

RESOURCE GUIDE & FAMILY CAREGIVERS GUIDE

Aging Services & Service Providers

In the

Southernmost 13 Counties of Illinois

Egyptian Area Agency on Aging

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Cartersville, IL 62918

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Helping senior adults in Southern Illinois remain independent since 1978.

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AGING SERVICES

AGING SERVICES

Services for senior adults aged 60 and older, their caregivers, and grandparents raising grandchildren. Aging services are listed on the first 9 pages by county and are accessed through the nutrition sites, which are indicated as a "focal point."

Case Advocacy and Support - case managers assess for eligibility and coordinate care for frail senior adults and grandparents raising grandchildren.

Congregate Meals - meals provided in congregate settings, such as senior centers & restaurants.

Counseling is for senior adults, their caregivers, and grandparents raising grandchildren. Helps them cope with stress and depression.

Elder Abuse - investigation and help for adults aged 60 and older when abuse is suspected.

Family Caregivers Support - information and help to access services for caregivers of senior adults and grandparents raising grandchildren. Services include counseling, training, support groups, in-home respite care, and gap filling services.

Health Screening - blood pressure and sugar checks and other health screening programs.

Home Delivered Meals - meals delivered to homebound senior adults.

Home Modifications - adapting the structure of a home to meet the physical need of frail seniors.

Homemaker - housekeeping, errands, supervision in the home.

In-Home Respite Care - temporary, substitute care or supervision for frail senior adults in their home to give the caregiving spouse or family member a break.

Information & Assistance - provides senior adults, their caregivers, and grandparents raising grandchildren with information about services and help to apply.

Legal Assistance - advice, education, and help with most legal matters.

Medication Management - education and assistance to prevent incorrect medication.

Outreach - social service workers go to homes and community facilities to inform senior adults, their caregivers, and grandparents raising grandchildren about services.

Long Term Care Ombudsman - helps senior adults in assisted living facilities and nursing homes.

Transportation is to and from community facilities, usually in buses and vans.

The following Aging services may not be available in every county:

Adult Day Services - care and supervision of frail senior adults in a community center for a portion of the day. Used as a break for caregiving spouses and family members.

Assisted Transportation - escorts senior adults to and from community resources.

Community Care in Residential Settings - affordable housekeeping, meals, and personal care of frail senior adults in an apartment building with 24 hour staffing.

Egyptian Area Agency on Aging

Director: John M. Smith

200 E. Plaza Dr.

Carterville, IL 62918

Phone: (618) 985-8311

Fax: (618) 985-8315

Toll-free: 1-888-895-3306

Website: www.Egyptianaaa.org

E-mail: EgyptianAAA@mediacombb.net

Services: The regional administrative agency for the Aging network of services. Also, assists senior adults with employment opportunities.

AGING SERVICES

AGING SERVICE PROVIDERS

Franklin County Senior Services
Director: Zane Garner
225 E. Poplar St.
West Frankfort: (618) 937-3511
Fax: (618) 932-2618
Service Area: Franklin County

Gold Plate Program of Perry County
Director: Tammy Asbury
P.O. Box 345
721 N. Hickory St.
Du Quoin: (618) 542-3511, (618) 542-2566
Service Area: Perry County

Golden Circle Senior Citizens Council
Director: Anna Joe Cox
RR #1 Box 191A
Elizabethtown: (618) 287-5590
Fax: (618) 287-5593
Service Area: Gallatin, Hardin, Pope, and Saline Counties

Senior Adult Services
Director: Henry Long
409 N. Springer St.
Carbondale: (618) 457-4151
Fax: (618) 457-4154
Service Area: Jackson County

Southern Pride Senior Program
Director: Dea Ann Crown
P.O. Box 1372
60 State Route 37 North
Vienna: (618) 658-9669
Fax: (618) 658-8203
Service Area: Alexander, Johnson, Massac, Pulaski, and Union Counties

Williamson County Programs on Aging
Director: Robert Childers
1201 Weaver Rd.
Herrin: (618) 988-1585
Fax: (618) 942-6993
Service Area: Williamson County

Shawnee Alliance
Director: Carol Aronson
6355 Brandhorst Dr.
Cartersville: (618) 985-8322, 1-800-642-7773
Fax: (618) 985-8048
Website: www.shsdc.org/sas.html
Service Area: area-wide
Services: Eligibility assessment for Homemaker, Adult Day Services, caregiver, and grandparents raising grandchildren services.
Case Management (for senior adults and family caregivers)
Choices for Care (nursing home pre-admission screening)
Elder Abuse Intervention & Prevention
Family Counseling
Home Again (transition from nursing home to a home or apartment)
Long Term Care Ombudsman
Money Management Program

Southern Illinois University at Carbondale
Legal Services to Older Persons
Director: John Erbes
Kaplan Hall
1205 Douglas Dr., Mail Code 6821
Carbondale: (618) 536-4423
Phone: Legal Assistance: 1-800-673-6130
Alternative Dispute Resolution Clinic: (618) 453-3257
Domestic Violence: (618) 536-4423
Fax: (618) 453-8727
Website: www.law.siu.edu/elderly/public.htm
Service Area: area-wide
Services: Legal Assistance, Alternative Dispute Resolution Clinic (free mediation service), and Domestic Violence Clinic.

AGING SERVICES

ALEXANDER COUNTY

Transportation Home Modifications
Outreach Information & Asst.
Health Screening Congregate Meals
Home Delivered Meals In-Home Respite
Homemaker Medication Management
Family Caregiver Support

Nutrition Sites

Happy Days (focal point)
305 23rd St.
Cairo: (618) 734-1050
Fax: (618) 734-1269 (call first)
Days of Operation: 5 (M-F)
Serving Time: 11:30

Olive Branch Senior Citizens
Olive Branch: (618) 776-5563
Day of Operation: 1 (W)
Serving Time: 11:30

Tamms Senior Center
Tamms: (618) 747-2426
Day of Operation: 1 (Tu)
Serving Time: 11:30

For other communities where home delivered meals are available, call (618) 734-1451.

FRANKLIN COUNTY

Transportation Home Modification
Outreach Health Screening
Information & Asst. Congregate Meals
Home Delivered Meals In-Home Respite
Homemaker Medication Management
Family Caregiver Support

Nutrition Sites

Wit and Wisdom Center (focal point)
225 E. Poplar St.
West Frankfort: (618) 937-4093 (meals)
(618) 937-3511 (office)
Fax: (618) 932-2618
Days of Operation: 5 (M-F)
Serving Time: noon

Wit and Wisdom Center
104 N. 10th St.
Benton: (618) 438-8691 (meals)
(618) 439-6349 (office)
Days of Operation: 5 (M-F)
Serving Time: noon

Home delivered meals are available everywhere in Franklin County. Call (618) 937-4093 for information.

AGING SERVICES

GALLATIN COUNTY

Transportation	Home Modifications
Outreach	Information & Asst.
Health Screening	Congregate Meals
Homemaker	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Medication Management	

Nutrition Sites

Ridgway Site (focal point)
Village Hall
110 N. Crawford St.
Ridgway: (618) 272-7570
Days of Operation: 5 (M-F)
Serving Time: 11:30

HARDIN COUNTY

Transportation	Home Modification
Outreach	Health Screening
Information & Asst.	Congregate Meals
Home Delivered Meals	Homemaker
In-Home Respite	Family Caregiver Support
Medication Management	

Nutrition Site

Hardin County Site (focal point)
RR #1, Box 191A
Elizabethtown: (618) 287-2501
Days of Operation: 5 (M-F)
Serving Time: 11:30

(This site is located 2 miles east of
Elizabethtown on left near Hardin County
School)

AGING SERVICES

JACKSON COUNTY

Outreach
Transportation
Information & Asst.
Congregate Meals
Homemaker
Medication Mgmt

Home Modifications
Adult Day Services
Health Screening
Home Delivered Meals
In-Home Respite
Family Caregiver Support

Nutrition Sites

The Carbondale Senior Center (focal point)
409 N. Springer St.
Carbondale: (618) 457-4151
Fax: (618) 457-4154
Days of Operation: 5 (M-F)
Serving Time: 11:30

Murphysboro Area Senior Citizens Center
17 N. 14th St.
Murphysboro: (618) 687-1641
Days of Operation: 5 (M-F)
Serving Time: 11:30

First Baptist Church
206 S. Second St.
Grand Tower: (618) 565-2527
Days of Operation: 5 (M-F)
Serving Time: 11:00

Aging Resource Center

Shawnee Alliance
(In the Memorial Hospital of Carbondale)
405 W. Jackson St.
Carbondale: 1-800-642-7773

JOHNSON COUNTY

Transportation
Outreach
Information & Asst.
Congregate Meals
Homemaker
Family Caregiver Support

Home Modifications
In-Home Respite
Health Screening
Home Delivered Meals
Medication Mgmt

Nutrition Sites

Whistlers and Whittlers (focal point)
60 St. Route 37 North
(At crossroads of State Route 37 and Rt. 146)
Vienna: (618) 658-8140 or 658-9669
Fax: (618) 658-8203
Days of Operation: 5 (M-F)
Serving Time: 11:30

Goreville Senior Center
204 S. Broadway St.
Goreville: (618) 658-8140
Days of Operation: 5 (M-F)
Serving Time: 11:30

AGING SERVICES

MASSAC COUNTY

Transportation Home Modifications
Outreach Health Screening
Information & Asst. Congregate Meals
Home Delivered Meals Homemaker
In-Home Respite Medication Management
Family Caregiver Support

Nutrition Sites

Happy Hearts (focal point)
701 Market St.
Metropolis: (618) 524-9755
Fax: (618) 524-7245
Days of Operation: 5 (M-F)
Serving Time: 11:30

PERRY COUNTY

Transportation Home Modifications
Outreach Adult Day Services
Information & Asst. Health Screening
Congregate Meals Home Delivered Meals
Homemaker Medication Management
In-Home Respite Family Caregiver Support

Nutrition Sites

Gold Plate Program (focal point)
721 N. Hickory St.
Du Quoin: (618) 542-3511
Fax: (618) 542-2566
Days of Operation: 5 (M-F)
Serving Time: 11:30

Willisville Public Library
803 Broadway St.
Willisville: (618) 542-3511
Days of Operation: 2 (Tu & Th)
Serving Time: 11:30

Cutler Senior Center
409 S. Main St.
Cutler: (618) 542-3511
Days of Operation: 2 (Tu & Th)
Serving Time: 11:30

AGING SERVICES

POPE COUNTY

Transportation Home Modifications
Outreach Health Screening
Information & Asst. Congregate Meals
Homemaker Home Delivered Meals
In-Home Respite Family Caregiver Support
Medication Management

Nutrition Sites

Golconda Site (focal point)
P.O. Box 246
Adams St.
Golconda: (618) 683-7741
Fax: (618) 683-6402
Days of Operation: 5 (M-F)
Serving Time: 11:30

Eddyville Site
#1 High St.
Community Building
Eddyville: (618) 683-7741
Days of Operation: 5 (M-F)
Serving Time: 11:30

PULASKI COUNTY

Transportation Home Modifications
Outreach Information & Asst.
Health Screening Congregate Meals
Home Delivered Meals Homemaker
In-Home Respite Medication Mgmt
Family Caregiver Support

Nutrition Sites

Smiles (focal point)
412 S. Blanche St.
Mounds: (618) 745-6149 or 745-6773
Fax: (618) 745-9943 (call first)
Days of Operation: 5 (M-F)
Serving Time: 11:30

Ullin Meal Site
320 Dale St.
Ullin: (618) 845-3309
Days of Operation: 5 (M-F)
Serving Time: 11:30

Aging Resource Center

Shawnee Alliance
(In the SIDEZ building)
330 Enterprise Lane
Mounds: 1-800-642-7773

AGING SERVICES

SALINE COUNTY

Transportation	Home Modifications
Outreach	In-Home Respite
Information & Asst.	Adult Day Services
Congregate Meals	Homemaker
Home Delivered Meals	Health Screening
Medication Mgmt	Family Caregiver Support

Nutrition Sites

Golden Circle Wellness Center (focal point)
901 S. Commercial Ave.
Harrisburg: (618) 252-7940
Days of Operation: 5 (M-F)
Serving Time: 11:30

Community Center
921 Veterans Dr.
Eldorado: (618) 273-5394
Days of Operation: 5 (M-F)
Serving Time: 11:30

UNION COUNTY

Transportation	Home Modifications
Outreach	In-Home Respite
Information & Asst.	Homemaker
Congregate Meals	Health Screening
Home Delivered Meals	Medication Mgmt
Family Caregiver Support	

Nutrition Sites

Sunshine Inn (focal point)
117 W. Davie St.
Anna: (618) 833-6734
Fax: (618) 833-4197
Days of Operation: 5 (M-F)
Serving Time: 11:30

The following lists other communities where home delivered meals may be available in Union County. Call (618) 833-4197 for information:

Cobden	Dongola
Jonesboro	Lick Creek

AGING SERVICES

WILLIAMSON COUNTY

Transportation Home Modifications
Outreach Adult Day Services
Information & Asst. Health Screening
Congregate Meals Home Delivered Meals
Homemaker Medication Management
In-Home Respite Family Caregiver Support

Marion Senior Citizens Center
507 W. Main St.
Marion: (618) 997-9019
Fax: (618) 993-0398
Days of Operation:
Congregate meals, only 5 (M-F)
Serving Time: 11:15

Nutrition Sites

Williamson County Programs on Aging (focal point)
1201 Weaver Rd.
Herrin: (618) 988-1585
Fax: (618) 942-6993
Days of Operation: 5 (M-F)
Serving Time: 11:15

Marion Home Delivered Meals
Phone: (618) 988-1585
Days of Operation: 5 (M-F)

Pittsburg City Hall
Pittsburg: (618) 993-8260
Days of Operation:
Congregate 2 (Tu & W)
Home Delivered Meals 5 (M-F)
Serving Time: 11:00

Carterville Lions Club
300 E. Illinois St.
Carterville: (618) 988-1585
Days of Operation:
Congregate: 3 (Tu, W, & Th)
Home Delivered Meals 5 (M-F)
Serving Time: 11:15

Ageing Resource Center

Shawnee Alliance
(In the Herrin Hospital)
201 S. 14th St.
Herrin: 1-800-642-7773

Kay's Sugar Creek Café
105 W. Blue Ave.
Creal Springs: (618) 996-8289
Days of Operation:
Congregate 4 (M, Tu, W, & Th)
Home Delivered Meals 5 (M-F)
Serving Time: 11:00-3:00

Cambria
302 Richart St.
Cambria: (618) 988-1585
Days of Operation: 5 (M-F)
Serving Time: 11:00

Andresen's Café
215 E. Broadway St.
Johnston City: (618) 983-8497
Days of Operation: 5 (M-F)
Serving Time: 11:00-3:00

AGING SERVICES

COMMUNITY CARE PROGRAM

Service Eligibility Assessment

Shawnee Alliance
6355 Brandhorst Dr.
Carterville: (618) 985-8322, 1-800-642-7773
Service Area: area-wide
Services: Eligibility assessment

Service Providers

Addus HealthCare
900 Skyline Dr., Suite 300
Marion: 1-800-487-5315, (618) 997-8008
Service Area: area-wide
Services: Homemaker area-wide. Adult Day Services in Franklin, Williamson, and Johnson counties

