

# AGING & DISABILITY RESOURCE GUIDE FOR SOUTHERN ILLINOIS

Egyptian Area Agency on Aging, Inc.  
Carterville: 1-888-895-3306  
Website: [www.EgyptianAAA.org](http://www.EgyptianAAA.org)

Shawnee Alliance Aging & Disability Resource Centers  
Carbondale, Carterville, Mounds, & Herrin: 1-800-642-7773  
Website: [www.shsdc.org](http://www.shsdc.org) (use "Senior Services" link)

Southern Illinois Center for Independent Living  
Carbondale: (618) 457-3318 (Voice/TTY)  
Harrisburg: (618) 252-7233 (Voice/TTY)  
Website: [www.SICIL1.org](http://www.SICIL1.org)

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Changes are posted on our website [www.EgyptianAAA.org](http://www.EgyptianAAA.org). This guide is intended to provide information without charge to senior adults, caregivers, people raising the children of their relatives, people with disabilities, and veterans. All commercial uses are prohibited (see copyright information on the back cover). Information gathered for this document was obtained from public sources.

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## AGING SERVICES

Egyptian Area Agency on Aging  
Director: John M. Smith  
200 East Plaza Drive  
Carterville, IL 62918  
Phone: (618) 985-8311  
Fax: (618) 985-8315  
Toll-free: 1-888-895-3306  
Website: [www.egyptianaaa.org](http://www.egyptianaaa.org)  
E-mail: [egyptianaaa@egyptianaaa.org](mailto:egyptianaaa@egyptianaaa.org)  
Services: The regional administrative agency for the Aging network; assistance with employment, Medicare, Community-Based Options, RSVP of SI volunteering, and Veteran-Directed Home Care (a VIP service).

The following services are provided by local agencies for senior adults, their caregivers, and people raising the children of their relatives. They can be obtained by calling the nutrition meal sites indicated as a “focal point.”

Adult Protective Services – investigation and help for older adults and adults with disabilities when abuse is suspected

Choices for Care – care managers assess for eligibility and coordinate care for frail senior adults

Community-Based Options – housekeeping, errands, and much more

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

Evidence-Based Exercise Programs – exercise program to improve balance and fitness

Family Caregivers Support – information and help to access services for caregivers of senior adults and people raising children of their relatives. Services include counseling, in-home respite care, and gap filling services

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

Home Delivered Meals – meals delivered to homebound senior adults

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

In-Home Services – housekeeping and errands

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

Information & Assistance – Information about services and help to apply

Legal Assistance – advice, education, and help with most legal matters

Money Management – trained and certified assistance with bill paying

Outreach – social service workers go to homes and community facilities to inform people about aging services

Ombudsman – advocates for people in nursing homes and assisted living facilities

Take Charge of Your Health – self-management workshops for people with chronic disease, such as or arthritis, heart disease, etc.

The Savvy Caregiver – self-help workshops for people with caring for older people

Transportation is to and from community locations, usually in buses and vans

Veteran-Directed Home Care (a VIP service) – helps veterans obtain and pay for housekeeping, errands, and personal care

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

All Day Club – 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

Community Care in Residential Settings – affordable housekeeping, meals, and personal care of frail senior adults in assisted living facilities with 24-hour staffing

## AGING SERVICES

### AGING SERVICE PROVIDERS – Main Offices

#### Franklin County Senior Services

Director: Zane Garner  
225 East Poplar Street  
West Frankfort: (618) 937-3511  
Email: fc225@yahoo.com  
Service Area: Franklin County

#### Gold Plate Program of Perry County

Director: Tammy Asbury  
P.O. Box 345  
721 North Hickory Street  
Du Quoin: (618) 542-3511, (618) 542-2566  
Email: goldplateprogram@yahoo.com  
Service Area: Perry County

#### Golden Circle Senior Citizens Council

Director: Gloria Stacy  
129 IL Route 146 East  
Elizabethtown: (618) 287-5590  
Fax: (618) 287-5593  
Email: pine1@shawneelink.net  
Service Area: Gallatin, Hardin, Pope, and Saline Counties

#### Senior Adult Services

Director: Henry Long  
409 North Springer Street  
Carbondale: (618) 457-4151  
Fax: (618) 457-4154  
Email: senioradultservices@yahoo.com  
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  
Email: southernprideseniorprogram@gmail.com  
Service Area: Alexander, Johnson, Massac, Pulaski, and Union Counties

#### Williamson County Programs on Aging

Director: Robert Childers  
1201 Weaver Road  
Herrin: (618) 988-1585  
Fax: (618) 942-6993  
Email: www.wcpaherrin.net  
Service Area: Williamson County

#### Shawnee Alliance

Director: Carol Aronson  
6355 Brandhorst Drive  
Carterville: (618) 985-8322, 800-642-7773  
Fax: (618) 985-8048  
Website: www.shsdc.org/sas.html  
Service Area: area-wide  
Services: Care Coordination, Choices for Care, Adult Protective Services, Money Management Program, and Ombudsman Eligibility assessment for In-Home Services, Adult Day Services, Automated Medication Dispenser, and Emergency Home Response Systems

#### Southern Illinois University Carbondale

Legal Services to Older Persons  
Director: John Erbes  
Lesar Law Building, 1150 Douglas Drive, Mail Code 6821  
Carbondale: 800-673-6130  
Domestic Violence: (618) 536-4423  
Veterans Legal Assistance: (618) 453-8280 or vlap@siu.edu  
Fax: (618) 453-8727  
Website: <http://www.law.siu.edu/academics/clinics/civil-practice-clinic/public-programs.html>  
Service Area: area-wide  
Services: Legal Assistance for the elderly, Domestic Violence Clinic, and Veterans Legal Assistance Program

# AGING SERVICES

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## ALEXANDER COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Sites*

Cairo Happy Days Senior Center (county focal point)

2728-B Martin Luther King Avenue  
Cairo: (618) 734-1050  
Monday-Friday at 11:30 am

Home delivered meals are available by calling (618) 734-1050 for information.

## FRANKLIN COUNTY

### *Aging Services*

Transportation	Home Modification
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support

### *Nutrition Site*

West Frankfort Senior Center (county focal point)

225 East Poplar Street  
West Frankfort: (618) 937-3511  
Monday-Friday at noon

Home delivered meals are available by calling (618) 937-3511 for information.

# AGING SERVICES

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## GALLATIN COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Site*

Ridgway Senior Center (county focal point)  
Village Hall  
110 North Crawford Street  
Ridgway: (618) 272-7570  
Fax: (618) 272-7040  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 272-7570 for information.

## HARDIN COUNTY

### *Aging Services*

Transportation	Home Modification
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Site*

Elizabethtown Senior Center (county focal point)  
129 IL Route 146 East  
Elizabethtown: (618) 287-2501  
Fax: (618) 287-5593  
Monday-Friday at 11:30 am  
Note: This site is located 2 miles east of  
Elizabethtown on the left, near the Hardin  
County School

Home delivered meals are available by calling  
(618) 287-2501 for information.

# AGING SERVICES

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## JACKSON COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
All Day Club	Family Caregiver Support
Strong for Life	

### *Nutrition Sites*

Carbondale Senior Center (county focal point)  
409 North Springer Street  
Carbondale: (618) 457-4151  
Fax: (618) 457-4154  
Monday-Friday at 11:30 am

Murphysboro Area Senior Citizens Center  
17 North 14th Street  
Murphysboro: (618) 687-1641  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 457-4151 for information.

### *Aging Resource Center*

Shawnee Alliance  
Inside the Memorial Hospital of Carbondale  
405 West Jackson Street  
Carbondale: 1-800-642-7773

## JOHNSON COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Sites*

West Vienna Senior Center (county focal point)  
60 State Route 37 North  
At crossroads of State Route 37 and Rt. 146  
P.O. Box 1372  
Vienna: (618) 658-8140 or 658-9669  
Fax: (618) 658-8203  
Monday-Friday at 11:30 am

Goreville Senior Center  
204 South Broadway Street  
Goreville: (618) 658-8140  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 658-8140 for information.

# AGING SERVICES

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## MASSAC COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Site*

Happy Hearts Senior Center (county focal point)  
701 Market Street  
Metropolis: (618) 524-9755  
Fax: (618) 524-7245  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 524-9755 for information.

## PERRY COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	All Day Club

### *Nutrition Sites*

Gold Plate Program (county focal point)  
721 North Hickory Street  
P.O. Box 345  
Du Quoin: (618) 542-3511  
Fax: (618) 542-2566  
Monday-Friday at 11:30 am

Willisville Public Library  
803 Broadway Street  
Willisville: (618) 542-3511  
Tuesday & Thursday at 11:30 am

Cutler Senior Center  
409 South Main Street  
Cutler: (618) 542-3511  
Tuesday & Thursday at 11:30 am

Home delivered meals are available by calling  
(618) 542-3511 for information.



# AGING SERVICES

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## POPE COUNTY

### *Aging Services*

Transportation      Home Modifications  
Outreach            Information & Asst.  
Congregate Meals   Home Delivered Meals  
In-Home Respite    Family Caregiver Support  
Strong for Life

### *Nutrition Sites*

Golconda Golden Circle (county focal point)  
P.O. Box 246  
217 Adams Street  
Golconda: (618) 683-7741  
Fax:            (618) 683-6402  
Monday-Friday at 11:30 am

Eddyville Golden Circle  
1 High Street  
Community Building  
Eddyville: (618) 683-7741  
Tuesday at 11:30 am

Home delivered meals are available by calling  
(618) 683-7741 for information.

## PULASKI COUNTY

### *Aging Services*

Transportation      Home Modifications  
Outreach            Information & Asst.  
Congregate Meals   Home Delivered Meals  
In-Home Respite    Family Caregiver Support  
Strong for Life

### *Nutrition Site*

Smiles Senior Center (county focal point)  
412 South Blanche Street  
Mounds: (618) 745-6149  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 745-6149 for information.

# AGING SERVICES

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## SALINE COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	All Day Club

### *Nutrition Sites*

Harrisburg Golden Circle (county focal point)  
15-A Veterans Drive  
Harrisburg: (618) 252-7940  
Fax: (618) 253-7885  
Monday-Friday at 11:30 am

Community Center  
921 Veterans Drive  
Eldorado: (618) 273-5394  
Fax: (618) 273-5394  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 252-7940 for information.

## UNION COUNTY

### *Aging Services*

Transportation	Home Modifications
Outreach	Information & Asst.
Congregate Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

### *Nutrition Site*

Sunshine Inn Senior Center (county focal point)  
169 East Vienna Street  
Anna: (618) 833-6734  
Monday-Friday at 11:30 am

Home delivered meals are available by calling  
(618) 833-6734 for information.

# AGING SERVICES

## WILLIAMSON COUNTY

### ***Aging Services***

Transportation      Home Modifications  
Outreach              Information & Asst.  
Congregate Meals   Home Delivered Meals  
In-Home Respite     Family Caregiver Support  
Arthritis Foundation Exercise Program  
All Day Club

### ***Nutrition Sites***

Herrin Senior Center (county focal point)  
1201 Weaver Road  
Herrin:      (618) 988-1585  
Fax:        (618) 942-6993  
Monday-Friday at 11:15 am

Sugar Creek Café  
105 West Blue Avenue  
Creal Springs: (618) 996-8289  
Monday-Thursday from 11:00 am-2:00 pm

Cambria Senior Center  
302 Richart Street  
Cambria: (618) 988-1585  
Monday-Friday at 11:00 am

Andresen's Café  
215 East Broadway Street  
Johnston City: (618) 983-8497  
Monday-Friday from 11:00 am-2:00 pm

### ***Nutrition Sites, continued***

Marion Senior Citizens Center  
507 West Main Street  
Marion:      (618) 997-9019  
Fax:        (618) 993-0398  
Monday-Friday at 11:15 am

Home delivered meals are available Monday through Friday by calling (618) 988-1585.

