SENIOR NETWORK

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

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

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

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

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

Special thanks to Shelter Insurance Companies for donating the printing of the directory.
IMPORTANT PHONE NUMBERS

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

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

Local Law Enforcement (Non-Emergency):
- Ashland Police Department .................................................. (573) 657-9062
- Boone County Fire Protection District ............................... (573) 447-5000
- Boone County Sheriff ............................................................ (573) 875-1111
- Centralia Police Department ............................................... (573) 682-2132
- Columbia Fire Dept. Administration ................................. (573) 682-2132
- Columbia Police Department ............................................... (573) 874-7404
- Hallsville Police Department ............................................... (573) 696-3838
- Sturgeon Police Department ............................................... (573) 442-6131
- Crime Stoppers .................................................................... (573) 875-8477

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

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

Others:
- City of Columbia Bus System/Information .......................... (573) 874-7282
- Columbia Post Office ............................................................. (573) 876-7800
- IRS/Federal Tax Information ................................................ (800) 829-1040
- Medicare Assistance/CLAIM Program ............................... (800) 390-3330
- Mental Health Crisis Line (Burrell) .................................... (800) 395-2132
- Missouri RxPlan ................................................................... (800) 375-1406
- Medicare Helpline (national) ............................................... (800) 633-4227
- Poison Control ..................................................................... (573) 882-1000
- Social Security Information (national) .............................. (800) 772-1213
- Suicide Crisis Hotline (Missouri) ...................................... (800) 395-2132
- Time/Temperature .............................................................. (573) 449-0655
IMPORTANT WEBSITES

AARP………………………………………………………………………………. www.aarp.org
American Lung Association ......................................................... www.lungusa.org
Boone County Government Page………………………………… www.showmeboone.com
City of Columbia…………………………………………………………….. www.gocolumbiamo.com
Columbia Chamber of Commerce……………………………………... www.columbiamochamber.com
Elderhostel………………………………………………………………….. www.elderhostel.org
Missouri Aging Information Network........................................ www.moaging.com
Missouri Hospice & Palliative Care Association ……… www.mohospice.org
Missouri Senior Report………………………………………………….. www.missouriseniorreport.org
National Council on Aging……………………………………………… www.NCOA.org
Missouri Protection & Advocacy Service…………………………… www.moadvocacy.org
National Long Term Care
Ombudsman Resource Center……………………………………….. www.ltcombudsman.org
Senior Network of Columbia………………………………… http://seniornetwork.missouri.org

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

US Government
Centers for Medicare/Medicaid services…………………………….. www.cms.hhs.gov
Department of Veterans Affairs………………………………………. www.va.gov
Eldercare Locator………………………………………………………….. www.eldercare.gov
Housing & Urban Development……………………………………….. www.hud.gov/local/mo
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See phone book yellow pages for attorneys who specialize in elder law.

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(American Association of Retired Persons Missouri)
Address: 700 West 47th Street, Suite 110
Kansas City, MO 64112-1805
Toll Free: (866) 389-5627
Fax: (816) 561-3107
Email: moaarp@aarp.org
Website: www.aarp.org
Hours: 8:30 a.m. – 4:30 p.m. Monday - Friday
Fees: $16 / year
Services:
• Meetings at 10 a.m. every second Monday of the month
  at the Boone Electric Cooperative building
  o Contact Owen Miller (573) 268-0944
  o Boone Electric Cooperative
    1413 Rangeline Street
    Phone: (573) 449-4181
• Advocacy
• Pharmacy
• Travel
• Insurance through Hartford
• Tax aide
• Driver Safety Program
• Information Center – South
  o 8059-A Watson Road
    Webster Groves, MO 63119
    Phone: (314) 918-7563
    Fax: (314) 918-7584
    Office Hours: 9:30 a.m. -3:30 p.m. Monday - Friday
• Information Center – North
  o 600 North Kingshighway
    St. Louis, MO 63108
    Phone: (314) 361-0550
    Fax: (314) 361-0706
    Hours: 9:30 a.m. -3:30 p.m. Monday – Friday
Name: Adult Day Connection
Address: 137 Clark Hall
University of Missouri
Columbia, MO 65211-4200
Phone: (573) 882-7070
Fax: (573) 884-4797
Website: www.shp.missouri.edu/eldercare

Hours: 7:30 a.m. - 5:00 p.m. Monday - Friday
Fees: Call for fee information; Medicaid accepted and some assistance available for those who qualify
Eligibility: Adults (Priority to ages 65 and older)
Services:
- State-licensed adult day health care for older adults who need socialization and assistance during the day
- Nursing supervision and individual care plans
- Hot noon meal and healthy snacks
- Daily activities and exercise
- Respite for caregivers
- Intergenerational and fun atmosphere with a caring staff and interaction with college students
- Applicants are evaluated by staff to determine if adult day health care is appropriate
Name: Advantage Medical Transport
Address: 203 A South Main Street
        Fayette, MO 65248-1272
Phone: (660) 248-2360
Toll Free: (866) 262-2360
Fax: (660) 248-1218
Email: advantagemt@sbcglobal.net
Website: www.rideamt.com

Hours: 24 hours per day / 7 days per week
Fees: Based on distance traveled; call for rates
      (Medical transportation is paid for by Medicaid, managed care and private pay)
Eligibility: No eligibility requirements
Services:
  • NON-EMERGENCY TRANSPORTATION
    (Including: wheelchair and ambulatory transportation)
  • High quality, lower-cost alternative to an ambulance
  • Door-to-door assistance
  • Drivers are trained in CPR and first aid and have had criminal and abuse / neglect background checks
  • Transportation to and from medical appointments
  • Transportation to restaurants, shopping, movies, family gatherings, non-medical appointments, etc. by appointment
Name: Advantage Nursing Services
Address: 1900 North Providence Road
Kelly Plaza, Suite 207
Columbia, MO 65202-3710
Phone: (573) 449-5172
Toll Free: (877) 765-1553
Fax: (573) 449-6953
Email: ansadmin@Advantage-Nursing.com
Website: www.Advantage-Nursing.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(On-call service 24 hours per day / 7 days per week)
Fees: Varies upon service; Medicaid and private pay accepted
Eligibility: Individuals that have a need
Services:
  - Personal care
  - Homemaker chore services
  - Licensed Practical Nurses
  - Registered Nurses
Name: Alzheimer’s Association *
(Mid-Missouri Chapter)
Address: 2400 Bluff Creek Drive
Columbia, MO 65201-3554
Phone: (573) 443-8665
Help-line: (800) 272-3900
Fax: (573) 499-9701
Website: www.alz.org/mid-missouri

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None (Donations accepted)
Eligibility: Individuals and / or a family member with Alzheimer’s or dementia, care partners and professional caregivers

Services:
- Information / referral services
- Quarterly newsletter
- 24 / 7 Help-line: (800) 272-3900
- Caregiver and patient support groups
- Library and bookstore
  - Contains books, videos and free brochures
- National program to help protect those who wander
  - Safe Return + Medic Alert
- Respite Reimbursement program
- Education and training
  - (For family or professional caregivers)
- Advocacy
- Research funding
Name: American Cancer Society *
Address: 1900 North Providence Road, Suite 105
         Columbia, MO 65202-3710
Phone: (573) 443-1496
Toll Free: (800) 429-7753
Fax: (573) 442-9955
Website: www.cancer.org

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: None

Services:
- Education program for community organizations
- Service and information for cancer patients and families
- Services include: wigs, transportation and nutritional supplements
- Reach to Recovery Program (Support groups)
- Volunteers needed (Training provided)
Name: American Diabetes Association *
Address: 1944-A East Sunshine Street
        Springfield, MO 65804-1509
Phone: (573) 443-8611 (transfers to Springfield office)
       (417) 890-8400
Toll Free: (800) DIABETES (342-2383)
Fax: (417) 890-8484
Website: www.diabetes.org

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: No eligibility requirements
Services:
    • Referral for professional education services
    • Public information concerning diabetes
    • Support groups
    • Patient education
<table>
<thead>
<tr>
<th><strong>Name:</strong></th>
<th>American Heart Association *</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td>104 Corporate Lake Drive Columbia, MO 65203-7170</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>(573) 446-3000</td>
</tr>
<tr>
<td><strong>Toll Free:</strong></td>
<td>(800) 323-7883</td>
</tr>
<tr>
<td><strong>Alt Phone:</strong></td>
<td>(573) 445-3000, x 3107</td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td>(573) 445-6243</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:regina.pauley@heart.org">regina.pauley@heart.org</a></td>
</tr>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.americanheart.org">www.americanheart.org</a></td>
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</tbody>
</table>

**Hours:** 8:30 a.m. - 5:00 p.m. Monday - Friday  
(Answering service during nights and weekends)

**Fees:** None (Donations accepted)

**Services:**
- Stroke survivor support group; survivor packets available
- Literature (Limited titles in Spanish)
  - Heart disease / stroke / risk factors
  - Nutrition
  - Smoking risks
  - Exercise
  - High blood pressure
  - Diabetes
  - Cholesterol
  - Weight-loss
Name: American Home Care
Home Healthcare Services
Address: 201 West Broadway # 2-C
Columbia, MO 65203-3842
Phone: (573) 874-9099
Fax: (573) 874-9510
Email: tbrown@girling.com
Website: www.hardenhealthcare.com
Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Services available 24 hours a day, 7 days a week)
Fees: Varies upon service: Medicare, Medicaid, private insurance, and private pay
Eligibility: Eligibility determined by payer source
Services:
The program supports clients who have chronic or long-term disabilities who need help with routine personal care. These services include:

- Registered Nurses
- Speech, physical, & occupational therapists
- Home health aides
- Assistance with bathing & dressing
- Companionship and medication reminders
- Housekeeping
- Meal preparation
- Shopping and errands

Personal Home Care and Living Assistance Services
Address: 201 West Broadway # 2-D
Columbia, MO 65203-3842
Phone: (573) 256-4705
Fax: (573) 256-4707
Hours, Fees, Eligibility: Same as above
Services:
Program is designed to care for patients with specific medical needs. Working with the physician, a personal plan is designed to meet the needs of the client.

- Skilled nursing
- Physical, speech, occupational therapy
- Medical social services
- Patient and family education
- Catheter, tracheotomy, ventilator, & wound care
- Cardiac pulmonary care
- Personal care services
- Bowel and bladder program
- Diabetic teaching and care
- Anticoagulant, blood pressure monitoring
- Medication management
- Infusion therapies
- Central line and port maintenance & management
Name: American HomePatient  
Address: 1739 East Elm Court  
Jefferson City, MO 65101-4303  
Phone: (573) 635-3652  
Toll Free: (800) 767-2232  
Fax: (573) 635-5192  
Website: www.ahom.com  

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday  
Fees: Medicare, Medicaid, private insurance and private pay accepted and filed  
Eligibility: No eligibility requirements  
Services:  
- Home medical equipment including: oxygen, nebulizers, sleep apnea devices, respiratory medications, nutritional tube feeding supplies, electric and manual hospital beds, manual wheelchairs, walkers, crutches and bedside commodes  
- Respiratory therapist on staff for consultation and training  
- Prompt home delivery throughout central Missouri
Name: American Red Cross *
(Mid-Missouri Chapter)  
Address: 1805 West Worley Street  
Columbia, MO 65203-1037  
Phone: (573) 445-9411  
Fax: (573) 446-4247  
Website: www.redcross-midmo.org  

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday  
Fees: Disaster relief is free. Cost for Health and Safety Training (CPR, First Aid, Aquatics, Senior Caregiving, etc) varies, depending upon the type and level of course.  
Eligibility: For disaster relief: Verification of disaster  
For Health and Safety Training: open to anyone (Some courses have pre-requisites)  
Services:  
- Disaster relief (After fires, tornados, floods, earthquakes, etc) and disaster preparedness  
- First aid training, CPR training, Automated External Defibrillator (AED) training  
- Family Caregiving training offered via classroom instruction -- or DVDs available for purchase  
- Wide variety of volunteer opportunities (With training provided)  
- Services to Armed Forces (And their family members)  
- Community:  
  - Broad range of training available -- for Disaster Preparedness / Response and Health and Safety  
  - Informational booths at local health fairs  
  - Educational resources  
  - Informative, expert speakers for your community organizations and meetings
Name: American Seniors Association (ASA) *
Address: 3700 Mansell Road, Suite 220
Alpharetta, GA 30022
Toll Free: (800) 951-0017
Email: info@americansenior.org
Website: www.americansenior.org

Hours: 24 / 7 via website
Fees: $15 / year
Eligibility: No age minimum
Services: The American Seniors Association's mission is to provide seniors with the choices, information, and services they need to live healthier, wealthier lives through services including the following:
  • Information on relevant and current issues affecting seniors
  • Resources, links to your congressman and senator
  • Prescription Discounts through www.RxSavingsPlus.com Toll Free: (877) 673-3588
  • Funeral and Burial Assistance by Tribute Direct
  • Insurance Products, including Dental; Under 65 Health; Eye; Medicare Part D, Supplemental, and Advantage; Long Term Care; Home; Auto; Travel; and Pet
    o Mutual of Omaha
    o Liberty Mutual
    o Bankers Fidelity
  • Travel Benefits
  • Financial Products
    o American Seniors VISA Credit Card by US Bank
    o Mortgages and Reverse Mortgages by First Century Bank, N.A.
  • Auto Club with roadside assistance and auto warranty
Name: Angel Food Ministries *
Website: www.angelfoodMinistries.com

