

# 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 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 "xzl(p)n8"

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***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.

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## AGING SERVICES

### AGING SERVICE PROVIDERS

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

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

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

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

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

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

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

Wit and Wisdom Center  
104 N. 10th St.  
Benton: (618) 438-8691 (meals)  
(618) 439-6348 (office)  
Days of Operation: 5 (M-F)  
Serving Time: noon

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

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

### 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 or 658-9669  
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

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### 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

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

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

## AGING SERVICES

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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

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### 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

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

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## 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

Community Care Systems  
#5 Executive Woods Court / Lower Level  
Swansea: (618) 277-3226  
Service Area: Franklin, Jackson, Perry 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) 997-3958  
718 E. 5<sup>th</sup> St., Suite 100  
Metropolis: (618) 524-7452  
Service Area: area-wide  
Services: Homemaker  
River to River Residential Corporation  
400 Lou Ann Dr.  
Herrin: (618) 942-4531  
Service Area: Jackson, Pulaski, and Williamson  
counties  
Services: Community Care in Residential  
Settings (affordable assisted living).

Omega Home Care Services  
1400 W. Main St., Suite 23  
Carbondale: (618) 554-7948  
Service Area: area-wide  
Services: Homemaker

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  
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  
Website: [www.bartshuttle.com](http://www.bartshuttle.com)  
Routes:  
1. Transportation to these locations in St. Louis: airport, train & bus stations, hospitals, and doctors.  
2. Call 3 days in advance,  
3. Pickup points are in Benton, Carbondale, Carterville, De Soto, Du Quoin, Johnston City, Marion, Murphysboro, Pinckneyville, Vergennes, and West Frankfort.  
Hours: 24 hrs per day, 7 days per week.  
Cost: Depends on pickup point and destination. There are discounts for additional travelers in the family.

### Cab Companies ☐ ☐ ☐ ☐ ☐ ☐ D ☐ D ☐ ☐ ☐ ☐ ☐

Franklin Co.  
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Yzkn(Q ☐ 8  
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n ll'xm ☐ n(Q ☐ 8  
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### Department of Human Services (all transit requests handled by First Transit)

Phone: 1-877-725-0569  
Rules:  
1. Rider must be on the state medical program and need transportation.  
2. Transportation must be pre-approved by First Transit.  
3. Requests for transportation are scrutinized carefully.  
4. Approved provider of transportation must be used.  
5. Provider must make an application to the Department of Human Services to become approved.  
Hours: Depends on the provider of the service.  
Cost: None

### VA Health Care Systems

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

## AGING SERVICES

### TRANSPORTATION, continued

#### ***Greyhound Bus Lines***

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

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

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 7am to 3pm. 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 8am to 4:30pm. No cost, but donations are accepted.

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

Phone: (618) 549-0304, 1-866-884-7433 M-F from 7am to 6:30pm.  
Fax: (618) 457-0171  
Routes: Routes by appointment in Jackson County.  
Hours: M-F from 7am to 6pm.

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

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

#### ***Saluki Express***

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

## AGING SERVICES

### TRANSPORTATION, continued

#### **Senior Center Transportation**

For senior centers in Alexander, Johnson, Massac, Pulaski, and Union counties look under **Senior Center Transportation**

- or -

For senior centers in Gallatin, Hardin, Pope, Saline, and Williamson look under **Senior Center Transportation**

**Senior Center Transportation**

**Senior Center Transportation**  
Perry County: F3BAG7DABF  
Tipton County: F3GAE7AC ;  
Tipton County: F3GAE7AC

- or -

Gold Plate Program of Perry County

Phone: (618) 542-3511

Routes: Perry County.

- or -

Murphysboro Senior Center

Phone: (618) 687-1641

Routes: Murphysboro area.

- or -

Senior Adult Services

Phone: (618) 457-4151

Routes: Jackson County.

- or -

Sunshine Inn

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

Routes: Anna / Jonesboro.

- or -

Williamson County Programs on Aging

Phone: (618) 988-1585

Routes: Williamson County.