Adult Comprehensive Human Services
111 W. Main St.
West Frankfort: (618) 937-6441
Service Area: Franklin, Jackson, and Williamson counties
Services: Homemaker

Community Care Systems
#5 Executive Woods Court / Lower Level
Swansea: (618) 277-3226
Service Area: Franklin, Gallatin, Jackson, Perry, Saline, and Williamson counties
Services: Homemaker

Gold Plate Program of Perry County
721 N. Hickory St.
Du Quoin: (618) 542-3511
Service Area: Perry County
Services: Adult Day Services in Perry and northern part of Jackson County.
Homemaker in Perry County

Golden Circle Senior Citizens Council
RR #1 Box 191A
Elizabethtown: (618) 287-5590
Service Area: Gallatin, Hardin, Pope, and Saline counties
Services: Adult Day Services in Saline County.
Homemaker in all 4 counties

Help at Home
807 N. Court St., Suite C
Marion: (618) 997-3958
718 E. 5th St., Suite 100
Metropolis: (618) 524-7452
Service Area: area-wide
Services: Homemaker

River to River Residential Corporation
400 Lou Ann Dr.
Herrin: (618) 942-4531
Service Area: area-wide
Services: Community Care in Residential Settings (affordable assisted living)

Senior Adult Services
Elderwise Adult Day Services
409 N. Springer St.
Carbondale: (618) 549-6441
Service Area: Carbondale and Murphysboro.
Services: Adult Day Services

Williamson County Programs on Aging
1201 Weaver Rd.
Herrin: (618) 988-1585, (618) 932-2050
Service Area: Williamson and Franklin counties
Services: Adult Day Services in Williamson County. Homemaker in Franklin & Williamson counties

AGING SERVICES

TRANSPORTATION

Airports

Benton Municipal Airport: (618) 435-3526
Harrisburg-Raleigh Airport: (618) 253-7806
Metropolis Airport: (618) 524-9976
Pinckneyville-Du Quoin Airport:
(618) 357-8010
Southern Illinois Airport (Carbondale):
(618) 529-1721
Williamson Co. Airport: (618) 993-3353

American Cancer Society

Phone: 1-800-642-7792
Routes: Road to Recovery Program in Illinois or within 100 miles of the state line.
Volunteers can provide transportation to and from cancer treatment centers with an American College of Surgeons approved cancer program.
Hours: Depends on the provider of the service.
Cost: None.

Amtrak

401 S Illinois, Carbondale
20 N. Chestnut St., Du Quoin
Phone: 1-800-872-7245

BART Transportation

Phone: 1-800-284-2278
Website: www.bartshuttle.com
Routes:

1. Transportation to these locations in St. Louis: airport, train & bus stations, hospitals, and doctors.
2. Call 3 days in advance,
3. Pickup points are in Benton, Carbondale, Carterville, DeSoto, Du Quoin, Johnston City, Marion, Murphysboro, Pinckneyville, Vergennes, and West Frankfort.

Hours: 24 hrs per day, 7 days per week.
Cost: Depends on pickup point and destination. There are discounts for additional travelers in the family.

Cab Companies – Listed by County

Franklin Co.
Dave's City Taxi (Benton): (618) 438-9084 or 513-0500.
Jackson Co.
Crosstown Cab (Murphysboro):
(618) 684-3506.
Yellow Cab (Carbondale): (618) 457-8121.

Williamson Co.
City Cab (Herrin): (618) 942-5287.
Marion Cab Company: (618) 993-8181.
Red Top Cab (Marion): (618) 997-1098.

Department of Human Services (all transit requests handled by First Transit)

Phone: 1-877-725-0569
Rules:

1. Rider must be on the state medical program and need transportation.
2. Transportation must be pre-approved by First Transit.
3. Requests for transportation are scrutinized carefully.
4. Approved provider of transportation must be used.
5. Provider must make an application to the Department of Human Services to become approved.

Hours: Depends on the provider of the service.
Cost: None

VA Health Care Systems

Volunteer Transportation Van (VTN) Program
Phone: (618) 993-4179
Routes: Transportation to Marion, Evansville, and St. Louis VA Centers.
Hours: Daily
Cost: None for eligible veterans.

AGING SERVICES

TRANSPORTATION, continued

Greyhound Bus Lines

905 E. Main St.
Carbondale: 1-800-231-2222, (618) 549-3495
- or -
2100 W. Main St.
Marion: (618) 997-6158

Hospital and Health-related Transportation Providers

Care-A-Van (Herrin): (618) 942-5900. Serve a 15-18 mile radius of Herrin Hospital. They will take patients to and from hospital and hospital-related doctor appointments. Curb-to-curb service with assistance from family is appreciated. Monday-Friday from 8am to 4:30pm. No cost, but donations are accepted.

Jackson County Mass Transit District

Phone: (618) 549-0304, 1-866-884-7433
M-F from 7am to 5pm.
Fax: (618) 457-0171
Routes: Routes by appointment in Jackson County.
Hours: M-F from 7am to 6pm.

Rides Mass Transit District

Phone: Gallatin, Hardin, and Pope Counties:
1-877-667-6119
Saline: (618) 252-4662,
Saturdays call (618) 252-4662,
After hours, call 1-877-667-6119
Williamson: (618) 993-1900 or
1-877-743-3402
Website: www.ridesmtd.com
Routes: Routes by appointment.
Hours: Gallatin, Hardin, & Pope: M-F from
8am to 5pm
Saline: M-F from 8am to 10pm and
Saturdays 7:30am to 4pm
Williamson: M-F 8am to 7pm, and
Saturdays 6:30am to 5pm
Cost: Senior passes available from Golden Circle. For all others, a small fare may be charged. Advanced tickets with discounts are available for purchase.

Saluki Express

Southern Illinois University-Carbondale
Phone: (618) 453-5749 (M-F from 8am to 4:30pm.)
Routes: Carbondale. Call for information. Routes and hours vary when SIUC is not in session. The public may ride buses
Hours: M-F. Times depend on the route and if SIUC is in session
Cost: A small fare is charged to non-students

AGING SERVICES

TRANSPORTATION, continued

Senior Center Transportation

For senior centers in Alexander, Johnson, Massac, Pulaski, and Union counties look under "Southern Most Area Rural Transportation."

- or -

For senior centers in Gallatin, Hardin, Pope, Saline, and Williamson look under "Rides Mass Transit District."

- or -

Franklin County Senior Services

Benton: (618) 439-6348

West Frankfort: (618) 937-3511

Routes: Franklin County.

- or -

Gold Plate Program of Perry County

Phone: (618) 542-3511

Routes: Perry County.

- or -

Murphysboro Senior Center

Phone: (618) 687-1641

Routes: Murphysboro area.

- or -

Senior Adult Services

Phone: (618) 457-4151

Routes: Jackson County.

- or -

Sunshine Inn

Phone: (618) 833-4197 (nutrition site, only)

Routes: Anna / Jonesboro.

- or -

Williamson County Programs on Aging

Phone: (618) 988-1585

Routes: Williamson County.

Southern Most Area Rural Transportation

Phone: (618) 658-8380 or 1-866-577-6278

Routes: By appointment in Alexander, Johnson, Massac, Pulaski, and Union counties.

Hours: M-F from 6am to 6pm.

Cost: The fare depends on travel distance and group affiliation.

South Central Mass Transit District

Phone: 1-800-660-7433

Routes: Franklin County.

Hours: M-F, 8:30 to 5pm.

Cost: The fare depends on travel distance and group affiliation.

COUNSELING SERVICES

AREA-WIDE COUNSELING SERVICES

ADAPT of Illinois

Cobden: (618) 893-2810

Services: Psychiatric support in nursing homes.

Catholic Social Services

Carbondale: (618) 351-0743, 1-800-997-9381

Services: Counseling in schools, churches, and community.

Center for Senior Renewal

Murphysboro: (618) 684-3156 ext. 55130

Choate Mental Health & Development Center

Anna: (618) 833-5161

Services: Hospitalization of individuals (pre-screening is required).

Clear Point

Marion: (618) 997-1880 or 1-866-593-0486

Services: Credit counseling solutions.

Clinical Center

Carbondale: (618) 453-2361

Services: Speech difficulties, hearing, personality and psychological.

Family Counseling Center

Phone: Vienna: (618) 658-2611

Golconda: (618) 683-2461

Elizabethtown: (618) 287-7010

Services: Information and assessment for dementia.

Fellowship House Alcoholism Prevention and Gambling Treatment Center

Anna: (618) 833-4456, (618) 833-2194

Services: For gambling & substance abuse.

Ferrell Hospital Senior Care

Eldorado: (618) 273-2273

Franklin Hospital Senior Care

Benton: (618) 435-4731

Herrin Behavioral Health

Energy: (618) 988-9843

Illinois Centre for Behavioral Health

Marion: (618) 997-3647

Matthews & Associates

Herrin: (618) 988-1330

Services: Counseling, adoption and subsidized guardianship.

Mulberry Center

Harrisburg Medical Center

Harrisburg: (618) 252-0999

Marion: (618) 998-0888

Services: 18 bed unit for in-patient services.

New Beginnings Program

Massac Memorial Hospital

Metropolis: (618) 524-7370

Private Geriatric Care Management

Murphysboro: (618) 534-0843

Senior Care

Franklin Hospital

Benton: (618) 435-4731

Senior Life Transitions

Carbondale: (618) 457-1111

Shawnee Alliance

Carterville: (618) 985-8322, 1-800-642-7773

Services: In-home counseling for senior adults, family caregivers, and grandparents.

VA Suicide Prevention

Marion: 1-800-273-8255

(Veterans, only)

COUNSELING SERVICES

COMMUNITY COUNSELING CENTERS

Alexander County
Delta Center for Alexander & Pulaski County
1400 Commercial St.
Cairo: (618) 734-2665
Services: Mental health counseling, substance abuse, provides assistive community training, supportive & supervised housing, adult substance abuse, and psych-social rehabilitation.

Franklin County
The H Group
902 W. Main St.
West Frankfort: (618) 937-6483 or
(618) 997-5336
Services: Substance abuse counseling, adult counseling, psychologist, psychiatrist, day treatment center, rehabilitation center, and Gero-Psychiatrist. Sliding scale payments accepted.

Gallatin County
Egyptian Public & Mental Health
112 E. Main St.
Ridgway: (618) 272-4691
Services: 24-hour crisis intervention, outpatient counseling, death & dying support group, sexual abuse support group, psychiatric services, medication management, alcohol & drug treatment counseling, and alternative housing assistance.

Hardin County Family Counseling Center, Inc.
212 N. Main St.
Elizabethtown: (618) 287-7010
Services: Counseling, adult substance & sexual abuse counseling, psychiatrist, psychologist, sustaining care, assertive community treatment, Alzheimer screening and referral, day treatment program, home based programs, crisis intervention and medication evaluation & monitoring. Medicare, Medicaid, and sliding scale are accepted.

Jackson County
Southern Illinois Regional Social Services
604 E. College St.
Carbondale: (618) 457-6703
Services: 24-hour emergency services, outpatient substance and alcohol abuse counseling, case management, nursing home consultations, support groups, day treatment, psychiatric services, medication management, home based support, & hospice consultation.

Johnson County Family Counseling Center, Inc.
408 E. Vine St.
Vienna: (618) 658-2611
Services: Mental health counseling, adult substance abuse & sexual abuse counseling, psychiatrist, psychologist, sustaining care, assertive community treatment, Alzheimer screening and referral, day treatment program, home based programs, crisis intervention and medication monitoring. Medicare, Medicaid, and sliding scale payments are accepted.

Massac County Mental Health & Family Counseling Center
206 W. 5th St.
Metropolis: (618) 524-9368
Services: 24-hour crisis intervention, home visits, adult substance & sexual abuse counseling, marriage and family counseling, general counseling for depression & anxiety, day treatment, employee assistance program, assertive community treatment, psych-social rehabilitation, psychiatrist available. Medicare, Medicaid, insurance, and sliding scale payments are accepted.

COUNSELING SERVICES

COMMUNITY COUNSELING CENTERS, continued

Southern Illinois Behavioral Services
1016 S. Madison St., Suite A
Du Quoin: (618) 542-4357
Services: 24-hour crisis intervention, substance abuse counseling, employee assistance program, day treatment, outpatient counseling, geriatric counseling, psychiatrist, psychologist services, home visits, and advocacy for social benefits. Medicare, Medicaid, insurance, and sliding scale accepted.

Pope County Family Counseling Center
125 N. Market St.
Golconda: (618) 683-2461
Services: Counseling, adult substance & sexual abuse counseling, psychiatrist, psychologist, sustaining care, assertive community treatment, Alzheimer screening and referral, day treatment program, home based programs, crisis intervention & medication monitoring. Medicare, Medicaid, and sliding scale accepted.

Saline County
Egyptian Public & Mental Health
1412 U.S. 45 North
Eldorado: (618) 273-3326
Services: 24-hour crisis intervention, outpatient counseling, death & dying support group, sexual abuse support group, psychiatric services, medication management, alcohol & drug treatment counseling, and alternative housing assistance.

Union County
Union County Counseling Center
204 South St.
Anna: (618) 833-8551
Services: Adult outpatient counseling, day treatment programs, case management team, and mental illness program. Medicaid and sliding scale payments accepted.

Williamson County
The H Group
902 W. Main St.
West Frankfort: (618) 937-6483 or
(618) 997-5336
Services: Substance abuse counseling, adult counseling, psychologist, psychiatrist, day treatment center, rehabilitation center, and Gero-Psychiatrist. Sliding scale payments accepted.

EMPLOYMENT & TRAINING

CHILD CARE RESOURCE & REFERRAL

John A. Logan College
700 Logan College Rd.
Carterville: (618) 985-5975

EMPLOYMENT TRAINING CENTERS

Illinois Dept. of Employment Security
8195 Express Dr.
Marion: (618) 997-6835

- or -

333 Potomac Blvd., Suite E
Mt. Vernon: (618) 244-1700
Service Area: Franklin County
Note: Call ahead to check hours of operation.

- or -

223 S. 13th St.
Murphysboro: (618) 687-2341
Note: Call ahead to check hours of operation.

ILLINOIS MIGRANT COUNCIL

111 S. Appleknocker St.
Cobden: (618) 893-1922
Services: Using English as a second language, technology, creating personal web pages, digital imaging, documenting family history, and resume writing.

National Farm Worker Jobs Program
335 S. Main St.
Anna: (618) 833-8500

JOB HOTLINE NUMBERS

Central Management Services
(Information on testing for state jobs)
State Building
Marion: (618) 993-7005
TTY: 1-800-526-0844

Extra Help Employment Services
Marion: (618) 993-9675

Illinois Skills Match
Website: www.IllinoisSkillsMatch.com

Illinois Work Net
Website: www.IllinoisWorkNet.com

Kelly Services Employment Agency
Cape Girardeau: (573) 332-8495

KFVS TV-12
Website: www.KFVS12.com (click on "Job's Channel")

Manpower Employment Agency
Carterville: (618) 985-2006

SIUC Civil Service
Carbondale: (618) 536-2116

Southern Illinois Hospital Corporation (SIH)
Carbondale: (618) 457-5200

Walgreens
Website: www.walgreens.com/careers

Work Incentive Planning and Assistance
Division of Rehab Services
Mt. Vernon: (618) 241-6882
Service: Planning and assistance for people with disabilities.