Address: Broadway Christian Church
2601 West Broadway
Columbia, MO 65203-1295
Phone: (573) 445-5312

Address: Fairview United Methodist Church
3200 Chapel Hill Road
Columbia, MO 65203-0881
Phone: (573) 445-5391

Address: Liberty Baptist Church
7461 North Brown Station Road
Columbia, MO 65202-8642
Phone: (573) 696-2380

Address: Lighthouse Community of Christ
Phone: (573) 886-8685

Hours: Call for hours
Fees: Standard Box $30; Senior / Convenience Meal Box $28
(Contains prepared microwavable meals); Allergen-free Box (Price varies); Food Stamps Accepted; Prepay Required

Eligibility: Open to anyone; no income requirement

Services:
- Monthly food ministry by area churches
- Monthly specials, which include meat boxes (Beef, pork, chicken) and a fresh fruit and vegetable special box may now be ordered without ordering a standard box (Price varies)
- Pickup on Saturday morning at each church
- Online ordering now available at www.angelfoodministry.com
- See www.angelfoodministry.com for locations, maps, menus, history, mission and dates
Name: Apria Healthcare
Address: 1604 Business Loop 70 West
         Columbia, MO 65202-1354
Phone: (573) 446-9706
Toll Free: (800) 793-9528
Fax: (573) 446-0787
Website: www.apria.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
       (On-call 24 hours per day / 7 days per week)
Fees: Varies upon individual's medical coverage
Eligibility: Must have physician's orders
Services:
  • Oxygen
  • Home medical equipment: beds, wheelchairs, walkers, canes, etc.
  • Nutritional supplements
  • Respiratory services: nebulizers, medicine, CPAPs, etc.
  • Infusion therapy: antibiotics, IV nutrition
Name: The Arbors at Bluff Creek Terrace
Address: 3100 Bluff Creek Drive
          Columbia, MO 65201-3524
Phone: (573) 256-5565
Fax: (573) 256-5112
Email: columbia@americareusa.net
Website: www.americareusa.net

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
(Services 24 hours per day, 7 days per week)
Fees: Available upon request
Eligibility: Private Pay, Medicaid cash grant, personal care, Veterans Administration benefits, Blind Pension and Mason and Eastern Star benefits

Services:
• 15-bed assisted living facility for those with Alzheimer’s or dementia-related disorders
• Secured unit with outside courtyard
• Medication assistance and supervision
• Three daily well-balanced meals (With snacks)
• Daily housekeeping and laundry services
• Assistance with bathing, dressing, grooming, or other hygiene services
• Structured daily activities
• Beauty salon on-site (Weekly visits from beautician)
• Physical, occupational, or speech therapy services available
Name: Ashland Healthcare
Address: 300 South Henry Clay Blvd.
        Ashland, MO 65010-9438
Phone: (573) 657-2877
Fax: (573) 657-4189
Email: ashlandadmin@socket.net

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Variable rates (Call for information); Medicaid and Medicare certified; private insurance accepted

Services:
- 60-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- Podiatrist
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social Activities
- Regular beautician visits
- Long-term and Short-term care
- Hospice patients accepted
Name: Ashland Villa Assisted Living by Americare
Address: 301 South Henry Clay Blvd.
        Ashland, MO 65010-9439
Phone: (573) 657-1920
Fax: (573) 657-1188
Email: ashland.don@americareusa.net
Website: www.americareusa.net/assisted_living/
        ashland_mo/zip_65010/americare/1257

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
        (Services 24 hours per day / 7 days per week)
Fees: Private pay, Medicaid
Eligibility: Ambulatory
Services:
  • 36 bed assisted living facility
  • Medication administration
  • Assistance with bathing and activities of daily living
  • Housekeeping, laundry and dietary services provided
  • 24 hour protective oversight by certified staff
  • Assisted Living Facility II (ALF II)
Name: **Available Jones**  
Address: 1000 West Nifong Blvd.  
Building 5  
Columbia, MO 65203-5615  
Phone: (573) 874-3138  
Fax: (573) 442-2713  
Email: info@availablejones.com  
Website: www.availablejones.com  

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday  
          (Please phone prior to coming)  
Fees: None to client (Employer pays for services)  
Eligibility: Mainly “retired” individuals  
Services:  
- Matches retired individuals with potential employers  
- Creates résumés for a $10 fee (Must be able to provide at least 3 credible references familiar with your workforce experience)
Name: Barchet Law Office
Cynthia Barchet, Attorney At Law
Address: 1310 Old 63 South, Suite 5
Columbia, MO 65201-6078
Phone: (573) 441-9000
Toll Free: (888) 771-2500
Fax: (573) 875-2213
Email: attorney@hotmail.com
Website: www.BARCHETLAW.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Varies upon services required
Services:

● Estate Planning: Trusts, Wills, Probate Avoidance, Powers of Attorney, Living Wills, Beneficiary Deeds, Non-probate Transfers, Trust & Will Reviews, Options for Minor Children and Grandchildren

● Elder Law & Medicaid Planning: Nursing Home Issues, Medicaid Help, Asset Protection, Division of Assets, Spenddown, Advice concerning Financial Exploitation, Elder Neglect & Abuse

● Planning for Disabled Family Members: Special Needs Trusts, Inheritance Options, Guardianships, Conservatorship, Durable Powers of Attorney, Medicaid & Social Security Help

● Advice Upon the Death of a Loved One: Avoiding Probate, Asset Distributions, Trust Administration and Trustee Representation, Will & Trust Contests, Estate Problems and Probate Court Advice

● Small Business Help: Start Ups, LLCs, Corporations, Buying/Selling Businesses, Contracts & Leases
NAME: Bethel Ridge Estates I & II
Address: 3711 Santiago Drive
Columbia, MO 65203-3188
Phone: (573) 443-0158
(573) 442-1358
Fax: (573) 443-0159
Email: bethelridge@fairwaymanagement.com
Website: www.fairwaymanagement.com
Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Evening and Weekend hours by appointment only
Fees: Monthly rental fees
Eligibility: All household members must be 62 years or older; annual
gross income cannot exceed $27,000 per year for one
person or $30,840 per year for two people
Services:
• 42 energy efficient 2 bedroom / 2 bath apartments
• Handicapped accessible apartments available
• Full kitchens & washer and dryer in each apartment
• Lawn Care provided
• Trash pick-up provided
• Maintenance free living
• Social events for residents to enjoy
• Community room available for resident private events
• Barber / Beauty Salon
• Wellness Center
• Computer library
• Fitness room
• Home Theatre
• Craft Area
• Billiards room
• Weekly exercise classes
• Secure building
• Outside patio with walking paths
• Pets are welcome
Name: Bluff Creek Terrace  
Address: 3104 Bluff Creek Drive  
Columbia, MO 65201-3524  
Phone: (573) 815-9111  
Fax: (573) 815-9127  
Email: columbia@americareusa.net  
Website: www.americareusa.net

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

Fees: Available upon request

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

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

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

**Phone:** (573) 442-6060  
**Fax:** (573) 874-8060

**Email:** bluffs.socserv@tranquility.net  
**Website:** www.thebluffs.columbia.org

**Hours:** 8:00 a.m. - 5:30 p.m. Monday – Friday  
9:00 a.m. - 4:00 p.m. Saturday - Sunday

**Fees:** Medicaid, Medicare, private insurance and private pay

**Services:**
- 132-bed facility providing 24-hour care at skilled and intermediate service levels
- Rehabilitative Services of physical, occupational, and speech
- Opportunities for entertainment and activities
- Administration of prescription medications
- Physician care (Other services arranged as needed)
- Hospice services (Hospice room)
- Respite and short-term care
- 16-bed Alzheimer’s Dementia unit
Name: Boone County Council on Aging (BCCA) *
Address: 1123 Wilkes Boulevard, Suite 100
         Columbia, MO 65201-4774
Phone: (573) 443-1111
Fax:   (573) 874-1821
Email: bcca01@centurytel.net
Website: www.booneseniors.com

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

Services:
- Connects seniors with information and resources they need to make informed decisions and live independently in the community
- Senior Connect program uses professional staff with volunteer support to coordinate care of seniors and advocates for their well-being
  - Volunteer services include:
    - Friendly visitors for socially isolated seniors
    - Grocery shopping and food pantry delivery
    - Yard maintenance
    - FREE Home repair program for low-income senior homeowners who reside within the City of Columbia
    - Assistance filing Missouri Property Tax Credit
    - Carrier Alert Program
- RSVP program supports people 55+ as volunteers in the community (for more information, please refer to RSVP entry)
Name: Boone Hospital Center *
Address: 1600 East Broadway
         Columbia, MO 65201
Phone: (573) 815-8000
Fax: (573) 815-8525
Website: www.boone.org

Hours: 24 hours per day / 7 days per week
Fees: Varies upon service; all insurance accepted
Eligibility: No eligibility requirements
Services:
• 388-bed full-service magnet hospital
• Advanced Wound Healing Center
• Cardiac Rehabilitation Program
• Joint Replacement Center
• Diabetes self-management education program
• Dr. Hugh Harris Breast Screening & Diagnostic Center
• Family Caregiver Classes
  o Free, monthly meetings by local experts
  o Discuss issues that affect the aging population and health care providers
  o For more information call:
    ▪ (573) 815-3646 or (573) 815-3665
    ▪ Website: www.boone.org
• Sleep Disorders Center
• Spine Center
• Pain Management Clinic
• Palliative Care
• Physical Therapy
• Rehabilitation Unit
• Speech Pathology
• Audiology
• Balance assessment program
• Physician referral service at
  o (573) 815-6400 or (800) 872-9008
Name: Boone Hospital Center’s WELLWARE Fitness and Wellness Programs *

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

Phone: (573) 815-3876
Website: www.boone.org

Services:

- Exercise programs for fitness / wellness / health maintenance
- Dietitian consultation and education
- Cardiac rehabilitation (inpatient / outpatient)
- Stress management
- Massage therapy
- Personal health and fitness consultation
- Personal training
- Supervised exercise fitness center
- Corporate health and wellness services
- Prevention Programs
  - Diabetes Program
  - Smoking Cessation classes
  - Men and women’s community health screens
- Cardiopulmonary resuscitation / automatic
  - electronic defibrillator training
Name: Boone Hospital Lifeline Medical Alert & Medicine Dispensing Services

Address: 1600 East Broadway
Columbia, MO 65201

Phone: (573) 815-6384
Toll Free: (800) 242-1306 ext. 4548
Fax: (573) 815-8556

Hours: 24 hours per day / 7 days per week

Fees: Philips Medical Alert Service $36.00 Monthly
No contract
Activation fee $65, (please call for current promotion)

Medicine Dispensing Service $75.00 Monthly
No contract
Activation fee $85

Services:

• Our medical alert products are easy to use. A simple press of a small, portable, waterproof button puts you in touch with assistance fast.

• A Lifeline subscription helps seniors remain in their homes. And family members can rest easy, knowing that help is always just a button-press away.

• Our Philips Medication Dispensing Service can help with medication mismanagement when no one is there to help.

• A caregiver simply loads the medication in the dispenser.

• The subscriber is alerted verbally with “Time for your medication. Press to dispense.”

