel Hill Road
Phone: (573) 234-1091
Website: www.ColumbiaSeniorLiving.com

Hours: Staffed 24 hours a day, 7 days a week
Fees: Available on request, based on apartment selection and level of care needs
Eligibility: Private pay. Depending on eligibility and policy type, many residents will use VA Aid & Attendance benefits, Long-term care insurance coverage and other supplemental funding sources.

Services:

- Situated in a residential neighborhood with easy access to walking paths and Twin Lakes Recreation Area
- 63 Assisted Living Apartments
- Meals served restaurant –style every day
- Housekeeping, laundry, and maintenance
- Assistance with activities of daily living based on an individual assessment and care plan
- On-site beauty salon, barber
- Therapy room for physical, speech or occupational therapy
- Full calendar of activities
- Scheduled transportation to appointments, shopping outings
- Medication reminders or management
- 32 Memory Care Apartments with a capacity for 34 residents, rented monthly
- Serving people living with Alzheimer's or related dementia
- Specialized activities, therapy and services that are person-centered and supportive of families

NAME: Pyramid Home Health Services

Address: 3501 West Truman Boulevard
Jefferson City, MO 65109

Phone: (573) 893-6477 or (800) 690-1753

Fax: (573) 893-6302

E-Mail: cshelden@pyramidhhs.com

Website: www.pyramidhhs.com

Fees: Licensed by State of Missouri, Medicare/Medicaid
certified, VA approved, private pay and most
insurances accepted

Moberly Branch: 1600 N Morley Suite C, Moberly, Missouri, 65270

Phone: (866)922-9230

Fax: (573) 893-6302

Pyramid Home Health

Hours: 7:30 a.m. - 4:30 p.m.

Registered Nurse on-call 24 hours/day, 7 days/week including
weekend staff

- Skilled Nursing, Physical Therapy, Speech Therapy,
Occupational Therapy, Advanced I.V. Therapy
- Home Health Aides & Medical Social Work
- Telemonitoring and Physician Portal
- Certified Wound Therapy, Ostomy Care, Complex Wound Care,
and Wound Care Management with pictures
- Vestibular Balance Program/Disease Process Management
- 29 county service area for the past 10 years

Pyramid In-Home

Hours: 7:30 a.m. - 4:30 p.m. Monday - Friday

Toll Free: (800) 568-6646

- Advanced Personal Care, Homemaker Chore, Consumer
Directed Care, Respite Care, Medicaid Eligibility Assessments

Pyramid Pharmacy

Hours: 7:30 a.m. - 5:30 p.m. Monday - Friday

Toll Free (877) 401-1223

- Statewide Services, Multi-dose Bubble Packaging, Free
Delivery/Mailings/Telephone Reminders, Most Insurances
Accepted
- Licensed for all Pharmacy Services, Award Winning Pharmacists

Name: **Rehabilitation Services for the Blind**
Address: 3418 Knipp Drive, Suite A-2, PO Box 919
Jefferson City, MO 65102
Phone: (573) 751-2714 or (800) 592-6004
Fax: (573) 526-4526
TTY: (573) 751-2714
Website: www.dss.mo.gov/fsd/rsb/

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Visual and financial eligibility requirements
Services:

- Assistive devices for visually impaired persons
- Independent living teaching services can be provided in the home (Services do not include housekeeping or custodial care)
- Job training and placement

Name: **Prevention of Blindness Program**
Address: 615 Howerton Court, PO Box 2320
Jefferson City, MO 65102-2320
Phone: (573) 751-4249
Fax: (573) 751-4984
DSS TDD: (800) 735-2966

Hours: Same as listed above
Fees: Same as listed above
Eligibility: Same as listed above
Services:

- Total eye care for those eligible
- Free glaucoma screening to groups, employers and community organizations

