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# Shared Resource Guide



*Heartland Health*

Senior Health

Shared Resource Guide  
2008  
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## **AARP**

700 W. 47<sup>th</sup> St., Suite 110, Kansas City, MO 64112

Toll free (866) 389-5627

**[www.aarp.org/state/mo](http://www.aarp.org/state/mo)**

AARP volunteers provide a myriad of community services including the AARP Tax–Aide Program, AARP Driver Safety Program, AARP Grief & Loss Program, Grandparents Raising Grandchildren, evidence–based research information and numerous volunteer opportunities. AARP Missouri provides information about health care, nutrition, Social Security, housing and resources to improve the quality of life for people. Legal services are also available through AARP.

### **AARP Tax Aid and Driver Safety Program**

To find a class near you, call toll free (888) 227-7669

**[www.aarp.org/money/taxaide](http://www.aarp.org/money/taxaide)**

The AARP Driver Safety Program is the nation’s first and largest classroom refresher course especially designed for experienced drivers. Participants learn driving strategies that take into account the physical changes people may experience as they age. The AARP Driver Safety Program looks at the most common crash situations and ways to reduce the chances of having a crash. Participants update their knowledge and understanding of today’s roads, vehicles and other road users. Most People who work need to file a tax return. The AARP Tax Aide program was created to meet this need and to help low- and middle-income taxpayers prepare and file their income tax returns with the IRS, free of charge. Every year, from February 1<sup>st</sup> through April 15<sup>th</sup>, trained and certified volunteers will prepare your federal tax return, and each year, more locations are equipped to file your return electronically, allowing you to receive your refund much faster.

### **Adult Basic Education**

Ruth Huston Learning Center, 803 S. 13<sup>th</sup> St., St. Joseph, MO 64501

(816) 671-4020; (816) 671-4471 (fax)

Free classes for persons who wish to pursue a G.E.D., basic skills enhancement, basic computer skills and English as a second language. One–on–one tutoring is also available. An adult high school diploma program is also available. To begin classes, call the number listed above.

### **Albany Regional Center**

525 Jules, Room 210, St. Joseph, MO 64501

(816) 387-2220 or (800) 671-1042

Utilizes a person–centered approach to assist individuals with mental retardation and developmental disabilities to find and use needed services and support programs. Also included are activities designed to promote high levels of independence and inclusion into the community.

### **Alpha Staffing**

105 S. 4<sup>th</sup> St., Suite 300, St. Joseph, MO 64501

(816) 364-6655

Matching people to jobs - Administration, Professional, Manufacturing, Technical and General Laborer. Temporary, temp to hire, and full time placement. Located in beautiful downtown St. Joseph. We evaluate the needs of business clients and potential employees to determine the best options for both

### **Alzheimer's Association, Northwestern Missouri Chapter**

P.O. Box 1241, St. Joseph, MO 64502-1241

(816) 364-4467 or (800) 533-7373; (816) 364-2553 (fax)

[www.alz.org/kansascity](http://www.alz.org/kansascity)

Alzheimer's Association sponsors support groups in northwest Missouri for family members and others interested in obtaining information and getting suggestions on coping with this disease. Alzheimer's Association publishes a newsletter and has a resource library of pamphlets, books and videos available for loan or purchase. The Northwest Missouri Regional Office also has access to a larger resource library in conjunction with the National Alzheimer's Association in Chicago.

### **American Cancer Society**

6700 Antioch, Suite 100 Merriam, KS 66204

(913) 432-3277 or (800) 227-2345

[www.cancer.org](http://www.cancer.org)

Patient Education and Resource Center

The Cancer Center, Department of Radiation Oncology Library

902 N. Riverside Road, St. Joseph, MO 64506

The American Cancer Society conducts research as well as provides information and education on ways to prevent cancer and to reduce the risk of developing cancer through tobacco control, nutrition, fitness and awareness. The American Cancer Society partners with local agencies to provide wellness and early detection screening information for breast, colorectal, and prostate cancer. It also offers wigs, turbans, nutritional supplement and transportation for cancer patients, as well as lodging and support programs. The American Cancer Society's "Reach to Recovery®" visitation program pairs women volunteers who have had breast cancer with women who are living with the disease. All services are free of charge.

### **American Diabetes Association**

Cure, Care Commitment

Toll free (888) 342-2383

[www.diabetes.org](http://www.diabetes.org)

The American Diabetes Association is the nation's leading 501(C)3 nonprofit health organization providing diabetes research, information and advocacy. The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

**American Foundation for the Blind (AFB)**

Toll free (800) 232-5463

Monday – Friday, 8 a.m. – 4 p.m.

Supplies information on non–medical aspects of visual impairment and blindness, answers questions regarding AFB services, publications and technology. Helps with coping aspects of vision loss.

**American Heart Association, and American Stroke Association**

Toll free (800) 323-7883 or (573) 446-3000

Monday – Friday, 8:30 a.m. – 5 p.m.

[www.americanheart.org](http://www.americanheart.org)

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Call for more information and available services.

**American Red Cross**

401 N. 12<sup>th</sup> St., St. Joseph, MO 64501–2384

(816) 232-8439

Monday – Friday, 9 a.m. – 4:30 p.m.

Emergencies: 24–hours a day

The American Red Cross is best known for providing disaster relief and disaster preparedness, but the agency also offers emergency preparedness of first aid and CPR classes, teaches swimming and life-guarding and is the only agency recognize to provide emergency communications between families and their family members serving in the military and other Armed Forces Emergency Services. The Red Cross will assist persons on installing and maintaining their smoke alarms.

**Angels in Home Care**

3004 N. 18<sup>th</sup> Street “D”

St. Joseph, Mo. 64505

Ph (816) 364-0900; fax (816) 364-0588

Angels in Home Care provides the following services: skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides and medical social services. A nurse is on-call 24 hours a day, 7 days a week. Our nurses are there for you and your family to provide an understanding of your illness, as well as to provide hands on care. We can provide post-hospital care, patient education, medication management, IV Therapy, wound care, and Disease State management. Our Physical therapist muscular flexibility, endurance, and restore strength. Our occupational therapist can assist you with adapting and redeveloping skills used in activities of daily living. Our Speech therapist can assist you with overcoming communication and/or choking problems after an illness or injury. Our social worker can assist you with community resource needs, long range planning needs, and health-related counseling. Our home health aides work under the supervision of a registered nurse, and provides assistance with personal care and bathing needs. Angels in Home Care is certified to cover care in the following Northwest Missouri counties: Andrew, Buchanan, Caldwell, Clinton, and Dekalb. Angels In Home Care offers a Free in-home assessment to determine your eligibility for home health services. One of our skilled professionals will determine whether you are in need of professional services. If so, we will work with your physician to obtain the necessary orders. We accept Medicare, Medicaid, Private Insurance, Veterans Benefits, and Self Pay.