#### **Southern Most Area Rural Transportation**

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

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

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

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

#### **South Central Mass Transit District**

Phone: 1-800-660-7433

Routes: Franklin County.

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

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

## COUNSELING SERVICES

### AREA-WIDE COUNSELING SERVICES

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

Murphysboro: (618) 534-0843

Services: Care management

#### Senior Care

Franklin Hospital

Benton: (618) 435-4731

Services: Counseling

#### 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

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

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

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

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

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

## EMPLOYMENT & TRAINING

### CHILD CARE RESOURCE & REFERRAL

John A. Logan College  
700 Logan College Rd.  
Carterville: 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 [TV](#))  
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## 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.  
Carbondale: (618) 457-6460  
Harrisburg: (618) 252-6020  
Service Area: Franklin, Jackson, Perry &  
Williamson 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.

### TITLE V OLDER WORKERS PROGRAM

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

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

### WORK INCENTIVE

Mt. Vernon: (618) 241-6882  
Service: Planning and assistance for people  
with disabilities.

## 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

#### *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

**FOOD PANTRIES & SOUP  
KITCHENS**

**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

**JACKSON COUNTY**

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

Women's Center  
B: First Baptist Church  
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Shalom Food Pantry  
; ; @ & @d St.  
Elkville: (618) 568-1544

Shalom Food Pantry  
610 Front St.  
Grand Tower: (618) 565-2227

Elm Street Baptist Food Pantry  
1907 Elm St.  
Murphysboro: (618) 684-6368

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

**FOOD PANTRIES & SOUP  
KITCHENS**

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**JOHNSON COUNTY**

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

**MASSAC COUNTY**

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

**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

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

Caledonia Community Church  
Olmsted: (618) 742-8223

**FOOD PANTRIES & SOUP  
KITCHENS**

**SALINE COUNTY**

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

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

Saline County Christian Community Compassion  
Center  
632 N. Jackson  
Harrisburg:

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

**UNION COUNTY**

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

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

**WILLIAMSON COUNTY**

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

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  
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## HEALTH CARE SERVICES

### COUNTY HEALTH DEPARTMENTS

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

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

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

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

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

Johnson County  
Southern Seven Health Department  
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.

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

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

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 registered nurses, physical therapists, occupational therapists, speech therapists, and medical social workers. Home health care is provided in the patient's home.

Home health care is provided in the patient's home by registered nurses, physical therapists, occupational therapists, speech therapists, and medical social workers.

Home health care is provided in the patient's home by registered nurses, physical therapists, occupational therapists, speech therapists, and medical social workers.

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Home health care is provided in the patient's home by registered nurses, physical therapists, occupational therapists, speech therapists, and medical social workers.

## 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

### MEDICAL EQUIPMENT & SUPPLIES

Listed alphabetically

#### ALPHA Home Health Care

Benton: (618) 438-0309

Herrin: (618) 998-9250

#### APRIA Health Care

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

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### 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, xné( ) 8

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## 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.

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

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

### REHABILITATION & THERAPY

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

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  
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.

## 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

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

Pinckneyville Community Hospital  
Pinckneyville: (618) 357-2187 ext. 5988

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  
1340 Cedar Court  
Carbondale: (618) 457-7821

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

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

Carbondale Community Hospital  
1000 N. Main St.  
Carbondale: (618) 529-2621

Carbondale Community Hospital  
1000 N. Main St.  
Carbondale: (618) 529-2621

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Carbondale Community Hospital  
1000 N. Main St.  
Carbondale: (618) 529-2621

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

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

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

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

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

Hardin County Medical Clinic  
Highway 146  
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 Railroad 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 St.  
Zeigler: (618) 596-2411

### FAMILY HEALTH CLINICS

Listed alphabetically by town

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

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

### 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 & 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.

#### JACKSON COUNTY, continued

##### **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

Brookside Manor  
Carbondale: (618) 549-3600

## 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 (V) m'  
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##### **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 or 544-8645