Name: **Relay Missouri**
Phone: (866) 735-2460
(For hearing callers to connect relay users)
(800) 735-0135 (Voice carryover users)
(800) 676-3777 (Relay Missouri customer service)
“711” (Connect to relay service anywhere in the United States)
TTY: (800) 735-2966
Fax: (913) 523-9214
Website: www.relaymissouri.com

Hours: 24 hours per day / 7 days per week
(Including all holidays)

Fees: Free of charge

Eligibility: Available to anyone who wants to communicate with a person who is deaf, hard of hearing, or speech impaired

Services:

- Relay communications service provides telephone accessibility to people who are deaf, hard-of-hearing, or speech disabled. Specially trained communication assistants process relay calls and stay on the line to relay conversations electronically, over a TTY (Text Telephone or TDD) or in some cases, verbally.

Name: **Right at Home of Central Missouri**

Address: 4800 Santana Circle, Suite O
Columbia, MO 65203

Phone: (573) 777-8770

Fax: (573) 447-7512

Email: info@rahcentralmo.com

Website: www.rahcentralmo.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
On-call 24 hrs/7 days per week

Fees: Varies (Please call for more information)

Eligibility: Seniors & disabled adults needing companionship/
homemaking; physical assistance/hygiene/personal
care; wellness; respite services

Services:

- Services available wherever individual calls "home"
- Companionship/Homemaking/Wellness
- Transportation (appointments/errands)
- Light housekeeping/laundry
- Medication reminders
- Meal planning and preparation
- Physical assistance/hygiene/personal care
- Ambulatory and dressing assistance
- Bathing/shaving/toileting assistance
- Special Care Situations:
 - Alzheimer's and other dementia; hypertension / stroke; heart disease; mental health; cancer recovery; hospice / palliative support; paraplegia/quadriplegia
- Hourly, overnight, live-in, sitter service, 24-hour care available
- Locally owned and operated
- All caregivers are screened, bonded, insured

Name: **Rusk Rehabilitation Center**

Address: 315 Business Loop 70 West
Columbia, MO 65203-3248

Phone: (573) 817-2703

Fax: (573) 817-4690

Website: www.ruskrehab.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Varies upon services; routinely covered by most commercial insurance plans as well as Missouri Medicaid and Medicare

Eligibility: Serving all age groups and disability diagnoses

Services:

- Comprehensive medical rehabilitation programs
- Fully accredited 60-bed inpatient facility
- Programs include: stroke, amputee, debilitation, oncology, geriatric evaluation, neurological disorders, as well as brain and spinal cord injury
- Full team includes physical therapy, occupational therapy, speech therapy, and case management
- Outpatient programs include: day treatment for stroke, aquatic therapy, occupational therapy and physical therapy
- A program of the University of Missouri Health Care Family

Name: **Salvation Army**

Address: 1108 West Ash Street
Columbia, MO 65203-2103

Address: Columbia, MO 65205-1864

Phone: (573) 442-3229

Fax: (573) 449-6185

Hours: 9:00 a.m. - 3:00 p.m. Mon, Tue, Wed, Thur

Fees: None

Eligibility: 150% of poverty level or documented home fire

Services:

- Food pantry (Mon and Fri 9am, 11am and 3pm, Tue 1-3pm)
- Clothing and coat vouchers
- Christmas Center
- Thanksgiving Dinner
- Nursing home visits
- Shut in visiting and counseling aa Pathway of Hope

Name: **Salvation Army Thrift Stores**

Address: 1304 Parkade Boulevard
Columbia, MO 65203-2554

Phone: (573) 449-5202

Address: 23 East Walnut Street
Columbia, MO 65203-4162

Phone: (573) 443-2786

Hours: 10:00 a.m. – 5:00 p.m. Monday – Saturday

Services:

- Clothing voucher redemption
- Profits stay in our community

Name: **Senior Assessment Geriatric Evaluation (SAGE)** University of Missouri Health Care
South Providence Family Medicine

Address: 551 East Southampton Drive
Columbia, MO 65201

Phone: (573) 884-7733

Fax: (573) 882-6228

Hours: S.A.G.E. assessments are available 2 days a week and are a minimum of three hours in duration.

