

# RESOURCE GUIDE & FAMILY CAREGIVERS GUIDE

Aging Services & Providers

in the

Southernmost 13 Counties of Illinois

Egyptian Area Agency on Aging

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Helping senior adults in Southern Illinois remain independent since 1978.

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### AGING SERVICES

Aging Service Definitions .....	1	Perry County .....	6
Aging Service Providers .....	2	Pope County .....	7
Alexander County .....	3	Pulaski County .....	7
Franklin County .....	3	Saline County .....	8
Gallatin County .....	4	Union County .....	8
Hardin County .....	4	Williamson County .....	9
Jackson County .....	5	Community Care Program .....	10
Johnson County .....	5	Transportation Information .....	11
Massac County .....	6		

### COUNSELING SERVICES

Area-wide Services .....	14	Community Counseling Centers .....	15
--------------------------	----	------------------------------------	----

### EMPLOYMENT & TRAINING

Child Care Resource and Referral .....	17	Senior Employment Program .....	18
Employment Training Centers .....	17	Title V Older Workers Program .....	18
Job Hotline Numbers .....	17	Workforce Investment Board .....	19
One Stop Shops.....	18		

### FOOD PANTRIES & SOUP KITCHENS

Food Pantries & Soup Kitchens .....	20
-------------------------------------	----

### HEALTH CARE SERVICES

County Health Departments .....	24	Medical Equipment & Supplies .....	27
Emergency Response Systems .....	24	Private Duty Nursing Sitters Cleaning .....	27
Home Health Care .....	25	Rehabilitation & Therapy Services .....	28
Hospice .....	25	Respiratory Dis. & Comm. Health Centers .....	29
Hospitals .....	26	Family Clinics and Aging & Memory Clinics ...	30

### HOUSING

Senior Housing listed by county .....	31	Habitat for Humanity .....	42
Nursing Homes listed by county .....	37	Shelters & Assistance for the Homeless .....	42

### OTHER SERVICES

Dept of Human Services (Public Aid) .....	44	Social Security Offices .....	47
Dept of Human Services (Rehab) .....	45	U of I Extension Offices .....	47
Energy Assistance & Weatherization .....	45	Support Groups .....	48
Legislators .....	46	Veteran Services .....	52
Rural Development Corporation .....	47	Miscellaneous Services .....	52

**PROGRAM ELIGIBILITY GUIDELINES** - Income / age guidelines for government programs ..... 55

**FAMILY CAREGIVERS GUIDE** - Issues facing family caregivers and where to get help ..... 56-64

**ZIP CODES** for all towns in southern Illinois ..... 65

## 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.

Senior Companion - help, support, and companionship to senior adults in their home.

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](http://www.Egyptianaaa.org)

E-mail: [EgyptianAAA@midamer.net](mailto:EgyptianAAA@midamer.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: Chuck Wilson  
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, and Pulaski 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 for Seniors  
Program Director: Carol Aronson  
6355 Brandhorst Dr.  
Carterville: (618) 985-8322, 1-800-642-7773  
Fax: (618) 985-8048  
Website: [www.shsdc.org/sas.html](http://www.shsdc.org/sas.html)  
Service Area: area-wide  
Services: Eligibility assessment for Homemaker, Adult Day Services, Senior Companion, 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, Interim Clinic Director  
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](http://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  
Senior Companion 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 (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  
104 N. 10th St.  
Benton: (618) 438-8691 (meals)  
(618) 439-6348 (office)  
Days of Operation: 5 (M-F)  
Serving Time: noon

Christopher Wit & Wisdom Center  
100 S. Solomon St.  
Christopher: (618) 937-3511  
Days of Operation: 3 (M, W, & F)  
Serving Time: noon

The following lists other communities where home delivered meals may be available in Franklin County. Call (618) 937-4093 for information.

Mulkeytown	Logan
Orient	Valier
Buckner	Royalton
Pershing	Plumfield
Sesser	Zeigler

## AGING SERVICES

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

Grand Tower Baptist Church  
Grand Tower: (618) 565-2527  
Days of Operation: 5 (M-F)  
Serving Time: 11:30

### JOHNSON COUNTY

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

#### ***Nutrition Sites***

Whistlers and Whittlers (focal point)  
60 St. Route 37 North  
(at crossroad of St. Rt. 37 and Rt. 146)  
Vienna: (618) 658-8140  
Fax: (618) 658-9151  
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  
Senior Companion Medication Management  
In-Home Respite      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

Dixie Cup Café  
705 S. Main St.  
Pinckneyville: (618) 357-8013  
Days of Operation: 4 (M, W, Th, & F)  
Serving Time: 11:30

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

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

## AGING SERVICES

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### 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  
Days of Operation: 5 (M-F)  
Serving Time: 11:30

Eddyville Site  
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
Senior Companion	In-Home Respite
Medication Mgmt	Family Caregiver Support

#### ***Nutrition Sites***

Smiles (focal point)  
412 S. Blanche St.  
Mounds: (618) 745-6149  
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 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	Senior Companion
Medication Mgmt	Family Caregiver Support

#### ***Nutrition Sites***

Sunshine Inn (focal point)  
400 S. Main St.  
Anna: (618) 833-4197  
Fax: (618) 833-6734  
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

#### ***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

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

Kay's Sugar Creek Café

105 W. Blue Ave.

Creal Springs: (618) 996-8289

Days of Operation:

Congregate 3 (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

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

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

## AGING SERVICES

### COMMUNITY CARE PROGRAM

#### ***Service Eligibility Assessment***

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

#### ***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

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, Jackson, and Franklin counties.  
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) 997-8138  
718 E. 5<sup>th</sup> St., Suite 100  
Metropolis: (618) 524-7452  
Service Area: area-wide  
Services: Homemaker

Rides Mass Transit District  
1200 W. Poplar St.  
Harrisburg: Main office: (618) 253-8761  
Gallatin: (618) 272-7326  
Hardin: (618) 285-3371  
Pope: (618) 683-6241  
Saline: (618) 252-4662  
Williamson: (618) 993-1900  
Service Area: Gallatin, Hardin, Pope, and Saline counties  
Services: Assisted Transportation.

River to River Residential Corporation  
400 Lou Ann Dr.  
Herrin: (618) 942-4531  
Fax: (618) 988-6079  
Service Area: Jackson, Pulaski, and Williamson counties  
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.

Shawnee Development Council  
P.O. Box 298  
Karnak: (618) 634-2201  
Fax: (618) 634-9551  
Service Area: Alexander, Johnson, Massac, Pulaski, and Union counties  
Services: Homemaker and Senior Companion (Senior Companion is also in Pope and Hardin counties)

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 & Homemaker.