### ***Aging & Disability Resource Centers***

Egyptian Area Agency on Aging  
200 East Plaza Drive  
Carterville: 1-888-895-3306

Shawnee Alliance  
6355 Brandhorst Drive  
Carterville: 1-800-642-7773

### ***Aging Resource Center***

Shawnee Alliance  
Inside the Herrin Hospital  
201 South 14th Street  
Herrin:      1-800-642-7773

# AGING SERVICES

## COMMUNITY CARE PROGRAM

### ***Assessment & Eligibility***

Shawnee Alliance  
6355 Brandhorst Drive  
Carterville: (618) 985-8322 &  
1-800-642-7773

Note: Veterans may also apply for the  
Veteran-Directed Home Care (a VIP service)  
and Veteran's Aides & Attendants, see  
Page 54.

### ***Service Providers***

Active Day  
900 Skyline Drive, Suite 300  
Marion: (618) 998-2032  
Service Area: area-wide  
Services: Adult Day Services  
Service area: Franklin, Jackson, Johnson,  
Perry, Saline, Union, Williamson

Addus Homecare  
812 North Skyline Drive, Suite 200  
P.O. Box 963  
Marion: (618) 997-8008  
Service Area: area-wide  
Services: In-Home Services area-wide

Community Care Systems  
3890 North Illinois  
Swansea: (618) 277-3226, 548-1613, or  
842-9654  
Service Area: Franklin, Gallatin, Jackson,  
Perry, Saline, and Williamson counties  
Services: In-Home Services

Emergency Home Response Services – if  
approved for this service by Shawnee  
Alliance, a list of service providers will be  
provided

### ***Service Providers, continued***

Gold Plate Program of Perry County  
721 North Hickory Street  
Du Quoin: (618) 542-3511  
Service Area: Perry County  
Services: Adult Day Services in Perry and  
northern part of Jackson County. In-Home  
Services 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. In-Home Services in all 4 counties

Help at Home  
1350 East Mall Drive  
Carbondale: (618) 457-6434  
1000 North Carbon Street, Suite T  
Metropolis: (618) 524-7452  
Service Area: area-wide  
Services: In-Home Services

River to River Corporation  
1500 Sandbar Drive  
P.O. Box 1759  
Marion: (618) 993-7533  
Service Area: area-wide  
Services: Community Care in Residential  
Settings (affordable assisted living)

Senior Adult Services  
Elderwise Adult Day Services  
409 North Springer Street  
Carbondale: (618) 549-6441 or 457-4151  
Service Area: Carbondale and Murphysboro.  
Services: Adult Day Services

## AGING SERVICES

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### COMMUNITY CARE PROGRAM, continued

#### *Service Providers, continued*

Williamson County Programs on Aging  
1201 Weaver Road  
Herrin: (618) 988-1585  
Service Area: Williamson and Franklin  
counties  
Services: Adult Day Services in Williamson  
County. In-Home Services in Franklin &  
Williamson counties

## COUNSELING SERVICES

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### AREA-WIDE COUNSELING

#### ADAPT of Illinois

Cobden: (618) 893-2810  
Services: Psychiatry in nursing homes.

#### Caring Counseling Ministries

Marion: (618) 997-2129

#### Caritas Family Solutions

Carterville: (618) 985-2000 or  
1-800-997-9381  
Services: Counseling in schools, churches,  
and community.

#### Center for Senior Renewal

Murphysboro: (618) 684-3156 ext. 55130

#### Centerstone

Marion: (618) 997-3647

#### Children's Home & Aide

Herrin: (618) 988-1330  
Services: Counseling for families who adopt  
children, adoption and subsidized  
guardianship.

#### Choate Mental Health & Development Center

Anna: (618) 833-5161  
Services: Hospitalization of individuals  
(prescreening is required).

#### Creative Minds

Marion: (618) 997-0900

#### DUI and Counseling Program

Carbondale: (618) 457-4044  
Website: [alcoholism.about.com](http://alcoholism.about.com)  
Services: substance abuse, bipolar disorder,  
anxiety, ADHD, HIV / AIDS, gay and  
lesbian, older adults, pregnant &  
postpartum women, and criminal justice.

#### Family Counseling Center

Vienna: (618) 658-2611  
Golconda: (618) 683-2461  
Includes dementia care

#### Fellowship House Alcoholism & Gambling

Anna: (618) 833-4456, (618) 833-2194  
Services: For substance abuse.

#### Franklin Hospital Senior Care

Benton: (618) 435-4731

#### Mulberry Center – Harrisburg Medical Center

Harrisburg: (618) 252-0999  
Marion: (618) 998-0888  
Services: 30 bed unit for in-patient services.

#### New Beginnings Program

Massac Memorial Hospital  
Metropolis: (618) 524-7370 ext. 171

#### Schloemann, Colleen, LCSW

Phone: (618) 889-1014  
Website: [www.colleenschloemannlcsw.com](http://www.colleenschloemannlcsw.com)

#### Senior Life Solutions

Pinckneyville: (618) 357-8811

#### Serenity

Rosiclare: (618) 285-6626

#### Shawnee Alliance

Carterville: (618) 985-8322, 1-800-642-7773  
Services: In-home counseling for senior  
adults, family caregivers, and  
grandparents.

#### SIUC Clinical Center

Carbondale: (618) 453-2361  
Services: Speech difficulties, hearing,  
personality and psychological.

Support Groups, see pages 51-53.

#### VA Suicide Prevention – Veterans, only

Marion: 1-800-273-8255

# COUNSELING SERVICES

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## COUNTY COUNSELING CENTERS

### Alexander County

Delta Center for Alexander & Pulaski County  
1401 Washington Ave

Cairo: (618) 734-2665

Services: Mental health counseling, substance abuse, provides assistive community training, supportive & supervised housing, adult substance abuse, and psychosocial rehabilitation.

### Franklin County

Centerstone  
902 West Main Street

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

Services: Substance abuse counseling, adult counseling, psychologist, psychiatrist, day treatment center, and rehabilitation center. Sliding scale payments accepted.

### Gallatin County

Egyptian Public & Mental Health  
9525 Gold Hill Road

Shawneetown: (618) 269-3454

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.

147 North Main Street

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

Centerstone  
2311 South Illinois Ave

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.

101 Oliver Street

P.O. Box 1328

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 West 5th Street

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, psychosocial rehabilitation, psychiatrist available. Medicare, Medicaid, insurance, and sliding scale payments are accepted.

## COUNSELING SERVICES

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### COMMUNITY COUNSELING CENTERS, continued

#### Perry County Counseling Center

1016 South Madison Street, 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.

#### Williamson County

Centerstone  
902 West Main Street  
West Frankfort: (618) 937-6483 or 997-5336

Services: Substance abuse counseling, adult counseling, psychologist, psychiatrist, day treatment center, and rehabilitation center. Sliding scale payments accepted.

#### Pope County Family Counseling Center

125 North Market Street  
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. Route 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 Street  
Anna: (618) 833-8551

Services: Adult outpatient counseling, day treatment programs, case management team, and mental illness program. Medicaid and sliding scale payments accepted.



## DISABILITY SERVICES

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### LOCAL AGENCIES

#### Delta Center

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

#### DHS Bureau of Blind Services

See page 48

#### DHS Office of Rehabilitation

See page 48

#### Southern Illinois Case Coordination

Centralia: 1-800-828-7422  
Case management for people with disabilities

#### Southern Illinois Center for Independence Living (SICIL)

2135 West Ramada Lane  
Carbondale: (618) 457-3318 (voice/TTY)  
- and -  
32 Veterans Drive  
Harrisburg: (618) 252-7233 (voice/TTY)  
- and -  
Website: [www.SICIL1.org](http://www.SICIL1.org)

#### Southern Illinois Radio Information Service (or SIRIS)

Carbondale: (618) 453-2808  
Website: [www.wsu.org/siris](http://www.wsu.org/siris)  
Services: special radios that provide programs and reading sessions of books, newspapers, and other information

#### Talking Book Center

Phone: 800-426-0709  
Services: talking books, magazines and religious materials for persons who are visually impaired or have a learning disability. Braille materials also available.

### STATEWIDE AGENCIES

#### Coalition of Citizens with Disabilities in Illinois

3 West Old State Capitol Plaza, Suite 1  
Springfield: (800) 433-8848 or  
(217) 522-7016 (voice/TTY)  
Website: [www.ccdionline.org](http://www.ccdionline.org)

#### Illinois Network of Centers for Independent Living

One West Old State Capitol Plaza, Suite 501  
Springfield: (800) 587-1227 or  
(217) 525-1308 (voice/TTY)  
Website: [www.incil.org](http://www.incil.org)

#### Statewide Independent Living Council of Illinois

1 West Old State Capital Plaza – Suite 716  
Springfield: (217) 744-7777 (voice/TTY)  
Website: [www.silcofillinois.org](http://www.silcofillinois.org)

### RECREATIONAL PROGRAMS

#### SIUC Touch of Nature Environmental Center

Makanda: (618) 453-1122  
Website: [www.ton.siu.edu](http://www.ton.siu.edu)  
Services: outdoor residential summer camps

#### Special Olympics Illinois - Southern Area 15

Carbondale: (618) 457-2969  
Website: [www.soill.org](http://www.soill.org)  
Services: year-round sports training and competition in a variety of Olympic-type sports for children and adults

## DISABILITY SERVICES

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### SERVICES FOR PEOPLE WITH DISABILITIES

Abuse Referrals: Call 1-866-800-1409 or 1-800-642-7773.

Accessibility Surveys – Promotes accommodations or creates access to buildings, programs, and services in a cost-effective manner. Call (618) 457-3318.

Adult Protective Services – Investigates alleged abuse, such as physical, financial, sexual, and psychological abuse or neglect of care. Call 1-866-800-1409 or 1-800-642-7773

Advocacy – Helps people with disabilities gain rights and benefits that are being denied due to disability. Call (618) 457-3318.

Benefit Access Application – One set of automobile license plates at a reduced fee. Call (618) 457-3318.

Case Management – Assists with necessary paperwork and attainment of equipment, housing, and other aids that increase independence. Call (618) 457-3318.

Community Reintegration – Helps with the transition from a nursing home to a home or apartment in the community. Call (618) 457-3318.

Deaf Culture – Workshops and presentations about basic sign language skills or a better understanding of deaf culture. Call (618) 457-3318.

Employment Services – See the “Employment & Training” section.

Equip for Equality – Advocacy services to empower & strengthen abilities to advocate effectively on their own behalf, including some legal assistance. Call 1-800-758-0559 or TTY: 1-800-610-2779

Equipment Loans – Equipment and assistive devices available to consumers and communities on a temporary basis. Call (618) 457-3318.