• Service includes reminders and caregiver alerts.
Name: Boone Hospital Home Care *
Address: 601 Business Loop 70 W, Suite 280
Columbia, MO 65203
Phone: (573) 875-0555
TDD: (800) 735-2966
Fax: (573) 875-0606
Website: www.boone.org

Hours: 8:00 a.m. - 4:00 p.m. Monday - Friday
(On-call 24 hours per day / 7 days per week)
Fees: Medicare, Medicaid, insurance, and private pay
Eligibility: Insurance criteria dependent

Services:
• Intermittent home care
• Certified nurse assistants and home care aides
• Physical, occupational, and speech therapy
• Medical social workers
• Hospice services and bereavement specialists
• Volunteer services
• Chaplain services
• Registered dietitians
• Home medical equipment
• Oxygen therapy, respiratory services, and infusion therapy
• Durable Medical Equipment
Name: Boone Landing
Address: 109 North Keene Street
          Columbia, MO 65201-6725
Phone: (573) 443-2007
Fax: (573) 443-2099
Email: john.jones@hrc-cc.com
Website: www.boonelanding.com

Hours: 24 hours per day / 7 days per week
Fees: Varies upon service
Eligibility: Independent living

Services:
- 118 independent living apartments
- Three chef-prepared meals served daily
- Private dining room for special occasions
- Paid utilities (Except telephone) – including basic extended cable television
- Kitchenettes with refrigerator and sink
- Individual apartments cleaned once per week
- Linens provided and laundered weekly
- Scheduled transportation by facility bus to and from appointments, shopping, etc.
- Two free-of-charge laundry facilities on each floor
- Pull-cord emergency systems in each apartment
- Individually controlled heating and air conditioning
- Managers on-site 24 hours per day
- Beauty/barber shop
- Library
- Activity room with full kitchen and exercise equipment, billiard / game room, television room with large screen TV, VCR, and DVD
- Full activity program tailored to residents
Name: Bristol Manor
Address: 610 North Jefferson Street
         Centralia, MO 65240-1178
Phone: (573) 682-5913
Toll Free: (888) 826-0404
Fax: (573) 682-5913 (call first)
Email: info@bristol-manor.com
Website: www.bristol-manor.com

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

Services:
• Residential Care Facility I (RCF I)
• Cleaning, laundry, bathing assistance, and cooking services provided
• Planned activities available
• Adult day care
• Medication administration
• Private rooms with private baths
Name: Buena Vista 1 and 2
Address: P.O. Box 188
        Sturgeon, MO 65284-0188
Phone:  (573) 687-1259

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

Services:
  • 32 one-bedroom apartments
  • Utilities included
  • Washer and dryer on premises
  • Recreation room
  • Apartment Locations:
    o 602 North Ruby Street
    o 405 North Ogden Street
  • Waiting list
Name: Candlelight Lodge
Address: 1406 Business Loop 70 West
         Columbia, MO 65202
Phone: (573) 449-5287
Fax: (573) 442-6559
Email: info@candlelightlodge.com
Website: www.candlelightlodge.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: Available upon request
Services:

• Assisted living facility, licensed for 112 residents
• 24-hour on-site nursing assistance
• Medication administration
• Personal care assistance
• Home-style meals (Special diets accommodated)
• Weekly housekeeping and linen service
• Private rooms and private baths
• Transportation to medical appointments
• Long-term and short-term care
• Senior adult day programs
• Special care dementia program
• Social, cultural, and recreational events
Name: Central Missouri Area Agency on Aging (CMAAA) *
Address: 1121 Business Loop 70 East, Suite 2A
Columbia, MO 65201-4600
Phone: (573) 443-5823
Fax: (573) 875-8907
TTY: (573) 443-0105
Email: cmaaa@cmaaa.net
Website: www.cmaaa.net

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Ages 60 and older
Services:
- A federally funded nonprofit organization that serves 19 central Missouri counties
- Provides information and assistance, care coordination, and case management
- Respite assistance program
- Provides congregate and home-delivered meals for a suggested donation of $3.00 per meal
  o See Oakland Senior Center entry.
- Limited legal services for wills or financial power of attorney documents
- Long-term care ombudsman program for nursing home residents
  o See Long Term Care Ombudsman entry.
- Transportation assistance
Name: Central Missouri Community Action (CMCA - Boone County) *
Address: 800 North Providence Road
         Columbia, MO 65203-4300
Phone: (573) 443-8731
Fax: (573) 499-9918
Website: www.showmeaction.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: None
Eligibility: Varies upon service
Services:
  • Emergency Utility Assistance
    o Winter: Both electric / gas
    o Summer: Electric only
  • Weatherization & Energy Conservation Program
  • Tax services through the IRS Volunteer Income Tax Assistance (VITA) Program
    o (573) 443-8731
  • Foster Grandparent Employment Program for income eligible senior citizens
    o (573) 442-6837
  • Administration office is located at:
    o 807A North Providence Road
    o Columbia, MO 65203
    o (573) 443-8706
<table>
<thead>
<tr>
<th>Name:</th>
<th>Central Missouri Regional Arthritis Center (CEMRAC) *</th>
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<tbody>
<tr>
<td>Address:</td>
<td>1205 University Avenue, Suite 1100 Columbia, MO 65201-7935</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 882-8097</td>
</tr>
<tr>
<td>Fax:</td>
<td>(573) 884-5412</td>
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<tr>
<td>Email:</td>
<td><a href="mailto:phelpsam@missouri.edu">phelpsam@missouri.edu</a></td>
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<tr>
<td>Website:</td>
<td><a href="http://www.moarthritis.org">www.moarthritis.org</a></td>
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<tr>
<td>Hours:</td>
<td>8:00 a.m. - 5:00 p.m. Monday - Friday</td>
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<tr>
<td>Fees:</td>
<td>Fees vary by program, most are offered at no charge</td>
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<tr>
<td>Eligibility:</td>
<td>No eligibility requirements</td>
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<td>Services:</td>
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<td>• Arthritis Foundation Exercise Program</td>
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<td>• Arthritis Self Management Program</td>
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<td>• Chronic Disease Self Management Program</td>
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<td>• Arthritis Toolkit</td>
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<td>• Information on arthritis &amp; other related conditions</td>
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<td>• Leader training for exercise</td>
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<td>• Self management programs</td>
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</table>
Name: Central Pantry *
(Formerly Central Missouri Food Bank Pantry)
Address: 1007 Big Bear Blvd.
Columbia, MO 65202-1865
Phone: (573) 874-7848
Fax: (573) 874-3698

Hours: Shopping Hours:
10:00 a.m. - 4:00 p.m. Monday - Friday
10:00 a.m. - 2:00 p.m. Saturday

Fees: None

Services:
- Provides supplemental food to low-income individuals
- Shopping assistance can be arranged
- Proxy shopping available
- Waiting list for supplemental food boxes for seniors
Name: Centralia Senior Citizen Center *
Address: 211 West Bruton Street
Centralia, MO 65240-1501
Phone: (573) 682-5053
Alt phone: (573) 449-8000

Hours: 8:30 a.m. -1:30 p.m. Monday - Friday
Fees: Suggested contribution of $3.00 per meal for persons ages 60 and older. $5.00 per meal for individuals under 60 years of age
Eligibility: Ages 60 and older
Services:
  • Congregate meals / CMAAA program (11:00 a.m. to 12:30 p.m. daily)
  • Card games (12:30 p.m. on Wednesday)
  • Exercise (9:30 a.m. Monday, Wednesday & Friday)
  • Line dancing (1 p.m. on Tuesday)
  • Bingo (Thursday afternoon)
  • Pool table
  • Potluck meals
  • Birthday meals every fourth Friday of the month
Name: CLAIM - Missouri’s State Health Insurance Assistance Program *
Address: 200 North Keene Street
         Columbia, MO 65201-8102
Phone:  (573) 817-8300
       (800) 390-3330
Fax:  (573) 817-8330
Email: cbeahan@primaris.org
Website: www.missouriclaim.org

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
Fees: None
Eligibility: Medicare recipient / representative
Services:

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

- CLAIM is a program of Primaris
Name: ClearPoint Credit Counseling Solutions *
Address: 2401 Bernadette Drive, Suite 115
          Columbia, MO 65203-4672
Phone: (573) 234-1851
Toll Free: (877) 786-3328
          (877) 422-9045
Fax: (573) 234-2153
Website: www.clearpointcreditcounselingsolutions.org

Hours: Call for hours
Fees: Vary
Services:
  • Credit counseling you can trust
    o Debt Management Program
    o Budget development
    o Money management
    o Debt repayment plans
  • Housing counseling solutions
    o Mortgage delinquency counseling
    o Pre-purchase counseling
    o Reverse mortgage counseling
    o Debt management solutions
  • Credit report solutions
  • Bankruptcy counseling solutions
    o Filing for bankruptcy
    o Financial counseling and education
    o Alternatives to bankruptcy
    o Financial management instructional course
  • Parent company is Consumer Debt Counseling
Name: Columbia Area Career Center  
Professional & Community Education  
Address: 4203 South Providence Road  
Columbia, MO 65203-7157  
Phone: (573) 214-3802  
Website: www.career-center.org/adult.cfm  

Hours: 8:00 a.m. – 4:00 p.m. Monday - Friday  
Online registration: 24 hours a day / 7 days a week  
Fees: Published in the catalog and on the Website  
Eligibility: Adults (Usually 18+, but some parent / child classes)  

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

Areas include:  
• Arts  
  o Fine Arts (acting, music, painting, writing, photography, etc.)  
  o Hand Arts (crochet, knitting, jewelry, quilting, woodworking, etc.)  
• Business courses  
• Computer courses  
• Cooking  
• Foreign Language  
• Games & Hobbies  
• History & Lore  
• Home Repair  
• Mind, Body & Spirit (massage, hypnosis, Reiki, eldercare)  
• Outdoor & Pets  
• Career Training  
• Administrative Assistant  
• Commercial & Residential Wiring  
• Construction Technology  
• EMT/Paramedic  
• Help Desk Technician  
• HVAC  
• Industrial Electrical  
• Medical Coding  
• Network Administration  
• Practical Nursing  
• Solar Panel Installation  
• Surgical Technology  
• Welding
Name: Columbia Area Senior Center *(Senior Services of Boone County, Inc.)
Address: 1121 Business Loop 70 East
Columbia, MO 65201-4600
Phone: (573) 874-2050
Fax: (573) 875-8864
Email: cumbriaseniorcenter@socket.net
Website: www.cumbriaseniorcenter.com

Hours:
Office: 9:30 a.m. - 4:00 p.m. Monday - Friday
Center: 9:00 a.m. - 4:00 p.m. Monday - Friday
Saturdays: Closed, except for dances at 6 p.m. on the 2nd & 3rd Saturdays
Sundays: 10:00 a.m. - 2:00 p.m.

Fees:
Daily congregate meal, served M-F from 11:00 a.m. to 1 p.m. is $6.00
Sunday noon congregate meal is $7.00
Voluntary donations are also accepted

Eligibility:
All ages welcome. (Must be ages 50 and older to enter the pool room)

Services:
- Crafts, cards, dances, dominoes, exercise, tai-chi, yoga, pool and educational seminars
- Hot meals served six days per week
- Blood pressure screenings on Wednesday mornings from 9-11 a.m., compliments of Regional Hospital. No testing on fifth Wednesday
- Glucose screenings on second and third Wednesdays from 9-11 a.m.
- Opportunities to volunteer with other seniors include: greeters, serving meals and pricing items for garage sale fundraisers
Name: Columbia / Boone County Department of Public Health and Human Services
Address: 1005 West Worley Street
         Columbia, MO 65203-2037
Phone: (573) 874-7355
Fax: (573) 874-7758
Email: health@GoColumbiaMO.com
Website: www.GoColumbiaMO.com/health/

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Varies upon service
Eligibility: Specified requirements for certain services / programs
Services:
  • Flu shots
  • Pneumonia shots
  • Adult / pediatric immunizations
  • Assistance with prescription medications (Excludes controlled substances)
  • Hypertension / blood glucose screenings
  • TB testing
  • Utility assistance (Water and electric only)
  • In-home services (Personal care and respite)
  • HIV / STD testing
  • Women's health care
Name: Columbia Disabilities Commission
Address: City of Columbia
P.O. Box 6015
Columbia, MO 65205-6015
Phone: (573) 874-7235
Email: mfb@GoColumbiaMO.com
Website: www.GoColumbiaMO.com/Council/Commissions/Disabilities.php

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

Eligibility: All individuals are welcome to attend

Services:
• The commission is required to “hold public meetings to consider concerns of residents of the city with disabilities and advise the City Council as necessary” – City of Columbia, MO Website
Name: Columbia Healthcare Center
(Affiliated with National Healthcare)
Address: 1801 Towne Drive
Columbia, MO 65202-2337
Phone: (573) 474-6111
Fax: (573) 474-0425
Email: activities.columbiahealthcare@mchsi.com
Website: www.nhccolumbia.com/columbiaheathcarecenter/
Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Medicare, Medicaid and Private insurance
Services:
- Skilled Nursing Facility (SNF) with 97 beds
- Open visiting hours
- Hospice care
- Alzheimer’s / dementia unit
- Psychiatric services
- Optometry services
- Dental services
- Podiatry services
- Physician services
- Respite care
- Rehabilitation services
- Physical, occupational, speech, and respiratory therapy
- Restorative care
Name: Columbia Housing Authority (CHA) *
Address: 201 Switzler Street
         Columbia, MO 65203-4156
Phone: (573) 443-2556
TTY: (573) 875-5161
Fax: (573) 443-0051
Email: psteinhaus@columbiaha.com
Website: www.columbiaha.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Low income
Services:
- Low Income Public Housing for Seniors and Persons with Disabilities
- Section 8 Housing Choice Voucher rental housing assistance programs
  - Downtown and Bear Creek housing sites also serve seniors and persons with disabilities

Oak Towers
700 North Garth Avenue
Columbia, MO 65203-4089
  - 147 units designated for age 50+
  - Preference given to elderly housing applicants 62+
  - Chapel

Paquin Tower
1201 Paquin Street
Columbia, MO 65201-7924
  - 200 ADA accessible units designated for mixed populations, persons with disabilities and the elderly
  - Pool room and Parks and Recreation programs
  - Family Self-Sufficiency Program

Oak Towers and Paquin Tower offer:
- Sliding fee scale housing based on income. Residents pay 30% of their adjusted household income for rent.
- Zero (Efficiency) and One Bedroom Units Available
- Utilities are provided with a $25 per month optional air conditioning charge from May-September.
- Home-delivered meals through Meals on Wheels
- Resident Services and Independent Living Services Coordination
- Resident association and social and recreational activities
- Computer lab, exercise room, craft room, community room, laundry facilities and community garden space
- Bus shelter in front of building
Name: Columbia Manor Care Center
Address: 2012 East Nifong Blvd.
Columbia, MO 65201-3874
Phone: (573) 449-1246
Fax: (573) 874-8753
Email: cmcc@socket.net