## 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  
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 Carbondale, Murphysboro, Vergennes, Marion, Johnston City, West Frankfort, Benton, Pinckneyville, and Du Quoin.  
Hours: 24 hrs per day, 7 days per week.  
Cost: Depends on pickup point and destination. There are discount for additional travelers in the family.

#### **Cab Companies – Listed by County**

Franklin Co.  
Dave's City Taxi (Benton): (618) 438-9084.

Jackson Co.  
Crosstown Cab (Murphysboro):  
(618) 684-3506.  
Yellow Cab (Carbondale): (618) 457-8121.

Massac Co.  
VIP Taxi (Metropolis): (618) 524-3890

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***

402 S. Illinois Ave. (boarding)  
214 N. Washington (tickets)  
Carbondale: 1-800-231-2222, (618) 549-3495

- or -

2100 W. Main St.  
Marion: (618) 997-6158

#### ***Hospital and Health-related Transportation Providers***

Jackson County Geriatric Support:  
(618) 549-8500. Serves Jackson County.  
Available Monday through Friday for doctor appointments, cancer treatments, hospitals, or dialysis treatments. Medicaid will be billed. A fare may be charged for all others.

SIH Cancer Center: (618) 549-0721 ext. 65700.  
Serves radiation patients within a 50 miles radius of Memorial Hospital of Carbondale who need transportation to this hospital if no other transportation is available from 7 am to 3 pm. at no cost.

Care-A-Van (Herrin): (618) 942-5900. Serves 15-18 mile radius of Herrin Hospital. 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 8 am to 4:30 pm. No cost, but donations are accepted.

#### ***Jackson County Mass Transit District***

Phone: (618) 549-0304, 1-866-884-7433 M-F  
from 7 am to 6:30 pm.

Fax: (618) 457-0171

Routes: Routes by appointment in Jackson County.

Hours: M-F from 7 am to 6 pm.

#### ***Rides Mass Transit District***

Phone: Gallatin & Saline: 1-877-667-6119,  
Hardin: (618) 285-3342,  
Pope: 1-877-667-6122,  
Williamson: (618) 993-1900.

Fax: Main office: (618) 252-2754.

Website: www.ridesmtd.com

Routes: Routes by appointment in Gallatin, Hamilton, Hardin, Pope, Saline, Williamson & White counties.

Hours: Gallatin & Saline, M-F from 6 am to midnight, Saturdays from 8 am to 4 pm.  
Hardin & Pope, M-F from 7:30 am to 5 pm. Williamson, M-F from 8 am to 5 pm.

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 8 am to 4:30 pm.)

Routes: Fixed routes in 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 whether 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."

Call the following for information:

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 7 am to 5 pm.

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 5 pm.

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

#### **VIP Medical Transportation**

Phone: 1-888-392-0052 (Anna) or  
1-888-392-0048 (Metropolis)

Routes: Pickups in Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union counties. No limits on drop-off points.

Hours: 24-hours a day with an appointment.

Costs: None for Medicaid eligible clients.  
For all others it depends on the distance.

## COUNSELING SERVICES

### AREA-WIDE COUNSELING SERVICES

Support Groups are listed on page 49.

#### 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

Services: Counseling, group & individual therapy, case management.

#### Choate Mental Health & Development Center

Anna: (618) 833-5161

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

#### 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

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

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

1201 Pine St.

Eldorado: (618) 273-2273

Franklin Hospital Senior Care

205 Bailey Lane

Benton: (618) 435-4731

Services: Counseling.

#### Gero-Psych Program

The H Group

902 W. Main St.

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

Service Area: Southernmost thirteen counties

Services: Assessment and referral of older people to counseling programs.

#### 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

Services: 18 bed unit for in-patient services.

#### Private Geriatric Care Management

7705 Hickory Ridge Rd.

Murphysboro: (618) 534-0843

#### Shawnee Alliance for Seniors

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

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

## 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

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### COMMUNITY COUNSELING CENTERS, continued

Perry County Counseling Center  
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: 1-800-232-0908

### 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. 13<sup>th</sup> 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.

### 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](http://www.IllinoisSkillsMatch.com)

Illinois Work Net  
Website: [www.IllinoisWorkNet.com](http://www.IllinoisWorkNet.com)

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

KFVS TV-12  
Website: [www.KFVS12.com](http://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](http://www.walgreens.com/careers)

## EMPLOYMENT & TRAINING

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### 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.  
Harrisburg: (618) 252-6020 or 1-800-526-0844  
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) 997-6835 ext. 216, or  
1-800-333-0259  
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](http://www.EgyptianAAA.org)  
E-mail: [EgyptianAAA@midamer.net](mailto:EgyptianAAA@midamer.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

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### WORKFORCE INVESTMENT BOARDS

*Southern 14 - Workforce Investment Board*

Carmi: (618) 382-5024

Fax: (618) 382-7038

#### *Man-Tra-Con*

3000 De Young St., Suite 800-B (inside the  
Illinois Centre Mall)

Marion: (618) 998-0970, 1-800-315-3986

Service Area: Jackson, Franklin, Williamson &  
Perry counties

#### Outreach Offices:

Du Quoin: (618) 542-2901

- or -

West Frankfort: (618) 937-6005

- or -

Carbondale: (618) 457-6460

- or -

Rend Lake Market Place: (618) 242-7328

#### *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](http://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](http://www.tristatefoodbank.org)

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

### ALEXANDER COUNTY

Emergency Food and Shelter  
Phone: (618) 734-0535

Daystar Program Soup Kitchen  
Cairo: (618) 734-0178

McClure Baptist Church  
Bridge & Market  
McClure: (618) 661-1429

Happy Helpers Food Pantry  
Tamms: (618) 747-2123

### FRANKLIN COUNTY

Angel Food Ministries  
Benton: (618) 435-9312, (618) 927-8652

Benton / West City Food Pantry  
Benton: (618) 927-6270

Benton Township  
1001 E. Main St.  
Benton: (618) 439-3181

First Baptist Church  
208 N. Maple St.  
Christopher: (618) 724-9390

Ministry for the Broken Hearted  
W. Market St.  
Christopher: (618) 927-0202

City Hall  
302 W. Franklin St.  
Sesser: (618) 625-3611

Franklin County Food Pantry / Crosswalk  
410 W. Main St.  
West Frankfort: (618) 932-8000 or  
(618) 937-3581

Grace Baptist Fellowship  
202 E. Oak St.  
West Frankfort: (618) 932-2140

Whittington Baptist Church  
200 Main St.  
Whittington: (618) 629-2423

Angel Food Ministries  
Zeigler Foot of the Cross Outreach Ministries  
Zeigler: (618) 596-6709, (618) 724-7950