Equipment Training & Acquisition – Acquiring and learning the use of TTY’s and other devices. Call (618) 457-3318.

Evaluation Services – See the “Employment & Training” section.

Hearing Now – hearing aids for low-income families – apply at <http://starkeyhearingfoundation.org/programs/#/hearnow>

Information and Referral – Staff respond to requests for information concerning disability issues and make referral to appropriate resources. Call (618) 457-3318.

In-Home Services – Private pay home services, includes in-home workers, personal assistants, and social work Care Coordinators. Call (618) 457-3318.

ITAC Telephone Distribution – Free telephone for people who are deaf, hard of hearing, late deafened, speech impaired, or deaf/blind as verified by a physician. Call (618) 457-3318. Website: [www.itactty.org/irc.htm](http://www.itactty.org/irc.htm)

## DISABILITY SERVICES

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### **SERVICES FOR PEOPLE WITH DISABILITIES, continued**

Job Training & Placement – See the “Employment & Training” section.

Medical Equipment – Loan of wheelchairs, walkers, crutches, raised toilet seats, shower seats etc. are loaned, and returned only if or when the equipment is obtained elsewhere. Call (618) 457-3318.

Mediation – Provides assistance in the negotiation and resolution of disputes between consumers and others. Call (618) 457-3318.

Medical website for the Deaf: [www.DeafMD.org](http://www.DeafMD.org)

On-the-Job Training – See the “Employment & Training” section.

One-Time Purchases – Financial assistance for necessary startup and initial maintenance of a residence. Call (618) 457-3318.

Peer Counseling – Provides individual or group support for role-modeling, sharing, coping, or problem-solving to help with self-sufficiency. Call (618) 457-3318

Personal Assistant Management – Training how to develop and manage successful employer or employee relationships, techniques in hiring, negotiating, supervising, and terminations. Call (618) 457-3318.

Personal Assistant (PA) Referral & Training - Recruits and prescreens people seeking employment as personal assistants. Call (618) 457-3318.

Public Education and Outreach – Information is available about disabilities. Call (618) 457-3318.

Reader and Other Assistant Referral – is a list of readers, note takers, chore workers, and other assistants. Call (618) 457-3318.

Service Coordination – Assist, identify, & secure the services and resources needed to live successfully outside of an institution. Call (618) 457-3318.

#### SIT Service Dogs

Ava: (618) 426- 5666

Website:[www.sitservicedogs.com](http://www.sitservicedogs.com)

Services: train and place service dogs with people with physical disabilities

Skills Training – Assists with learning how to cook, budget, find housing, fill out benefit forms, and use assistive technology. Call (618) 457-3318.

#### Special Needs Alliance

Website:[www.specialneedsalliance.org](http://www.specialneedsalliance.org)

Services: Attorneys who assist persons with disabilities and their families with estate planning and special education issues.

## DISABILITY SERVICES

### SERVICES FOR PEOPLE WITH DISABILITIES, continued

Sorrenson Video Relay for Deaf People – A sign language interpreter helps people who use sign language communicate with the non-hearing impaired. Call (618) 457-3318.

Southern Illinois Radio Information Service (SIRIS) – Information for the blind and visually impaired is read over a special radio and station. Call (618) 453-2808.

Technical Assistance – Assists businesses to provide accommodations or create access to buildings and services in a cost effective manner. Call (618) 457-3318.

Training and Support – Staff help with developing the skills and confidence needed to maintain independence in the community. Call (618) 457-3318.

Transportation for People with Disabilities – See pages 59-61.

Your Choice Home Services – Private pay home services, includes in-home workers, personal assistants, and social work Care Coordinators. Call (618) 457-3318.

### SPECIAL EDUCATIONAL OPPORTUNITIES

#### Illinois Head Start

Referrals: (618) 453-6448  
Website: [headstart.siu.edu](http://headstart.siu.edu)  
Services: For children ages 3-5 and pregnant women or women with infants, and toddlers.

#### School for Hearing Impaired

Marion: (618) 997-2472 or  
TTY at 9972472  
Website: [www.wcsed.org/hearingimpaired](http://www.wcsed.org/hearingimpaired)  
Services: K-8 school for students who are deaf and hard of hearing or have communication disorders.

#### TLC of Southern Illinois, Inc (The Therapy Center)

Carterville: (618) 985-2181  
Services: Pre-school for children 15 months to 6 years old.

### SPECIAL TREATMENT OPPORTUNITES

#### Autism Program - Southern Illinois University Carbondale:

(618) 536-2122  
Website: [casd@siu.edu](mailto:casd@siu.edu)  
Services: Didactic and experienced-based training, consulting, community services and support, and research and evaluation.

#### Gateway Foundation

Carbondale: (618) 529-1151  
Website: [www.recovergateway.org](http://www.recovergateway.org)  
Services: Counseling, residential in-patient treatment, outpatient services for substance abuse and mental illness.

#### Centerstone

Marion: (618) 997-3647  
Website: [www.buildingbettertomorrows.org](http://www.buildingbettertomorrows.org)

#### Choate Mental Health & Development Center

Anna: (618) 833-5161  
Website: [www.healthgrades.com/group-directory/illinois-il/anna/choate-mental-health-center-wrtxj](http://www.healthgrades.com/group-directory/illinois-il/anna/choate-mental-health-center-wrtxj)  
Services: Psychiatric, Psychological, medical, physical, social, educational, vocational, rehabilitation, recreational, speech, language and hearing, pharmacy, dental, and dietary services, and referrals and special consultations.

## EMPLOYMENT SERVICES

### CHILD CARE RESOURCE & REFERRAL

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

### EMPLOYMENT SERVICES FOR PEOPLE WITH DISABILITIES

Illinois Dept. of Employment Security  
Mt. Vernon: (618) 244-1700  
Services: Job training  
Note: Call ahead to check hours of operation

Evaluation & Developmental Center  
500C Lewis Lane  
Carbondale: (618) 453-2331 or TTY at  
453-2323  
Services: Vocational, psychological,  
transitional, and driver education services.

MAP Training Center  
504 East 7th Street  
Karnak: (618) 634-9401  
Services: Vocational evaluation, sheltered  
employment, job training and work activity  
for persons with disabilities.

Division of Rehabilitation Services  
See page 48.

### EMPLOYMENT SERVICES FOR PEOPLE WITH DISABILITIES, continued

Coleman Tri-County Vocational Services  
P.O. Box 699  
10155 Highway 13  
Shawneetown: (618) 269-4211  
Services: Vocational evaluation, job  
placement, sheltered employment and  
residential services. Residential services  
include the Community Integrated Living  
Arrangement and Family Supported Unit.

Rehabilitation and Vocational Education  
Program, Inc. (or RAVE)  
214 West Davie Street  
Anna: (618) 833-8525  
Services: Developmental, vocational,  
educational training and support services  
to mentally or physically challenged  
individuals.

Southern Illinois Center for Independence Living  
2135 West Ramada Lane  
Carbondale: (618) 457-3318 (voice & TTY)  
- and -  
32 Veterans Drive  
Harrisburg: (618) 252-7233 (voice & TTY)  
Services: Evaluation Services through  
short-term work experiences. Job  
Development and Placements promote  
successful employment. On-the-Job  
Training is for people with limited or no  
previous work experience. Supported  
Employment Services are training and  
support, both on and off the job.

Specialized Training for Adult Rehabilitation (or  
START)  
20 North 13th Street  
Murphysboro: (618) 687-2378  
Website: [www.startinc.org](http://www.startinc.org)  
Services: Vocational evaluation, job  
placement, sheltered employment and  
residential services. Residential services  
include the Community Integrated Living  
Arrangement and Family Supported Unit.

## EMPLOYMENT SERVICES

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### ILLINOIS MIGRANT COUNCIL

Technical Learning Center  
111 South Appleknocker Street  
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

Egyptian Area Agency on Aging  
Carterville: 1-888-895-3306

HIRE LEVEL Employment Services  
Marion: (618) 993-9675

IDES – Disabled Veterans Outreach Program  
Marion: (618) 997-5311 ext. 59354

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

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

Manpower Employment Agency  
Carterville: (618) 985-2006 or 457-0414

Priority Staffing Employment Services  
Marion: (618) 969-8800

SICIL  
Carbondale: (618) 457-3318

SIUC Civil Service  
Carbondale: (618) 536-2116

Talent Force  
Phone: (573) 334-9700

Work Incentive Planning and Assistance  
Division of Rehab Services  
Phone: 1-800-852-5110  
Service: Assisted technology and planning and assistance for people with disabilities

## EMPLOYMENT SERVICES

### ONE STOP SHOPS – ILLINOIS WORK NET CENTERS

#### Man-Tra-Con

2001 West Main Street, Suite B  
Carbondale: (618) 490-1141  
3000 De Young Street, Suite 800-B (located  
in back of the Illinois Centre Mall)  
Marion: (618) 998-0970 or  
1-800-315-3986  
701 North Commercial Street, Suite 6A  
Harrisburg: (618) 252-6020  
Service Area: Franklin, Jackson, Perry &  
Williamson counties

### SENIOR EMPLOYMENT PROGRAM

#### Egyptian Area Agency on Aging

Senior Employment Specialist  
200 East Plaza Drive  
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@egyptianaaa.org](mailto:egyptianaaa@egyptianaaa.org)  
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,  
and Pulaski counties

### TITLE V OLDER WORKERS PROGRAM, continued

#### Goodwill

Call for an appointment  
Phone: (618) 514-7782  
Service Area: southernmost 13 counties

### WORKFORCE INVESTMENT BOARDS

#### Man-Tra-Con

3000 De Young Street, Suite 800-B (located  
in back of the Illinois Centre Mall)  
Marion: (618) 998-0970 or  
1-800-315-3986  
Service Area: Jackson, Franklin, Williamson  
and Perry counties

#### Mid-5 Employment & Training, Inc

Harrisburg: (618) 252-6020  
Fax: (618) 252-6326  
Service Area: Gallatin, Hamilton, Hardin,  
Pope and 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  
Anna: (618) 833-7431  
Elizabethtown: (618) 287-7071  
Metropolis: (618) 524-2941  
Shawnee College: (618) 634-3293

#### Southern 14 - Workforce Investment Board

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

# FOOD PANTRIES & SOUP KITCHENS

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## STATEWIDE AGENCIES

### 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

### Daystar Community Program

Cairo: (618) 734-0178

Services: Outreach, rent assistance, help with health care bills, food pantry.