Ten Oaks Apartments  
Carterville: (618) 985-3761

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

## HOUSING OPTIONS

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

#### HARDIN COUNTY

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

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

#### JACKSON COUNTY

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

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

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

Rehab & Care Center - Jackson County  
1441 N. 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

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

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

Illinois Veteran (V) Center  
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d' (n) xy  
F: (a) n pp (i) z- (l) (bx) n'  
OnnxH 2; F3FAA7@G  
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@ (n) & m' nnx (i) 8  
OnnxH 2; F3FAA7F: ; A

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## 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

Herrin Rehab & Nursing 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

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

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

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

**HOUSING OPTIONS**

**HABITAT FOR HUMANITY**

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

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 (618) 294-8337  
G ; (618) 294-8337  
Qx 294-8337 ; F3EAB7BACE

**FRANKLIN COUNTY**

Women (618) 294-8337 (618) 294-8337  
Q 294-8337  
P n 294-8337 ; F3BAF7B ; F  
k- (618) 294-8337 (618) 294-8337  
" (618) 294-8337  
A ; (618) 294-8337  
n ' (618) 294-8337 ; F3CA@DB :

**JACKSON COUNTY**

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

Women (618) 294-8337  
Oy 294-8337 (618) 294-8337  
D ; (618) 294-8337  
Qx 294-8337 ; F3C@7@B6 ; F3GGE7. GBG6  
 ; F: : 7AAB7@GB

**HOUSING OPTIONS**

**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 (Q' n' )  
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Vx y H 2; F3 @ @ @ F: 62; F3 GA7@FE

**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 (Q' n' )  
; ; : F(d 8Qx y n i i (Y  
c x i n H 2; F3 GGE7: GBGxné ; F: : 7AAB7@GB

## OTHER SERVICES

### COUNTY SHERIFF OFFICES

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

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

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

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

Perry County  
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

### DEPARTMENT OF HUMAN SERVICES

(Office of Transitional Services and  
Community Operations)

Appeals Line: 1-800-435-0774

Illinois Dept. of Health Care and Family Services  
- Nursing Home Central Complaint Registry  
Phone: 1-800-252-4343  
TTY: 1-800-547-0466

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

### **County Offices:**

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

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

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

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

## OTHER SERVICES

### DEPARTMENT OF HUMAN SERVICES (Office of Rehabilitation Services)

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

#### **Regional Offices:**

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

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

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

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

### ENERGY ASSISTANCE AND WEATHERIZATION PROGRAMS

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

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

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

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

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

Western Egyptian Economic Opportunity  
Council  
342A North St  
Murphysboro: (618) 684-3341 or  
(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, or  
1-866-366-3980  
Service Area: Gallatin, Hardin, Johnson,  
Massac, Pope, Saline & White counties

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

### UNIVERSITY OF ILLINOIS EXTENSION OFFICES

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

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f x' k' xy(c x n' c x' n' H2, F3(G)A7FD, :

**Arthritis Support Groups**

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

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

**Bereavement Support Groups**

See Q' n' l' n' (U' "pp' (" p' 8

**Blind Support Groups**

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

**Breast Cancer Support Groups**

Breast Center  
Carbondale: (618) 521-3915

**Cancer Support Groups**

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

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

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

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

**Caregiver Support Groups**

Family Caregiving  
Carbondale: 1-800-642-7773

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

Ferrell Hospital  
Eldorado: (618) 273-2273

Harrisburg Medical Center  
Harrisburg: (618) 273-7723 ext. 310

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

**OTHER SERVICES**

**SUPPORT GROUPS, continued**

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

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

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

Delta Center  
Cairo: (618) 734-2665

SIRSS  
Carbondale: (618) 457-6703

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

Family Counseling Center  
Golconda: (618) 683-2461

Massac Mental Health  
Metropolis: (618) 524-9368

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

***Diabetic Support Groups***

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

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

University of Illinois Extension  
Benton: (618) 439-3178

Community Health Center  
Cairo: (618) 734-4400 ext. 3044

University of Illinois Extension  
Marion: (618) 993-3304

Murphysboro Health Center  
Murphysboro: (618) 687-3418  
(Clinic patients, only)

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

***Depression Support Groups***

See "Other Services" for information on support groups.

