If you think your loved one may benefit from Hospice, Don’t Wait Call HOSPICE TODAY!

Our experienced, compassionate staff is available 24-hours a day!

Hospice provides:
- Management of the patient’s pain and symptoms.
- Assists patients with the emotional, psychosocial and spiritual aspects of dying.
- Provides needed drugs, medical supplies, and equipment.
- Coaches the family on how to care for the patient.
- Delivers special services like speech and physical therapy when needed.
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time.
- Provides unlimited bereavement care and counseling to surviving family and friends.

www.hospiceadvantage.com
2620 Forum Blvd, Suite E
Columbia, MO 65203
(573)-442-9104

“We were overwhelmed by the professionalism, efficiency, and most of all compassion shown to us in the care of our loved one by the Hospice Advantage Staff” -Family Member of MO patient
Senior Network

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 resources available to seniors. It is a wonderful guide to the web of services 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.
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) 875-4477

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) 874-2489
  Columbia Post Office ...............................................................(573) 876-7800
  IRS/Federal Tax Information ..................................................(800) 829-1040
  Mental Health Crisis Line .......................................................(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
## IMPORTANT WEBSITES

<table>
<thead>
<tr>
<th>Website</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone County Government Page</td>
<td><a href="http://www.showmeboone.com">www.showmeboone.com</a></td>
</tr>
<tr>
<td>City of Columbia</td>
<td><a href="http://www.gocolumbiamo.com">www.gocolumbiamo.com</a></td>
</tr>
<tr>
<td>Columbia Chamber of Commerce</td>
<td><a href="http://www.columbiamochamber.com">www.columbiamochamber.com</a></td>
</tr>
<tr>
<td>Missouri Hospice &amp; Palliative Care Association</td>
<td><a href="http://www.mohospice.org">www.mohospice.org</a></td>
</tr>
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<td>Missouri Senior Report</td>
<td><a href="http://www.missouriseniorreport.org">www.missouriseniorreport.org</a></td>
</tr>
<tr>
<td>National Council on Aging</td>
<td><a href="http://www.NCOA.org">www.NCOA.org</a></td>
</tr>
<tr>
<td>Missouri Protection &amp; Advocacy Service</td>
<td><a href="http://www.moadvocacy.org">www.moadvocacy.org</a></td>
</tr>
<tr>
<td>National Long Term Care Ombudsman Resource Center</td>
<td><a href="http://www.ltcombsdusman.org">www.ltcombsdusman.org</a></td>
</tr>
<tr>
<td>State of Missouri</td>
<td><a href="http://www.mo.gov">www.mo.gov</a></td>
</tr>
<tr>
<td>Attorney General</td>
<td><a href="http://ago.mo.gov">http://ago.mo.gov</a></td>
</tr>
<tr>
<td>Department of Health &amp; Senior Services</td>
<td><a href="http://www.dhss.mo.gov">www.dhss.mo.gov</a></td>
</tr>
<tr>
<td>(Adult Protective Services, In Home Services, etc.)</td>
<td></td>
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<td>Employee Disqualification List</td>
<td><a href="http://www.dhss.mo.gov/EDL">www.dhss.mo.gov/EDL</a></td>
</tr>
<tr>
<td>Family Care Safety Registry</td>
<td><a href="http://www.dhss.mo.gov/FCSR">www.dhss.mo.gov/FCSR</a></td>
</tr>
<tr>
<td>Missouri Century Club</td>
<td><a href="http://www.dhss.mo.gov/CenturyClub">www.dhss.mo.gov/CenturyClub</a></td>
</tr>
<tr>
<td>Nursing Home Inspection Reports</td>
<td><a href="http://www.dhss.mo.gov/showmelongtermcare">www.dhss.mo.gov/showmelongtermcare</a></td>
</tr>
<tr>
<td>Silver Haired Legislators</td>
<td><a href="http://www.dhss.mo.gov/SilverHaired">www.dhss.mo.gov/SilverHaired</a></td>
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<tr>
<td>Department of Insurance</td>
<td><a href="http://insurance.mo.gov">http://insurance.mo.gov</a></td>
</tr>
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<td>Department of Revenue</td>
<td><a href="http://www.dor.mo.gov">www.dor.mo.gov</a></td>
</tr>
<tr>
<td>Department of Social Services</td>
<td><a href="http://www.dss.missouri.gov">www.dss.missouri.gov</a></td>
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<td>(Medicaid\MO Health Net, MoRX, Food Stamps, Family Support, etc.)</td>
<td></td>
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<td>Department of Transportation</td>
<td><a href="http://www.modot.org/central">www.modot.org/central</a></td>
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<td>Missouri RX – State Pharmacy Assistance Program</td>
<td><a href="http://www.morx.mo.gov">www.morx.mo.gov</a></td>
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<tr>
<td>Vital Records</td>
<td><a href="http://vitalrec.com/mo.html">http://vitalrec.com/mo.html</a></td>
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<td>US Government</td>
<td></td>
</tr>
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<td>Centers for Medicare/Medicaid Services</td>
<td><a href="http://www.cms.hhs.gov">www.cms.hhs.gov</a></td>
</tr>
<tr>
<td>Department of Veterans Affairs</td>
<td><a href="http://www.va.gov">www.va.gov</a></td>
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<td>Eldercare Locator</td>
<td><a href="http://www.eldercare.gov">www.eldercare.gov</a></td>
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<td>Housing &amp; Urban Development</td>
<td><a href="http://www.hud.gov/local/mo">www.hud.gov/local/mo</a></td>
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<td>Medicare</td>
<td><a href="http://www.medicare.gov">www.medicare.gov</a></td>
</tr>
<tr>
<td>Social Security Administration</td>
<td><a href="http://www.ssa.gov">www.ssa.gov</a></td>
</tr>
<tr>
<td>United States Postal Service</td>
<td><a href="http://www.usps.com">www.usps.com</a></td>
</tr>
</tbody>
</table>
# Table of Contents

<table>
<thead>
<tr>
<th>GENERAL HELP/INFORMATION</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone County Council on Aging* (BCCA) (Services for Independent Living – SIL)</td>
<td>(573) 443-1111</td>
<td>15</td>
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<tr>
<td>Central Missouri Area Agency on Aging (CMAAA)</td>
<td>(573) 443-5823</td>
<td>26</td>
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<tr>
<td>Family Support Division</td>
<td>(573) 882-9180</td>
<td>54</td>
</tr>
<tr>
<td>Voluntary Action Center (VAC)</td>
<td>(573) 449-6959</td>
<td>126</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ABUSE, NEGLECT, &amp; CRISIS</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Division of Senior and Disability Services</td>
<td>(573) 441-6222</td>
<td>47</td>
</tr>
<tr>
<td>Elder Abuse Hotline</td>
<td>(800) 392-0210</td>
<td></td>
</tr>
<tr>
<td>L.E.A.D. Institute</td>
<td>(573) 445-5005</td>
<td>72</td>
</tr>
<tr>
<td>Mid-Missouri Legal Services (Legal Aid)</td>
<td>(888) 476-4545</td>
<td>79</td>
</tr>
<tr>
<td>True North – Domestic Violence and Abuse</td>
<td>(573) 875-1370</td>
<td>120</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ADULT DAYCARE</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Connection</td>
<td>(573) 882-7070</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLOTHING</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goodwill</td>
<td>(573) 882-7070</td>
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</tr>
<tr>
<td>Salvation Army</td>
<td>(573) 442-3229</td>
<td>107</td>
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<tr>
<td>Upscale Resale</td>
<td>(573) 445-4803</td>
<td></td>
</tr>
<tr>
<td>Wardrobe, The</td>
<td>(573) 874-2851</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>CONTINUING EDUCATION OPPORTUNITIES</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Columbia Area Career Center</td>
<td>(573) 214-3800</td>
<td>33</td>
</tr>
<tr>
<td>Columbia Public Library</td>
<td>(573) 443-3161</td>
<td></td>
</tr>
<tr>
<td>Osher Lifelong Learning Institute at MU</td>
<td>(573) 882-8189</td>
<td>91</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISABILITY SERVICES</th>
<th>PHONE NUMBER</th>
<th>PAGE</th>
</tr>
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<tbody>
<tr>
<td>Columbia Disabilities Commission</td>
<td>(573) 874-7235</td>
<td>39</td>
</tr>
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<td>L.E.A.D. Institute</td>
<td>(573) 445-5005</td>
<td>72</td>
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<tr>
<td>ParaTransit</td>
<td>(573) 874-2489</td>
<td>93</td>
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<td>Rehabilitation Services for the Blind</td>
<td>(573) 751-2714</td>
<td>103</td>
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<tr>
<td>Relay Missouri</td>
<td>(866) 735-0135</td>
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</table>
### DISABILITY SERVICES – cont.

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rusk Rehabilitation Center</td>
<td>(573) 817-2703</td>
<td>106</td>
</tr>
<tr>
<td>Services for Independent Living</td>
<td>(573) 874-1646</td>
<td>111</td>
</tr>
<tr>
<td>Social Security Administration</td>
<td>(800) 722-2113</td>
<td>113</td>
</tr>
<tr>
<td>Wolfner Library</td>
<td>(573) 751-8720</td>
<td>129</td>
</tr>
</tbody>
</table>

### DISASTER RELIEF

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Red Cross</td>
<td>(573) 445-9411</td>
<td>5</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>(573) 442-3229</td>
<td>107</td>
</tr>
<tr>
<td>Voluntary Action Center (VAC)</td>
<td>(573) 449-6959</td>
<td>126</td>
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</tbody>
</table>

### EMPLOYMENT ASSISTANCE

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experience Works</td>
<td>(573) 442-0067</td>
<td>50</td>
</tr>
<tr>
<td>Foster Grandparent Program</td>
<td>(573) 442-8794</td>
<td>55</td>
</tr>
<tr>
<td>Rehabilitation Services for the Blind</td>
<td>(573) 751-2714</td>
<td>103</td>
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</tbody>
</table>

### FINANCIAL MANAGEMENT

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>APEX Financial</td>
<td>(573) 876-6011</td>
</tr>
<tr>
<td>Personal Financial Assistants</td>
<td>(573) 256-8064</td>
</tr>
</tbody>
</table>

Also contact your bank and trust departments

### FOOD: GROUP MEAL OPTIONS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centralia Senior Center</td>
<td>(573) 682-5053</td>
<td>30</td>
</tr>
<tr>
<td>Columbia Senior Activity Center</td>
<td>(573) 874-2050</td>
<td>36</td>
</tr>
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<td>Southern Boone County Senior Center</td>
<td>(573) 657-9512</td>
<td>115</td>
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<tr>
<td>Senior Meal Program (CMAAA)</td>
<td>(573) 449-8000</td>
<td>109</td>
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</tbody>
</table>

### FOOD: HOME-DELIVERED MEALS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals on Wheels</td>
<td>(573) 886-7554</td>
<td>77</td>
</tr>
<tr>
<td>Senior Meal Program (CMAAA)</td>
<td>(573) 449-8000</td>
<td>109</td>
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</tbody>
</table>

### FOOD: OTHER OPTIONS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Pantry, The</td>
<td>(573) 874-7848</td>
<td>29</td>
</tr>
<tr>
<td>Family Support Division (Food Stamps)</td>
<td>(855)-373-4636</td>
<td>54</td>
</tr>
</tbody>
</table>
## Geriatric Care Management