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

Services:
• 52-bed Skilled Nursing Facility (SNF)
• Home-like atmosphere
• Licensed nurses 24 hours per day
• Case-by-case dementia care
• Occupational, physical, and speech therapy
• Temporary respite
Name: Columbia Planning & Development Department
Address: 701 East Broadway
Columbia, MO 65201-4465
Phone: (573) 874-7239
TTY: (573) 874-6364
Fax: (573) 874-7546
Email: planning@GoColumbiaMo.com
Website: www.GoColumbiaMo.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Contact the City Planning & Development Department for income limits and other eligibility requirements

Services:
- Code Deficiency Abatement Program
  - Provides financial assistance to eligible homeowners for necessary exterior repairs that are cited as building code deficiencies
- Emergency Home Repair Program
  - Provides financial assistance to eligible homeowners for necessary emergency repairs to their homes
- Owner-Occupied Housing Rehabilitation Program
  - Provides low-interest loans to low- and moderate-income property owners to make necessary home improvements
- Homeownership Assistance Program
  - Provides financial assistance for down payment and closing costs to eligible homebuyers for the purchase of existing and newly constructed homes in certain areas of the city
Name: Columbia Police Department (CPD)
Address: 600 East Walnut Street
Columbia, MO 65201-4461
Phone: (573) 874-7652
Fax: (573) 874-3142
Website: www.GoColumbiaMO.com/Dept/Police
         www.875tips.com – to report a crime

Hours: 24 hours / 7 days a week / 365 days a year
Services:
   • Response to and investigation of crimes and incidents within the city limits of Columbia, MO
   • Educational and prevention information through the Patrol Division
   • Domestic violence information and investigation through the DOVE Unit
   • Copies of police reports can be obtained through the records division
   • Crime Stoppers: (573) 875-TIPS [8477]
     o Track anonymous tips from citizens regarding criminal activities
     o $50-$1,500 rewards offered if tip leads to arrest

Others:
   • Non-Emergency: (573) 442-6131
   • TTY: (573) 874-7652
   • Elderly Abuse and Neglect Hotline (800) 392-0210
Name: Columbia Public Library *
(Daniel Boone Regional Library)
Address: 100 West Broadway
Columbia, MO 65203
Phone: (573) 443-3161
Toll Free: (800) 324-4806
TTY: (573) 443-6027
Fax: (573) 443-3281
Website: www.dbrl.org

Hours: 9:00 a.m. - 9:00 p.m. Monday - Thursday
9:00 a.m. - 6:00 p.m. Friday
9:00 a.m. - 5:00 p.m. Saturday
1:00 p.m. - 5:00 p.m. Sunday

Eligibility: No eligibility requirements

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

Additional Branch:
Southern Boone County Public Library
Address: 117 East Broadway
Ashland, MO 65010
Phone: (573) 657-7378
Hours: 9:00 a.m. – 7:00 p.m. Monday - Thursday
9:00 a.m. – 3:00 p.m. Friday and Saturday
Name: Columbia Regional Hospital *
Address: 404 North Keene Street
Columbia, MO 65201-6626
Phone: (573) 875-9000
TTD: (800) 223-5779
Fax: (573) 875-9869
Website: www.muhealth.org

Hours: 24 hours per day / 7 days per week
Fees: Varies upon service; Most Insurance, Health Plans and Medicare/Medicaid accepted
Eligibility: Any patient without regard to race, color, religion, national origin, sex, age or ability to pay
Services:
- Major medical referral center with 225 beds
- Physician staffed
- 24-hour emergency room
- A member of the University of Missouri Health Care Family
- Specialties: orthopedics, oncology, neurology, ophthalmology, internal medicine and general surgery
- Senior health programs
- Rehabilitation unit
- Other services: Regional Medical Pharmacy and Sinclair Home Care - Durable Medical Equipment
- Volunteers welcome
Name: Consumer Credit Counseling Service  
(Nationally known as Apprisen Financial Advocates) *

Address: 1900 North Providence Road, Suite 309  
Columbia, MO 65202-3710

Phone: (573) 449-5144  
Toll Free: (800) 355-2227  
Fax: (866) 355-2227  
Website: www.apprisen.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday  
(Last appointment begins at 3:30 p.m.)

Fees: Free initial visit; cost varies for other services

Services:
- Financial counseling and education
- Telephone counseling service  
  - Phone: (800) 355-2227  
  - Available until 8:00 p.m.
- Credit report services
- Debt repayment plans developed when possible
- House purchasing education program
- Budget counseling
- Reverse mortgage counseling
- Offer pre-bankruptcy advice
Name: D&H Drugstore

Address: 1001 West Broadway
Columbia, MO 65203-2121
Phone: (573) 777-7333
Fax: (573) 777-7334
Email: mayer@dhdrugstore.com
Website: www.dhdrugstore.com

Hours: Monday – Friday: 7:30 a.m. – 8:00 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.
Sunday: 10:00 a.m. – 6:00 p.m.

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

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

Services:

• At both locations:
  o Full Service Pharmacy
  o Delivery Service on meds and equipment
  o Home Medical Equipment Products
  o Health & Nursing Services
  o Full time RNs on staff
  o Diabetic shoe fittings
  o Medical Equipment Rentals
  o Walkers, canes, wheelchairs, lift chairs, hospital beds, and much more
Name: Daybreak - Family Counseling Center *
Address: 303 North 10th Street
        Columbia, MO 65203
Phone: (573) 875-8088
Fax: (573) 875-8089
Email: info@fccmo.org
Website: www.fccmo.org

Fees: Sliding scale and Medicaid
Eligibility: Co-Occurring Disorders – Drug and Alcohol Abuse and Mental Illness
Services:
  • Residential & Outpatient Treatment
  • Individual, Group and Family Counseling
  • Psycho-education
  • Case Management
  • Nursing
  • Psychiatric
Name: Division of Senior and Disability Services
Address: Boone County Office (Region 5)
        1500 Vandiver Drive, Suite 102
        Columbia, MO 65202-3932
Phone: (573) 882-6293
Toll Free: (800) 392-0210
Fax: (573) 884-4884
Website: www.dhss.mo.gov

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Age 60 or older or age 18 and older with disabilities
Services:
  • Investigates abuse, neglect and exploitation of elderly and disabled
  • Authorizes in-home services: homemaker chore, personal care, respite, day care and consumer-directed services
  • Assists with information / referral for long-term placements
  • Care-plan management for active in-home services and consumer-directed services
Name: Elder Care Resources  
(Private geriatric care management)  
Address: 3305 Clark Lane, Suite 167  
Columbia, MO 65202-2404  
Phone: (573) 696-0563  
Fax: (573) 696-0413  
Email: eldercaresupport@aol.com  

Hours: 24 hours per day / 7 days per week  
Fees: Billed privately by hour or longer term depending on the needs and wants of the family  
Eligibility: Older adults and their families  
Services:  
- Geriatric care management  
- Arranges and manages care for the elderly in their homes or in nursing homes  
- Elder advocate and family liaison  
- Provides transportation/assistance for medical appointments and personal needs
Name: Ellis Fischel Cancer Center
Outpatient Clinic:
Address: 115 Business Loop 70 West
         Columbia, MO 65203-3244
Phone: (573) 882-2100
Fax: (573) 884-4632
Website: www.muhealth.org

Inpatient:
Address: University Hospital
         1 Hospital Drive
         Columbia, MO 65212
Phone: (573) 882-4141
Website: www.muhealth.org

Hours: Outpatient Clinic at Ellis Fischel: 8:00 a.m. - 5:00 p.m.
       Monday – Friday
       Inpatient at University Hospital: 24 hours a day / 7 days
       per week
Fees: Varies upon service; Medicare, Medicaid, health plans, and
      most insurance accepted
Eligibility: Any patient without regard to race, color, religion, national
           origin, sex, age, or ability to pay
Services:
   • A member of the University of Missouri Health Care
     Family since November 1, 1990
   • Comprehensive cancer screening and treatment
     including: surgery, chemotherapy, radiation, specialized
     nursing staff, and pain management
   • The Ernest & Eugenia Wyatt Guest House is located on
     the grounds of Ellis Fischel
     o Phone: (573) 884-1825
     o Home away from home for out-of-town patients and
       their families
   • Volunteers welcome

55
Name: Experience Works *
Address: P.O. Box 404
        Columbia, MO 65205-0404
Phone: (573) 442-0067
Fax: (573) 442-0049
Website: www.experienceworks.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: None
Eligibility: Age 55 and older; specific income guidelines
Services:
• Offers training, employment, and community service opportunities for mature workers
• Helps mature individuals enter the workforce, secure more challenging positions, move into new career areas, or supplement their income
Name: Family Counseling Center of Missouri *
Address: 117 North Garth Avenue
Columbia, MO 65203-4103
Phone: (573) 449-2581
Alt phone: (573) 443-2204
Fax: (573) 449-2583
Email: info@fccmo.org
Website: www.fccmo.org

Hours: 8:00 a.m. - 5:00 p.m. Monday -Thursday
8:00 a.m. - 12:00 p.m. Friday
(Evening appointments also available)
Fees: Private insurance, private pay, sliding scale, Medicaid and MC+
Eligibility: No eligibility requirements
Services:
• Individual counseling for adults and children
• Family and marriage counseling
• Drug / alcohol treatment
• Anger Management
• Psychiatric
• Men Exploring Non-violent Crisis Directions (MEND)
• SATOP (Substance Abuse Traffic Offender Program)
• REACT (Required Educational Assessment and Community Treatment) for felony drug offenders
• Prevention resource library
Name: Family Dental Center *
(A Service of Family Health Center)
Address: 101 North Providence Road
          Columbia, MO 65203
Phone: (573) 777-8997 or (573) 214-2314
Toll Free: (877) 677-4342
Fax: (573) 442-5208

Hours: 8:00 a.m. - 5:00 p.m. Monday - Wednesday
       10:00 a.m. - 7:00 p.m. Thursday
       8:00 a.m. - 12 p.m. Friday

Fees: Varies upon service

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

Services:
  • Preventative dental care and emergency services
  • Dental education
  • Dental cleaning
  • Fluoride treatments and sealant
  • X-rays
  • Dental fillings and root canals
  • Treatment for gum disease
  • Oral surgery
  • Crown and bridge work
  • Partials and dentures
  • Language translation services
Name: Family Health Center *
Address: 1001 West Worley Street
        Columbia, MO 65203-2037
Phone: (573) 214-2314
Toll Free: (877) 677-4342
Fax: (573) 814-2835
Website: www.fhcmo.org

Hours: 8:00 a.m. - 5:00 p.m. Monday, Tuesday, Wednesday, and Friday
       10:00 a.m. - 7:00 p.m. Thursday
Fees: Varies upon service
Eligibility: Most commercial insurance, Medicare, MO HealthNet (Medicaid) and MC+. Charges for services to low-income and uninsured persons are discounted based upon total household income and total persons in household (No residency requirement)

Services:
  • Primary and preventative medical care
  • Annual exams
  • Immunizations
  • Well-woman care
  • Limited mental health care
  • Chronic disease care
  • Dental care (see Family Dental Center)
  • Eye care program
  • Medication assistance
  • Referrals for specialty care and social services
  • Language translation services
Name: Family Support Division
Address: 1500 Vandiver Drive, Suite 103
        Columbia, MO 65202-3932
Phone: (573) 882-9180
Fax: (573) 884-5110
Website: www.dss.mo.gov

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Varies upon service
Services:
  • Assistance includes MO HealthNet, based on age (65) eligibility or disability; income and resources
  • Food stamps
  • Supplemental aid to the blind
  • Blind pension
  • Nursing home assistance
  • You may also apply for assistance through mail, fax and for some programs, through the internet
  • A home visit may be requested under certain circumstances
Name: Foster Grandparent Program *
Address: 800 North Providence Road
        Columbia, MO 65203-4300
Phone: (573) 443-8731
Fax: (573) 499-9918
Website: www.showmeaction.org

Hours: Vary
Fees: None
Eligibility: Income eligible seniors age 60 and older, retired or no longer in the work force, capable of serving children on a personal and regular basis, physically able and willing to accept supervision as needed

Services:

- Activities:
  - Foster grandparents and children can play games, read, or simply enjoy each other’s company in a variety of settings (e.g. daycare centers, Head Start, public / private schools, in the home setting, etc.)