Fees: Covered by Medicare and supplemental Insurance. Patient is responsible for determining Medicare Advantage coverage by contacting their insurance provider.

Eligibility: Individuals ages 60 or older requiring such services

Services:

- A comprehensive geriatric evaluation for older adults with medical, nursing, nutritional, and psychosocial needs.
- The team is composed of a physician, social worker, dietician, and registered nurse. The SAGE Clinic services may include physician referrals, physical or occupational therapy referrals, imaging, laboratory exams, and pharmacy services.
- Memory/cognitive changes, physical limitations, emotional and behavioral changes, difficulties with independent living, alternative living arrangements, and evaluation are all issues that may concern older person and their families

Name: **Senior Meal Program (CMAAA)**

Address: 1121 Business Loop 70 East,
Room 21, Columbia, MO 65201

Phone: 573.449.8000

Fax: 573.875.8907

Hours: 8:00a.m. to 4:00p.m., Monday –Friday

Fees: None, suggested donation of \$4.00 per meal

Eligibility: Ages 60 and older and spouse (regardless of age);
priority given to those in greatest economic and social
need

Services:

- A Central Missouri Area Agency on Aging (CMAAA) program
- Home-delivered meals throughout Boone County
- Financial assistance for congregate meals at Columbia Senior Activity Center

Name: **SeniorLink, LLC**
Private Geriatric Care Management

Phone: (573) 447-0167

Fax: (573) 447-0167

Email: seniorlink@msn.com

Website: www.seniorlinkllc.com

Hours: Flexible, by appointment

Fees: Private pay, available upon request

Eligibility: Older adults and their families

Services:

- Personalized, professional assistance to identify, locate, organize, and monitor eldercare services and resources to maximize independence and quality of life
- Individualized assistance to assess needs and develop the least restrictive, most financially sound care plan for eldercare services
- Assistance with navigating the complex system of senior resources and entitlement programs
- Provide education, advocacy, and appropriate referrals regarding financial, legal, medical, home care, senior communities, and various levels of care facilities
- Serves as a link / liaison; facilitate communication between clients, family members, caregivers, and other providers
- Coordinate appointments and facilitate transportation (Accompany as needed)

Name: **Services for Independent Living (SIL)**

Address: 1401 Hathman Place
Columbia, MO 65201

Phone: (573) 874-1646

Fax: (573) 874-3564

TTY/TDD: (573) 874-4121

Website: www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None for most services

Eligibility: Individuals with disabilities and seniors

Services:

- ADA accessibility technical assistance
- Assistive Technology (AT) Demonstration Center provides information, demonstrations and presentations
- Consumer Directed, In-Home and Nursing Services
- Disability services including advocacy and peer support groups
- Free durable medical equipment on loan
- Door-to-door transportation 8:00 a.m. - 5:00 p.m. Sunday – Friday
- Independent living skills training
- Information and referral
- Peer support groups
- Ramps and home modification program
- Telecommunication Access Program
- Transition services – to help people transition out of a nursing home

Name: **Show Me State Games
& Missouri State Senior Games**

Address: 1105 Carrie Francke Drive, Room 01
Columbia, MO 65211

Phone: (573) 882-1462
(573) 884-2946 (Volunteer Opportunities)

Fax: (573) 884-4004

Website: www.smsg.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: Sliding scale

Eligibility: Must be a Missouri resident to compete in July competitions; open to everyone in June

Services:

- Olympic-style amateur athletic event for Missouri residents of all ages and abilities
- Volunteer opportunities
- Senior Games for persons 50 and older are held annually in June
- Show Me State Games for persons of all ages are held annually in July

