

**18th
Edition**

OLDERAdults[®]

Pick up your
free copy at area
Schnucks Pharmacies
as well as the
following agencies:



Featuring listing
information for:

- Housing
- Home Health Care
- Medical Supplies
- Hospice
- Transportation
- Medicare

Plus:

- Checklists
- Definitions
- Questions to Ask

...and much, much more!

...the Resource Guide

St. Louis 2017

R/p

The
**Resource Guide for
Mature Adults & Their Families**

Sponsored by

**Schnucks[®]
Pharmacy**

Pharmacists You Know,
Care You Can Trust

St. Paul Food Pantry

115 WEST B ST., BELLEVILLE 62220

Food pantry open M, W, F, 1-3 P.M. Must have proof of income, residency and ID.

(618) 355-9199**Urban League**

1401 E. BROADWAY, EAST ST. LOUIS 62201

Food pantry M-F, 9 A.M.-4 P.M. Must have food voucher from case worker, current ID and live in service area.

(618) 274-1150**Western Egyptian**

1820 N. MARKET, SPARTA 62286

207 W. FOURTH, WATERLOO 62298

Food pantry 8 A.M.-4:30 P.M.

(618) 443-5231**(618) 939-8715****COMMUNITY SUPPORT FOR THE NEEDY**

There are a number of programs that provide supportive services. Most involve home visits to clients in order to assess their needs. Outreach workers are knowledgeable about public benefits and social services available.

American Cancer Society

4207 LINDELL BLVD., 63108

www.cancer.org**(314) 286-8100****Cardinal Ritter Senior Services
Social Services**

7601 WATSON RD., ST. LOUIS 63119

www.cardinalritterseniorservices.org**(314) 918-2259**

Social service department provides information and referral services to senior adults and their families to help resolve and cope with problems related to the aging process through phone conversations and in-home visits.

Catholic Charities Community Svcs.

4532 LINDELL BLVD., 63108

www.ccstl.org**(314) 367-5500**

Emergency food, utilities, clothing and shelter.

Certified Care Management Team**Bethesda Senior Support Solutions**

1630 DES PERES RD., ST. LOUIS 63131 (OFFICES)

(314) 963-2200

Bethesda's Certified Geriatric Care Management (GCM) Team provides vital consultative services to residents and their families about a number of different care-related issues. We meet with families and help develop care plans customized for each senior who uses our team's services. Our GCM team is a vital part of Bethesda's Senior Support Solutions program. If you or someone you know is in need of assistance navigating the ever-changing world of senior care and services, give our professional GCM team a call. Initial consultations are always free.

Circle of Concernwww.circleofconcern.org**(636) 861-2623**

Emergency food, rent and utility assistance, and other aid to west county residents. Call for hours.

Community Action Agency

2709 WOODSON RD., 63114

www.caastlc.org**(314) 863-0015**

Services include utility payments, weatherization, food, rent/mortgage assistance, employment, GED and drug/alcohol counseling. Outreach sites available.

Doorwayswww.doorways.org

Emergency help, utility bills, HIV and AIDS assistance.

M-F, 8:30 A.M.-4 P.M.

(314) 535-1919 or (314) 535-0888**Drop-In Self Help Center
for Mentally Ill**

8301 CREST INDUSTRIAL DR., 63123

Washers, dryers, phones, shower and TV. Support groups for various topics. Serves lunch.

(314) 781-0199**Emmanuel Episcopal Church**

9 SOUTH BOMPART AVE., WEBSTER GROVES 63119

(314) 961-2393**Feed My People**

171 KINGSTON, 63125

www.feed-my-people.org

Help ctr., food pantry, thrift store and utility assistance when available.

(314) 631-4900**Grace and Peace Fellowship**

5574 DELMAR BLVD., 63112

www.graceandpeacefellowship.org

Church, food pantry and women's winter shelter.

(314) 367-8959**Guardian Angel Settlement Assoc.**

P.O. Box 2055, 63158

www.guardianangelsettlement.org

Food, transportation to activities and family counseling.

(314) 231-3188**Housing Resource Center/Homeless Hotline**

HOTLINE

(314) 802-5444

CATHOLIC CHARITIES, 800 N. TUCKER, 3RD FL., 63101

Referrals for shelter and homeless prevention.

Financial assistance to prevent foreclosure or eviction.

Inner City Christian Church, Inc.

1956 E. WARNE AVE., 63107

Food pantry and clothing. By appointment.

(314) 385-9375**Isaiah 58 Ministries**

2149 S. GRAND BLVD., 63104

Food, clothing, rent, utilities, health screenings, youth programs and medical assistance when funds available.

(314) 776-1410**Loaves and Fishes**

2750 MCKELVEY RD., MARYLAND HEIGHTS 63043

Food and shelter, transportation to meal locations.

(314) 291-3857**Lutheran Senior Services -****Aging Answers**

1150 HANLEY IND. CT., 63144

www.LSSLiving.org

Staff can provide community resources information to maintain or improve your loved one's independence.

(314) 446-2475

■ **ST. CHARLES COUNTY**
FISH of St. Charles County (636) 447-5482
 1150 CAVE SPRINGS ESTATES DR., ST. PETERS 63376
 Must be referred by a social service agency.

Link, Inc. (636) 332-5127
 WENTZVILLE 63385
 Clearinghouse for help in western St. Charles County.

Loaves and Fishes (314) 291-3857
 2750 MCKELVEY, MARYLAND HTS. 63043
 Referral needed.