### GALLATIN COUNTY

Gallatin County Food Bank / Methodist Church  
510 N. Lincoln Blvd.  
Shawneetown: (618) 269-3349

### HARDIN COUNTY

First Baptist Church  
Elizabethtown: (618) 287-2861, (618) 841-0049

Shawnee Development Council  
P.O. Box 168  
Elizabethtown: (618) 287-7071

**FOOD PANTRIES & SOUP  
KITCHENS**

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**JACKSON COUNTY**

Angel Food Ministries  
Grand Avenue Christian Church  
Carbondale: (618) 457-4222

Bethel AME Church Soup Kitchen  
316 E. Jackson St.  
Carbondale: (618) 529-5278

Good Samaritan Food Pantry / University Baptist  
Church  
700 S. Oakland Ave.  
Carbondale: (618) 457-0323

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

Elkville Christian Church  
112 S. 2<sup>nd</sup> St.  
Elkville: (618) 568-1544

Angel Food Ministries  
Harrison Baptist Church  
Murphysboro: (618) 687-2953

Elm Street Baptist Food Pantry  
1907 Elm St.  
Murphysboro: (618) 687-1043

Murphysboro / Jackson County Food Bank  
900 N. 14<sup>th</sup> St.  
Murphysboro: (618) 684-8258

**JOHNSON COUNTY**

Shawnee Development Council  
Phone: (618) 658-6131

First Baptist Church  
7<sup>th</sup> St. and Washington St.  
Vienna: (618) 658-3741

**MASSAC COUNTY**

Angel Food Ministries  
United Pentecostal Church  
Metropolis: (618) 524-9585

Community Christian Church  
Metropolis: (618) 524-8694, (618) 524-4929

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

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

**PERRY COUNTY**

Du Quoin Food Pantry  
121 N. Hickory St.  
Du Quoin: (618) 542-2029

Western Egyptian  
310 E. South St.  
Du Quoin: (618) 542-4656

Least of the Brethren Food Pantry  
1100 Kennedy Dr.  
Pinckneyville: (618) 357-9530

**FOOD PANTRIES & SOUP  
KITCHENS**

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**POPE COUNTY**

Shawnee Development Council  
212 Decatur St.  
Golconda: (618) 683-2107

**PULASKI COUNTY**

Living Hope Fellowship  
344 State Highway 169  
Grand Chain: (618) 634-2541

Karnak Baptist Church  
3<sup>rd</sup> St. and Main St.  
Karnak: (618) 634-2436

Shawnee Development Council  
124 N. Oak St.  
Mounds: (618) 745-6388

Angel Food Ministries  
Caledonia Community Church  
Olmsted: (618) 742-8223

**SALINE COUNTY**

First United Methodist Church  
109 E. Washington St.  
Carrier Mills: (618) 994-2071

Choisser Community Kitchen  
1335 Locust St.  
Eldorado: (618) 252-1965

Anna Bixby Center  
213 S. Shaw St.  
Harrisburg: (618) 252-8389

Saline Baptist Food Pantry  
1616 Green St.  
Harrisburg: (618) 252-2374

Food Pantry  
14 Veterans Dr.  
Harrisburg: (618) 252-2680

**UNION COUNTY**

Angel Food Ministries  
Full Gospel Pentecostal  
Alto Pass: (618) 893-4879

Angel Food Ministries  
United Methodist Church  
Anna: (618) 833-2234

Shawnee Development Council  
1000 N. Main St.  
Anna: (618) 833-7431

Bethany Village  
414 E. Davie St.  
Anna: (618) 833-1777

Angel Food Ministries  
First Baptist Church  
Cobden: (618) 893-2261

**FOOD PANTRIES & SOUP  
KITCHENS**

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**WILLIAMSON COUNTY**

Cambria Food Pantry  
City Hall  
Cambria: (618) 985-6082

Angel Food Ministries  
First Baptist Church  
406 S. Division St.  
Carterville: (618) 985-3040

Community United Food Pantry  
130 W. Illinois St.  
Carterville: (618) 985-3171

Angel Food Ministries  
Herrin Second Baptist Church  
Herrin: (618) 942-4658, (618) 942-4258

Herrin Community Pantry  
509 N. 17<sup>th</sup> St.  
Herrin: (618) 942-2080

Hurst Food Pantry  
111 N. Bush Ave.  
Hurst: (618) 987-2114

First United Methodist Church  
400 W. Broadway St.  
Johnston City: (618) 983-5150

Angel Food Ministries  
Shepherd's Closet Food Pantry  
First Apostolic Church  
Marion: (618) 993-8694

Marion Ministerial Alliance Soup Kitchen  
103 E. Calvert St.  
Marion: (618) 993-8419

Salvation Army  
906 Tower Square Plaza  
Marion: (618) 993-5854

## 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  
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  
515 ½ 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.

Union County Hospital  
Anna: (618) 833-4511, ext. 4359

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

Shawnee Alliance for Seniors  
Carterville: 1-800-642-7773

Marshall Browning Hospital  
Du Quoin: (618) 542-2146, ext. 1141

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

Heartland Regional Medical Center  
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  
Hospice

Addus Healthcare  
Marion: (618) 997-6565

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

Alpha  
Benton: (618) 438-4406  
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  
Benton: (618) 439-0951

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

Hospital Home Health  
Anna: (618) 833-2033

Joyner Therapeutic Group  
Marion: (618) 998-9894

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

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

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

VNA - TIP Hospice  
Pinckneyville: (618) 357-5941, 1-800-349-7023

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

VNA/TIP Hospice Program  
Phone: (618) 942-5340, 1-800-642-6099

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

## HEALTH CARE SERVICES

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### 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 Missouri 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. 14<sup>th</sup> St.

Herrin: (618) 942-2171

Acute Rehab: 1-800-972-8859

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 Rd.

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

AAA Medical

Metropolis: (618) 524-3678, 1-800-821-5758

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 Health Mart

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, 1-877-330-2992

Holland Medical

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

J & S Professional Pharmacy

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

MediGap Pharmacy

Marion: (618) 997-2030

Personal Medical Equipment

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

Southern Illinois Oxygen & Medical Supplies

Metropolis: (618) 524-2825, 1-888-679-3718

Southern Illinois Surgical Appliance

Carbondale: (618) 529-2405

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, CNA's, and sitters.

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.

Helia Healthcare  
Benton: (618) 439-3500  
Services: Short-term respite for families.

In The Pink  
Anna: (618) 833-2727  
Services: Homemaker and sitters.

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

Shawnee Development Council  
Karnak: (618) 634-2201  
Services: Homemaker.

VNA / TIP  
Phone: 1-800-642-6099

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

Services: physical, occupational, & speech  
therapies

Physical Rehab Works  
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  
therapies

Rehab Unlimited  
Anna: (618) 833-1506  
Carbondale: (618) 549-0721  
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.