EMPLOYMENT & TRAINING

ONE STOP SHOPS – ILLINOIS WORK NET CENTERS

Man-Tra-Con
3000 De Young St., Suite 800-B (located in
back of the Illinois Centre Mall)
Marion: (618) 998-0970 ext. 216 or
1-800-315-3986
303 S. Commercial St.
Carbondale: (618) 457-6460
Harrisburg: (618) 252-6020
Service Area: Franklin, Jackson, Perry &
Williamson counties

TITLE V OLDER WORKERS PROGRAM

Shawnee Development Council
Karnak: (618) 634-2201
Service Area: Alexander, Johnson, Massac,
Pulaski, and Union counties

Senior Service America
Call for an appointment.
Phone: (618) 942-6902
Service Area: southernmost 13 counties

SENIOR EMPLOYMENT PROGRAM

Egyptian Area Agency on Aging
Senior Employment Specialist
200 E. Plaza Dr.
Carterville: (618) 985-8311
Fax: (618) 985-8315
Toll-free: 1-888-895-3306
Website: www.EgyptianAAA.org
E-mail: EgyptianAAA@mediacombb.net
Service Area: area-wide
Services: The Senior Employment Specialist is
able to assist adults (aged 55+) locate
employment, assist job seekers in polishing
up their resume or their job interviewing
skills, and has information about various
programs designed to help people find work
or to train for a new career. In addition, the
Senior Employment Specialist works with
potential employers encouraging them to
consider the value of the older worker when
a job becomes available.

EMPLOYMENT & TRAINING

WORKFORCE INVESTMENT BOARDS

Man-Tra-Con

3000 De Young St., Suite 800-B (inside the
Illinois Centre Mall)
Marion: (618) 998-0970, 1-800-315-3986
Carbondale: (618) 457-6460
Service Area: Jackson, Franklin, Williamson &
Perry counties

Southern 14 - Workforce Investment Board

Carmi: (618) 382-5024
Fax: (618) 382-7038

Mid-5 Employment & Training, Inc

Harrisburg: (618) 252-6020
Fax: (618) 252-6326
Service Area: Gallatin, Hamilton, Hardin, Pope
& Saline counties.
Outreach Office:
Harrisburg: (618) 252-0331

Shawnee Development Council

Karnak: (618) 634-2201
Service Area: Alexander, Union, Johnson,
Massac & Pulaski counties
Outreach Offices:
Cairo: (618) 734-0535
- or -
Anna: (618) 833-7431
- or -
Elizabethtown: (618) 287-7071
- or -
Metropolis: (618) 524-2941
- or -
Vienna: (618) 658-6131
- or -
Mounds: (618) 745-6388
- or -
Shawnee College: (618) 634-3293

FOOD PANTRIES & SOUP KITCHENS

Call the following number for more information
on food pantries or soup kitchens.

Phone: (217) 782-1317

Website: www.illinoisfoodbanks.org.

Illinois Hunger Coalition

Service: Screening for the Illinois LINK program
and advocacy for people who have current
problems, food pantries, and other services.

Phone: 1-800-359-2163

Website: www.tristatefoodbank.org

These are listed alphabetically by county and
town. Please, only call the Food Pantry in your
community.

ALEXANDER COUNTY

Daystar Program Soup Kitchen

Cairo: (618) 734-0178

Happy Helpers Food Pantry

Tamms: (618) 747-2123

The Kitchen Table

Cairo: (618) 734-0778

FRANKLIN COUNTY

Benton Township

Benton: (618) 439-3181

Ministry for the Broken Hearted

Christopher: (618) 927-0202

Community of Christ

Thompsonville: (618) 923-3708

Franklin County Food Pantry / Crosswalk

West Frankfort: (618) 937-3581

**FOOD PANTRIES & SOUP
KITCHENS**

GALLATIN COUNTY

Coalition for Community Service
Equality: (618) 276-4218

HARDIN COUNTY

Shawnee Development Council
Elizabethtown: (618) 287-7071

JACKSON COUNTY

Good Samaritan Food Pantry / University
Baptist Church
Carbondale: (618) 457-0323

Good Samaritan House & Soup Kitchen
Carbondale: (618) 457-5794

Lakeland Baptist Food Pantry
Carbondale: (618) 529-1715

Women's Center
Carbondale: (618) 529-2324
Meals are for women and their children, only.

DeSoto First Baptist
DeSoto: (618) 867-2477

Shalom Food Pantry
Grand Tower: (618) 565-2227

Murphysboro / Jackson County Food Bank
Murphysboro: (618) 684-8258

**FOOD PANTRIES & SOUP
KITCHENS**

JOHNSON COUNTY

Goreville Ministerial Alliance
Goreville: (618) 995-9360

First Baptist Church
Vienna: (618) 658-3741

MASSAC COUNTY

Faith Tabernacle
Metropolis: (618) 524-8763, (618) 524-4229

C. O. P. E. Christian Outreach Program
Metropolis: (618) 524-3635

PERRY COUNTY

Du Quoin Food Pantry
Du Quoin: (618) 542-6948

Western Egyptian
Du Quoin: (618) 542-4656

Least of the Brethren Food Pantry
Pinckneyville: (618) 357-9530

POPE COUNTY

Shawnee Development Council
Golconda: (618) 683-2107

PULASKI COUNTY

Living Hope Fellowship
Grand Chain: (618) 634-2541

First Baptist Church
Karnak: (618) 634-9342

**FOOD PANTRIES & SOUP
KITCHENS**

SALINE COUNTY

Landmark House of Praise
Carrier Mills: (618) 252-1502

Anna Bixby Center
Harrisburg: (618) 252-8389

Harbor Light Church
Harrisburg: (618) 926-1509

Harvest Deliverance Center
Harrisburg: (618) 252-0009

Saline County Christian Community
Compassion Center
Harrisburg: (618) 926-6349

Wabash Area Development, Inc.
Harrisburg: (618) 252-2680

UNION COUNTY

Shawnee Development Council
Anna: (618) 833-7431

Bethany Village
Anna: (618) 833-1777

Jesus Es El Senor
Cobden: (618) 893-1914

WILLIAMSON COUNTY

Cambria Food Pantry
Cambria: (618) 985-6082

Community Food Pantry
Carterville: (618) 985-3171

Herrin Community Pantry
Herrin: (618) 942-2080

First United Methodist Church
Johnston City: (618) 983-5150

Marion Ministerial Alliance Soup Kitchen
Marion: (618) 993-8419

Salvation Army
Marion: (618) 993-5854

Lighthouse Fellowship Church
Pittsburg: (618) 993-9161

HEALTH CARE SERVICES

COUNTY HEALTH DEPARTMENTS

Alexander County
Southern Seven Health Department
3014 Elm St.
Cairo: (618) 734-4167

Franklin County
Franklin Williamson Bi-County
403 E. Park St.
Benton: (618) 439-0951

Gallatin County
Egyptian Public & Mental Health
Department
112 E. Main St.
Ridgway: (618) 272-4691

Hardin / Pope County
Southern Seven Health Department
5 Ferrell Road
P.O. Box 817
Rosiclare: (618) 285-6215

Jackson County Health Department
415 Health Dept. Rd., P.O. Box 307
Murphysboro: (618) 687-4357

Johnson County
Southern Seven Health Department
515½ E. Vine St.
Vienna: (618) 658-5011, (618) 658-5041

Massac County
Southern Seven Health Department
1230 Commercial Park Dr.
Metropolis: (618) 524-2657, (618) 524-2212

Perry County Health Department
907 S. Main St.
Pinckneyville: (618) 357-5371
- or -
109 S. Division St.
Du Quoin: (618) 542-6701

Pope / Hardin County
Southern Seven Health Department
P.O. Box 817
Rosiclare: (618) 285-6215

Pulaski County
Southern Seven Health Department
Shawnee College Rd.
37 Rustic Campus Dr.
Ullin: (618) 634-9405

Saline County
Egyptian Public & Mental Health
412 U.S. 45 North
Eldorado: (618) 273-3326

Union County
Southern Seven Health Department
400 Public Square
Jonesboro: (618) 833-8561

Williamson County
Franklin Williamson Bi-County
Williamson County Airport
120 Express Dr.
Marion: (618) 993-8111

EMERGENCY RESPONSE SYSTEMS Listed alphabetically by town.

Southern Illinois Surgical Appliance Company
Carbondale: (618) 529-2406, (618) 529-2405

Shawnee Alliance
Carterville: 1-800-642-7773

Heartland Regional Medical Center – Auxiliary
Marion: (618) 998-7030

Western Baptist Hospital
Paducah, KY: (270) 575-2100, ext. 2779

Radio Shack offers individual emergency call
units.

HEALTH CARE SERVICES

HOME HEALTH CARE

Listed alphabetically

Home health care is provided on doctors' orders by skilled nurses and/or other health care professionals in the patient's home. The following providers are reprinted from the Yellow Pages of the local telephone book. Their services may include any of the following:

Skilled nursing care, Speech therapy, Home health aide, Medical social work, Physical therapy, IV therapy, Occupational therapy, and Hospice

Addus Healthcare
(Including home care for veterans)
Marion: (618) 997-6565

Advantage Nursing Services
Marion: (618) 993-4081, 1-800-825-3799

Alpha
Benton: (618) 438-0309
Herrin: (618) 998-9250, 1-877-905-0111

APRIA Health Care
Marion: (618) 997-6469, 1-800-642-5459

Egyptian Public and Mental Health Department
Eldorado: (618) 273-3326 ext. 2134

Franklin-Williamson Bi-County
Marion: (618) 998-0507

Harrisburg Medical Center
Harrisburg: (618) 253-7671, ext. 489

Joyner Therapeutic Group
Marion: (618) 998-9894

Lourdes Hospital
Metropolis: (618) 524-3647, 1-800-595-3647

Marion VA Medical Center (veterans, only)
Marion: (618) 997-5311 ext. 72304 or 54721

Mederi Caretenders
Mt. Vernon: (618) 242-3516

Perry County Health Department
Pinckneyville: (618) 357-5371

Regional Home Care (1-866-998-8533)
Anna: (618) 833-2033
Franklin / Jefferson Counties: (618) 244-9028
Herrin: (618) 988-1840

VNA-TIP
Herrin: 1-800-642-6099

Visiting Nurse Association
Eldorado: (618) 273-9305, 1-800-736-4862

Western Baptist Home Health
Metropolis: (618) 524-3661

HOSPICE

Hospice of Southern Illinois
Marion: (618) 997-3030, 1-800-233-1708

Lourdes Hospital
Metropolis: 1-800-870-7460 or (270) 415-3636

Passages Hospice
Carbondale: (618) 490-1040

VNA - TIP Healthcare
Murphysboro: (618) 684-2670

HEALTH CARE SERVICES

HOSPITALS

Listed alphabetically by town

Union County Hospital
517 N. Main St.
Anna: (618) 833-4511

Franklin Hospital
201 Bailey Lane
Benton: (618) 439-3161

St. Francis Medical Center
211 Saint Francis Dr.
Cape Girardeau, MO: (573) 331-3000

Southeast Hospital
1701 Lacey St
Cape Girardeau, MO: (573) 334-4822

Memorial Hospital of Carbondale
405 W. Jackson St.
Carbondale: (618) 549-0721

Marshall Browning Hospital
900 N. Washington St.
Du Quoin: (618) 542-2146

Ferrell Hospital
1201 Pine St.
Eldorado: (618) 273-3361

Harrisburg Medical Center
100 Hospital Dr.
Harrisburg: (618) 253-7671

Herrin Hospital
201 S. 14th St.
Herrin: (618) 942-2171

Heartland Regional Medical Center
3333 W. De Young St.
Marion: (618) 998-7000

Veteran's Administration Medical Center
2401 W. Main St.
Marion: (618) 997-5311
(American Legion Dept. ext. 4558 or the
Am-Vets Dept. ext. 4743)

Massac Memorial Hospital
28 Chick St.
Metropolis: (618) 524-2176

St. Joseph's Hospital
2 Hospital Dr.
Murphysboro: (618) 684-3156

Lourdes Hospital
1530 Lone Oak Road
Paducah, KY: (270) 444-2444

Western Baptist Hospital
2501 Kentucky Ave.
Paducah, KY: (270) 575-2100

Pinckneyville Community Hospital
101 N. Walnut St.
Pinckneyville: (618) 357-2187

Hardin County General
6 Ferrell Rd.
Rosiclare: (618) 285-6634

HEALTH CARE SERVICES

MEDICAL EQUIPMENT & SUPPLIES

Listed alphabetically

ALPHA Home Health Care

Benton: (618) 438-0309

Herrin: (618) 998-9250

APRIA Health Care

Marion: (618) 997-6469, 1-800-642-5459

Beck's Home Health Care

Eldorado: (618) 273-9019, 1-800-851-6857

Conva Care - Herrin Drug

Herrin: (618) 942-5315

Family Home Health Care

Herrin: (618) 942-4807, 1-800-325-7696

Fox Med-Equip Services

Marion: (618) 997-9262, 1-866-811-5893

HLS Home Medical

Marion: (618) 997-9385

Holland Medical

Marion: (618) 993-1422, 1-877-993-1422

J & S Professional Pharmacy

West Frankfort: (618) 937-2416 or
1-800-739-6999

Personal Medical Equipment

Anna: (618) 833-4444, 1-800-433-8280

Southern Illinois Surgical Appliance

Carbondale: (618) 529-2406

Marion: (618) 969-8010

West Frankfort: (618) 932-3157 or
1-800-642-0501

Sun Glitz (bandages, only)

Energy: (618) 942-5915 or 1-800-287-0911

The Therapy Center

Loans free medical equipment.

Carterville: (618) 985-2181

PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICE.

Listed alphabetically

Addus Healthcare

Area-wide: 1-866-687-9639, 1-866-687-9638,
or 1-800-487-5315

Services: Nurse Aides, homemaker, live-in service, Adult Day Services, and helps veterans obtain pension benefits to purchase in-home assistance.

Adult Comprehensive Human Services, Inc.

West Frankfort: (618) 937-6441,
(618) 932-3867, or (618) 457-4768

Services: Homemaker.

Advantage Nursing Services

Marion: (618) 993-4081, 1-800-825-3799

Services: Nursing and CNA's.

Delta Center Respite Care Services

Cairo: (618) 734-2665 ext. 257 or
1-800-471-7216

Area served: Alexander, Franklin, Hardin, Jackson, Johnson, Massac, Pope, Pulaski, Union, and Williamson counties.

Services: Supervision.

Notes: For developmentally disabled adults and grandchildren with disabilities.

Gold Plate Program of Perry County

Du Quoin: (618) 542-3511

Services: Homemaker and Adult Day Services.

HEALTH CARE SERVICES

PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICE, continued

Golden Circle Senior Citizens Council
Elizabethtown: (618) 287-5590 or
1-877-745-9530

Services: Homemaker, Adult Day Services,
delivered meals for seniors and the
disabled.

Senior Adult Services
Carbondale: (618) 457-4151
Service: Adult Day Services.

VNA / TIP
Phone: 1-800-642-6099
Services: Skilled nursing.