Name: **Social Security Administration**

Address: 803 Gray Oak Drive
Columbia, MO 65201

Phone: (800) 772-1213

TTY: (800) 325-0778

Website: www.socialsecurity.gov

Hours: 9:00 a.m. - 3:00 p.m. Monday, Tuesday, Thursday, & Friday

9:00 a.m. – 12:00 p.m. Wednesday

Fees: None

Eligibility: For Social Security benefits:

- Individual must meet guidelines for age, death, and/or disability
- For Supplemental Security Income (SSI):
- Individual must meet age, disability
- and financial need guidelines

Services:

- Accepts applications for Social Security numbers
- Accepts applications for auxiliary, death, retirement and survivor benefits
- Supplemental Security Income (SSI) benefits
- Medicare coverage and black lung benefits; provides service to people already receiving these benefits
- Assists individuals with applying for disability

Name: **South Hampton Place**
Address: 4700 Brandon Woods Street
Columbia, MO 65203-7139
Phone: (573) 874-3674
Fax: (573) 874-3479

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Call for more information

Services:

- 100-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- In house podiatrist, audiologist, dentist, and optometry services
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social activities
- Regular beautician visits
- Long-term and short-term care
- Hospice patients accepted
- VA contracts accepted

Name: **Southern Boone County Senior Center**

Address: 406 Douglas Drive
Ashland, MO 65010-9095

Phone: (573) 657-9512

Hours: 9:00 a.m. - 3:00 p.m. Monday - Wednesday

Fees: \$5.00 membership per year

Eligibility: Age 50 to join; ages 55 and older for privileges

Services:

- Business meetings 1:00 p.m., second Wednesday of each month
- Carry-in dinner and social, third Wednesday of each month
- Quilting, crafts, puzzles and pool
- Donation dances are held the fourth and fifth Saturday evenings of each month from
 - 7:00 p.m. - 10:00 p.m. (Carry-in snacks; all are welcome)
- Call for more information

Name: **The Stuart House**
Address: 117 South Hickman Street
Centralia, MO 65240-1316
Phone: (573) 682-3204
Alt phone: (573) 682-5471
Fax: (573) 682-1429

Hours: 8:00 a.m. - 4:00 p.m. 7 days a week
Fees: Mostly private pay (contact facility for arrangements)
Services:

- Intermediate Care Facility (ICF) / Residential Care
- 27-bed facility with home-like atmosphere
- Licensed staff 24 hours per day
- State licensed
- Private, personal care
- Home-cooked meals
- Short-term respite

Name: **Sturgeon Rest Home**
Address: 315 East Stone Street
PO Box 328
Sturgeon, MO 65284-0328
Phone: (573) 687-3012
Fax: (573) 687-1250
Email: admin@sturgeonresthome.com
Website: www.sturgeonresthome.com

Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday (Office)
Fees: \$1,500 - \$1,900 / month; Medicaid accepted, Cash
Grant assistance to those who qualify
Eligibility: Must be ambulatory or require a walker, cane, etc.
Services:

- Residential Care Facility (RCF I)
- Home-like atmosphere
- Home-cooked meals
- Central heating and air conditioning
- Registered nurse on duty
- State licensed
- Supervision of medications
- Assistance with personal care
- Financial assistance available for those who qualify
- Care provided on a daily, weekly or monthly basis
- Transportation to doctor appointments
- Physical therapy available on site
- 30-minute drive from Columbia
- 24 hour protective over site

Name: **Terrace Retirement Community**

Address: 1408 Business Loop 70 West
Columbia, MO 65202-1394

Phone: (573) 875-2538

Fax: (573) 874-0814

Email: gedgar@terraceretirement.com

Website: www.terraceretirement.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Weekends by appointment)

Fees: Varies

Eligibility: Ages 62 or older

Services:

- Apartment community with services for independent retirees
- Monthly rent includes: meals, utilities, housekeeping, scheduled transportation, activities and more
- Apartment features include kitchen, wall-to-wall carpeting, window treatment, large bay window, pull-cord signal system and individually controlled temperature
- Common areas include: library, exercise room, sauna, whirlpool, billiards room, game area, store and big-screen TV

Name: **TigerPlace**
Address: 2910 Bluff Creek Drive
Columbia, MO 65201-3522
Phone: (573) 814-5148
Fax: (573) 256-4621
Email: tigerplace@americareusa.net
Website: www.tigerplace.net

Hours: Business staff hours – 9:00am-5:00pm
Fees: Care Staff 24/7; 365 days a year
Available upon request, based on apartment size and level of care.