### REHABILITATION & THERAPY

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

Center for Comprehensive Services  
Carbondale: (618) 529-3060  
Service: physical, occupational, speech  
therapies, & vocational rehab

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

Heartland Rehabilitation  
Herrin: (618) 993-4024  
Services: outpatient physical therapy  
Herrin Hospital - Acute Rehab Center  
Herrin: (618) 942-2171

## HEALTH CARE SERVICES

### RESPIRATORY DISEASE PROGRAM

Services: diagnosis, treatment, support & outreach

Southern Illinois Respiratory Disease Program  
Carterville: (618) 985-8221, (618) 985-9342  
Includes counseling on Black Lung benefits

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

Herrin Hospital  
Herrin: (618) 942-2171 ext. 35300

Outreach for Miners & Benefit Counseling  
Carterville: (618) 985-9342

Pinckneyville Community Hospital  
Pinckneyville: (618) 357-2187 ext. 5907

Miners Memorial Health Center  
West Frankfort: (618) 932-2155 ext. 289

### COMMUNITY HEALTH CENTERS

Listed alphabetically by town

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.

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

Rea Clinic / Benton  
201 Bailey Lane  
Benton: (618) 438-3113

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  
1250 Cedar Court  
Carbondale: (618) 457-7821

CHESI Cedar Court Specialty Clinic  
1175 Cedar Court  
Carbondale: (618) 351-1213

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 4<sup>th</sup> 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

## HEALTH CARE SERVICES

### COMMUNITY HEALTH CENTERS, continued

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  
Rosiclare: (618) 285-6191

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 Red Road St.  
Tamms: (618) 747-2391

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

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

### FAMILY HEALTH CLINICS

Listed alphabetically by town

Abundant Health Resource Clinic  
441 E. Willow St.  
Carbondale: (618) 529-9459

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

### 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***

Little Egypt Apartments  
Cairo: (618) 499-0802

#### ***Private Units***

Diamond Development  
Tamms I & Tamms II  
Tamms: (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  
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***

Shawnee Enterprises  
Benton: (618) 997-5365  
  
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, Elkhville, De Soto,  
Carbondale, & Grand Tower.

##### **Subsidized Housing**

Ava Apartments  
Ava: (618) 654-7033

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

Fields Apartments  
Carbondale: (618) 549-7377

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

##### **Assisted Living**

Big Muddy River Apartments  
Murphysboro: (618) 684-5818  
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

## 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) 845-9065  
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

Harrisburg Park  
Harrisburg: (618) 997-5365

Shawnee Enterprises  
Beulah Heights Apartments  
Eldorado: no number

##### **Private Units**

Little Egypt Apartments  
Eldorado: (618) 499-0802

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 SL of Anna  
Anna: (618) 942-4531 - Scheduled to open  
in 2011 or 2012.  
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) 988-9540  
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

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### SENIOR HOUSING, continued

#### WILLIAMSON COUNTY, continued

##### ***Supportive Living***

River to River SLF of Marion

Marion: (618) 942-4531 - Scheduled to open  
in late 2011 or 2012.

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

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

Resident Rights  
Shawnee Alliance for Seniors  
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 3<sup>rd</sup> 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

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### NURSING HOMES, continued

#### GALLATIN COUNTY

Ridgway Manor  
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

Oak Grove Rehab & Skilled Care  
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. 14<sup>th</sup> St.  
Murphysboro: (618) 684-2136

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

## HOUSING OPTIONS

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### NURSING HOMES, continued

#### JOHNSON COUNTY

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

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

#### MASSAC COUNTY

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

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

Southgate Health Care Center  
900 E. 9<sup>th</sup> 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

Harrisburg Care 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

City Care 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 has 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

City Care of Cobden  
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. 14<sup>th</sup> St.  
Herrin: (618) 942-4578  
Beds for Dev. Disabled

Friendship Care Center  
1900 N. Park Ave.  
Herrin: (618) 942-2525

Independence Place  
1705 S. Park Ave.  
Herrin: (618) 942-7964  
Beds for Dev. Disabled

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

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

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

Fountains Nursing Home  
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

Jackson-Union Counties  
P.O. Box 1064  
Carbondale: (618) 457-8480  
Website: [www.juchabitat.org](http://www.juchabitat.org)

Franklin County  
Benton: (618) 435-6903

Saline County  
P.O. Box 924  
Harrisburg: (618) 294-8337

Williamson County  
P.O. Box 754  
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

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### **SHELTERS & ASSISTANCE FOR THE HOMELESS & CRISIS CENTERS, continued**

#### **MASSAC COUNTY**

Guardian Family Service Center  
117 W. 10<sup>th</sup> 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. 18<sup>th</sup> St.  
Herrin: (618) 988-8020

The Women's Center  
100 Tower Square Plaza  
Marion: (618) 997-0949, 1-800-334-2094

## OTHER SERVICES

### 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

9525 Gold Hill Rd.

P.O. Box 280

Shawneetown: (618) 269-3128

Hardin County

106 N. Market St.

Golconda: (618) 683-2921

Jackson County

342 North St.

Murphysboro: (618) 687-1705

Johnson County

803 Vine St.

Vienna: (618) 658-4261

Massac County

2301 Metropolis St.

Metropolis: (618) 524-2631

Perry County

314 N. Maple St.

Du Quoin: (618) 542-4714

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  
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  
(central office: 965-9031)

- or -  
Carbondale: (618) 351-1021  
1400 W. Main St., Suite 19  
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](http://www.whitehouse.gov)  
E-mail: [www.whitehouse.gov/contact/whitehouse.gov](http://www.whitehouse.gov/contact/whitehouse.gov)

U.S. Senator Dick Durbin (D)  
701 N. Court St.  
Marion, IL 62959  
Phone: (618) 998-8812, (202) 224-2152  
Fax: (618) 997-0176, (202) 228-0400

U.S. Senator Roland Burris (D)  
523 Dirksen Senate Office Bldg  
Washington, DC 20510  
Phone: (202) 224-2854  
Fax: (202) 228-3333

U.S. Congressman Jerry Costello (D-12<sup>th</sup>)  
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-15<sup>th</sup>)  
1207 Longworth HOB  
Washington, DC 20515  
Phone: (202) 225-2371  
Fax: (202) 226-0791

U.S. Congressman John Shimkus (R-19<sup>th</sup>)  
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) 782-0244  
Fax: (217) 524-4049  
Website: [www.illinois.gov/gov/](http://www.illinois.gov/gov/)  
E-mail: [megan.hunsley@illinois.gov](mailto:megan.hunsley@illinois.gov)

