



SENIOR RESOURCE DIRECTORY

A DIRECTORY OF SERVICES AND
PROVIDERS TO SUPPORT AGING AT HOME



STL VILLAGE – NEIGHBORS HELPING NEIGHBORS

STL VILLAGE
4501 WESTMINSTER PLACE
ST. LOUIS, MO 63108
WWW.STLVILLAGE.ORG
(314) 240-5020



SENIOR RESOURCE DIRECTORY

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This resource directory is posted on the STL Village website: www.stlvillage.org.

This resource was updated on June 14, 2022, but always confirm any information before acting on it.



WELCOME FROM STL VILLAGE

June 2022

Dear Neighbor,

The motto of STL Village is “neighbors helping neighbors” and we are your neighbor. STL Village was established in 2014 with the mission of supporting older adults (age 50 and older) who “desire to age in place” in their community. Our members reside in single residences, apartments, condos, and senior buildings but share a common desire to thrive in their own homes in a safe and healthy manner.

We are a grassroots member-driven nonprofit organization that provides services and programs that enable older adults to thrive. STL Village recruits and trains volunteers to provide transportation for members who no longer drive, perform minor home repairs, assist with computers and other services that allow members to remain in their own homes. In addition, we sponsor social, educational, and wellness programs that allow our members to remain active and connected.

As a membership organization, members pay a fee that is used to support our operations. In addition, we offer subsidized memberships to eligible older adults through the Gloria Gordon Fund. STL Village strives to be a diverse and inclusive organization that represents older adults of all races and ethnicities, religions, income levels, and gender orientations. We work every day to live up to our designation as a United Way Safety Net Partner, joining with them to “help people live their best lives.”

We hope that you will find the information in this Senior Resource Directory helpful and thank AARP and Third and Des Peres Baptist Churches for the generous support that made it possible.

If you would like to become a member of STL Village or would like additional information: please visit our website at www.stlvillage.org or call our office at (314) 240-5020.

Stay Well,
Madeline Franklin
Executive Director

ACKNOWLEDGEMENTS

This Senior Resource Directory has both local and national roots. STL Village thanks **Third and Des Peres Baptist Churches** for the funding that underwrote the original publication of this Senior Resource Directory. Our appreciation is extended to the Des Peres Baptist Church Endowment for Inner City Ministries that provides funding for compassionate and relevant ministries in the City of St. Louis.

STL Village is a proud **United Way of Greater St. Louis Safety Net Agency**. The financial and technical assistance provided by the United Way supports the services and programs of STL Village.

STL Village is grateful to **AARP (American Association of Retired Persons)** for their difference-making Community Challenge Grant. The STL Village (STLV) and Lewis Place Historical Preservation (LPHP) partnership was one of four entities in the State of Missouri to receive this grant. Not only did this grant make possible the expanding and updating of the Senior Resource Directory, but it allowed STLV and LPHP to work together on a literally ground-breaking (and earth-turning) effort in its community garden.

With the AARP grant funding, volunteers worked to enhance the Lewis Place Community Garden. They removed a large dead tree and pruned others, repaired garden boxes and tool shed, and planted trees, shrubbery, perennial flowers and bulbs, and vegetables. In addition, the grant supported the installation of an Artscape created by **St. Louis Artworks** and a much-needed additional garden storage unit.

Among those who made the garden effort a success in this growing season and a foundation for ongoing work are the many people of **Brightside St. Louis, Dream Builders4Equity, Forest ReLeaf, and Gateway Greening**.

BUILDING PARTNERSHIPS TO GROW COMMUNITY: THE POWER OF PEOPLE TOGETHER

The work on the Senior Resource Directory and in the Lewis Place Garden exemplifies the civic and communal values of local people and organizations.

Money can buy many things, but mutual respect and trust are built action by action, step by step. Despite the pandemic, this St Louis community effort perseveres. Many thanks to all the volunteers who spent countless hours on the resource directory and the garden beautification project.

A core value of STLV is to create a diverse and inclusive community that represents the demographics of St Louis. To move forward on that goal, the Community Engagement Committee (CEC) was organized to connect with underserved neighborhoods and build mutually helpful relationships. It was residents from Lewis Place and adjacent Fountain Park neighborhoods serving on the CEC who suggested the restoration of the community garden, building on previous joint projects and events with LPHP and its neighborhood association, including an advocacy training Workshop, tour and discussion of St. Louis #1 in Civil Rights at the St. Louis History Museum, and Gray Power.

THE LEWIS PLACE COMMUNITY GARDEN AND MISS HENRIETTA PARRAM

Looking back after months of hard work despite a pandemic and an economy in free-fall, the long-standing leadership and inspiration of **Henrietta Parram**, a member of both LPHP and STLV, was even more key than many realized at the time. The Lewis Place Community Garden was established in 2009 as a sustainable organic vegetable, fruit, and flower garden on North Taylor at Lewis Place (adjacent to the Commemorative Arch). Miss Henrietta championed the garden and attracted youth and elders alike to sustain it.

A longtime resident of the nearby Fountain Park neighborhood, Miss Henrietta was passionate about the garden and recently explained to a newcomer that “we do not have any fences around our garden. Anyone can come in and get anything. Everyone is welcome here. Our children and seniors started this garden.” She worked tirelessly to persuade people and to grow vegetables, to beautify both the spiritual and physical landscape, coordinating tasks to match the seasons.

As a result of the coronavirus pandemic, the Lewis Place Community Garden remained dormant during the spring and summer of 2020. However, thanks to the commitment and hard work of STL Village members and community residents, the garden was restored, and planting took place. Sadly, Miss Henrietta passed away suddenly during this transformative time, but her legacy continues with each seed that is planted, each flower that blooms, in the

young and old who nurture them. The garden persists. To volunteer in the garden, please contact Pamela Talley at pamelatalley@lewisplacestl.org.

ABOUT THIS DIRECTORY

The goal of this Senior Resource Directory is to provide useful information for older adults who desire to “age in their own homes.” It is designed to help residents who do not use the internet or social media as well as for those who do. The preparers of this directory specifically researched providers and agencies pertinent to older adults. However, we hope that all users of the directory will find the information helpful and easily accessible.

The listings, with some exceptions, are local. In this era, information is updated often online, and this is a printed document, so expect change. Please be aware that some of the contact information and hours of operation for the listings contained in the directory may have changed. It is important that you call to confirm whether the business/agency is currently open and its hours of operation. Likewise, reconfirm eligibility and other details before acting based on information in a particular listing. Remember that librarians can help you search for information online.

We minimized listing some organizations multiple times by dividing the directory into two main parts: Section One lists agencies that provide multiple types of information and help. This section is divided into a section listing organizations serving everyone and ones dedicated and tailored to the needs of older adults. Section Two lists agencies and organizations that focus on one type of information and service—for example, dental care. Throughout, entries are listed alphabetically.

SECTION ONE

❖ MULTI-SERVICE AGENCIES

Organizations listed here offer services and information for a wide range of people, including seniors.

American Red Cross of St Louis

4050 Lindell Blvd, Saint Louis, MO 63108
(800) 448-3543
www.redcross.org

The American Red Cross provides emergency assistance, disaster relief, disaster preparedness education and safe blood services. Provides CPR and water safety certification.

Better Family Life

5415 Page St. Louis, MO 63112
(314) 367-3440
Monday – Friday 8:00 AM – 5:00 PM
www.betterfamilylife.org

This agency's mission is to strengthen families and communities through cultural and arts programs, housing development, workforce development, and community outreach.

Call 2-1-1 United Way Missouri

910 N. 11th St.
St. Louis, MO 63101
(314) 421-4636
(314) 421-0700
Monday–Friday 9:00 AM–5:00 PM
www.helpingpeople.org
www.211helps.org

Provides referrals and assistance in many areas including healthcare; connects community members to healthcare and community resources, emergency housing and food assistance and mental health counseling.

Citizens' Service Bureau (CSB)

1520 Market Street, #4087

St. Louis, MO 63103

(314) 622-4800

Monday–Friday 8:00 AM–5:00 PM

<https://www.stlouis-mo.gov/government/departments/public-safety/neighborhood-stabilization-office/citizens-service-bureau/>

To report a problem, call during business hours or submit a request online 24 hours per day.

The Citizens' Service Bureau's purpose is to efficiently register and route City service requests and answer citizen requests for information. Contact the CSB with any problems—such as trash, water leaks, burned-out streetlights, overgrown vegetation.