Services:

- The only Aging in Place Community in the State of Missouri. Partnership with the University of Missouri and the Center for Eldercare & Rehabilitation Technology.
- 54 apartments
- MU Sinclair School of Nursing provides all nursing services with a permanent full time staff.
- RN's on call 24 hours per day; perform 4 in-home visits per year and perform bi-annual wellness reviews.
- 2 meals of choice included daily, 3rd meal is optional; open restaurant style dining.
- Weekly housekeeping and linen service
- Concierge and transportation
- Community room, library, snack and refreshments station, beauty salon/barber, movie theatre
- Planned activities both on and off-site; social, recreational and educational opportunities
- Daily exercise classes
- TigerTotal Fitness Center, Tiger Wellness Center
- Pets are welcomed and encouraged; Vet Services provided by the MU Veterinary School

Name: True North
Address: PO Box 1367
Columbia, MO 65205-1367
Phone: (573) 875-1370 or (800) 548-2450
Fax: (573) 817-1280
Website: www.truenorthofcolumbia.org

Hours: 24 hours per day / 7 days per week
Fees: None
Eligibility: Victim of domestic or sexual violence
Services:

- Safe shelter for victims of domestic violence and abuse
- Advocacy for victims of domestic rape and assault
- Court advocacy
- Free counseling for recent domestic violence or sexual assault (No incest counseling available)
- Resident support groups for domestic abuse and sexual assault
- Hospital Advocacy Program

Name: **University Hospital and Clinics**
University of Missouri Healthcare

Address: One Hospital Drive
Columbia, MO 65212

Phone: (573) 882-4141

Fax: (573) 884-7470

Website: www.muhealth.org

Hours: 24 hours per day / 7 days per week

Fees: Varies upon service; Medicare, Medicaid, and insurance

Eligibility: No eligibility requirements

Services:

- Full-service public hospital with emergency room and level 1 trauma center
- Clinics available for more than 60 specialties
- Emergency center is equipped to handle major trauma and serious illness 24 hours per day
- Local area's only burn intensive care unit
- Local area's only comprehensive wound care center
- Cardiac Center of Excellence
- Cosmopolitan International Diabetes Center
- Mason Eye Institute
- Health Connect 24: (573) 884-2401
- Missouri Center for Digestive Health
- Missouri Spine Center
- Missouri Hip and Knee Center
- Comprehensive cancer care at Ellis Fischel Cancer Center

Name: **University of Missouri - Columbia
Psychological Services Clinic**

Address: 211 South 8th Street
Columbia, MO 65211

Phone: (573) 882-4677

Fax: (573) 882-4583

Email: morrisja@missouri.edu

Website: <http://psychology.missouri.edu/clinic>

Hours: 9:00 a.m. - 7:00 p.m. Monday
 9:00 a.m. - 8:00 p.m. Tuesday - Thursday
 9:00 a.m. - 5:00 p.m. Friday

Fees: Fee assistance for those on
 limited income; insurance also accepted

Eligibility: Must not be in need of hospitalization or
 substance abuse detoxification

Services:

- Outpatient mental health addressing depression, grief, family, and other personal concerns

Name: **USDA Rural Development**
Address: 601 Business Loop 73 West
Parkade Center, Suite 325
Columbia, MO 65203
Phone: (573) 876-0976
TDD: (573) 876-9480
Fax: (855) 830-4759
Website: <http://www.rd.usda.gov/contact-us/state-offices/mo>