State Senator David Luechtefeld (R-58<sup>th</sup>)  
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-59<sup>th</sup>)  
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-115<sup>th</sup>)  
300 E. Main St., Suite 19  
Carbondale, IL 62901  
Phone: (618) 457-5787, (217) 782-0387  
Fax: (618) 457-2990, (217) 557-0571

State Representative John Bradley (D-117<sup>th</sup>)  
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-118<sup>th</sup>)  
2 North Vine St., 5<sup>th</sup> 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](http://www.rurdev.usda.gov/il/index.html)

### 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](http://www.socialsecurity.gov)

#### **Offices:**

Federal Building  
250 W. Cherry St.  
Carbondale: 1-800-772-1213, (618) 457-3618  
Service Area: Alexander, Jackson, Perry,  
Pulaski, and Union counties

18 Veterans Dr.  
Harrisburg: 1-800-772-1213, (618) 253-7685  
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

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

## 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  
402 E. Plaza Dr.  
Carterville: (618) 985-1095

Parkway Manor  
3116 Williamson County Parkway  
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  
1201 Weaver Rd.  
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  
1237 E. Main St., Suite C-1  
Carbondale: (618) 457-2281 ext. 68059

#### ***Cancer Support Groups***

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

American Cancer Society  
805 W. De Young St.  
Marion: 1-800-642-7792

Strong Survivor Classes - SIH  
Carbondale: (618) 457-5200, ext. 67809

Herrin Hospital  
201 S. 14<sup>th</sup> St.  
Herrin: (618) 942-2171, ext. 35644

#### ***Caregiver Support Groups***

Franklin Hospital Board Room  
Benton: (618) 435-4731

Family Caregiving  
409 N. Springer St., Room 6  
Carbondale: 1-800-642-7773

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

Ferrell Hospital  
1200 Pine St.  
Eldorado: (618) 273-2273

Harrisburg Medical Center  
Harrisburg: (618) 253-7671 ext. 416

Addus Adult Day Center  
Marion: (618) 998-2032

## OTHER SERVICES

### SUPPORT GROUPS, continued

#### ***Counseling (Individual & Groups)***

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

Union County Counseling Center  
204 South St.  
Anna: (618) 833-8551

Delta Center  
1400 Commercial Ave.  
Cairo: (618) 734-2665

SIRSS  
604 E. College St.  
Carbondale: (618) 457-6703

Perry County Counseling Center  
E. Jackson St.  
Du Quoin: (618) 542-4357

Family Counseling Center  
125 N. Market St.  
Golconda: (618) 683-2461

Massac Mental Health  
206 W. 5<sup>th</sup> St.  
Metropolis: (618) 524-9368

The H Group  
902 W. Main St.  
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  
201 Bailey Lane  
Benton: (618) 439-0951

University of Illinois Extension  
1212 Route 14 West  
Benton: (618) 439-3178

Community Health Center  
13245 Kessler Rd.  
Cairo: (618) 734-4400 ext. 3013

University of Illinois Extension  
1306 N. Atchison Ave., Suite A  
Marion: (618) 993-3304

Murphysboro Health Center  
7 S. Hospital Dr.  
Murphysboro: (618) 687-3418  
(Clinic patients, only)

## OTHER SERVICES

### SUPPORT GROUPS, continued

#### ***Divorce Support Groups***

Locator in Illinois (enter zip code):  
[www.divorcecare.org](http://www.divorcecare.org)

Christian Covenant Church  
1025 S. Division St.  
Carterville: (618) 985-4011

Bradford House  
100 Doctor Warren Dr.  
Harrisburg: (618) 253-7671 ext. 418

#### ***Grandparents Raising Grandchildren Support Groups & Resource Centers***

Support Group for Grandparents Raising  
Grandchildren  
Northern Baptist Church  
1502 East Oak St.  
West Frankfort: (618) 932-2263

Adolescent Health Center  
101 S. Wall St.  
Carbondale: (618) 529-2621  
(Provides information about children's services)

Catholic Social Services  
214 S. University Ave.  
Carbondale: (618) 351-0743  
(Provides information about children's services)

Lutheran Social Services  
1616 W. Main St.  
Marion: (618) 997-9196  
(Provides information about children's services)

Websites that can help:  
[www.grandparenting.org](http://www.grandparenting.org)  
[www.aarp.org](http://www.aarp.org)  
[www.gu.org](http://www.gu.org)  
[www.egyptianaaa.org/GRGresourceGuide.pdf](http://www.egyptianaaa.org/GRGresourceGuide.pdf)

#### ***Grief Support Groups***

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

Illinois Centre for Behavioral Health  
Phone: (618) 997-3647 ext. 6541

Christian Covenant Fellowship  
1025 S. Division St.  
Carterville: (618) 985-4011

Aldersgate Methodist Church  
1201 N. Fair St.  
Marion: (618) 997-6065

Grief and Bereavement  
St. Joseph Memorial Hospital  
Spiritual Care Lounge  
2 South Hospital Dr.  
Murphysboro: (618) 684-3156, ext. 55360 (by  
appointment, only)

#### ***Heart***

Heartland Regional Medical Center  
3333 W. De Young St.  
Marion: (618) 998-7907

#### ***Lung - Breathing***

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

Lung Cancer Alliance  
Phone: 1-800-298-2436  
Website: [www.lungcanceralliance.org](http://www.lungcanceralliance.org)

## OTHER SERVICES

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### **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](http://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

Carbondale Memorial  
Carbondale: (618) 549-0721 ext. 65616

Herrin Hospital  
201 S. 14<sup>th</sup> St.  
Herrin: (618) 942-2171 ext. 35257

#### ***Parkinson's Disease Support Groups***

Parkinson's Institute  
Phone: 1-800-655-2273  
Website: [www.theipi.org](http://www.theipi.org)

#### ***Stroke Support Groups***

Herrin Hospital  
201 S. 14<sup>th</sup> St.  
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: (312) 458-3600  
55 Alive Classes: 1-888-227-7669  
Legal Service Network: 1-866-330-0753  
AARP members receive free initial hour  
consultation.  
Website: [www.aarp.org](http://www.aarp.org)

AccessSI.org - Website of social services in  
Southern Illinois: [www.accessSI.org](http://www.accessSI.org)

All Kids & Family Care Health Insurance  
Phone: 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  
Phone: (618) 998-9898, 1-800-642-7792

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

American Heart Association  
Phone: 1-800-242-8721

American Kidney Fund: 1-800-638-8299

American Lung Association  
Phone: (618) 997-8160, 1-800-586-4872

American Red Cross  
Phone: (618) 529-1525, 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

Benefits Checkup Website to determine an individual's benefits: [www.benefitscheckup.org](http://www.benefitscheckup.org)

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

Care Trak: 1-800-842-4537  
Tracking equipment used by local officials to help find wandering people with dementia and other related conditions  
[www.caretrak.com](http://www.caretrak.com)

Catholic Social Services: (618) 351-0743

Center for Independent Living & ITAC TTY  
2135 W. Ramada Lane  
Carbondale: (618) 457-3318  
Saline, Gallatin & Hardin Co.: (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  
Service: Grant, low-cost license plates, & pharmaceutical assistance.  
Phone: 1-800-624-2459 for information on claim or (618) 985-8311 for the application forms, only.