City of St. Louis Department of Human Services

1520 Market St., 4th Floor #4065

St. Louis, MO 63103

(314) 612-5900

Monday–Friday 8:00 AM–5:00 PM

<https://www.stlouis-mo.gov/government/departments/human-services/index.cfm>

Coordinates programming and funding through six divisions: St. Louis Area Agency on Aging (SLAAAA), Veterans Affairs, Social Services, the Office on the Disabled, Homeless Services, Youth and Family Services.

United Way of Greater St. Louis

901 North 11th Street

St. Louis, MO 63101

(314) 421-0700 or Call 211

www.helpingpeople.org

Provides emergency food and shelter, assists with establishing financial security, offers quality educational programming and a 24- hour call in service for emergency assistance.

Urban League of Metropolitan St. Louis

Agency Headquarters
1408 North Kingshighway Blvd.
St. Louis, MO 63113
(314) 615-3600

www.ulstl.com

Food & Clothing: The Urban League of Metropolitan St. Louis operates three Food Pantries at the Urban League's office in St. Louis City, St. Louis County and St. Clair County. In addition, clothing at the Clothes Closet is available for free all family members.

Housing/Rental Assistance: The Housing Department provides individual and group counseling along with community partners to educate residents on financial capabilities, credit and money management, pre-and post-purchase housing counseling, loss mitigation outreach sessions and advocacy for fair housing.

Community Mobile Health Unit: The Community Mobile Health Unit brings medical care to residents lacking basic health insurance coverage rather than waiting for them to seek care which may or may not happen, and if it does, may be dangerously delayed.

LIHEAP / Energy Assistance: The Low-Income Home Energy Assistance Program (LIHEAP) is the main federal program that helps low-income households and seniors with their utility bills, providing vital assistance during both the winter and summer.

(See the Urban League entry in the Home Repair and Modification section.)

❖ MULTI-SERVICE AGENCIES FOR SENIORS

Assistance to older adults is the focus of the organizations listed here.

Aging Ahead (formerly St. Louis County Mid-East Area Agency MEAAA)
14535 Manchester Road
Manchester, MO 63011
(800) 243-6060 or (636) 207-0847
Monday–Friday 8:00 AM-4:30 PM

www.agingahead.org

Serving seniors through the journey of aging who reside in St. Charles, Franklin, and Jefferson Counties. Provides information on senior and healthcare resources and educational programs.

American Association for Retired Persons (AARP)

Local email: stlouis@aarp.org

Provides advocacy for issues affecting older adults, sponsors health and wellness activities, educational workshops on caregiving and avoiding scams, and offers discounts on services and products. Supports community initiatives.

Breakthrough Coalition

(MEAAA) Mid-East Area Agency on Aging (636) 207-0847

(SLAAA) St. Louis Area Agency on Aging (314) 612-5918

www.breakthroughcoalition.org

A network of service providers and others concerned with senior issues.

Cardinal Ritter Senior Services

2840 Wisconsin

St. Louis, MO 63118

(314) 961-8000 (housing)

(314) 918-2258 (all other services)

<https://cardinalritterseniorservices.org>

Hours: Monday-Friday 8:00 AM- 5:00PM

Provides affordable housing, assisted living, nursing and dementia care. Connects seniors with food, shelter, utility assistance, and in-home care. Visits by appointment only.

Elderlink

(314) 812-9300

Hours: Monday–Friday 8:30 AM to 5:00 PM

www.jfcs-stl.org

Provides resources and referrals for issues facing older adults. Offers free confidential telephone consultations.

Harvey A. Friedman Center for Aging Institute for Public Health at Washington University

660 S. Taylor Ave.
St. Louis, MO 63110
(314) 747-9234

www.publichealth.wustl.edu

Supports aging initiatives around St. Louis and throughout the world and conducts educational research relevant to aging issues.

Jewish Family Services

10950 Schuetz Road
St. Louis, MO 63146
(314) 993-1000

www.jfsstl.org

Operates the Harvey Kornblum Food Pantry, provides mental health services, financial assistance, and referral services.

Jewish Federation of St. Louis

12 Millstone Campus Dr.
St. Louis, MO 63146
(314) 432-0020

www.jewishinstlouis.org

Hours: Monday-Thursday: 8:00 AM-9:00 PM Friday: 8:00 AM- 4:00 PM

Jewish community's central philanthropic planning and community building organization. Operates food pantry, housing program, and financial assistance to all eligible seniors.

Lutheran Senior Services

1150 Hanley Industrial Court
St. Louis, MO 63144
(314) 968-9313

www.lssliving.org

Provides affordable senior housing, home health and memory care services, and hospice care. Assists seniors with budgeting, bill paying, and applying for benefits.

Memory Care Home Solutions

4389 West Pine Blvd.

St. Louis, MO 63108

(314) 645-6247

www.memorycarehs.org/contact-us/

Provides memory loss assessments and personalized guidance for dementia patients and their caregivers. This service is provided free of charge.

SAGE of Promo Fund

2200 Gravois Suite 201

St. Louis, MO 63104

(314) 862-4900

Website: www.promoline.org

Provides services and advocacy for gay, lesbian, bisexual, transgender older adults.

St. Andrew's Resources for Seniors

1001 Craig Road Suite 200

St. Louis, MO 63146

(314) 726-0111

Monday – Friday 8:00 AM to 5:00 PM

www.standrews1.com

Provides in-home services that enable older adults to remain independent in their homes with home health care providers and private duty nurses, offers short term Medicare rehabilitation. Provides geriatric case management and operates several residential facilities including retirement residences and skilled nursing care.

St. Louis Area Agency on Aging (SLAAA)

1520 Market Street

Room 4086

St. Louis, MO 63103

314-612-5918

Monday – Friday 8 AM – 5:00 PM

www.slaaa.org

Provides a comprehensive and coordinated system of community-based services for older adults in the city. Provides multiple services including disease management, functional needs registry, health insurance and transportation assistance, memory, and aging programs. Serves older adults and persons with disabilities who reside in the City of St. Louis.

St. Louis County Dept of Human Services County Older Resident Programs (CORPS)

9666 Olive Blvd

St. Louis, MO 63132

(314) 615-4516

<https://stlouiscountymo.gov/st-louis-county-departments/human-services/county-older-resident-programs/>

Hours: Monday-Friday: 8:00 AM- 5:00 PM

Most services are free of charge and open to St. Louis County residents age 60+. Assistance with home care and repair, enables seniors to remain in their homes, sponsors age smart and age well program, tax preparation assistance during tax season (314-615-4018), and transportation.

Sankofa Culture and Art Wellness Village NORC

2718 North 13th Street

St. Louis, MO 63106

(314) 669-6300

www.facebook.com/sankofacultureandwellnessvillage

Provides art and culturally grounded wellness and technology programs for adults age 60+ who reside in North St. Louis.

YMCA St. Louis

Gateway Region YMCA – for YMCA locations:

314-436-1177

www.gwrymca.org Prompt: “Find Your Y”

Bayer YMCA (formerly Monsanto YMCA)

5555 Page Blvd.

St. Louis, MO 63112

(314) 367-4646

<https://www.localgymsandfitness.com/US/St.Louis/159546717169/Bayer-YMCA>

The Bayer YMCA is an inclusive family-oriented organization. It is a popular site for older adults to gather during the day for exercise. The location features a fitness center, vision pool, community track, and aerobic multi-purpose room. There is a membership fee. Scholarships are available for qualified persons.

SECTION TWO

Organizations in this section are listed by overall focus.

❖ ASSISTANCE PROGRAMS FOR INTEGRATED SERVICES

CLAIM (Community Leaders Assisting the Insured of Missouri)

(800) 390-3330

Hours: Monday – Thursday from 10:00 am to 3:00 pm

This service funded by the MO Department of Insurance is designed to provide seniors with answers and information on Medicare/Medicaid and other insurance issues. This service is provided free of charge.

Disabled American Veterans

National Service Office

9700 Page Avenue, Suite 101 Room 1-096

St. Louis, MO 63132

(314) 253-4429

Hours: 9:00 AM to 4:00 PM

www.dav.org

Assists disabled veterans with filing benefit claims.

Missouri Department of Health and Senior Services (DHSS)

Address: Jefferson City, MO: headquarters

24-hour hotline: (800) 392-0210/(573) 751-6400

www.health.mo.gov

Local office: 815 Olive St., Unit 10

St. Louis, MO 63101

(314) 340-7360

Monday – Friday 8:00 AM – 5:00 PM

This agency provides health and wellness services for adults and children, coordinates nutrition and health care service, investigates financial, elder, and nursing home abuse complaints, and issues birth and death records.