**Apria**

4416 S. 40<sup>th</sup> St., St. Joseph, MO 64503

(816) 233-2449 or (800) 825-2169; (816) 233-8641 (fax)

Supplies oxygen, CPAPs, BiPAPs, home ventilators, apnea monitors, phototherapy units, beds, wheelchairs, walkers and other durable medical equipment including nebulizer treatments, home infusion and respiratory medications to people in homes or health care facilities throughout northwest Missouri and northeast Kansas. Home infusion services (IV medications) are available for in-home treatment of illness, according to physician orders. Medicare, Medicaid or and other insurance can be billed in most cases. Call to see if your particular need is covered.

**Arthritis Community Services**

802 N. Riverside Road, Suite 225, St. Joseph, MO 64506

(816) 271-7057 or (800) 443-8858

Arthritis Community Services is a source of information and referral. Their services include a speaker's bureau, lending library, literature, self-help aids, "Get Wet" water exercise classes, Arthritis Foundation self-help classes, chronic disease self-management course, "Arthritis: Basics for Change" (home study course) and Arthritis Foundation exercise classes.

## **Aseracare Hospice**

The Fountains at Corby Place

102 S. 5<sup>th</sup> St., St. Joseph, MO 64501

(816) 676-2600 or toll free (866) 976-2600

Aseracare offers help and support to the patient and his or her family 24 hours a day, seven days a week. Patients receive in-home services from a nurse, social worker, chaplain or other member of the hospice team. Hospice offers palliative (comfort) rather than curative treatment and emphasizes quality, rather than length, of life. Hospice neither hastens nor postpones death; it affirms life and regards dying as a normal process. Hospice is a covered benefit under Medicare, Medicaid and most private insurance plans.

## **Bartlett Center**

409 S. 18<sup>th</sup> St., St. Joseph, MO 64501

(816) 233-8201

[www.bartlettcenter.com](http://www.bartlettcenter.com)

Senior Center hours: 10 a.m. – 2 p.m. Monday – Friday

Senior Computer Class 10 a.m. – 12 p.m. Monday-Friday

Women's Exercise Class 12:30 – 1:30 Tuesday and Thursday

The Bartlett Center offers a multitude of services for those aged 60 and older in and around its Senior Center. Through collaborations with various agencies, the nutrition program offers both congregate and home delivered meals five days a week. Special provisions are available for weekends and holidays. Inside the center a variety of activities are offered, from a senior's fitness classes twice a week to a monthly women's wellness program.

Both the congregate and home delivered meals offer delicious and nutritious portions designed following guidelines from Northwest Missouri Area Agency on Aging. Nutritional information is provided quarterly on the back of monthly menus.

The Center's goal of keeping seniors healthy is re-enforced by women's fitness classes on Tuesdays and Thursdays. Blood pressure screenings are available during exercise on Tuesday. Daily computer classes offer beginning and intermediate level classes. Seniors are also eligible to take part in a variety of volunteer activities.

### **Bender's Total Home Health Care, Inc.**

Pharmacy: 3829 Frederick Ave., St. Joseph, MO 64506

(816) 279-1668 or (800) 633-9781

Home Health: 1301–A Village Drive, St. Joseph, MO 64506

(816) 233-0171 or (800) 633-9781

Personal Care: 1305 Village Drive, St. Joseph, MO 64506

(816) 233-1746 or (800) 633-9781

Bender's provides a wide range of in-home health care services such as durable medical equipment, supplies, prescriptions and oxygen services. In-home nursing, physical therapy, occupational therapy, speech therapy and private duty care (personal care attendants and sitter companions) is also available. Medicare/Medicaid certified. Serving clients 24 hours a day, seven days a week.

### **Caregivers Home Care & Staffing Services**

117 S. 7<sup>th</sup> St., St. Joseph, MO 64501

(816) 279-1010 or (800) 279-1013; (816) 279-0499 (fax)

Private home care including sitter companions, homemakers, personal-care aides, certified nursing assistants and skilled nursing. Employees may transport clients for shopping, doctor visits, etc. Community education is also available for groups free of charge. Caregivers Home Care & Staffing Services also facilitates temporary medical staffing for facilities including sitters, certified nursing assistants, licensed practical nurses and registered nurses. Private pay, private insurance, Medicaid Title 19 services and Social Service Block Grant Healthy Youth & Children, and Departments of Mental Health clients accepted. Staff available 2 – 24 hours a day, seven days a week

### **Catholic Charities**

902 Edmond, Suite 204, St. Joseph, MO 64501

(816) 232-2885 or (888) 629-2886; (816) 232-2607 (fax);

Catholic Charities provides a variety of services including professional mental health and substance abuse counseling for all age groups, recruitment and training of foster and adoptive parents, financial assistance for rent and utilities and Hispanic outreach services. Catholic Charities' "Turnaround" program ministers to persons in prison on probation or parole and their families.

### **Centers for Medicare and Medicaid Services and Department of Health and Human Services**

(800) 633-4227

[www.medicare.gov](http://www.medicare.gov)

The website is the official U.S. Government site for people with Medicare. A wealth of information is available such as the ability to compare prescription drug plans, information about Medicare benefits, comparing hospitals, dialysis, home health agencies and nursing homes plus much more.

### **City of St. Joseph, Community Development**

1100 Frederick Ave., Room 101A, St. Joseph, MO 64501

(816) 271-4609; (816) 271-5365 (fax)

Housing Rehabilitation provides low-interest and deferred-payment loans for home or property improvements and assists with repairs to eliminate hazards that threaten the health and safety of seniors and persons with disabilities. Applicants must have owned their home for at least six months. (Income guidelines apply.)

### **CLAIM (Community Leaders Assisting the Insured of Missouri)**

[www.missouricclaim.org](http://www.missouricclaim.org)

(800) 390-3330, if you are a resident of Missouri or Buchanan County

CLAIM is the Missouri state health insurance assistance program that meets the needs of Missouri's Medicare population. Certified volunteer counselors assist people locally to help them work through health care issues and understand Medicare options or changes. CLAIM is not affiliated with any insurance company and sells nothing. Our counselors can answer questions about:

- Medicare eligibility, enrollment and claims forms
- Employment and retirement health benefit questions.
- Supplemental insurance policies
- Medicare Advantage options, such as HMOs, PPOs, and PFFS
- Medicare Part D (prescription drug coverage)
- Long-term care planning
- Public benefit programs

### **Community Action Partnership**

817 Monterey St., P.O. Box 3068, St. Joseph, MO 64503-3068

(816) 233-8281

Serving low-income individuals and families in Andrew, Buchanan, Clinton and DeKalb counties in Missouri. The Community Action Partnership provides a full range of services as well as employment and training for adults. Utility assistance, community resource projects are part of the Community Action Partnership. Volunteers are needed in all areas of services provided.