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

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

Easter Seals Society: [www.easterseals.com](http://www.easterseals.com)

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

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

Equip for Equality  
2150 W. Main St.  
Carbondale: 1-800-758-0559  
TTY: 1-800-610-2779

Eye Care America  
Phone: 1-800-272-3937

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

Guardianship & Advocacy: (618) 833-4897

Hunger Hotline: 1-800-359-2163

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

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

Illinois Relay Center  
Phone: 1-800-526-0857 or dial 711  
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  
Information about senior services in Illinois  
Phone: 1-800-252-8966

Land of Lincoln Legal Assistance  
509 S. University Ave., 3<sup>rd</sup> Floor  
Carbondale: (618) 457-7800, 1-800-642-5335

Legal Information - Self Help Legal Center  
Email: [selfhelp@siu.edu](mailto:selfhelp@siu.edu)  
Website: [www.law.siu.edu](http://www.law.siu.edu)

## OTHER SERVICES

### MISCELLANEOUS, continued

Lifeline and Linkup Assistance for needy families (from Verizon)

Phone: 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

Phone: (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

Phone: 1-800-321-9511

Lutheran Social Services of Illinois

Marion: (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

RSVP - Volunteer Opportunities:

(618) 634-2201

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

Salvation Army: (618) 993-5854

Senior Health Insurance Program - SHIP

Department of Insurance

Phone: (217) 782-4515 or 1-800-548-9034

TTY: (217) 524-4872

Southern Illinois Case Coordination Unit  
Services

Phone: 1-800-828-7422

Services: Services for disabled persons under  
age 60.

Southern Illinois Center for Independent Living  
(SICIL)

2135 W. Ramada Lane

Carbondale: (618) 457-3318

Southern Illinois Coalition for the Homeless

Marion: (618) 993-0094

Southern Illinois Healthcare Physicians and  
Resource Information Line

Phone: 1-866-744-2468

Southern Illinois Learning in Retirement

SIUC - Continuing Education

Carbondale: (618) 536-7751

Southern Illinois Radio Information Service  
(SIRIS)

Phone: (618) 453-2808

Information service for the blind and visually  
impaired

Southern Illinois Talking Book Center

Shawnee Library System

Phone: (618) 985-8375, 1-800-455-2665

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

Marion: (618) 997-6565

Welfare and Medical Fraud Hotline

Phone: 1-800-252-8903

TTY: 1-800-447-6404

<b>PROGRAM ELIGIBILITY GUIDELINES</b>
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*Limits change in January for these programs:*

**Medicare, Part A** - Hospital deductible for first 60 days is \$1,068, days 61-90 is \$267 per day, and days 91-150 is \$534 per day.

Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$133.50 per day.

**Medicare, Part B** - Premium is \$96.40 per month for most beneficiaries. Deductible is \$135 Co-pay is 20% of Medicare-approved charge after the deductible is met.

**Medicare Part D** - Deductible is \$295, beneficiary pays all costs when drug costs exceed \$3,200. Catastrophic coverage begins when drug costs exceed \$6,153.75.

**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 \$928 for 1 person (\$2,000 assets) and \$1,239 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 \$928 for 1 person (\$4,000 assets) or up to \$1,239 for 2 (\$6,000 assets). Apply at Dept. of Human Services.

**SLIB** - Pays Medicare Part B premium. Monthly income from \$929 up to \$1,109 for 1 person (\$4,000 assets) or \$1,240 up to \$1,482 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 \$1,110 up to \$1,244 for 1 person (\$4,000 assets) or \$1,482 up to \$1,664 for 2 (\$6,000 assets). Apply at Dept. of Human Services.

*Limits change in July or late summer for these:*

**Community Care Program** - Homemaker & Adult Day Services. Co-pay if monthly income is above \$867 for 1 person and \$1,167 for 2. 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 \$1,670 for 1 person and \$2,247 for 2.

**Illinois LINK Card** - Assistance buying food. Monthly income limit is \$1,127 for 1 person and \$1,517 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 \$1,300 for 1 person and \$1,750 for 2.

**Weatherization Program** - winterizes the home. Monthly income limit is \$1,300 for 1 person and \$1,750 for 2.

*Limits rarely change except as noted:*

**Circuit Breaker**- Property tax grants and reduced fee for license plates. Annual income limit is \$22,218 for 1 person, \$29,480 for 2, and \$36,740 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 \$25,532 for 1 person, \$33,877 for 2, and \$42,220 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. 52.

Consumer fraud, crime victim assistance, and public information.

Elder Abuse Program - Pg. 2 under "Shawnee Alliance for Seniors." Case Managers work with victims to resolve abuse, exploitation, or neglect of older people.

### ADULT DAY SERVICES:

Adult Day Services - Pg. 10, 28, & 29.

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. 53. 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. 2. General legal services including Wills, Guardianship, Powers of Attorney, and other legal problems.

### ALZHEIMER DISEASE & DEMENTIA:

Adult Day Services - Pg. 10, 28, & 29.

Supervision, activities, and meals for frail older individuals.

Alzheimer's Association - Pg. 52.

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. 48-51.

### ASSISTIVE DEVICES:

Look under ... "Blind & Disabled."

### ASSISTED LIVING:

Assisted Living - Pg. 10 & 31-36 by county.

### BLACK LUNG:

Respiratory Disease Clinics - Pg. 29.

### BLIND & DISABLED:

Adult Day Services - Pg. 10, 28, & 29.

Supervision, activities, and meals for frail older individuals.

Associations - Pg. 52. Associations for AARP, Alzheimer, Arthritis, the Blind, Cancer, Diabetes, Heart, Kidney, etc.

Center for Independent Living - Pg. 53. Distributes teletype machine and gives information to the disabled.

Easter Seals Society - Pg. 53.

Guardianship & Advocacy - Pg. 53. State guardian of last resort.

## FAMILY CAREGIVERS GUIDE

Home Modifications - Pg. 3-9. Senior centers have limited funds for minor changes to homes to make them accessible (bath rails, raised toilet seats, ramps, etc.)

Illinois Assistive Technology Program - Pg. 53. Information about assistive devices for disabled and older people.

