



MID-EAST
AREA AGENCY
ON AGING

Active Aging

Resource Guide

Providing. Caring. Connecting.

SERVING SENIORS IN THE COUNTIES OF ST. LOUIS,
FRANKLIN, ST. CHARLES AND JEFFERSON SINCE 1973

Mid-East Area Agency on Aging has provided programs and services for older adults since its incorporation in 1973 as a not-for-profit agency. One of 10 Area Agencies on Aging in Missouri, MEAAA is governed by a 23-member board of directors and advised by a 24-member advisory council. Funding is provided under the amended Older Americans Act of 1965 and administered by the Missouri Department of Health and Senior Services, Division of Senior and Disability Services.

MEAAA programs and services described in this guide are available for anyone age 60 and older who lives in the counties of St. Louis, Franklin, Jefferson and St. Charles.

In St. Louis County:

(636) 207-1323

In St. Charles, Jefferson and
Franklin Counties:

Toll-free 1 (800) AGE-6060

REVISED JULY 2008

Assisting adults through the journey of aging

That's our mission at the Mid-East Area Agency on Aging.

We're here to assist you! Whether you need information on senior centers, "meals on wheels," transportation or long-term care facilities, we have (or can locate) a service to meet your needs. So take time to review

this directory. It contains essential information on our services.

Mid-East Area Agency on Aging is **your** area agency on aging. In the following pages, you'll learn about the many resources we offer to help you and your loved ones on *your* journey.

Mary E. Schaefer
Executive Director
Mid-East Area Agency on Aging

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The Alzheimer's Association, St. Louis Chapter, provides:

- 24-hour Helpline support
- Care consultations
- Education classes for people with dementia and their families or friends
- Professional Education Institute
- Support groups
- Respite assistance
- Resource library
- MedicAlert® + Safe® Return identification program
- Advocacy

- Volunteer opportunities
- Print and e-newsletters

The Alzheimer's Association is the oldest, most trusted resource for Alzheimer's disease and dementia.

The St. Louis Chapter serves 38 counties in the St. Louis metro area, eastern Missouri and western Illinois.

(800) 272-3900 or (314) 432-3422

helpline@alzstl.org

9374 Olive Blvd.

St. Louis, MO 63132

www.alzstl.org

The **Breakthrough Coalition** is a group of organizations, companies and individuals in the St. Louis area working together to improve the lives of area seniors. Breakthrough has been meeting since 1991 to improve the availability of information on services for seniors and their families.

Membership in the coalition is by participation in its committees and by attendance at bimonthly meetings.

Breakthrough holds meetings the first Tuesday of every other month beginning with February. At the meetings,

members share information on committee projects, network with other members on vital issues and hear informational presentations. The meetings are open to everyone.

Breakthrough also co-sponsors **The St. Louis Times Resource Guide**, available at any senior center in St. Louis and surrounding counties and in southwest Illinois at no charge to those 60 and older.

Call (636) 207-0847 or 1 (800) AGE-6060 for information. On the Web, visit: www.breakthroughcoalition.org

MEAAA offers **caregiving support services** in the counties of St. Louis, St. Charles, Franklin, and Jefferson to full-time caregivers of loved ones age 60 and older.

In-home assessments are available for both full-time caregivers and the person being cared for to determine family needs, in conjunction with Family Caregiver Support Services provided through MEAAA. These services might include:



Respite (in-home and adult day care): In some cases, a respite care provider will come to the home to relieve caregivers, allowing them time for personal matters or errands. For others, respite service through a contracted adult day care center may be more appropriate.

Durable Medical Equipment & Minor Home Modification: A small amount of funding is available, based on need, for both durable medical equip-

(continued on page 7)

ment and minor home modification including lift or shower chairs, and the installation of grab bars or ramps.

Occupational Therapy Assessment:

The FCSP can offer an occupational therapy assessment to help meet the caregiver and care receiver's need if the case manager deems it appropriate.

Transportation: Limited funding may be available for specialized medical transportation for the caregiver and the person they are caring for.

Recognizing the importance of providing caregivers support and up-to-date

information, MEAAA co-sponsors annual **caregiver conferences**, available to family caregivers throughout our four-county region.

MEAAA also can arrange for up to two hours a week of **homemaker and/or personal care services** for adults 60 years of age or older who need assistance.