North East Community Action Corporation (NECAC) (636) 272-3477
 3400 MEADOW POINTE DR., O'FALLON 63366
www.necac.org
 Clothing, subsidized housing, weatherization, chore services, counseling, and info and referral.

O.A.S.I.S. Food Pantry (636) 723-0037
 1814 BOONSLICK RD., ST. CHARLES 63301
 Tues. and Thurs., 7-8:30 P.M. Thurs. and Sat., 10-11:30 A.M.
 No appt. needed. Thrift store, Tues.-Sat., 9 A.M.-5 P.M.

Companionship

Cardinal Ritter Senior Services Homemaker Program (314) 918-2295
 7601 WATSON RD., ST. LOUIS 63119
www.cardinalritterseniorservices.org

Lutheran Senior Services – Good Neighbor Program (314) 446-2471
 1150 HANLEY INDUSTRIAL CT., 63144
www.lssgoodneighbor.org

Provides non-medical personal care and homemaker services. Workers are paid an hourly rate of \$10-15 with a 4-hour minimum. Service requested and the number of people receiving assistance determines the rate.

Lutheran Senior Services Home Health & Private Duty (314) 446-2421
 1150 HANLEY INDUSTRIAL CT., 63144
www.LSSPrivateDuty.org

Personal care, homemakers, companions, nursing services, 24-hour live-in care and other in-home assistance available.

Kingdom House (314) 421-0400
 1321 SOUTH 11TH ST., 63104
www.kingdomhouse.org

Senior Companion Program volunteers provide services and companionship to older adults and disabled.

OASIS Person to Person Peer Counselors and Caregiver Guide (314) 862-4859
 OASIS AT THE CENTER OF CLAYTON, 50 S. GAY AVE., CLAYTON 63105
www.oasisnet.org

Trained volunteers are ready to listen to your concerns. Supportive help through normal life challenges.

St. Joachim & Ann Care Service (636) 441-1302
 4112 MCCRAY RD., ST. CHARLES 63304

St. Vincent DePaul Society
 Contact nearest Catholic church for emergency needs.

Salvation Army (618) 240-4969
 1 WILLIAM BOOTH DR., O'FALLON 63366

■ **ILLINOIS**
Catholic Urban Programs (618) 398-5616
 #7 VIEUX CARRE DR., EAST ST. LOUIS 62203
www.ccsil.org

Food pantry, emergency clothing, homeless shelter and companion services. Open M-F, 9 A.M.-4:30 P.M.

Highland Area Christian Service Ministry (618) 654-9295
 900 CHESTNUT ST., HIGHLAND 62249

Food pantry, rent and utility assistance, counseling referrals for those with need that live in service area.

St. Louis Co. Department of Human Services County Older Resident Programs (CORP) (314) 615-4516
 TTY (RELAY MISSOURI) 1-800-735-2966
www.stlouisco.com

Volunteers provide home visits and telephone calls for social interaction and to make sure senior is okay. Group social outings to local cultural and dining venues are scheduled throughout the year. For St. Louis County residents, age 60+ who are generally homebound due to lack of transportation.

BIRTHDAY/ANNIVERSARY GREETINGS

Greetings from the White House (202) 456-1414
 WHITE HOUSE GREETINGS OFFICE, WASHINGTON, DC 20502
www.whitehouse.gov/greeting

The President will send a greeting card to persons celebrating their 80th or later birthday and to couples celebrating their 50th anniversary. An 8 week advance notice is needed. Letter of request should include person's name(s), address, age and date of birth, or the number of years married for an anniversary. All greetings must be processed in writing or by e-mail.

The Today Show – NBC (202) 885-5018
 WILLARD SCOTT, THE TODAY SHOW - NBC, 4001 NEBRASKA AVE. NW, RM. 160, WASHINGTON, DC 20016

For persons 100 years or older and couples celebrating their 75th wedding anniversary, send a photograph, name, address, birth date and short description about the person at least 1 month in advance. Willard will send a personal note to everyone not mentioned.

Missouri Century Club: Honoring Age (573) 751-2800

DEPT. OF HEALTH AND SENIOR SERVICES, PO Box 570,

JEFFERSON CITY 65102

<http://health.mo.gov/seniors/centuryclub/index.php>

Missouri residents 100+ are eligible for membership.

You must write in a request to the attention of

"century club." Include name, address, birthday date and what day and form of celebration.

PET SUPPORT**Animal Protective Association (314) 645-4610**

1705 S. HANLEY RD., BRENTWOOD 63144

www.apamo.org

Volunteers take pets to those in facilities. Discount for those age 60+ who adopt a year old or older pet.

Humane Society of Missouri (314) 647-8800

ST. LOUIS ADOPTION CENTER, 1201 MACKLIND AVE., 63110

WESTPORT AREA ADOPTION CENTER (314) 951-1588

2400 DRILLING SERVICE DR., MARYLAND HTS. 63043

17357 EDISON AVE., CHESTERFIELD 63005 (636) 530-0805

LONGMEADOW RESCUE RANCH - UNION (636) 583-8759

www.hsmo.org

Our adoption counselors match families with homeless, adoptable pets. Adults who are age 60+ can adopt a pet at a \$50 discount off the regular adoption fee.

Mutts-n-Stuff (314) 306-6888www.muttsandstuff.com

Not-for-profit pet adoption organization with many dogs and cats to adopt. Animals cared for by volunteers.