### The Kitchen Table (soup kitchen)

Cairo: (618) 734-0178

## FRANKLIN COUNTY

### Benton Township

Benton: (618) 439-3181

### Ministry for the Broken Hearted

Christopher: (618) 927-0202

### Franklin County Food Pantry / Crosswalk

West Frankfort: (618) 937-3581

## GALLATIN COUNTY

### Gallatin County Food Pantry

Shawneetown: (618) 269-3349

## HARDIN COUNTY

### Shawnee Development Council

Elizabethtown: (618) 287-7071



## FOOD PANTRIES & SOUP KITCHENS

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### JACKSON COUNTY

Bethel African Methodist Episcopal Church &  
Soup Kitchen  
Carbondale: (618) 529-5278

Good Samaritan Food Pantry / University Baptist  
Church  
Carbondale: (618) 457-5794

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

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

Shalom Food Pantry  
Grand Tower: (618) 565-2275 or 684-2800

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

SPIN Soup Kitchen  
822 Industrial Park Road  
Murphysboro: (618) 201-7298  
Open Saturdays

### JOHNSON COUNTY

Goreville Ministerial Alliance  
Goreville: (618) 995-9360

First Baptist Church  
Vienna: (618) 658-3741

### MASSAC COUNTY

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

Lords Pantry of Weaver Creek  
Metropolis: (618) 524-4863

### PERRY COUNTY

Du Quoin Food Pantry  
Du Quoin: (618) 571-2527

Western Egyptian  
Du Quoin: (618) 542-4656

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

## FOOD PANTRIES & SOUP KITCHENS

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### POPE COUNTY

Shawnee Development Council  
Golconda at Pope County Housing building

### PULASKI COUNTY

First Baptist Church  
Karnak: (618) 634-9342

### SALINE COUNTY

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

Greater Galatia Food Pantry  
Galatia: (618) 286-4052

Harvest Deliverance Center  
Harrisburg: (618) 252-0009

Saline County Baptist Food Pantry  
Harrisburg: (618) 252-2374

### UNION COUNTY

Shawnee Development Council  
Anna: (618) 833-7431

Bethany Village  
Anna: (618) 833-1777

### WILLIAMSON COUNTY

Cambria Food Pantry  
Cambria: (618) 985-6861

Community Food Pantry  
Carterville: (618) 985-3171

Herrin Community Pantry  
Herrin: (618) 942-2080

House of Hope  
Herrin: (618) 942-8500

WCPA Commodities Program  
Herrin: (618) 988-1585

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

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

Salvation Army  
Marion: (618) 993-5854

## HEALTH CARE SERVICES

### AGING & MEMORY CLINICS

SIU Family Medical Center  
305 West Jackson Street, Suite 200  
Carbondale: (618) 536-6621  
Services: Memory diagnosis and referral

Family Counseling Center – Memory Disorder  
Program  
408 East Vine Street  
Vienna: (618) 658-2611  
Services: Memory diagnosis and referral

### COMMUNITY HEALTH CENTERS

Listed alphabetically by town

Rural Health, Inc  
513 North Main Street  
Anna: (618) 833-4471

CHESI Cairo Mega Clinic  
13245 Kessler Road  
Health Clinic: (618) 734-4400

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

CHESI Cedar Clinic  
1250 Cedar Court  
Carbondale: (618) 457-7821 or 457-0450

Shawnee Health Care, Carbondale  
400 South Lewis Lane  
Same Day: (618) 519-9200  
Dental Clinic: (618) 519-9200

Shawnee Health Care, OB/GYN  
101 South Wall Street  
Carbondale: (618) 519-9200

Shawnee Health Care, Behavioral Health  
404 South Lewis Lane  
Carbondale: (618) 519-9200

### COMMUNITY HEALTH CENTERS, continued

Shawnee Health Care, Terrier Care  
1301 E. Walnut Street  
Carbondale: (618) 519-9200

Shawnee Health Care, Carterville  
1006 South Division Street  
Carterville: (618) 519-9200

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

Rural Health, Inc  
318 North Old Highway 51  
Dongola: (618) 827-3545

Rea Clinic / Du Quoin  
1564 South Washington Street  
Du Quoin: (618) 542-8702

Eldorado Rural Health Clinic  
1401 US Highway 45 North  
Eldorado: (618) 273-2951 or 273-2360

Pope County Medical Clinic  
217 South Adams Street  
Golconda: (618) 683-3781

CHESI Harrisburg Community Health &  
Emergency Services / Dental Clinic  
205 North Main Street  
Harrisburg: (618) 253-8450

Johnston City Community Health Center  
14410 Route 37  
Johnston City: (618) 983-6911  
Dental Clinic: (618) 893-4005

## HEALTH CARE SERVICES

### COMMUNITY HEALTH CENTERS, continued

Shawnee Health Care, Marion  
1506 North Sioux Drive  
Marion: (618) 519-9200  
Dental Clinic: (618) 519-9200  
Psychiatry: (618) 519-9200

Shawnee Health Care, Marion Wellness  
1700 Wildcat Road  
Marion: (618) 519-9200

Shawnee Health Care, Murphysboro  
7 Hospital Drive  
Murphysboro: (618) 519-9200

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

Hardin County Medical Clinic  
Highway 146, Building #2  
Elizabethtown: (618) 285-6191  
Dental Clinic: (618) 285-3930

Royalton Community Health Center  
300 South Main Street  
Royalton: (618) 984-2695

Sesser Community Health  
6294 State Highway 154  
Sesser: (618) 625-6979  
Dental: (618) 625-6979

Shawneetown Health Care Clinic  
9525 Gold Hill Road  
Shawneetown: (618) 269-3815

CHESI Tamms Medical  
290 Railroad Street  
Tamms: (618) 747-2391

Rural Health, Inc  
803 North 1st Street  
Vienna: (618) 658-2811

### COUNTY HEALTH DEPARTMENTS

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

Franklin County  
Franklin Williamson Bi-County  
403 East Park Street  
Benton: (618) 439-0951

Gallatin County  
Egyptian Public & Mental Health  
Department  
9525 Gold Hill Road  
Ridgway: (618) 272-4691  
Shawneetown: (618) 269-3454

Hardin / Pope County  
Southern Seven Health Department  
Route 146, Building #2  
P.O. Box 177  
Elizabethtown: (618) 285-6215

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

Johnson County  
Southern Seven Health Department  
513½ East Vine Street  
Vienna: (618) 658-5011

Massac County  
Southern Seven Health Department  
1230 Commercial Park Drive  
Metropolis: (618) 524-2657 or 524-2212

Perry County Health Department  
907 South Main Street  
Pinckneyville: (618) 357-5371

## HEALTH CARE SERVICES

### COUNTY HEALTH DEPARTMENTS, continued

Pulaski County  
Southern Seven Health Department  
Shawnee College Road  
37 Rustic Campus Drive, Building B  
Ullin: (618) 634-9405

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

Union County  
Southern Seven Health Department  
260 Lick Creek Road  
Anna: (618) 833-8561

Williamson County  
Franklin Williamson Bi-County  
Williamson County Airport  
8160 Express Drive  
Marion: (618) 993-8111

### EMERGENCY RESPONSE SYSTEMS

Listed alphabetically by town

Shawnee Alliance  
Carterville: 1-800-642-7773  
Has a list of State-approved companies

### FAMILY HEALTH CLINICS

Little Egypt Breast & Cervical Cancer Program  
Phone: 1-888-522-1282

### HOME HEALTH CARE

Listed alphabetically

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

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

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

APRIA Health Care  
Marion: (618) 997-6469, 1-888-492-7742

Baptist Home Health  
Metropolis: (618) 524-3661

Deaconess Visiting Nurse Asst Plus  
Phone: 1-888-878-9295

Egyptian Public and Mental Health Department  
Harrisburg: (618) 294-8322

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

Harrisburg Medical Center  
Harrisburg: (618) 253-7671 ext. 10489

Interim Healthcare  
Herrin: (618) 477-8500

Joyner Therapy Services  
Marion: (618) 998-9894

LHC – Illinois Home Health Care  
Marion: (618) 997-6565

Marion VA Medical Center (veterans, only)  
Marion: (618) 997-5311 ext. 55051

## HEALTH CARE SERVICES

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### HOME HEALTH CARE, continued

Mederi Caretenders

Mt. Vernon: (618) 242-3516

Mercy Health – Lourdes Hospital

Metropolis: (270) 415-3600

Perry County Health Department

Pinckneyville: (618) 357-5371

Regional Home Care (1-866-998-8533)

Franklin / Perry Counties: (618) 244-9028

Marion: (618) 988-1840

Residential Health Care Group

Phone: 1-800-642-6099

### HOSPICE

Hospice of Southern Illinois

Marion: (618) 997-3030, 1-800-233-1708

Mercy Health – Lourdes Hospital

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

Residential Health Care

Phone: 1-800-358-8227

### HOSPITALS

Listed alphabetically by town

Union County Hospital

517 North Main Street

Anna: (618) 833-4511

Franklin Hospital

201 Bailey Lane

Benton: (618) 439-3161

St. Francis Medical Center

211 Saint Francis Drive

Cape Girardeau, MO: (573) 331-3000

Southeast Hospital

1701 Lacey Street

Cape Girardeau, MO: (573) 334-4822

Physical & Referral: 1-800-800-5123

Memorial Hospital of Carbondale

405 West Jackson Street

Carbondale: (618) 549-0721

Marshall Browning Hospital

900 North Washington Street

Du Quoin: (618) 542-2146

## HEALTH CARE SERVICES

### HOSPITALS, continued

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

Harrisburg Medical Center  
100 Dr. Warren Tuttle Drive  
Harrisburg: (618) 253-7671

Herrin Hospital  
201 South 14th Street  
Herrin: (618) 942-2171

Heartland Regional Medical Center  
3333 West De Young Street  
Marion: (618) 998-7000

Veteran's Administration Medical Center  
2401 West Main Street  
Marion: (618) 997-5311  
American Legion Dept. (618) 998-5605  
AmVets Dept. ext. 54743

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

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

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

Baptist Health Hospital  
2501 Kentucky Avenue  
Paducah, KY: (270) 575-2100

Pinckneyville Community Hospital  
5383 State Route 154  
Pinckneyville: (618) 357-2187

Hardin County General Hospital  
6 Ferrell Road  
Rosiclare: (618) 285-6634

### HOSPITAL-BASED SENIOR ADULT PROGRAMS

See page 57.

### MEDICAL EQUIPMENT & SUPPLIES

Listed alphabetically

ALPHA Home Health Care  
Benton: (618) 438-0309  
Herrin: (618) 998-9250

APRIA Health Care  
Marion: (618) 997-6469, 1-800-267-8808

Beck's Home Health Care  
Eldorado: (618) 273-8111 ext. 3 or  
1-800-851-6857

Herrin Drug  
Herrin: (618) 942-5315 ext. 3

Family Home Health Care  
Herrin: (618) 942-4807, 1-800-325-7696

Holland Medical Equipment  
Marion: (618) 993-1422, 1-877-993-1422

Lincare Home Medical  
Herrin: (618) 993-3020, 1-877-246-4548

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

Sun Glitz (bandages, only)  
Energy: (618) 942-5915 or  
1-800-287-0911

TLC Childcare & The Therapy Center  
Loans pediatric medical equipment, only  
Cartersville: (618) 985-2181

## HEALTH CARE SERVICES

### PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICES Listed alphabetically

#### Addus Healthcare

Area-wide: (618) 997-8008 or  
1-866-687-9639

Services: Nurse Aides, In-Home Services, live-in service, and Adult Day Services

#### Advantage Nursing Services

Marion: (618) 993-4081, 1-800-825-3799  
Services: Nursing and CNA's

#### Family Counseling Center

Cairo: (618) 734-2665

Area served: Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union counties

Services: Supervision

Notes: For developmentally disabled adults and youth/adults with disabilities

#### Gold Plate Program of Perry County

Du Quoin: (618) 542-3511

Services: Home Delivered Meals, In-Home Services and Adult Day Services

#### Golden Circle Senior Citizens Council

Elizabethtown: (618) 287-5590

Services: In-Home Respite Care, Adult Day Services, Home Delivered Meals for senior adults and the disabled

#### Liberty Village of Marion

Marion: (618) 993-8600

Service: Respite, Alzheimer's/Dementia, CME, Rehabilitation, Skilled Nursing, and Assisted Living

#### Residential Health Care Group

Phone: 1-800-358-8227

Services: Home Health Care & Palliative Care (1-866-902-5854)

#### Senior Adult Services

Carbondale: (618) 457-4151

Service: Adult Day Services

### PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICE, continued

#### TLC

Phone: (210) 857-5802

Services: Light housekeeping and caregiving services

#### Williamson County Programs on Aging

Herrin: (618) 988-1585

Services: In-Home Services and Adult Day Services

### REHABILITATION & THERAPY

Services: Speech, Occupational, & Physical therapies, rehab & vocational rehabilitation.