### **Community Health Line**

(816) 271-4000 or (800) 455-2476

Community Health Line is a registered-nurse hotline offering free, confidential medical advice 24 hours a day, seven days a week. The staff represents a broad base of nursing experience and expertise. Volumes of information concerning medications, symptoms, common complaints, wellness tips and chronic diseases are available through this service. Based on your need, Community Health Line nurses can also refer individuals to affiliated physicians. Or, if you prefer, call Community Health Line to request a *Physician Directory*, a free booklet that lists the names, addresses, phone numbers and certifications for more than 150 physicians.

**Community Housing Ministry (CHM)**

814 Faraon, St. Joseph, MO 64501

(816) 233-4250; Telecommunications Device for the Deaf (816) 233-2562; (816) 233-2580 (fax)

CHM manages six apartment complexes for seniors. In five of these complexes, rent is not to exceed 30 percent of the resident's income. A service coordinator assists residents with special needs at four complexes. CHM also provides subsidized rent assistance through the United States Department of Housing and Urban Development (HUD).

**Community Recreation & Resocialization Program, Inc. (CRR)**

525 S. 10<sup>th</sup> St., St. Joseph, MO 64501

(816) 233-0430

A rehabilitative program that is available to individuals with serious and persistent mental illness and/or individuals with developmental disabilities. CRR offers activities such as cooking, photography, crafts, videos, table games and more. Community-integrated activities are also available such as softball, bowling, swimming and volleyball. In-home management assists clients with skills including budgeting, cooking, grocery shopping and other skills necessary to maintain independence. Employment training addresses the skills necessary to obtain competitive employment. Referrals and funding come from the Department of Mental Health, Albany Regional Center and Family Guidance.

**Congregate Meal Sites for the noon (11:30 a.m.) meal**

Bartlett Center, 409 S. 19<sup>th</sup> St., St. Joseph, MO 64501

(816) 233-8201

Calvin Center 1412 N. 3<sup>rd</sup> St. St. Joseph, MO 64505

(816) 232-7779

Wesley Senior Towers (Ground Floor dining area), 1002 Francis, St Joseph, MO 64501

(816) 232-2839

A donation is requested.

**Covenant Compassionate Care**

2400 Frederick Ave., Suite 507, St. Joseph, MO 64506

(816) 364-2600

It is our covenant to provide quality care and to assess and develop a care plan designed to specifically meet our clients' needs. The services that we provide include in-home skilled nursing, physical therapy, occupational therapy, speech therapy, and private-duty care such as personal care attendants, CNA's, sitter companions and Registered Nurses. Our goal is to provide excellence in care while maintaining the individuals independence and dignity. We accept private pay, medicare/medicade and most insurance.

**Department of Health and Senior Services – Division of Senior and Disability Services – Home and Community Services, Region 4, State of Missouri**

525 Jules St., #319, St. Joseph, MO 64501

(816) 387-2100 or (800) 392-0210 (24 hour elder abuse and neglect hotline)

Serves people age 60 or older and individuals age 18–59 who are disabled. The following services are made available through agreements with various providers: homemaker/chore, personal care, advanced personal care, respite, advanced respite, licensed practical nurse respite, registered nurse visits and counseling. Additionally, personal care services are provided through the Consumer Directed Services Program. Eligibility requirements vary with the funding source involved, and availability is subject to budgetary constraints.

**Division of Family Services, Buchanan County**

525 Jules St., #127, St. Joseph, MO 64501

(816) 387-2000

Responsible for determining eligibility for Medicaid, food stamps, supplemental aid to individuals with sight impairment and individuals who wish to receive a pension for the blind. The Division of Family Services provides medical coverage to eligible persons for doctor bills, hospital bills, nursing home expenses, etc.

**Experience Works**

1302 Faraon, P.O. Box 9006, St. Joseph, MO 64501

(816) 676-1161

Experience Works is a national, nonprofit organization that helps unemployed people who are at least 55 and meet income guidelines find jobs through its paid training assignments. Experience Works provides training and job search assistance at no charge to program participants or the agencies where they train. Experience Works is that nation's oldest and largest provider of senior training and employment services. Experience Works places people in paid training assignments at other nonprofit and government agencies. Experience Works participants contribute to their community while gaining work experience and new skills, making them more employable while they provide valuable community service to agencies in their own community.

**Faith in Action Volunteer Caregivers**

528 N. 8<sup>th</sup> St., St. Joseph, MO 64501

(816) 271-7279; (816) 271-7045 (fax)

Faith in Action is Christian congregations working together to share the love the Jesus Christ by meeting the unmet needs of all persons in our community through church volunteers. Current needs being met by our volunteer caregivers include transportation visitation, respite care, moving assistance, home maintenance, yard work, etc. If you or a loved one could use some assistance, please contact the Faith in Action office.

### **Family Guidance Center for Behavioral Healthcare**

724 N. 22rd St., St. Joseph, MO 64501

(816) 364-1501

Emergency service: (888) 279-8188

Family Guidance Center for Behavioral Healthcare provides outpatient mental health assessment and evaluation, intervention and counseling for individuals and families. Residential and outpatient assessment and treatment of alcohol/drug dependencies is also available as well as intensive in-home services for children and their families. Community based services also exist for adults.

### **Family Planning Clinic**

1322 N. 36<sup>th</sup> St., St. Joseph, MO 64506

(816) 364-1944

Medical examinations for women and men, hormone replacement therapy, breast exams, education and testing on sexually transmitted diseases, HIV counseling and mammogram referral. The clinic includes: Breast, Cervical, Cancer Control Project (BCCCP).

### **Good Life Games**

Heartland Health Club, 802 N. Riverside, Suite 210, St. Joseph, MO 64507

(816) 271-1033

A fun contest that celebrates good health and physical fitness for people age 50 or older that takes place annually in the fall. Events include track and field, swimming, tennis, horseshoes, football and softball throws, 8-ball, snooker, table shuffleboard, table tennis and more. Participants compete in as many events as they choose. Registration forms are available by mid-August.

### **Hands of Hope Hospice**

137 N Belt Highway, St. Joseph, MO 64506

(816) 271-7190

Albany office: Physicians Building, Highway 136 East, Albany, MO 64402

(660) 726-3488

Toll free (both offices) (800) 443-1143, ext. 7190

Hands of Hope Hospice provides quality, compassionate care for the terminally ill and their families. Professional staff includes nurses, nursing assistant, therapies, dietitian, social workers, chaplains and bereavement counselors. Volunteer services are also available. Services are covered by Medicare and Medicaid and often by private insurance. Patients are accepted regardless of ability to pay.

### **Hanger Orthotics & Prosthetics Inc.**

1005 B West St. Maartens Drive, St. Joseph, MO 64506

(816) 233-1659. Fax: (816) 0669

Hanger is an organization dedicated to providing quality Prosthetics and Orthotics. Hanger has been creating Artificial limbs and bracing since the Civil War era. Hanger specializes in diabetic shoes and inserts as well.

**Health Educator**

Patee Market Health Center, 1<sup>st</sup> Floor  
904 S. 10<sup>th</sup> St., St. Joseph, MO 64503  
(816) 271-4659

[www.mteliczanoci.st-joseph.mo.us](http://www.mteliczanoci.st-joseph.mo.us)

Provides resources to the community on health-related issues, such as HIV/AIDS, and provides free community educational programs on prevention of HIV and other sexually transmitted diseases.