WIDOW SUPPORT/GRIEF SUPPORTSee also *Cancer, Hospice and Mental Health.***Here are some thoughts to help you cope with the death of a loved one...**

- Give yourself permission to grieve and talk about your loss, your love, happy times and memories.
- Recognize that other people care but might be uncomfortable and don't know what to say to you. Be assertive and help them remember the good times they too, shared with your loved one.
- Ask for and accept help. Anger, sadness, loneliness and fear are okay feelings. Your friends and family want to help, but you must let them help you.
- Use this time of change to rid yourself of everything in your life that doesn't work for you. Don't do anything out of a sense of obligation that does not feel good.

Grief Support Group Led by**Rev. Nathan Ruback hosted by Lutheran****Senior Services Hospice Care****(314) 446-2538**

#1 MERAMEC BLUFFS DR., BALLWIN 63021

www.LSSLiving.orgE-mail: NRuback@LSSLiving.org

When you have experienced the loss of a loved one, one of the first steps toward healing is finding common ground with others in your situation. Talking about your challenges and sharing memories of the past in a grief support group can help you recover. Sessions are open to the public, free of charge, and all are welcome to attend. Call for location of meeting room at the community. Meets first Monday of every month from 7-8:30 P.M., and third Monday of every month from 2-3:30 P.M.

Support Services**Adult Abuse & Neglect Hotline 1-800-392-0210**

Intake services for seniors age 60+ or disabled 18-59 to investigate reports of neglect or abuse.

Alliance for the Mentally Ill (314) 962-4670

1750 S. BRENTWOOD BLVD., STE. 511, 63144

www.namistl.org

Monthly newsletter, library, educational meetings and support groups for families and individuals.

American Cancer Society (314) 286-8100

4207 LINDELL BLVD., 63104

www.cancer.org

Services and programs to ease the impact of cancer.

American Heart Association (314) 692-5635**American Red Cross Healthways (314) 516-2800****CAREGIVER TIP**

Home Health Care agencies can also provide Companionship to a senior in need. For a list of providers, please see Page 59.

**Amyotrophic Lateral Sclerosis Association,****St. Louis Regional Chapter****(314) 432-7257****Cardinal Ritter Foster****Grandparent Program****(314) 918-2297**

CARDINAL RITTER SENIOR SERVICES ON THE CARDINAL CARBERRY CAMPUS, 7601 WATSON RD., 63119

www.cardinalritterseniorservices.org

People age 60+ with limited income help children with special needs in various settings 20 hrs/wk and receive a tax-free stipend, transport reimbursement, meals, annual physical exam, accident insurance and educational meetings. (Stipends do not count as income for Social Security, SSI, Medicaid or for consideration for housing assistance).

Cardinal Ritter Senior Services**(314) 961-8000**www.cardinalritterseniorservices.org

Tell them you saw it in...
Older Adults!

Catholic Charities Community Services

MIDTOWN CCCS, 1202 S. BOYLE, 63110 (314) 534-1180
 ST. CHARLES CATHOLIC COMM. SERVICES (636) 281-1990
 311 S. MAIN ST., O'FALLON 63366
 SOUTHSIDE CCCS (VIETNAMESE/HISPANIC SVCS.) (314) 773-6100
 3401 ARSENAL ST., 63118
www.ccstl.org

Assistance with food and rent, community health access with chronic disease mgmt., employment training and consultation, mental health, substance abuse and outreach to youth and elderly.

Crohn's & Colitis Foundation of America

MID-AMERICA (314) 863-4747 or 1-800-783-8006

DH Services LLC

(314) 966-3032

1033 HUTHMAKER, 63122
www.dhsvc.com

Offering personal business concierge service to individuals needing help managing a family member's or their own daily monetary affairs.

Jewish Family and Children's Service (314) 993-1000

10950 SCHUETZ RD., 63146

www.jfcs-stl.org

Supportive services, counseling and referral.

Missouri Family Support Division

ST. LOUIS CITY - CHOUTEAU (314) 256-7000
 ST. LOUIS CITY - PRINCE HALL FAMILY (314) 877-2000
 ST. LOUIS COUNTY - PAGE AVE. 1-855-373-4636
 ST. LOUIS COUNTY - SOUTH SERVICE CTR. (314) 416-2700
 JEFFERSON COUNTY - HILLSBORO 1-855-373-4636
 ST. CHARLES COUNTY (636) 940-3170

Provides income maintenance and assistance with food stamps and Medicaid for seniors who are eligible.

Muscular Dystrophy Association (314) 962-0023**National Multiple Sclerosis**

Society (314) 781-9020 or 1-800-FIGHT-MS

1867 LACKLAND HILL PKWY., 63146

www.mos.nmss.org

Southwest Garden Neighborhood Assoc. (314) 772-6082

4950 SOUTHWEST AVE., 63110

Lutheran Senior Services – Volunteer

Money Management (314) 466-2474

1150 HANLEY INDUSTRIAL CT., 63144

www.lssmoneymanagement.org

Volunteers help older adults maintain their independence through assistance with money management tasks.

Washington Univ. Care Coordination (314) 935-0400**Life After Stroke (314) 658-3817**

4455 DUNCAN ST., 63110

Stroke support group meets last Sat. of the month.

**GERIATRIC CASE MANAGEMENT/
CARE MANAGEMENT**

Geriatric care managers are professionals who specialize in assisting older people and their families. They can help:

- Conduct planning assessments to identify problems, eligibility for assistance and need for services.
- Screen, arrange and monitor in-home help and services.
- Review financial, legal or medical issues and offer referrals to geriatric specialists to avoid future problems.
- Provide crisis intervention.
- Act as liaison to families at a distance.
- Assist with moving an older person to or from a retirement complex, assisted living or a nursing home.
- Provide consumer education and advocacy.
- Offer counseling and support.
- Other services as appropriate.