#### Aperion Care

Cairo: (618) 734-1700

Services: Respite Care, Physical Therapy, Occupational Therapy, Speech Therapy, & Restorative Therapy

#### Coleman Tri-County Services

Harrisburg: (618) 252-0275

Service: vocational rehab

#### Helia Active Recovery Center

Energy: (618) 988-1097

Service: private rooms, 24-hour RN care, dining, and Physical Therapy, Occupational Therapy, Speech Therapy, Restorative Therapy, rehab & long-term care

#### Herrin Hospital

Herrin: (618) 942-2171

Services: Physical Therapy, Occupational Therapy, Speech Therapy, sports medicine, work health specialty services

#### Joyner Therapy Services

Harrisburg: (618) 252-7171

Marion: (618) 998-9894

Services: Physical, occupational, speech, and aqua therapies



## HEALTH CARE SERVICES

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### REHABILITATION & THERAPY, continued

#### Neuro-Restorative of Carbondale

Carbondale: (618) 529-3060

Services: Physical Therapy, Occupational Therapy, Speech Therapy, vocational rehab, Counseling, & Psychiatry

#### Nova Care Rehabilitation

Benton: (618) 439-3399

West Frankfort: (618) 937-6200

Services: aquatic, physical, & occupational, therapies

#### Parkway Manor Bounce Back

Marion: (618) 993-8600

Service: Physical, occupational, respiratory, & speech therapy

#### Rehab Unlimited

Phone: 1-866-744-2468

Anna: (618) 833-1506

Carbondale: (618) 529-0516

Carterville: (618) 985-3333 ext. 68345

Harrisburg: (618) 294-9326

Herrin: 942-2171 ext. 35433

Logan Park: (618) 993-4024

Marion: (618) 993-6237

Murphysboro: (618) 684-8018

Services: Physical Therapy, Occupational Therapy, Speech Therapy, & Language Pathology

#### Synergy Therapeutic Group

Carbondale: (618) 529-4360

Du Quoin: (618) 542-8950

Services: Pain relief from a variety of medical issues.

#### TLC Childcare & Therapy Center

Carterville: (618) 985-2181

Services: Therapy and caring for children and adults with disabilities, preschool for children with disabilities, and loan of equipment.

### RESPIRATORY DISEASE PROGRAM

#### Harrisburg Medical Center

Harrisburg: (618) 253-7671

#### Southern Illinois Respiratory Disease Program

Benton: 1-866-252-9732

Carbondale: (618) 457-8520 or  
1-866-252-9732

Carterville: 1-866-252-9732

Harrisburg: 1-866-252-9732

Services: Includes counseling on Black Lung benefits

### HEALTH & INSURANCE PROGRAMS (Online)

Website: [www.getcoveredillinois.gov](http://www.getcoveredillinois.gov)

# HOUSING

## HABITAT FOR HUMANITY

### Franklin County

Benton: (618) 663-0412

### Jackson-Union Counties

Carbondale: (618) 457-8480

### Saline County

Harrisburg: (618) 294-8337

### Williamson County

Marion: (618) 713-2296

## 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 us and that have allowed us to list.

## ALEXANDER COUNTY

### *Public Housing*

Alexander County Housing Authority

Cairo: (618) 734-1910

Units are in Cairo & Thebes

### *Subsidized Housing*

Shawnee Enterprises

Cairo: (618) 997-5365

### *Private Units*

Diamond Development

Tamms I & II

Tamms: (618) 665-4081

The Garden at Aperion for Memory Care

Cairo: (618) 734-1700

## FRANKLIN COUNTY

### *Public Housing*

Franklin County Housing Authority

West Frankfort: (618) 932-2124

Units are in West Frankfort, Sesser, Zeigler, Benton, Royalton, West City, & Christopher

### *Subsidized Housing*

Shawnee Enterprises

Benton: (618) 997-5365

West Frankfort: (618) 997-5365

### *Assisted Living*

Fifth Season Residential Assisted Living

Benton: (618) 439-6600

### *Supportive Living*

Heritage Woods of Benton

Benton: (618) 439-9431

### *Private Units*

Benton Place Apartments

Benton: (618) 439-7528

(age 62 and older only)

# HOUSING

## 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 - McAnally 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,  
Ava, Carbondale, & Grand Tower

#### *Jackson County Subsidized Housing*

Ava Apartments  
Ava: (618) 654-7033

Carbondale Towers & Mill Street Apartments  
Carbondale: (618) 529-3371

Fields Apartments  
Carbondale: (618) 549-7377

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

#### *Assisted Living*

Century Assisted Living  
Carbondale: (618) 549-9898  
Specializes in Memory Care

Chippewa House  
Carbondale: (618) 534-7285

River to River Community of Murphysboro  
Murphysboro: (618) 684-5818

The Landing  
Carbondale: (618) 519-9600

Violet Lane  
Carbondale: (618) 830-5836

#### *Supportive Living*

Prairie Living at Chautauqua  
Carbondale: (618) 351-7955

#### *Private Units*

Liberty Village & Estates of Carbondale  
Carbondale: (618) 351-6557 or 529-8508

Brookside Manor  
Carbondale: (618) 549-3600

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

# HOUSING

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## 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  
Vienna: (618) 993-0004

#### *Supportive Living*

Autumn Ridge  
Vienna: (618) 658-2775

### 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) 993-0004

Country Village  
Metropolis: (618) 993-0004

#### *Independent Living*

Twin Oaks Estates  
Metropolis: (618) 524-6868

Misty Meadows Senior Living Center  
Metropolis: (618) 524-1818

### PERRY COUNTY

#### *Public Housing*

Perry County Housing Authority  
Du Quoin: (618) 542-5409 or 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) 542-1006

#### *Supportive Living*

The Manors at Mason Woods  
Pinckneyville: (618) 357-9770

### POPE COUNTY

#### *Public Housing*

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

# HOUSING

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## 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*

None

#### *Private Units*

Diamond Development Corp.

Karnak: (618) 665-4081

### SALINE COUNTY

#### *Public Housing*

Housing Authority of Saline County

Harrisburg: (618) 252-6381

Units are in Harrisburg, Galatia, Eldorado,  
Raleigh, & Carrier Mills

#### *Subsidized Housing*

Housing Authority of Saline County

Harrisburg: (618) 252-6381

Shawnee Enterprises

Harrisburg: (618) 997-5365

#### *Private Units*

McKinley Place Apartments

Stonefort: No phone number

#### *Assisted Living*

Harrisburg Villas of Holly Brook and

Reflections Memory Care

Harrisburg: 1-866-824-8174

#### *Supportive Living*

Brookstone Estates of Harrisburg

Harrisburg: (618) 715-2006

# HOUSING

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## 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: (618) 993-0004

Knollwood Apartments  
Anna: (618) 833-7766

#### *Domiciliary Units*

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

#### *Supportive Living*

River to River of Anna  
Phone: (618) 833-5495

### 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 Village  
Marion & Energy: (618) 993-0004

Cambria Countryside Village Apartments  
Cambria: (618) 544-8645

#### *Assisted Living*

Reflections Memory Care – Dementia Unit  
Carterville: (618) 988-2889

Villas of Holly Brook - Herrin  
Carterville: (618) 993-1997

Hurricane Creek Apartments  
Herrin: (618) 988-9540

#### *Angel Acres*

Marion: (618) 998-8570

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

Hawthorn Inn of Liberty Village of Marion  
Marion: (618) 993-8600  
Includes Memory Care

River to River Community of Marion  
Marion: (618) 993-3503

#### *Sunshine Gardens*

Marion: (618) 364-0482

# HOUSING

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## HOUSING, continued

### WILLIAMSON COUNTY, continued

#### *Supportive Living*

River to River of Marion  
Marion: (618) 993-3503

#### *Independent Living*

The Villas of Holly Brook  
Carterville: (618) 993-1997

Liberty Village of Marion  
Parkway Estates  
Marion: (618) 993-8600

#### *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

ENA Properties  
Marion: (618) 922-9316 or 922-7779

# HOUSING

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## NURSING HOMES

Listed alphabetically by county and town

Illinois Department of Health Care and Family  
Services – Nursing Home Central Complaint  
Registry

Phone: 1-800-252-4343

TTY: (217) 547-0466

Ombudsman (resident's rights)

Shawnee Alliance

Phone: 1-800-642-7773.

## ALEXANDER COUNTY

Aperion Care Center

2001 Cedar Street

Cairo: (618) 734-1700

## FRANKLIN COUNTY

Benton Rehab

1409 North Main Street

Benton: (618) 435-2712

Franklin Hospital

201 Bailey Lane

Benton: (618) 439-3161

Skilled Care

Helia Healthcare of Benton

1310 Mark Franklin Dr

Benton: (618) 439-3500

Stonebridge Senior Living Center

902 South McLeansboro Street

Benton: (618) 439-4501

West Side Care Center

601 North Columbus Street

West Frankfort: (618) 932-2109

Frankfort Healthcare & Rehab Center

2500 East St. Louis Street

West Frankfort: (618) 932-3236

Homestead House

905 North Jefferson Street

West Frankfort: (618) 932-2725

Beds for Dev. Disabled



# HOUSING

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## NURSING HOMES, continued

### GALLATIN COUNTY

Gallatin Manor  
900 West Race Street  
Ridgway: (618) 272-8831  
Includes an Alzheimer's disease and  
dementia specialty

### HARDIN COUNTY

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

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

### JACKSON COUNTY

Integrity Healthcare of Carbondale  
120 North Tower Road  
Carbondale: (618) 549-3355

Manor Court of Carbondale  
2940 West Westridge Place  
Carbondale: (618) 457-1010

# HOUSING

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## NURSING HOMES, continued

### JOHNSON COUNTY

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

Hillview Health Care Center  
512 North 11th Street  
Vienna: (618) 658-2951

### MASSAC COUNTY

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

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

Southgate Health Care Center  
900 East 9th Street  
Metropolis: (618) 524-2683

### PERRY COUNTY

Du Quoin Nursing & Rehab  
514 East Jackson Street  
Du Quoin: (618) 542-4731

Fairview Nursing Center  
602 East Jackson Street  
Du Quoin: (618) 542-3441

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

### POPE COUNTY

None

# HOUSING

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## 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 Street  
Eldorado: (618) 273-2212  
Beds for Dev. Disabled