- Benefits:
  - Stipend of $2.65 per hour for an average 20 hour week (4-5 hours daily)
  - One hot meal per day
  - Transportation or mileage reimbursement
  - Physical examination
  - Accident and liability insurance
  - Annual sick and holiday leave
  - Orientation and in-service training program
  - Information and referral services
  - Annual recognition program

- Foster Grandparents is a program of Central Missouri Community Action
Name: Goodwill*
Address: 507 East Nifong Blvd.
Columbia, MO 65201-3782
Phone: (573) 442-8527

Hours:
Store hours:
  9:00 a.m. - 8:00 p.m. Monday - Saturday
  10:00 a.m. - 6:00 p.m. Sunday
Donation hours:
  9:00 a.m. - 7:45 p.m. Monday - Saturday
  10:00 a.m. - 5:45 p.m. Sunday

Fees:
Minimal; call for information

Services:
• Used clothing donations accepted
• Used clothing sold
Name:  Hanover Estates
Address:  1601 Hanover Blvd. # 7  
          Columbia, MO 65202-5544
Phone:  (573) 474-0550
Fax:    (573) 474-8141
Email:  hanoverestates@fairwaymanagement.com
Website:  www.fairwaymangement.com

Hours:  8:00 a.m. - 4:30 p.m. Monday - Friday
Fees:    Monthly rental fees
Eligibility:  Ages 55 and older; income cannot exceed $27,000 per year for 1 person or $30,840 per year for a couple

Services:
  • Apartments with washer / dryer hook-ups
  • Lawn care
  • Trash pick up
  • Maintenance
  • Potluck dinners
  • Single-level apartments (1 or 2 bedroom)
  • Bathrooms modified with shower bars
  • Community room for tenants
Name: Harbor House *
Address: 602 North Ann Street
        Columbia, MO 65201
Phone: (573) 442-1984
Fax: (573) 449-3604

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

Services:
  • Emergency shelter
  • Transitional housing
  • Noon lunch program
  • A program of The Salvation Army
Name: The Health Connection *
(School of Health Professions
University of Missouri – Columbia)
(Corner of Walnut & William Streets)
Address: 1507 East Broadway Hillcrest Hall
Stephens College Campus
Columbia, MO 65215
Phone: (573) 882-1718
Fax: (573) 884-5509
Website: http://shp.missouri.edu/services/healthConnection.php

Hours: Monday - Thursday: 7:00 a.m. - 7:00 p.m.
Friday: 7:00 a.m. - 6:00 p.m.
Saturday: 8:30 a.m. - 12:00 p.m.
Fees: Regular Membership Rate: $42 per month
Discounted Employee / Retiree: $37 per month

Eligibility: Open to the general public
Services:
• Full gym (cardiovascular and strength equipment)
• Personal training
• Group fitness classes (Tai Chi, yoga, aerobics, body conditioning / Pilates, Arthritis Foundation exercise classes)
• Trained / certified exercise professionals and nurses on staff
• Heart rate and blood pressure monitoring
• Travel vaccinations
• Massage therapy
• Flu clinic
• Cholesterol and glucose screenings
• Exercise research studies
Name: **Heart of Missouri United Way** *  
Address: 1700 East Pointe Dr, Suite 201  
Columbia, MO 65201-6987  
Phone: (573) 443-4523  
Fax: (573) 874-1285  
Email: office@uwheartmo.org  
Website: www.uwheartmo.org  

Hours: 8:00 a.m. – 5:00 p.m. Monday - Friday  
Fees: None  
Services:  
- Volunteer participation in support of a variety of community-based programs, which improve the lives of youth, families, seniors, and others in need  
- Through an annual campaign, United Way raises funds to help people in need through services provided by 31 United Way member agencies  
- Local sponsor of United Way 2-1-1,  

Name: **United Way 2-1-1** *  
Phone: 2-1-1  
Toll Free: (800) 427-4626  
Email: haley.schwarz@stl.unitedway.org  
Website: www.211missouri.org  

Services:  
- A toll-free phone number connecting persons of all ages with available community resources and volunteer opportunities throughout the State of Missouri  
- By dialing 211, you will reach a trained referral professional 7 days a week / 24 hours a day  
- All calls are confidential  
- Supported by the United Way and Missouri Foundation for Health  

66
Name: Heartland Medical Equipment, Inc.
Address: 941 South Cherokee Drive, Suite 4
         Marshall, MO 65340-3646
Phone: 660-886-9229
Toll-free: 800-332-1463
Fax: 660-886-9585
Website: www.heartlandmedequip.com

Hours: 8:00 a.m. – 5 p.m. Monday – Friday
       On Call after hours and weekends
Fees: Accept Medicare, Medicaid & most insurance companies
Eligibility: Anyone
Services:

- Full line Durable Medical Equipment rental & sales
  including the following:
  Oxygen, Nutritional Supplies, CPAP, Nebulizers,
  Hospital Beds, Manual Wheelchairs, Power
  Wheelchairs, Mobility Aids, Diabetic Supplies, Diabetic
  Shoes, Lift Chairs, Aids to Daily Living, Bathroom Safety
  Products, Bariatric Supplies, and Heavy Duty Products
- In house customer service and billing departments
- Provider for Bureau of Special Needs
- Service area includes: Columbia & Western Boone,
  Howard, Cooper, Saline, Pettis, Chariton, Carroll,
  Lafayette, and Johnson Counties
Name: Help at Home, Inc
Address: 2505-B West Ash Street
        Columbia, MO 65203-4609
Phone:  (573) 256-8337
Pager:   (573) 441-4786
Fax:     (573) 256-8347
Email:   info@helpathome.com
Website: www.helpathome.com

Hours:  8:00 a.m. - 5:00 p.m. Monday - Friday
        (24-hour on-call pager)
Fees:   Medicaid, private pay, city funding, local funding, and block
        grants
Eligibility: No eligibility requirements
Services:
        • In-home care provider
        • Homemaker chore
        • Personal care
        • Advanced personal care
        • Authorized nurse visits / medication set-up
        • Errands and respite care
Name: Heritage Hall
Address: 750 East Highway 22
        Centralia, MO 65240-1146
Phone: (573) 682-5551
Fax: (573) 682-1469
Email: hh@americareusa.net

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

Services:
• 60-bed skilled nursing facility (SNF)
• Medicare/Medicaid certified
• Respite and short-term care
• Hospice
• Occupational, physical, and speech therapy
• Restorative care
**Name:** Hillcrest Assisted Living  
**Address:** 9415 North Brown Station Road  
Columbia, MO 65202-8671  
**Phone:** (573) 696-3201  
**Fax:** (573) 696-3582  
**Email:** hillcrestreside@centurytel.net  
**Website:** www.hillcrestresidentialcare.com

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
**Fees:**  
- $1,795 for semi-private room  
- $2,150 for private room with hall bath  
- $2,500 for private room with private bath  

**Eligibility:** Must be able to mentally and physically get to the path of safety

**Services:**  
- Assisted Living Facility with 33 beds  
- 24-hour supervision  
- Home-style cooking  
- Transportation to physician appointments  
- Doctor of your choice  
- Full-time licensed / Registered Nurses (On-call 24 hours per day)  
- Home-like atmosphere with wooded setting  
- Day care  
- Respite (Available 24 hours per day)
Name: Home Care of Mid-Missouri *
Address: 102 West Reed Street
         Moberly, MO 65270-1555
Phone: (573) 449-4778
Toll Free: (800) 246-6400
Fax: (660) 263-1517
Email: homecaremissouri@att.net

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Medicare, Medicaid, VA, private insurance, and private pay accepted; local and Area Agency on Aging funding
Services:
• In-home care
• Homemaker chore services
• Palliative care
• Personal care
• Authorized nurse visits
• Advanced personal care services
• Home health
• Hospice
• Errands
• Respite
Name: Home Instead Senior Care (HISC)
Address: 1412 I-70 Drive Southwest, Suite A
        Columbia, MO 65203-2079
Phone: (573) 442-4333
Toll Free: (877) 442-4333
Fax: (573) 443-6404
Email: homeinstead@usiw.net
Website: www.homeinstead.com

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
        (24-hour answering service for emergencies)
Fees: Private pay and some long term care insurance (Call for
      more information)
Eligibility: Seniors desiring non-medical assistance
Services:
    • Non-medical, in-home domestic services
    • Companionship and conversation
    • Medicine reminders
    • Meal preparation and clean-up
    • Laundry and light housework
    • Running errands and shopping
    • Incidental transportation to appointments
    • Individualized companion services at care facilities
    • Minimum of three hour visits; can be anytime 24 hours
      per day, 7 days per week (Including holidays)
    • Respite and temporary services available
    • Caregivers are screened, bonded, insured, trained and
      supervised
    • Locally owned and operated since 1998
Name: Hospice Compassus
(Formerly Community Hospices of America)
Address: 3050 I-70 SE, Suite 200
Columbia, MO 65201-4105
Phone: (573) 443-8360
Toll Free: (877) 700-1070
Fax: (573) 499-4601
Email: See website
Website: www.hospicecompassus.com

Hours: 8:00 a.m. - 4:30 p.m. Monday – Friday
On Call available 24 / 7
Fees: Medicare, Medicaid, and private insurance
Eligibility: Terminally ill with physician certification
Services:
- Skilled nursing (Available 24 hours per day)
- Personal care
- Social services
- Pastoral care
- Volunteers
- Bereavement support
Name: Integrity Home Care
Address: 409 Vandiver Drive, Suite 6-203
         Columbia, MO 65202-3754
Phone: (573) 499-1125
Toll Free: (800) 641-1125
Fax: (573) 499-1127
Email: elampkin@integrityhc.com
Website: www.integrityhc.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
       (Services provided 24 hours per day / 7 days per week)
Fees: Private insurance, private pay, Medicare, Medicaid, and
       Workman's Compensation
Eligibility: No eligibility requirements

Services:

- In-home aide services: include bathing / personal hygiene
  assistance, meal preparation, housekeeping, and
  companion care
- Home health: include skilled nursing, oncology / cardiac /
  wound care, infusions, physical / occupational / speech
  therapy and home tele-monitoring
- Lifeline Emergency Response System:
  - Waterproof personal help button
  - In a medical emergency, Lifeline CareAlert will send a
    fax notification to your physician, home health nurse, or
    designated family member
  - Lifeline is set up month-to-month (no contract required)
- Consumer Directed Care:
  - State-funded program assisting individuals in directing
    their own care by providing human resource and
    financial oversight
- Pharmacy
- Counties served include: Adair, Audrain, Boone,
  Callaway, Camden, Cole, Cooper, Howard, Macon,
  Moniteau, Morgan, Pettis, Randolph, and Saline
Name: L.E.A.D. Institute (Leadership through Education and Advocacy for the Deaf) *
Address: 2502 West Ash
          Columbia, MO 65203
Phone/TTY: (573) 445-5005
Crisis Line: (800) 380-3323
Fax: (573) 445-5088
Website: www.deaflead.org

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday
       (Crisis Line: 24 hours per day / 7 days per week)
Fees: All direct services are free
Eligibility: Services provided as needed
Services:
  • Provides education, advocacy, crisis intervention services, free counseling and other direct services for deaf, hard of hearing, deaf / blind, and late-deafened individuals and their families.
  • Deaf-line Missouri Crisis Hotline and the Mid-Missouri Crisis Line
  • Deaf culture training to area agencies
  • Free counseling for hearing and deaf individuals who are victims of domestic violence, sexual assault, rape, incest and child abuse
Name: Lenoir Woods (Lutheran Senior Services) *
Address: 3710 South Lenoir Street
Columbia, MO 65201-5463
Phone: (573) 876-5800
Fax: (573) 876-5832
Email: lenoirwoods@lssmo.org
Website: www.lssliving.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
(Or by appointment)
Fees: Varies upon service
Eligibility: 62 years of age or older
Services:

- Multi-level retirement community (The only one in Columbia)
- Retirement living in 70 houses, 34 duplexes, 20 cottages, and 68 Maplewood apartments
- 39 private residential care studios and 15 residential care apartments
- Medicare-certified nursing care and therapy services
- 54 private rooms and 19 semi-private rooms in skilled nursing community
- Memory care
- Community center, library, coffee shop, chapel, and fitness center
- Scheduled transportation services
- Spiritual, social, recreational, and educational opportunities
Name: Lincare
Address: 4250 East Broadway, Suite 1079
        Columbia, MO 65201-9093
Phone: (573) 449-0206
Toll Free: (800) 999-7446
Fax: (573) 875-8868
Email: info@lincare.com
Website: www.lincare.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
       (24 hour on-call staff available)
Fees: Medicare, Medicaid, and private insurance
Services:
      • Home oxygen
      • Nebulizer medication
      • Durable medical equipment
      • Rental, purchase or rent to own
Name: Living Well Home Services (LWHS)
A non-medical home services agency
Address: 3204 Appalachian Drive
Columbia, MO 65203-0170
Phone: (573) 445-6004  After hours: (573) 424-4016
Fax: (573) 445-6004
Email: livingwellcolumbiamo@gmail.com
Website: www.livingwellhomeservices.com
Hours: 9 a.m. - 5 p.m. Monday - Friday
Fees: Private pay and long-term care insurance
Eligibility: Seniors and anyone needing assistance
Services:
LWHS is licensed, insured and bonded. Providers are thoroughly screened through reference and background checks. We have a team-oriented approach to providing services and work with clients in assisted-care centers. LWHS offers free, initial in-home consultations. Upon request, a geriatric social worker will help with a comprehensive assessment.