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: None
Eligibility: Low-income individuals ages 62 or older who are residents of rural areas or small towns located in Boone County (Also cover Audrain, Callaway, Camden, Cole, Maries, Miller, Moniteau, and Osage counties)

Services:

- Home improvements and repairs
- Services provided through low-interest loans or grants (Grant funds are limited)
- Low-income, disabled, and senior rental housing

Name: **Veteran's Hospital, Harry S. Truman
A Department of Veteran's Affairs (VA)
Medical Center**

Address: 800 Hospital Drive
Columbia, MO 65201-5275

Phone: (573) 814-6000

Fax: (573) 814-6600

Website: www.columbiamo.va.gov

Hours: 24 hours per day / 7 days per week

Fees: No fees for treatment of service-connected injuries / illnesses; there may be co-payments assessed for all other treatment, depending upon income.

Eligibility: U.S. Military Veterans

Services:

- 123 bed hospital
- Primary and specialty care outpatient clinics
- Women's health clinic
- Comprehensive home care program
- Long-term care program
- Inpatient and outpatient behavioral health
- Medical and surgical inpatient care
- Community based outpatient clinics in: Fort Leonard Wood, Jefferson City, Kirksville, Lake of the Ozarks, Marshfield, Mexico, Sedalia, and St. James

NAME: **The Village of Bedford Walk**

Address: 415 Bailey Drive
Columbia, MO 65203-3188

Phone: (573) 303-7252

Fax: (573) 256-3212

Email: bedfordwalk@jesprimeseniorliving.com

Website: www.thevillageofbedfordwalk.com

Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday
10:00 a.m. – 4:00 p.m. Saturday
Sundays by appointment

Fees: Monthly rental fees

Eligibility: All household members must be 55 years +

Services:

- 88 Energy Efficient Villas and Apartment Homes
- All Utilities Included
- Cable, Internet and Telephone Services Included
- Full kitchens with Stainless Steel appliances
- Granite Countertops and Hardwood Floors
- Concierge Services
- Maintenance Free Living
- Daily Catered Lunches
- Community Area with a Private Kitchen
- Salon and Spa
- Fitness and Wellness Center
- Resistance Pool
- Movie Theatre
- Sundry Shop
- Scheduled Transportation
- Billiards and Game Room
- Casual Bistro and Fireside Patio
- Walking Path
- Pet Friendly Community
- Weekly Social Calendar
- Enrichment Opportunities through the University of Missouri

Name: **Voluntary Action Center (VAC)**

Address: 403A Vandiver Drive
Columbia, MO 65202-1663

Phone: (573) 874-2373

Fax: (573) 874-9172

Website: www.vacmo.org

Email: vac@vacmo.org

Hours: Monday- Friday 9am-noon and 1pm-4pm

Fees: None

Eligibility: Individuals in need of emergency services

Services:

- Financial Assistance with:
 - Driver's licenses and state I.D.s
 - Prescriptions
 - Medical and Dental copayments
 - Educational and employment assistance
 - Gas for work and/or medical appointments
 - Minor car repairs for employed persons
- Emergency food
- Hygiene and household products
- Bus tickets
- Fans and Window AC units (summer)
- Information and referral sources

Name: **Walgreens - OptionCare**
Address: 1410 Heriford Road
Columbia, MO 65202-1907
Phone: (573) 814-7100 or (800) 456-0417
Fax: (573) 814-7110
Website: www.WalgreensHomeCare.com
www.OptionCare.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(24 Hour Availability)

Fees: Medicare, Medicaid, Private Insurance (Accepted and Filed), Private Pay

Services:

- 24-hour On-Call Availability
- Respiratory Services
 - Oxygen, CPAP, Ventilators, Nebulizers
- Medication and equipment home delivery
- Home I.V. and Nutrition
- Skilled Infusion Nursing
- Pharmacy
- Respiratory Therapists
- Home Medical Equipment
- Medical Social Workers and Registered Dietitians
- Missouri River Hospice