Missouri Department of Social Services

Multipurpose low-income assistance

(314) 256-7000

www.dss.mo.gov

Local Office

3101 Chouteau Ave. St. Louis, MO 63103

Hours: Monday-Wednesday 8:00AM-5:00PM Thursday, Friday 8:00AM-4:45PM

Provides food, energy, and health care (MO Health Net). Medicaid for seniors and low-income persons.

Missouri Public Service Commission

200 Madison Street

PO Box 360

Jefferson City, MO 65102-0360

(573) 751-3234

Toll free: (800) 392-4211

www.psc.mo.gov

Responsible for regulation of public utilities. Reviews citizen complaints filed against utility companies.

RX Outreach

3171 Riverport Tech Center Drive

Maryland Heights, MO 63045

Mailing address: P.O. Box 66536

St. Louis, MO 63166-6536

(888) 796-1234

Hours: Monday-Thursday 7:00 AM-8:00 PM Friday 7:00 AM-5:30PM

Saturday 9:00 AM-2:00 PM

www.rxoutreach.org

Affordable prescription medications for people who qualify for financial assistance. A fully licensed nonprofit mail order pharmacy.

❖ CONSUMER PROTECTION SERVICE AGENCIES

Attorney General of Missouri (Consumer Division)

207 W. High Street

P.O. Box 899

Jefferson City, MO 65102

Toll-free:(800) 392-8222 Hotline

(573) 751-3321

Hours: Monday-Friday 8:00 AM-5:00 PM

www.ago.mo.gov

The Attorney General's Office is available to resolve consumer complaints at no charge. Provides publications and information about scams. The "Know Your Rights" brochure contains good information about scams and how to avoid fraud.

Better Business Bureau of Missouri (BBB)

211 N. Broadway, Suite 2060

St. Louis, MO 63102

(314)645-3300

Hours of operation Monday-Friday 9:00 AM-4:00 PM

www.bbb.org

Eligibility: All Missouri residents. Verify a health care provider, repair service and other vendors. Report scams.

City of St. Louis Civil Rights Enforcement Agency (CREA)

1114 Market Street, Suite 626

St. Louis, MO 63101

(314) 622-3301

www.stlouis-mo.gov

Email: crea@stlouis-mo.gov

Hours: Monday-Friday: 8:30 AM- 4:00 PM

Investigates fair housing, equal employment, and public accommodation complaints.

Federal Trade Commission (FTC)

877-382-4357 24 hours

TTY 1-866-653-4261

Pass It On: to report imposter scams

www.consumer.ftc.gov

To stay connected: www.FTC.gov/subscribe

Up-to-date information about guarding against Covid-19 contact tracing scams: text message tracing scams and telephone contact tracing scams.

Missouri SMP (Senior Medicare Patrol program)

106 W. Young St,

PO Box 1078

Warrensburg, MO 64093

Hotline help lines: 660-747-5447 Toll-free: 888-515-6565

www.missourismp.org

Purpose: To detect and prevent Healthcare Fraud. Empowering seniors to prevent healthcare fraud. Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse.

Eligibility: all Missouri residents.

SeniorsMatter.com

www.seniorsmatter.com

Information available 24 hours, 7 days/week.

Covid-19 and Health scams, miracle cures, medical supplies, scammers impersonating medical personnel. SeniorsMatter.com is an online community dedicated to providing information to seniors about a variety of issues, including healthcare information.

MO Seniors Legal Helpline

(800) 235-5503

www.moaging.com/legalhelp

For seniors seeking for information and assistance on legal issues.

DENTAL SERVICES

St. Louis Dental Center

1500 Park Ave.

St. Louis, MO 63104

(314) 833-2700

www.stldentalcenter.org

Hours: Monday- Friday 8:30 AM- 5:00 PM

The St. Louis Dental Education and Oral Health Center (St. Louis Dental Center) is a partnership between A.T. Still University's Missouri School of Dentistry & Oral Health and Affinia Healthcare. Provides comprehensive, affordable oral healthcare services for patients of all ages. Assistance is available for low-income seniors through a grant from the St. Louis Senior Fund.

❖ FINANCIAL SERVICES ASSISTANCE

FCB Bank

14040 New Halls Ferry Road,

Florissant, MO 63033

(314) 733-9096

Mon, - Fri. 8 AM – 6 PM; Sat. 8 AM – 1 PM. Call to confirm.

www.fcbbank.com

Services: Personal banking and lending services.

Justine Petersen

1023 North Grand Blvd.

St. Louis, MO 63106

(314) 533-2411

Hours and services may vary: Call to confirm.

www.justinepetersen.org

Hours: Monday- Friday 8:30 AM- 6:30 PM

Provides home buyer education and assistance with credit building, referrals to lenders, real estate agents, home inspectors, down payment and closing cost assistance.

Midwest Bank

5501 Dr. Martin Luther King Dr.

St. Louis MO 63112

(314) 633-1335

Hours Lobby: Monday-Friday 9 AM-5 PM; Saturday 9 AM-12 NOON. Call to confirm.

www.midwestbankcentre.com

Services: banking, mortgages, home equity loans, insurance

Prosperity Connection

(314) 385-1586

Address: 2337 S Kingshighway Blvd Suite 2, St. Louis MO. 63110

Email: info@prosperityconnection.org

www.prosperityconnection.org

Promotes economic independence through financial education, development services, and low-cost banking options.

Simmons Bank

1021 North Grand Blvd.

St. Louis, MO 63106

(314) 227-6368

Hours: Call to confirm.

www.simmonsbank.com

Hours: Monday- Friday: 9:00 AM-5:00 PM

Services: Personal banking and lending services and mortgage loans.

Wells Fargo

(800) 869-3557

Telephone prompt: "Other Options." Then: "Customer Service."

www.wellsfargo.com

Hands-on Banking for Seniors Course: With your mouse, click: "Hands on Banking." Then click: "Seniors and Retirees."

Provides resources on preventing financial abuse, planning for retirement, retirement strategies, social security, money management, health and long-term care insurance, and estate planning.

❖ FOOD AND MEALS: DELIVERY, PICK UP, AND ON-SITE

Aging Ahead: Meals on Wheels

(636) 207-0847/(314) 867-5661 (Ferguson location)

Email: info@agingahead.org

www.agingahead.org

For home-bound seniors 60 plus: short-term or long-term.

Delivery Monday–Friday by trained volunteers

Serving the Counties of St. Louis, Jefferson, St. Charles, and Franklin

(For non-homebound seniors: Aging Ahead Congregate Meal Sites – check your community location.)

Christ Pilgrim Rest Food Pantry

1341 North Kingshighway Blvd

St. Louis, MO, 63113

(314) 367-2974

Hours: Every fourth Thursday 8:00 am to 2:00 pm

Email: Boblalane5899@sbcglobal.net

Crown Center for Senior Living (University City)

8350 Delcrest Drive

St. Louis, MO 63124

(314) 991-2055

www.crowncenterstl.org

Hours for café: 8:00 am to 2:00 pm (presently curbside only)

Offers affordable housing for older adults, operates café that serves breakfast and lunch menu with emphasis on Kosher seasoning.

Fit and Food Connection

2115 Chambers Rd. (Believer's Temple)
St. Louis, MO 63136
Mailing address: 8816 Manchester Rd., #203
St. Louis, MO 63144
Food Assistance hotline: (314) 649-7367
Business telephone: (314) 312-2746
www.fitandfoodconnection.org

Provides fresh and healthy meals to those in need. Offers fitness classes including cardiovascular exercise, one-on-one support involving fitness or nutrition, emergency groceries delivered once a month or as needed to families, food pantry, warm meals for zero to low cost for those in need within the community. Appointments can be made for food pick-up.

Food Outreach, Inc.

3117 Olive St.
St. Louis, MO 63103
(314) 652-3663
www.foodoutreach.org
Hours: Tuesday: 12:00 PM- 7:00PM Wednesday, Thursday, Saturday: 10:00 AM-3:00 PM

Operates a food pantry and provides prepared meals for HIV and cancer patients.

GA Foods

6432 Gravois Ave.
St. Louis, MO 63116
Local: (314) 762-1700
Toll-free: 1(800) 852-2211
www.sunmeadow.com

Meal delivery service. Meals suitable for individuals needing modified diets for diabetes and cardiac disease.

Instacart

www.instacart.com

Senior Support line: 1+ (844) 981-3433

An internet- based grocery delivery service that hand selects groceries. Senior support line is available from 7:00 am to 10:00 pm; agents set up accounts and place orders for older adults age 60 and over.

Lane Tabernacle CME Church

910 North Newstead

St. Louis, MO 63108

(314) 533-0534

Pantry Hours: Saturday 10:00 AM-11:00 AM

Meals on Wheels of Greater St. Louis

P.O. Box 410395

St. Louis, MO 63141

www.mowstl.org

(314) 374-9549 or (314) 268-1523

Delivers meals to homebound seniors. Local delivery services updated.