Eldorado Rehab & Healthcare  
1001 Jefferson Street  
Eldorado: (618) 273-3353

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

Shawnee Rose Center  
1000 West Sloan Street  
Harrisburg: (618) 252-0351

Saline Care Center  
120 South Land Street  
Harrisburg: (618) 252-7405

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

### UNION COUNTY

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

Integrity Healthcare of Anna  
315 Brady Mill Road  
Anna: (618) 833-6343

CIL #2  
203 West La Fayette Street  
Anna: (618) 833-3322  
Beds for Dev. Disabled

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

Mulberry Manor  
612 East Davie Street  
Anna: (618) 833-6012

CIL #7  
80 Knupp School Lane  
Anna: (618) 833-2299  
Beds for Dev. Disabled

Spanish Oaks Center  
223 West Vienna Street  
Anna: (618) 833-8013

Union County Hospital  
517 North Main Street  
Anna: (618) 833-4511  
Skilled Care

Integrity Health of Cobden  
430 South Front Street  
Cobden: (618) 893-4214

# HOUSING

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## NURSING HOMES, continued

### UNION COUNTY, continued

Hidden Valley Care Center  
204 South Pecan Street  
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 South Main Street  
Jonesboro: (618) 833-2063  
Beds for Dev. Disabled

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

### WILLIAMSON COUNTY

Helia Healthcare of Energy  
210 East College Street  
Energy: (618) 942-7014

Integrity Healthcare of Herrin  
1900 North Park Avenue  
Herrin: (618) 942-2525

Shawnee Christian Nursing Center  
1901 North 13th Street  
Herrin: (618) 942-7391

Maple House Shelter Care  
205 East 3rd Street  
Johnston City: (618) 983-5731

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

Integrity Healthcare of Marion  
1301 East De Young Street  
Marion: (618) 997-1365

Franklin-Williamson Human Services  
1507 West Rendleman Street  
Marion: (618) 993-6030, (618) 997-5336

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

# HOUSING

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## **SHELTERS & ASSISTANCE FOR THE HOMELESS & WOMEN**

Listed alphabetically by county and town

Southern Illinois Coalition for the Homeless  
1009 W. Cherry  
Marion: (618) 993-0094

### **ALEXANDER COUNTY**

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

### **FRANKLIN COUNTY**

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

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

### **JACKSON COUNTY**

Good Samaritan House  
701 South Marion Street  
Carbondale: (618) 457-5794

Shelter Program  
Carbondale: (618) 549-4807 ext. 221

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

### **MASSAC COUNTY**

Guardian Family Service Center  
117 West 10th Street  
Metropolis: (618) 524-4357 or 524-9922

### **SALINE COUNTY**

Women's Center  
540 N. Commercial Dr, Suite 320  
Harrisburg: (618) 294-8641

Wabash Area Development  
14 Veterans Drive  
Harrisburg: (618) 252-2680 or 963-2387

### **UNION COUNTY**

Bethany Village  
414 East Davie Street  
Anna: (618) 833-1777  
Services: For men & women, includes  
transitional housing, food pantry,  
supportive services

## HOUSING

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

#### **WILLIAMSON COUNTY**

##### The Lighthouse Shelter

1101 North Madison Street

Marion: (618) 993-8180

##### The Women's Center

1111 Anker Drive

Marion:

Domestic Violence Program: (618) 529-2324

Rape Crisis Services: (618) 993-0803

24/7 Hotline: 1-800-334-2094

##### Williamson County Family Crisis Center

514 North 18th Street

Herrin: (618) 988-8020

## OTHER SERVICES

### COUNTY SHERIFF OFFICES

Alexander: (618) 734-2141  
Franklin: (618) 438-8211  
Gallatin: (618) 269-3137  
Hardin: (618) 287-2271  
Jackson: (618) 687-3822  
Johnson: (618) 658-8264  
Massac: (618) 524-2912  
Perry: (618) 357-5215  
Pope: (618) 683-4321  
Pulaski: (618) 748-9374  
Saline: (618) 252-8661  
Union: (618) 833-5500  
Williamson: (618) 997-6541

For the "Drug Take Back Program", call your local Sheriff's department

### DEPARTMENT OF HUMAN SERVICES

(Division 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  
422 S. Blanche  
Cairo: (618) 745-9411

Franklin County  
1602 North Main Street  
Benton: (618) 439-4351

### DEPARTMENT OF HUMAN SERVICES County Offices, continued

Gallatin County  
320 East Raymond Street  
Harrisburg: (618) 253-7161

Hardin County  
2301 Metropolis Street  
Metropolis: (618) 524-2631

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

Johnson County  
1000 North Main Street, Suite B  
Anna: (618) 833-2118

Massac County  
2301 Metropolis Street  
Metropolis: (618) 524-2631

Perry County  
342 North Street  
Murphysboro: (618) 687-1705

Pope County  
320 East Raymond Street  
Harrisburg: (618) 253-7161

Pulaski County  
422 South Blanche Street  
Mounds: (618) 745-9411

Saline County  
320 East Raymond Street  
Harrisburg: (618) 253-7161

Union County  
1000 North Main Street  
Anna: (618) 833-2118

Williamson County  
1107 West De Young Street, Suite 20  
Marion: (618) 997-6591

## OTHER SERVICES

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

DHS Bureau of Blind Services  
342 North Street  
Murphysboro: (618) 244-0331

#### *Regional Offices*

Services: Vocational counseling, career guidance, transportation, and financial assistance for an education and/or work skills & job placement. Home Services provide personal care attendants, emergency home response, meals, and other services.

Willow Hall, Suite A  
1000 North Main Street  
P.O. Box 585  
Anna: (618) 833-5115 or TTY at  
888-460-5140  
Counties: Alexander, Johnson, Massac,  
Pulaski, and Union counties.

1602 North Main Street  
P.O. Box 848  
Benton: (618) 439-4334 or TTY at  
888-261-2838  
Counties: Franklin and Williamson counties.

342 North Street, Suite D  
P.O. Box 348  
Murphysboro: (618) 565-2835 or TTY at  
888-460-5124  
Counties: Jackson and Perry counties.

323 South Maple Street  
Harrisburg: (618) 253-7681 or TTY at  
888-460-5123  
Counties: Gallatin, Hamilton, Hardin, Pope,  
Saline, and White counties.

### ENERGY ASSISTANCE AND WEATHERIZATION PROGRAMS

Energy Assistance is help with heating bills, reconnection & 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 West Main Street  
West Frankfort: (618) 937-3581

Man-Tra-Con  
3000 De Young Street, Suite 800-B (located  
in back of the Illinois Centre Mall)  
Marion: (618) 937-3581  
Service Area: Franklin & Williamson  
Counties

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

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

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



## OTHER SERVICES

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### LEGISLATORS - FEDERAL

#### *The President*

1600 Pennsylvania Avenue  
Washington, D.C. 20500  
Phone: (202) 456-1111  
TTY: (202) 456-6213  
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-IL)  
711 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: (618) 351-1122 or (202) 224-2152

U.S. Senator Tammy Duckworth (D-IL)  
G12 Dirksen Senate Office Building  
Washington, D.C. 20510  
Phone: (618) 677-7000 or (202) 224-2854

U.S. Congressman Mike Bost (R-12th)  
1440 Longworth House Office Building  
Washington, D.C. 20515  
Phone: (618) 457-5787 or (202) 225-5661

U.S. Congressman John Shimkus (R-15th)  
2217 Rayburn House Office Building  
Washington, D.C. 20510  
Phone: (618) 252-8271 or (202) 225-5271

### LEGISLATORS - STATE

#### *The Governor*

207 State House  
Springfield, IL 62706  
Phone: (217) 782-0244  
Website: [www.illinois.gov](http://www.illinois.gov)  
E-mail: [governor@illinois.gov](mailto:governor@illinois.gov)

State Senator Paul Schimpf (R-58th)  
105-D State House  
Springfield, IL 62706  
Phone: (618) 684-1100 or (217) 782-8137

State Senator Dale Fowler (R-59th)  
2 N. Vine, 6th Floor  
Harrisburg, IL 62946  
Phone (618) 294-8951 or (217) 782-5509

State Representative Terri Bryant (R-115th)  
207-N Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 684-1100 or (217) 782-0387

State Representative Dave Severin (R-117th)  
208-N Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 440-5090 or (217) 782-1051

State Representative Natalie Phelps Finnie  
(D-118th)  
200-9S Stratton Office Building  
Springfield, IL 62706  
Phone: (618) 253-4189 or (217) 782-5131

## OTHER SERVICES

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### RURAL DEVELOPMENT CORPORATION

USDA Building  
502 Comfort Drive, 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

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)

#### *Local Social Security Offices*

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

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

1005 Factory Outlet Drive  
West Frankfort: 1-800-772-1213,  
1-888-223-8869  
Service Area: Franklin and Williamson  
counties

## OTHER SERVICES

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### **SUPPORT GROUPS**

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

#### ***Alcoholics Anonymous***

AA meeting dates, times, & places:  
[www.southernillinoisaa.org/meetings2.htm](http://www.southernillinoisaa.org/meetings2.htm)

#### ***Alzheimer Disease***

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

Alzheimer's Association Greater Illinois Chapter  
320 East Walnut Street, Suite A  
Carbondale: (618) 985-1095

Active Day Club  
Marion: (618) 998-2032

Liberty Village  
Marion: (618) 993-8600

#### ***Arthritis***

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

Accelerated Therapy Center  
Harrisburg: (618) 253-0253  
(Rehab Dept)

#### ***Bereavement***

See "Counseling" or "Grief" support groups.

#### ***Blind***

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

#### ***Breast Cancer***

Breast Center  
Carbondale: (618) 457-2281 ext. 68059

#### ***Cancer***

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

SIH Cancer Support  
Carterville: (618) 985-3333 ext. 68315

American Cancer Society  
Marion: 1-800-642-7792 or  
1-800-227-2345

Look Good, Feel Better  
Harrisburg: 1-800-395-5665

## OTHER SERVICES

### SUPPORT GROUPS, continued

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

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

Fellowship House Alcoholism Prevention and  
Gambling Treatment Center  
Anna: (618) 833-4456 & (618) 833-2194

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

Family Counseling Center  
Cairo: (618) 734-2665

Centerstone  
Carbondale: (618) 457-6703

Depression / Bi-Polar  
Carbondale: (618) 457-3318

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

Family Counseling Center  
Golconda: (618) 683-2461

Massac Mental Health  
Metropolis: (618) 524-9368

Centerstone  
West Frankfort: (618) 937-6483

#### ***Depression***

See "Counseling" or "Grief" support groups.