Name: **Wheelchair Personalities**
Address: 5304 E. Tayside Cr.
Columbia, MO 65203
Phone: (573) 424-1486
Fax: (573) 442-9250
Email: Sharon@wheelchairpersonalities.com
Website: www.wheelchairpersonalities.com

Hours: 8:00 a.m. – 5:00 p.m. Monday - Friday
Fees: Varies. Call for details.
Services:

- Wheelchair back covers personalized with your own marketing, messages, logos, photos and artwork.
- Customize and showcase your:
 - Military service
 - Alma Mater
 - Sports team
 - Proud grandparent
 - Club affiliation
 - Political point of view
 - Holiday celebration
 - Favorite photo
 - Beloved pet

Name: **Wolfner Talking Book and Braille Library**

Address: PO Box 387
600 West Main Street
Jefferson City, MO 65102-0387
Phone: (573) 751-8720 or (800) 392-2614
Fax: (573) 751-3612
Email: wolfner@sos.mo.gov
Website: www.sos.mo.gov/wolfner

Hours: 8:00 a.m. – 5:00 p.m. Monday - Friday

Fees: None

Eligibility: Unable to read books due to a physical or visual disability

Services:

- Audio books for loan to blind and physically disabled persons- to: Audio books, braille and playback machines for Missouri residents unable to read standard print due to visual or physical disabilities.
- Braille
- Descriptive videos
- Magazines in special media
- Program packs for group discussion
- NFB News Line (Newspaper that is read over the phone)
- Large print books for youth

The 3 Types of Care in the Home

A company may have one or all of these types of programs.