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone County Council on Aging*</td>
<td>(573) 443-1111</td>
<td>15</td>
</tr>
<tr>
<td>(Services for Independent Living)</td>
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<td></td>
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<tr>
<td>Care Navigators</td>
<td>(573) 886-8941</td>
<td>25</td>
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<tr>
<td>Central Missouri Area Agency on Aging</td>
<td>(573) 443-5823</td>
<td>26</td>
</tr>
<tr>
<td>Elder Care Resources</td>
<td>(573) 696-0563</td>
<td>48</td>
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<tr>
<td>SeniorLink, LLC</td>
<td>(573) 447-0167</td>
<td>110</td>
</tr>
</tbody>
</table>

## Health Insurance Assistance

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Missouri Area Agency on Aging</td>
<td>(573) 443-5823</td>
<td>26</td>
</tr>
<tr>
<td>CLAIM Program</td>
<td>(573) 817-8320</td>
<td>31</td>
</tr>
<tr>
<td>Primaris</td>
<td>(573) 817-8300</td>
<td>100</td>
</tr>
<tr>
<td>MO HealthNet</td>
<td>(573) 751-3425</td>
<td>84</td>
</tr>
</tbody>
</table>

## Home Maintenance

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone County Council on Aging*</td>
<td>(573) 443-1111</td>
<td>15</td>
</tr>
<tr>
<td>Central Missouri Community Action (CMCA)</td>
<td>(573) 443-8706</td>
<td>27</td>
</tr>
<tr>
<td>Weatherization Programs</td>
<td>ext 1958</td>
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</tr>
<tr>
<td>Columbia Community Development Department</td>
<td>(573) 874-7239</td>
<td>38</td>
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<tr>
<td>Mature Home Safety</td>
<td>(573) 289-3565</td>
<td>76</td>
</tr>
<tr>
<td>Services for Independent Living</td>
<td>(573) 874-1646</td>
<td>111</td>
</tr>
<tr>
<td>USDA Rural Development</td>
<td>(573) 876-0976</td>
<td>123</td>
</tr>
</tbody>
</table>

## Hospice

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bluffs, The</td>
<td>(573) 442-6060</td>
<td>14</td>
</tr>
<tr>
<td>Boone Hospital Home Care &amp; Hospice</td>
<td>(573) 875-0555</td>
<td>18</td>
</tr>
<tr>
<td>Columbia Healthcare Center</td>
<td>(573) 474-6111</td>
<td>40</td>
</tr>
<tr>
<td>Heritage Hall Nursing Center</td>
<td>(573) 682-5551</td>
<td>63</td>
</tr>
<tr>
<td>Home Care of Mid-Missouri</td>
<td>(660) 263-1517</td>
<td>65</td>
</tr>
<tr>
<td>Hospice Advantage</td>
<td>(573) 442-9104</td>
<td>67</td>
</tr>
<tr>
<td>Hospice Compassus</td>
<td>(573) 443-8360</td>
<td>68</td>
</tr>
<tr>
<td>Preferred Hospice of Central Missouri</td>
<td>(573) 499-4540</td>
<td>97</td>
</tr>
<tr>
<td>South Hampton Place</td>
<td>(573) 874-3674</td>
<td>114</td>
</tr>
</tbody>
</table>

## Hospitals and Clinics

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone Hospital Center</td>
<td>(573) 815-8000</td>
<td>16</td>
</tr>
<tr>
<td>Columbia/Boone County Health Department</td>
<td>(573) 874-7355</td>
<td>37</td>
</tr>
<tr>
<td>Columbia Orthopaedic Group</td>
<td>(573) 443-2402</td>
<td>35</td>
</tr>
<tr>
<td><strong>HOSPITALS AND CLINICS cont.</strong></td>
<td><strong>PHONE NUMBER</strong></td>
<td><strong>PAGE</strong></td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>-------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Ellis Fischel Cancer Center</td>
<td>(573) 882-2100</td>
<td>49</td>
</tr>
<tr>
<td>Family Dental Center</td>
<td>(573) 777-8997</td>
<td>52</td>
</tr>
<tr>
<td>Family Health Center</td>
<td>(573) 214-2314</td>
<td>53</td>
</tr>
<tr>
<td>MU Occupational Therapy Clinic</td>
<td>(573) 882-3988</td>
<td>85</td>
</tr>
<tr>
<td>Rusk Rehabilitation Center</td>
<td>(573) 817-2703</td>
<td>106</td>
</tr>
<tr>
<td>Senior Assessment Geriatric Evaluation (SAGE)</td>
<td>(573) 884-7733</td>
<td>108</td>
</tr>
<tr>
<td>Stewart Cancer Center</td>
<td>(573) 815-2873</td>
<td>16</td>
</tr>
<tr>
<td>University of Missouri Hospital and Clinics</td>
<td>(573) 882-4141</td>
<td>121</td>
</tr>
<tr>
<td>Veteran’s Hospital (Harry S. Truman)</td>
<td>(573) 814-6000</td>
<td>124</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>HOUSING: ASSISTED LIVING</strong></th>
<th><strong>PHONE NUMBER</strong></th>
<th><strong>PAGE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbors at Bluff Creek Terrace, The</td>
<td>(573) 256-5565</td>
<td>7</td>
</tr>
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<td>Ashland Healthcare</td>
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<td>(573) 682-5913</td>
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<td>(573) 687-1259</td>
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<td>TigerPlace</td>
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### HOUSING: NURSING HOMES/LONG TERM CARE

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<td>(573) 474-6111</td>
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<td>Z. Lois Bryant House</td>
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### INFORMATION/SUPPORT SERVICES

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### IN-HOME CARE

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<td>Services for Independent Living</td>
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### LEGAL ASSISTANCE

- Barchet & Jones Attorneys at Law: (573) 441-9000 - Page 10
- Central Missouri Area Agency on Aging: (573) 443-5823 - Page 26
- Cripps & Simmons: (573) 447-3355 - Page --
- Law Office of Russ Swanigan: (573) 761-1600 - Page --
- Mid-Missouri Legal Services Corporation: (573) 442-0116 - Page 79
- Midwest Elder Law Firm: (573) 445-4755 - Page 80

### MENTAL HEALTH

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<td>(573) 214-2314</td>
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<td>(573) 884-1300</td>
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### PRESCRIPTIONS/MEDECINE ASSISTANCE

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<td>(573) 449-3789</td>
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<td>(573) 874-7355</td>
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Name: AARP Missouri
Address: 9200 Ward Parkway, Suite 350
        Kansas City, MO 64114
Phone: (866) 389-5627
Fax: (816) 561-3107
Email: moaarp@aarp.org
Website: www.aarp.org/states/mo/

Hours: 8:30 a.m. – 4:30 p.m. Monday - Friday
Fees: $16.00 per year

Services:
• Meetings at 10 a.m. every second Monday of the month at Boone Electric Coop. building for Mid-Missouri Chapter 5390
• Contact: Carl Poehoman (573) 449-5851
  Boone Electric Coop, 1413 Rangeline St.
  (573) 449-4181
• Advocacy
• Pharmacy
• Travel
• Insurance
• Tax Aide
• Driver Safety Program
• Information Center – South
• 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
Name: Adult Day Connection
Address: 137 Clark Hall
University of Missouri
Columbia, MO 65211-4200
Phone: (573) 882-7070
Fax: (573) 884-4797
Website: adcshep.missouri.edu
Email: kieslingjw@health.missouri.edu

Hours: 7:30 a.m. - 5:00 p.m. Monday - Friday
Fees: Call for fee information; Medicaid and VA accepted and some assistance available for those who qualify
Eligibility: Adults
Services:
• Adult day health care: Licensed practical nurse, occupational therapist and social worker on staff
• 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
• Adult day health care: Licensed practical nurse, occupational therapist and social worker on staff
Name: Advantage Nursing Services
Address: 1900 North Providence Road
Kelly Plaza, Suite 207
Columbia, MO 65202-3710
Phone: (573) 449-5115 or (866) 554-9990
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 Greater Missouri
Address: 2400 Bluff Creek Drive
         Columbia, MO 65201-3554
Phone: (573) 443-8665
Fax: (573) 499-9701
Website: www.alz.org/greater-missouri

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None; some classes are fee for service
Eligibility: Individuals with dementia and/or care partners
            and professional caregivers
Services:
         • Information / referral services
         • 24/7 Help-line: (800) 272-3900
         • Care Consultant
         • Education
         • Support Groups
         • Medic Alert Safe Return
Name: American Red Cross  
(Heart of Missouri Chapter)
Address: 1805 West Worley Street  
Columbia, MO 65203-1037  
Phone: (573) 445-9411  
Fax: (573) 446-4247  
Website: www.redcross.org/mo/jeffersoncity

Hours: 8:30 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:  Apria Healthcare  
Address:  2202 Nelwood Drive, #10  
          Columbia, MO 65202  
Phone:  (573) 446-9706 or (800) 277-4288  
Fax:  (573) 474-5423  
Email:  contact_us@apria.com  
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/location/bluff-creek-terrace

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 Boulevard
         Ashland, MO 65010-9438
Phone: (573) 657-2877
Fax: (573) 657-4189
Email: ashlandadmin@socket.net

Hours: Available 24 hours per day/ 7 days per week
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 Boulevard
Ashland, MO 65010-9439
Phone: (573) 657-1920
Fax: (573) 657-1188
Email: ashland.don@americareusa.net
Website: www.americareusa.net/location/ashland-villa/

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)
- Adult daycare services available
Name: **Barchet & Jones**  
Cynthia Barchet, Attorney At Law  
Nathan Jones, Attorney At Law  
Address:  1203 W. Broadway  
Columbia, MO 65203  
Phone:  (573) 441-9000 or (888) 771-2500  
Fax:  (573) 875-5873  
Email:  legal@BarchetLaw.com  
Website:  www.BARCHETLAW.com  
Hours:  8:00 a.m. - 5:00 p.m.  Monday - Friday  
Fees:  Varies upon services required  
Services:  
- 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: Bella Casa Condos for Retirement Living
Address: 2420 Ridgefield Road
Columbia, MO 65203
Residences: Face Rock Court, Columbia, MO
Phone: (573) 446-4020
Cell: (573) 881-3081
Website: www.BellaCasaHomes.com

Hours: 24 hours per day/ 7 days per week
Fees: Start at $1800.00 per month
Eligibility: Age 50+ for main resident

Services:
- Independent living leased units. Many “Universal Design” features for aging in place and rehabilitation
- One story living with open spacious floor plans
- “No step” entry and exit for all doors
- Large 2 car garages
- Landscaping and snow removal provided
- Pets are welcome
- Softened water, Reverse Osmosis filter water for drinking and cooking
- Appliances and maintenance provided; central vacuum systems; elevated dishwasher and dryer; jetted tubs and no threshold entry showers
- Security system provided
- High-speed internet provided
- Adjacent to trail with access to Twin Lakes Recreation area
- Private screened patios and decks
- Cul-de-sac street with compatible neighbors
- Basement or crawl space construction… no concrete slabs!
- Location, Location, Location. Neighborhood drive to everything!
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;
certain income limits and restrictions apply call for
more information.