**Hearing Loss Association of America**

(301) 657-2248 or (301) 657-2249 (TTY)

[www.hearingloss.org](http://www.hearingloss.org)

Self help for hard of hearing people (SHHH) has a mission to open the world of communication to people with hearing loss through information, advocacy, education and support.

**Heartland Arthritis and Osteoporosis Treatment Center**

802 N. Riverside Road, Suite 200, St. Joseph, MO 64506  
(816) 271-7979 or (800) 443-8858

A center for arthritis, rheumatic disease and osteoporosis diagnosis and treatment. An arthritis nurse educator is on staff. Heartland Arthritis and Osteoporosis Treatment Center also includes juvenile arthritis outreach clinics (call for more information) and bone density diagnostic services (DXA) with physician referral.

**Heartland Diabetes Center**

901 Heartland Drive, Plaza 2, Suite 4860, St. Joseph, MO 64506  
(816) 271-6700; (816) 271-6701 (fax)

Inpatient and outpatient services focused on the treatment of people with diabetes. Inpatient services focus on glucose level management while a person is hospitalized. Outpatient services focus on education and counseling in the areas of blood sugar monitoring, medication self-management skills, nutrition counseling and meal planning, exercise counseling and healthy living habits.

**Heartland Health Club**

802 N Riverside, Suite 210, St. Joseph, MO 64507  
(816) 271-1033

[www.heartland-health.com/seniors](http://www.heartland-health.com/seniors)

A free service of Heartland Health dedicated to helping inform and encourage people age 50 and older to remain as healthy as possible. Free memberships are available by calling the office. Member benefits include a newsletter, monthly health information meetings, and information about upcoming health programs and preventative screenings.

### **Heartland Health Palliative Care**

The Palliative Care consultation team is a resource available through Heartland Health to assist hospitalized individuals and their families who are dealing with critical, advanced, chronic or life-limiting illnesses. Individuals may continue to seek curative treatments while simultaneously receiving Palliative Care support for themselves as well as their loved ones. The team includes the patient's physician, the Palliative Care team medical director, a registered nurse, social worker, chaplain, pharmacist and other specialty roles and services. The team acts as a referral source to area home health agencies, nursing homes, hospices and Faith in Action Volunteer Services. The team approach helps to ensure that available medical and community resources are utilized to allow the best quality end-of-life care. The Palliative Care Consultation Team offers extra "TLC" and supports end-of-life goals and dignity for the patient and his or her family.

### **Heartland Health Spiritual Health Services**

5325 Faraon, St. Joseph, MO 64506

(816) 271-6040

Provides spiritual and emotional support to patients and their family members when hospitalized. Provides information and education about Advance Directives which may include a health care treatment directive, living will and/or durable power of attorney for health care. You may become a Pastoral Visitor and provide pastoral visitation to person hospitalized at Heartland Regional Medical Center. There is a brief training process required to become a Pastoral Visitor. Call for more information.

### **Heartland Health Volunteer & Auxiliary Services**

5325 Faraon, St. Joseph, MO 64506

(816) 271-7868 or (816) 271-7867 or (816) 271-6016

Volunteer opportunities are available throughout Heartland Health. Our volunteers are a vital part of the healthcare team. We carefully match our volunteers by their area of interest and individual skills. Join our team today and enjoy many benefits while giving back to our community. Call for information or to schedule an appointment for an interview.

### **Heartland Heart Center**

5325 Faraon, St. Joseph, MO 64506

(816) 271-6563 or (816) 271-7985

Provides a full range of specialized heart and vascular services including non-invasive diagnostic testing, pacemakers, implantable defibrillators, electrophysiology, cardiac catheterization and balloon angioplasty and stents. Cardiothoracic and vascular surgeons are available to consult patients for cardiac bypass, valve replacement, vascular and thoracic surgery. Qualified physicians are also available for diagnostic and therapeutic treatment of peripheral vascular disease. Cardiac rehabilitation programs coordinated by registered nurses are provided for both inpatients and outpatients. Smoking cessation classes are also available.

**Heartland Home Health Services**

137 North Belt Highway, St. Joseph, MO 64506

(816) 271-7593; (800) 443-1143

Provides a full range of services that are nationally accredited. Included are skilled nursing care, nurse's aides, physical therapists, speech therapists, occupational therapists, social workers and chaplains. Services are covered by Medicare, Medicaid and some private insurance.

**Heartland Senior Health**

802 N. Riverside, Suite 210, St. Joseph, MO 64507

(816) 271-7883

Heartland Senior Health has a mission to improve the lives of seniors in the community. Staffed with a full time registered nurse, information and referral services are available.

**Help at Home, Inc.**

2411 N. Woodbine, St. Joseph, MO 64506

(816) 671-9100; (816) 671-9111 (fax)

Includes a range of services such as personal care, errands, homemakers, sitters and skilled nurse visits. Services are provided 24 hours a day, seven days a week in Andrew, Buchanan, Clay, Holt and Jackson counties. Help at Home, Inc., accepts private pay, insurance, Medicaid and Missouri Division of Aging Social Services Block Grant.

**Homeward Bound Health Services, Inc.**

3501 Gene Field Road, St. Joseph, MO, 64506

(816) 232-6800

Services include skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides and medical social services 24 hours a day, seven days a week in 11 counties in northwest Missouri: Andrew, Atchison, Buchanan, Caldwell, Clay, Clinton, DeKalb, Gentry, Holt, Nodaway and Platte. Care involves a total health assessment, patient/family teaching, wound care, IV therapy, post-operative care and individualized care. Homeward Bound Health Services, Inc., accepts Medicare, Medicaid and private insurance and will assist in filing insurance claims. Free in-home assessment and physician consultation is available.

**Hope House Center for Grief and Loss**

Sponsored by Heartland Health and Heartland Foundation

528 N. 8<sup>th</sup> St., St. Joseph, MO 64501

(816) 271-7289

A community bereavement resource that offers caring conversations with a trained bereavement counselor by appointment and a resource center with bereavement information and access to on-line information about grief and loss.

## **Housing Authority of the City of St. Joseph**

502 S. 10<sup>th</sup> St., P.O. Box 1153, St. Joseph, MO 64502–1153

(816) 236-8200

Provides rental assistance to low–income persons. Income guidelines apply. Applicants locate new housing or receive rental assistance where they currently live if it meets housing quality standards as set down by the United States Department of Housing and Urban Development (HUD).

## **Image Specialties**

3410 Ashland Ave., St. Joseph, MO 64506

(816) 232-6459 or (888) 340-6459; (816) 232-6487 (fax)

Image Specialties features a full line of ostomy, wound–care and continence supplies as well as professional fittings for mastectomy, prosthesis, compression stockings and garments. Image Specialties also offers medical products, walkers and custodial–care products. Ongoing ostomy support, wound evaluation and other services are provided for a fee. Image Specialties will assist with billing to insurance, Medicare and Medicaid.