Williamson County Programs on Aging
Herrin: (618) 988-1585
Services: Homemaker and Adult Day Services.

REHABILITATION & THERAPY

Services: speech, occupational, and physical
therapies, & vocational rehabilitation.

Neuro-restorative of Carbondale
Carbondale: (618) 529-3060
Service: physical, occupational, speech
therapies, & vocational rehab

Coleman Tri-County Services
Harrisburg: (618) 253-8372
Service: vocational rehab

HR Physical Therapy
Herrin: (618) 993-4024
Services: outpatient physical therapy

Herrin Hospital
Herrin: (618) 942-2171
Services: physical, occupational, & speech
therapies

Nova Care Rehabilitation
Benton: (618) 439-3399
West Frankfort: (618) 937-6200
Services: aquatic, physical, & occupational,
therapies

Joyner Therapeutic Group
Golconda: (618) 683-2728
Harrisburg: (618) 252-7171
Marion: (618) 998-9894
Services: Physical, occupational, speech, and
aqua therapies

Rehab Unlimited
Anna: (618) 833-1506
Carbondale: (618) 529-0516
Murphysboro: (618) 684-8018
Services: physical, occupational, & speech
therapies

Strictly Rehab
Eldorado: (618) 273-2327

Therapy Center
Cartersville: (618) 985-2181
Services: Therapy and caring for children and
adults with disabilities, preschool for children
with disabilities, and loan of equipment.

HEALTH CARE SERVICES

RESPIRATORY DISEASE PROGRAM

Services: diagnosis, treatment, support & outreach

Southern Illinois Respiratory Disease Program
Carbondale: (618) 457-8520, 1-866-252-9732
Marion: 1-866-252-9732
Pinckneyville: 1-866-252-9732
West Frankfort: 1-866-252-9732
Includes counseling on Black Lung benefits

Harrisburg Medical Center
Harrisburg: (618) 253-7671 ext. 280

COMMUNITY HEALTH CENTERS

Listed alphabetically by town

Rural Health, Inc
513 N. Main St.
Anna: (618) 833-4471

Rea Clinic / Benton
201 Bailey Lane
Benton: (618) 438-3161

CHESI Cairo Mega Clinic
13245 Kessler Rd.
Cairo
Health Clinic: (618) 734-4400
Social Services: (618) 734-4534

Adolescent Health Center
101 S. Wall St.
Carbondale: (618) 529-2621

Cedar Court Clinic
1340 Cedar Court
Carbondale: (618) 457-7821

CHESI Cedar Court Specialty Clinic
1250 Cedar Court
Carbondale: (618) 351-1213

Shawnee Healthcare
400 S. Lewis Lane
Carbondale: (618) 519-9900
Dental Clinic: (618) 519-9901

Shawnee Women's Center

202 W. Jackson St.
Carbondale: (618) 457-0465

Carterville Family Practice Center
1006 S. Division St.
Carterville: (618) 985-4841

Rea Clinic / Christopher
4241 Highway 14 West
Christopher: (618) 724-2401, 1-800-408-7351
Dental Clinic: (618) 724-9290
Pharmacy: (618) 724-2136

Rural Health, Inc
Route 51 North
Dongola: (618) 827-3545

Rea Clinic / Du Quoin
119 Gas Plant Rd.
Du Quoin: (618) 542-8702

Eldorado Rural Health Clinic
607 4th St.
Eldorado: (618) 273-2951, (618) 273-2360

Pope County Medical Clinic
217 S. Adams St.
Golconda: (618) 683-3781

CHESI Harrisburg Community Health &
Emergency Services / Dental Clinic
205 N. Main St.
Harrisburg: (618) 253-8450

Rea Clinic / Herrin
3303 Logan Dr.
Herrin: (618) 993-5767

Rural Health
Johnston City Community Health
Johnston City: (618) 983-6911
Dental Clinic: (618) 893-4005

HEALTH CARE SERVICES

COMMUNITY HEALTH CENTERS, continued

Shawnee Healthcare
1506 N. Sioux Dr.
Marion: (618) 997-5270
Dental Clinic: (618) 969-8600

Murphysboro Health Center
7 Hospital Dr.
Murphysboro: (618) 687-3418
Dental Clinic: (618) 684-2321

Pulaski Clinic
100 Market St.
Pulaski: (618) 342-6767

CHESI Hardin County Dental Clinic
226 Main St.
Rosiclare: (618) 285-3930

Hardin County Medical Clinic
Highway 146
Elizabethtown: (618) 285-6191
Dental Clinic: (618) 285-3930

Royalton Community Health Center
300 S. Main St.
Royalton: (618) 984-2695

Sesser Dental Clinic
115 E. Franklin St.
Sesser: (618) 625-6979

Shawneetown Health Care Clinic
209 N. Lincoln Blvd. West
Shawneetown: (618) 269-3815

CHESI Tamms Medical / Dental Clinics
290 Railroad St.
Tamms: (618) 747-2391

Rural Health, Inc
803 N. 1st St.
Vienna: (618) 658-2811

Zeigler Community Health Center
Medical and Dental Facility
27 Circle St.
Zeigler: (618) 596-2411

FAMILY HEALTH CLINICS

Listed alphabetically by town

The Bridge Medical Clinic
715 E. Church St.
Harrisburg: (618) 294-8330
Fax: (618) 294-8331

Hands of Hope Family Clinic
808 W. Prairie St.
Marion: (618) 998-8282

Little Egypt Breast & Cervical Cancer Program
Phone: 1-877-532-2271
Service: This program is for women age 35-64,
who are uninsured or underinsured, and
meet income guidelines.

AGING & MEMORY CLINICS

SIUC School of Medicine
Family Practice Center
305 W. Jackson St., Suite 200
Carbondale: (618) 536-6621

Family Counseling Center
408 E. Vine St.
Vienna: (618) 658-2611

HOUSING OPTIONS

SENIOR HOUSING

Listed by County

Housing Discrimination Hotline
Phone: 1-800-669-9777

Public Housing & Subsidized Housing - Rental housing for low-income families of all ages but, some units have been specifically designed to meet the needs of senior adults. Rent is usually 30% of family income.

Assisted Living, Supportive Living, Independent Living, and Domiciliary Units -Private and / or government subsidized rental apartments, which may provide some personal services (meals, housekeeping, etc.) within the facility.

Private Units - Privately owned, non-subsidized housing. These are units known to the Egyptian AAA, and, which it was allowed to list here.

ALEXANDER COUNTY

Public Housing
Alexander Co. Housing Authority
Cairo: (618) 734-1910
Units are in Cairo & Thebes.

Subsidized Housing
Shawnee Enterprises
Cairo: (618) 997-5365

Private Units
Diamond Development
Tamms I & II
Tamms: (618) 665-4081

Shawnee Enterprises
Cairo: (618) 665-4081

FRANKLIN COUNTY

Public Housing
Franklin Co. Housing Authority
West Frankfort: (618) 932-2124
Units are in West Frankfort, Sesser, Zeigler, Benton, Royalton, West City, & Christopher.

Subsidized Housing
Shawnee Enterprises
Benton: (618) 997-5365
West Frankfort: (618) 997-5365

Assisted Living
Fifth Season Residential Assisted Living
Benton: (618) 439-6600
Licensed: Yes

Supportive Living
Heritage Woods of Benton
Benton: (618) 439-9431
Licensed: Yes and approved for low-income senior adults.

Private Units
Benton Place Apartments
Benton: (618) 439-7528

HOUSING OPTIONS

SENIOR HOUSING, continued

GALLATIN COUNTY

Public Housing

Housing Authority of Gallatin County
Shawneetown: (618) 269-3080
Units are in Ridgway, Equality, Omaha, &
Shawneetown.

Subsidized Housing

Housing Authority of Gallatin County
Shawneetown: (618) 269-3080

Shawneetown & Ridgway Apartments
Phone: (618) 994-2480

HARDIN COUNTY

Public Housing

Housing Authority of Hardin County
Elizabethtown: (618) 287-2786
Units in Cave In Rock, Rosiclare &
Elizabethtown.

Subsidized Housing

Housing Authority of Hardin County
Meadow View Apartments & Rose Hill Manor
Elizabethtown: (618) 287-2786
- and -
River Side Homes - McAnnually Addition
Rosiclare: (618) 287-2786

Hillside Street Apartments
Rosiclare: (618) 994-2480

JACKSON COUNTY

Public Housing

Jackson County Housing Authority
Murphysboro: (618) 684-3183
Units are in Murphysboro, Elkville, De Soto,
Carbondale, & Grand Tower.

JACKSON COUNTY, continued

Subsidized Housing

Ava Apartments
Ava: (618) 654-7033

Carbondale Towers & Mill St. Apartments
Carbondale: (618) 529-3371 or 529-2716

Fields Apartments
Carbondale: (618) 549-7377

Jackson County Housing Authority
Murphysboro: (618) 684-3102

Assisted Living

Big Muddy River Apartments
Murphysboro: (618) 687-5002
Licensed: Yes and approved for low-
income senior adults.

Century Assisted Living
Carbondale: (618) 549-9898
Licensed: Yes

Chippewa House
Carbondale: (618) 549-0529
Licensed: Yes

Supportive Living

Prairie Living at Chautauqua
Carbondale: (618) 351-7955
Licensed: Yes and approved for low-
income senior adults.

Private Units

Jackson County Development Corp.
Grand Tower: (618) 684-3838

Liberty Village & Estates of Carbondale
Carbondale: (618) 351-6557

Brookside Manor
Carbondale: (618) 549-3600

The Villas of Carbondale
Carbondale: (618) 549-3200

HOUSING OPTIONS

SENIOR HOUSING, continued

JOHNSON COUNTY

Public Housing

Housing Authority of Johnson County
Vienna: (618) 658-5811
Units are in Goreville, Buncombe, Vienna, &
New Burnside.

Subsidized Housing

Housing Authority of Johnson County
(Apartments in Goreville & Vienna)
Vienna: (618) 658-5811

Country Village I, II, & III
Vienna: (618) 658-8161

Supportive Living

Autumn Ridge
1000 Galeener St.
Vienna: (618) 658-2775
Licensed: Yes and approved for low-
income senior adults.

MASSAC COUNTY

Public Housing

Massac County Housing Authority
Metropolis: (618) 524-8411
Units are in Metropolis, Joppa, & Brookport.

Subsidized Housing

Shawnee Enterprises
Massac Village
Metropolis: (618) 997-5365

Country Village I, II, & III
Metropolis: (618) 998-8018

Independent Living

Twin Oaks Estates
Metropolis: (618) 524-6868
Licensed: No

PERRY COUNTY

Public Housing

Perry County Housing Authority
Du Quoin: (618) 542-5409, (618) 542-5666
Units are in Du Quoin, Cutler, Willisville,
Tamaroa, & Pinckneyville.

Subsidized Housing

Shawnee Enterprises
Du Quoin Village
Du Quoin: (618) 997-5365

Independent Living

Marshall Browning Estates
Du Quoin: (618) 542-2146, ext. 406
Licensed: No

Supportive Living

The Manors at Mason Woods
Pinckneyville: (618) 357-9770
Licensed: Yes and approved for low-
income senior adults.

POPE COUNTY

Public Housing

Pope County Housing Authority
Golconda: (618) 683-4791
Units are in Golconda & Eddyville.

HOUSING OPTIONS

SENIOR HOUSING, continued

PULASKI COUNTY

Public Housing

Housing Authority of Pulaski County
Mounds: (618) 745-6330
Units are in Mounds, Pulaski, Ullin, Olmsted,
Karnak, Grand Chain, & Mound City.

Assisted Living

Cache Valley Apartments
Ullin: (618) 845-3399
Licensed: Yes and approved for low-
income senior adults.

Private Units

Diamond Development Corp.
Karnak: (618) 665-4081

Market Square Apartments
Mound City: (618) 748-9402

SALINE COUNTY

Public Housing

Housing Authority of Saline County
Harrisburg: (618) 252-6381
Units are in Harrisburg, Galatia, Eldorado,
Raleigh, & Carrier Mills.

Subsidized Housing

Housing Authority of Saline County
Harrisburg: (618) 252-6381

Shawnee Enterprises
Harrisburg: (618) 997-5365

Private Units

Eldorado I, II, & III
Eldorado: (618) 252-8111

McKinley Place Apartments
Stonefort: No phone number

Assisted Living and Supportive Living

Brookstone Estates of Harrisburg
165 Ron Morse Dr.
Harrisburg: (618) 253-5870
Licensed: Yes and approved for low
income senior adults.

HOUSING OPTIONS

SENIOR HOUSING, continued

UNION COUNTY

Public Housing

Housing Authority of the County of Union
Anna: (618) 833-5129
Units are in Anna, Cobden, Dongola, &
Jonesboro.

Subsidized Housing

Housing Authority of the County of Union
Anna: (618) 833-5129
Units are in Cobden, Dongola, Jonesboro, &
Wolf Lake.

Shawnee Enterprises
Anna Park Apartments
Anna: (618) 833-2321
- or -

Country Village Apartments
Anna: (618) 997-5365

Knollwood Apartments
Anna: (618) 833-7766

Domiciliary Units

Illinois Veteran's Home
Anna: (618) 833-6302

Supportive Living

River to River of Anna
Anna: (618) 942-4531 - Scheduled to open
in the Fall of 2011
Licensed: Yes and approved for low
income senior adults.

WILLIAMSON COUNTY

Public Housing

Williamson County Housing Authority
Carterville: (618) 985-2422
Units are in Energy, Hurst, Herrin, Johnston
City, Cambria, Crainville, Carterville, &
Creal Springs.

Housing Authority of the City of Marion
Marion: (618) 997-1258

Subsidized Housing

Shawnee Enterprises
Marion & Energy
Marion: (618) 997-5365

Assisted Living

Hurricane Creek Apartments
Herrin: (618) 942-7152
Licensed: Yes and approved for low-
income senior adults.

Angel Acres
Marion: (618) 998-8570
Licensed: Yes

Country Acres
Marion: (618) 998-1844
Licensed: Yes

Fifth Season Residential on Reichert Dr
Marion: (618) 998-8408
Licensed: Yes

Fifth Season Residential on Radcliffe
Marion: (618) 993-2800
Licensed: Yes

Hawthorn Inn of Liberty Village of Marion
Marion: (618) 993-8600
Licensed: Yes

HOUSING OPTIONS

SENIOR HOUSING, continued

WILLIAMSON COUNTY, continued

Supportive Living

River to River of Marion
Marion: (618) 993-7905
Licensed: Yes and approved for low
income senior adults.

Independent Living

Liberty Village of Marion
Parkway Estates
Marion: (618) 993-8600
Licensed: No

Whispering Oaks (Room & Board)
Marion: (618) 993-1109
Licensed: No

Private Units

Cambridge Manor Apartments
Herrin: (618) 942-2869

Chesapeake Apartments
Marion: (618) 997-2935
(Subsidized & private pay apartments)

Countryside Village
Cambria: (618) 985-4783 or 544-8645

Ten Oaks Apartments
Carterville: (618) 985-3761

VNA Properties
Marion: (618) 922-9316, (618) 922-7779

HOUSING OPTIONS

NURSING HOMES

Listed alphabetically by county and town

Illinois Dept. of Health Care and Family
Services - Nursing Home Central Complaint
Registry

Phone: 1-800-252-4343

TTY: (217) 547-0466

Ombudsman (Resident Rights)

Shawnee Alliance

Phone: 1-800-642-7773.