ACM Care

(314) 293-0697

101 W. OREGON, PO BOX 68, 63122

Aging Well

(314) 962-9115

9414 PINE AVE., 63144

Amen, Gantner & Capriano - Attorneys at Law

Your Estate Matters, LLC (314) 966-8077

10805 SUNSET OFFICE DR., STE. 100, ST. LOUIS 63127

www.yourestatematters.com

Amen, Gantner & Capriano is an estate planning and elder law firm assisting with information, assistance and case management services to help caregivers and senior adults cope with older adults and their families. The social worker and registered nurse are committee to the needs of the client and the family members, while respecting the client's dignity.

Certified Care Management Team

Bethesda Senior Support Solutions (314) 963-2200

1630 DES PERES RD., ST. LOUIS 63131 (OFFICES)

Bethesda's Certified Geriatric Care Management (GCM) Team provides vital consultative services to residents and their families about a number of different care-related issues. We meet with families and help develop care plans customized for each senior who uses our team's services. Our GCM team is a vital part of Bethesda's Senior Support Solutions program. If you or someone you know is in need of assistance navigating the ever-changing world of senior care and services, give our professional GCM team a call. Initial consultations are always free.

Cardinal Ritter Senior Services

Social Services Department (314) 918-2259

7601 WATSON RD., 63119

www.cardinalritterseniorservices.org

Information, assistance and case management services to help caregivers and senior adults cope with problems and caregiving issues associated with aging.

TAKE NOTE

You're not alone! Don't miss work for an extended period of time to care for an elderly relative. An Area Agency on Aging or Senior Center can help you find providers and services including meals, transportation, homemaker and chore services and adult day supervision. Also ask if Eldercare benefits programs are available through your employer.



Elder Support Services, Inc. (314) 267-3603
539 VIRGINIA AVE., 63119

Journeys in Aging (314) 303-8211
123 W. WOODBINE AVE., STE. G, 63122

Lutheran Senior Services Outreach Services (314) 446-2475
1150 HANLEY INDUSTRIAL CT., 63144
www.lssoutreach.org

Share your concerns with Lutheran Senior Services Outreach Social Services. Our staff helps individuals living at home determine what community resources are available to either maintain or improve their independence. Assistance can be provided over the phone, through an in-home assessment, during an office consultation, or through geriatric care management. Some services are available on a sliding scale fee based upon the income of the older adult being assisted.

Mental Health Counseling

Alliance for the Mentally Ill (314) 962-4670
1750 S. BRENTWOOD BLVD., STE. 511, 63144
www.namistl.org
Family support groups, advocacy, general information.

Behavioral Health Response (314) 469-6644
www.bhrstl.org
24 hour, 365 day/year mental health crisis line.

Care and Counseling (314) 878-4340
12141 LADUE RD., 63141
www.careandcounseling.org

Catholic Family Services (314) 544-3800 or 1-800-652-8055
9200 WATSON RD., 63126
www.cfsstl.org

Licensed professionals provide assessment and therapy services at off locations or in home.

TAKE NOTE

Stop telemarketers from calling by entering your phone number into the **Do Not Call Registry**. It is free to do and you only have to sign up once. Sign up online at www.donotcall.gov or call 1-888-382-1222.



Memory Care Home Solutions (314) 645-6247
4389 W. PINE BLVD., 63108

Pathways for Aging (314) 395-7560
745 CRAIG RD., STE. 212, 63141

St. Louis Area Agency on Aging (314) 612-5918 or 1-877-612-5918
CITY OF ST. LOUIS DEPARTMENT OF HUMAN SERVICES
1520 MARKET ST., RM. 4086, 63103
www.slaaa.org

A plan of care is developed to assist with meeting unmet needs and accessing services. Progress is monitored. Services provided free of charge.

Senior Resource Connection (314) 803-7625
12135 SPANISH BLVD., 63138

Transition Strategies, LLC/Elder Link St. Louis (314) 812-9300
10950 SCHUETZ RD., STE. 100, 63146

Washington Univ. Care Coordination (314) 935-0400
Registered nurses and social work case managers provide care coordination services across the care continuum. No cost if enrolled in the program.

ILLINOIS

SIU School of Medicine Memory and Aging Network (217) 545-8417
415 N. 9TH ST., SPRINGFIELD 62794
Memory and aging related services.

CenterPointe Hospital - Outpatient Clinic Locations
4801 WELDON SPRING PKWY.,
ST. CHARLES 63304 1-800-345-5407
4905 MEXICO RD., STE. 100,
ST. PETERS 63376 (314) 244-2625
SOUTH CO.: 5000 CEDAR PLAZA, SUITES 180 AND 380, 63128
SUITE 180 (314) 842-5910
SUITE 380 (314) 842-4463
WEST CO.: 763 SOUTH NEW BALLAS RD., SUITES 130 AND 310, 63141
SUITE 130 (314) 292-7373
SUITE 310 (314) 292-7323

CenterPointe Hospital's senior adult program, Silver Lining, is specifically designed to help older adults cope with emotional problems or stressors they may be experiencing in life such as severe depression, anxiety, confusion, disorientation, memory loss, substance abuse, medication issues and distress. The environment and programming are tailored to meet the specific needs of older adults in a comfortable, homelike atmosphere, with caring compassionate staff to help through each step of treatment. With inpatient services at its hospital in St. Charles, MO, and outpatient programs at four St. Louis metro-area locations, CenterPointe is here to help. Medicare, Tricare and most major insurance accepted.