#### ***Diabetics***

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

Diabetes Support Group  
Benton: 1-800-342-2383

#### ***Divorce***

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

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

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

Caritas Family Solutions  
Carterville: (618) 985-2000  
(Provides information about children's services)

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

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

#### ***Grief***

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

Christian Covenant Fellowship  
Carterville: (618) 985-4011

Grief Share – Our Savior Lutheran Church  
Carbondale: (618) 549-1694

Survivors of Loved Ones to Suicide  
Carbondale Library  
Carbondale: (618) 457-0354

St. Joseph Memorial  
Murphysboro: (618) 684-3156

## OTHER SERVICES

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### SUPPORT GROUPS, continued

#### ***Head Injury***

See "Stroke & Head Injuries" support groups

#### ***Heart***

Heartland Regional Medical Center  
Marion: (618) 998-7000

Cardiac Rehab  
Carbondale: (618) 549-0721

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

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

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

#### ***Lupus***

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

#### ***Multiple Sclerosis***

National Multiple Sclerosis Society  
Website: [www.nationalmssociety.org](http://www.nationalmssociety.org)

#### ***Ostomy***

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

#### ***Parkinson's disease***

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

Parkinson's disease  
Carbondale: (618) 549-7507

#### ***Parolees***

Lutheran Social Services Prison & Family  
Ministry  
Marion: (618) 997-9196

#### ***Smoking Cessation***

Illinois Tobacco Quit Line: 1-866-784-8937

#### ***Stroke & Head Injuries***

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

#### ***Wandering***

See "Alzheimer's Disease" support groups

#### ***Widowed Persons***

See "Counseling" or "Grief" support groups

## OTHER SERVICES

### UNIVERSITY OF ILLINOIS EXTENSION OFFICES

Anna: (618) 833-6363  
Benton: (618) 439-3178  
Harrisburg: (618) 252-8391  
Marion: (618) 993-3304  
Metropolis: (618) 524-2270  
Mounds: (618) 745-5200  
Murphysboro: (618) 687-1727  
Pinckneyville: (618) 357-2126  
Ridgway: (618) 272-3022  
Simpson: (618) 695-6060  
Vienna: (618) 658-5321

### VETERAN SERVICES

Marion VA Medical Center  
1301 West Enterprise Way  
Marion: (618) 997-5311 ext. 54582  
Determines eligibility for Veteran-Directed Home Care (a VIP service) and Veteran's Aides & Attendants

#### Marion VA Community-Based Outpatient Clinics

1301 West Enterprise Way, Suite 68

Marion: (618) 993-1008

- or -

3404 Heartland Street

Marion: (618) 993-7734

- or -

608 Rollie Moore Drive

Harrisburg: (618) 252-6150

- or -

1130 East Walnut Street

Carbondale: (618) 351-1031

### VETERAN SERVICES, continued

#### Federal Medical Centers:

Marion Veteran's Administration Medical Center

2401 West Main Street

Marion: (618) 997-5311

(American Legion Dept. 998-5605 or AmVets Dept. ext. 54743)

See page 61 for transportation to Marion VA

Chicago VA Medical Center

Phone: (312) 569-8387

TTY: 1-888-569-5282

Medical Benefits Line: 1-800-827-1000

#### State Office of Veterans Affairs:

833 South Spring Street

Springfield: 1-800-437-9824

TTY: (217) 524-4645

500 West Main Street

Benton: (618) 435-3678

- or -

713A East Church St

Harrisburg: (618) 253-2005

- or -

Regional Office Building

2309 West Main Street, Suite 122

Marion: (618) 997-3309

#### In-Home Services

Veteran-Directed Home Care (a VIP service)

Free veteran-directed help in the home

Carterville: 1-888-895-3306 ext. 102

Veteran's Aides & Attendants

A grant for veterans to help pay for in-home services

Marion: (618) 997-5311

## OTHER SERVICES

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### MISCELLANEOUS

#### AARP

State Office: 1-866-448-3613  
55-Alive Classes: 1-888-227-7669  
Tax Aide Service (free help filing income taxes): 1-888-227-7669  
AARP members receive free initial hour consultation.  
Website: [www.aarp.org](http://www.aarp.org)

Abuse of People with Disabilities:  
1-866-800-1409 or 1-800-642-7773

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

Adult Protective Service Referrals:  
1-800-642-7773

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

Alzheimer's Association: (618) 985-1095  
Fax: (618) 549-2362  
Call for information on support groups.  
24-hour help line: 1-800-272-3900

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

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

American Diabetes Association:  
1-800-342-2383

American Heart Association: 1-800-242-8721

American Kidney Fund: 1-800-638-8299

American Lung Association: 1-800-586-4872

American Red Cross: (217) 787-7602

Attorney General's Office: (618) 529-6400  
TTY: (618) 529-6403  
Consumer Hotline: 1-800-243-0607

Benefit Access Application: 1-800-252-8966  
Lower fee for license plates & Rides Free card for metropolitan areas

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

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

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

Caritas Family Solutions: (618) 985-2000

Center for Independent Living & ITAC:  
(618) 457-3318 or 252-7233  
TTY distribution, free CapTel phones, information for disabled, vision, and hearing impaired

Coalition of Citizens with Disabilities in Illinois:  
1-800-433-8848 or (217) 522-7016  
(Voice & TTY)  
Website: [www.ccdionline.org](http://www.ccdionline.org)

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

Create a Smile Thrift Shop: (618) 534-5347

Delta Center: (618) 734-2665  
TTY: (618) 734-1350

Healthy Southern Illinois Delta Network:  
[www.HSIDN.org](http://www.HSIDN.org)

Department of Insurance  
Springfield: (217) 782-4515  
TTY: (217) 524-4872

Do Not Call Registry: 1-888-382-1222

## OTHER SERVICES

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### MISCELLANEOUS, continued

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

Eldercare Locator: 1-800-677-1116 (M-F)

National information on aging

Website: [www.eldercare.gov](http://www.eldercare.gov)

Epilepsy Foundation: 1-800-332-1000

Website: [www.EpilepsyFoundation.org](http://www.EpilepsyFoundation.org)

Equip for Equality: 1-800-758-0559

TTY: 1-800-610-2779

Eye Care America: 1-800-272-3937

Website: [www.eyecareamerica.org](http://www.eyecareamerica.org)

Governor's Office of Citizens Assistance:

1-800-642-3112

Guardianship & Advocacy: (618) 833-4897

Illinois Assistive Technology Program:

(217) 522-7985

Fax: (217) 522-8067

Voice & TTY: 1-800-852-5110 (Illinois only)

Illinois Network of Centers for Independent

Living: 1-800-587-1227 or (217) 525-1308

(Voice & TTY)

Website: [www.incil.org](http://www.incil.org)

Illinois Secretary of State: 1-800-252-8980

Illinois Senior HelpLine: 1-800-252-8966

Information about senior services in Illinois

Land of Lincoln Legal Assistance:

(618) 457-7800 or 1-800-642-5335

1-877-342-7891 (state in-take & referral)

Legal Information Self Help Legal Center

Email: [selfhelp@siu.edu](mailto:selfhelp@siu.edu)

Website: [www.law.siu.edu](http://www.law.siu.edu)

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

Assists low-income individuals with eye  
exams and glasses, sometimes with  
hearing aids

Literacy - Illinois Adult Learning Hotline:

1-800-321-9511

Lutheran Social Services of Illinois:

(618) 997-9196

Medicare claims & general information

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

Medical Equipment: 1-800-633-4227

Railroad Retirement: 1-800-833-4455 or

1-800-842-5252

TTY: 1-800-820-1202

Medicare Fraud and Abuse: 1-800-447-8477 or

1-888-895-3306

Salvation Army: (618) 993-5854

Senior Health Insurance Program – SHIP:

1-800-548-9034

See pages 3 & 5-11 for local assistance at  
senior centers

[www.SIFamilies.org](http://www.SIFamilies.org)



## OTHER SERVICES

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### MISCELLANEOUS, continued

#### Senior Programs, Hospital-Based

- New Beginnings Program (Massac Memorial Hospital): (618) 524-7370 ext. 171
- Second Act (Southern Illinois Healthcare): 1-877-480-4040
- Senior Care (Franklin Hospital): (618) 435-4731
- Our Healthy Circle (Heartland Regional Medical Center): (618) 998-7333
- Our Healthy Circle (Union County Hospital): (618) 833-4511 ext. 4359
- Senior Life Solutions (Pinckneyville Community Hospital): (618) 357-8811
- Senior Renewal (St. Joseph Memorial Hospital): (618) 684-3156 ext. 55130

Southern Illinois Center for Independent Living (SICIL): (618) 457-3318  
Website: [www.SICIL1.org](http://www.SICIL1.org)

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

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

Southern Illinois Radio Information Service (SIRIS is for the blind and visually impaired):  
(618) 453-2808

Specialized Care for Children: (618) 997-4396 or 1-800-322-3722  
TTY: (217) 785-4728  
Website: [dsccl.uic.edu](http://dsccl.uic.edu)

Statewide Independent Living Council of Illinois  
1 Old State Capitol Plaza, Suite 716  
Springfield: (217) 744-7777 (voice/TTY)  
Website: [www.silcofillinois.org](http://www.silcofillinois.org)

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

Veteran-Directed Home Care (a VIP service):  
See page 54

## Program Eligibility Guidelines

For up-to-date amounts go to  
[www.egyptianaaa.org/EligibilityGuidelines.html](http://www.egyptianaaa.org/EligibilityGuidelines.html)

*Limits change in January for these programs:*

**Medicare, Part A** - Hospital deductible for first 60 days is \$1,340, days 61-90 is \$335 per day, and days 91-150 is \$670 per day. Skilled nursing facility deductible for first 20 days is \$0 and days 21-100 is \$167.50 per day.

**Medicare, Part B** – Premium is \$109.40 per month and deductible is \$183 per year.

**Medicare Part D** - Deductible is \$400, beneficiary pays all costs when drugs costs exceed \$3,759. Catastrophic coverage begins when drug costs exceed \$7,509.

**Social Security** - under age 65, \$1 of benefits withheld for each \$2 of wages earned over \$17,040. No limit after reaching full retirement age.

*Limits change in February for these programs:*

**Medicaid** - Medical card - monthly income limit is \$1,012 for 1 person (\$2,000 assets) and \$1,372 for 2 (\$3,000 assets). Apply at Dept. of Human Services.

**SSI** - Supplements income – monthly income limit is up to \$750 for 1 person (\$2,000 assets) and \$1,125 for 2 (\$3,000 assets). Apply at Social Security.

**Prevention of Spousal Impoverishment** - spouse at home keeps up to \$2,739 income per month and \$109,560 of assets. Spouse in nursing home or on Community Care Program keeps up to \$30 of income per month and \$2,000 of assets. Apply at Dept. of Human Services.

**QMB** - Pays Medicare premiums, deductible, and co-pay. Monthly income limit is up to \$1,012 for 1 person or up to \$1,372 for 2. Apply at Dept. of Human Services.

**SLIB / SLMB** - Pays Medicare Part B premium - monthly income from \$1,012 up to \$1,214 for 1 person and \$1,372 up to \$1,646 for 2. Apply at Dept. of Human Services.

**QI** - Pays a small portion of the Medicare Part B premium. Monthly income is between \$1,212 up to \$1,366 for 1 person and \$1,646 up to \$1,852 for 2. Apply at Dept. of Human Services.

*Limits change in summer for these programs:*

**Illinois Farmers Market Coupons** - coupons to buy fresh food and vegetables at area Farmers Markets for people age 60+. Monthly income limit is \$1,872 for 1 person and \$2,538 for 2 people.

**SNAP** - Assistance buying food. Monthly income limit is \$2,023 for 1 person and \$2,743 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 \$1,518 for 1 person and \$2,058 for 2 people.

**Weatherization Program** - winterizes the home. Monthly income limit is \$1,518 for 1 person and \$2,058 for 2 people.

*Limits rarely change except as noted:*

**Benefits Access Application** - Lower fee for license plates & Rides Free card in metropolitan areas - annual income limit is \$27,610 for 1 person, \$36,635 for 2 people and \$45,657 for 3 or more people.