St. Louis Area Agency on Aging (SLAAA)

1520 Market Street, Room #4806

St. Louis, MO 63103

(314) 612-5918

www.slaaa.org

Hours: Monday-Friday: 8:00 AM-5:00 PM

Provides subsidized hot lunches for seniors in the City of St. Louis Senior Centers located throughout the City of St. Louis.

New Horizon UMC Church

4234 Washington Blvd

St. Louis, MO, 63108

(314) 533-3916

Hours: Thursdays 10:00 AM-12:00 PM

<https://www.newhorizonumc-stl.org>

Provides food for persons in need.

Second Presbyterian Church

4501 Westminster Place

St. Louis, MO, 63108

(314) 367-0366

Hours: Saturday 10 AM-12 NOON

<https://www.secondchurch.net/good-ground-pantry>

Good Ground Pantry provides a 2-to-3-day supply of food to persons in need. Personal and household items are also available.

Sisters Teresa & Bridget Church

St. Vincent De Paul

2401 N. Grand St. Louis, MO, 63106

(314) 289-6101 extension 110 assistance

Hours: 9-12 noon Tuesday mornings for Food Pantry.

Lunch served from 8 AM– 12 noon Thursday.

<https://ststb.org/community-organizations>

Provides canned and fresh food and produce, clothing and utility assistance to neighbors in zip codes 63106, 63107, 63113. Referrals to other St. Vincent De Paul locations for residents in other zip codes.

Eligibility: must reside in service zip codes with photo ID, proof of income, and utility statement. No requirements for lunch on Thursday.

Trinity Episcopal - Trinity Food Ministry

600 North Euclid

St Louis, MO 63108

(314) 361-4655

Hours 1:30-3 pm Tues-Wed, 4-5:30 pm Thurs; Hot Lunch 2 pm Sunday

www.trinitycwe.org

Trinity Food Ministry offers groceries for pick up once per month and meals on Sundays. Use the Washington Avenue entrance.

Eligibility: Photo ID, SSN, DOB for each household member for food assistance. No residence requirement.

Urban League of Metropolitan St. Louis

1408 North Kingshighway Blvd.

St. Louis, MO 63113

(314) 615-3600

www.ulstl.org

Pantry Hours: Monday–Friday 2:00 PM–5:00 PM

❖ FRAIL ELDERLY HOME CARE ASSISTANCE

ACM Care

Address: 12101 Woodcrest Executive Dr Creve Coeur Township

MO 63141

(314) 293-0697

www.acmcare.org

Provides care for older adults and disability support regardless of ability to pay, offers life alert systems and geriatric case management.

Age at Home Health Service

6542 Lindenwood Place

St. Louis, MO 63109

(314) 968-8500

www.ageathomecare.com

Maintains a registry of certified independent caregivers who provide services for homebound seniors and their caregivers.

Griswold Home Health Care

428 McDonough St.

St. Charles, MO 63301

(636) 821-8091

www.griswoldhomecare.com

Provides in home health care service, personal and respite care, medication reminders, transportation, and companionship. Available for 1 hour to 24- hour shifts. Private pay.

Home Care Assistance

12101 Woodcrest Executive Drive, #260

St. Louis, MO 63141

Phone: 314-474-0133

1(866) 454-8346

www.homecareassistance.com

Live-in care designed to maintain client's lifestyle, freedom, companionship, recreation, transportation, light housekeeping, medication reminders, grooming and dressing. Private pay.

Jewish Family Senior Services

10950 Schuetz Road

St. Louis, MO 63146

(314) 812-9300

www.jfs-stl.org

Assist frail elderly and adults with special needs to maintain independence within their home environment and connection to the community.

Lifewise

1321 South 11th

St. Louis, MO 63104

(314) 421-0400

www.Lifewisestl.org

Provides services for seniors age 55+ to help frail older adults remain independent.

SSM Home Care

(314) 989-2700

www.ssmhealth.com/st-louis.com

Provides health care in the homes of patients where family support and familiar surroundings can enhance recovery and healing. Medicare/Medicaid certified.

St. Andrew's Senior Solutions

1001 Craig Road #200

St. Louis, MO 63146

(314) 726-5766

www.standrews1.com

Provides home base services and geriatric case management for seniors to live independently. Private pay, Medicaid, and Circle of Care for low-income seniors.

Well Home

11301Olive Blvd, Suite 1A, Creve Coeur,

St. Louis, MO 63141

(314) 991-3689

www.wellhomeagency.com

Provides in home health care services with flexible schedules to meet client's needs.

❖ HEALTH CARE RESOURCES

CaptionCall

1 (877) 557-2227

Email: Support@captioncall.com

www.CaptionCall.com

Provides large easy to read screens on telephones that enables hearing impaired persons get more from their conversations. This service is free of charge and federally funded as part of the Americans with Disability Act. Anyone with certified hearing loss is eligible to participate anywhere in the U.S. at no cost. The telephone is provided at a reduced cost.

Elderlink

(314) 812-9300

www.info@jfcs-stl.org

Provides answers and referral for issues facing older adults. Elderlink offers free confidential telephone consultation. Monday to Friday, 8:30 am--5:00 pm

General Electric Answer Center

800-626-2000 press option 4

For people with visual challenges, free braille overlays for some GE microwaves. Have the model and serial numbers available when calling.

Hearing Loss Association of America

25 East Frisco Ave,
Webster Groves, MO 63119
www.hearinglossstl.org

Provides information for persons with hearing loss, advocates for persons with hearing loss on federal, state, and local level and publishes magazine with information on personal stories and latest technology.

Lutheran Senior Services Outreach Services

(314) 446-2475
www.LSSAgingAnswers.org

Aging Answers is a service provided by Lutheran Senior Services that provides information for seniors on a variety of subjects (adult day care, affordable senior housing, respite care, food pantries, etc.). This is a free community service.

St. Louis Society for the Blind and Visually Impaired

8770 Manchester Road,
Brentwood, MO 63144
(314) 968-9000
www.slsbvi.org

A nonprofit organization that provides vision rehabilitation, adaptive education, assistive technology, and support services. Many of the services are free or at a reduced rate.

Sprint Captel

(888) 269-7477

www.sprintcaptel.com/resources

Provides telephone service for older adults with hearing loss with a read along screen telephone. A no-cost federally funded program supports this service. Eligibility requirements: person must be certified with hearing loss by audiologist, U.S. citizen, must have pre-existing telephone or internet service.

❖ HOME GARDENING

Home gardening indoors and out can provide fresh vegetables and a way to relax and refresh. To get started or to keep going, you can volunteer in one of the gardens near your home. Getting plants may be as easy as talking to a friend or neighbor—some people often trade seeds and plants.

Many St. Louis organizations can be of help. For example, the first two listed below are located near the Lewis Place Community Garden. Gateway Greening is a non-profit and Bowood Nursery & Supply is a retail provider. In addition to plants, they offer classes.

Gateway Greening

Address: 5501 Delmar Blvd #B270,

St. Louis, MO 63112

(314) 588-9600

www.gatewaygreening.org

Nursery: Carriage House

3815 Bell Ave.

St. Louis, MO 63108

Call for questions and assistance.

Bowood Nursery & Supply

4605 Olive Street

St. Louis, Missouri 63108

(314) 454-6868

Hours: Monday-Saturday 9:00 AM-5:00 PM (check hours before visiting)

www.bowoodfarms.com

The next organizations are non-profits in St Louis. With a few exceptions, both focus on Missouri native plants. Brightside STL helps with cleanup efforts and other events where lots of volunteers are needed. Forest ReLeaf of Missouri concentrates on native trees and shrubs.

Brightside St. Louis

4646 Shenandoah Ave.

St. Louis, MO 63110

(314) 772-4646

Monday-Friday 8:30 AM-5:00 PM Check before visiting.

www.brightsidestl.org

Forest ReLeaf of Missouri

Office: 4168 Juniata Street, Suite 1

St. Louis, MO 63116

(314) 533-5323

Email: info@moreleaf.org

<http://moreleaf.org>

Nursery: CommuniTree Gardens

2194 Creve Coeur Mill

St. Louis, MO 63146

❖ HOME REPAIR AND MODIFICATION

Fountain Park Home Repair Program

4503 Lewis Pl, St. Louis, MO 63113

(314) 529-1344

<https://www.parkplacehed.org>

Hours: Call for appointment

A neighborhood repair program designed to serve families and individuals in danger of becoming homeless due to the need for emergency repairs. Services include siding and trimming repair, handrails at property entrance, window repair, gutter replacement, weather stripping at doors and windows, landscaping, general outdoor cleanup.