TAKE NOTE

If you are planning on moving, a reverse mortgage *may* or *may not* be the best option. Contact a counselor for assistance with an option that best suits your personal needs.



Compass Health Network

1032 CROSSWINDS CT., WENTZVILLE 63385 (636) 332-8000

CRIDER HEALTH CENTER (636) 332-8100

1780 OLD HWY. 50 E., STE. 102, UNION 63084

www.compasshealthnewtork.org

Outpatient counseling, case management and psychiatric services for agency associated physicians.

Crime Victim Advocacy Center

of St. Louis (314) OK-BE-MAD (652-3623)

www.supportvictims.org

Assists with problems created by crime.

Christian Hospital Center

for Senior Renewal (314) 653-5123

www.christianhospital.org

11133 DUNN RD., STE. 1120, PFD BUILDING, ST. LOUIS 63136

Depression Bipolar Support Alliance (314) 652-6100

1908 OLIVE, 63106

Self-help and family support groups.

Catholic Family

Services 1-800-583-8355 or (636) 583-1800

102 E. SPRINGFIELD, UNION 63084

Not for profit outpatient mental health clinic.

Hopewell Center

(314) 531-1770

1504 S. GRAND BLVD., 63104

Mental health evaluations, treatment and medications.

Jeff D. Piper, MSW, LCSW

(314) 361-5983, ext. 2

8515 DELMAR, STE. 223, 63124

Mercy Hospital - Jefferson

(636) 933-1231

1400 HWY 61 SOUTH, CRYSTAL CITY 63019

Life Crisis Services

24 HOURS (314) 647-4357

www.lifecrisis.org

Mental Health America of

Eastern St. Louis

(314) 773-1399

1905 S. GRAND BLVD., 63104

www.mh-em.org

Provides information, referrals and educational materials. Referrals to a wide range of mutual support groups.

Metropolitan St. Louis

Psychiatric Center

(314) 877-0500

5351 DELMAR, 63112

Inpatient care only. Admission through emergency room.

Spread the word. Tell them
you saw it in...

Older Adults!



People's Health Center

5701 DELMAR, 63112

(314) 367-7848

7200 MANCHESTER, 63143

(314) 781-6945

Provident, Inc.

(314) 533-8200

2650 OLIVE ST., 63103

www.providentstl.org

On-site counseling.

Senior Care

Psychological Consulting

(636) 300-9922

2451 EXECUTIVE DR., STE. 103, ST. CHARLES 63303

www.seniorcareservices.org

Services in long-term care facilities and in the community.

St. Louis Empowerment Center

(314) 652-6100

1908 OLIVE ST., 63103

www.stl empowerment.org

Drop-in center for mentally disabled.

Washington University - Psychological

Services Center

(314) 935-6555

7 N. JACKSON AVE., 63105

■ FRANKLIN COUNTY

Development Services of Franklin Co. (636) 583-5801

104 S. MCKINLEY, STE. E, UNION 63084

Helps developmentally disabled persons help themselves.

■ ILLINOIS

Belleville Memorial Hospital

(618) 257-5900

4500 MEMORIAL DR., BELLEVILLE 62226

Outpatient mental health counseling to the elderly.

NEED MORE INFORMATION?

In the coming months, be on the lookout for our new and improved website, www.SeniorImpact.net. Our site will not only feature the online editions of our Guides, but will be a true "resource center" for seniors and caregivers. The most comprehensive resource in print is now the most comprehensive resource on the web.



Alzheimer's Services

Dementia is the loss of intellectual functions (such as memory deficit or confusion) that interfere with daily living. Many conditions cause or mimic dementia. Geriatric assessment can help determine cause and suggest treatment that can improve or reverse behavior patterns.

Alzheimer's Disease is a form of dementia that is progressive, degenerative and incurable. It attacks brain cells, resulting in impaired memory, thinking and behavior. It is not a natural consequence of aging.

Alzheimer's Assoc. (314) 432-3422 or 1-800-272-3900
9370 OLIVE BLVD., 63132

www.alzstl.org

Services and support to individuals, families and care partners. Our mission is to eliminate Alzheimer's through research and to enhance care and support.

Alzheimer's Disease Research Center (ADRC) (314) 286-2881

4488 FOREST PARK AVE., STE. 130, 63108

www.adrc.wustl.edu/

Education focusing on diagnosis and causes of AD and

related disorders. Educational materials, Internet-based media and seminars/conferences. Includes Memory & Aging Project - clinical research and assessments are performed as part of a research project.

Memory Care Home Solutions (314) 645-6247

4389 W. PINE BLVD., 63108

www.memorycarehs.org

Training sessions provided in simulated home environments with useful assistive devices.

MAPS—Memory & Aging Project Satellite

ST. LOUIS CITY AREA AGENCY ON AGING (ST. LOUIS CITY DEPT. OF HUMAN SERVICES) **(314) 612-5911 or 1-877-612-5918**

The Memory and Aging Project Satellite is an outreach program of the Memory Aging Project at Washington University School of Medicine and the St. Louis Area Agency on Aging. The MAPS team consists of a nurse and social worker who evaluate, counsel and make referrals. If abnormal memory loss is present, further evaluation and care planning will be provided.

Geriatric Assessment

Older adults can be at risk for experiencing multiple medical, social and psychological problems. A geriatric assessment is helpful in determining an individual's needs so resources can be identified. A plan of care is usually developed to promote as much independence, safety and lifestyle satisfaction as possible.