Illinois Relay Center - Pg. 53. Relays voice messages to teletype machines for the hearing impaired. No charge.

Office of Rehabilitation - Pg. 45. State agency for the blind & disabled.

Southern Illinois Talking Book Center - Pg. 54. Books & magazines on audio tape.

### CASE MANAGEMENT:

Case Management (Case Coordination Unit) - Pg. 2 under "Shawnee Alliance for Seniors." Works with frail older people to determine eligibility for various programs, develop a care plan, and make referrals.

Egyptian Area Agency on Aging - Pg. 1. General information and referrals.

Eldercare Locator - Pg. 53. Locates senior services anywhere in the USA. Website: [www.eldercare.gov](http://www.eldercare.gov)

Illinois Senior HelpLine - Pg. 53. Locates senior services anywhere in Illinois.

Senior Centers - Pg. 3-9. Provide information & assistance and make referrals.

Southern Illinois Case Coordination Unit Services - Pg. 54. Services for disabled persons under age 60.

[www.accessSI.org](http://www.accessSI.org) - Website of social services in Southern Illinois.

### CIRCUIT BREAKER & ILLINOIS CARES Rx:

Pg. 53 & 55. 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. 2 under "Shawnee Alliance for Seniors." Case Managers determine eligibility and develop a care plan to fit the older individual's need.

Choices for Care - Pg. 2 under "Shawnee Alliance for Seniors." 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. 10. Supervision, activities, and meals for frail older individuals.

Assisted Living - Pg. 10.

Homemakers - Pg. 10. Housekeeping, errands, transportation, personal care, and health monitoring.

Senior Companion - Pg. 10. Companions offer assistance and support to frail older people.

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. 53.

Community Counseling Centers - Pg. 15. Counseling, alcohol and substance abuse, and support groups.

Gerontological & Caregivers Counseling - Pg. 2 under "Shawnee Alliance for Seniors." Individual counseling, usually in the home.

Psychiatric Services - Pg. 14. 24 hour crisis intervention and short-term, in-patient assistance with mental illness.

## FAMILY CAREGIVERS GUIDE

Support Groups - Pg. 48-51.

### 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. 29-30

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 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 income and payment plans.

Some procedures discounted, but not all. Call (618) 684-2321.

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

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

Shawnee Health Service - southern 13 counties. Call (618) 684-2321.

### DISABILITIES:

So. IL Center for Independent Living - pg. 54.

Website for the Deaf at [www.DeafMD.org](http://www.DeafMD.org).

### DISASTER ASSISTANCE:

Egyptian Area Agency on Aging - Pg. 1.

General information and referrals.

American Red Cross - Pg. 52.

### DISPUTES & LEGAL ASSISTANCE:

American Bar Association - lawyer referrals, [www.abanet.org/legalservices/findlegalhelp/main.cfm](http://www.abanet.org/legalservices/findlegalhelp/main.cfm)

Attorney General's Office - Pg. 52.

Consumer fraud, crime victim assistance, and public information.

Crisis Centers - Pg. 42. Assistance and shelter for victims of domestic abuse.

Guardianship & Advocacy - Pg. 53. State guardian of last resort.

Governor's Office of Citizens Assistance - Pg. 53.

Land of Lincoln Legal Services - Pg. 53. Legal assistance for low-income individuals.

Medicare Peer Review Organization Hotline - Pg. 54. 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. 2 under "Shawnee Alliance for Seniors." Help for residents (and their families) of assisted living facilities and nursing homes.

Legal Information - Self Help Legal Center - Pg. 53.

Senior Health Insurance Program (SHIP) - Pg. 54. Assistance with Medicare and supplemental insurance claims.

## FAMILY CAREGIVERS GUIDE

SIUC Alternative Dispute Resolution Clinic - Pg. 2. Mediation services giving two or more parties an opportunity to resolve disputes outside of a Court of Law.

SIUC Domestic Violence Clinic - Pg. 2. Representation in a Court of Law for intervention in domestic violence cases.

SIUC Legal Services for the Elderly - Pg. 2. 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. 42-43.

### 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. 3-9. 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. 46.

### EMPLOYMENT AND JOB TRAINING:

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

Employment & Job Training - Pg. 17-19. Employment and job training opportunities.

Senior Employment Specialist - Pg. 18. 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. 20-23.

Food Stamps (Illinois LINK card) - Pg. 44 & 55. Apply at the county office of the Department of Human Services.

Hunger Hotline - Pg. 53.

Senior Citizen Centers - Pg. 3-9. Hot, noon meals for older people at congregate sites and home delivered meals.

### GRANDPARENTS RAISING CHILDREN:

Support Groups - Pg. 48-51.

For in-depth information on services for children, visit our website at [www.egyptianaaa.org](http://www.egyptianaaa.org).

### HEALTH CARE & MONITORING:

Also, see "Income Assistance" for help to pay for health care costs and drugs.

Adult Day Services - Pg. 10, 28, & 29.

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

Circuit Breaker & IL Cares Rx - Pg. 53 & 55.

Information on assistance with some pharmaceuticals.

County Health Departments - Pg. 24.

Emergency Response Systems (Lifeline) - Pg. 25. Useful for shut-ins or older

## FAMILY CAREGIVERS GUIDE

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. 25.

In-home nursing & therapy for homebound patients.

Hospice - Pg. 26. Nursing, medications, and pain control for terminally illness.

Support and practical help for patient and family.

Hospitals - Pg. 27.

Medical Assistance - Pg. 44. County offices of Department of Human Services assist low-income individuals pay for medical bills.

Medicare Coverage & Claims - Pg. 54.

Medical Equipment and Supplies - Pg. 28.

Medicare Peer Review Organization

Hotline - Pg. 54. 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.

Private Duty Nursing - Pg. 28-29.

Rehabilitation & Therapy - Pg. 29.

Respiratory Disease Program - Pg. 29.

Rural Health Clinics - Pg. 30.

Senior Centers - Pg. 3-9. Routine screening such as blood pressure, blood sugar and cholesterol screening. Information on pharmaceutical assistance.

Senior Health Insurance Program (SHIP) -

Pg. 54. 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. 53. Telephone assistance for the hearing impaired and others wanting to phone the hearing impaired.

Lions of Illinois Foundation - Pg. 54.

Southern Illinois Talking Book Center - Pg. 54. 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. 10, 28, 29 & 31-36. Check availability by county.

Energy Assistance & Weatherization Programs - Pg. 45 & 55. Assistance paying for utility bills and insulation and other weather related improvements to homes of low-income individuals.

Habitat for Humanity - Pg. 42. Homes built by volunteers for low-income individuals.

Homeless Shelters - Pg. 42-43.