All of these services are provided on a **voluntary contribution** basis. (No one is turned away because they are unable to pay.) Call (636) 207-0847 or 1 (800) AGE-6060 for information.

Your Donation is Appreciated!

Most of the services listed in this brochure are provided at no charge through Older Americans Act funds. However, your **tax-deductible** contributions assist with providing services to even more seniors.

Please send donations to:
MEAAA
14535 Manchester Road
Manchester, MO 63011-3960



The **Missouri Property Tax Credit**, also known as the **Circuit Breaker**, provides a refundable tax credit to some renters and homeowners who meet all of these guidelines:

- You or your spouse must be at least age 65 on the last day of the year.
- You must pay real estate taxes or rent on your main homestead.
- Your total household income — **including Social Security and any other non-taxable income** — must be \$25,000 or less for a single person or \$27,000 or less for a married

couple. (Limits will increase for tax year 2008.)

- You must have lived in Missouri the entire calendar year.

The credit is also available to persons who are 18-64 and 100 percent disabled and widowed persons 60-64 receiving surviving spouse Social Security benefits. Credit amounts range from \$0-750. For help with completing the Circuit Breaker form, call the Missouri Department of Revenue at **(314) 877-0177** or MEAAA at **(636) 207-1323** or toll free, **1 (800) AGE-6060**.

Day Care Programs give seniors with special needs an opportunity to socialize in a protective environment and provide families with a break from caregiving. MEAAA provides some funding for the following centers.

JCC Adult Day Care

Chai House on Millstone Campus
For Alzheimer's disease patients;
Coordinated by Jewish Community Center
(314) 872-7159

Sarah Care Centre

524 S. Elm Ave.
St. Louis, MO 63119
(314) 968-2222

St. Elizabeth Adult Day Care Centers

2000 El Lago, Arnold **(636) 461-0730**
3875 Plass, Mapaville **(636) 937-7298**
1831 N. New Florissant, Florissant
(314) 838-5005
2543 Hood, Overland **(314) 890-0005**
9723 Grandview, Olivette **(314) 994-9165**
317 Hoffmeister, Lemay **(314) 638-8850**



The **Eldercare Locator** is a national, toll-free telephone referral service that provides information about community resources for seniors anywhere in the country.

You will receive prompt assistance from a representative who has access to an extensive computerized list of services for older people. These services, sorted by ZIP code, include fi-

nancial, legal, transportation, housing, meals and many others.

Call Monday through Friday, 8 a.m. to 7 p.m. central time. The toll-free number is:

1 (800) 677-1116

It doesn't matter where it happens, day or night ... if you know a senior who is a victim of abuse or neglect, call the **24-hour Elder Abuse and Neglect Hotline:**

1 (800) 392-0210

The hotline responds to reports of alleged abuse, neglect or financial exploitation of people age 60 or older and other eligible adults ages 18 to 59. The program provides investigation, intervention and follow-up services to

victims. The program stresses that mentally competent adults have the right to make their own decisions.

You also may call the hotline when a senior is in a dangerous situation because of self-neglect.

Reports of abuse, neglect or other complaints regarding long-term care facilities are also registered at the Elder Abuse and Neglect Hotline.

The hotline operates 24 hours a day, 365 days a year and is staffed by 13 social service workers.



The Senior Community Service Employment Program (Title V), provides for subsidized, limited-term employment training for people 55 and over. Participants must meet income guidelines.

For information, call MERS/Missouri Goodwill Industries at (314) 647-7453

Some older adults may be eligible for **energy assistance** if they have trouble paying their gas or electric bills. For information on qualifications, contact **(636) 207-1323** or toll-free **1 (800) AGE-6060**.



Many of MEAAA's multi-purpose senior centers offer regularly scheduled **exercise, dance and health programs**. The programs emphasize exercising at home as well as at the organized sessions. Senior volunteer instructors conduct the programs.

If you would like to join the program or volunteer to lead sessions, call the senior center nearest you in the counties of St. Louis, Jefferson, Franklin or St. (See the center listings on pages 24-30

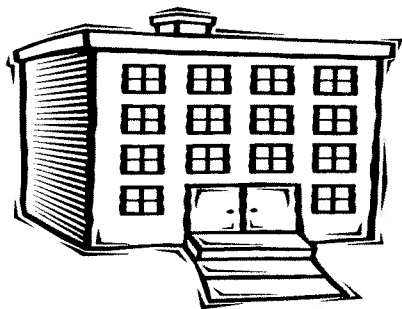
or call (636) 207-1323 for information.)