Eligibility: Homeowner over age 62, low income. Documents needed: social security card, current driver's license, verification of mortgage, or deed of trust, two most recent bank statements, copies of payment stubs for past 60 days for all working adults in household, tax returns for last year if self-employed.

Justine Petersen

1023 North Grand

St. Louis, MO 63106

(314) 533-2411 ext. 138

Email: cbaker@justinepetersen.org for an application

www.justinepetersen.org

Monday- Friday 8:30 AM- 6:30 PM

Administers owner-occupied, home rehab program for income eligible homeowners in the City of St. Louis; will provide up to \$5000 in forgivable funds per household for eligible home repairs.

Mission: St. Louis

Main Office:

3108 North Grand Blvd,

St. Louis, MO 63107

314-534-1188

Hours: Monday-Friday 8:30 AM-4:30 PM

Offers eligible residents of the City of St. Louis assistance with minor home repair.

Metropolitan Home Repair Program

(314) 771-5000

Email: Sam at sam@missionstl.org

www.homerepairstl.org

A non-emergency minor repair service through the metropolitan home repair program. Services provided: safety and security modifications, energy

efficiency, accessibility modifications, minor plumbing, electrical, and carpentry work. Eligibility: resident of St. Louis City, over 62 years of age or disabled, own home and live in it, low/moderate income requirements, current on property taxes. Documents required: income verification for all household members, birth certificate or state identification, social security card of homeowner, if applicable: proof of disability.

Park Central Development Corporation

4512 Manchester Avenue #100

St. Louis, MO 63110

(314) 535-5311

www.parkcentraldevelopment.org

Monday – Friday, 9:00 am to 5:00 pm

Supports commercial and residential development and provides minor home repairs and other services to older adult residents

St. Louis Area Agency on Aging (SLAAA)

1520 Market Place Room 4065

St. Louis, MO 63103

(314) 612-5915

www.slaaa.org

Volunteers are available to provide minor home repairs for seniors living in St. Louis City. Services include yard work, painting, gutter cleaning, plumbing.

St. Louis Community Development Administration

Healthy Home Repair Program

1520 Market Street, Suite 2000

St. Louis, MO 63103

(314) 657-3888

Hours: Monday-Friday 8:00 AM-5:00 PM

www.stlouis-mo.gov/cda

Services provided: repair code violations, repair of leaking roofs, broken lines, and hot water heaters.

Eligibility requirements: must have lived in home for two years, aggregate of household income below \$45,000, have clear title to property, primary residence, working utilities, homeowners insurance, current on mortgage.

Documents required: recorded warranty deed to home, MO driver's license or ID, Social Security card (copy), copy of last year's Federal income tax, paid real estate bill, MSD bill, checking and savings account statement, proof of income, utility bills.

Rebuilding Together

357 Marshall Avenue, Suite 2

St. Louis, MO 63119

(314) 918-9918 ext. 116

www.rebuildingtogether-stl.org

A non-profit organization that brings volunteers and communities together to improve the lives of low-income homeowners, especially to complete safety repairs for seniors. Services provided: electrical and plumbing repairs, exterior repairs, exterior and interior painting doors, windows, walls, and floor repairs, grab bars and railings, and air conditioning and heating. Eligibility: must be a homeowner above age 65 or a US military veteran; reside in the home which must be in the City of St. Louis or counties of St. Louis, St. Charles, Franklin, and Jefferson Counties. Documents required: valid state ID or license and financial records.

Six Hour Organizer

1927 St. Clair

St. Louis, MO 63144

(314) 578-2914

Downsizing and decluttering services for the disorganized individual moving into a smaller space. Home improvement and modification.

St. Louis Association of Community Organizations (SLACO)

5888 Plymouth

St. Louis, MO 63112

(314) 361-9406

www.slaco-mo.org

Supports neighborhood organizations and residents of the City of St. Louis

Urban League of Metropolitan St. Louis

Urban League Minor Home Repair Program

(314) 615-3646

www.ulstl.org

Minor Home Repair Program

Housing Counseling Program

<https://www.ulstl.com/housing-counseling.html>

Provides minor home repair and weatherization. Eligibility: Over 62 years of age, own home in St. Louis, current on all bills, has property information. Other help includes housing counseling, housing, and rental assistance.

❖ HOUSING ASSISTANCE SERVICES

Beyond Housing

6506 Wright Way

St. Louis, MO 63121

(314) 533-0600

www.beyondhousing.org

Beyond Housing provides assistance with home ownership, home repair, rent, senior housing options, and foreclosure support.

Cardinal Ritter Senior Services

7601 Watson Road

St. Louis, MO 63119

(314) 961-8000

www.cardinalritterseniorservices.org

Provides information on affordable housing, assisted living and skilled nursing/rehabilitation.

Catholic Charities

800 North Tucker Blvd.
St. Louis, MO 63101
Housing Helpline

www.rentassistance.org/program/catholic_charities

(314) 802-5444

Provides emergency housing assistance, rent assistance, and other housing services.

HOPE (Housing Options Provided for Elders, Inc.)

(314) 776-0155

www.hopeforseniorsstl.org

Address: 7300 Dartmouth Ave, Suite 100, University City, MO 63130

Provides free, in-home counseling and case management for adults age 60 and over. Maintains a list of subsidized and affordable housing in the City and County of St. Louis and helps with reverse mortgage conversions. Appointments are required.

St. Louis Housing Authority

3520 Page Blvd.
St. Louis, MO 63106
(314) 531- 4770

www.slha.org

Operates public housing and Section 8 (Housing Choice vouchers) in the City of St. Louis. Waiting lists for these programs are presently closed. The St. Louis Housing Authority provides home ownership education and assistance.

VOYCE

Address: 8050 Watson Rd Ste. 155, St. Louis, MO 63119

(314) 918-9822

Toll-free: (866) 918-8222

www.voycestl.org

Free assistance locating and evaluating options for residential care (assisted living) and nursing homes. Long-term care and information on Medicaid and Medicare.

Heat Up St. Louis/Cool Down St. Louis

Address: 1520 Market St #4038, St. Louis, MO 63103

(314) 241-7668/ (314) 241-0001

heatupstlouis.org

Provides assistance with utility payments, referrals, and grants for income qualified individuals for heating and cooling.

❖ LEARNING RESOURCES

Aging Ahead (formerly St. Louis County-Mid-East Area Agency)

14535 Manchester Rd.

Manchester, MO 63011

(636) 207-0847

Monday-Friday 8:00 am – 4:30 pm

www.agingahead.org

Provides health and wellness programs for residents of St. Louis County.

AARP (American Association of Retired Persons)

Missouri Office: (866) 389-5627

www.aarp.org

Offers workshops and classes on health and wellness, hearing tests, and driver safety along with other services for brain health for older adults.

OASIS Institute

50 Gay Avenue

St. Louis, MO 63105

(314) 862-4869, ext. 24

www.oasisnet.org

Offers classes for adults on a variety of topics including health and wellness, current events, art and culture, history, and politics. Classes are presently offered virtually due to COVID-19.

Osher Lifelong Learning Institute (OLLI)

Located in West Campus of Washington University

9 Jackson Avenue

St. Louis, MO 63105

(314) 935-4237

www.osher.wustl.edu

Offers intellectually challenging education classes and group study courses for mature adults based on peer learning and cooperative discussion (currently closed due to COVID-19).

St. Louis Area Agency on Aging (SLAAA)

City of St. Louis Department of Health and Human Services

1520 Market St, Room 408

St. Louis, MO 63103

314-612-5918

Monday-Friday 8 AM – 5 PM

www.slaaa.org

Provides health and wellness classes and training. Serves older adults and persons with disabilities who reside in the boundaries of the City of St. Louis.

St. Louis Public Library-Central Library

Adult Outreach

1301 Olive St. Main Branch

St. Louis, MO 63103

(314) 241-2288

www.slpl.org

Adult Outreach provides van service to 87 senior sites, nutrition sites, nursing homes, adult daycares. For van service call 314-340-2401 (call main phone number above if there is a change). Also, books by mail are offered to homebound seniors and others. This service is for patrons who have no one to pick up library materials and who do not live at a library outreach delivery site. Homebound patrons interested in registering should contact Center for the Reader at (314) 539-0396 (again, call main number if this number has changed).

St. Louis Public Library-Schlafly Branch

225 N. Euclid Ave.

St. Louis, MO 63108

(314) 367-4120

Mon., Tues., Fri., Sat. 11:00 AM-5:00 PM; Wed., Thurs. 1:00 PM–7:00 PM

www.slpl.org

Provides resources and a comfortable environment that support older adults' quality of life. Call Central Library's main phone number above for other branch locations and hours of operation.