Indicators that are especially appropriate for referrals:

- Functional/Activities of Daily Living impairment (especially in persons over age 70)
- Caregiver/family stress
- Confusion/memory impairment
- Depression, loneliness
- History of frequent falls, marked weakness
- Incontinence
- Malnutrition or eating problems
- Noncompliance to health care plan
- Repetitive emergency room visits/hospital admission

Multi-disciplinary evaluations can be done by:
Geriatric Social Workers

To aid in family counseling and the identification and referral to available community resources such as home care, respite and transportation.

Geropsychiatrists

Physicians who specialize in the psychological needs of older adults.

Geriatric Medical Specialists

Specialists in unique problems of the elderly including memory loss, incontinence and falling.

Related Health Care & Prevention Professionals

Physical therapists, nutritional and occupational therapists and counselors who offer specific disease support and diagnostic lab tests including x-rays and vision and hearing evaluations.

GERIATRIC ASSESSMENT RESOURCES

A+ Aging Advantage (314) 761-9157

9051 WATSON RD., #331, 63126

Certified Care Management Team
Bethesda Senior Support Solutions (314) 963-2200

8175 BIG BEND BLVD., ST. LOUIS 63119 (OFFICES)

Bethesda's Certified Geriatric Care Management (GCM) Team provides vital consultative services to residents and their families about a number of different care-related issues. We meet with families and help develop care plans customized for each senior who uses our team's services. Our GCM team is a vital part of Bethesda's Senior Support Solutions program. If you or someone you know is in need of assistance navigating the ever-changing world of senior care and services, give our professional GCM team a call. Initial consultations are always free.

**Cardinal Ritter Senior Services
Social Services Department** (314) 918-2259
7601 WATSON RD., 63119
www.cardinalritterseniorservices.org

Information, assistance and case management services to help caregivers and senior adults cope with problems and caregiving issues associated with aging.

**Des Peres Hospital Senior Care Clinic –
Geriatric Assessments** (314) 966-9313
2345 DOUGHERTY FERRY RD., MOB STE. 420, 63122
www.despereshospital.com/geriatrics

**Lutheran Senior Services
Outreach Services** (314) 446-2475
1150 HANLEY INDUSTRIAL CT., 63144
www.lssoutreach.org

Share your concerns with Lutheran Senior Services Outreach Social Services. Our staff helps individuals living at home determine what community resources are available to either maintain or improve their independence. Assistance can be provided over the

phone, through an in-home assessment, during an office consultation, or through geriatric care management. Some services are available on a sliding scale fee based upon the income of the older adult being assisted.

**St. Louis University Division
of Geriatric Medicine** (314) 977-8462
1402 S. GRAND BLVD., RM. M-238, 63104

**Senior Care Psychological
Consulting** (636) 300-9922
500 HUBER PARK CT., STE. 205, WELDON SPRINGS 63304

Washington University School of Medicine
MEMORY AND AGING PROJECT (MAP) (314) 286-2683
4488 FOREST PARK AVE., STE. 101, 63108
OLDER ADULT ASSESSMENT CENTER (314) 286-2700
4921 PARKVIEW PL., 63110
www.geriatrics.im.wustl.edu
Consultation and comprehensive geriatric assessment.

Adult Day Services and Respite

Adult Day at Bethesda-Dilworth (314) 446-2103
9645 BIG BEND BLVD., ST. LOUIS 63122
www.BethesdaHealth.org

The Adult Day Care program at Bethesda Dilworth is ideal for seniors who live at home without much opportunity for daily socialization, as well as for those caregivers and loved ones who want to ensure that the needs of their beloved senior are addressed while they work, run errands, take care of other responsibilities or enjoy a well-needed respite! On-site nursing services allow us to meet all of your loved ones needs. Please contact us to learn more about our services and how we can help you and your loved ones.

Adult Day Center at the J (314) 442-3248
#6 MILLSTONE CAMPUS DR., STE. 3000, CREVE COEUR 63146
www.jccstl.org

Open Monday through Friday, 7:30 A.M. – 6 P.M.
Door to door transportation included in daily rate.

**Cardinal Ritter Senior Services
Adult Day Program** (314) 962-7501
7663 WATSON RD., 63119
www.cardinalritterseniorservices.org
M-F, 7 A.M. – 6 P.M., Some holidays.
Service Area: Greater St. Louis
Cost: Please call
Transportation: Yes

Adult Day at Charless Village (314) 606-9891
5943 TELEGRAPH RD., ST. LOUIS 63129
www.BethesdaHealth.org

The Adult Day Care program at Charless Village is ideal for seniors who live at home without much opportunity for daily socialization, as well as for those caregivers and loved ones who want to ensure that the needs of their beloved senior are addressed while they work, run errands, take care of other responsibilities or enjoy a well-needed respite! On-site nursing services allow us to meet all of your loved ones needs. Please contact us to learn more about our services and how we can help you and your loved ones.

Family Partners Adult Day Care (314) 686-4444
12880 MANCHESTER RD., 63131
www.familypartners.com
M-F, 7 A.M. – 6 P.M., EVERY OTHER SAT., 9 A.M. – 3 P.M.
Service Area: St. Louis City and County
Cost: Medicaid, private pay, VA, LTC insurance.
Transportation: Yes.

Tell them you saw it in...Older Adults!

CAREGIVER TIP

Some nursing home residents have frail bodies but very alert minds. Study the activities schedule to make sure your loved one will have access to the types of activities he or she will enjoy and look forward to each day.