As part of the **Grandparent Kinship Network**, MEAAA has access to area resources for grandparents and other relative caregivers of children.

The Information and Assistance Department can connect you with legal rights, support groups, special programming and financial assistance at (636) 207-0847 or 1(800) AGE-6060.





For information on **housing resources** in the counties of St. Louis, Jefferson, Franklin and St. Charles, call MEAAA's Information and Assistance Department at **(636) 207-1323** (St. Louis County) or toll-free at **1 (800) AGE-6060** (Jefferson, Franklin, St. Charles counties).

MEAAA's professional **Information and Assistance specialists** help older adults and their families by linking them with MEAAA programs and community resources.

These specialists provide help by telephone or during visits to MEAAA senior centers. They have information on Meals on Wheels, caregiver resources, senior employment, transportation,

energy assistance, consumer problems, in-home services, housing, nursing homes, disaster assistance, living wills, Property Tax Credit Claims (Circuit Breaker) and more.

To speak to a specialist in St. Louis County, call **(636) 207-1323**. In St. Charles, Franklin or Jefferson counties, call toll-free, **1 (800) AGE-6060**.

For information on agencies and programs providing **in-home respite services** in the counties of St. Louis, Jefferson, Franklin and St. Charles, call MEAAA's Information and Assistance Department at **(636) 207-1323 (St. Louis County)** or toll-free at **1 (800) AGE-6060 (Jefferson, Franklin, St. Charles counties)**.





The attorneys and paralegals of **Legal Services of Eastern Missouri** help older adults who need assistance re-

garding benefits from Social Security, Medicare, Medicaid and other local, state and federal programs.

Legal Services also offers educational programs about legal affairs pertaining to older adults.

For assistance, call MEAAA's Information and Assistance Department at **(636) 207-1323 (St. Louis County)** or **toll-free at 1 (800) AGE-6060 (Jefferson, Franklin, St. Charles counties)**.

The Long Term Care Ombudsman Program (LTCOP) works for positive changes in nursing homes.

LTCOP places and supervises highly trained volunteers in area nursing homes to handle questions, problems or grievances of nursing home residents and their families. The ombudsman handles complaints confidentially.

The Long Term Care Information Center (LTCIC) provides information on nursing home facility locations,

costs, placement procedures, status of licensure, specialized needs care capabilities, respite care, day care, home health and more. LTCIC, a computerized data bank, gives timely, accurate information on all facets of long term care.

For assistance and information on becoming an ombudsman volunteer, residents' rights, nursing home regulations or for information services, call **(314) 918-8222**.

MEAAA's Meals on Wheels Program

brings nutritionally balanced meals to eligible homebound people age 60 and older.

To apply, contact the MEAAA senior center nearest you. (See the center listings on pages 25-30.) Ask for the center's administrator. He or she will visit applicants to determine if they are eligible. Although there is no charge for the meals,



people who receive this service may make voluntary contributions to help support the program.

The program also needs volunteers to deliver meals to seniors in

need. If you need home-delivered meals or would like to volunteer, call the senior center nearest you in the counties of St. Louis, Jefferson, Franklin or St. Charles. (Center listings on pages 25-30.)

The MEAAA Foundation (formerly Gateway Elder Services) a private, not-for-profit 501(c)(3) organization, supplements the funding MEAAA gets from other sources, such as the federal and state governments.



The MEAAA Foundation assists MEAAA with funds to expand programs such as Meals on Wheels and free tax filing assistance to the grow-

ing senior population. It also supports the **Supply Bank for Senior Independence**, which provides, at no charge, incontinence products, such as adult diapers, and liquid nutritional supplements to older adults in need.

Your donations to the MEAAA Foundation are tax-deductible, and its board is dedicated to locating funding to support critically needed services.

Senior Centers serve as links to services and opportunities for adults 60 and older in your community.

Each multi-purpose center offers:

- **Hot, nutritious meals served at the center**
- **Meals on Wheels to eligible homebound seniors**
- **Health screenings, information**
- **Recreational activities**
- **Volunteer opportunities** (see page 34 for details)

Most centers are open every week-day. There is no charge for center meals or services, but participants are given the opportunity to support their center with voluntary contributions.