Services:
• 42 energy efficient 2 bedroom / 2 bath apartments
• Handicapped accessible apartments available
• Full kitchens & washer and dryer in each apartment
• 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: referrals@thebluffscolumbia.org
Website: www.thebluffscolumbia.org

Hours: 9:30 AM-5:00 PM Monday – Friday and by appointment

Fees: Medicaid, Medicare, private insurance and private pay

Services:
- 132-bed facility providing 24-hour care at skilled level
- Short-stay rehab, and long-term care
- Physical, Speech and Occupational Therapy Services
- Life enrichment opportunities
- Physician care
- Hospice Services
- 16 person secure memory care section
Name: Boone County Council on Aging (BCCA) * Services for Independent Living (SIL)

Address: 1401 Hathman Place
         Columbia, MO 65201

Phone: (573) 443-1111 or (573) 874-1646

Email: info@booneaging.org

Website: www.booneaging.org or www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday

Fees: None

Eligibility: People 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

**BCCA merged with Services for Independent Living on 12-31-14 all services still available!**
**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:**  
- 397-bed full-service magnet hospital  
- Advanced Wound Healing Center  
- Stewart Cancer Center  
- Cardiac Rehabilitation Program  
- Joint Replacement Center  
- Diabetes self-management education program  
- Dr. Hugh Harris Breast Screening & Diagnostic Center  
- 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 WELLAWARE
Fitness and Wellness Programs

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

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

Hours: 5:45 a.m. – 7:00 p.m. Monday, Wednesday & Friday
6:45 a.m. – 7:00 p.m. Tuesday & Thursday
8:00 a.m. – Noon Saturday

Fees: Vary. Call for details

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 Home Health & Hospice  
(Formerly Boone Hospital Home Care)

Address: 601 Business Loop 70 W, Suite 260  
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
Name: Boone Landing
Address: 109 North Keene Street
        Columbia, MO 65201-6725
Phone: (573) 443-2007
Fax: (573) 443-2099
Email: 5264Manager@holidaytouch.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
- Alzheimer’s and Memory Care
Name: Bridge To Wellness
Jackie Schneider, M. Ed Wellness Coach

Phone: (573) 445-6877
Cell: (573) 999-1040
Email: coachingwithjackie@gmail.com
Website: coachingwithjackie.com

Services:

- Helping seniors live more active and autonomous lives in areas concerning:
  - Personal Assessment: Set yourself up for success
  - Strength and Flexibility: Get healthy from the inside out
  - Weight Management: Optimize your health and appearance
  - Balance and Flexibility: Stay more mobile and independent longer
  - Visual and Relaxation: Minimize and manage stress
  - Clear Clutter: Free your space and free your mind
  - Lifestyle Detox: Get rid of baggage that keeps you down
  - Smoking Cessation: Become a comfortable non-smoker
Name: BrightStar Care
Address: 108 E. Green Meadows Road. Suite 8
Columbia, MO 65203
Phone: Columbia: (573) 777-9222
     Jeff City: (573) 644-7877
Fax: (573) 303-0132
Contact: Matthew Hayes – President/Owner
         Direct: 573-777-9224
         Email: matthew.hayes@brightstarcare.com
Neil Jones – Branch Manager
         Direct: 573-777-9225
Rhonda Jones – Director of Nursing
         Direct: 573-777-9223

Hours: Office – 8:30am to 5:00 pm - On Call 24 hours/day
Services:
   • 24/7 Availability
   • RN Oversight and no-charge physical and home safety assessments
   • Hourly and Live-in Availability
   • Bathing & Personal Hygiene
   • Meal Preparation
   • Companion Care – Homemaker chore, sitting and respite care services
   • Transportation
   • Medication Reminders
   • Flexible Hours – No Contract
   • Guaranteed Compatibility®
   • Light Housekeeping
   • Skilled Nursing Services
   • Licensed, Bonded, Insured, Background Checked & Drug Tested
**Name:** Bristol Manor  
**Address:** 610 North Jefferson Street  
Centralia, MO 65240-1178  
**Phone:** (573) 682-5913 or (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: PO Box 14
Sturgeon, MO 65284-0188
Phone: (573) 687-1259

Hours: 8:00 a.m. - 6:00 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:
  - 602 North Ruby Street
  - 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: janice@candlelightlodge.com
Website: www.candlelightlodge.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: Available upon request; accept private pay, LTC insurance, Veteran’s Administration benefits, Medicaid cash grant, Blind Pension

Services:
- Assisted Senior Community, established in 1959, licensed for 112 residents
- Full time RN, Director of Healthcare
- 24-hour on-site licensed and certified nursing staff
- 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, shopping and community functions
- Long-term and short-term care
- Senior adult day programs
- Special memory care program
- Social, cultural, and recreational events
- Personalized wellness monitoring and assessment
- Emergency medical alert system
- Home-based transition assistance: includes case management for individuals transitioning from home to a facility
Name: Care Navigators  
Address: 3610 Buttonwood Drive, Suite 200  
          Columbia, MO 65201  
Phone: (573) 886-8941 Ext. 2823  
Cell Phone: (573) 489-5465  
Email: nksymmgruender@yahoo.com  
Website: www.yourcarenavigators.com

Hours: Office hours: 8:00 a.m. to 5:00 p.m. M – F  
       Cell Phone Calls Excepted 24 hours a day

Fees: Private fee for service company; payment plans available

Eligibility: Adults who require ongoing health care for a specific disease, injury, or the aging process

Services:  
- The mission of Care Navigators is to guide clients and their families on their journey through the health care systems to become active, informed participants to they can make informed decisions about safety and care options.  
- Appointment facilitation with written transcripts presented to the client, family, and the entire healthcare team  
- Evaluation of extended care needs  
- Review of medical bills for accuracy  
- Locally Owned
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
  • 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
  • Medicare consumer education and enrollment
    assistance
  • Consumer information and enrollment assistance
    for the Affordable Care Act health insurance
    marketplace
  • Provides congregate and home-delivered meals for
    a suggested donation of $4.00 per meal
    o See Senior Meal Program (CMAAA) entry
Name: Central Missouri Community Action (CMCA)
Address: 807B North Providence Road
         Columbia, MO 65203-4300
Phone: (573) 443-8706
       Foster Grandparents (573) 443-8706 ext 1131
       Weatherization (573) 443-8706 ext 1958
       Utility Assistance (573) 443-1100
Website: www.showmeaction.org

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday
Fees: None
Eligibility: Varies upon service
Services:

- Foster Grandparent Employment Program for income eligible senior citizens
- Emergency Utility Assistance
  - Winter: Both electric / gas
  - Summer: Electric only
  - Eligibility is based on total household income and cannot exceed the 200% federal property income guidelines. See website for more details
- Weatherization & Energy Conservation Program
- Single family homes, mobile homes, multi-family units (restrictions apply)
- Available to homeowners and renters (with landlord authorization and financial contribution) in all eight counties of service area
- Eligibility is based on total household income and cannot exceed the 200% federal poverty income guidelines. See website for more details
- Long-terms solutions to reduce utility costs, enhance health and safety
<table>
<thead>
<tr>
<th><strong>Name:</strong></th>
<th>Central Missouri Regional Arthritis Center (CEMRAC)</th>
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</table>
| **Address:** | Mizzou North Room 1028  
Business Loop 70 W  
Columbia, MO 65212 |
| **Phone:** | (573) 882-8097 |
| **Fax:** | (573) 884-5050 |
| **Email:** | phelpsam@health.missouri.edu |
| **Website:** | www.moarthritis.org |
| **Hours:** | 8:00 a.m. - 5:00 p.m. Monday - Friday |
| **Fees:** | Fees vary by program, most are offered at no charge |
| **Eligibility:** | No eligibility requirements |
| **Services:** | • Arthritis Foundation Exercise Program  
• Walk with Ease Program (group and individual  
• Chronic Disease Self Management Program  
• Arthritis Toolkit  
• Tomando Control de su Salud  
• Information on arthritis & other related conditions |
Name: Central Pantry
(Formerly Central Missouri Food Bank Pantry)
Address: 1007 Big Bear Boulevard
Columbia, MO 65202-1865
Phone: (573) 874-7848
Fax: (573) 474-3698
Website: sharefoodbringhope.org/central-pantry

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
- Provide emergency food assistance
- To receive food, please bring photo ID, Social Security Card for each family member living with you, Proof of residency (Can use a utility bill or other mail with your name, current address and current date on it.)
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
Eligibility: Ages 60 and older
Services:  
      • 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 (SHIP)
Address: 200 North Keene Street, Suite 101
         Columbia, MO 65201-8102
Phone: (573) 817-8320 or (800) 390-3330
Fax: (573) 817-8341
Email: claimcallcenter@primaris.org
Website: www.missouriclaim.org
Facebook: www.facebook.com/missouriclaim

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
  - Public Benefits
- CLAIM is a program of Primaris

*Disclaimer
This is a program with financial assistance, in whole or in part, through a grant from the Administration for Community Living. Funding is administered through the Missouri Department of Insurance, Financial Institutions, and Professional Registration. And services are provided by Primaris.
Name: Colony Pointe & The Arbors at Colony Point - (Assisted Living & Alzheimer Care)
Address: 1510 Chapel Hill Road
       Columbia, MO 65203
Phone: (573) 234-4318
Fax: (573) 445-4577
Email: colony@americareusa.net
Website: www.americareusa.net

Hours: Service available 24 hours a day / 7 days a week
Fees: Available upon request
Eligibility: Private pay, Medicaid cash grant, personal care,
            Veterans Administration benefits, Blind Pension and
            Eastern Star benefits

Services:
  - Medical Services:
    o Fulltime licensed nurses available 24/7
    o Medication supervision and distribution
    o Assistance with ADLs (bathing, dressing, grooming, etc.)

  - Social Services:
    o Private and Semi Private rooms
    o Secure and safe environment
    o Daily social enrichment programs
Name: Columbia Area Career Center Professional & Community Education
Address: 4203 South Providence Road
          Columbia, MO 65203-7157
Phone: (573) 214-3800
Website: www.career-center.org/adult

Hours: 7:00 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 - Fine Arts (acting, music, painting, writing, photography, etc.) and 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
- 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 Older Adult Ministries  
Rev. Sally A. Robinson,  
Board Certified Chaplain

**Address:**  
101 N. Tenth Street  
Columbia, MO 65201

**Phone:** (573) 819-5043  
**Email:** chaplainsal@yahoo.com

**Hours:** Sunday – Thursday, 8:00 a.m. – 5:00 p.m.

**Fees:** Varies upon services required

**Services:**
- Spiritual care to residents and family members in long-term care and retirement communities
- In-service presentation for staff in long-term care and retirement communities
- Grief care
- Palliative care
- Programs in nursing home visitation for congregations and faith communities
Name: Columbia Orthopaedic Group
Address: 1 South Keene St.
         Columbia, MO 65201
Phone:   (573) 443-2402
Fax:      (573) 443-0574
Website: columbiaorthogroup.com
Email:    b.baehman@columbiaorthogroup.com

Hours: 7:30 a.m. - 5:00 p.m. Monday - Friday
Fees:   Call for fee information; Medicare
Eligibility: Anyone
Services:

- Columbia Orthopaedic Group defines excellence in orthopaedic care through a passion for clinical skill, innovation, teamwork, wellness advocacy and patient-centered care. Whether caring for high performance athletes or restoring function in seniors, the physicians and staff have the training and expertise to deliver the latest in orthopaedic treatment.

- For your convenience, we also have an impressive array of onsite ancillary services, including diagnostic imaging (X-ray, MRI, CT), outpatient surgery, PRP therapy, bracing & orthotics and more.

- With 29 specialized physicians devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and diseases of the muscles, bones, joints and soft tissue, Columbia Orthopaedic Group can get you back to health and doing the things you love to do.
Name: Columbia Senior Activity Center
Address: 1121 Business Loop 70 East
         Columbia, MO 65201-4600
Phone: (573) 874-2050
Fax: (573) 875-8864
Email: columbiaseniorcenter0@gmail.com
Website: www.columbiaseniorcenter.com

Hours: Office: 9:30 a.m. – 2:30 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: 11:00 a.m. - 1:00 p.m.
Fees: Daily congregate meal, served M-F from 10:45 a.m. to 12:45 p.m. is $6.00
      Sunday noon congregate meal is $7.00
      Voluntary donations are also accepted

Eligibility: All ages welcome.