**OTHER SERVICES**

**SUPPORT GROUPS, continued**

***Divorce Support Groups***

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

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

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

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

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***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  
Carterville: (618) 985-4011

***Heart***

Heartland Regional Medical Center  
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

Better Breathers  
Memorial Hospital of Carbondale  
Carbondale: (618) 549-0721, ext. 65283

**OTHER SERVICES**

**SUPPORT GROUPS, Continued**

***Lupus***

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

***Multiple Sclerosis Support Group***

National Multiple Sclerosis Society  
Website: www.nationalmssociety.org

***Osteoporosis Support Groups***

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

***Ostomy Support Group***

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

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

***Parkinson***

Parkinson (W...)  
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***Parolees Support Group***

Lutheran Social Services  
Marion: (618) 997-9196

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

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

***Stroke Support Groups***

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

***Widowed Persons Support Groups***

See "Q... I'n" (U "pp(" p 8

**OTHER SERVICES**

**VETERAN SERVICES**

**Federal Medical Centers:**

Marion Veteran (Oém'n' x' n(c' é'zxl(Q' n' )  
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 kkpH ; F: : F@7FAA

**State Office of Veterans Affairs:**

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

500 W. Main St.  
 Benton: (618) 435-3678

- or -

713A E. Church St.  
 Harrisburg: (618) 253-2005

- or -

Regional Office Building  
 2309 W. Main St., Suite 122  
 Marion: (618) 997-3309, (618) 993-7369

- or -

617 Walnut St.  
 Murphysboro: (618) 684-2966

**MISCELLANEOUS**

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

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

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

Alzheimer (O' z' x' n'  
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Om' zxn(a' é'n' y(T' néH' F: : 7DAF7@G

Om' zxn(b' n' (O' z' x' n'  
 f -n' H ; D; F3(GE7F; D; 6; F: : 7CFD7BFE@

Om' zxn(h' é(Q'  
 f -n' H ; D; F3(C@7; C@6; F: : 7@7@FB

O' (T' néx' n' H' (D; F3(GGA7; EEE

O' n' y(U' n' x' l' (e' z'  
 Qx' y' néx' l' H' (D; F3(C@7DB: ;  
 kkpH ; D; F3(C@7DB: A  
 Q' n' m' (V' l' n' H' F: : 7@7A7: D: E

**OTHER SERVICES**

**MISCELLANEOUS, continued**

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

Benefits Checkup Website to determine an individual's eligibility for benefits

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Q' x' (O(i m' (k- (i -pH(2, F3G@7@B:

R' l'x(Q' n' (7R' xyl' é(0(Slé' ly(Pl' né(i' z' Qx' H 2, F3EAB7@DC kkpH 2, F3EAB7, AC

Sx' (i' xl(i' z' yH' x' x' xl&m

Slé' (Oy' (h' " x' H( ; F: : [TDB@EEEE](mailto:TDB@EEEE)  
R' xyl' é' né' (x' (D: (zxl( ; F: : [7ADF7, BDA3](mailto:7ADF7, BDA3)

Slé' z' (b' z' H( ; F: : [7DEE7, ; ; D\(2: 7T3](mailto:7DEE7, ; ; D(2: 7T3)  
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bxné' (b' n' n(b' " xl(O' xnz' C: G'i 8l n' y(O' 8A<sup>d</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

Second Act: 1-877-480-4040

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 or 1-866-687-9639

Welfare and Medical Fraud Hotline

Phone: 1-800-252-8903

TTY: 1-800-447-6404

## PROGRAM ELIGIBILITY GUIDELINES

*Limits change in January for these programs:*

**Medicare, Part A** - Hospital deductible for first 60 days is \$1,100, days 61-90 is \$275 per day, and days 91-150 is \$550 per day. Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$137.50 per day.

**Medicare, Part B** - Premium is \$96.40 per month for most beneficiaries. Deductible is \$155 Co-pay is 20% of Medicare-approved charge after the deductible is met.