Serenity Adult Day Center (636) 343-1600
 1525 BOWLES AVE., FENTON 63026
 M-F, 7 A.M.-6 P.M.
 Cost: \$84/day. Private pay, Medicaid
 Transportation: Yes

St. Elizabeth Adult Day Care Center (314) 772-5107
 3683 COOK AVE., 63113
 Call for closest location and times.
 Service Area: Greater St. Louis, Jefferson Co. (Arnold)
 Cost: Sliding Scale. Medicaid, insurance, VA.
 Transportation: Yes

Sun Valley Adult Care Center (314) 868-4464
 1000 ST. CYR RD., 63137
 M-F, 7 A.M.-6 P.M.
 Service Area: Greater St. Louis
 Cost: Medicaid and private pay.
 Transportation: Yes. Call to arrange.

Sunshine Adult Day Care Center (314) 867-6132
 2003 CHAMBERS RD., 63136
 M-F, 6 A.M.-6 P.M.
 Service Area: Greater St. Louis city and county
 Cost: \$65/day; Medicaid.
 Transportation: Included

West County Care Center (636) 391-0666
 312 SOLLEY DR., BALLWIN 63021
 5 days/week; up to 12 hours/day
 Cost: \$45-65/day; Private pay.
 Transportation: No

■ **ST. CHARLES COUNTY**
Claywest House Adult Day Care 1-888-776-1311
 2840 W. CLAY, ST. CHARLES 63301
 M-F, 7 A.M.-5 P.M.
 Service Area: St. Charles area
 Cost: \$4.50/hour.
 Transportation: Can help arrange

CAREGIVER TIP

Caregivers...

- Are you at risk for burnout or tired all the time?
- Are you gaining or losing weight without trying?
- Are you cutting yourself off from friends and the outside world?
- Do you feel guilty, depressed, angry or hopeless?

Anger, guilt and frustration are normal. If you are feeling under-appreciated and overworked, take time for, and care of, yourself. You will be a better caregiver if you feel complete and whole as a person.

Take time for a hot bath or long shower; curl up and read a good book; watch a funny movie; play some soothing music; fill your home with pleasant fragrances and take some time to just *be*, without having to *do* anything.

IMPORTANT!

Many people have lawyers establish trusts but then do not move assets into them. All assets passed via a will must first pass through probate. Make sure you've made provisions to fund your trust.



Seniors & Company Adult Day Services (636) 926-2121
 115 PIPER HILL DR., STE. 100, ST. PETERS 63376
 M-F, 7 A.M.-6 P.M. Service Area: St. Charles Co.
 Cost: Sliding Scale. Medicaid, VA, Private Pay.
 Transportation: Yes

Yogi Adult Day Care (314) 696-2510
 4365 CHIPPEWA, STE. 102, 63116

■ ILLINOIS

St. John's Community Care Health Services
 222 GOETHE AVE., COLLINSVILLE 62234 (618) 344-0276
 1015 B CENTURY DT., EDWARDSVILLE 62025 (618) 656-7090
 M-F, 6:30 A.M.-6 P.M.
 Service Area: Madison
 Cost: \$9.50/hr., 4 hr. min.

RESPIRE

Bethesda Health Group (314) 800-1911
 BETHESDA DILWORTH (314) 277-7600
 BETHESDA MEADOW (636) 227-3431
 BETHESDA SOUTHGATE (314) 846-2000

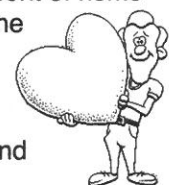
Cardinal Ritter Senior Services Social Services Department (314) 918-2259
www.cardinalritterseniorservices.org

Lutheran Senior Services – Good Neighbor Program (314) 446-2471
 1150 HANLEY INDUSTRIAL CT., 63144
www.lssgoodneighbor.org

Marlborough Hall United Cerebral Palsy (314) 962-0015
 1118 S. LACLEDE STATION RD., 63119

CAREGIVER TIP

More than seven of 10 people with Alzheimer's Disease live at home and almost 75 percent of home care is provided by family and friends. The remainder is "paid" care. Families pay most of that out of pocket. Alzheimer's Disease is the third most expensive disease in the U.S. after heart disease and cancer. — *The Alzheimer's Association*



* A Caregiver's Checklist for Planning Ahead

People age 85+ are the fastest growing segment of our population. Well over half of the US adult population either is or expects to be a family caregiver. Planning ahead for the possibility of caregiving, making decisions ahead of time, locating resources and having open discussions with family members can help alleviate potential problems. Listed below are a few things to consider when getting affairs in order before a disaster occurs or medical emergency arises.

General questions

- ✓ Who will be the primary caregiver?
- ✓ How will other family members be involved?
- ✓ Which responsibilities can be shared? How?

Financial and legal questions

- ✓ Do you know the bank accounts, account numbers and types of accounts of your loved one?
- ✓ Do you know what assets your loved one has, their value and locations?
- ✓ Where are deeds and titles to all property?
- ✓ Do you know all insurance information? Company name(s), policy number(s), beneficiary, type of insurance owned?
- ✓ What is the Social Security amount? Is it directly deposited? Where?
- ✓ What are the debts? Mortgages, car payments?
- ✓ Does your loved one have an updated will, a power of attorney, a durable power of attorney? Where are these documents?
- ✓ Has an Advanced Directive been given to the primary physician and relatives who may need it?

Physical condition questions

- ✓ Has your loved one had a recent physical? A geriatric assessment?
- ✓ What medications are being taken? Prescription? Over the counter?

Housing questions

- ✓ Can your loved one live alone?
- ✓ Is senior housing an option?
- ✓ What housing options are acceptable to your loved one and family? Is a nursing facility or personal care facility needed? Is your loved one on waiting lists for these facilities if they are (or soon will be) needed?