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. No testing on fifth Wednesday
- Opportunities to volunteer with other seniors include: greeters, serving meals and pricing items for garage sale fundraisers
- Those needing financial assistance for M-F meals should contact Senior Meal Program (CMAAA) pg. 26
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) 874-7756
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 Community Development Dept.
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
Search "Housing Assistance Programs"

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: 80% Area Median Income as defined by HUD.
Contact the City Community Development
Department for more specific income and eligibility
requirements.

Services:
- Minor home repair program: Provides zero-interest
  loans to income eligible homeowners for repairs,
  up to $10,000.
- Owner-Occupied Housing Rehabilitation Program:
  Provides zero-interest loans to income eligible
  owners for repairs, up to $35,000.
- Homeownership Assistance Program: Provides
  financial assistance for down payment and closing
  costs to income eligible homebuyers up to $7,500.
Name: Columbia Disabilities Commission
Columbia Human Rights Commission
Address: City of Columbia
PO Box 6015
Columbia, MO 65205-6015
Phone: (573) 817-5024
Email: humanrights@GoColumbiaMO.com
Website: www.GoColumbiaMO.com

Hours: Meets from 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 holds public meetings to consider the concerns of residents of the city with disabilities and advises the City Council as necessary.
Name: Columbia Healthcare Center
Address: 1801 Towne Drive
         Columbia, MO 65202-2337
Phone: (573) 474-6111
Fax: (573) 474-0425
Website: columbiaheathcarecenter.com

Hours: 24 hours per day / 7 days per week
Office 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
- Podiatry services
- Physician services
- Respite care
- Rehabilitation services
- Physical, occupational, and speech therapy
- Restorative care
Columbia Housing Authority (CHA)

Address: 201 Switzler Street
        Columbia, MO 65203-4156

Phone: (573) 443-2556
TTY: (800) 735-2966
Fax: (573) 443-0051
Email: columbiaha.info@gmail.com
Website: www.columbiaha.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: Vary
Eligibility: Low income
Services: The Columbia Housing Authority (CHA) has affordable housing programs that offer income based rental assistance. A variety of supportive services are also available. All individuals and families receiving housing assistance pay 30% of their adjusted household income for rent. All individuals and families must pay for their own utilities except for Oak Towers and Paquin Tower.

- **Providence Family Townhomes & Bear Creek Family Townhomes**
  - Family units composed of 1, 2, 3, & 4 bedroom townhouses.

- **Oak Towers**
  - 147 high-rise apartments designated for the elderly. Services include: Transportation to area grocery stores, food pantries, Wal-Mart and more. On-site nurses, housing and maintenance staff, onsite Social Worker and other support services. Amenities include an exercise room, computer lab, garden plots, BBQ areas, laundry mat, meeting space and more.

- **Paquin Tower**
  - 200 high-rise apartments designated for persons with disabilities and the elderly. Services include: Transportation to area grocery stores, food pantries, Wal-Mart and more. On-site nurses, housing and maintenance staff, on-site Social Worker and other support services. Amenities include an exercise room, computer lab, garden plots, BBQ areas, laundry mat, meeting space and more. All units are ADA accessible.

- **Section 8 Housing Choice Vouchers – Rental Housing Assistance Vouchers**
  - The waiting list to sign up for the Section 8 Housing Choice Voucher Program is generally closed due to the large number of current applicants. The CHA will advertise the opening of the waiting list prior to accepting new applicants. New applicants are assigned to the waiting list using a lottery system.
Name: Columbia Manor Care Center
Address: 2012 East Nifong Boulevard
Columbia, MO 65201-3874
Phone: (573) 449-1246
Fax: (573) 874-8753
Email: jleffert@columbiamanor.net
Website: Columbiamanor.net

Hours: 24 hours per day / 7 days per week
Office Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday
Administrator: Joyce Leffert
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
- Specialized wound care
- Medication Management
- Hospice Services
Name: Columbia Parks and Recreation  
50+ Program  
Hillcrest Community Center
Address: Hillcrest Community Center and Moss Bldg.  
Waters-Moss Memorial Wildlife Area  
1907 Hillcrest Drive  
Columbia, MO 65201
Phone: (573) 874-7475
Fax: (573) 874-5232
Email: hcc@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:
  - Volunteer music groups
  - Live music dances
  - Painting Groups
  - Pot Lucks and Games
  - Mah Jongg
  - 50s Plus Explores Club
  - Travel opportunities, contact us for information regarding 50+ Tours
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:
     o Non-Emergency: (573) 442-6131
     o TTY: (573) 874-7652
     o Elderly Abuse and Neglect Hotline
       (800) 392-0210
Name: Columbia Public Library
(Daniel Boone Regional Library)
Address: 100 West Broadway
         PO Box 1267
         Columbia, MO 65205-1267
Phone: (573) 443-3161 or (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: 109 N. Main Street, Ashland, MO 65010
Phone: (573) 657-7378
Hours: 9:00 a.m. – 6:00 p.m. Monday - Friday
       9:00 a.m. – 3:00 p.m. Saturday
Name: D&H Drugstore
Address: 1001 West Broadway
        Columbia, MO 65203-2121
Phone: (573) 777-7333
Fax: (573) 777-7334
Email: customerservice@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.

Address: 1814 Paris Road
        Columbia, MO 65201-5538
Phone: (573) 777-7373
Fax: (573) 777-7374
Email: customerservice@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: Division of Senior and Disability Services
(Department of Health & Senior Services)

Address: Boone County Office (Region 5)
1500 Vandiver Drive, Suite 102
Columbia, MO 65202-3932

Phone: (573) 441-6222
Fax: (573) 884-4884
Website: www.dhss.mo.gov
Email: info@helath.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
<table>
<thead>
<tr>
<th>Name:</th>
<th>Elder Care Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Private geriatric care management)</td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>3305 Clark Lane, Suite 167</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65202-2404</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 696-0563</td>
</tr>
<tr>
<td>Fax:</td>
<td>(573) 696-0413</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:eldercaresupport@aol.com">eldercaresupport@aol.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.youreldercareresources.com">www.youreldercareresources.com</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>24 hours per day / 7 days per week</td>
</tr>
<tr>
<td>Fees:</td>
<td>Billed privately by hour or longer term depending on the needs and wants of the family</td>
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<tr>
<td>Eligibility:</td>
<td>Older adults and their families</td>
</tr>
<tr>
<td>Services:</td>
<td></td>
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<tr>
<td></td>
<td>• Geriatric care management</td>
</tr>
<tr>
<td></td>
<td>• Arranges and manages care for the elderly in their homes or in nursing homes</td>
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<td></td>
<td>• Elder advocate and family liaison</td>
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<tr>
<td></td>
<td>• Provides transportation/assistance for medical appointments and personal needs for clients</td>
</tr>
</tbody>
</table>
Name: Ellis Fischel Cancer Center
Address: 1 Hospital Drive
Columbia, MO 65212
Phone: (573) 882-2100 - Outpatient Clinic
(573) 882-4141 - Inpatient
Fax: (573) 884-4632
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
- Phone: (573) 884-1825
- Home away from home for out-of-town patients and their families
- Volunteers welcome
<table>
<thead>
<tr>
<th><strong>Name:</strong></th>
<th>Experience Works</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td>PO Box 404</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65205</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>(573) 442-0067 or 4450-4509</td>
</tr>
<tr>
<td><strong>Fax:</strong></td>
<td>(573) 442-0049</td>
</tr>
<tr>
<td><strong>Website:</strong></td>
<td><a href="http://www.experienceworks.org">www.experienceworks.org</a></td>
</tr>
<tr>
<td><strong>Email:</strong></td>
<td><a href="mailto:shari_wooldridge@experienceworks.org">shari_wooldridge@experienceworks.org</a></td>
</tr>
<tr>
<td><strong>Hours:</strong></td>
<td>8:00 a.m. - 4:30 p.m. Monday - Friday</td>
</tr>
<tr>
<td><strong>Fees:</strong></td>
<td>None</td>
</tr>
<tr>
<td><strong>Eligibility:</strong></td>
<td>Age 55 and older; specific income guidelines</td>
</tr>
<tr>
<td><strong>Services:</strong></td>
<td>Offers training, employment, and community service opportunities for mature workers</td>
</tr>
<tr>
<td></td>
<td>Helps mature individuals enter the workforce, secure more challenging positions, move into new career areas, or supplement their income</td>
</tr>
</tbody>
</table>
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 & Medicare
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: 1101 North Providence Road  
Columbia, MO 65203  
Phone: (573) 777-8997 or (573) 214-2314  
Toll Free: (877) 677-4342  
Fax: (573) 442-5208  
Website www.fhcmo.org/services/oral-care/  

Hours: 7:00 a.m. - 6:00 p.m. Monday - Thursday  
8:00 a.m. - 5 p.m. Friday  
Closed Weekends  
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
       9:00 a.m. – 1:00 p.m. Saturday
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: (855) 373-4636
Fax: (573) 884-5110
Website: www.dss.mo.gov/fsd/

Hours: 7:00 a.m. - 6:00 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, Suite 220  
Columbia, MO 65203-4300  
**Phone:** (573) 443-8706 ext #1131  
**Fax:** (573) 777-4419  
**Website:** [www.showmeaction.org](http://www.showmeaction.org)

**Hours:** Vary  
**Fees:** None  
**Eligibility:** Income eligible seniors age 55 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: Gentiva Healthcare  
Address: 201 W. Broadway, Ste 2D  
Columbia, MO 65203  
Phone: (573) 256-4705  
Fax: (573) 256-4707  
Intake line: 800-771-7440  
Website: www.gentiva.com  

Hours: Monday-Friday 8:00 am – 5:00 pm, available 7 days a week for all services  
Fees: Varies upon service: Medicare, Medicaid, Private Insurance, Veterans Benefits, and Private Pay  
Eligibility: Eligibility determined by payer source  
Services:  
- Skilled Nursing  
- Occupational Therapy  
- Physical Therapy  
- Speech Therapy  
- Medical Social Worker  
- Specialized Programs:  
  o Cardiac and Pulmonary Care  
  o Orthopedic Rehab  
  o Medication Management  
  o Memory Care  
  o Fall and Balance prevention  
  o Disease and pain management  
  o Neuorehabilitation program
NAME: Gentry Estates
Address: 4150 Bethel Street
          Columbia, MO 65203
Phone: (573) 443-0437
        (573) 289-7145
Fax: (573) 443-0846
Email: gentryestates@fairwaymanagement.com
Website: www.fairwaymanagement.com

Hours: 8:00 a.m. - 4:30 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;
certain income limits and restrictions apply call for more information.