## **Inter–Agency Council on Aging**

(816) 271-7883

The mission of the IACA is to convene an alliance of organizations to identify and address the needs of Seniors in Buchanan County and a vision to enhance the quality of life for Buchanan County Seniors. Service providers and community members work together to improve the quality of life for citizens age 60 and older. Service providers participate in a coordinated effort to assess and coordinate the delivery system and, together, bridge gaps.

## **InterServ**

Calvin Center

1412 N. 3<sup>rd</sup> St., St. Joseph, MO 64505

(816) 232-7779.

### ***Emergency Assistance***

**Food Pantry** (Monday – Friday, 1 – 3:45 p.m.) provides free food orders to low–income individuals and families living or working in northwest Missouri and Northeast Kansas. No appointment or referral is necessary.

**Rent/Utility Assistance** (By appointment only) offers a limited number of small, no–interest loans for individuals and families living or working in Northwest Missouri and Northeast Kansas.

### ***Aging Counseling & Case Management***

**Angels of Hope** (By appointment only in clients home) provides budget and household management counseling to help seniors organize monthly bills, write checks, understand insurance statements, balance checkbooks and manage other household expenses.

### ***Immigrant Services***

(By appointment only) Assists immigrants to meet Immigration and Naturalization Services (INS) requirements to obtain documentation for employment, legal status and/or Citizenship. Call (816) 232-7779 for an appointment.

## ***Retired & Senior Volunteer Program***

**RSVP**-Connecting seniors age 55 and older with volunteer opportunities in not-for-profit agencies across the community. Transportation to and from volunteer worksites is available. Call (816) 232-7779 Ext. 22

### **Medicare D Assistance**

Lindberg Community Center-Call (816) 232-7779 for a schedule of dates and times.

**Tax Counseling for the Elderly (TCE)** (Provides elderly with trained RSVP volunteers to prepare basic 1040, 1040a, and 1040EZ forms for federal and state filing and Property Tax Credit (PTC) applications free of charge. TCE is a qualified E-Filer for rapid returns. (February 1<sup>st</sup>-April 15<sup>th</sup> only) Call (816)232-7779 Ext. 22 for a complete list of tax preparation locations. By appointment only during the designated tax dates listed.

## **Senior Services**

**Elderly Nutrition**-Offers a hot noon meal, educational activities an social interaction to seniors age 60 and older.

**Senior Meals**- Offers a hot noon meal, educational activities and social interation to seniors age 60 and older. Lunch is served Monday-Friday from 11:30 am – 12:30pm. Office hours are Monday-Friday 8:00am – 4:00pm.

**Mobile Meals**- (Delivers a hot noon meal to homebound seniors age 60 and older) Call (816) 232-7779 Ext 34 or (816) 232-7779 Ext. 35.

### **Senior Meal Sites**

**Calvin Center**-1412 N. 3<sup>rd</sup> St., St. Joseph, MO 64505. (816)232-7779 Ext. 34

**Wesley Senior Towers**-1002 Francis St., St. Joseph, MO 64501. (816) 232-2839

**Consumer Directed Services**- Provides support training and information for Medicaid eligible persons who want to supervise their own care in their own homes. Call (816) 232-7779 Ext. 39

**In-home Services**- (Some services are funded through Medicaid)-Provides Homemaker, Personal Care, and Respite services to clients in Andrew, Buchanan, Clinton, and Dekalb counties. Services offered daily, weekly, or monthly. Private pay clients accepted. Call (816)232-8080 Ext. 33.

**Professional Medical Services**- (By appointment only) Provides weekly medicine set up, health assessments, nutritional supplements, nail care, flu shots, and limited Nursing assistance for homebound persons. Call (816) 232-7779 Ext. 27.

**Telemonitoring**- Provides a machine to monitor and transmit vital signs to patient's doctor. This is a Medicaid funded service. Call (816) 232-8080 Ext. 33.

**Lifeline**- Provides an emergency contact through the use of a telephone device. Call (816) 232-8080 Ext. 33.

### **Joyce Raye Patterson Senior Citizens Center**

100 S. 10<sup>th</sup> St., St. Joseph, MO 64501

(816) 271-4666; (816) 271-4735 (fax)

Monday – Friday, 8 a.m. – 5 p.m. and evenings as scheduled

Provides a variety of meetings, classes, music groups, dances, fitness center, card games, shuffleboard, billiards, computer lab and other activities for persons age 50 and older. Cafeteria-style lunch is available to all ages from 11 a.m. – 12:30 p.m. Tuesday – Friday. Volunteer opportunities are also available.

### **Kendallwood Hospice**

123 S. 36<sup>th</sup> , St. Joseph, MO 64506

(816) 232-2400; (816) 232-2426 (fax)

A not-for-profit agency specializing in the care of individuals facing a limited life expectancy. Under the direction of individual's physician, the following licensed professionals and other services are available: skilled nursing, home health aides, medical social workers, chaplains, volunteers, speech therapy, physical therapy, occupational therapy, registered dietician and bereavement for patients and families. Medicare, Missouri/Kansas Medicaid and many types of private insurance cover services. Special financial considerations may be made.

### **Legal Aid of Western Missouri**

7<sup>th</sup> & Felix, P.O. Box 1086, St. Joseph, MO 64502

(816) 364-2325 or (800) 892-2101

Provides free comprehensive legal services, advice or representation, to low-income individuals with civil legal problems, consumer problems, landlord/tenant problems, utility problems and domestic violence problems. Assists individuals who have been denied government benefits in appealing their cases. Income guidelines apply, though medical and work-related expenses are taken into consideration. Present income guidelines do not restrict representation of individuals age 60 and older. The St. Joseph office of Legal Aid serves 18 counties in northwest Missouri.

### **LIFELINE**

137 North Belt Highway, St. Joseph, MO 64506

(816) 271-7186

Persons contracting with Heartland Health's LIFELINE can have a personal response system installed on their telephone to link them to 24-hour emergency assistance. The rented unit is available on a month-by-month basis. Please call for a monthly fee schedule.

### **Lincare**

439 South Belt Hwy, St. Joseph, MO 64506

(816) 233-9777

Lincare provides respiratory services such as home oxygen, nebulizers, unit-dose medication (Medicare patients only) CPAPs and BiPAPs. Lincare offers a free, comprehensive pulse-oximetry study that includes testing done at rest, while exercising and while asleep. Free patient education programs include Carecheck for patients with chronic obstructive pulmonary disorder (COPD) and Heartsteps for patients with congestive heart failure (CHF). Licensed registered

nurses and licensed practical nurses administer both programs. Lincare provides emergency patient care 24 hours a day, seven days a week and free travel coverage for oxygen patients at more than 1000 locations in 48 states. Services are covered by Medicare, Medicaid, self-pay and most private insurance.