Low Interest Loans - Pg. 47. Rural Development Corporation (formerly the FmHA) provides low interest loans for improving, renovating, or building homes for low-income individuals.

Nursing Homes - Pg. 37-41. By county.

Private Housing - Pg. 31-36. By county.

Public Housing - Pg. 31-36. By county.

Renovations & Modifications - Pg. 3-9.

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. 54.

Subsidized Housing - Pg. 31-36. By county.

### INCOME ASSISTANCE:

Case Management - Pg. 2 under "Shawnee Alliance for Seniors." Case Managers assist frail older people determine eligibility for various programs, develop a care plan, and make referrals.

Circuit Breaker & Illinois Cares Rx - Pg. 53 & 55. A grant to eligible disabled or older adults, pharmaceutical assistance, and a discount on auto license plates.

Energy Assistance - Pg. 45 & 55.

Assistance paying for utility bills.

Food Pantries - Pg. 20-23.

## FAMILY CAREGIVERS GUIDE

Food Stamps (Illinois LINK card) - Pg. 44 & 55. Apply at the county offices of Department of Human Services.

Medicaid (Medical Assistance) - Pg. 44 & 55. Assists low-income individuals' pay for medical bills. Apply at your local Dept. of Human Services office.

Public Aid - Pg. 44. Apply at the local Dept. of Human Services office.

QI-1 - Pg. 44 & 55. Pays the premium on Medicare. Apply at the local Dept. of Human Services office.

QMB - Pg. 44 & 55. 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. 3-9. Outreach Workers provide information and assistance and make referrals.

SLMB or SLIB - Pg. 44 & 55. Pays the monthly Part B Medicare premium for low-income individuals. Apply at the local Dept. of Human Services office.

Social Security Offices - Pg. 47. Assistance with retirement, disability, and low-income supplemental income benefits.

Supplemental Security Income - Pg. 47. Social Security offices assist low-income individuals with supplemental income.

Weatherization Program - Pg. 45. Insulation and other related improvements to homes of low-income individuals.

### INFORMATION ON SERVICES:

Also, look under "Case Management."

Benefits Checkup - Pg. 53.

Egyptian Area Agency on Aging - Pg. 1. General information and referrals.

Eldercare Locator - Pg. 53. Locates senior services anywhere in the USA. Website: [www.eldercare.gov](http://www.eldercare.gov).

Illinois Senior HelpLine - Pg. 53. Locates senior services anywhere in Illinois.

Senior Centers - Pg. 3-9. Provide information & assistance and make referrals.

[www.accessSI.org](http://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. 46.

### LIVING WILLS:

Look under ... "Advance Directives."

### JOB TRAINING:

Look under ... "Employment."

### MEALS:

Look under ... "Food & Meals."

### MEDICAL:

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

### MEDICARE:

Medicare Coverage and Claims - Pg. 54.  
Medicare Peer Review Organization Hotline - Pg. 54. Help for problems with the quality of care or to file an appeal if it

## FAMILY CAREGIVERS GUIDE

appears a patient is being discharged too early.

Medicare Fraud and Abuse - Pg. 54.

Medicare fraud and abuse hotline.

QI-1 - Pg. 44 & 55. Pays the premium on Medicare. Apply at the local Dept. of Human Services office.

QMB - Pg. 44 & 55. 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. 44 & 55. 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. 54. 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. 2 under "Shawnee Alliance for Seniors."

Volunteers assist older people who need help with paying bills and writing checks.

### NURSING HOMES:

Choices for Care - Pg. 2 under "Shawnee Alliance for Seniors." 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. 44 & 55. 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 for Seniors" on Pg 2. Nursing Homes - Pg. 37-41. Listed by county.

Regional Ombudsman - Pg. 2 under "Shawnee Alliance for Seniors." 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. 3-9. 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. 53 & 55. 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. 55. Call your county supervisor of assessments for assistance.

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

### PUBLIC AID:

Look under ... "Income Assistance."

## FAMILY CAREGIVERS GUIDE

### 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. 3-9. 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. 10, 28, & 29.

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

Assisted Living - Pg. 10, 28, 29 & 31-36.

Check availability by county.

Homemakers - Pg. 10. Housekeeping,

errands, transportation, personal care, and health monitoring.

In-Home Care as Respite - Pg. 3-9. Respite from care in the home.

Private Pay Sitters - Pg. 28.

Senior Centers - Pg. 3-9. Offer limited in-home respite care for family caregivers of seniors and grandparents raising grandchildren.

### SENIOR CENTERS:

Senior Centers - Pg. 3-9. 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 Offices - Pg. 47. Assistance with retirement, disability, and low-income supplemental income benefits.

### SUPPORT GROUPS:

Associations - Pg. 52-54. Associations for AARP, Alzheimer, Arthritis, Blind, Cancer, Diabetes, Heart, Kidney, Lung, etc. often have their own support groups.

Community Counseling Centers - Pg. 15-16. Support groups, outpatient assistance with mental illness, and alcohol and substance abuse.

Support Groups - Pg. 48-51. 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."  
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. 53.

Lifeline and Linkup Assistance - Pg. 53.

Southern Illinois Center for Independent Living - Pg. 54.

### THERAPY:

Rehabilitation & Therapy - Pg. 29.

### TRAINING:

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

### TRANSPORTATION:

Elderly and Public Transit - Pg. 11-13.

Transportation is available throughout the southern thirteen counties of Illinois. Some transit to metropolitan areas available.

## FAMILY CAREGIVERS GUIDE

Community Care Program - Pg. 10.  
Homemakers of the Community Care Program transport eligible older people.

### UTILITY BILLS:

Energy Assistance - Pg. 45 & 55. Low-income individuals can receive assistance with their utility bills.

Low Interest Loans - Pg. 47. Rural Development Corporation provides low interest loans for improving, renovating, or building homes for low-income individuals.

Weatherization Program - Pg. 45 & 55.  
Insulation and related improvements to homes of low-income individuals.

### VETERAN SERVICES:

Federal and State Offices of Veteran's Affairs - Pg. 52. 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. 54. 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. 2 under "Shawnee Alliance for Seniors."  
Volunteers assist older people who need help with paying bills and writing checks.

Ombudsman - Pg. 2. See "Shawnee Alliance for Seniors." Trained staff and volunteers visit and help residents in assisted living facilities and nursing homes.

RSVP - Pg. 54. Volunteer opportunities at nonprofit agencies.

Senior Centers - Pg. 3-9. 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	Johnson	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	Williamson
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	De Soto	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 Donald Sprague. Mr. Sprague served on our Advisory Council for over twenty-one years. He was dedicated to helping us develop policies and programs for senior adults in southern Illinois in order to help them maintain their independence and remain in their own homes in the community for as long as possible. Mr. Sprague was 83 years old.

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