Services:
- 42 energy efficient apartments (30 - 2 bedroom / 2 bath and 12 – 1 bedroom / 1 bath)
- Accessible apartments available
- Full kitchens & washer and dryer in each apartment
- Trash pick-up provided
- Maintenance free living
- Social events for residents to enjoy, Community room available for resident private events, Craft Area, Billiards Room
- Barber / Beauty Salon
- Wellness Center/ Fitness Room/ Weekly Exercise Classes
- Computer Library
- Home Theatre
- Scheduled transportation to and from appointments, shopping, etc.
- Secure Building
- Outside patio with walking paths
- Pets are welcome
Name: Hanover Estates  
Address: 1601 Hanover Boulevard # 7  
           Columbia, MO 65202-5544  
Phone: (573) 474-0550  
Fax: (573) 474-8141  
Email: hanoverestates@fairwaymanagement.com  
Website: www.fairwaymanagement.com

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday  
Fees: Call for monthly rental fees  
Eligibility: Ages 55 and older; income cannot exceed $28,320 per year for 1 person or $32,400 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  
- 61 total beds, 6 family rooms  
- Workers program  
- Recovery Program for addictions
Name: Heartland Cremation & Burial Society
Address: 616 Jackson St.
        Columbia, MO 65203
Phone: (573) 442-7850
Fax: (888) 840-1737
Website: www.heartlandcremation.com
Email: joe@heartlandcremation.com
       rachel@heartlandcremation.com

Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday. We kindly ask that you phone for an appointment.
Fees: Varies. Call for free no obligation information packet.
Services:
  • Affordable Funeral/Burial Services
  • Simple Cremation Services
  • Memorial Services
  • Modern Facilities With On Site Chapel
  • On Site Crematory
  • Honored Provider of Veterans Funeral Care™
  • Prepaid Customized Arrangements That Locks In Todays Cost
  • Husband and Wife; Family Owned and Operated Funeral Establishment

“We are a funeral home but we don’t look, act or charge like one”
**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  
**Email:** info@heartlandmedequip.com  
**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: 1900 N. Providence Road. Ste 105
        Columbia, MO 65202
Phone: (573) 256-8337
On-Call Cell: (573) 823-7785
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 cell)
Fees: Medicaid, private pay, city funding, local funding,
       block grants, private insurance, VA
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
Website: www.americareusa.net/local/heritage-hall

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.hillcrestassistedlivingcolumbia.com
Facebook: http://www.facebook.com/pages/Hillcrest-Assisted-Living

Hours:  9:00 a.m. - 5:00 p.m. Monday - Friday
Fees:   $1,895 for semi-private room or “known income”
         $2,350 for private room with hall bath
         $2,600 for private room with private bath
Eligibility: Must be able to mentally and physically get to the path of safety with three verbal assists and one physical assist.
Services:
  • Assisted Living Facility with 33 beds
  • 24-hour supervision
  • Home-style cooking
  • Transportation to physician appointments
  • Physician on staff
  • Full-time licensed / LPN (On-call 24 hours per day)
  • Home-like atmosphere with wooded setting
Name: **Home Instead Senior Care (HISC)**  
Address: 1520 Business Loop 70  
Columbia, MO 65202  
Phone: (573) 442-4333  
Toll Free: (877) 442-4333  
Fax: (573) 443-6404  
Email: homeinstead@socket.net  
Website: www.homeinstead.com/215

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 Advantage  
Address: 2620 Forum Boulevard, Suite E  
         Columbia, MO 65203  
Phone: (573) 442-9104  
Toll Free: (866) 453-9199  
Fax: (573) 442-9124  
Email: Roxanne.wilson@hospiceadvantage.com  
Website: www.HospiceAdvantage.net  

Hours: Office Hours: 8:30 a.m. – 5:00 p.m. Monday – Friday  
       On Call available 24 / 7  
Fees: Medicare, Medicaid, and private insurance accepted  
Eligibility: Terminally ill with physician certification  
Services:  
  • Skilled nursing (Available 24 hours per day) specializing in pain management using the most advanced technologies including IV therapy  
    o Personal care  
    o Social services  
    o Pastoral care  
    o Volunteers  
  • Bereavement support for at least 2 years to the entire family including care giving community  
  • Specialized programs for the dementia patients and short length of life patients  
  • Grant foundation funds available for those who qualify
Name: Hospice Compassus  
(Formerly Community Hospices of America)
Address: 3050 I-70 Drive SE, Suite 200  
Columbia, MO 65201-4105
Phone: (573) 443-8360
Toll Free: (877) 700-1070
Fax: (573) 499-4601
Email: laura.templeton@hospicecom.com
Website: www.hospicecompassus.com

Hours: 8:00 a.m. – 5:00 p.m. Monday – Friday
On Call available 24 / 7
Fees: Medicare, Medicaid, and private insurance accepted
Eligibility: Terminally ill with physician certification
Services:
• Skilled nursing (Available 24 hours per day)
• Personal care
• Social services
• Pastoral care
• Volunteers
• Physician services
• Bereavement support
Name: Integrity Home Care
Address: 905 Safari Drive #105
         Columbia, MO 65202-3754
Phone: (573) 499-1125 or (800) 641-1125
Fax:     (573) 499-1127
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:
  o Waterproof personal help button
  o In a medical emergency, Lifeline CareAlert will
    send a fax notification to your physician, home
    health nurse, or designated family member
  o Lifeline is set up month-to-month (no contract
    required)
- Consumer Directed Care:
  o 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: Keeping Good Company
Senior Care at Home, LLC
Address: PO Box 7771
Columbia, MO 65205
Phone: (573) 445-0532
Fax: (573) 445-0532
Email: info@KGCseniorcare.com
Website: www.KGCseniorcare.com

Hours: Office: 8:00 a.m. – 5:00 p.m. Monday-Friday
Services available 24 hours a day, 7 days a week

Fees: Private Pay

Eligibility: Seniors or disabled persons needing non-medical assistance

Services:
- Locally owned and operated, RN oversight
- Caring Companionship
- Meal planning and preparation
- Incidental transportation
- Running errands
- Light housekeeping
- Medication reminders
- Monitoring of safety while bathing
- Hygiene/personal care
- Information and referral services
- Respite Care

We are bonded and insured, and all caregivers are thoroughly screened.
Name: Lake George Assisted Living
Address: 500 E Richard Rd
Columbia, MO 65201
Phone: (573) 422-0577 or (573) 881-5008
Fax: (573) 441-0822
Email: eldercaresupport@aol.com

Hours: Open 24 hours per day, 7 days per week
Fees: Available upon request
Eligibility: Private Pay, Veterans Administration Benefits
Services:

- 8 Bed licensed assisted living facility
- Licensed Nurses on duty 24 hours per day
- Certified Medication Aides on duty 24 hours per day
- Daily Housekeeping and laundry service
- Assistance with bathing, dressing, grooming available
- Private rooms with lake view
- Spacious closets and private baths
- Transportation available
- Three meals daily
- Snacks and drinks available when desired

Since we are a small facility, we can offer one on one care. We also incorporate the beauty of the lake with the surrounding nature in our care of our residents. This includes fishing, boating, gardening, birding, riding in the golf cart around the lake and just being outside enjoying the sunshine and fresh air.

We also believe and practice the Eden Philosophy which states that no adult living in a long term care facility should ever feel lonely, bored, or helpless.
<table>
<thead>
<tr>
<th>Name:</th>
<th>L.E.A.D. Institute (Leadership through Education and Advocacy for the Deaf)</th>
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</thead>
<tbody>
<tr>
<td>Address:</td>
<td>2505 West Ash, Suite B</td>
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<tr>
<td></td>
<td>Columbia, MO 65203</td>
</tr>
<tr>
<td>Phone/TTY:</td>
<td>(573) 445-5005</td>
</tr>
<tr>
<td>Crisis Line:</td>
<td>(800) 380-3323</td>
</tr>
<tr>
<td>Fax:</td>
<td>(573) 445-5088</td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.deaflead.org">www.deaflead.org</a></td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:slogan@midamerica.net">slogan@midamerica.net</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>9:00 a.m. - 5:00 p.m. Monday - Friday</td>
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<td></td>
<td>(Crisis Line: 24 hours per day / 7 days per week)</td>
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<tr>
<td>Fees:</td>
<td>All direct services are free</td>
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<tr>
<td>Eligibility:</td>
<td>Services provided as needed</td>
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<tr>
<td>Services:</td>
<td>• Provides education, advocacy, crisis intervention services, free</td>
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<tr>
<td></td>
<td>counseling and other direct services for deaf, hard of hearing, deaf /</td>
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<td>blind, and late-deafened individuals and their families.</td>
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<td>• Deaf-line Missouri Crisis Hotline and the Mid-Missouri Crisis Line</td>
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<td>• Deaf culture training to area agencies</td>
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<td></td>
<td>• Free counseling for hearing and deaf individuals who are victims of</td>
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<td>domestic violence, sexual assault, rape, incest and child abuse</td>
</tr>
</tbody>
</table>
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@lssliving.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: 5900 N. Tower Drive. Suite J
         Columbia, MO 65202
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: 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 homes and their family and friends

Services:

• Provides information to consumers who are making decisions about long-term care, including
  o A list of homes and the services they offer
  o What to look for when touring a home
  o Basic information on financing long-term care
  o 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: Mature Home Safety
Address: 305 Rockingham Drive
         Columbia, MO 65203
Phone: (573) 289-3565
Email: MatureHomeSafety@gmail.com
Website: www.MatureHomeSafety.com

Fees: Varies upon services required- call for more information
Hours: 8:00 a.m. – 6:00 p.m. Monday – Friday
        8:30 a.m. – 3:00 p.m. Saturday
        (On-Call 24 hours per day/7 days per week)

Services: Non-Medical Aging In Place Solutions- Our goal is to assist you to comfortably and safely continue living in your own home.

- Professional Grab Bar Installation
- Home Safety and Accessibility Inspections (over 1,000 items inspected/reported on)
- Minor Plumbing & Electrical Modifications
- Cost Effective Remodeling Recommendations
- Handyman/Contractor Referrals
- Aging In Place and Universal Design Consulting
**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.mealsonwheelscolumbia.org

**Hours:** 7:30 a.m. - 4:00 p.m. Monday - Friday  
**Fees:** Sliding fee scale to assist individuals living below FPL  
(Based on monthly gross income)  
**Eligibility:** 1) Live in Columbia  
2) Have a need for assistance such as age, disability, and/or recent hospitalization  
**Services:**  
- Hot, nutritious, noon meals delivered Monday-Friday  
- Cold suppers and frozen weekend meals available to supplement hot noon meal (optional)  
- A quick friendly visit by outstanding volunteers while delivering a noon meal is great for individuals living alone and comfort for family members while at work.