For meal reservations or other information, call your nearest senior center. (See list of centers on the following pages.) If you're not sure which center is closest to you, call **(636) 207-1323** or toll-free, **1 (800) AGE-6060**.

Affton

Affton Senior Center
Affton White-Rogers Community Center
9801 Mackenzie Road, 63123
(314) 544-5100

Bridgeton

Bridgeton Senior Center
Bridgeton Community Center
4201 Fee Fee Road, 63044
(314) 739-5572

Creve Coeur

Covenant House Senior Center
#2 Millstone Campus, 63146
(314) 442-3149

Eureka

Route 66 Senior Center
500 N. Central, 63025
(636) 938-5525
(888) 290-5866 (toll-free)

Florissant

Pope John Paul II Senior Center
6325 Waterways Dr.
Florissant, MO 63033
(314) 741-1930

Kirkwood

Kirkwood Senior Center
Kirkwood House
385 S. Taylor St., 63122
(314) 965-1002

Lemay

South County Senior Center
9451 Gentry, 63125
(314) 631-8698

Manchester

West County Senior Center
14535 Manchester Road, 63011
(636) 227-3882

Moline Acres

Northside Senior Center
9635 Lewis and Clark, 63136
(314) 867-5661

Normandy

St. Jane Statellite* Senior Center
St. Ann of Normandy Catholic Church
7530 Natural Bridge, 63121
(314) 383-6539

**Satellite centers are served by a caterer and usually supervised by the nearest MEAAA multi-purpose senior center. Meals are provided by reservation only.*

St. Ann

North County Senior Towne
528 Northwest Plaza, 63074
(314) 209-0079

Shrewsbury

Shrewsbury Senior Center
St. Joseph Apartments
7677 Watson Road, 63119
(314) 968-8720

**Satellite centers are served by a caterer and usually supervised by the nearest MEAAA multi-purpose senior center. Meals are provided by reservation only.*

University City

Crown Center Senior Center
8350 Delcrest Drive, 63124
(314) 991-3119

Ochs Senior Center
975 Pennsylvania, 63130
(314) 721-2722

Webster Groves

Webster Groves Satellite* Sr. Center
Douglass Manor Apartments
548 N. Elm Ave., 63119
(314) 961-4004

Gerald

Gerald Satellite* Senior Center
731 S. Main, 63037
(573) 764-2256

St. Clair

St. Clair Senior Center
St. Clair Community Center
310 Park Ave., 63077
(636) 629-2187

**Satellite centers are served by a caterer and usually supervised by the nearest MEAAA multi-purpose senior center. Meals are provided by reservation only.*

Sullivan

Sullivan Senior Center
Sullivan Community Center
Sappington Bridge Road, 63080
(573) 468-3766

Union

County Seat Senior Center
1329 N. Union, 63084
(636) 583-5432

Washington

Washington Senior Center
1459 West 5th Street, 63090
(636) 239-3374

Arnold

Arnold Senior Center
Arnold Recreation Center
1695 Missouri State Road, 63010
(636) 296-0475

Festus/Crystal City

Quad-Cities Senior Center
221 Bailey
Crystal City, MO 63019
(636) 937-8333

De Soto

De Soto Senior Center
Knights of Columbus Hall
13225 State Road E, 63020
(636) 586-8833

High Ridge

High Ridge Senior Center
2800 Community Drive, 63049
(636) 677-4578

O'Fallon

O'Fallon Senior Center
106 North Main, 63366
(636) 272-4180

St. Charles

St. Charles Senior Center
1455 Fairgrounds, 63301
(636) 949-0658

St. Peters

St. Peters Senior Center
108 McMenemy Rd., 63376
(636) 278-2410

Wentzville

Wentzville Senior Center
506 S. Linn St., 63385
(636) 327-8720



Medicare Part D Prescription Drug Plans can add prescription drug coverage to your existing Medicare plan. If you join one of these plans, you will pay a monthly premium, and you will have to pay a copayment or coinsurance for each prescription you fill.

For information on Medicare Drug Plans, call 1-800-MEDICARE or go to www.medicare.gov on the Web.

The **Missouri Rx Plan (MoRx)** is designed to add to the benefits of Medicare Drug Plans. You can enroll in

MoRx at any time if you meet certain income requirements and have a Medicare and/or Medicaid card.