❖ LEGAL SERVICES

Legal Services of Eastern Missouri (LSEM)

4232 Forest Park Avenue, St Louis, MO 63108

Main (800) 444-0514 or (314) 534-4200

Phone hours Monday-Friday 8:30 am-5:00 pm

www.lsem.org

Services: LSEM provides free civil legal assistance, advice, and information for low-income people and the elderly. Clients must meet financial eligibility based on household income(s) or meet other qualifications for consultation or representation. Interpreters are available for the hearing impaired and accessibility accommodations are available, as needed. Information and training services are free and open to the public.

Missouri Developmental Disabilities Council (MODDC)

www.moddcouncil.org

<https://moddcouncil.org/resources/guardianship-resource-guide/>

Offers a comprehensive Guardianship/Conservatorship Resource Guide.

Missouri Senior Legal Helpline

(800) 235-5503

www.moaging.com/legalhelp

Helpline consists of state-wide toll-free number and an online system to provide legal information and make referrals for brief legal advice.

❖ MEDICAL ALERT SYSTEMS

AARP (American Association of Retired Persons)

www.aarp.org

Has excellent detailed information on its website about how to assess the many medical alert systems to find the right personalized plan for you. A librarian to help you locate “How to Choose a Medical Alert System” on the AARP website. AARP partners with Philips Lifeline (see below).

Philips Lifeline

855-332-7799

Monday–Friday 7:00 am–8:00 PM (Central Time)

www.lifeline.philips.com

Offers a variety of medical alert systems. For Lifeline Services covered under Medicaid, please call the office number and you will be connected. Some medical insurances cover medical alert devices—check with your provider. Lifeline with Auto Alert the medical alert pendant is available. Wireless Communicator available—no phone line needed. Discounts may be available.

❖ MEDICAL (HOSPITALS/HEALTH CENTERS)

Barnes-Jewish Hospital

Washington University

Geriatric Services

4921 Parkview Place, Suite 5c

(866) 457-5145

www.barnesjewish.org/Medical-Services/Geriatric

Provides assessments for older adults and offers a wide range of medical and surgical services for older adults.

Dedicated Senior Medical Center

3649 Page Blvd,

St. Louis, MO 63113

(314) 288-0071

7 days/week 7:30 AM–5:00 PM

(Doctor on call 24 hours/day)

www.dedicated.care

Complete on-site coordinated senior health care. Eligibility for services: Medicare Advantage Plan insurance with Humana or Essence. Medicaid and straight Medicare not accepted.

Des Peres Hospital

2345 Dougherty Ferry Road
St. Louis, MO 63122
(314) 966-9100

www.despereshospital.com/geriatrics

Specializes in older adult medicine.

Mercy Hospital South (formerly St. Anthony's Medical Center)

Acute Rehabilitation
10010 Kennerly Road
St. Louis, MO 63128
(314) 525-1000

www.mercy.net

Provides rehabilitation services following hospitalization.

Rehabilitation Institute of St. Louis

4455 Duncan Ave.
St. Louis, MO 63110
(314) 658-3800

Speak with a team member Monday–Friday 8:00 AM–5:00 PM

Support group: Stroke Family Warmline (888) 478-7653

www.encompasshealth.com

Provides services for persons dealing with life after a stroke, maintains support group registry and offers educational support for caregivers and survivors. Serves St. Louis seniors.

SLU Care Complete Geriatric Care

3635 Vista Drive, Suite 204., St. Louis, MO 63110
(314) 977-4440 (Call Center: Call for a doctor referral)
Monday-Friday 8:00 AM-4:30 PM
www.slucare.edu/geriatric-medicine

Provides complete geriatric assessment and services.
Eligibility: Medicare and Medicaid.

❖ REGISTRY FOR DISASTER ASSISTANCE

City of St. Louis Functional Needs Registry

The City of St. Louis
Department of Human Services Attn: FNR
1520 Market St 4th Floor
St. Louis, MO 63103
Local: (314) 657-1676
Toll-free: 877-612-5918
www.stlcityfunctionalneeds.org

Emergency preparedness tool that registers older adults and people with disabilities who will need assistance during a disaster. Residents must live in St. Louis City.

St. Louis County Access Functional Needs Registry

Address: 1520 Market, 4th Floor #4065, St. Louis, MO 63103
Phone: 314-612-5900
<https://stlouiscountymo.gov/st-louis-county-departments/human-services/functional-needs-registry/>
Hours: Monday - Friday 8:00 AM - 5:00 PM

Emergency preparedness tool that registers older adults and people with disabilities who will need assistance during a disaster. Applicant must be a St. Louis County resident.

❖ RESOURCE ORGANIZATIONS

Alzheimer's Association of St. Louis Chapter

9370 Olive Blvd.

St. Louis, MO 63132

(800) 272-3900 24- hour helpline

Monday – Friday 9:00 AM -5:00 PM

www.alz.org/stl

Serves St. Louis seniors with education, support, and connection for all those facing Alzheimer's and other dementias throughout the community whether you are living with the disease, are a family member or a caregiver. Support groups for people with memory loss, where families can connect for support, education, and assistance.

American Cancer Society St. Louis

4207 Lindell Blvd.

St. Louis, MO 63108

(314) 286-8150

8:30 AM – 5:00 PM Monday - Friday

24- hour national hotline: (800) 227-2345

www.cancer.org

Provides information on cancer and resources for prevention, dealing with cancer, supporting patients and caregivers, support groups.

American Diabetes Association

15455 Conway Road, Suite 360

Chesterfield, MO 63017

(314) 822-5490

Monday – Friday 8:30 AM – 5:00 PM

www.diabetes.org

Provides informational materials, education, support, connection with local resources for persons with diabetes.

American Heart Association and American Stroke Association St. Louis

460 N. Lindbergh Blvd.
St. Louis, MO 63141
Local Branch: St. Louis Midtown
4643 Lindell Blvd
St. Louis, MO 63108
(314) 692-5635
www.heart.org

Provides guidelines for heart health and stroke prevention, sponsors health events, support groups for persons dealing with heart disease.

American Kidney Foundation

1001 Craig Rd., #480
St. Louis, MO 63146
(314) 961-2828: follow extension prompts for information
Hours vary.
www.kidney.org

Provides kidney disease information and support.

American Lung Association St. Louis

7745 Carondelet Ave., Suite 305
Clayton, MO 63105
Phone: 314-645-5505
1(800) 586-4872 (1-800-LUNGUSA)
Press extension#1 for local programs, #2 to speak with a nurse or respiratory therapist.
www.lung.org

Provides information and resources for persons with respiratory illnesses, smoking cessation programs offered.

American Stroke Association

www.stroke.org
To learn more call (800) 242-8721

Provides information about stroke warning signs, stroke prevention, stroke recovery. Helps to reduce the incidence and impact of stroke.

Arthritis Foundation

Eastern Missouri Chapter
9433 Olive Blvd Suite 100
St. Louis, MO 63132
(314) 991-9333 Extension "0"
www.arthritis.org

Provides patient services and education programs and support for persons with arthritis and other rheumatoid diseases.

Center for Hearing & Speech

9835 Manchester Road
St. Louis, MO 63119
(314) 968-4710
www.chsstl.org

Provides hearing and speech testing, diagnostic services, and hearing aid repair.

Deaconess Nurse Ministries

3159 Fee Fee Road
St. Louis, MO 63044
(314) 395 4655
Office Hours: Monday – Friday 9:00 AM – 5:00 PM
www.faithnurses.org

Faith Community Nurses serve St. Louis City and surrounding counties, providing mental, physical, and spiritual health services to members in various communities that do not have access to such services regularly. Nurses collaborate with a primary care provider or hospital to decrease the number of preventable hospitalizations and emergency room visits for the low- income chronic disease adult. Eligibility: Senior St. Louis residents who need financial help with all aspects of healthcare.

Department of Health and Senior Services

Phone: 314-340-7360

Email: info@health.mo.gov

Assess need for in-home services to prevent pre-mature nursing home placement. Assistance determines eligibility for state and federal programs.

Hearing Loss Association of America

www.hearingloss.org

Provides local support to persons living with hearing loss.

Knight Alzheimer's Disease Research Center (ADRC)

4488 Forest Park, Suite 130

St. Louis, MO 63108

(314) 286-2683

www.knightadrc.wustl.edu

Provides assessments, diagnosis, medical research and support groups, workshops, newsletter. Serves St. Louis seniors for dementia patients and their caregivers.