Excellent Volunteer Organization  
2014 HERO Volunteer Organization of Columbia
Name: Memorial Funeral Home & Cemetery
Address: 1217 Business Loop 70 W
          Columbia, MO 65202
Phone: (573) 443-3173
Fax: (573) 875-5085
Web: www.memorialfuneralhomeandcemetery.com

Hours: 8:00 a.m. – 5:00 p.m. Monday - Saturday
       9:00 a.m. – 4:00 p.m. Sunday
Fees: Call for details
Services:
• We are committed to providing you with personal care by customizing your funeral arrangements. We also provide pre-arrangement options. Memorial Funeral Home & Cemetery provides all your funeral, cremation and cemetery needs from one location. After more than 60 years, it is our continued privilege to honor the personal and unique needs of each individual family.
Name: Mid-Missouri Legal Services Corporation (Legal Aid)
Address: 1201 West Broadway
          Columbia, MO 65203
Phone: (573) 442-0116
Toll Free: (800) 568-4931
Fax: (573) 875-0173
Email: lutton@mmls.org
Statewide Website: www.lsmo.org
Local Website: www.mmls.org

Name: Mid-Missouri Legal Services
Address: 428 E. Capitol Avenue, Ste 200
          Jefferson City, MO 65101
Phone: (573) 634-4545
Toll Free: (888) 476-4545
Fax: (573) 634-2973

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 3:00 p.m. daily for screening services)
  • Civil cases only
  • Counties served: Audrain, Boone, Callaway, Chariton, Cole, Cooper, Howard, Miller, Moniteau, Osage, and Randolph
  • Civil cases (not criminal) and Wills; Powers of Attorney; Beneficiary Deeds; Appeals of Home Care Assistance Denials or Reductions; Appeals of Nursing Home Discharges.
Name: Midwest Elder Law Firm
Address: 1121 Business 70 E., Ste 2B
          Columbia, MO 65201
Phone: (573) 445-4755
Fax: (573) 445-4756 or (877) 845-5576
Email: office@midwestelderlaw.com
Website: www.midwestelderlaw.com

Hours: 9:00 a.m. to 5:00 p.m. Monday - Friday
Fees: Based on service provided

Services:

- Long Term Care Planning and Asset Protection
- Medicaid Eligibility
- Veteran’s Benefits
- Estate Planning: Wills, Trusts; Property Transfers; Powers of Attorney; Health Care Powers of Attorney; Health Care Directives, Guardianships and Conservatorships
- Probate/Trust Litigation
- Probate/Trust Administration
Name: Missouri Psychiatric Center
University of Missouri Healthcare

Address: One Hospital Drive
Columbia, MO 65212

Phone: (573) 884-1300
Fax: (573) 884-1010
Website: www.muhealth.org/mpc

Hours: 24/7

Fees: Medicare and Medicaid accepted

Eligibility: Individuals with mental illness

Services:
- University of Missouri Health Care facility since July 1, 2009
- Inpatient, short-term facility
- Specializes in providing individualized psychiatric treatment for adults, adolescents and children
Name: Missouri Veterans Commission
Address: 601 Business Loop 70, Suite 214A
         Columbia, Mo 65203
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  
PO Box 6500  
Jefferson City, MO 65102-6500  
Phone: (573) 751-3425  
Fax: (573) 884-5110  
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  
- MoRx Price Compare - www.morxcompare.mo.gov
Name: MO HealthNet Health & Wellness Program
Address: PO Box 6500
Jefferson City, MO 65102-6500
Toll Free: (866) 464-7147
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
Name: MU Occupational Therapy Clinic
Address: 1 Lewis Hall (Rollins & Providence Road)
Columbia, MO 65211
Phone: (573) 882-3988
Fax: (573) 884-2610
Website: http://healthprofessions.missouri.edu/ot/index.php

Hours: Varied
Fees: No charge; donations accepted but not required
Eligibility: 18 years of age; difficulty with daily activities; no funding available for hospital- or center-based services

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: The Neighborhoods by TigerPlace
Skilled Nursing and Rehabilitation
by Americare
Address: 3003 Falling Leaf Ct.
Columbia, MO 65201
Phone: (573) 256-4620
Fax: (573) 814-5146
Email: tigerplace.outreach@americareusa.net
Website: www.americareusa.net
Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday (business hrs)
Accept referrals and inquiries: 24/7 days a week

Services:

- Rehabilitation and Skilled Nursing
- 20 + full time therapists on staff
- 6 days a week rehab services, 2 times a day, on call therapy on Sunday
- Restorative nursing programs in mobility, eating and ADL’s
- High staff ratio including 24/7 RN coverage
- Restaurant style dining
- Whirl Pool Spa in each Neighborhood
- State of the Art Aqua Center Eden Alternative Programming
- Full time Nurse Practitioner on site
- Hospice services (Hospice room)
- Respite and short-term care
- Intergenerational activities, On Site Daycare
- 2 Neighborhoods focus on long term care, 3 focus on rehab
- On site coffee shop and community room
- 4 courtyards and bridge with gazebo
- Case management
- Mostly Private Rooms with Resort Style Hospitality
- Home like environment
Name: New Horizons Community Support Services, Inc.
Address: 1408 Hathman Place
        Columbia, MO 65201-5551
Phone: (573) 443-0405
Fax: (573) 875-2557
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: 1301 Vandiver Drive, Suite100
         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: Call for details
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: OATS, Inc.
Address: 2501 Maguire Boulevard, Suite 103
         Columbia, MO 65201
Phone: (573) 449-3789
Fax: (573) 441-0609
Website: www.oatstransit.org
Fees: Round trip Fare for your transportation
      • In town- $5.00
      • Within county- $7.00
      • Long Distance(beyond 2 counties)- $7.00/county
Eligibility: OATS transportation is available to anyone
             regardless of age, race, income, disability,
             gender, religion, or national origin.
Services: • Personalized door to door transportation
          • Professional, courteous, and trained drivers
          • 5-7 Day Notice
<table>
<thead>
<tr>
<th><strong>Name:</strong></th>
<th>Osher Lifelong Learning Institute at MU</th>
</tr>
</thead>
</table>
| **Address:** | Waters Moss Building  
1907 Hillcrest Drive  
Columbia, MO 65201 |
| **Phone:** | (573) 882-8189 |
| **Email:** | Learnforlife@missouri.edu |
| **Website:** | www.extension.missouri.edu/learnforlife |

**Hours:** 8:30 a.m. - 4:30 p.m. Monday - Friday

**Fees:**  
- $60 for short semester  
- $80 for long semester  
- $240 annual membership with unlimited courses

**Eligibility:** Adult learners 50 years or better, although we card no one!

**Services:**  
- Delivers courses designed to complement the interests, concerns, and lifestyles of the over-50 adult  
- Course taught largely by MU professors  
- Educational day trips  
- Wonderfully interesting membership events
Oxford HealthCare

1400 Heriford Road, Suite 104
Columbia, MO 65202-1932

(573) 474-1530
(800) 749-6555
(573) 474-1539
wecare@oxfordhealthcare.net
www.oxfordhealthcare.net

24 hours per day / 7 days per week
Medicare, Medicaid, private insurance, workers compensation, Veterans Benefits 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:

- Skilled 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, Barry, Barton, Benton, Boone, Callaway, Cedar, Chariton, Christian, Cole, Cooper, Dade, Dallas, Douglas, Greene, Hickory, Howard, Howell, Jasper, Laclede, Lawrence, Macon, McDonald, Moniteau, Monroe, Montgomery, Morgan, Oregon, Ozark, Newton, Pettis, Polk, Pulaski, Randolph, Stone, Taney, Texas, Vernon, Webster and Wright Counties.
**Para Transit (COMO Connect Para Transit)**

- **Address:** 126 North 10th Street
  Columbia, MO 65201
- **Phone:** (573) 874-7290
- **Fax:** (573) 874-7276
- **Website:** www.COMOconnect.org/Services/Para-Transit

- **Hours:**
  - 6:25 a.m. - 7:30 p.m. Monday - Friday
  - 10:00 a.m. – 7:30 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:**
  - Origin to destination service for individuals who are ADA eligible (Disabled)
  - All buses are fully accessible (Including wheelchairs)
  - Program of City of Columbia transportation system

**Como Connect (City of Columbia Bus System)**

- **Phone:** 573-874-2489
- **Website:** www.COMOconnect.org
- **Hours:**
  - 6:25 a.m.- 8:00 p.m. Monday – Friday
  - 10:00 a.m. – 8:00 p.m. Saturday
  - Closed Sundays

- **Fees:**
  - One-Way Fare:
    - $1.50 regular price
    - $0.75 half-fare eligible
  - All-Day Pass:
    - $3.00 regular price
    - $1.50 half-fare eligible
    - + more pass options available
  - Half-Fare Eligible (must apply):
    - Medicare or Medicaid recipients, low-income, persons with a disability, 65+ years of age
Name: Parkinson’s Support Group  
Address: 3700 S. Lenoir St  
Columbia, MO 65203  
Phone: (573) 434-4569  
Email: daltonsinc.aol.com  

Hours: Monthly Meeting  
Fees: Free  

Services:  
- Columbia Parkinson’s Group meets the first Thursday of each month at Lenoir Community Center 3700 South Lenoir Street.  
- Open to all people diagnosed with Parkinson’s and their caregivers or friends and family.  
- Chair exercises begin at 3:30pm  
- Program begins at 4:00pm  
- At each meeting educational talks and presentations are made or breakout sessions are hosted for both people with Parkinson’s and their caregivers.  
- Tables of Literature are available at each meeting.  
- Special events are held thought out year and the group works with national Parkinson’s organization.  
- Call for more details or to be added to the email list for monthly flyers.  
- You can expect excellent opportunities socially and educationally.
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: Phoenix Home Care  
Address: 1410 I-70 Drive SW  
          Columbia, MO 65203  
          500 W. Broadway  
          Jefferson City, MO 65101  
Phone: (573) 442-9911 or (855) 881-7442  
Fax: (573) 442-9901  
Email: Columbia@phoenixhomehc.com  
Website: www.phoenixhomehc.com  

Hours: Services 24 hours per day / 7 days per week  

Fees: Licensed by State of Missouri, Medicare/Medicaid certified, VA approved, private pay and most insurances accepted  

Eligibility: Please call for more information  

Services:  
- Home Health, In-Home Care, Pediatric Nursing  
- Companion Care: Housekeeping, Laundry, meal prep and clean up, shopping, errands and transportation  
- Nurse Aid Care: Dressing, grooming, bathing, toileting, continence, assist with transfers, ostomy, catheter and vital signs  
- Skilled nursing visits & medication set up  
- Bath visits, home health aides, wound therapy, IV therapy  
- Physical/occupational/speech therapy  
- Home health aide  
- Medical social work  
- Overnight live in and in home services  
- Consumer directed services
| **Name:** | Preferred Hospice of Central Missouri  
(Comprehensive Hospice Program) |
|-----------|----------------------------------|
| **Address:** | 1900 North Providence Road, Suite 311  
Columbia, MO 65202-3710 |
| **Phone:** | (573) 499-4540 or (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: Personal Financial Assistants
Address: 1003 S Eastwood Circle
         Columbia, MO 65201
Phone: (573) 256-8064
Email: arlin.epperson@gmail.com
Hours: Call anytime.
Fees: Call for fee information
Services: Personal Financial Assistants is a daily money management company for individuals in Mid-Missouri who need help with financial management

Financial Assistance - Open and sort mail, Identify and pay bills, Maintain financial records and files, Review and balance checkbooks, Reconcile bank statements, Organize and prepare records for income tax purposes, Establish budgets, Create income/expense reports

Medical and Insurance Assistance - Reconcile Medicare and/or secondary insurance, Review doctor and hospital bills for accuracy, Review Medicare and insurance payments for errors or exclusions, Resolve incorrect billings

Estate, Executor, Family Assistance - Executor, trustee & Power of Attorney, Estate paperwork assistance, Caregiver & decision-maker support, Third-party intervention for sibling caregivers, Surviving spouse/family assistance, Household-transition management, Coordinate appointments and manage relationships with other professionals, Date reminders such as birthdays and important appointments, Notary services.

Credit Assistance & Investment Tracking Assistance
Name: Presbyterian Manor of Fulton
Address: 811 Center Street
         Fulton, MO 65251
Phone:  (573) 642-6646 or (800) 336-8511
Fax:    (573) 642-2202
Website: www.presbyterianmanors.org

Hours: Continuous care community; services available 24/7

Eligibility: Private Pay, Medicare or Medicaid
Services:
  • Continuous care community that offers:
    o Independent living apartments
    o Assisted living suites
    o Long-Term Care rooms
    o Rehabilitation services
    o PATH (Post-Acute to Home) Short-term rehab private rooms
Name: Primaris/KMA (Knowledge Management Associates)
Address: 200 North Keene Street, Suite 101
Columbia, MO 65201-8102
Phone: (573) 817-8300
Fax: (573) 777-9035
Website: www.primaris.org/services/insurance-counseling-services

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday
Fees: None
Eligibility: Missourians who do not have access to other forms of health insurance (Medicare, Medicaid, Veteran’s, employer based insurance, ect.)