To qualify, your annual income must be \$19,140 or less if you are single. If you are married, your combined annual income must be \$25,660 or less.

Currently, there is no asset test to qualify.

The MoRx Plan has a toll-free number to call if you have questions about the program: **1(800) 375-1406**. You may also call MEAAA at **(636) 207-0847** or toll-free at **1(800) AGE-6060** for info.

Speakers Bureau

MEAAA's **Speakers Bureau** arranges presentations for senior citizen clubs and other community and educational organizations.

Topics include MEAAA services and programs, the Long Term Care Ombudsman Program, the Older Americans Act and National Aging Network, senior volunteerism, elder abuse issues, health and wellness, the Silver Haired Legislature and more.

To arrange a presentation, call (636)

207-1323 (St. Louis

County) or toll-free at 1 (800) AGE-6060 (Jefferson, Franklin, St. Charles counties).



MEAAA can arrange **group and fill-gap medical transportation** for older adults who need to make trips to senior centers, medical appointments, hospitals, banks, grocery stores and more.



Transportation is subject to availability. Requests for transportation must be made at least **four** days in advance.

For transportation information, call your nearest senior center (see list on pages 25-30) or call **(636) 207-1323 (St. Louis County)** Or toll-free **1 (800) AGE-6060 (Jefferson, Franklin, St. Charles counties.)**

Volunteers are essential to MEAAA's programs and services. They teach classes, help with clerical work and offer telephone reassurance. Also:

Meals on Wheels drivers bring hot meals to frail, homebound seniors.

Tax Counseling for the Elderly (TCE) program participants help seniors complete tax forms.

Silver Haired Legislature volunteers advocate for state legislation that benefits seniors and their families.

The Seniors Organized to Restore Trust: Missouri SMP (Senior Medicare Patrol) program's trained volunteers assist beneficiaries in fighting Medicare fraud.

Senior Computer Program volunteer instructors give computer lessons to older adults.

To become part of these programs, call **(636) 207-1323 (St. Louis County)** or toll-free at **1 (800) AGE-6060** in **Jefferson, Franklin and St. Charles** counties.

MEAAA's **World Wide Web** site contains the full text of the Active Aging Resource Guide, complete with links to many other agencies that provide services for older adults. You'll also find an on line version of MEAAA's newsletter, Aging Matters, as well as a calendar of MEAAA events.

Our Web site also has information on Meals on Wheels, senior centers, the Silver Haired Legislature, caregiving issues and volunteer opportunities.

www.mid-eastaaa.org
e-mail us at:
info@mid-eastaaa.org

Important Numbers

Alzheimer's Association	(314) 432-3422 or 1 (800) 980-9080
Center for Hearing and Speech	(314) 968-4710
CLAIM Senior Health Insurance Counseling	1 (800) 390-3330
Community Action Agency of St. Louis County, Inc.	(314) 863-0015
Consumer Fraud Hotline	1 (800) 392-8222
Division of Senior and Disability Services	(314) 340-7300
Division of Family Services	(314) 426-9600
Eldercare Locator	1 (800) 677-1116
Elder Abuse and Neglect Hotline	1 (800) 392-0210
HOPE — Housing Options Provided for the Elderly	(314) 776-0155
Long Term Care Ombudsman Program	(314) 918-8222
Medicaid	1 (800) 392-2161

Medicare Claims: Part A	CALL HOSPITAL
Medicare Claims: Part B	1 (800) MEDICARE
Medicare Claims: Hearing Impaired	1 (877) 486-2048
Medicare Benefit Information	1 (800) MEDICARE
Missouri Rx Program	1 (800) 375-1406
North East Community Action Corp. (NECAC)	1 (800) 735-2466
OATS Transportation	1 (800) 201-6287
St. Louis (City) Area Agency on Aging	(314) 612-5918
St. Louis County Older Resident Programs	(314) 615-4516
Senior Citizens Property Tax Credit ("Circuit Breaker")	or (314) 877-0177
Social Security: Toll-free	1 (800) 772-1213
Social Security: Toll-free, Hearing Impaired	1 (800) 325-0778
Veterans Benefit Info	1 (800) 827-1000



14535 Manchester Road
Manchester, MO 63011-3960
(636) 207-0847 or 1 (800) AGE-6060

Visit our Web site:
www.mid-eastaaa.org

Assisting Adults Through the Journey of Aging