ALEXANDER COUNTY

Daystar Care Center

2001 Cedar St.

Cairo: (618) 734-1700

Pilot House

1111 Washington Ave.

Cairo: (618) 734-3706

Beds for Dev. Disabled

H & S Care Center

310 3rd St.

Tamms: (618) 747-2613

FRANKLIN COUNTY

Benton Health Care Center

1409 N. Main St.

Benton: (618) 435-2712

Franklin Hospital

201 Bailey Lane

Benton: (618) 439-3161

Skilled Care

Stonebridge Senior Living Center

902 S. McLeansboro St.

Benton: (618) 439-4501

West Side Care Center

601 N. Columbia St.

West Frankfort: (618) 932-2109

Frankfort Healthcare & Rehab Center

2500 E. St. Louis St.

West Frankfort: (618) 932-3236

Homestead House

905 N. Jefferson St.

West Frankfort: (618) 932-2725

Beds for Dev. Disabled

Colonial Manor

300 Church St.

Zeigler: (618) 596-6635

HOUSING OPTIONS

NURSING HOMES, continued

GALLATIN COUNTY

Ridgway Rehab & Nursing Center
900 W. Race St.
Ridgway: (618) 272-8831

HARDIN COUNTY

Rosiclare Rehab & Health Care Center
Ferrell Rd., P.O. Box 220
Rosiclare: (618) 285-3655

Whispering Oaks
201 Spring St.
Rosiclare: (618) 285-6974
Beds for Dev. Disabled

JACKSON COUNTY

Carbondale Rehab & Nursing Center
120 N. Tower Rd.
Carbondale: (618) 549-3355

Helia Healthcare of Carbondale
500 S. Lewis Lane
Carbondale: (618) 529-5355

Raintree Terrace
501 E. Chestnut St.
Carbondale: (618) 457-4423
Beds for Dev. Disabled

Rehab & Care Center - Jackson County
1441 N. 14th St.
Murphysboro: (618) 684-2136

Our Place
301 N. 13th St.
Murphysboro: (618) 687-1415
Beds for Dev. Disabled

HOUSING OPTIONS

NURSING HOMES, continued

JOHNSON COUNTY

Glen Brook
801 N. 1st St.
Vienna: (618) 658-2005
Beds for Dev. Disabled

Hillview Health Care Center
512 N. 11th St.
Vienna: (618) 658-2951

MASSAC COUNTY

Metropolis Nursing & Rehab Center
2299 Metropolis St.
Metropolis: (618) 524-2634

Krypton
502 W. 8th St.
Metropolis: (618) 524-8996
Beds for Dev. Disabled

Southgate Health Care Center
900 E. 9th St.
Metropolis: (618) 524-2683

PERRY COUNTY

Fair Acres Nursing Home
514 E. Jackson St.
Du Quoin: (618) 542-4731

Fairview Nursing Center
602 E. Jackson St.
Du Quoin: (618) 542-3441

Pinckneyville Health Care Center
708 Virginia Court
Pinckneyville: (618) 357-2493

POPE COUNTY

Pope County Care Center
216 Rosalie St., Box 488
Golconda: (618) 683-7711

HOUSING OPTIONS

NURSING HOMES, continued

PULASKI COUNTY

None

SALINE COUNTY

Carrier Mills Nursing Home
6789 Route 45 East
Carrier Mills: (618) 994-2323

Brooke Hill
2207 Upchurch St.
Eldorado: (618) 273-2212
Beds for Dev. Disabled

Fountainview Nursing Home
1001 Jefferson St.
Eldorado: (618) 273-3353

Magnolia Manor Sheltercare
1100 Grant St.
Eldorado: (618) 273-5261

Finnie Good Shepherd
400 S. Maincross Street
Galatia: (618) 268-4631

Shawnee Rose Center
1000 W. Sloan St.
Harrisburg: (618) 252-0351

Saline Care Center
120 S. Land St.
Harrisburg: (618) 252-7405

Shawnee House, Inc.
309 Seright St.
Harrisburg: (618) 252-0518
Beds for Dev. Disabled

Turner Manor
901 Oglesby Rd.
Harrisburg: (618) 252-1215

UNION COUNTY

Clyde L. Choate Mental Health & Dev. Center
1000 N. Main St.
Anna: (618) 833-5161
Beds for Dev. Disabled

Anna Rehab & Nursing Center
315 Brady Mill Rd.
Anna: (618) 833-6343

Holly Hill
203 W. La Fayette St.
Anna: (618) 833-3322
Beds for Dev. Disabled

Illinois Veteran's Home
792 N. Main St.
Anna: (618) 833-6302
(Also, have 12 domiciliary units.)

Mulberry Manor
612 E. Davie St.
Anna: (618) 833-6012

New Way
80 Knupp School Lane
Anna: (618) 833-2299
Beds for Dev. Disabled

Spanish Oaks Center
223 W. Vienna St.
Anna: (618) 833-8013

Union County Hospital
517 N. Main St.
Anna: (618) 833-4511
Skilled Care

Cobden Rehab & Nursing Center
430 S. Front St.
Cobden: (618) 893-4214

HOUSING OPTIONS

NURSING HOMES, continued

UNION COUNTY, continued

Village Inn
114 Ash St.

Cobden: (618) 893-4774

Beds for Dev. Disabled

Hidden Valley Care Center
204 S. Pecan St., P.O. Box G
Jonesboro: (618) 833-5740

Jonesboro Rehab & Health Care Center
995 State Route 127 South
Jonesboro: (618) 833-7093

Lincoln Square
202 S. Main St.
Jonesboro: (618) 833-2063
Beds for Dev. Disabled

Orchard Court
1430 St. Route 127 South
Jonesboro: (618) 833-8033
Beds for Dev. Disabled

Peachtree Estates
1370 St. Route 127 South
Jonesboro: (618) 833-3235
Beds for Dev. Disabled

WILLIAMSON COUNTY

Helia Healthcare of Energy
210 E. College St.
Energy: (618) 942-7014

Chestnut Manor
1404 S. 14th St.
Herrin: (618) 942-4578
Beds for Dev. Disabled

Herrin Rehab & Nursing Center
1900 N. Park Ave.
Herrin: (618) 942-2525

Shawnee Christian Nursing Center
1901 N. 13th St.
Herrin: (618) 942-7391

Maple House Shelter Care
205 E. 3rd St.
Johnston City: (618) 983-5731

Liberty House
1304 W. Mack Ave.
Marion: (618) 997-9336
Beds for Dev. Disabled

Marion Rehab & Nursing Center
1301 E. De Young St.
Marion: (618) 997-1365

Franklin-Williamson Human Services
1507 W. Rendleman St.
Marion: (618) 993-6030, (618) 997-5336

Parkway Manor
3116 Williamson County Parkway
Marion: (618) 993-8600

HOUSING OPTIONS

HABITAT FOR HUMANITY

Franklin County
Benton: (618) 927-5804

Jackson-Union Counties
Carbondale: (618) 457-8480

Saline County
Harrisburg: (618) 294-8337

Williamson County
Marion: (618) 997-3134

SHELTERS & ASSISTANCE FOR THE HOMELESS & CRISIS CENTERS

Listed alphabetically by county and town

Southern Illinois Coalition for the Homeless:
(618) 993-0094

ALEXANDER COUNTY

Cairo Women's Shelter
911 Cedar St.
Cairo: (618) 734-4357

FRANKLIN COUNTY

Women's Center Legal Advocacy
Courthouse
Benton: (618) 438-4118

The Roan Center – The Night Shield Program
for Children
301 E. Garland St.
West Frankfort: (618) 932-6400

JACKSON COUNTY

Good Samaritan House
701 S. Marion St.
Carbondale: (618) 457-5794

Women's Center
Abused Women's Program
610 S. Thompson St.
Carbondale: (618) 529-2324, (618) 997-0949,
or 1-800-334-2094

HOUSING OPTIONS

SHELTERS & ASSISTANCE FOR THE HOMELESS & CRISIS CENTERS, continued

MASSAC COUNTY

Guardian Family Service Center
117 W. 10th St.
Metropolis: (618) 524-4357, (618) 524-9922

SALINE COUNTY

Anna Bixby Women's Center
213 S. Shaw St.
Harrisburg: (618) 252-8389, 1-800-421-8456

Wabash Area Development
14 Veterans Dr.
Harrisburg: (618) 252-2680, (618) 963-2387

UNION COUNTY

Bethany Village
414 E. Davie St.
Anna: (618) 833-1777
Services include transitional housing, food pantry, and supportive services.

WILLIAMSON COUNTY

The Lighthouse Shelter
1101 N. Madison St.
Marion: (618) 993-8180

Southern Illinois Coalition for the Homeless
801 N. Market St.
Marion: (618) 993-0094 (Information & Referral)

Williamson County Family Crisis Center
514 N. 18th St.
Herrin: (618) 988-8020

The Women's Center
1108 N. Carbon, Suite J
Marion: (618) 997-0949 and 1-800-334-2094

OTHER SERVICES

COUNTY SHERIFF OFFICES

Alexander: (618) 734-2141
Franklin: (618) 438-8211
Gallatin: (618) 269-3137
Hardin: (618) 287-2271
Jackson: (618) 684-2177
Johnson: (618) 658-8264
Massac: (618) 524-2912
Perry: (618) 357-5212
Pope: (618) 683-4321
Pulaski: (618) 748-9124
Saline: (618) 252-8661
Union: (618) 833-5500
Williamson: (618) 997-6541

DEPARTMENT OF HUMAN SERVICES (Office of Transitional Services and Community Operations)

Appeals Line: 1-800-435-0774

Illinois Dept. of Health Care and Family
Services - Nursing Home Central Complaint
Registry

Phone: 1-800-252-4343
TTY: 1-800-547-0466

Office of the Ombudsman Helpline
Phone: 1-800-843-6154
TTY: 1-800-252-8903

County Offices:

Alexander County
1401 Washington Ave.
Cairo: (618) 734-0762

Franklin County
1602 N. Main St.
Benton: (618) 439-4351

Gallatin County
320 E. Raymond St.
Harrisburg: (618) 253-7161

DEPARTMENT OF HUMAN SERVICES, County Offices continued

Hardin County
106 N. Market St.
Golconda: (618) 683-2921

Jackson County
342 North St.
Murphysboro: (618) 687-1705

Johnson County
1000 N. Main St.
Anna: (618) 833-2118

Massac County
2301 Metropolis St.
Metropolis: (618) 524-2631

Perry County
342 North St.
Murphysboro: (618) 684-1705

Pope County
106 N. Market St.
Golconda: (618) 683-2921

Pulaski County
422 S. Blanche St.
Mounds: (618) 745-9411

Saline County
320 E. Raymond St.
Harrisburg: (618) 253-7161

Union County
1000 N. Main St.
Anna: (618) 833-2118

Williamson County
1107 W. De Young St.
Marion: (618) 997-6591

OTHER SERVICES

DEPARTMENT OF HUMAN SERVICES (Office of Rehabilitation Services)

Bureau of Blind Services
309 E. Jackson St.
Carbondale: (618) 549-3383 & 1-800-843-6154
Service Area: area-wide

Regional Offices:

1000 N. Main St.
P.O. Box 585
Anna: (618) 833-5115
Counties: Alexander, Johnson, Massac,
Pulaski, and Union counties.

1619 N. Main St.
Benton: (618) 439-4334
Counties: Franklin, Hamilton, and Williamson
counties.

309 E. Jackson St.
P.O. Box 348
Carbondale: (618) 457-2107
Counties: Jackson and Perry counties.

323 S. Maple St.
Harrisburg: (618) 253-7681
Counties: Gallatin, Hardin, Pope, Saline, and
White counties.

ENERGY ASSISTANCE AND WEATHERIZATION PROGRAMS

Energy Assistance is help with heating bills,
re-connection & prevention of disconnection
of utility service, and purchase of fans.

Weatherization is help with insulation and other
weather related home improvements.

Crosswalk Community Action Agency
410 W. Main St.
West Frankfort: (618) 937-3581
- or -
8195 Express Dr.
Marion: (618) 998-9023
Service Area: Franklin & Williamson Counties

Shawnee Development Council
530 W. Washington St.
Karnak: (618) 634-2201
Service Area: Alexander, Hardin, Johnson,
Massac, Pope, Pulaski, & Union Counties

Wabash Area Development, Inc.
14 Veterans Dr.
Harrisburg: (618) 252-2680
Shawneetown: (618) 269-3486
Service Area: Gallatin & Saline Counties

Western Egyptian Economic Opportunity
Council
342A North St
Murphysboro: (618) 684-3341 or 965-3458
Service Area: Jackson County
- or -
310 E. South St.
Du Quoin: (618) 542-4656
Service Area: Perry County

OTHER SERVICES

LEGISLATORS - FEDERAL

The President

1600 Pennsylvania Ave.
Washington, D.C. 20500
Phone: (202) 456-1111
TTY: (202) 456-6213
Fax: (202) 456-2461
Website: www.whitehouse.gov
E-mail: www.whitehouse.gov/contact/whitehouse.gov

U.S. Senator Dick Durbin (D-IL)
250 W. Cherry St.
Carbondale, IL 62901
Phone: (618) 351-1122, (202) 224-2152
Fax: (618) 351-1124, (202) 228-0400

U.S. Senator Mark Kirk (R-IL)
524 Hart Senate Office Building
Washington, DC 20510
Phone: (202) 224-2854
Fax: (202) 228-4611

U.S. Congressman Jerry Costello (D-12th)
250 W. Cherry St.
Carbondale, IL 62901
Phone: (618) 529-3791, (202) 225-5661
Fax: (618) 549-3768, (202) 225-0285

U.S. Congressman Timothy V. Johnson (R-15th)
1207 Longworth House Office Building
Washington, DC 20515
Phone: (202) 225-2371
Fax: (202) 226-0791

U.S. Congressman John Shimkus (R-19th)
110 E. Locust St., Room 12
Harrisburg, IL 62946
Phone: (618) 252-8271, (202) 225-5271
Fax: (618) 252-8317, (202) 225-5880

LEGISLATORS - STATE

The Governor

207 State House
Springfield, IL 62706
Phone: (217) 782-6830
Fax: (217) 524-4049
Website: www.illinois.gov/gov/
E-mail: governor@illinois.gov

State Senator David Luechtefeld (R-58th)
300 E Main St.
Carbondale, IL 62901
Phone: (618) 529-3866, (217) 782-8137
Fax: (618) 529-2788, (217) 782-4079

State Senator Gary Forby (D-59th)
903 W. Washington St., Suite 5
P.O. Box 1000
Benton, IL 62812
Phone: (618) 439-2504, (217) 782-5509
Fax: (618) 438-3704, (217) 782-6895

State Representative Mike Bost (R-115th)
300 E. Main St., Suite 19
Carbondale, IL 62901
Phone: (618) 457-5787, (217) 782-0387
Fax: (618) 457-2990, (217) 557-7213

State Representative John Bradley (D-117th)
501 W. De Young St., Suite 5
Marion, IL 62959
Phone: (618) 997-9697, (217) 782-1051
Fax: (618) 997-9807, (217) 782-0882