Services:

- Helps people understand and apply for health insurance under the Affordable Care Act (ACA)
- Helps people apply for tax credits to reduce the cost of health insurance provided on the Missouri Marketplace
- Educates the public about the Affordable Care Act and health insurance, particularly in rural communities
- Helps people file for exemptions from the individual shared responsibilities mandate (the “penalty” for not having health insurance)
- Helps people notify the federal government of important life events which could alter their eligibility for assistance paying for health coverage
Name: Provision Living at Columbia
Address: 2333 Chapel Hill Road
Phone: (573) 234-1091
Website: www.ColumbiaSeniorLiving.com

Hours: Staffed 24 hours a day, 7 days a week
Fees: Available on request, based on apartment selection and level of care needs
Eligibility: Private pay. Depending on eligibility and policy type, many residents will use VA Aid & Attendance benefits, Long-term care insurance coverage and other supplemental funding sources.

Services:

- Situated in a residential neighborhood with easy access to walking paths and Twin Lakes Recreation Area
- 63 Assisted Living Apartments
- Meals served restaurant –style every day
- Housekeeping, laundry, and maintenance
- Assistance with activities of daily living based on an individual assessment and care plan
- On-site beauty salon, barber
- Therapy room for physical, speech or occupational therapy
- Full calendar of activities
- Scheduled transportation to appointments, shopping outings
- Medication reminders or management
- 32 Memory Care Apartments with a capacity for 34 residents, rented monthly
- Serving people living with Alzheimer’s or related dementia
- Specialized activities, therapy and services that are person-centered and supportive of families
NAME: Pyramid Home Health Services
Address: 3501 West Truman Boulevard  
Jefferson City, MO 65109
Phone: (573) 893-6477 or (800) 690-1753
Fax: (573) 893-6302
E-Mail: cshelden@pyramidhhs.com
Website: www.pyramidhhs.com
Fees: Licensed by State of Missouri, Medicare/Medicaid certified, VA approved, private pay and most insurances accepted
Moberly Branch: 1600 N Morley Suite C, Moberly, Missouri, 65270
Phone: (866)922-9230
Fax: (573) 893-6302

Pyramid Home Health
Hours: 7:30 a.m. - 4:30 p.m.  
Registered Nurse on-call 24 hours/day, 7 days/week including weekend staff
- Skilled Nursing, Physical Therapy, Speech Therapy, Occupational Therapy, Advanced I.V. Therapy
- Home Health Aides & Medical Social Work
- Telemonitoring and Physician Portal
- Certified Wound Therapy, Ostomy Care, Complex Wound Care, and Wound Care Management with pictures
- Vestibular Balance Program/Disease Process Management
- 29 county service area for the past 10 years

Pyramid In-Home
Hours: 7:30 a.m. - 4:30 p.m. Monday - Friday
Toll Free: (800) 568-6646
- Advanced Personal Care, Homemaker Chore, Consumer Directed Care, Respite Care, Medicaid Eligibility Assessments

Pyramid Pharmacy
Hours: 7:30 a.m. - 5:30 p.m. Monday - Friday
Toll Free (877) 401-1223
- Statewide Services, Multi-dose Bubble Packaging, Free Delivery/Mailings/Telephone Reminders, Most Insurances Accepted
- Licensed for all Pharmacy Services, Award Winning Pharmacists
Name: Rehabilitation Services for the Blind  
Address: 3418 Knipp Drive, Suite A-2, PO Box 919  
Jefferson City, MO 65102  
Phone: (573) 751-2714 or (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  

Name: Prevention of Blindness Program  
Address: 615 Howerton Court, PO Box 2320  
Jefferson City, MO 65102-2320  
Phone: (573) 751-4249  
Fax: (573) 751-4984  
DSS TDD: (800) 735-2966  

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)
“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: Right at Home of Central Missouri
Address: 4800 Santana Circle, Suite O
         Columbia, MO 65203
Phone: (573) 777-8770
Fax: (573) 447-7512
Email: info@rahcentralmo.com
Website: www.rahcentralmo.com

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
       On-call 24 hrs/7 days per week
Fees: Varies (Please call for more information)
Eligibility: Seniors & disabled adults needing companionship/
            homemaking; physical assistance/hygiene/personal
            care; wellness; respite services
Services:

• Services available wherever individual calls "home"
• Companionship/Homemaking/Wellness
• Transportation (appointments/errands)
• Light housekeeping/laundry
• Medication reminders
• Meal planning and preparation
• Physical assistance/hygiene/personal care
• Ambulatory and dressing assistance
• Bathing/shaving/toileting assistance
• Special Care Situations:
  o Alzheimer’s and other dementia; hypertension / stroke; heart disease; mental health; cancer
  recovery; hospice / palliative support; paraplegia/quadriplegia
• Hourly, overnight, live-in, sitter service, 24-hour care available
• Locally owned and operated
• All caregivers are screened, bonded, insured
Name: Rusk Rehabilitation Center
Address: 315 Business Loop 70 West
        Columbia, MO 65203-3248
Phone: (573) 817-2703
Fax: (573) 817-4690
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
<table>
<thead>
<tr>
<th>Name:</th>
<th>Salvation Army</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>1108 West Ash Street</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65203-2103</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 442-3229</td>
</tr>
<tr>
<td>Fax:</td>
<td>(573) 449-6185</td>
</tr>
<tr>
<td>Hours:</td>
<td>9:00 a.m. - 3:00 p.m. Mon, Tue, Wed, Thur</td>
</tr>
<tr>
<td>Fees:</td>
<td>None</td>
</tr>
<tr>
<td>Eligibility:</td>
<td>150% of poverty level or documented home fire</td>
</tr>
<tr>
<td>Services:</td>
<td>• Food pantry (Mon and Fri 9am, 11am and 3pm, Tue 1-3pm)</td>
</tr>
<tr>
<td></td>
<td>• Clothing and coat vouchers</td>
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<tr>
<td></td>
<td>• Christmas Center</td>
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<tr>
<td></td>
<td>• Thanksgiving Dinner</td>
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<tr>
<td></td>
<td>• Nursing home visits</td>
</tr>
<tr>
<td></td>
<td>• Shut in visiting and counseling aa Pathway of Hope</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
<th>Salvation Army Thrift Stores</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>1304 Parkade Boulevard</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65203-2554</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 449-5202</td>
</tr>
<tr>
<td>Address:</td>
<td>23 East Walnut Street</td>
</tr>
<tr>
<td></td>
<td>Columbia, MO 65203-4162</td>
</tr>
<tr>
<td>Phone:</td>
<td>(573) 443-2786</td>
</tr>
<tr>
<td>Hours:</td>
<td>10:00 a.m. – 5:00 p.m. Monday – Saturday</td>
</tr>
<tr>
<td>Services:</td>
<td>• Clothing voucher redemption</td>
</tr>
<tr>
<td></td>
<td>• Profits stay in our community</td>
</tr>
</tbody>
</table>
Name: Senior Assessment Geriatric Evaluation (SAGE) University of Missouri Health Care 
South Providence Family Medicine

Address: 551 East Southampton Drive 
Columbia, MO 65201

Phone: (573) 884-7733
Fax: (573) 882-6228

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. Patient is responsible for determining Medicare Advantage coverage by contacting their insurance provider.

Eligibility: Individuals ages 60 or older requiring such services

Services:
• A comprehensive geriatric evaluation for older adults with medical, nursing, nutritional, and psychosocial needs.
• The team is composed of a physician, social worker, dietician, and registered nurse. The SAGE Clinic services may include physician referrals, physical or occupational therapy referrals, imaging, laboratory exams, and pharmacy services.
• Memory/cognitive changes, physical limitations, emotional and behavioral changes, difficulties with independent living, alternative living arrangements, and evaluation are all issues that may concern older person and their families
<table>
<thead>
<tr>
<th>Name:</th>
<th>Senior Meal Program (CMAAA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>1121 Business Loop 70 East,</td>
</tr>
<tr>
<td></td>
<td>Room 21, Columbia, MO 65201</td>
</tr>
<tr>
<td>Phone:</td>
<td>573.449.8000</td>
</tr>
<tr>
<td>Fax:</td>
<td>573.875.8907</td>
</tr>
<tr>
<td>Hours:</td>
<td>8:00a.m. to 4:00p.m., Monday –Friday</td>
</tr>
<tr>
<td>Fees:</td>
<td>None, suggested donation of $4.00 per meal</td>
</tr>
<tr>
<td>Eligibility:</td>
<td>Ages 60 and older and spouse (regardless of age); priority given to those in greatest economic and social need</td>
</tr>
<tr>
<td>Services:</td>
<td>• A Central Missouri Area Agency on Aging (CMAAA) program</td>
</tr>
<tr>
<td></td>
<td>• Home-delivered meals throughout Boone County</td>
</tr>
<tr>
<td></td>
<td>• Financial assistance for congregate meals at Columbia Senior Activity Center</td>
</tr>
</tbody>
</table>
**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
Website: www.silcolumbia.org

Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Fees: None for most services

Eligibility: Individuals with disabilities and seniors

Services:
- ADA accessibility technical assistance
- Assistive Technology (AT) Demonstration Center provides information, demonstrations and presentations
- Consumer Directed, In-Home and Nursing Services
- Disability services including advocacy and peer support groups
- Free durable medical equipment on loan
- Door-to-door transportation 8:00 a.m. - 5:00 p.m. Sunday – Friday
- Independent living skills training
- Information and referral
- Peer support groups
- Ramps and home modification program
- Telecommunication Access Program
- Transition services – to help people transition out of a nursing home
**Name:** Show Me State Games & Missouri State Senior Games  
**Address:** 1105 Carrie Francke Drive, Room 01  
Columbia, MO 65211  
**Phone:** (573) 882-1462  
(573) 884-2946 (Volunteer Opportunities)  
**Fax:** (573) 884-4004  
**Website:** [www.smsg.org](http://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:** Social Security Administration  
**Address:** 803 Gray Oak Drive  
Columbia, MO 65201  
**Phone:** (800) 772-1213  
**TTY:** (800) 325-0778  
**Website:** www.socialsecurity.gov  

**Hours:**  
9:00 a.m. - 3:00 p.m. Monday, Tuesday, Thursday, & Friday  
9:00 a.m. – 12:00 p.m. Wednesday  

**Fees:** None  

**Eligibility:**  
For Social Security benefits:  
- Individual must meet guidelines for age, death, and/or disability  
- For Supplemental Security Income (SSI):  
  - 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: 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
PO 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: $1,500 - $1,900 / month; Medicaid accepted, Cash
Grant assistance to those who qualify

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
- 24 hour protective over site
Name: Terrace Retirement Community
Address: 1408 Business Loop 70 West
        Columbia, MO 65202-1394
Phone: (573) 875-2538
Fax: (573) 874-0814
Email: gedgar@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:
- Apartment community with services for independent 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) 814-5148  
Fax: (573) 256-4621  
Email: tigerplace@americareusa.net  
Website: www.tigerplace.net  

Hours: Business staff hours – 9:00am-5:00pm  
Fees: Care Staff 24/7; 365 days a year  
Available upon request, based on apartment size and level of care.  