Services are tailored to fit each client and include:

- Relocation assistance
- Companionship and conversation
- Grocery shopping and meal prep
- Laundry and light housekeeping
- Respite care for family members
- Appointment transport and escort
- Errand services
- Contact with family and friends
- Outings and trip planning
- Mail retrieval and organization
- Medication reminders
- Maintaining a safe home environment
- Mother / baby care
- Exercising / range of motion
- Grooming and dressing
- Daily check-in
- Compassionate care for post-operative individuals and those receiving hospice services
Name: Long Term Care Ombudsman Program *
(Central Missouri Area Agency on Aging)

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

Phone:  (573) 443-5823
Fax:     (573) 875-8907
TTY:     (573) 443-0105
Email:   cmaaa@cmaaa.net
Website: www.cmaaa.net

Hours:  8:00 a.m. - 5:00 p.m. Monday - Friday
Fees:   None
Eligibility: Residents of long-term care facilities

Services:

- Provides information to consumers who are making decisions about long-term care, including
  - A list of homes and the services they offer
  - What to look for when touring a home
  - Basic information on financing long-term care
  - How to access inspection results
- Investigates complaints made by or on behalf of residents of care homes
- Facilitates communication between nursing home staff and residents or their families
- Recruits and trains volunteer ombudsmen who provide weekly visitation in nursing homes. With permission from the resident, the ombudsman takes concerns to the administration and works to resolve complaints.
Name: McCambridge Center - Family Counseling Center *
Address: 201 North Garth Avenue
         Columbia, MO 65203-4105
Phone: (573) 449-3953
Fax: (573) 874-3189
Email: info@fccmo.org
Website: www.fccmo.org

Fees: Private insurance, private pay, sliding scale and Medicaid

Eligibility: Drug / Alcohol Issues

Services:
- Residential & Outpatient Treatment
- Individual, Family and Group Counseling for adults and children
- Psycho-education
- Case Management
- Nursing
- Childcare
- Psychiatric
Name: Meals on Wheels *
Address: 800 Hospital Drive
         Columbia, MO 65201
Phone:  (573) 886-7554
Fax:    (573) 814-6363
Email:  mowheels@gmail.com
Website: www.meals.columbia.missouri.org

Hours:  7:30 a.m. - 4:00 p.m.  Monday - Friday
Fees:   Sliding fee scale
Eligibility: Seniors 60+. Anyone recovering from illness, surgery
or injury needing assistance. People with chronic illnesses or mental illness.

Services:

- Meal delivery to residents in the city of Columbia
- Hot noon meals
- Cold suppers
- Frozen weekend meals
- Volunteer Opportunities
- Assist individuals with Supplemental Security Income (S.S.I.)
Name: Mid-Missouri Legal Services Corporation *
Address: 205 East Forest Avenue
        Columbia, MO 65203-4302
Phone: (573) 442-0116
Toll Free: (800) 568-4931
Fax: (573) 875-0173
Email: lutton@mmls.org
Website: www.lsmo.org

Hours: 8:00 a.m. - 5:00 p.m.  Monday - Friday
Fees: Free services for qualified persons
Eligibility: Low-income individuals

Services:
• Call for an appointment (Between 9:00 a.m.
  and 11:00 a.m. for screening services)
• Civil cases only
• Counties served: Audrain, Boone, Callaway, Chariton, Cole, Cooper, Howard, Miller, Moniteau, Osage, and Randolph
Name: Missouri Kidney Program *
(University of Missouri - Columbia)
Address: A.P. Green Building, Suite 111
201 Business Loop 70 West
Columbia, MO 65211-8180
Phone: (573) 882-2506
Fax: (573) 882-0167
Email: peacelj@health.missouri.edu
Website: www.hsc.missouri.edu/~mokp

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Income restrictions apply
Eligibility: Must have end stage renal disease
Services:
  • Reimbursement for transportation, nutritional supplements, and insurance premiums; pharmacy program.
<table>
<thead>
<tr>
<th>Name: Missouri Psychiatric Center *</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Missouri Healthcare</td>
</tr>
<tr>
<td>Address: One Hospital Drive</td>
</tr>
<tr>
<td>Columbia, MO 65212</td>
</tr>
<tr>
<td>Phone: (573) 884-1300</td>
</tr>
<tr>
<td>Fax: (573) 884-1010</td>
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<tr>
<td>Website: <a href="http://www.muhealth.org/mpc">www.muhealth.org/mpc</a></td>
</tr>
<tr>
<td>Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday</td>
</tr>
<tr>
<td>Fees: Medicare and Medicaid accepted</td>
</tr>
<tr>
<td>Eligibility: Individuals with mental illness</td>
</tr>
<tr>
<td>Services:</td>
</tr>
<tr>
<td>• University of Missouri Health Care facility since July 1, 2009</td>
</tr>
<tr>
<td>• Inpatient, short-term facility</td>
</tr>
<tr>
<td>• Specializes in providing individualized psychiatric treatment for adults, adolescents and children</td>
</tr>
</tbody>
</table>
Name: Missouri Veterans Commission *
Address: 1500 Vandiver Drive, Suite 107
        Columbia, MO 65202-3932
Phone: (573) 882-5135
Website: www.mvc.state.mo.us

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(Please call before visiting)
Fees: None
Eligibility: Honorable discharge veterans, their dependents, and survivors

Services:
- Information concerning benefits for veterans and their dependents
- Assists in filing for VA benefits, compensation pensions, loan guarantees, death benefits / burial allowances, military grave markers, education and training
- Applications for state veteran’s homes and the Missouri Veterans Cemetery System
Name: MO HealthNet Division *
Missouri Department of Social Services
Address: 615 Howerton Court
P.O. Box 6500
Jefferson City, MO 65102-6500
Phone: (573) 751-3425
Fax: (573) 751-6564
TTY: (800) 735-2966
Email: ask.mhd@dss.mo.gov
Website: www.dss.mo.gov/mhd/

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

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

Eligibility: Varies by program

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

Programs:

- Children’s Health Insurance Program
  www.dss.mo.gov/mhk/index.htm
- Home and Community Based Programs
  www.dss.mo.gov/fsd/homecb.htm
- Pregnant Women and Newborns
  www.dss.mo.gov/fsd/mpreg.htm
- Aged, Blind, and Disabled
  www.dss.mo.gov/fsd/massist.htm
- Uninsured Women’s Health Services Program
  www.dss.mo.gov/fsd/uwhs.htm
- Health and Wellness Program
  www.mohealthandwellness.com
  - See MO HealthNet Health and Wellness Program entry
- Missouri Rx Plan (MoRx)
  - www.morx.mo.gov
  - See MoRx Plan entry
  - MoRx Price Compare - www.morxcompare.mo.gov
Name: MO HealthNet Health and Wellness Program *
Address: P.O. Box 6500
        Jefferson City, MO 65102-6500
Toll Free: (866) 464-7147
Toll Free Fax: (800) 461-9184
TTY: (800) 735-2966
Email: mohealthandwellness@apshealthcare.com
Website: www.mohealthandwellness.com

Hours: 24 hours a day / 7 days a week
Fees: None
Eligibility: MO HealthNet participant, not enrolled in a managed care plan
Services:
- Administered by APS Healthcare
- Nurses available by phone 24 hours a day to talk about health concerns
- A healthcare team to help with making healthy decisions
- Help finding community resources and health care providers
- Advice on important immunizations and health screenings
- Information about health conditions
- Educational materials on topics such as:
  - Healthy meal planning
  - How to follow medication instructions
  - How to stop smoking
<table>
<thead>
<tr>
<th>Name:</th>
<th>MU Occupational Therapy Clinic *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>1 Lewis Hall (Rollins &amp; Providence Roads) Columbia, MO 65211</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 882-3988</td>
</tr>
<tr>
<td>Fax:</td>
<td>(573) 884-2610</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://healthprofessions.missouri.edu/ot/index.php">http://healthprofessions.missouri.edu/ot/index.php</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Varied</td>
</tr>
<tr>
<td>Fees:</td>
<td>No charge; donations accepted but not required</td>
</tr>
<tr>
<td>Eligibility:</td>
<td>18 years of age; difficulty with daily activities; no funding available for hospital- or center-based services</td>
</tr>
</tbody>
</table>
| Services:                 | • Activities of daily living retraining  
                           | • Adaptive equipment/adaptive technique training  
                           | • Physical rehabilitation  
                           | • Cognitive rehabilitation  
                           | • Visual-perceptual rehabilitation  
                           | • Client and caregiver education  
                           | • Home exercise programs  
                           | • Referral for additional services |
**Name:** New Horizons Community Support Services, Inc. *  
**Address:** 1408 Hathman Place  
Columbia, MO 65201-5551  
**Phone:** (573) 443-0405  
**Fax:** (573) 875-2557  
**Email:** jheumann@mo-newhorizons.com  
**Website:** www.mo-newhorizons.com  

**Hours:** 8:00 a.m. - 4:30 p.m. Monday - Friday  
**Fees:** Medicare, Medicaid and Missouri Department of Mental Health payments  
**Eligibility:** 18 years or older with serious and persistent mental illness  

**Services:**  
- Community psychiatric rehabilitation services  
- Psychosocial rehabilitation  
- Homeless outreach and housing assistance to persons with serious and persistent mental illness  
- Substance abuse treatment for people with co-occurring mental illness and addictions
Name: North East Community Action Corporation (NECAC) *
Address: 1809 Vandiver Drive, Suite 111
         Columbia, MO 65202-3948
Phone: (573) 875-1107
Alt phone: (573) 324-5062
Toll Free: (800) 300-9978
TDD: (800) 736-2966
Email: csmith@necac.org
Website: www.necac.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Varies upon service
Services:
   • Personal care
   • Advanced personal care
   • Respite and advanced respite
   • Homemaker chore services
   • Registered Nurses
   • Licensed Practical Nurses
   • Private duty nurses
Name: North Hampton Apartments
Address: 7000 North Buckingham Square
         Columbia, MO 65202-6002
Phone: (573) 886-7808
Fax: (573) 886-7809
Website: www.fairwaymanagement.com

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: Monthly rental fees
Eligibility: Income cannot exceed $26,460 per year for 1 person or $30,240 per year for a couple

Services:
- 99 single-level apartments (1 or 2 bedroom)
- Select apartments with washer / dryer hook-ups
- Lawn care
- Trash pick up
- Maintenance
- Handicap units available
- Snow removal
- Laundry facilities (coin-operated)
- Country-like, quiet setting
Name: OAK Tours *
(Columbia Parks and Recreation)
Address: 2311 East Walnut Street
Columbia, MO 65201-6430
Phone: (573) 442-5353
Fax: (573) 874-5232
Email: slac@GoColumbiaMO.com
Website: www.GoColumbiaMO.com

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
Fees: $20 Annual Membership and fees for individual trips
Eligibility: Ages 50 or older
Services:
- One day and overnight trips planned and escorted by experienced staff
Name: Oakland Senior Center *
Address: 805 Old Hwy 63
         Columbia, MO 65202
Phone:  (573) 449-8000
Fax:    (573) 875-8907

Hours:  8:00 a.m. - 4:00 p.m.  Monday – Friday
        Lunch is served from 11:00 a.m. to 12:30 p.m.
Fees:   None; suggested contribution of $3.00 per meal
        for ages 60 and older
Eligibility: Ages 60 and older and spouse (Regardless of age)
Services:
        • A Central Missouri Area Agency on Aging program
        • Congregate meals
        • Home-delivered meals throughout Boone County
        • Volunteer opportunities
        • Social activities
Name: OATS, Inc.*  
Address: 2501 Maguire Blvd., Suite 103  
Columbia, MO 65201  
Phone: (573) 449-3789  
Fax: (573) 441-0609  
Website: www.oatstransit.org  

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday  
Fees: None (Donations are accepted)  
Eligibility: Ages 60 or older, ages 18-59 with a permanent disability, and the rural general public  
Services:  
• Need to call 5-7 days in advance  
• Only medical appointments  
• Only Mondays and Wednesdays  
• Personalized door-to-door transportation  
• Service available to the rural general public  
• Priority service for the elderly and disabled  
• Professional, courteous, and trained drivers
Name: Option Care / Missouri River Hospice *
(Home Infusion and Specialty Medications
Respiratory and Medical Equipment
Comprehensive Hospice Program)
Address: 1410 Heriford Road
Columbia, MO 65202-1907
Phone: (573) 814-7100
Toll Free: (800) 456-0417
Fax: (573) 814-7110 (general)
(573) 814-7113 (intake)
Website: www.missouririverhospice.org
Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
(24-hour availability)
Fees: Medicare, Medicaid, private insurance (Accepted and
filed), and private pay
Eligibility: None
Services:
- 24-hour on-call availability
- Medication and equipment home delivery
- Home I.V. and nutrition
- Care management and specialty programs
- Skilled infusion nursing
- Pharmacists
- Medical equipment rental and sales
- Respiratory therapists
- Medical social workers and registered dietitian
- Bereavement program and hospice volunteers
Name: Osher Lifelong Learning Institute at MU *
Address: 3215-B Lemone Industrial Blvd.
         Columbia, MO 65201-8248
Phone: (573) 882-2585
Fax: (573) 884-6018
Email: learnforlife@missouri.edu
Website: www.learnforlife.missouri.edu

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Varies upon courses
Eligibility: Adult learners over 50 years of age, although we card no one!
Services:
  • Delivers courses designed to complement the interests, concerns, and lifestyles of the over-50 adult
  • Educational day trips
  • Wonderfully interesting membership events
Name: Oxford HealthCare  
Address: 1400 Heriford Road, Suite 104  
Columbia, MO 65202-1932  
Phone: (573) 474-1530  
Toll Free: (800) 749-6555  
Fax: (573) 474-1539  
Email: wecare@oxfordhealthcare.net  
Website: www.oxfordhealthcare.net  