State Representative Brandon Phelps (D-118th)
2 North Vine St., 5th Floor
Harrisburg, IL 62946
Phone: (618) 253-4189, (217) 782-5131
Fax: (618) 253-3136, (217) 557-0521

OTHER SERVICES

RURAL DEVELOPMENT CORPORATION

USDA Building
502 Comfort Dr., Suite B
Marion: (618) 993-5396, ext. 4
Fax: (618) 993-3014
Website: www.rurdev.usda.gov/il/index.html

Anna: (618) 833-6363
Benton: (618) 439-3178
Elizabethtown: (618) 287-8673
Golconda: (618) 683-8555
Harrisburg: (618) 252-8391
Marion: (618) 993-3304
Metropolis: (618) 524-2270
Mounds: (618) 745-6310
Murphysboro: (618) 687-1727
Pinckneyville: (618) 357-2126
Shawneetown: (618) 269-3049
Vienna: (618) 658-5321

SOCIAL SECURITY OFFICES

Social Security Voice Menu: 1-800-772-1213
(TTY: 1-800-325-0778)
Operates 24 hours a day
If you have a touch-tone phone, you can obtain
recorded information and some services 24
hours per day, including weekends and
holidays.
Website: www.socialsecurity.gov

Offices:

Federal Building
250 W. Cherry St., Room 104
Carbondale: 1-800-772-1213, 1-877-714-0377
Service Area: Alexander, Jackson, Perry,
Pulaski, and Union counties

18 Veterans Dr.
Harrisburg: 1-800-772-1213, 1-866-366-3980
Service Area: Gallatin, Hardin, Johnson,
Massac, Pope, Saline & White counties

1005 Factory Outlet Dr.
West Frankfort: 1-800-772-1213 or
(618) 937-2431
Service Area: Franklin and Williamson counties

UNIVERSITY OF ILLINOIS EXTENSION OFFICES

OTHER SERVICES

SUPPORT GROUPS

Times and dates of meetings are subject to change. Listed alphabetically by town

Alzheimer Support Groups

24-hour help line: 1-800-272-3900

Alzheimer's disease Association, Southern Illinois Area Chapter
Carterville: (618) 985-1095

Parkway Manor
Marion: (618) 993-8600

Arthritis Support Groups

Arthritis Foundation, Southern Illinois Branch
4501 W. De Young St., Suite B104
Marion: (618) 993-1777

Williamson County Programs on Aging
Herrin: (618) 988-1585
Chair exercises, only

Bereavement Support Groups

See "Counseling" or "Grief" support groups.

Blind Support Groups

American Council for the Blind:
1-800-424-8666

Breast Cancer Support Groups

Breast Center
Carbondale: (618) 521-3915

Cancer Support Groups

Cancer Information & Counseling:
1-800-422-6237

American Cancer Society
Marion: 1-800-642-7792

Strong Survivor Classes - SIH
Carbondale: (618) 457-5200, ext. 67133

Herrin Hospital
Herrin: (618) 942-2171, ext. 35644

Look Good, Feel Better
Carbondale: (618) 998-9898, option #3
Harrisburg: (618) 253-7671, ext. 369

Caregiver Support Groups

Family Caregiving
Carbondale: 1-800-642-7773

Chat group for families caring for an adult with developmental disabilities.
Carterville - Marion: 1-800-642-7773

Caregiver Learning Circle
Eldorado: (618) 273-7723, ext. 310

OTHER SERVICES

SUPPORT GROUPS, continued

Counseling (Individual & Groups)

Choate Mental Health Center
Anna: (618) 833-5161

Union County Counseling Center
Anna: (618) 833-8551

Delta Center
Cairo: (618) 734-2665

SIRSS
Carbondale: (618) 457-6703

Perry County Counseling Center
Du Quoin: (618) 542-4357

Family Counseling Center
Golconda: (618) 683-2461

Massac Mental Health
Metropolis: (618) 524-9368

The H Group
West Frankfort: (618) 937-6483 or
(618) 997-5336

Depression Support Groups

See "Counseling" or "Grief" support groups.

Diabetic Support Groups

American Diabetes Association
Information: 1-800-445-1667

Franklin County Evening Support Group
Franklin Hospital
Benton: (618) 439-0951

OTHER SERVICES

SUPPORT GROUPS, continued

Divorce Support Groups

Locator in Illinois (enter zip code):
www.divorcecare.org

Grandparents Raising Grandchildren Support Groups & Resource Centers

Support Group for Grandparents Raising
Grandchildren
Northern Baptist Church
West Frankfort: (618) 932-2263

Adolescent Health Center
Carbondale: (618) 529-2621
(Provides information about children's services)

Catholic Social Services
Carbondale: (618) 351-0743
(Provides information about children's services)

Lutheran Social Services
Marion: (618) 997-9196
(Provides information about children's services)

Websites that can help:
www.grandparenting.org
www.aarp.org
www.gu.org
www.sigrg.org

Support for Parents & Guardians of Children
with Special Needs
Benton: (618) 435-0018

Grief Support Groups

Warm Line Peer and Family Support by
Telephone
Phone: 1-866-359-7953

Christian Covenant Fellowship
Carterville: (618) 985-4011

Heart

Heartland Regional Medical Center
Marion: (618) 998-7907

Cardiac Rehab
Carbondale: (618) 549-0721, ext. 65293

Lung - Breathing

American Lung Association
Springfield: 1-800-586-4872

Lung Cancer Alliance
Phone: 1-800-298-2436
Website: www.lungcanceralliance.org

OTHER SERVICES

SUPPORT GROUPS, Continued

Lupus

Lupus Foundation of America
Phone: 1-800-258-7872

Multiple Sclerosis Support Group

National Multiple Sclerosis Society
Website: www.nationalmssociety.org

Osteoporosis Support Groups

National Osteoporosis Foundation
Phone: 1-800-223-9994

Ostomy Support Group

United Ostomy Association of America
Phone: 1-800-826-0826

Herrin Hospital
Herrin: (618) 942-2171 ext. 35257

Parkinson's Disease Support Groups

Parkinson's Institute
Phone: 1-800-655-2273
Website: www.thepi.org

Southern Illinois Parkinson Support Group
Murphysboro: (618) 684-4282

Parolees Support Group

Lutheran Social Services
Marion: (618) 997-9196

Southern Illinois Re-entry Group
Man-Tra-Con
Marion:

Winners Circle
First United Methodist Church
Marion: (618) 993-6692 ext. 228

Stroke Support Groups

Herrin Hospital
Herrin: (618) 942-2171, ext. 35312
Call for information.

Widowed Persons Support Groups

See "Counseling" or "Grief" support groups.

OTHER SERVICES

VETERAN SERVICES

Federal Medical Centers:

Marion Veteran's Administration Medical Center
2401 W. Main St.
Marion: (618) 997-5311
(American Legion Dept. ext. 4558 or the
Am-Vets Dept. ext. 4743)

The Chicago VA Medical Center
Phone: 1-800-827-1000
TTY: 1-800-827-4833

State Office of Veterans Affairs:

State Office in Springfield: 1-800-437-9824
TTY: (217) 524-4645

500 W. Main St.
Benton: (618) 435-3678
- or -
713A E. Church St
Harrisburg: (618) 253-2005
- or -
Regional Office Building
2309 W. Main St., Suite 122
Marion: (618) 997-3309, (618) 993-7369
- or -
617 Walnut St.
Murphysboro: (618) 684-2966

MISCELLANEOUS

AARP

State Office: 1-866-448-3613
or 866-448-3617
55-Alive Classes: 1-888-227-7669
Legal Service Network: 1-866-330-0753
Tax Aide Service (free help filing income
taxes): 1-888-227-7669
AARP members receive free initial hour
consultation.
Website: www.aarp.org

AccessSI.org - Website of social services in
Southern Illinois: www.accessSI.org

All Kids & Family Care Health Insurance:
1-866-255-5437

Alzheimer's Association

Carterville: (618) 985-1095
Call for information on support groups.
24-hour help line: 1-800-272-3900

American Cancer Society: (618) 998-9898 or
1-800-642-7792
Website: www.illinoiscancerhelp.org

American Council for the Blind: 1-800-424-8666
(call between 2-5 pm.)

American Heart Association: 1-800-242-8721

American Kidney Fund: 1-800-638-8299

American Lung Association: 1-800-586-4872

American Red Cross: (618) 529-1525 or
1-800-272-2984

Arthritis Foundation: (618) 993-1777

Attorney General's Office

Carbondale: (618) 529-6400
TTY: (618) 529-6403
Consumer Hotline: 1-800-243-0607

OTHER SERVICES

MISCELLANEOUS, continued

Brain Injury Home Services Program:
(217) 782-2722

Benefits Checkup Website to determine an individual's benefits:
www.benefitscheckup.org

Cancer Information & Counseling:
1-800-422-6237

Care Trak: 1-800-842-4537, option #2
Tracking equipment used by local officials to help find wandering people with dementia and other related conditions
www.caretrak.com

Catholic Social Services: (618) 351-0743

Center for Independent Living & ITAC:
Carbondale: (618) 457-3318
Saline, Gallatin & Hardin County:
(618) 252-7233
Fax: (618) 549-0132
Services: TTY distribution, free CapTel phones, information for disabled, vision, and hearing impaired.

Circuit Breaker & Illinois Cares Rx:
1-800-624-2459
Services: Grant, low-cost license plates, & pharmaceutical assistance.

Coleman Tri-County Visually Impaired Program:
(618) 252-4201

Create a Smile Thrift Shop: (618) 925-2140

Delta Center - Disabled & Elderly Blind
Services: (618) 734-2665
TTY: (618) 734-1350

Easter Seals Society: www.easterseals.com

Elder Abuse Referrals: 1-800-642-7773
Disabled, under the age of 60 can call 1-800-368-1463)

Eldercare Locator: 1-800-677-1116 (M-F)
Service: National information on aging
Website: www.eldercare.gov

Equip for Equality
Carbondale: 1-800-758-0559
TTY: 1-800-610-2779

Eye Care America: 1-800-272-3937

Governor's Office of Citizens Assistance:
1-800-642-3112

Guardianship & Advocacy: (618) 833-4897

Hunger Hotline: 1-800-359-2163

Illinois Assistive Technology Program:
(217) 522-7985
Fax: (217) 522-8067
Voice & TTY: 1-800-852-5110 (Illinois only)

Illinois Foundation for Quality Health Care - Medicare Helpline: 1-800-647-8089

Illinois Relay Center: 1-800-526-0857
TTY: 1-800-526-0844
Spanish: 1-800-501-0865
Spanish TTY: 1-800-501-0864
Services: Relays voice messages into teletype for the deaf. No charge.

Illinois Senior HelpLine: 1-800-252-8966
Information about senior services in Illinois

Land of Lincoln Legal Assistance:
(618) 457-7800, 1-800-642-5335

Legal Information - Self Help Legal Center
Email: selfhelp@siu.edu
Website: www.law.siu.edu

OTHER SERVICES

MISCELLANEOUS, continued

Lifeline and Linkup Assistance for needy families: 1-800-483-4000

Services: Individuals must be eligible to receive Medicaid, food stamps, SSI, public housing, or LIHEAP. Lifeline provides eligible customers a monthly credit on their phone bill. Linkup also provides a credit toward installing a single telephone line.

Lions of Illinois Foundation: (815) 756-5633 or 1-800-955-5466

Services: Assist low-income individuals with eye exams and glasses, sometimes with hearing aids.

Literacy - Illinois Adult Learning Hotline: 1-800-321-9511

Lutheran Social Services of Illinois: (618) 997-9196

Medicare claims & general information

Part A or B claims: 1-800-633-4227

Medical Equipment: 1-800-633-4227

Railroad Retirement: 1-800-833-4455 or 1-800-842-5252

TTY: 1-800-820-1202

Medicare Consumer Helpline: 1-800-647-8089

Medicare Fraud and Abuse: 1-800-447-8477 or (618) 985-8311

Mid-Illinois Talking Book Center - Shawnee Library System: 1-800-426-0709

New Beginnings Program (Massac Memorial Hospital senior program): (618) 524-7370

RSVP - Volunteer Opportunities: (618) 634-2201

Service Area: Alexander, Hardin, Johnson, Massac, Pope, Pulaski, & Union counties.

Salvation Army: (618) 993-5854

Second Act (Southern Illinois Healthcare senior program): 1-877-480-4040

Senior Circle (Heartland Regional Medical Center senior program): (618) 998-7333

Senior Health Insurance Program – SHIP: (217) 782-4515 or 1-800-548-9034
TTY: (217) 524-4872

Southern Illinois Case Coordination Unit

Services: 1-800-828-7422

Services: Services for disabled persons under age 60.

Southern Illinois Center for Independent Living (SICIL): (618) 457-3318

Southern Illinois Coalition for the Homeless: (618) 993-0094

Southern Illinois Healthcare Physicians and Resource Information Line: 1-866-744-2468

Southern Illinois Learning in Retirement (SIUC): (618) 536-7751

Southern Illinois Radio Information Service

(SIRIS): (618) 453-2808

Information service for the blind and visually impaired

Tax-Aide Service (free help filing income taxes)
AARP: 1-888-227-7669

Veterans Salute - help at-home for veterans, c/o Addus Healthcare: (618) 997-6565 or 1-866-687-9639

Welfare and Medical Fraud Hotline:

1-800-252-8903

TTY: 1-800-447-6404

PROGRAM ELIGIBILITY GUIDELINES

Limits change in January for these programs:

- Medicare, Part A** - Hospital deductible for first 60 days is \$1,132, days 61-90 is \$283 per day, and days 91-150 is \$566 per day. Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$141.50 per day.
- Medicare, Part B** - \$96.40, \$110.50, or \$115.40 depending on several factors. Deductible is \$162.
- Medicare Part D** - Deductible is \$310, beneficiary pays all costs when drug costs exceed \$3,607.50. Catastrophic coverage begins when drug costs exceed \$6,447.50.
- Prevention of Spousal Impoverishment** - spouse at home keeps up to \$2,739 income per month and \$109,560 of assets. Institutionalized spouse keeps up to \$30 of income per month and \$2,000 of assets. Apply at Dept. of Human Services.
- Social Security** - under age 65, \$1 of benefits withheld for each \$2 of wages earned over \$14,160. Ages 65 and over, no limits.
- SSI** - Supplements income. Up to \$674 per month for 1 person (\$2,000 assets) and \$1,011 for 2 (\$3,000 assets). Apply at Social Security.

Limits change in March for these programs:

- Medicaid** - Medical card. Monthly income limit is \$933 for 1 person (\$2,000 assets) and \$1,276 for 2 (\$3,000 assets). Apply at Dept. of Human Services.
- QMB** - Pays Medicare premiums, deductible, and co-pay. Monthly income limit is up to \$933 for 1 person (\$4,000 assets) or up to \$1,276 for 2 (\$6,000 assets). Apply at Dept. of Human Services.
- SLIB** - Pays Medicare Part B premium. Monthly income from \$933 up to \$1,114 for 1 person (\$4,000 assets) or \$1,276 up to \$1,521 for 2 (\$6,000). Apply at Dept. of Human Services.
- QI-1** - Pays a small portion of the Medicare Part B premium. Monthly income between \$1,114 up to \$1,251 for 1 person (\$4,000 assets) or \$1,521 up to \$1,705 for 2 (\$6,000 assets). Apply at Dept. of Human Services.