Services:  
• The only Aging in Place Community in the State of Missouri. Partnership with the University of Missouri and the Center for Eldercare & Rehabilitation Technology.  
• 54 apartments  
• MU Sinclair School of Nursing provides all nursing services with a permanent full time staff.  
• RN’s on call 24 hours per day; perform 4 in-home visits per year and perform bi-annual wellness reviews.  
• 2 meals of choice included daily, 3rd meal is optional; open restaurant style dining.  
• Weekly housekeeping and linen service  
• Concierge and transportation  
• Community room, library, snack and refreshments station, beauty salon/barber, movie theatre  
• Planned activities both on and off-site; social, recreational and educational opportunities  
• Daily exercise classes  
• TigerTotal Fitness Center, Tiger Wellness Center  
• Pets are welcomed and encouraged; Vet Services provided by the MU Veterinary School
Name: True North
Address: PO Box 1367
           Columbia, MO 65205-1367
Phone: (573) 875-1370 or (800) 548-2450
Fax: (573) 817-1280
Website: www.truenorthofcolumbia.org

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: 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:

- 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: 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: 601 Business Loop 73 West
        Parkade Center, Suite 325
        Columbia, MO 65203
Phone: (573) 876-0976
TDD: (573) 876-9480
Fax: (855) 830-4759
Website: http://www.rd.usda.gov/contact-us/state-offices/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, Camden, Cole, Maries, Miller, Moniteau, and Osage 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, Marshfield, Mexico, Sedalia, and St. James
NAME: The Village of Bedford Walk
Address: 415 Bailey Drive
Columbia, MO 65203-3188
Phone: (573) 303-7252
Fax: (573) 256-3212
Email: bedfordwalk@jesprimeseniorliving.com
Website: www.thevillageofbedfordwalk.com
Hours: 9:00 a.m. - 5:00 p.m. Monday – Friday
10:00 a.m. – 4:00 p.m. Saturday
Sundays by appointment
Fees: Monthly rental fees
Eligibility: All household members must be 55 years +
Services:
- 88 Energy Efficient Villas and Apartment Homes
- All Utilities Included
- Cable, Internet and Telephone Services Included
- Full kitchens with Stainless Steel appliances
- Granite Countertops and Hardwood Floors
- Concierge Services
- Maintenance Free Living
- Daily Catered Lunches
- Community Area with a Private Kitchen
- Salon and Spa
- Fitness and Wellness Center
- Resistance Pool
- Movie Theatre
- Sundry Shop
- Scheduled Transportation
- Billiards and Game Room
- Casual Bistro and Fireside Patio
- Walking Path
- Pet Friendly Community
- Weekly Social Calendar
- Enrichment Opportunities through the University of Missouri
Name: Voluntary Action Center (VAC)
Address: 403A Vandiver Drive
         Columbia, MO 65202-1663
Phone: (573) 874-2373
Fax: (573) 874-9172
Website: www.vacmo.org
Email: vac@vacmo.org

Hours: Monday- Friday 9am-noon and 1pm-4pm

Fees: None
Eligibility: Individuals in need of emergency services

Services:
- Financial Assistance with:
  - Driver's licenses and state I.D.s
  - Prescriptions
  - Medical and Dental copayments
  - Educational and employment assistance
  - Gas for work and/or medical appointments
  - Minor car repairs for employed persons
- Emergency food
- Hygiene and household products
- Bus tickets
- Fans and Window AC units (summer)
- Information and referral sources
Name: Walgreens - OptionCare
Address: 1410 Heriford Road
         Columbia, MO 65202-1907
Phone: (573) 814-7100 or (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
  - 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: Wheelchair Personalities
Address: 5304 E. Tayside Cr.
        Columbia, MO 65203
Phone: (573) 424-1486
Fax: (573) 442-9250
Email: Sharon@wheelchairpersonalities.com
Website: www.wheelchairpersonalities.com

Hours: 8:00 a.m. – 5:00 p.m. Monday - Friday
Fees: Varies. Call for details.
Services:

- Wheelchair back covers personalized with your own marketing, messages, logos, photos and artwork.
- Customize and showcase your:
  - Military service
  - Alma Mater
  - Sports team
  - Proud grandparent
  - Club affiliation
  - Political point of view
  - Holiday celebration
  - Favorite photo
  - Beloved pet
Name: Wolfner Talking Book and Braille Library
Address: PO Box 387
           600 West Main Street
           Jefferson City, MO 65102-0387
Phone: (573) 751-8720 or (800) 392-2614
Fax: (573) 751-3612
Email: wolfner@sos.mo.gov
Website: www.sos.mo.gov/wolfner

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 physically disabled persons - to: Audio books, braille and playback machines for Missouri residents unable to read standard print due to visual or physical disabilities.
  • Braille
  • Descriptive videos
  • Magazines in special media
  • Program packs for group discussion
  • NFB News Line (Newspaper that is read over the phone)
  • Large print books for youth
# The 3 Types of Care in the Home
A company may have one or all of these types of programs.

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Commonly Called:</strong></td>
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</tr>
<tr>
<td><strong>Home Health</strong></td>
<td><strong>In-Home Care</strong></td>
<td><strong>Private Duty/Private Pay</strong></td>
</tr>
<tr>
<td><strong>Major Payer:</strong> Medicare</td>
<td><strong>Major Payer:</strong> Medicaid</td>
<td><strong>Major Payer:</strong> Private Fund/Insurance</td>
</tr>
<tr>
<td><strong>Services Offered:</strong></td>
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</tr>
<tr>
<td>- Skilled Nursing</td>
<td>- Homemaker Chore Services (cleaning, cooking, laundry)</td>
<td>- Provides only 1 Service (could be nursing or aide services for personal care)</td>
</tr>
<tr>
<td>- Physical Therapy</td>
<td>- Personal Care Assistance (bathing &amp; grooming)</td>
<td>- Provides care in shifts (4 plus hours at a time, may offer both nursing &amp; personal care in shifts)</td>
</tr>
<tr>
<td>- Occupational Therapy</td>
<td>- Respite Care (caregiver relief)</td>
<td>- Provides Staffing (supplies nurses to hospitals, etc.)</td>
</tr>
<tr>
<td>- Speech Therapy</td>
<td>- Advance Personal Care (assist with activities of daily living when assistance requires devices and procedures related to altered body functions)</td>
<td></td>
</tr>
<tr>
<td>- Medical Social Services (social worker)</td>
<td>- Authorized Nurse Visits (i.e., RN fill medicine box)</td>
<td></td>
</tr>
<tr>
<td>- Home Health Aide - personal care (bathing, dressing, hair &amp; nail care)</td>
<td>- Adult Day Care</td>
<td></td>
</tr>
<tr>
<td>Not homemaker/companion care</td>
<td>- Consumer Directed (Independent Living Waiver, specialized medical equipment, supplies, environmental accessibility adaptations)</td>
<td></td>
</tr>
<tr>
<td><strong>Consumer Needs:</strong></td>
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</tr>
<tr>
<td>- Short-term (usually several weeks to months)</td>
<td>- Long-term (usually months to years)</td>
<td>- No limit on amount or duration of time in the home (determined by the patient and/or family)</td>
</tr>
<tr>
<td>- Acute needs (exacerbation of illness) (care after surgery)</td>
<td>- Chronic needs (assistance needed to stay in the home) (help with activities of daily living)</td>
<td>- No criteria needed to obtain care (determined by patient and/or family needs)</td>
</tr>
<tr>
<td>- Medicare Patient is homebound (for duration of care)</td>
<td>- Services ordered by Physician</td>
<td>- No Physician order needed for aide giving personal care, respite or companion care</td>
</tr>
<tr>
<td>- Services ordered by Physician</td>
<td><strong>Agency Criteria:</strong></td>
<td><strong>Agency Criteria:</strong></td>
</tr>
<tr>
<td>- Part-time or Intermittent basis (visits may last 1-2 hours) (could be several times a week)</td>
<td>- Provides home &amp; community based services to elderly &amp; disabled who meet Nursing Home Level of Care &amp; are eligible for Medicaid</td>
<td>- NO license issued in MO for this type of company</td>
</tr>
<tr>
<td>- Provides two or more of the 6 services listed above</td>
<td>- Follows state regulations</td>
<td>- Examples of care that does not meet the Missouri requirement for licensure: 1. Company only provides 1 service</td>
</tr>
<tr>
<td>- One service must be skilled nursing</td>
<td>- Requires a contract with the state</td>
<td>2. Company does supply nurse and aide (2 services), but they do shift work of 4 plus hours</td>
</tr>
<tr>
<td>- Visits must be on intermittent basis (several times a week 1-2 hours)</td>
<td><strong>Oversight:</strong></td>
<td>3. Company provides 2 or more services, (personal care, chore services &amp; respite care) but only one service (aide) from the “Home Health” list</td>
</tr>
<tr>
<td>- Follows federal &amp; state regulations</td>
<td>Missouri Medicaid Audit and Compliance (MMAC) 573/751-3399</td>
<td><strong>Oversight:</strong></td>
</tr>
<tr>
<td>- Requires a state home health license</td>
<td>Questions on opening an in-home/CD/agency or regarding in-home/CD/contract) <a href="mailto:mmac.ihscnoid@ss.state.mo.gov">mmac.ihscnoid@ss.state.mo.gov</a></td>
<td>No government oversight.</td>
</tr>
<tr>
<td>- Most likely also Medicare Certified</td>
<td>IHS/CD Proposal/Provider Enrollment Information: <a href="mailto:mmac.ihscnoid@ss.state.mo.gov">mmac.ihscnoid@ss.state.mo.gov</a></td>
<td>If company provides nursing, register complaint with Missouri State Board of Nursing at <a href="http://pr.mo.gov/">http://pr.mo.gov/</a></td>
</tr>
<tr>
<td><strong>Oversight:</strong> MO Department of Health and Senior Services/Bureau of Home Care and Rehabilitative Standards is responsible for licensure and oversight. Telephone for questions 573/751-6336 <a href="http://www.health.mo.gov/safety/homecare">http://www.health.mo.gov/safety/homecare</a></td>
<td>To request services - DSDS Call Center at 866/835/3505</td>
<td>For Abuse &amp; Neglect 800/392-0210</td>
</tr>
<tr>
<td>To voice a complaint call 800/392/0210</td>
<td>To request a care plan or provider change 573-526-8537</td>
<td>Issues with fraud, contact the MO Attorney General’s Office through the (Consumer Hotline at 800/392-8222.)</td>
</tr>
</tbody>
</table>
**Services Offered**
Companionship, help with activities of daily living and household chores

**Annual Cost (private pay)**
$40,000 - $44,000 (M-F, 8 hours per day)

**Audience**
Those that can safely continue to live on their own but require some help

**Forms of Payment**
Typically paid out-of-pocket, however may also be covered by private insurance or Medicaid

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**Services Offered**
Social Activities, health monitoring and therapeutic care

**Annual Cost (private pay)**
$18,000 (M-F, full day)

**Audience**
Those that require monitoring during the day, but have a family member that can look after them in the evening

**Forms of Payment**
Typically paid for out-of-pocket, however may also be covered by private insurance or Medicaid

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**Services Offered**
Social living, health monitoring, help with activities of daily living and household chores

**Annual Cost (private pay)**
$42,000 (base rate)

**Audience**
Those that can safely continue to live on their own but require some help and prefer community living

**Forms of Payment**
Typically paid for out-of-pocket, however may also be covered by private insurance or Medicaid

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**Services Offered**
Skilled nursing, medical care and help with activities of daily living

**Annual Cost (private pay)**
$78,000 - $87,000

**Audience**
Those that require skilled nursing care and rehabilitation on a daily basis

**Forms of Payment**
Typically paid for out-of-pocket, however up to the first 100 days may be partially covered by Medicare; may also be covered by private insurance and Medicaid
Back Cover