End of life questions

- ✓ What are your loved ones wishes for funeral and burial arrangements? Have arrangements already been secured?

Source: Northern Kentucky Area Development District

Spread the word. Tell them
you saw it in...
Older Adults!



Mid-East Area

Agency on Aging

1-800-243-6060 (AGE-6060)

MAIN OFFICE

(636) 207-0847

INFORMATION AND ASSISTANCE VOICE/TTY

(636) 207-1323

14535 MANCHESTER RD., MANCHESTER 63011-3960

FRANKLIN COUNTY

(636) 629-3143

C/O ST. CLAIR COMMUNITY CTR./ST. CLAIR SENIOR CENTER,
310 PARK AVE., ST. CLAIR 63077

JEFFERSON COUNTY

(636) 933-1347

C/O JEFFERSON REG. MED. CTR., PO BOX 350, CRYSTAL
CITY 63019

ST. CHARLES COUNTY

(636) 579-0555

108 McMENAMY RD., ST. PETERS 63376

www.mid-eastaaa.org

Limited in-home respite services are available in St.
Louis, Jefferson, Franklin and St. Charles Co's.

Missouri Department of Health & Senior Services

AGING INFORMATION HOTLINE

(573) 751-6400

www.dhss.mo.gov

Serves as a referral and authorizing agency.

Nazareth Living Center

(314) 487-3950

2 NAZARETH LN., 63129

www.nazarethlivingcenter.com

Are you the caregiver for someone in need of assistance? Nazareth offers respite care for your loved one. A multi-day respite care stay at Nazareth Living Center in St Louis can allow you that much deserved break or time away to enjoy some rest and relaxation. Call today to learn more about our respite care program.

St. Louis Area Agency on Aging

(City of St. Louis Department of

Human Services) (314) 612-5918 or 1-877-612-5918

1520 MARKET ST., RM. 4086, 63103

www.slaaa.org

National Family Caregiver Support Program (NFCSP)

Funded by the Older American's Act Reauthorization of 2000, the National Family Caregiver Support Program supports caregivers of older adults in their role of providing necessary and vital care. One of the most important highlights of this program is the focus on the **Caregiver**. Traditionally, the older adult is viewed as the consumer of services and the focus of the care planning process.



New attention is also given to grandparents raising grandchildren. In response, national, state and local social service environments have adapted to meet the needs of these caregivers. Recognizing this, the term **Kinship Caregiver** is commonly used when describing the family dynamics of children being raised by relatives. Both **Caregiving** for parents and **Kinship Caregiving** for Grandparents Acting as Parents are discussed here.

☛ Phone Tips for Seniors

- Start a buddy system. You and a friend or relative can set a special time when you call each other every day. It's an easy way to keep track of each other.
- People who live alone, especially women, can list only first and middle initials in the phone directory to avoid calls from people making harassing calls.
- Use answering machines to keep potential burglars guessing about who's home and who's not. Women living alone may ask a male friend or relative to make the recording using your telephone number only.

Stop telephone scams by keeping this in mind:

- Hang up if telemarketers call between 9 P.M.-8 A.M.
- If you suspect a scam, contact the State Attorney General, Consumer Protection Division
- Resist high pressure sales. True businesses will respect the word "no."
- If you tell the seller not to call back and he does, hang up. That's against the law!
- Be sure to get written information before you commit to anything.

When you're out:

- Make sure someone knows where you're going and when you expect to return.
- Carry change for telephone and transportation.
- Carry a shriek alarm.
- When using a bus or other public transportation, sit as near the driver as possible.

Sources: Federal Trade Commission, Bellsouth, Senior Citizens Against Crime

WHAT THE NFCSP OFFERS YOU

The primary goal of the NFCSP is support to the **"Family/Unpaid" Caregiver**. The NFCSP defines a caregiver as an unpaid family member or friend who is caring for a person over the age of 60 years (caregiver can be any age) or older caring for a child 18 years or younger. The **services** available through the NFCSP are:

1. Information and Assistance: Provides information and referral for services and agencies to help with the needs and concerns of caregivers.

2. Counseling: Caregivers are eligible for one-on-one counseling to address the issues involved in caregiving.

3. Education and Training: A series of workshops, retreats or in-home programs affording caregiver individualized training on subjects of caregiving, such as hands-on skills.

4. Respite (relief) Services: Short term service to relieve the caregiver of the duties of caregiving. This may be in the form of adult day care, in-home respite or institutional care.

5. Care Coordination and/or Case Management: Assistance gaining access to services for caregivers.

6. Supplemental Services: Assistance with supplies such as medical equipment, nutritional or incontinent supplies and other items to relieve the caregivers' burden. Programs may vary by regions in the United States.

If you feel out of control, get help from a professional or call a Family Caregiver Support Program for assistance.

Family Caregiver Support Programs

Mid-East Area Agency On Aging (636) 207-0847
INFORMATION (636) 207-1323
ASSISTANCE, VOICE/TTY 1-800-243-6060
Serves St. Louis, Jefferson, Franklin and St. Charles Co's.

St. Louis Area Agency On Aging (City of St. Louis Department of Human Services)

MAIN OFFICE (314) 612-5918 or 1-877-612-5918
1520 MARKET ST., RM. 4086, 63103
www.slaaa.org
Serves City of St. Louis.

SMART CONSUMER TIPS

- If it sounds too good to be true, it usually is.
- Free prizes or trips usually are not!
- Giving your credit card or Social Security number to someone you don't know is like giving them a blank check!
- Never give out your credit card number to someone who calls to solicit you over the phone or approaches you in your home.