Lutheran Senior Services

1150 Hanley Industrial Ct.

St. Louis, MO 63144

Phone: 314-968-9313

www.LSSOutreach.org

Provides community resources to seniors and their families that allow them to maintain or improve their independence.

Memory and Aging Project Satellite (MAPS)

1520 Market Street, Room 4086

St. Louis, MO 63103

(314) 612-5911

www.slaaa.org

<https://www.stlouis-mo.gov/government/departments/human-services/aging-services/memory-and-aging.cfm>

MAPS is an outreach program designed to assist St. Louis residents, age 65 and older, who show signs of memory loss or confusion. MAPS partners with the St. Louis Area Agency on Aging in the Department of Human Services, City of St. Louis and is an extension of Washington University's Memory and Aging Project. All services provided by MAPS are free of charge.

The MAPS goal is to help clients live at home as independently and as safely as possible with support services, and if appropriate, for eligible clients to participate in ongoing studies of memory loss.

Support services include:

- one in-home assessment and memory test
- education and counseling for client and family
- identifying needs and eligibility for support services.

Missouri Lupus Foundation

Address: 8050 Watson, Road, Suite 169, St. Louis, MO 63119 (314) 644-2222

Monday-Friday 9:00 AM – 5:00 PM

www.lupus.org/heartland

Assists lupus patients and their families through education, support groups, research and patient financial support when needed.

Psychological Counseling for Seniors

Linda Pevnick, LCSW

655 Craig Road

Suite 320

Creve Coeur. MO 63141

(314) 567-5360

www.LindaPevnickMSW.com

Psychological and emotional counseling for seniors. Medicare provider. No out-of-pocket fees with Medicare plus a supplement. Telephone or Zoom counselling available.

Saint Louis County Human Services

(314) 615-4516

[www.@stlouisco.com](http://www.stlouisco.com)

Offers a wide range of services that allow older adults age 60 and above to continue living in own homes. Some programs may have additional eligibility requirements. Services provided by caring community volunteers.

State Health Insurance Assistance Program (SHIP)

1(800) 318-2596

Website: www.healthcare.gov

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Provides counselling for seniors with Medicare. enrollment and billing issues, Medicare prescription drug plans, supplement insurance, long-term care planning, Medicare Advantage Plans, appeals and grievances, suspected waste, fraud, and abuse. Free and confidential help.

❖ SUPPORT

AND ASSISTANCE (EMOTIONAL/ PSYCHOLOGICAL)

Al-Anon Family Groups

14 Sunnen Drive, Suite 144

Maplewood, MO 63143

(314) 645-1572

Hours of operation: 9:00 AM-5:00 PM (After hours and weekends, there is an answering service)

www.stl-al-anon.org

Self-help support groups for help for the family and friends of persons with addiction to alcohol. No fees.

Alcoholics Anonymous (AA)

14 Sunnen Drive, Suite 144

Maplewood, MO 63143

314-647-3677

Self-help support groups for help with alcohol problems. No fees.

Christian Home Care Services, Inc.

(618) 537-9590

www.chesinc.org

Helps with Medicare issues including Part D, utility assistance, tax forms, prescription assistance.

Narcotics Anonymous (NA)

St. Louis

(314) 830-3232

24-Hour Helpline

www.stlna.org

Phone and web Information provided for local NA meetings in St. Louis City and County. For St. Charles County, call (636) 697-8406. Self-help support groups for help for problems with drug addiction. No Fees

Narc-Anon Family Groups

(800) 477-6291

The national resource line gives local information for meetings in St. Louis. Phone line open Monday–Friday 11 AM–7PM Central time (Pacific time 11 AM–7PM)

www.nar-anon.org

Self-help support groups for help for family and friends of addicts. No fees.

NAMI (National Alliance on Mental Illness)

(888) 999-6264 (Member Services)

www.nami.org

Grassroot mental health organization dedicated to building better lives for people affected by mental illness. A free support system.

❖ TECHNOLOGY AND COMPUTER SUPPORT

Launch Code

4811 Delmar
St Louis, MO 63108
(314) 254-0107
Hours: Call to confirm
www.launchcode.org

Services: Offers free technology education and job placement to bring new people into the tech field.

OASIS Institute

50 Gay Avenue,
St. Louis, MO 63105
(314) 862-4859
www.oasis.net

Offers computer classes throughout the metropolitan St. Louis area; provides one-on-one assistance with electronic devices, offers classes on a wide variety of subjects including health and wellness, culture and art, history, and politics.

St. Louis Public Library-Central

1301 Olive,
St. Louis, MO 63101,
(314) 241-2288 Main number
www.slpl.org/tech-connect

St. Louis Public Library is providing one-on-one virtual technology assistance via telephone, by email or Zoom meetings—call or schedule or sign up online for an appointment. In addition, there are in-person computer classes at Julia Davis and Buder Branch Libraries—call Central Library to inquire.

Thomas Dunn Learning Center

3113 Gasconade,
St. Louis, MO 63118
(314) 353-3050
<https://tdunn.org>

Offers computer and high school equivalency classes for older adults.

❖ TELECOMMUNICATIONS

Access from AT&T

(877) 723-7388

<https://www.att.com/internet/access/?source=&WT.srch=1&wtExtndSource=access%20from%20att>

Access from AT&T is a low-cost or free program for home internet. Home internet services are available to eligible households who participate in the Supplemental Nutrition Assistance Program (SNAP).

You will need to provide the following documents when applying:

- Supplemental Nutritional Access Program (SNAP)
- Proof of Income (Temporary)
- National School Lunch and Head Start Programs (Temporary)
- Proof of Social Security benefits

Link Up America

(AT&T) (800) 464-7928

TTY (hearing impaired) (800) 833-3232

Helps low-income adults to obtain and maintain (Lifeline) phone service available at discounted rates. Service available only to those receiving SSI, energy credits or Medicare/Medicaid.

Relay Missouri

Telecommunications Relay Service

(816) 655-6700

TTY (hearing impaired) (800) 833-3232

www.at.mo.gov

Full telephone accessibility to people who are deaf, hard-of-hearing and/or speech disable people. Telephone equipment is available to qualified users with special needs.

❖ TRANSPORTATION

This section lists several forms of transportation: taxicabs; general call ride services; medical transportation; public transport; and help with cars and repairs.

TAXICABS

ABC Checker Cab

(314) 725-2111

www.abccabco.net

County & Yellow Cab

(314) 991-5300

www.countycab.com

Harris Cab Company

(314) 371-7111

Laclede

(314) 652-3456

www.lacledecab.com

OTHER GENERAL CALL RIDE SERVICES

City Seniors Incorporated

314-352-0141

Hours: Monday-Friday 8:00 AM-3:30PM

City Seniors provide safe, courteous curb-to-curb transportation for St. Louis City residents 60 years and older, their spouses and caregivers over age 18. Disabled persons age 18–59 are eligible with certification of disability.
Cost: Suggested contribution is \$3 each way.

GoGo Grandparents

(855) 464-6872

Hours: 24 hours a day/7 day a week

This service orders licensed and authorized transportation services on your behalf even if you do not have a smart phone.

Lyft/Uber

Hours: 24 hours a day/7 day a week

Lyft and Uber provide on-demand transportation by accessing their online apps or calling GoGo Grandparents. In addition, St. Louis Area Agency on Aging (SLAAA) has a contract with Lyft to provide free access to Lyft for City of St. Louis residents who do not have a smart phone by calling (314) 612-5918. Ride cost: varies depending on mileage.

Metro Call-A-Ride

(314) 652-3617

(888) 652-3617 toll free

www.metrostlouis.org

Hours: Mon–Fri 4:00 AM–12 AM and Sat – Sun 6:00 AM–10:00 PM

Fees: Vary

Services: Provides curb-to-curb service in St. Louis City for older adults and the disabled with advanced reservations.

Mobility for U

(314) 989-1010

Mobility for U provides transportation in wheelchair accessible vans. Vans are available to rent by the day, week, month or longer. They offer chauffeur service, airport drop-off and pick-up as well as concierge service. Servicing St. Louis, Jefferson, and St. Charles counties. Ask about cost.

OATS Transit Corporate Office

2501 Maguire Blvd.

Columbia, MO 65201

(888) 875-6287

Transportation pick up to work, grocery store, and doctor's appointment. Provides you the freedom to live independently. Services Deviated-Fixed Routes Medical & Dialysis Transportation Disability Programs Intercity Express Routes Rural General Public Senior Transportation Veteran Hospitals & Clinics, Other Services. Ask about cost.