### **Midland Empire Resources for Independent Living (MERIL)**

4420 S. 40<sup>th</sup> St., St. Joseph, MO 64503

(816) 279-8558 or (800) 242-9326; teletypewriter (TTY) (816) 279-4943

**www.meril.org**

Helps persons with disabilities locate resources to promote independent living through its Independent Living Services Program. This program serves anyone in our 9-county service area in Northwest Missouri (Andrew, Atchison, Buchanan, Clinton, Dekalb, Gentry, Holt, Nodaway, and Worth) regardless of age, income or disability status. This program offers assistance with independent living skills training, advocacy, peer support and information and referral for persons with disabilities. MERIL works to remove attitudinal and physical barriers in addition to offering:

- deaf and hard of hearing services/interpreter referral services.
- counseling services and Social Security benefits counseling.
- technology assistance for people with vision and hearing impairments.

MERIL's In-Home Services Program puts hiring, training and scheduling of personal care in the customer's hands with support and technical assistance available from independent-living professionals. Eligibility requirements include Missouri residency, Medicaid eligibility, physical disability, 18 years of age and ability to self-direct care. Services include dressing, bathing, housecleaning, laundry, meal prep and similar services.

### **Missouri Bar Lawyer Referral Service**

(573) 636-3635

Monday – Friday, 9 a.m. – 12 noon and 1pm-3pm. (except holidays)

Assists individuals in finding an attorney in their area to discuss legal matters. A \$25 administrative fee is charged for a referral to an attorney and up to 30 minutes of consultation during which the client may ask legal questions, get legal advice and arrange for further legal work, if necessary. There is no obligation to employ the referral attorney; however, if the attorney agrees to represent the client, he or she will charge the client at customary rate.

### **Missouri Career Center – Division of Workforce Development, Community Action Partnership of Greater St. Joseph, and Department of Elementary and Secondary Education**

301 S. 7<sup>th</sup> St., St. Joseph, MO 64501-2284

(816) 387-2380; (816) 387-2029 (fax)

(800) 320-2519, Regional Unemployment Claims Center

**Our Mission:** A qualified person for every job; a quality job for every person.

**Our Vision:** Through partnership with each local community, it is our vision that every employer will maintain a qualified, productive workforce; and that every job-seeker will have education and training opportunities throughout their lifetime, which lead to lasting, living-wage jobs commensurate with their abilities and goals.

A joint effort to provide integrated services to employers and job seekers. Provides training assistance through adult education, G.E.D., literacy classes, support and training funds for low-income adults, youth and laid-off workers. Individuals can place their resume on-line and use The Center's tools and guidance to look for work through an automated job/applicant match, resume assistance and the ability to access *MissouriCareerSource.org* which searches for jobs locally, statewide and other job banks. The Center serves as a referral resource for the senior community service employment program, Job Corps and migrant and seasonal farm workers training programs. It also offers interest and proficiency testing, career exploration, labor market information, veterans' services, employment counseling, trade adjustment assistance, obtaining and retaining employment classes. Provides employment assistant for people on TANF (Temporary Assistance for Needy Families) referred by Family Support Divisions. Unemployment claims are not processed at the Career Center but instead through the Regional Unemployment Claims Center at 800-320-2519.

### **Missouri Veterans Commission**

Missouri State Office Building, 525 Jules St., Room 320, St. Joseph, MO 64501  
(816) 387-2841

Provides veterans, their dependents and survivors with information about all benefits administered by the Department of Veteran Affairs (VA) and assists them in completing appropriate applications for VA benefits.

### **Missouri Western State University**

4525 Downs Drive, St. Joseph, MO 64507  
(816) 271-4266, Admissions  
(816) 271-4100, The Western Institute

Provides free tuition to individuals age 60 and older. Students are responsible for an admission fee, books and other applicable charges. Students wishing to enroll in continuing education should contact The Western Institute.

### **National Multiple Sclerosis Society**

7611 State Line, Suite 100, Kansas City, MO 64114  
(913)432-3926

The National Multiple Sclerosis Society provides services to people living with MS and their families. These services include: advocacy, information and referral services, education, programs for families, long term care support, physical wellness, self help groups, and accessible housing in Kansas City and Topeka, Kansas. The MS Society also provides care management, which is a free service to people with MS and their families. The goal of care management is to assist people to live as independently as possible. This service can help with: transportation, housing, Social Security applications, insurance problems, respite care, mental health issues, emergency financial assistance, and durable medical equipment. Please contact the National Multiple Sclerosis Society, with any questions or inquiries into any of the services.

**Northwest Missouri Area Agency on Aging**

P.O. Box 265, Albany, MO 64402

(660) 726-3800 Toll Free 888-844-5626

**[www.nwmoaaa.org](http://www.nwmoaaa.org)**

The Area Agency would like to be your first option for any aging issues. Either directly or through our partners and contractors we provide information, assistance, aging resource consulting, congregate and home delivered meals, transportation, homemaker, respite, medication management, legal services, as well as services for caregivers. We also provide speakers and programs for public education and awareness and provide counseling regarding Medicare and Medicaid fraud and abuse. Our Long Term Care Ombudsman staff and volunteers are here to help those living in nursing homes and assisted living facilities. There are no fees for any of our services, however, if you can make a contribution, it will help us provide more service to more people.

**Northwest Missouri Psychiatric Rehabilitation Center**

3505 Frederick Ave., St. Joseph, MO 64506

(816) 387-2300

Long-term in-patient adult mental health services.

**Northwest Missouri United Labor Community Services Agency**

AFL-CIO Community Services

1203 N. 6<sup>th</sup> St., St. Joseph, MO 64501

2-1-1

(816) 364-1131, (800) 365-7724, (816) 364-2304 (Fax)

**[www.helpmenow.org](http://www.helpmenow.org)**

A 24-hour phone service connecting persons needing information or assistance with organizations providing services. Community Services matches the person calling for assistance with the organization or organizations that handle their particular need. When resources are not available, Community Services works to find alternative forms of assistance. Typical requests include assistance with rent, utilities, food, housing and medical costs. Community Services also maintains a Community Resources database of regional services available to the public on its web site (listed above), which includes eligibility requirements, fees, hours of service and location. Community Services also advocates and coordinates multiple services for individuals and features the following community-based programs: Community Clothes Closet, Furniture Exchange Program and the Adopt-A-Family Christmas Program, the Lions Club Eyeglasses Program, and Soles for Christ which is a children's shoe program.

**OATS, Inc.**

2921 N. Belt Highway, Suite L17, St. Joseph, MO 64506-8367

(816) 279-3131 and (800) 831-9219

Monday – Friday, 8 a.m. – 5 p.m.

Suggested contribution: \$1.50

Provides door-to-door transportation for medical appointments, nutrition, essential shopping and business. Call to schedule a ride.

### **Open Door Food Kitchen**

510 Edmond, St. Joseph, MO 64501

(816) 364-1085

Free lunch is served Monday – Saturday, 11:30 a.m. – 1 p.m., including holidays. Sunday a sack lunch is available 1 p.m. - 2 p.m.