Hours: 24 hours per day / 7 days per week  
Fees: Medicare, Medicaid, private insurance, workers compensation, and private pay  
With one call to Oxford HealthCare you can access services, resources and options available to help keep someone safe and independent at home. Oxford can:  
- Assist individuals of all ages who need help to stay at home  
- Help seniors maintain an active lifestyle  
- Provide assistance and peace-of-mind for caregivers who can not be there all the time  
- Provide follow-up care for a person coming home from the hospital  
- Provide one-on-one care in a hospital or nursing home  

Services Include:  
- Nursing Care  
- Medication Supervision  
- IV Therapy  
- Home Telemonitoring  
- Lifeline Medical Alert  
- Bathing and Personal Care  
- Housekeeping and Laundry  
- Meal Preparation  
- Shopping and Errands  
- Transportation  
- Companionship  
- Physical, Occupational, and Speech Therapy  
- Medical Social Worker  
- Consumer Directed Services  
- Community Services  
- Service Area: Audrain, Boone, Callaway, Cooper, Howard, and Randolph Counties
**Name:** Para Transit  
**Address:** 126 North 10th Street  
Columbia, MO 65201  
**Phone:** (573) 874-7290  
**Fax:** (573) 874-7276  
**Website:** www.GoColumbiaMO.com  

**Hours:**  
6:25 a.m. - 6:05 p.m. Monday - Wednesday  
6:25 a.m. - 10:05 p.m. Thursday and Friday  
10:00 a.m. – 7:00 p.m. Saturday  
(Closed Sundays)  

**Fees:** $2.00 one way  

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

**Services:**  
- Curb-to-curb service for individuals who are ADA eligible (Disabled)  
- All buses are fully accessible (Including wheelchairs)  
- Program of City of Columbia transportation system
Name: Parkside Manor
Address: 1201 Hunt Avenue
Columbia, MO 65202-1367
Phone: (573) 449-1448
Fax: (573) 443-2591
Email: parksideadmin@socket.net

Hours: 24 hours per day / 7 days per week
Office hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: Call for information; Medicare and Medicaid accepted

Services:
- 120-bed Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF)
- Registered Nurse supervision 7 days per week
- Full-time rehabilitation services (Including physical, occupational, and speech therapy)
- Hospice
- Short-term respite
- Special care unit
- Ombudsman volunteer
Name: Preferred Hospice of Central Missouri  
(Comprehensive Hospice Program)  
Address: 1900 North Providence Road, Suite 311  
Columbia, MO 65202-3710  
Phone: (573) 499-4540  
Toll Free: (866) 852-3310  
Fax: (573) 499-4543  
Website: www.preferredhospice.com  

Hours: 8 a.m. - 5 p.m. Monday - Friday  
(Services 24 hours per day / 7 days per week)  
Fees: Medicare, Medicaid, private insurance  
(Accepted and filed), and private pay  
Eligibility: Physician certification; must meet hospice guidelines  
Services:  
• 24 / 7 on-call nurse availability  
• Grief and bereavement programs  
• Hospice volunteers  
• Community education  
• Free informational visits  
• In-home and nursing home respite options  
• Staff consisting of: medical director,  
  Registered Nurse, Licensed Practical  
  Nurse, aide, chaplain, social worker, case  
  management and personal care staff
Name: Primaris *
Address: 200 North Keene Street
        Columbia, MO 65201-8102
Phone: (573) 817-8300
Toll Free: (800) 735-6776
Fax: (573) 817-8330
Website: www.primaris.org

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Medicare or Medicaid Beneficiary

Services:
- Reviews quality complaints regarding Medicare
- Educational materials on HMOs
- Provides education on Medicare beneficiary rights
- Assists with concerns about quality of care
  - Primaris’ Medicare Help-line:
    - Phone: (800) 347-1016
    - 8:30 a.m. - 5:00 p.m. Monday - Friday
Name: Pyramid Home Health Services
Address: 3702 West Truman Blvd, Suite 318
        Jefferson City, MO 65109-6153
Toll Free: (800) 690-1753 (Home health)
          (800) 568-6646 (In-home services / long-term care)
Fax: (573) 893-6302 (Home health)
      (573) 893-8540 (In-home services / long-term care)
Hours: 7:30 a.m. - 4:30 p.m. Monday – Friday
Fees: Vary depending on service
Services:
   • Home health:
     o Registered Nurses
     o Physical therapists
     o Occupational therapists
     o Speech therapists
     o Medical social workers
   • In-home services / long-term care:
     o Advanced personal care
     o Personal care
     o Homemaker chore
     o Registered Nurses
     o Respite
   • Serving 28 Mid-Missouri Counties
Name: Rehabilitation Services for the Blind *
Address: 308 East High Street, Suite B-101
Jefferson City, MO 65101
Phone: (573) 751-2714
Toll Free: (800) 592-6004
Fax: (573) 526-4526
TTY: (573) 751-2714
Website: www.dss.mo.gov/fsd/rsb/

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Visual and financial eligibility requirements
Services:
- Assistive devices for visually impaired persons
- Independent living teaching services can be provided in the home (Services do not include housekeeping or custodial care)
- Job training and placement

Prevention of Blindness Program
Address: 615 Howerton Court, P.O. Box 2320
Jefferson City, MO 65102-2320
Phone: (573) 751-3428
Fax: (573) 751-1281

Hours: Same as listed above
Fees: Same as listed above
Eligibility: Same as listed above
Services:
- Total eye care for those eligible
- Free glaucoma screening to groups, employers and community organizations
Name: Relay Missouri *
Phone: (866) 735-2460 (For hearing callers to connect relay users)
(800) 735-0135 (Voice carryover users)
(800) 676-3777 (Relay Missouri customer service hotline)
“711” (Connect to relay service anywhere in the United States)
TTY: (800) 735-2966
Fax: (913) 523-9214
Website: www.relaymissouri.com

Hours: 24 hours per day / 7 days per week
(INCLUDING ALL HOLIDAYS)
Fees: Free of charge
Eligibility: Available to anyone who wants to communicate with a person who is deaf, hard of hearing, or speech impaired

Services:
• Relay communications service provides telephone accessibility to people who are deaf, hard-of-hearing, or speech disabled. Specially trained communication assistants process relay calls and stay on the line to relay conversations electronically, over a TTY (Text Telephone or TDD) or in some cases, verbally.
Name: ResCare HomeCare
Address: P.O. Box 7211
         Columbia, MO 65205-7211
Phone: (573) 446-8246
Fax:    (573) 446-0153
Website: www.rescarehomecare.com

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
       (Registered Nurse on call 24 hours per day)
Fees:  Varies according to service (Range from 2 to 24 hours)
Eligibility: Private insurance, private pay, certain veterans’ benefits

Services:

• Working toward licensure by Missouri Division of Health and Senior Services
• Registered Nurses
• Licensed Practical Nurses
• Home health aides
• Certified Nurses Aides
• Private duty
• Intermittent visits
• Respite care
• Live in
• Overnight assistance available
• Columbia branch serves Audrain, Boone, Callaway, Cole, Cooper, Howard, Moniteau, Osage, and Randolph counties
Name: RSVP *
(Retired and Senior Volunteer Program)
Address: 1123 Wilkes Boulevard, Suite 100
Columbia, MO 65203-4774
Phone: (573) 442-7238
Fax: (573) 874-1821
Email: bcca05@centurytel.net
Website: www.booneseniors.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Free of charge
Eligibility: 55 years of age and older

Services:
- One-stop shopping for volunteer opportunities
- Volunteer placement
- Training and opportunities to learn new skills
- Opportunity to meet new people and make a difference
- Supplemental accident and liability insurance for volunteer activities
- RSVP is sponsored by the Boone County Council on Aging and the Corporation for National and Community Service
Name: Rusk Rehabilitation Center*
Address: 315 Business Loop 70 West
Columbia, MO 65203-3248
Phone: (573) 817-2703
Fax: (573) 817-4690
Email: karl.hardman@healthsouth.com
Website: www.ruskrehab.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Varies upon services; routinely covered by most commercial insurance plans as well as Missouri Medicaid and Medicare
Eligibility: Serving all age groups and disability diagnoses

Services:
- Comprehensive medical rehabilitation programs
- Fully accredited 60-bed inpatient facility
- Programs include: stroke, amputee, debilitation, oncology, geriatric evaluation, neurological disorders, as well as brain and spinal cord injury
- Full team includes physical therapy, occupational therapy, speech therapy, and case management
- Outpatient programs include: day treatment for stroke, aquatic therapy, occupational therapy and physical therapy
- A program of the University of Missouri Health Care Family
Name: St. Francis House *  
Catholic Worker Community  
Address: 901 Rangeline Street  
Columbia, MO 65201-4562  
Phone: (573) 875-4913  
Alt phone: (573) 881-1816  
Fax: (573) 875-4913  
Email: sfhcw913@aol.com  

Hours: No particular hours for calling  
Fees: None  
Eligibility: Homeless men with mental and / or physical illnesses  
Services:  
• Housing option for homeless men

Additional Programs:  
Name: Loaves and Fishes Soup Kitchen *  
Address: 616 Park Avenue  
Phone: (573) 875-0826  
• Serves a hot dinner meal 7 days a week

Name: Interfaith Day Center *  
Address: 616 Park Avenue  
Phone: (573) 875-0826  
Hours: 8:30 a.m. – 3:30 p.m. Monday – Friday

Name: Z. Lois Bryant House *  
Address: 913 Rangeline Street  
Phone: (573) 875-7874  
Fax: (573) 442-4502  
• Housing option for homeless women
Name: Salvation Army *
Address: 1108 West Ash Street
Columbia, MO 65203-2103
Mailing Address: P.O. Box 1864
Address: Columbia, MO 65205-1864
Phone: (573) 442-3229
Fax: (573) 449-6185

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
Fees: None
Eligibility: 150% of poverty level or documented home fire
Services:
• Food pantry
• Clothing and coat vouchers
• Rent assistance
• Utility assistance (gas and electric)
• Christmas Center
• Thanksgiving Dinner
• Nursing home visits

Name: Family Thrift Stores
Address: 1304 Parkade Blvd.
Columbia, MO 65203-2554
Phone: (573) 449-5202
Address: 23 East Walnut Street
Columbia, MO 65203-4162
Phone: (573) 443-2786

Hours: 10:00 a.m. – 5:00 p.m. Monday – Saturday
Services:
• Clothing voucher redemption
• Profits stay in our community

* For Harbor House see Page 64
Name: Senior Assessment Geriatric Evaluation (SAGE) * (University of Missouri Health Care Dept. of Family & Community Medicine Green Meadows Family Practice Clinic-Green Team)
Address: 3217 South Providence Road, Bldg. A Columbia, MO 65203-3639
Phone: (573) 884-0842
Fax: (573) 884-5559

Hours: S.A.G.E. assessments are available 2 days a week and are a minimum of three hours in duration
Fees: Covered by Medicare and supplemental Insurance
Eligibility: Individuals ages 60 or older requiring such services

Services:
- Consultation by a team of geriatric specialists including: gerontologists, a nurse practitioner and social worker
- Services for persons with complex medical, nursing, nutritional, social, and emotional needs
- Home visits by a nurse practitioner are available for persons in the Columbia area
- Multiple issues that may concern older persons and their families can be addressed, such as:
  - Physical limitations
  - Cognitive, emotional, and behavioral changes
  - Difficulties with independent living
  - Alternate living arrangements
  - Evaluation of medications
  - End-of-life issues
Name: SeniorLink, LLC
Private Geriatric Care Management
Phone: (573) 447-0167
Fax: (573) 447-0167
Email: seniorlink@msn.com
Website: www.seniorlinkllc.com

Hours: Flexible, by appointment
Fees: Private pay, available upon request
Eligibility: Older adults and their families
Services:
- Personalized, professional assistance to identify, locate, organize, and monitor eldercare services and resources to maximize independence and quality of life
- Individualized assistance to assess needs and develop the least restrictive, most financially sound care plan for eldercare services
- Assistance with navigating the complex system of senior resources and entitlement programs
- Provide education, advocacy, and appropriate referrals regarding financial, legal, medical, home care, senior communities, and various levels of care facilities
- Serves as a link / liaison; facilitate communication between clients, family members, caregivers, and other providers
- Coordinate appointments and facilitate transportation (Accompany as needed)
Name: Services for Independent Living (SIL) *
Address: 1401 Hathman Place  
         Columbia, MO 65201
Phone: (573) 874-1646
Fax: (573) 874-3564
TTY/TDD: (573) 874-4121
Email: sil@silcolumbia.org
Website: www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m.  Monday - Friday
Fees: None for most services
Eligibility: Individuals with mental or physical disabilities
Services:
  • Disability services including advocacy and peer support groups
  • Practical disability-related information and referral
  • Independent living skills training
  • Information on adaptive equipment and technology
  • Limited durable medical equipment and assistive technology funding
  • Personal care attendant services for qualified individuals
  • Door-to-door transportation 8:00 a.m. - 5:00 p.m. Sunday - Friday
  • Residential ramps for individuals with disabilities who cannot afford them
Name: The Shelter *
Address: P.O. Box 1367
Columbia, MO 65205-1367
Phone: (573) 875-1369
Toll Free: (800) 548-2450
Fax: (573) 817-1280
Website: www.boonecountysafeshelter.com