Limits change in summer for these programs:

- Community Care Program** - Homemaker & Adult Day Services. Asset limit is \$17,500. Apply with Dept. on Aging.
- Illinois Farmers Market Coupons** - coupons to buy fresh food and vegetables at area Farmers Markets for people age 60+. Monthly income limit is \$1,679 for 1 person and \$2,268 for 2.
- SNAP** - Assistance buying food. Monthly income limit is \$1,815 for 1 person and \$2,452 for 2. Asset limit is \$3,000 if age 60 or older (\$2,000 otherwise.) Apply at Dept of Human Services.
- Energy Assistance (LIHEAP)** - Helps with heating. Monthly income limit is \$1,354 for 1 person and \$1,821 for 2.
- Weatherization Program** - winterizes the home. Annual income limit is \$21,660 for 1 person and \$29,140 for 2.

Limits rarely change except as noted:

- Circuit Breaker**- Property tax grants and reduced fee for license plates. Annual income limit is \$27,610 for 1 person, \$36,635 for 2, and \$45,657 for 3 or more.
- General Homestead Exemption** is in addition to the exemption below and allows a reduction of up to \$6,000 in assessed value of your home in which you own and live in Illinois (for taxpayers of any age).
- Illinois Cares Rx** Pharmaceutical assistance. Annual income limit is (as of Sept 2011) \$21,780 for 1 person, \$29,420 for 2, and \$37,060 for 3 or more
- Senior Citizen Homestead Exemption** - \$4,000 exemption off assessed value of home. Must be aged 65 or older and live on the property. Apply at the county assessor's office.
- Senior Citizens Assessment Freeze Exemption** - Freezes the assessed value of home. Income limit is \$55,000 per year. Owner must be age 65 or older, live in the home, and pay taxes on the property. Apply and renew annually at county assessor's office.

FAMILY CAREGIVERS GUIDE

ABUSE & NEGLECT:

Attorney General's Office - Pg. 54.
Consumer fraud, crime victim assistance, and public information.
Elder Abuse Program - Pg. 4 under "Shawnee Alliance" Case Managers work with victims to resolve abuse, exploitation, or neglect of older people.

ADULT DAY SERVICES:

Adult Day Services - Pg. 12, 30, & 31.
Supervision, activities, and meals for frail older individuals.

ADVANCE DIRECTIVES:

Durable Power of Attorney for Property in Illinois allows you to authorize another person to make decisions about your personal and business property in the event you are unable to do so.
Durable Power of Attorney for Health Care in Illinois allows you to authorize another person to make decisions about your health care when you are unable to, due to illness or disability. The Power of Attorney for Health Care is more flexible and more powerful than a Living Will.
Illinois Senior HelpLine - Pg. 55. To obtain free copies of the Power of Attorney forms and or the Living Will form.
Living Will in Illinois enables you to legally authorize, in advance, the withholding of life-sustaining procedures should you become terminally ill or injured. The Living Will is prepared while you are able to make independent decisions.
SIUC Legal Services for the Elderly - Pg. 4. General legal services including Wills, Guardianship, Powers of Attorney, and other legal problems.

ALZHEIMER DISEASE & DEMENTIA:

Adult Day Services - Pg. 12, 30, & 31.
Supervision, activities, and meals for frail older individuals.
Alzheimer's Association - Pg. 54.
Information on dementia and support groups.

Carbondale Family Practice Center, Memory & Aging Clinic - Information and assessment for dementia. Serves all of Illinois. Call (618) 536-6621, ext. 224 for information or ext. 230 for an appointment.

Family Counseling Center Memory Disorder Program - Information and assessment for dementia. Serves Alexander, Hardin, Johnson, Massac, Pope, Pulaski, Saline, and Union counties. Call Vienna (618) 658-2611, Golconda (618) 683-2461, or Elizabethtown (618) 287-7010.

Good Samaritan Regional Health Center - Information and assessment for dementia. Call (618) 244-5230
Support Groups - Pg. 50-53.

ASSISTIVE DEVICES:

Look under ... "Blind & Disabled."

ASSISTED LIVING:

Assisted Living - Pg. 12 & 33-38 by county.

BLACK LUNG:

Respiratory Disease Clinics - Pg. 31.

BLIND & DISABLED:

Adult Day Services - Pg. 12, 30, & 31.
Supervision, activities, and meals for frail older individuals.
Associations - Pg. 54. Associations for AARP, Alzheimer, Arthritis, the Blind, Cancer, Diabetes, Heart, Kidney, etc.
Center for Independent Living - Pg. 55.
Distributes teletype machine and gives information to the disabled.
Easter Seals Society - Pg. 55.
Guardianship & Advocacy - Pg. 55. State guardian of last resort.
Home Modifications - Pg. 5-11. Senior centers have limited funds for minor changes to homes to make them accessible (bath rails, raised toilet seats, ramps, etc.)

FAMILY CAREGIVERS GUIDE

Illinois Assistive Technology Program - Pg. 53. Information about assistive devices for disabled and older people.
Illinois Relay Center - Pg. 55. Relays voice messages to teletype machines for the hearing impaired. No charge.
Office of Rehabilitation - Pg. 47. State agency for the blind & disabled.
Mid-Illinois Talking Book Center - Pg. 56. Books & magazines on audio tape.

CASE MANAGEMENT:

Case Management (Case Coordination Unit) - Pg. 4 under "Shawnee Alliance" Works with frail older people to determine eligibility for various programs, develop a care plan, and make referrals.
Egyptian Area Agency on Aging - Pg. 3. General information and referrals.
Eldercare Locator - Pg. 55. Locates senior services anywhere in the USA. Website: www.eldercare.gov
Illinois Senior HelpLine - Pg. 55. Locates senior services anywhere in Illinois.
Senior Centers - Pg. 5-11. Provide information & assistance and make referrals.
Southern Illinois Case Coordination Unit Services - Pg. 56. Services for disabled persons under age 60.
www.accessSI.org - Website of social services in Southern Illinois.

CIRCUIT BREAKER & ILLINOIS CARES Rx:

Pg. 55 & 57. A grant to eligible disabled or older adults, pharmaceutical assistance, and a discount on auto license plates.

COMMUNITY CARE PROGRAM:

The Community Care Program is for frail older people who are in danger of nursing home placement. The older person is assessed and, if found eligible, may receive homemaker and/or adult care services. This program does not provide care 24 hours a day. Call 1-800-642-7773.

Assessment and Case Management - Pg. 4 under "Shawnee Alliance" Case Managers determine eligibility and develop a care plan to fit the older individual's need.

Choices for Care - Pg. 4 under "Shawnee Alliance" Everyone applying for admission to a nursing home must be informed of all care options in the community by Case Managers.

Adult Day Services - Pg. 12. Supervision, activities, and meals for frail older individuals.

Assisted Living - Pg. 12.

Homemakers - Pg. 12. Housekeeping, errands, transportation, personal care, and health monitoring.

Veterans Salute - help at home for veterans, c/o Addus Healthcare, 997-6565

CONSUMER PROTECTION:

Look under ... "Disputes & Legal Assistance."

COUNSELING:

Cancer Information and Counseling - Pg. 55.

Community Counseling Centers - Pg. 17. Counseling, alcohol and substance abuse, and support groups.

Gerontological & Caregivers Counseling - Pg. 4 under "Shawnee Alliance" Individual counseling, usually in the home.

Psychiatric Services - Pg. 16. 24-hour crisis intervention and short-term, in-patient assistance with mental illness.

Support Groups - Pg. 50-53.

FAMILY CAREGIVERS GUIDE

DEMENTIA:

Look under ... “Alzheimer’s Disease & Dementia.”

DENTAL CARE:

Adult Care Dentures (Carmi, IL) -

Discounted, one-day service on dentures, only. No checks accepted. Call 1-800-825-8044 or (618) 382-2822.

Affordable Dentures - 1-800-336-8873.

Cobden Dental Clinic - general dentistry.

Accepts medical cards, insurance and has a sliding fee scale. Call (618) 893-4005.

Community Health Centers - Pg. 31-32

Community Health and Emergency Services

Clinics: Cairo (618) 734-4400

Harrisburg (618) 253-8450

Tamms (618) 747-2391

Rosiclare (618) 285-3930. Sliding fee scale based on income. All procedures except dentures and root canals.

Create A Smile - (618) 925-2140.

Illinois Centre Healthcare – Dental – Sliding

fee scale based on family size and income. Some procedures discounted, but not all. Call (618) 997-3647.

Illinois Foundation of Dentistry for the

Handicapped - volunteering Dentists provide comprehensive dental care to people who, because of permanent disability, advanced age, or chronic medical problems, are unable to work or lack adequate income to pay for needed dental care. There is a waiting list. Call 1-800-699-6785 for an application.

John A. Logan Dental Hygiene Program -

Cleaning, only. Call (618) 985-2828 ext. 8690.

Marion VA Hospital - Must have been 100%

disabled or had trauma to mouth while in service, or former POW. Call (618) 997-5311, ext. 4109 or 993-4109.

Shawnee Dental Center - Sliding fee scale

based on family size and income. Some procedures discounted, but not all. Call (618) 684-2321, 519-9901, or 969-8600.

SIUC Community Dental Center - Medicaid patients, only. Call (618) 453-2353.

SIUC Dental Hygiene Clinic - Cleaning and x-rays, only. Call (618) 453-8826.

DISABILITIES:

So. IL Center for Independent Living - pg. 56.

Website for the Deaf at www.DeafMD.org.

DISASTER ASSISTANCE:

Egyptian Area Agency on Aging - Pg. 3.

General information and referrals.

American Red Cross - Pg. 54.

DISPUTES & LEGAL ASSISTANCE:

American Bar Association - lawyer referrals, www.abanet.org/legalservices/findlegalhelp/main.cfm

Attorney General’s Office - Pg. 54.

Consumer fraud, crime victim assistance, and public information.

Crisis Centers - Pg. 44. Assistance and shelter for victims of domestic abuse.

Guardianship & Advocacy - Pg. 55. State guardian of last resort.

Governor’s Office of Citizens Assistance - Pg. 55.

Land of Lincoln Legal Services - Pg. 55.

Legal assistance for low-income individuals.

Medicare Peer Review Organization Hotline

- Pg. 56. Call when a Medicare patient of a hospital, skilled nursing or home health agency has problems with the quality of care or to file an appeal if it appears a patient is being discharged too early.

Regional Ombudsman - Pg. 4 under “Shawnee Alliance” Help for residents (and their families) of assisted living facilities and nursing homes.

Legal Information - Self Help Legal Center - Pg. 55.

Senior Health Insurance Program (SHIP) -

Pg. 56. Assistance with Medicare and supplemental insurance claims.

FAMILY CAREGIVERS GUIDE

SIUC Alternative Dispute Resolution Clinic - Pg. 4. Mediation services giving two or more parties an opportunity to resolve disputes outside of a Court of Law.

SIUC Domestic Violence Clinic - Pg. 4. Representation in a Court of Law for intervention in domestic violence cases.

SIUC Legal Services for the Elderly - Pg. 4. General legal services including Wills, Guardianship, Powers of Attorney, and other legal problems.

DOMESTIC VIOLENCE & SHELTERS:

See "Abuse and Neglect" above.
Women's Centers and Shelters. Pg. 44-45.

DRIVER'S LICENSE:

Illinois Driver's License Examining Station - Call your local facility for driving tests, photo identification cards, discounts on License Plate fees, and special License Plates and Parking Permits. For information, senior adults can call 1-800-252-2904.

Senior Centers - Pg. 5-11. Information on Rules of the Road Review Courses and Circuit Breaker which qualifies eligible individuals for a reduction on License Plate fees.

DRUGS:

Look under ... "Income Assistance."

EDUCATION:

Community Colleges - call (217) 785-0123 for colleges which offer continuing education classes with some discounts for seniors.

Southern Illinois Learning in Retirement - Pg. 54. Adults share interests and expertise.

ELDER ABUSE AND NEGLECT PROGRAM:

Look under ... "Abuse and Neglect."

ELECTED OFFICIALS:

Federal and State for Southern Illinois - Pg. 48.

EMPLOYMENT AND JOB TRAINING:

Community Colleges - Community Colleges provide job training. Call (217) 785-0123.

Employment & Job Training - Pg. 19-21. Employment and job training opportunities.

Senior Employment Specialist - Pg. 20. Staff at the Egyptian Area Agency on Aging help with resume and job interviewing skills and help finding job training and employment.

EYE GLASSES:

Look under ... "Vision Aids."

FOOD & MEALS:

Food Pantries - Pg. 22-25.

Food Stamps (Illinois LINK card) - Pg. 46 & 57. Apply at the county office of the Department of Human Services.

Hunger Hotline - Pg. 55.

Senior Citizen Centers - Pg. 5-11. Hot, noon meals for older people at congregate sites and home delivered meals.

GRANDPARENTS RAISING CHILDREN:

Child Care Resource & Referral - Pg 19
Support Groups - Pg. 50-53
SIGRG.org - in-depth information on services for children.

HEALTH CARE & MONITORING:

Also, see "Income Assistance" for help to pay for health care costs and drugs.
Adult Day Services - Pg. 12, 30, & 31. Supervision, social activities, and light recreation for frail older individuals.
Circuit Breaker & IL Cares Rx - Pg. 55 & 57. Information on assistance with some pharmaceuticals.
County Health Departments - Pg. 26.

FAMILY CAREGIVERS GUIDE

Emergency Response Systems (Lifeline) - Pg. 27. Useful for shut-ins or older people living alone. Emergency response equipment is attached to the phone line and activated by a push of a button.

Home Health Care Agencies - Pg. 27. In-home nursing & therapy for homebound patients.

Hospice - Pg. 28. Nursing, medications, and pain control for terminally ill. Support and practical help for patient and family.

Hospitals - Pg. 29 & 56 (senior programs).

Medical Assistance - Pg. 46. County offices of Department of Human Services assist low-income individuals pay for medical bills.

Medicare Coverage & Claims - Pg. 56.

Medical Equipment and Supplies - Pg. 30.

Medicare Peer Review Organization Hotline - Pg. 56. Call when a Medicare patient of a hospital, skilled nursing or home health agency has problems with the quality of care or to file an appeal if it appears a patient is being discharged too early.

New Beginnings - Pg. 56.

Private Duty Nursing - Pg. 30-31.

Rehabilitation & Therapy - Pg. 31.

Respiratory Disease Program - Pg. 31.

Rural Health Clinics - Pg. 32.

Second Act - Pg. 56.

Senior Centers - Pg. 5-11. Routine screening such as blood pressure, blood sugar and cholesterol screening. Information on pharmaceutical assistance.

Senior Circle - Pg. 56.

Senior Health Insurance Program (SHIP) - Pg. 56. Assistance with Medicare and supplemental insurance claims, and information on long term care insurance and managed care plans. Comparative shopping guides are available.

HEARING AIDS:

Also, look under ... "Disputes & Legal Assistance."

Illinois Relay Center - Pg. 55. Telephone assistance for the hearing impaired and

others wanting to phone the hearing impaired.

Lions of Illinois Foundation - Pg. 56.

Mid-Illinois Talking Book Center - Pg. 56.

Books recorded on audio tape.

The Starkey Hearing Foundation - 1-800-648-4327.