### **Randolph Medical Plus**

139 N. Belt Highway, Suite C1, St. Joseph, MO 64506

(816) 364-HELP (4357) or (877) 637-9988

Complete home health including respiratory, medical equipment and supplies, rehabilitation services, manual and power wheelchairs, scooters, walkers, hospital beds, bath safety, custom home modifications, wheelchair ramps and lifts. Twenty–four hour service and free evaluation and consultation are available. Randolph Medical Plus bills Medicare, Medicaid and most secondary and/or private insurance.

### **Reach to Recovery®**

(816) 233-2558 or (877) 580-7095

An American Cancer Society visitation program is for women who have had breast surgery related to cancer. Women who have successfully recovered from breast cancer surgery visit women who have recently been diagnosed and treated. The visitors provide moral support, gifts of temporary breast prostheses and educational materials.

### **Road to Recovery®**

(816) 271-7657

An American Cancer Society program offered in partnership with Heartland Foundation and The Cancer Center to meet the transportation needs of ambulatory cancer patients living within the service area. Volunteer drivers are screened and trained for the program. Anyone needing transportation or wanting to volunteer may inquire.

### **ResCare HomeCare**

111 S. 36<sup>th</sup> St. St. Joseph, MO 64506

(816) 671-1600

Toll free (866) 292-7900

ResCare HomeCare, offers personal care, bathing and dressing assistance, transportation, light housekeeping, meal preparation, medication set–up and reminder, grocery shopping and errands, laundry, companionship and 2–24 hour care in the client’s home, where they are happiest and healthiest. Staff is trained, carefully screened, supervised, bonded and insured and includes certified nursing assistants and personal care attendants. Clients can take advantage of home exercise, hospice support, respite care, lab draws, injections and ostomy care. ResCare accepts most major insurance including Veteran’s Administration, worker’s compensation, Medicaid and private pay. ResCare is a licensed Home Health Agency serving areas in Kansas and Missouri for 13 years.

### **St. Joseph Advisory Commission on Aging**

City of St. Joseph, City Clerk (816) 271-4730

Identifies elderly needs and services, reviews applications for funding services for the elderly, evaluates current and future aging programs in the city and submits recommendations on these and related matters to the council.

### **St. Joseph Transit – The Ride**

(816) 233-6700

Monday – Friday, 5:15 a.m. – 8:15 p.m.

Saturdays, 7:15 a.m. – 7:15 p.m.

Eight fixed routes through St. Joseph. Please call to assure a ride on the route–deviation bus system. Customers can call up to two weeks in advance of a planned trip. All busses are handicap accessible.

### **Salvation Army**

Main office: 602 Messanie, P.O. Box 1417, St. Joseph, MO 64502–1417

(816) 279-2101

The Salvation Army offers emergency food and clothing at its location at 602 Messanie St., Monday – Friday, from 8:30 a.m.– 12 p.m. and from 1 – 4 p.m. It also operates a shelter at 618 S. 6<sup>th</sup> St., 24 hours a day, seven days a week for men, women and families. Meals, laundry facilities, counseling and referrals are available.

### **Serenity Healthcare**

620 Francis, Suite 220, St. Joseph, MO 64501

(816) 901-0262

Serenity Healthcare offers medical assistance after surgery or during recovery from an illness, as well as, long-term care for all ages. Our services are provided by Registered Nurses (RNs), Licensed Practical Nurses (LPNs), Certified Nursing Aides (CNAs), Personal Care Attendants, Respite Care Aides and Homemakers depending on need. All of our services are available as needed, 24 hours a day, 7 days a week. There are a number of payment options or funding sources including personal/private pay, insurance, Medicaid – Title 19, Social Services Block Grant.

### **SHIP State Health Insurance Assistance Program**

(800) 390-3330

The State Health Insurance Assistance Program (SHIP) has counselors in every State and several Territories that are available to provide free one-on-one help with your Medicare questions or problems.

**Social Security Administration**

1402 North Woodbine, St. Joseph, MO 64506

(816) 233-2511 or (800) 772-1213 or Teletypewriter (TTY) (800) 325-0778

Help with questions about eligibility for and enrolling in Medicare, Social Security retirement benefits or disability benefits. Services include requesting a social security number or to file a name change, make an appointment for benefits or to file for benefits, as well as to order a medicare replacement card.

**Social Welfare Board**

Patee Market Health Center

904 S. 10<sup>th</sup> St., St. Joseph, MO 64503

(816) 233-5188

Provides medical and dental care for low-income patients, free mammograms and gynecologic care, crisis and diet counseling, transportation to medical facilities, referrals to food pantries and a cardiovascular program. The Patee Market Health Center tries to fill gaps that Medicare/Medicaid do not cover. Serves St. Joseph and Buchanan County. Women's Clinic serves individuals living in Missouri.

**SORT: The Missouri SMP**

(660) 726-3800 or (888) 515-6565 or (660) 747-5447

SORT is a program comprised of retired professionals who are trained to identify potential fraud and abuse of the Medicare/Medicaid system and report it. SORT specialists are also intensively trained to provide insurance counseling services. Call to speak with a SORT volunteer free of charge regarding complaints or concerns about Medicare, Medicaid, supplemental insurance and health care fraud.

**St. Joseph–Buchanan County Health Department**

904 S. 10<sup>th</sup> St., St. Joseph, MO 64503

(816) 271-4636 or (816) 271-4725 for clinic services

The health department offers services for infants, children and adults of all ages. Some services are specific to age groups that meet program criteria. Most services are free or have a nominal charge. Services offered include blood pressure checks, head lice checks, immunizations, communicable and contagious disease follow-up and referral, tuberculosis clinic, sexually transmitted disease clinic, prenatal case management, WIC (Women–Infant–Children) nutrition program, HIV case management, lead program, birth and death records, septic tank inspections, environmental services, food inspections, health educator, animal control and rescue and a speaker's bureau, which is available for health-related programs.

**The Cancer Center**

902 N. Riverside Road, St. Joseph, MO 64507

St. Joseph Oncology, Inc. (816) 271-1301

Department of Radiation Oncology (816) 271-7280

Provides high-quality cancer-related patient care including radiation therapy and chemotherapy to residents of northwest Missouri and bordering states of Iowa, Kansas and Nebraska. Caring support services and public education are also available.

**The Center**

902 Edmond, Suite 203, St. Joseph, MO 64501

(816) 364-4300

Offers mental health outpatient counseling and psychiatric evaluation/treatment. Provides individual, couple and family therapy to all ages. The Center has limited ability to offer fee adjustments according to income and accepts most insurances.

**Tiffany In-Home Services**

1202 C Villiage Dr., St. Joseph, MO 64506

(816) 364-0525; (816) 364-0496 (fax)

Skilled, thoroughly trained personnel provide five types of in-home services: Respite Care, Personal Care, Advanced Personal Care, Homemaker/Chore Care and registered nurse visits. All services are qualified for Medicaid reimbursements and Social Service Block Grant or are available on private-pay basis.