Hours: 24 hours per day / 7 days per week
Fees: None
Eligibility: Victim of domestic or sexual violence
Services:
  • Safe shelter for victims of domestic violence and abuse
  • Advocacy for victims of domestic rape and assault
  • Court advocacy
  • Free counseling for recent domestic violence or sexual assault (No incest counseling available)
  • Resident support groups for domestic abuse and sexual assault
  • Hospital Advocacy Program
Name: Show Me State Games & Missouri State Senior Games *
Address: 105 Carrie Francke Drive, Room 01
          Columbia, MO 65211
Phone: (573) 882-2101
       (573) 884-2946 (Volunteer Opportunities)
Fax: (573) 884-4004
Website: www.smsg.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Sliding scale
Eligibility: Must be a Missouri resident to compete in July competitions; open to everyone in June

Services:
  • Olympic-style amateur athletic event for Missouri residents of all ages and abilities
  • Volunteer opportunities
  • Senior Games for persons 50 and older are held annually in June
  • Show Me State Games for persons of all ages are held annually in July
Name: Show Me Tech *
Address: 1401 Hathman Place
          Columbia, MO 65201-5552
Phone: (573) 874-3558
       (573) 874-1646 x 228
Fax: (573) 874-3564
Email: bmarsh@silcolumbia.org
Website: www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Individuals with disabilities, family members and service providers

Services:

- Show-Me Tech provides a broad array of assistive technology device displays; and information, demonstration and presentations on assistive technology.
- A wide variety of adaptive devices (Both high and low tech) are available for people to view and try including: magnifying and talking products for low vision / blind populations, assistive listening devices, aids for daily living (For individuals with arthritis or limited mobility), including dressing aids, reachers, writing aids, etc.
- Certifying agency and demo site for the Missouri Telecommunication Access Program, which provides free adaptive telephones to qualified individuals
- A program of Services for Independent Living
Name: Smooth Transitions of Mid-Missouri, LLC
Address: 5342 East Trikalla Drive
Columbia, MO 65202-5447
Phone: 573 817-5789
573 808-5541
Fax: 573 817-5789 Call before faxing
Email: mickey@movingforseniors.com
Website: www.movingforseniors.com

Hours: By appointment
Fees: Vary
Eligibility: Anyone in need
Services:
• Providing emotional & physical assistance needed to make a change in living arrangements
• Orchestrating moving day
• Managing your move
• Deciding what to take to your new location
• Sorting household treasures
• Packing and unpacking
• Setting up new home
• Donating or selling leftovers
• Hauling trash
• Shipping items to family members
• Cleaning the house
• Arranging repairs
• Preserving memories, photos, and documents
• Changing utilities, address, etc.
• Pastoral care
• Estate dispersal
• Informational presentation on moving / downsizing
Name: Social Security Administration *
Address: 803 Gray Oak Drive
Columbia, MO 65201
Toll Free: (800) 772-1213
TDD: (800) 325-0778 or (573) 443-8305
Fax: (573) 443-4051
Website: www.socialsecurity.gov

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
Fees: None
Eligibility: For Social Security benefits:
  o Individual must meet guidelines for age, death, and/or disability
For Supplemental Security Income (SSI):
  o Individual must meet age, disability and financial need guidelines

Services:
  • Accepts applications for Social Security numbers
  • Accepts applications for auxiliary, death, retirement and survivor benefits
  • Supplemental Security Income (SSI) benefits
  • Medicare coverage and black lung benefits; provides service to people already receiving these benefits
  • Assists individuals with applying for disability
Name: South Hampton Place
Address: 4700 Brandon Woods Street
         Columbia, MO 65203-7139
Phone: (573) 874-3674
Fax: (573) 874-3479

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

Services:

- 100-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- In house podiatrist, audiologist, dentist, and optometry services
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social activities
- Regular beautician visits
- Long-term and short-term care
- Hospice patients accepted
- VA contracts accepted
Name: Southern Boone County Senior Center *
Address: 406 Douglas Drive
Ashland, MO 65010-9095
Phone: (573) 657-9512

Hours: 9:00 a.m. - 3:00 p.m. Monday - Wednesday
Fees: $5.00 membership per year
Eligibility: Age 50 to join; ages 55 and older for privileges

Services:
- Business meetings 1:00 p.m., second Wednesday of each month
- Carry-in dinner and social, third Wednesday of each month
- Quilting, crafts, puzzles and pool
- Donation dances are held the fourth and fifth Saturday evenings of each month from 7:00 p.m. - 10:00 p.m. (Carry-in snacks; all are welcome)
- Call for more information
Name: Stephens Lake Activity Center
50+ Program *
(Columbia Parks and Recreation)

Address: 2311 East Walnut Street
Columbia, MO 65201
Phone: (573) 874-7475
Fax: (573) 874-5232
Email: slac@GoColumbiaMO.com
Website: www.GoColumbiaMO.com

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
Fees: $20 Annual Membership
(Some additional fees may apply)
Eligibility: Ages 50 or older

Services:
- Older American Klub
- Volunteer music groups
- Live music dances
- Painting and crafts
- Two pool tables
- Fitness and Instructional classes
- Fabulous 50s Plus Club
- Travel opportunities see Oak Tours
Name: The Stuart House
Address: 117 South Hickman Street
         Centralia, MO 65240-1316
Phone: (573) 682-3204
Alt phone: (573) 682-5471
Fax: (573) 682-1429
Hours: 8:00 a.m. - 4:00 p.m. 7 days a week
Fees: Mostly private pay (contact facility for arrangements)
Services:
• Intermediate Care Facility (ICF) / Residential Care
• 27-bed facility with home-like atmosphere
• Licensed staff 24 hours per day
• State licensed
• Private, personal care
• Home-cooked meals
• Short-term respite
Name: Sturgeon Rest Home
Address: 315 East Stone Street
         P.O. Box 328
         Sturgeon, MO 65284-0328
Phone: (573) 687-3012
Fax: (573) 687-1250
Email: admin@sturgeonresthome.com
Website: www.sturgeonresthome.com

Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday (Office)
Fees: $1,450 - $1,856 / month until Jan 1, 2010 (Includes laundry); Medicaid accepted
Eligibility: Must be ambulatory or require a walker, cane, etc.
Services:
  • Residential Care Facility (RCF I)
  • Home-like atmosphere
  • Home-cooked meals
  • Central heating and air conditioning
  • Registered nurse on duty
  • State licensed
  • Supervision of medications
  • Assistance with personal care
  • Financial assistance available for those who qualify
  • Care provided on a daily, weekly or monthly basis
  • Transportation to doctor appointments
  • Physical therapy available on site
  • 30-minute drive from Columbia
Name: Terrace Retirement Community
Address: 1408 Business Loop 70 West
          Columbia, MO 65202-1394
Phone: (573) 875-2538
Fax: (573) 874-0814
Email: lwalker@terraceretirement.com
Website: www.terraceretirement.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
       (Weekends by appointment)
Fees: Varies
Eligibility: Ages 62 or older
Services:

- 130-unit apartment community with services for independent living retirees
- Monthly rent includes: meals, utilities, housekeeping, scheduled transportation, activities and more
- Apartment features include kitchen, wall-to-wall carpeting, window treatment, large bay window, pull-cord signal system and individually controlled temperature
- Common areas include: library, exercise room, sauna, whirlpool, billiards room, game area, store and big-screen TV
Name: TigerPlace
Address: 2910 Bluff Creek Drive
Columbia, MO 65201-3522
Phone: (573) 256-4620
Toll-free: (866) 287-3440
Fax: (573) 256-4621
Email: tigerplace@americareusa.net
Website: www.tigerplace.net

Hours: 24 hours per day / 7 days per week
Fees: Varies according to service
Services:

- 54 apartments for independent living
- 2 daily meals
- Weekly housekeeping and flat linen service
- Concierge and transportation
- Consumer-planned activities both on and off site
- Daily exercise classes
- Access to TigerTotal Fitness Center
- Registered nurses:
  - On call 24 hours per day
  - Perform 4 in-home visits per year
  - Perform bi-annual wellness reviews
- Access to TigerCare Center, a wellness center for
  TigerPlace residents
- State-approved Aging in Place site
- Pets are welcome
Name: University Hospital and Clinics *
University of Missouri Healthcare

Address: One Hospital Drive
Columbia, MO 65212

Phone: (573) 882-4141
Fax: (573) 884-7470
Website: www.muhealth.org

Hours: 24 hours per day / 7 days per week

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

Eligibility: No eligibility requirements

Services:

- 274-bed, full-service public hospital with emergency room and level 1 trauma center
- Clinics available for more than 60 specialties
- Emergency center is equipped to handle major trauma and serious illness 24 hours per day
- Local area’s only burn intensive care unit
- Local area’s only comprehensive wound care center
- Cardiac Center of Excellence
- Cosmopolitan International Diabetes Center
- Mason Eye Institute
- Health Connect 24: (573) 884-2401
- Missouri Center for Digestive Health
- Missouri Spine Center
- Missouri Hip and Knee Center
- Comprehensive cancer care at Ellis Fischel Cancer Center
Name: University of Missouri - Columbia Psychological Services Clinic *
Address: 211 South 8th Street
         Columbia, MO 65211
Phone: (573) 882-4677
Fax: (573) 882-4583
Email: morrisja@missouri.edu
Website: http://psychology.missouri.edu/clinic

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

Fees:  Sliding scale and fee assistance for those on limited income; insurance also accepted

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

Services:
   • Outpatient mental health addressing depression, grief, family, and other personal concerns
Name: USDA Rural Development *
Address: 4617 South Clark Street
         Mexico, MO 65265
Phone: (573) 581-4177 Ext. 4
Fax:    (573) 581-7283
Email: teresa.fulsom@mo.usda.gov
       sally.pease@mo.usda.gov
Website: www.rurdev.usda.gov/mo/

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

Services:
  • Home improvements and repairs
  • Services provided through low-interest loans or grants (Grant funds are limited)
  • Low-income, disabled, and senior rental housing
Name: Veteran’s Hospital, Harry S. Truman
A Department of Veteran’s Affairs (VA) Medical Center

Address: 800 Hospital Drive
Columbia, MO 65201-5275

Phone: (573) 814-6000
Fax: (573) 814-6600
Website: www.columbiamo.va.gov

Hours: 24 hours per day / 7 days per week
Fees: No fees for treatment of service-connected injuries / illnesses; there may be co-payments assessed for all other treatment, depending upon income.

Eligibility: U.S. Military Veterans

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

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

Phone: (573) 449-6959
Fax:   (573) 874-9172
Website: www.vacmo.org

Hours: Phone hours: 8:30 a.m. - 4:30 p.m. Monday - Friday
      Walk-in hours: 9:00 a.m. - 12:00 p.m. and
      1:00 p.m. - 4:00 p.m. Monday - Friday

Fees: None

Eligibility: Individuals in need of emergency services

Services:

- Agency of first and last resort
- Information and referral
- Client advocacy
- Emergency assistance
- Transportation assistance
- Food
- Shelter
- Clothing
- Medical needs
- Christmas food and gifts
- Volunteer recruitment and placement
- Free “Helping Hand” catalog of all community
  volunteer opportunities available
Name: Walgreens-OptionCare
Address: 1410 Heriford Road
        Columbia, MO 65202-1907
Phone:  (573) 814-7100
Toll Free: (800) 456-0417
Fax:    (573) 814-7110
Website: www.WalgreensHomeCare.com
         www.OptionCare.com

Hours:  8:00 a.m. - 5:00 p.m.  Monday - Friday
        (24 Hour Availability)
Fees:   Medicare, Medicaid, Private Insurance (Accepted and
        Filed), Private Pay
Services:
        • 24-hour On-Call Availability
        • Respiratory Services
          o Oxygen, CPAP, Ventilators, Nebulizers
        • Medication and equipment home delivery
        • Home I.V. and Nutrition
        • Skilled Infusion Nursing
        • Pharmacy
        • Respiratory Therapists
        • Home Medical Equipment
        • Medical Social Workers and Registered Dietitians
        • Missouri River Hospice
Name: The Wardrobe *
Address: 715 Park Avenue
Columbia, MO 65201-4453
Phone: (573) 442-3260

Hours: 11:00 a.m. - 4:00 p.m. Tuesdays (referrals only)
11:00 a.m. - 4:00 p.m. Wednesday - Friday
9:00 a.m. - 3:00 p.m. Saturday

Fees: Minimal; call for information
Services:
- Used clothing
- Volunteer opportunities
Name: Wolfner Library *
Address: P.O. Box 387
       600 West Main Street
       Jefferson City, MO 65102-0387
Phone: (573) 751-8720
Toll Free: (800) 392-2614
Fax: (573) 526-2985
TDD: (800) 347-1379
Email: wolfner@sos.mo.gov
Website: www.sos.mo.gov/wolner

Hours: 8:00 a.m. – 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Unable to read books due to a physical or visual disability

Services:
- Audio books for loan to blind and/or physically disabled persons
- Braille
- Descriptive videos
- Magazines in special media
- Program packs for group discussion
- Short-term respite
- NFB News Line (Newspaper that is read over the phone)
- Large print books for youth