**Medicare Part D** - Deductible is \$310, beneficiary pays all costs when drug costs exceed \$3,610. Catastrophic coverage begins when drug costs exceed \$6,440.

**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 \$928 up to \$1,108 for 1 person (\$4,000 assets) or \$1,239 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 \$1,108 up to \$1,243 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 \$903 for 1 person and \$1,215 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 \$27,610 for 1 person, \$36,635 for 2, and \$45,657 for 3 or more.

**General Homestead Exemption** is in addition to the exemption below and allows a reduction of up to \$6,000 in assessed value of your home in which you own and live in Illinois (for taxpayers of any age).

**Illinois Cares Rx** Pharmaceutical assistance. Annual income limit is \$27,610 for 1 person, \$36,635 for 2, and \$45,657 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 (z) (x) (z) 8

**Senior Citizens Assessment Freeze Exemption** - Freezes the assessed value of home. Income limit is \$50,000 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 (z) 8

# FAMILY CAREGIVERS GUIDE

## ABUSE & NEGLECT:

Attorney General (e-mail: 7f " 8C@)(  
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## 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.

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## ASSISTIVE DEVICES:

Look under ... Pl'né(0'R'xy'l' é8

## 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 Illinois -x-n' (Ol'xnz' (i' n' 8) i' n' 8) n' k' (p' pl' (e' m' n' (l' y' y' (x' x' p' x' m' e' (p' x' z' (p' l' x' n' e' mxk' (x' 8

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**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 Illinois -x-n' (Ol'xnz' (i' n' 8) Qx' (c' x' n' (e' m' n' (l' y' y' (x' n' e' (p' x' z' (p' l' x' n' e' (x' 8

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**CONSUMER PROTECTION:**

Look under ... R' p' (b' x' l' O' x' n' z' 8

**COUNSELING:**

Cancer Information and Counseling f " & CA&

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## FAMILY CAREGIVERS GUIDE

Support Groups - Pg. 48-51.

### DEMENTIA:

Look under ... Olz-' m' (R' x (0 (R' m' n x8

### 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, 519-9901, or 969-8600.

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

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

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)

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## 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 [Oy \(xnéd' "l' zxy 8 n m' n\(Q' n \(xné\(i -' l' 8f " @BA8](#)

### DRIVER'S LICENSE:

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### DRUGS:

Look under ... [Wz m' \(O xnz' 8](#)

### 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 ... [Oy \(xnéd' "l' z 8](#)

### 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 ... [m' \(Oé 8](#)

### 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.sigrg.org](http://www.sigrg.org).

### HEALTH CARE & MONITORING:

Also, see [Wz m' \(O xnz' \(l' p \(pxy" \(l' xl \(zx \(z \(xné\(é" 8 Oé \(Rxy\(i ' z' 7f " 8; : @ @ @ @ \(i p' n' z' xl\(xz \(xné\(l' - \(z' x n" \(x l\(é' \(né'é'xl 8 Q'z \(P' xk' \( \(WQx \(hx 7f " @CA\(0\(C W' mx n \(n\(x xnz' \( \(m' \(p-x mxz' zxl 8 Q n y\(V' xl \(R' px m' n 7f " @ Sm' ' nzy\(h' p n \(i y m \(z" l'n' 37 f " @ @ l' \(l' \(z n \(l' \(l' \(](#)

## 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 ... Reproductive Health (b' " xl( O'xnz' 8

Wn' h' lxy(Q' n' 7f " 8CA8 k' l' p-on' ( x'xnz' ("(Q' (-' x'n" ('mpx' é(xné( Q' (x'n'n" (p-on' (Q' (-' x'n" ( 'mpx' é8

b'n'(Wn'(T'x'n" 7f " 8CB8

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f " 8CB8P'k'(z'é' é(n(x'é'(xp' 8

k-' (i' x'k' y(V' x'n" (T'x'n" 7 ; F: : 7DBF7BA@8

### HOMEMAKER:

Look under ... Community Services (f' " x'm( xné(h' p' (Qx' 8

### 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 Health Services ( O'xnz' ("(i' n' 8 Qx' (c xnx' ' ( x'x' ("x1(é' (p' pl' (é' 'm'n' ( ' l' 'y' ("x'p' x'm' é' d' l'p(x' z' (plx'xné(mxk' ( ' " x'l' 8