**Vintage @ Home**

4001 Bay Pointe Dr., St. Joseph, MO 64506

(816) 387-8881

Our mission at Vintage @ Home is to simplify, support and restore each seniors' life at home. From around-the-clock care to assistance for just a few hours each week, Vintage @ Home can help clients with the services and schedules that meet their needs. Highly qualified nurses, personal care assistants and companions treat our clients with the respect and dignity they deserve.

## **YWCA**

www.ywcasj.org

304 N. 8<sup>th</sup> St., St. Joseph, MO 64501

(816) 232-4481

Special programs include:

- Water exercise, modified water exercise class (slower pace) and MEAC (Midland Empire Aquatic Center) approved Arthritis Aquatic Exercise. The pool is a “wellness pool” with a water temperature of 86°. The majority of the pool is shallow water.
- ENCOREplus breast and cervical cancer education, outreach and referral services for mature women
- Women Only Universal machines, free weights, treadmills, bike and stepper and elliptical trainer.

Recreation includes:

- Women’s Interest luncheons
- Y–Women (a social group for mature women with a program and luncheon)

YWCA Shelter offers 24–hour protective housing for victims of domestic violence, elder abuse, sexual abuse and homeless women. Counseling and support groups are also available. Volunteer opportunities are available with the Shelter, Rape Crisis, Child Care Resource and Referral (CCRR), ENCOREplus, main office and to serve on committees. Senior citizen membership (age 65 and older) is \$15 per year.

## Support Groups/Educational Groups

### **Alzheimer's Disease Support Groups**

(816) 364-4467 or (800) 533-7373

Family support groups held in 18 community locations in northwest Missouri. Contact the Alzheimer's Association Northwest Missouri Chapter for the nearest support group.

### **Arthritis Community Service**

(816) 271-7057

Call for more information regarding osteoporosis and osteoarthritis educational programs.

### **Arthritis Exercise Classes**

(816) 271-7057 or (800) 443-8858

Water-based exercise classes are held throughout the month.

### ***Bereavement Support Groups***

#### **Heartland Hands of Hope Hospice**

(816) 271-7190 or (800) 443-1143, Ext. 7190

Offers a variety of support groups and activities for persons who have experienced the loss of a loved one to cancer or other illnesses. The groups and activities are open to all persons and are free of charge.

#### **Kendallwood Hospice**

(816) 232-2400 or (800) 757-7504

Offers a variety of grief support options including luncheons, small support groups and memorials. Staff is available to provide additional information for community resources.

#### **Out of the Darkness**

Wyatt Park Christian Church, 27<sup>th</sup> and Mitchell, St. Joseph, MO 64507

(816) 232-3374

A support group for people who have lost loved ones to suicide (meets the second Thursday of the month at 6:30 p.m.).

### **Breast Cancer Support and Education Group "Hope Burning Bright"**

Heartland Regional Medical Center

5325 Faraon St., St. Joseph, MO 64506

(816) 271-7265 or (800) 443-0609

The breast cancer support and education group provides education and support for women and their adult family members. Topics include information about breast cancer, treatment, side effects of treatment and coping with the disease. Meetings are held the second Tuesday of every other month from noon – 1:30 p.m.

### **Colorectal Cancer Screening**

(816) 271-7284 or (800) 447-3706

**www.heartland-health.com**

Colorectal cancer is the second leading cause of cancer death in the United States. Early detection is the best weapon to fight colorectal cancer. Join us annually in March to request your free screening kit during this health maintenance screening. If you prefer, your local health care provider may also have FREE kits.

### **Family and Friends of Offenders Support Group**

1610 Angelique, St. Joseph, MO 64506

(816) 232-2885 Ext. 24

Are you struggling with a loved one's incarceration? Join others who are going through this and find the support you need. Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month starting February 13, 2008 from 6:00 p.m. – 7:00 p.m. at the St. Francis Baptist Temple.

### **Heartland Diabetes Support Group**

(816)271-6700

Diabetes support group meets the monthly. Call for information.

### **I Can Cope<sup>®</sup>**

The Cancer Center

902 N. Riverside Road, St. Joseph, MO 64506

(816) 271-7657 or (800) 443-0609 or (816) 233-2558 or (877) 580-7095

The American Cancer Society's I Can Cope, an education and support program for adults with cancer and their family members and friends, is presented in partnership with Heartland's Radiation Oncology Department. I Can Cope is designed to help people with cancer learn more about their disease and to cope with the impact cancer has on their lives. Classes include information about cancer and its treatment, medical terminology, managing symptoms and side effects, communication, well being (diet, stress and exercise) and locating community resources. Call for information.

### **Investment Clubs**

YWCA

304 N. 8<sup>th</sup> St., St. Joseph, MO 64501

(816) 232-4481

Teaches women learn-by-doing investing. After preparing stock studies, members invest the assets of the membership in securities for the benefit of its members.

### **Living Loss Support Group**

(816) 232-9874

Meets the third Monday of the month at 4 p.m. at Saxton's Riverside Care Center, 1616 Weisenborn Road, St. Joseph, MO 64507. Open to families of persons with Alzheimer's and other related disorders.

### **Look Good ... Feel Better®**

The Cancer Center, American Cancer Society's Patient Education and Resource Center  
902 N. Riverside Road, St. Joseph, MO 64506

(816) 233-2558 or (877) 580-7095

American Cancer Society's Look Good ... Feel Better program is for women who may have experienced appearance-related changes due to cancer and/or its treatment. Trained cosmetologists conduct classes include make-up and hair styling techniques and wig selection and care. The program meets monthly. Call for a schedule of class dates and times.

### **Pony Express Association of the Blind**

Missouri & American Councils

P.O. Box 711, St. Joseph, MO 64502-0711

(816) 364-4447

A social organization of the blind meets the second and fourth Thursdays of the month at 6:30 p.m. at the Joyce Raye Patterson Senior Center.

### **Prostate Cancer Screening**

(816) 271-7286

[www.heartland-health.com](http://www.heartland-health.com)

Prostate cancer is the second leading cause of cancer-related deaths in men. Watch for the annual September campaign and make an appointment to participate in this important screening.

### **Strength Through Sharing**

902 N. Riverside Road, St. Joseph, MO 64506

(816) 271-7657 or (800) 443-0609

Emotional support group for cancer meets the 3<sup>rd</sup> Tuesday eve each month at 5:30 p.m., March-November in the lobby of Dept. of Radiation Oncology at The Cancer Center.

### **Traumatic Brain Injury Support Group**

MERIL

4420 S. 40<sup>th</sup> St., St. Joseph, MO 64503

(816) 279-8558

This support group is for anyone who has a brain injury or supports someone who has a brain injury. The group meets the third Thursday of the month at 6:30 p.m.



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*Heartland Health*

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Senior Health

802 N. Riverside Rd., Plaza 1

St. Joseph, MO 64507

Beth Cobb

(816) 271-7883