#1	#2	#3
<p style="text-align: center;">Commonly Called: Home Health</p> <p>Major Payer: Medicare</p> <p>Services Offered:</p> <ul style="list-style-type: none"> ➤ Skilled Nursing ➤ Physical Therapy ➤ Occupational Therapy ➤ Speech Therapy ➤ Medical Social Services (social worker) ➤ Home Health Aide- personal care (bathing, dressing, hair & nail care) <i>Not homemaker/companion care</i> <p>Consumer Needs:</p> <ul style="list-style-type: none"> ➤ Short-term (usually several weeks to months) ➤ Acute needs (exacerbation of illness) (care after surgery) ➤ Medicare Patient is homebound (for duration of care) ➤ Services ordered by Physician ➤ Part-time or Intermittent basis (visits may last 1-2 hours) (could be several times a week) <p>Agency Criteria:</p> <ul style="list-style-type: none"> ➤ Provides two or more of the 6 services listed above ➤ One service must be skilled nursing ➤ Visits must be on intermittent basis (several times a week 1-2 hours) ➤ Follows federal & state regulations ➤ Requires a state home health license ➤ Most likely also Medicare Certified <p>Oversight: MO Department of Health and Senior Services/Bureau of Home Care and Rehabilitative Standards is responsible for licensure and oversight. Telephone for questions 573/751-6336 http://www.health.mo.gov/safety/homecare</p> <p>To voice a complaint call 800/392/0210</p>	<p style="text-align: center;">Commonly Called: In-Home Care</p> <p>Major Payer: Medicaid</p> <p>Services Offered:</p> <ul style="list-style-type: none"> ➤ Homemaker Chore Services (cleaning, cooking, laundry) ➤ Personal Care Assistance (bathing & grooming) ➤ Respite Care (caregiver relief) ➤ Advance Personal Care (assist with activities of daily living when assistance requires devices and procedures related to altered body functions) ➤ Authorized Nurse Visits (i.e., RN fill medicine box) ➤ Adult Day Care ➤ Consumer Directed (Independent Living Waiver- specialized medical equipment, supplies, environmental accessibility adaptations) <p>Consumer Needs:</p> <ul style="list-style-type: none"> ➤ Long-term (usually months to years) ➤ Chronic needs (assistance needed to stay in the home) (help with activities of daily living) ➤ Services ordered by Physician <p>Agency Criteria:</p> <ul style="list-style-type: none"> ➤ Provides home & community based services to elderly & disabled who meet Nursing Home Level of Care & are eligible for Medicaid ➤ Follows state regulations ➤ Requires a contract with the state <p>To request services - DSDS Call Center at 866/835/3505</p> <p>To Report Abuse/Neglect call 800/392/0210</p> <p>To request a care plan or provider change 573-526-8537</p> <p>Oversight: Missouri Medicaid Audit and Compliance (MMAC) 573/751-3399 Questions on opening an in-home /CDS agency or regarding in-home/CDS contract) mmac.ihscontracts@dss.mo.gov IHS/CDS Proposal/Provider Enrollment Information: http://mmac.mo.gov/providers/provider-enrollment/home-and-community-based-services/contract-proposal-information/</p>	<p style="text-align: center;">Commonly Called: Private Duty/Private Pay</p> <p>Major Payer: Private Fund/Insurance</p> <p>Services Offered:</p> <ul style="list-style-type: none"> ➤ Provides only 1 Service (could be nursing or aide services for personal care) ➤ Provides care in Shifts (4 plus hours at a time, may offer both nursing & personal care in shifts) ➤ Provides Staffing (supplies nurses to hospitals, etc.) <p>Consumer Needs:</p> <ul style="list-style-type: none"> ➤ No limit on amount or duration of time in the home (determined by the patient and/or family) ➤ No criteria needed to obtain care (determined by patient and/or family needs) ➤ No Physician order needed for aide giving personal care , respite or companion care <p>Agency Criteria:</p> <ul style="list-style-type: none"> ➤ NO license issued in MO for this type of company ➤ Examples of care that does not meet the Missouri requirement for licensure: <ol style="list-style-type: none"> 1. Company only provides 1 service 2. Company does supply nurse and aide (2 services), but they do shift work of 4 plus hours 3. Company provides 2 or more services, (personal care, chore services & respite care) but only one service (aide) from the "Home Health" list <p>Oversight: No government oversight. If company provides nursing, register complaint with Missouri State Board of Nursing at http://pr.mo.gov/ For Abuse & Neglect 800/392-0210 Issues with fraud, contact the MO Attorney General's Office through the (Consumer Hotline at 800/392-8222.)</p>

Services Offered

Companionship, help with activities of daily living and household chores

Audience

Those that can safely continue to live on their own but require some help

Annual Cost (private pay)

\$40,000 - \$44,000
(M-F, 8 hours per day)



Home Care
Non Medical

Forms of Payment

Typically paid out-of-pocket, however may also be covered by private insurance or Medicaid

Services Offered

Social Activities, health monitoring and therapeutic care

Audience

Those that require monitoring during the day, but have a family member that can look after them in the evening

Annual Cost (private pay)

\$18,000
(M-F, full day)



Adult Daycare

Forms of Payment

Typically paid for out-of-pocket, however may also be covered by private insurance or Medicaid

Services Offered

Social living, health monitoring, help with activities of daily living and household chores

Audience

Those that can safely continue to live on their own but require some help and prefer community living

Annual Cost (private pay)

\$42,000 (base rate)



Assisted Living

Forms of Payment

Typically paid for out-of-pocket, however may also be covered by private insurance or Medicaid

Services Offered

Skilled nursing, medical care and help with activities of daily living

Audience

Those that require skilled nursing care and rehabilitation on a daily basis

Annual Cost (private pay)

\$78,000 - \$87,000



Skilled Nursing
Facility
(Nursing Home)

Forms of Payment

Typically paid for out-of-pocket, however up to the first 100 days may be partially covered by Medicare; may also be covered by private insurance and Medicaid

NOTES

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Back Cover