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T'f x'n' 7f " 8@7@8

# 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 apply (m' é'zxl(y ll& Oppl'y(x(y(lyxl(R' p& (Vmxn(i' z' (z' 8 f'yl'z(Oé 7f " &BB& Oppl'y(x( (lyxl(R' p& (Vmxn(i' z' (z' 8

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i pp'l' m' n&xl(i' z'ly(Wzom' 7f " &BE& (i z'xl(i' z'ly(z' (x' ll&7nzom' (né'é'xl( (pp'l' m' n&xl(nzom' 8 n' x' z' z'xl(n(f' xm 7f " &BC& W&lx'n(xné( (lx' é'(mp' m' n' ( -om' (ll&7nzom' (né'é'xl 8

## INFORMATION ON SERVICES:

Also, look under Qx (c' xnx" m' n' 8 P' n' "(Q- zkp 7f " &CA8 S" yp&xn(O' x(O' nzy( (n(O' n' 7f " & & U' n' xl(n'omx' n(xné(z' 8 Slé' zxl(b' zxl 7f " &CA& b' zxl (n' (z' (xny- (n' (li O&n' y' H' 8 lé' zxl 8 Wn(i' n'(V' lpb'n' 7f " &CA& b' zxl (n' (z' (xny- (n' (Wn' 8 i' n'(Q' n' 7f " &A7& f' é' (n'omx' n(0(x'xnz' (xné'(mxk' (z' 8 &zz' i W' 7n' y' (z'xl (z' (n(i' n' (Wn' 8

## IN-HOME CARE:

Look under ... Qom'n'y(Qx (f' xm( (h' p' (Qx 8 m' xnl(i' xl 7- ' lp(x' 7-om' (" (xnl z9(Oéé(V' xl-zx' &G&D&C

## INSURANCE:

Get help from agencies listed under Qx (c' xnx" m' n&xné(i' n'(Q' n' 8 i' n'(V' xl(W&xnz' (f' xm 2 VW37 f " 8O&O&xnz' (c' é'zxl (xné( pp'l' m' n&xl(n&xnz' (zlx'm& n'omx' n( (n' (z' (n&xnz' (xné'(mxnx" é'zxl (plx'lk' (xn(V' e& Qmpx& (p' n' (" é' (x' (x'lyl' 8

## LEGAL ASSISTANCE:

Look under... R' p' (xné(b' " xl(O&xnz' 8

## LEGISLATORS:

Federal and State - Pg. 46.

## LIVING WILLS:

Look under ... Oé&xnz' (R' z' 8

## JOB TRAINING:

Look under ... Smp'ym' n' 8

## MEALS:

Look under ... T'é(0(c' xl 8

## MEDICAL:

Look under ... V' xl Qx (0(c' n' n' 8

## 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 (R' z' i' )

## MENTAL HEALTH:

Look under ... Quinn (i' n' )

## MONEY MANAGEMENT:

Money Management Program - Pg. 2 under Alzheimer's (i' n' ) Ony' (xply' ( "xém' (x(n' (-m' (m'y' ( 'n' é' (xll(zx' (p'n' ( ' ( zmm'n'y(yy(Qx' (c xnx' )

## NURSING HOMES:

Choices for Care - Pg. 2 under Alzheimer's (i' n' ) Ol'xnz' (i' n' ) Ony' (xply' ( "xém' (x(n' (-m' (m'y' ( 'n' é' (xll(zx' (p'n' ( ' ( zmm'n'y(yy(Qx' (c xnx' )

c' é'z' é'xné(i p'xl(Wp' (-m' n' f " 8BB(0(C& O' ( ' (z' ( n' (-m' & i p'xl Wp' (-m' n' (- lp'(z'pl' (k' p( m' (nz' (0(x' (n' ( ' n' (x(n' (-m' & Op'ly(x(z'y'z' (