HOMEMAKER:

Look under ... "Community Care Program" and "Respite Care."

HOUSING & MAINTENANCE:

Assisted Living, Independent Living, Domiciliary Units - Pg. 12, 30, 31 & 33-38. Check availability by county.

Energy Assistance & Weatherization Programs - Pg. 47 & 57. Assistance paying for utility bills and insulation and other weather related improvements to homes of low-income individuals.

Habitat for Humanity - Pg. 44. Homes built by volunteers for low-income individuals.

Homeless Shelters - Pg. 44-45.

Low Interest Loans - Pg. 49. Rural Development Corporation (formerly the FmHA) provides low interest loans for improving, renovating, or building homes for low-income individuals.

Nursing Homes - Pg. 39-43. By county.

Private Housing - Pg. 33-38. By county.

Public Housing - Pg. 33-38. By county.

Renovations & Modifications - Pg. 5-11.

Senior centers have limited funds for minor changes to homes to help make them accessible (bath rails, raised toilet seats.)

Southern Illinois Coalition for the Homeless - Pg. 56.

Subsidized Housing - Pg. 33-38. By county.

INCOME ASSISTANCE:

Case Management - Pg. 4 under "Shawnee Alliance" Case Managers assist frail older people determine eligibility for various programs, develop a care plan, and make referrals.

Circuit Breaker & Illinois Cares Rx - Pg. 55 & 57. A grant to eligible disabled or

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older adults, pharmaceutical assistance, and a discount on auto license plates.

Energy Assistance - Pg. 47 & 57.

Assistance paying for utility bills.

Food Pantries - Pg. 22-25.

Food Stamps (Illinois LINK card) - Pg. 46 & 56. Apply at the county offices of Department of Human Services.

Medicaid (Medical Assistance) - Pg. 46 & 56. Assists low-income individuals' pay for medical bills. Apply at your local Dept. of Human Services office.

Public Aid - Pg. 46. Apply at the local Dept. of Human Services office.

QI-1 - Pg. 46 & 57. Pays the premium on Medicare. Apply at the local Dept. of Human Services office.

QMB - Pg. 46 & 57. Pays the premium, deductible, and co-insurance on Medicare for low-income individuals. Apply at the local Dept. of Human Services office.

Reverse Mortgages - Get help from "Case Management" or "Senior Centers."

Senior Centers - Pg. 5-11. Outreach Workers provide information and assistance and make referrals.

SLMB or SLIB - Pg. 46 & 57. Pays the monthly Part B Medicare premium for low-income individuals. Apply at the local Dept. of Human Services office.

Social Security Offices - Pg. 49. Assistance with retirement, disability, and low-income supplemental income benefits.

Supplemental Security Income - Pg. 49. Social Security offices assist low-income individuals with supplemental income.

Weatherization Program - Pg. 47. Insulation and other related improvements to homes of low-income individuals.

INFORMATION ON SERVICES:

Also, look under "Case Management."

Benefits Checkup - Pg. 55.

Egyptian Area Agency on Aging - Pg. 3. General information and referrals.

Eldercare Locator - Pg. 55. Locates senior services anywhere in the USA. Website: www.eldercare.gov.

Illinois Senior HelpLine - Pg. 55. Locates senior services anywhere in Illinois.

Senior Centers - Pg. 5-11. Provide information & assistance and make referrals.

www.accessSI.org - Website of social services in Southern Illinois.

IN-HOME CARE:

Look under ... "Community Care Program" or "Respite Care."

Veterans Salute - help at-home for veterans, c/o Addus Healthcare, 997-6565

INSURANCE:

Get help from agencies listed under "Case Management" and "Senior Centers."
Senior Health Insurance Program (SHIP) - Pg. 55. Assistance with Medicare and supplemental insurance claims, information on long term care insurance and managed care plans like an HMO. Comparative shopping guides are available.

LEGAL ASSISTANCE:

Look under... "Disputes and Legal Assistance."

LEGISLATORS:

Federal and State - Pg. 48.

LIVING WILLS:

Look under ... "Advance Directives."

JOB TRAINING:

Look under ... "Employment."

MEALS:

Look under ... "Food & Meals."

MEDICAL:

Look under ... "Health Care & Monitoring."

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MEDICARE:

Medicare Coverage and Claims - Pg. 56.
Medicare Peer Review Organization Hotline

- Pg. 56. Help for problems with the quality of care or to file an appeal if it appears a patient is being discharged too early.

Medicare Fraud and Abuse - Pg. 56.

Medicare fraud and abuse hotline.

QI-1 - Pg. 46 & 57. Pays the premium on Medicare. Apply at the local Dept. of Human Services office.

QMB - Pg. 46 & 57. Pays the premium, deductible, and co-insurance on Medicare for low-income individuals. Apply at the local Dept. of Human Services office.

SLMB or SLIB - Pg. 46 & 57. Pays the monthly Part B Medicare premiums for low-income individuals. Apply at the local Dept. of Human Services office.

Senior Health Insurance Program (SHIP) - Pg. 56. Assistance with Medicare and insurance claims, information on long term care insurance and managed care plans. Comparative shopping guides available.

MEMORY DISORDERS:

Look under ... "Alzheimer's Disease."

MENTAL HEALTH:

Look under ... "Counseling."

MONEY MANAGEMENT:

Money Management Program - Pg. 4 under "Shawnee Alliance" Volunteers assist older people who need help with paying bills and writing checks.

NURSING HOMES:

Choices for Care - Pg. 4 under "Shawnee Alliance" Anyone applying for admission to a nursing home must be informed of all care options in the community by Case Managers.

Medicaid and Spousal Impoverishment -

Pg. 46 & 57. Assists with the cost of nursing homes. Spousal Impoverishment helps couples keep more income & assets when one enters a nursing home. Apply at county offices of the Dept. of Human Services. See "Shawnee Alliance" on Pg 4.

Nursing Homes - Pg. 39-43. Listed by county

Regional Ombudsman - Pg. 4 under "Shawnee Alliance" Help for assisted living and nursing home residents and their families. Also provides information on how to choose a nursing home.

OUTREACH:

Senior Centers - Pg. 5-11. Provide information and assistance and make referrals.

PAYING BILLS:

Look under ... "Income Assistance."
Look under ... "Money Management."

POWERS OF ATTORNEY:

Look under ... "Advance Directives."

PRESCRIPTION DRUGS:

Look under "Income Assistance."

PROPERTY TAX RELIEF:

Also, look under ... "Case Management" and "Taxpayer Assistance."

Circuit Breaker & Illinois Cares Rx - Pg. 55 & 57. A rebate of taxes for eligible older adults and disabled, pharmaceutical assistance, and a discount on auto license plates.

Property Tax Deferral - Call your county treasurer's office for assistance.

Senior Homestead Exemption & Senior Citizen Property Tax Assessment Freeze - Pg. 57. Call your county supervisor of assessments for assistance.

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Taxpayer Assistance - Call AARP at 1-888-227-7669.

PUBLIC AID:

Look under ... "Income Assistance."

RECREATION:

National Park Visits - Golden Age Passport is available for a small fee. Check with the nearest national park or recreation area.

Senior Centers - Pg. 5-11. Recreational and social activities for older adults.

REFERRAL AGENCIES:

Look under ... "Case Management" or "Senior Centers."

RESPIRE CARE:

Also, look under ... "Community Care Program."

Adult Day Services - Pg. 12, 30, & 31.

Supervision, social activities, meals, and light recreation for frail older individuals.

Assisted Living - Pg. 12, 30, 31 & 33-38.

Check availability by county.

Homemakers - Pg. 12. Housekeeping, errands, transportation, personal care, and health monitoring.

In-Home Care as Respite - Pg. 5-11.

Respite from care in the home.

Private Pay Sitters - Pg. 30.

Senior Centers - Pg. 5-11. Offer limited in-home respite care for family caregivers of seniors and grandparents raising grandchildren.

SENIOR CENTERS:

Senior Centers - Pg. 5-11. Services include information, assistance, referrals, congregate & home delivered meals, and transportation for seniors, family caregivers, and grandparents raising grandchildren.

SOCIAL SECURITY:

Also, look under ... "Income Assistance."

Social Security Office - Pg. 49. Assistance with retirement, disability, and low-income supplemental income benefits.

SUPPORT GROUPS:

Associations - Pg. 54-56. Associations for AARP, Alzheimer, Arthritis, Blind, Cancer, Diabetes, Heart, Kidney, Lung, etc. often have their own support groups.

Community Counseling Centers - Pg. 17-18.

Support groups, outpatient assistance with mental illness, and alcohol and substance abuse.

Support Groups - Pg. 50-53. Area support groups with varied interests and goals. Times, dates, and locations of meetings are subject to change.

TAXPAYER ASSISTANCE:

Also, look under ... "Property Tax Relief."

Free Tax Aide - help filing taxes through AARP at 1-888-227-7669.

Problems Resolution Office - Call the IRS at 1-800-829-1040 for assistance.

Special Tax Credit (deductions for qualified individuals who care for aged adults and aged individuals on disability.) Call the Internal Revenue Service at 1-800-829-3676 for assistance.

Taxpayer Assistance - Call AARP at 1-888-227-7669.

TELEPHONE:

Illinois Relay Center - Pg. 55.

Lifeline and Linkup Assistance - Pg. 55.

Southern Illinois Center for Independent Living - Pg. 56.

THERAPY:

Rehabilitation & Therapy - Pg. 31.

TRAINING:

Look under ... "Education" and "Employment & Training."

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TRANSPORTATION:

- Elderly and Public Transit - Pg. 13-15.
Transportation is available throughout the southern thirteen counties of Illinois. Some transit to metropolitan areas available.
- Community Care Program - Pg. 12.
Homemakers of the Community Care Program transport eligible older people.

UTILITY BILLS:

- Energy Assistance - Pg. 47 & 57. Low-income individuals can receive assistance with their utility bills.
- Low Interest Loans - Pg. 49. Rural Development Corporation provides low interest loans for improving, renovating, or building homes for low-income individuals.
- Weatherization Program - Pg. 47 & 57.
Insulation and related improvements to homes of low-income individuals.

VETERAN SERVICES:

- Federal and State Offices of Veteran's Affairs - Pg. 54. Assistance with income, medical, and other benefits for veterans.
- Veterans Salute - help at-home for veterans, c/o Addus Healthcare, 997-6565

VISION AIDS:

- Lions of Illinois Foundation - Pg. 56. Assists low-income individuals with eye exams/glasses and with hearing aids.

VOLUNTEER OPPORTUNITIES:

- Inter-generational Activities - READS uses older volunteers to help children with their school work. Child Day Care Centers need volunteers to help with daily activities. Call the Egyptian Area Agency on Aging for more information at (618) 985-8311.
- Money Management Program - Pg. 4 under "Shawnee Alliance" Volunteers assist

- older people who need help with paying bills and writing checks.
- Ombudsman - Pg. 4 under "Shawnee Alliance" Trained staff and volunteers visit and help residents in assisted living facilities and nursing homes.
- RSVP - Pg. 56. Volunteer opportunities at nonprofit agencies
- Senior Centers - Pg. 5-11. A variety of opportunities to help older people, such as delivering meals, assisting in the dining room, and transporting older people

ZIP CODES

<u>ZIP</u>	<u>CITY</u>	<u>COUNTY</u>	<u>Zip</u>	<u>City</u>	<u>County</u>
62805	Akin	Franklin	62950	Jacob	Jackson
62905	Alto Pass	Union	62951	Johnston City	Williamson
62906	Anna	Union	62952	Jonesboro	Union
62907	Ava	Jackson	62953	Joppa	Massac
62908	Belknap	Johnson	62954	Junction	Gallatin
62812	Benton	Franklin	62955	Karbers Ridge	Hardin
62909	Boles	Johnson	62956	Karnak	Pulaski
62910	Brookport	Massac	62856	Logan	Franklin
62819	Buckner	Franklin	62958	Makanda	Jackson
62912	Buncombe	Johnson	62959	Marion	Williamson
62820	Burnt Prairie	White	62957	McClure	Alexander
62914	Cairo	Alexander	62960	Metropolis	Massac
62915	Cambria	Williamson	62961	Millcreek	Union
62916	Campbell Hill	Jackson	62962	Miller City	Alexander
62901	Carbondale	Jackson	62963	Mound City	Pulaski
62902	Carbondale	Jackson	62964	Mounds	Pulaski
62903	Carbondale	Jackson	62965	Muddy	Saline
62821	Carmi	White	62865	Mulkeytown	Franklin
62917	Carrier Mills	Saline	62966	Murphysboro	Jackson
62918	Carterville	Williamson	62967	New Burnside	Johnson
62919	Cave in Rock	Hardin	62867	New Haven	Gallatin
62822	Christopher	Franklin	62969	Olive Branch	Alexander
62823	Cisne	Wayne	62970	Olmsted	Pulaski
62920	Cobden	Union	62871	Omaha	Gallatin
62825	Coello	Franklin	62971	Oraville	Jackson
62921	Colp	Williamson	62874	Orient	Franklin
62922	Creal Springs	Williamson	62972	Ozark	Johnson
62238	Cutler	Perry	62973	Perks	Pulaski
62923	Cypress	Johnson	62274	Pinckneyville	Perry
62924	DeSoto	Jackson	62974	Pittsburg	Williamson
62926	Dongola	Union	62975	Pomona	Jackson
62927	Dowell	Jackson	62976	Pulaski	Pulaski
62832	Du Quoin	Perry	62977	Raleigh	Saline
62928	Eddyville	Pope	62979	Ridgway	Gallatin
62930	Eldorado	Saline	62982	Rosiclare	Hardin
62931	Elizabethtown	Hardin	62983	Royalton	Franklin
62932	Elkville	Jackson	62884	Sesser	Franklin
62833	Ellery	Edwards	62984	Shawneetown	Gallatin
62834	Emma	White	62985	Simpson	Johnson
62933	Energy	Williamson	62987	Stonefort	Saline
62835	Enfield	White	62888	Tamaroa	Perry
62934	Equality	Gallatin	62988	Tamms	Alexander
62836	Ewing	Franklin	62990	Thebes	Alexander
62840	Frankfort Hts	Franklin	62890	Thompsonville	Franklin
62841	Freeman Spur	Williamson	62992	Ullin	Pulaski
62935	Galatia	Saline	62993	Unity	Alexander
62938	Golconda	Pope	62891	Valier	Franklin
62939	Goreville	Johnson	62994	Vergennes	Jackson
62940	Gorham	Jackson	62995	Vienna	Johnson
62941	Grand Chain	Pulaski	62996	Villa Ridge	Pulaski
62942	Grand Tower	Jackson	62896	West Frankfort	Franklin
62943	Grantsburg	Johnson	62897	Whittington	Franklin
62946	Harrisburg	Saline	62997	Willisville	Perry
62947	Herod	Pope	62998	Wolf Lake	Union
62948	Herrin	Williamson	62999	Zeigler	Franklin
62949	Hurst	Williamson			

This Resource Guide is dedicated to the memory of Joe Shotwell. Mr. Shotwell served on our Board of Directors for many years. He was dedicated to helping deliver better services to senior adults in Pulaski County, and throughout Southern Illinois, in an effort to help seniors maintain their independence and remain in their own homes in the community for as long as possible.

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