Seniors on the Fly

(314) 591-9911

Hours: 8:00 AM-8:00 PM

Seniors on the Fly specializes in providing specialized transportation and related life assistance services for those 62 and over. Transportation provided for doctor appointments, hair and nail salons, and airport pickups. Serving St. Louis City and County. Ask about cost.

ZipCare

(314) 292-7302

Hours: Every day but Sunday 8:00 AM-8:00 PM

ZipCare is a non-emergency transportation company serving the needs of St. Louis and surrounding communities. Service/Transportation Options: car/van service, individuals with disabilities, Medicaid eligible, Seniors, and wheelchair accessible. Service area includes St. Louis City and surrounding counties. Ask about cost.

TRANSPORTATION - MEDICAL

American Cancer Society

“Road to Recovery”

1-800-227-2345

www.cancer.org

Hours of Operation: Dependent on Appointment.

Offers transportation to and from cancer treatment and doctor’s appointments. Call to see if eligible for the service. Fees: None.

County Older Resident Programs (CORPS)

(314) 615-4516

Hours: Mon–Fri 8:00 AM–5:00 PM

Services: Volunteers use their own vehicles to transport older adults (60+) living in St. Louis County to and from medical appointments. Ask about cost.

Disabled American Veterans Association (DAV)

(314) 253-4429

Office hours: Monday-Friday 7:00 AM-2:30 PM

Address: 9700 Page Ave Suite 101 RM#1-096, St. Louis, MO 63132

Medical transportation for veterans in St. Louis City and County. DAV operates a fleet of vehicles to provide transportation to Jefferson Barracks on Monday, John Cochran on Tuesday, and St. Charles Clinic on Wednesday to provide free transportation to VA medical facilities for injured and ill veterans. Ask about cost.

Express Medical Transporters Inc.

St. Louis City

(314) 781-6400

Hours of Operation: 5:00 AM to 6:00 PM

www.rideemt.com

Serves people with Medicaid. Provides transportation for anyone, non-emergency medical or non-medical. Fee: Varies depending on mileage.

Medicaid Non-Emergency Medical Transportation (NEMT)

1(866) 269-5927

Hours of Operation: Monday through Friday, 8:00 am to 5:00 pm

Cost \$2 per ride

You will not be denied a ride if you cannot pay \$2. The purpose of the NEMT program is to ensure transportation to eligible MO HealthNet Division (MHD) fee-for-service and managed health care plan participants who do not have to and from scheduled MHD covered services.

Peregrine Society

(314) 781-0228

Hours: Mon-Fri dependent on appointment; schedule 2 days in advance.

www.peregrinesoc.org

Address: 2343 Hampton Ave, St. Louis, MO 63139

Provides transportation for cancer treatment appointment and other assistance.

TRANSPORTATION- PUBLIC MASS TRANSIT

MetroBus and MetroLink

314-231-2345

www.metrostlouis.org

Hours of Operation: on website

Fees:

Vary

Metro Reduced Fare ID Locations to obtain: Disabled --317 DeBaliviere, 63112

Seniors --701 Convention Plaza, 63101

St. Louis metropolitan region's public transportation system

HELP WITH CARS AND REPAIRS

Low-Income Automotive Needs St. Vincent de Paul Auto Repair

St. Vincent de Paul partners with automotive centers for clients to provide reduced auto repairs.

(314) 881-6000

SVDP

(314) 881-6000

Provides automobiles to people who need secure employment, take family members to the doctor, and generally improve their lives. Qualified persons are referred by a local St. Vincent de Paul Society and must have both need and ability to maintain a car.

❖ WELLNESS

AARP (American Association of Retired Persons)

866-389-5627

www.aarp.org

Health & Wellness prompt: Health information, Reports, Healthy Lifestyle, Hearing Test, etc.

Monday–Friday 5:00 AM–10 PM, Saturday 5:00 AM–11:00 AM Central time

St. Louis AARP information center:

Email: stlouis@aarp.org

Provides resources, programs, activities, and information to improve senior health and quality of life.

Agency for Healthcare Research and Quality

www.ahrq.gov/questionsaretheanswer

Resource for information on health issues such as screenings for diseases before you have symptoms (blood pressure monitoring, mammograms, pap smears, human papilloma virus (HPV), colonoscopy, and screening for diabetes (high blood sugar).

Ageing Ahead

14535 Manchester Rd., Manchester, MO 63011

(800) 243-6060

(636) 207-0847

Monday–Friday 8:00 AM-4:30 PM

Email: info@agingahead.org

www.agingahead.org

Provides programs for health and wellness. Serving seniors in the Counties of St. Louis, St. Charles, Franklin, and Jefferson. Eligibility: all seniors.

Go4Life

www.nia.nih.gov/Go4Life

Go4Life is an exercise and physical activity campaign from the National Institute on Aging at the National Institutes of Health, Washington, DC.

Harvey A. Friedman Center for Aging

Institute for Public Health at Washington University

660 S. Taylor Ave.

St. Louis, MO 63110

314-747-9234

www.publichealth.wustl.edu

Assists older adults to maximize opportunities for health, security, and engagement. Education and research. Information available on health issues for seniors. Serves all St. Louis seniors.

Integrative Therapies/Kinsella Method, LLC

6816 Scanlon Ave
St. Louis, MO 63139
(314) 514-5036
embodied.life.living@gmail.com

Gentle exercise, enhance balance, core strength and range of motion. Office hours by appointment. Basic fee half-hour and hour classes.

Missouri Department of Health and Senior Services (DHSS)

Telephone hotline: (877) 435-8411 (toll free)
Available 7 days a week from 7:00 am to 9:00 pm
Website: www.health.mo.gov

Provides information of senior and disability services available, food programs, and emergency and disaster planning.

St. Louis Area Agency on Aging (SLAAA)

1520 Market St.
Room 4086
St. Louis, MO 6310
314-612-5918
Monday – Friday 8 AM – 5:00 PM
www.slaaa.org

Offers programs for health and wellness. Provides a comprehensive and coordinated system of community-based services for older adults in the city. Provides multiple services including disease management, functional needs registry, health insurance assistance, memory, and aging programs. Serves older adults and persons with disabilities who reside within the boundaries of the City of St. Louis.

St. Louis Senior Olympics

Jewish Community Center
2 Millstone Center
St. Louis, MO 63146
(314) 432-5700

www.jccstl.org

Competitive sports events for adults age 50+ annually. Games usually take place in the month of May.

Senior Services Plus (SSP)

(618) 465-3298 or (800) 233-4904

www.seniorservicesplus.org

Provides home care, health & wellness programs, Meals on Wheels, trips & activities.

Shepherd's Center of Webster/Kirkwood, Inc.

1333 W. Lockwood Ave
St. Louis, MO 63122
(314) 395-0988

www.shepherd.centerwk.org

Address: 1320 W Lockwood Ave, St. Louis, MO 63122

Call to Confirm schedule: Friday: morning breakfast and 3 hours of class.

Tuesday and Thursday: include yoga, Tai Chi, travel, book review, discussion groups, exercise, spirituality and more.

YMCA St. Louis

Gateway Region YMCA – for YMCA locations:

314-436-1177

www.gwrymca.org Prompt: "Find Your Y"

Bayer YMCA (formerly Monsanto YMCA)

5555 Page Blvd.,
St. Louis, MO 3132

(314) 367-4646

Monday–Friday 6:00 AM–8:00 PM; Saturday 7:00 AM–5:00 PM

Sunday 12:00 PM–5:00 PM

www.gwrymca.org

Fitness, swimming, and classes for all ages. For seniors: exercise cardio, fitness center, classes, water exercise, etc. Gym Membership: Check discounts for seniors. Accepts "Silver Sneakers" gym benefit offered by many health insurances plans. Scholarships are available for qualified persons.

❖ **WORKFORCE**

AARP Senior Community Service Employment Program

116 W. Florissant
St. Louis, MO 63033
(314) 830-3600
(St. Clair County) (618) 397-5445

Title V program assisting job seekers age 50+. Temporary, short-term training assistance program, computer training, job clubs, paid training, etc.

MERS of Missouri Goodwill

1727 Locust St.
St. Louis, MO 63103
(314) 241-3464
www.mersgoodwill.org
Hours: Monday-Friday 8:00 AM- 4:00 PM

Finds employment and other income producing opportunities for those age 55+. Coordinates the Senior Community Service Employment Program (SCSEP).

Worknet, Inc

800 North Tucker Blvd 4th floor
St. Louis, MO 63101
(314) 621-6300
www.worknetnow.com

Finds jobs for SSI and SSDI, works with job seekers who aspire to return to work and eventually come off their Social Security Disability Benefits for good.