(R' p' (V'mxn(i' z' i' ) (i' -x' (Ol'xnz' " (i' n' ( " ( @ d' (V'm' f " &AE;B; & b' é'yy( z'y

h' " 'nl(e my' é'mxn f " &@né' (i' -x' (Ol'xnz' " (i' n' ) V' lp' (x' é' (l' (xné(n' (-m' ( ' é' n' (xné' ( 'x'm1' & O' (p' é' ( 'n' mx' n' (- (z- (x( n' (-m' 8

## OUTREACH:

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

## PAYING BILLS:

Look under ... Wz' (O'xnz' 8' b' (né' (c n' y(c xnx' ' m' n' 8'

## POWERS OF ATTORNEY:

Look under ... Oé'xnz' (R' z' i' )

## PRESCRIPTION DRUGS:

Look under Wz' (O'xnz' 8'

## PROPERTY TAX RELIEF:

Also, look under ... Qx' (c xnx' ' m' n' xné' (kxpxy' (O'xnz' 8' Q'z' (P' xk' (0(W'n' (Qx' (hx f " &CA(0(C&O' (y' ( 'x' ( 'l' 'yl' (lé' (xé' (xné' (é'xyl' é'p-x'mxz' z'xl( x' xnz' &xné(x' z' (n(x' l'z' n' (plx' 8' f p' y(kxx(R' ' m' n' 7Qxll(y' (z'y' (x' (z' (x' xnz' 8' i' n' (V'm' xé'(Sx' mp' n 0(i' n' (Q'z' n(f p' y(kxx(O' m' n' (T' z' f " &CC&Qxll(y' (z'y' (p' ( ' (x' m' n' (x' xnz' 8' kxpxy' (O'xnz' 7Qxll(O'f (x' ; 7FFF7@E/EDDG8

## PUBLIC AID:

Look under ... Wz' (O'xnz' 8'

# 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 ... Qx (c xnx" m' n (i' n' (Q' n' 8)

## RESPIRE CARE:

Also, look under ... Qmmn'y(Qx ( f " xm8  
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## 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 ... Wz m' (O' xnz' 8 i' z' xl(i' z' y(e' z' 7f " & BE8 O' xnz' ( (z' (m' n' é' xy' 1'y6 xné(l' 7 'nz' m' (ppl' m' n' xl('nz' m' (y' n' " 8

## 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 ... f' p' y(kxx(h' l' "8 f' y' l' m' (h' (e' z' 7Qxl( (Wi' (x' ; F: : 7 @ 7; : B: (" (x' xnz' 8 i' p' z' xl(kxx(Q' é' z' é' z' n' (" (xl' " é( né' é' xl( (z' (" (x' " é(xé' (xné x' " é(né' é' xl( n' é' xy' 1'y8 Qxl( ( W' mxl(h' n' (i' z' (x' ; F: : 7 @ 7ADED' (x' xnz' 8 kxxpxy' (O' xnz' 7Qxl(O' f' (x' ; FFF7 @ 7EDDG8

## 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 ... Sé z' x' n' xné( (Smpl' ym' n' (0(k' x' n' " 8)

## 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 Veterans Affairs  
Offer information and assistance to veterans and their families. For more information, call the VA at 1-800-828-0828.  
Medical Services - Veterans Affairs provides medical services to eligible veterans and their families. For more information, call the VA at 1-800-828-0828.

## 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 "Financial Services". This program provides financial counseling and assistance to eligible veterans and their families. For more information, call the VA at 1-800-828-0828.  
Senior Center - The Senior Center provides a variety of services to older adults, including meals, transportation, and social activities. For more information, call the Senior Center at (618) 985-8311.

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n... (x... "nz" 8  
i' n... (Q' n... 7f "8A7G8 O... x... y... (p...  
pp... n... (x... (-' lp... (p' pl' 8... z-  
x... (é' l' n' (m' xl... x... n' (n... (é' n' n' (m... xné... n... (lé' (p' pl' 8

## 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			