**Community Care Program** – In-Home Services & Adult Day Services - asset limit is \$17,500. Apply with Dept. on Aging.

**General Homestead Exemption** a reduction in a home owner's property assessed value. Usually granted automatically, but if not, apply at the county assessor's office.

**Senior Citizen Homestead Exemption** – a reduction of your home's assessed value. Applicant must be aged 65 or older and live on the property. Apply at the county assessor's office.

**Senior Citizens Assessment Freeze Exemption** - Freezes the assessed value of home. Income limit is \$65,000 per year. Owner must be age 65 or older, live in the home, and pay taxes on the property. Apply and renew annually at county assessor's office.

**Homestead Exemptions for Veterans and the Disabled** – Additional exemptions may available for these individuals.

Use this link to find out more:

[www.revenue.state.il.us/LocalGovernment/PropertyTax/taxrelief.htm](http://www.revenue.state.il.us/LocalGovernment/PropertyTax/taxrelief.htm)

# TRANSPORTATION

## PUBLIC TRANSPORTATION

### *Airports*

Benton Municipal Airport: (618) 435-3526  
Harrisburg / Raleigh Airport: (618) 253-7806  
Metropolis Airport: (618) 524-9976  
Southern Illinois Airport (Carbondale):  
(618) 529-1721  
Veterans Airport of Southern Illinois (Marion-  
Herrin): (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. Three days advanced  
notice is required.  
Cost: None

### *Amtrak*

401 South Illinois  
Carbondale: 1-800-872-7245  
-and-  
20 North Chestnut Street  
Du Quoin: 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 Anna, Benton, Cairo, Carbondale, Carterville, De Soto, Du Quoin, Johnston City, Marion, Murphysboro, Pinckneyville, Vergennes, and West Frankfort.

Cost: Depends on pickup point and destination. There are discounts for additional travelers in the family.

### *Cab Companies – Listed by County*

#### Jackson County

Ace Taxi (Carbondale): (618) 549-8294  
Crosstown Cab (Murphysboro):  
(618) 684-3506

#### Perry County

Johnson Transportation (Du Quoin):  
(618) 542-4222

#### Williamson County

AB's City Cab (Herrin): (618) 942-5287  
Red Top Cab (Marion): (618) 997-1098

### *Department of Human Services*

Requests handled by First Transit  
Phone: 1-877-725-0569

1. Rider must be on the state medical program and need transportation.
2. Transportation must be preapproved 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.

Cost: None for eligible people

## TRANSPORTATION

### PUBLIC TRANSPORTATION, continued

#### *Greyhound Bus Lines*

401 South Illinois Avenue  
Carbondale: 1-800-231-2222  
- or -  
2100 West Main Street  
Marion: (618) 997-6158

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

Care-A-Van (Herrin): (618) 942-5900. It serves a 15 mile radius of Herrin Hospital. They will take patients to and from hospital and hospital-related doctor appointments. Curb-to-curb service with assistance from family is appreciated. Monday-Friday from 8am to 3:30pm. No cost, but donations are accepted.

#### *Jackson County Mass Transit District*

Phone: (618) 549-0304, 1-866-884-7433  
M-F from 7am to 5:30pm  
Fax: (618) 457-0171  
Routes: Routes by appointment in Jackson County.

#### *Rides Mass Transit District*

Gallatin, Hardin, and Pope Counties:  
1-877-667-6119  
Saline: (618) 252-4662,  
Williamson: (618) 993-1900  
Saturdays call (618) 252-4662  
Website: [www.ridesmtd.com](http://www.ridesmtd.com)  
Routes: Routes by appointment.  
Cost: Senior passes available from Golden Circle senior centers. For all others, a small fare may be charged. Advanced tickets with discounts are available for purchase.

#### *Rides Plus Call Center*

Phone: 1-844-220-1243 or  
(618) 215-3761  
Times: Monday-Friday, 8am to 5pm  
Services: If patients have any problems scheduling a ride, this free service assists the patient to find affordable transportation. 24-hour reservation is requested.

#### *Saluki Express – Rides*

Southern Illinois University-Carbondale  
Phone: (618) 993-1900 (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  
Cost: A small fare is charged to non-students

#### *Shawnee Mass Transit District (formerly SMART Transportation)*

Phone: (618) 658-8380, 1-866-577-6278  
Routes: By appointment in Alexander, Johnson, Massac, Pulaski, and Union counties.  
Cost: The fare depends on travel distance and group affiliation.

#### *South Central Mass Transit District*

Phone: 1-800-660-7433, option #6 for Franklin County, option #5 for Perry County  
Routes: Franklin & Perry Counties  
Hours: M-F, 8:30am to 5pm  
Cost: The fare depends on travel distance and group affiliation

## TRANSPORTATION

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### SENIOR TRANSPORTATION

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

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

Franklin County Senior Services  
West Frankfort: (618) 937-3511  
Routes: Franklin County.

Gold Plate Program of Perry County  
Phone: (618) 542-3511  
Routes: Perry County.

Murphysboro Senior Center  
Phone: (618) 687-1641  
Routes: Murphysboro area.

Senior Adult Services  
Phone: (618) 457-4151  
Routes: Jackson County.

Sunshine Inn  
Phone: (618) 833-6734 (to the nutrition site, only)  
Routes: Anna / Jonesboro.

Williamson County Programs on Aging  
Phone: (618) 988-1585  
Routes: Williamson County.

### TRANSPORTATION FOR PEOPLE WITH DISABILITIES

Southern Illinois Center for Independent Living (SICIL) – On case-by-case bases, SICIL is able to provide wheelchair accessible transit necessary for consumers to meet their goals to participate in community activities.

### VA HEALTH CARE SYSTEMS

Volunteer Transportation Van (VTN) Program  
Phone: (618) 993-4179  
Routes: Transportation to Marion, Evansville, and St. Louis VA Centers.  
Cost: No cost for eligible veterans

Assisted Transportation  
Phone: (618) 993-9074  
Routes: To the Marion VA & Tri-State area  
Contact your local Outpatient Clinic.

# FAMILY CAREGIVER GUIDE

## ABUSE & NEGLECT

Attorney General's Office: Page 55 consumer fraud, crime victim assistance, and public information

Adult Protective Services: Page 4 under "Shawnee Alliance" Care Coordinators work with victims to resolve abuse, exploitation, or neglect of older people and adults with disabilities

Also, look under ... "Shelters"

## ADULT DAY SERVICES

Adult Day Services: Page 12, & 32, 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: Page 56 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: Page 4 general legal services including Wills, Guardianship, Powers of Attorney, and other legal problems

## ALZHEIMER DISEASE & DEMENTIA

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Aging & Memory Clinics: page 27

Alzheimer's Association: Page 55 information on dementia and support groups

SIU Family Medicine – Memory & Aging Clinic: Information and assessment for dementia. Call: (618) 536-6621 ext. 267 for information or for an appointment.

Family Counseling Center – Memory Disorder Program: Information and assessment for dementia. Call:

Vienna: (618) 658-2611

Golconda: (618) 683-2461

Elizabethtown: (618) 287-7010

Support Groups: Pages 51-53

## ASSISTIVE DEVICES

Look under "Blind & Disabled"

## ASSISTED LIVING

Assisted Living & Supportive Living: Pages 12 & 34-39, listed by county

## BENEFIT ACCESS APPLICATION

Pages 55 & 58 lower fee for license plates & Rides Free pass for metropolitan areas

## BLACK LUNG

Respiratory Disease Clinics – Page 33

## BLIND & DISABLED

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Associations: Pages 55-57, associations for AARP, Alzheimer, Arthritis, the Blind, Cancer, Diabetes, Heart, Kidney, etc

Centers for Independent Living: Pages 17 & 56-57, services for people with disabilities

Disability Services: See "Disabilities" below

Easter Seals Society: Page 56

Guardianship & Advocacy: Page 56 State guardian of last resort

Home Modifications: Pages 5-11 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: Page 56, information about assistive devices for disabled and older people

# FAMILY CAREGIVER GUIDE

Illinois Relay Center: Pages 17 & 20, relays voice & video messages for the hearing impaired for no charge

Office of Rehabilitation: Page 48, State agency for the blind & disabled

Talking Book Center: Page 17, books & magazines on audio tape

## CASE MANAGEMENT

Case Management: Page 4, under “Shawnee Alliance” Works with frail older people to determine eligibility for various programs, develops care plans, and makes referrals

Egyptian Area Agency on Aging: Page 3 general information and referrals

Eldercare Locator: Page 56, locates senior services anywhere in the USA at [www.eldercare.gov](http://www.eldercare.gov)

Illinois Senior HelpLine: Page 56, locates senior services anywhere in Illinois

Senior Centers: Pages 5-11, provide information & assistance and make referrals

Southern Illinois Case Coordination: Page 17, case management for people with disabled persons under age 60

## CHILDREN’S SERVICES

Look under “Grandparents Raising Grandchildren”

## COMMUNITY CARE PROGRAM

Community Care Program: Pages 4 & 12-13, is for frail older people who are in danger of nursing home placement. The older person is assessed and, if found eligible, may receive in-home services and/or adult care services. This program does not provide care 24-hours a day.

Assessment and Case Management: Page 12, a Care Coordinators determines eligibility and develops a care plan to fit the older individual’s need

Choices for Care: Page 12, everyone applying for admission to a nursing home must be informed of all care options in the community by Care Coordinators

Adult Day Services: Pages 12 & 32, supervision, activities, and meals for frail older individuals

Assisted Living & Supportive Living: Pages 12 & 34-39

In-Home Services: Pages 4-13, 32 & 58, housekeeping, errands, transportation, personal care, and health monitoring

Veteran-Directed Home Care (a VIP service): Page 54, veteran-direct in-home care

Veteran’s Aides & Attendants: Page 54, a grant for veterans to help pay for in-home services

## CONSUMER PROTECTION

Look under “Disputes & Legal Assistance”

## COUNSELING

Cancer Information and Counseling: Pages 51 & 55

Counseling Centers: Pages 14-16, counseling, alcohol and substance abuse, and support groups

Gerontology & Caregivers Counseling: Page 4 under “Shawnee Alliance” Individual counseling, usually in the home

Psychiatric Services: Page 14-16, 24-hour crisis intervention and short-term, in-patient assistance with mental illness

Support Groups: Pages 51-53

## DEMENTIA

Look under “Alzheimer’s Disease & Dementia”

## DENTAL CARE

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: Pages 27-28

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) 534-5347 or 985-4964

Illinois Centre Healthcare – Dental: Sliding fee scale based on family size and income. Some

# FAMILY CAREGIVER GUIDE

procedures discounted, but not all, call (618) 519-9200

Marion VA Hospital: Must have been 100% disabled or had trauma to mouth while in service, or former POW. Call (618) 997-5311 ext. 54109 or 993-4109

Shawnee Dental Center: Sliding fee scale based on family size and income. Some procedures discounted, but not all, call (618) 684-2321, 519-9901, or 969-8600

SIUC Community Dental Center: Medicaid patients, only, call (618) 453-2353

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

## DISABILITIES

Equip for Equality: Pages 18 & 56, legal assistance for persons with disabilities

Services for People with Disabilities: Pages 17-21 & 61

Southern Illinois Case Coordination: Page 17, case management for people with disabled persons under age 60

Southern Illinois Center for Independent Living: Pages 17 & 57

## DISASTER ASSISTANCE

American Red Cross: Page 55

## DISPUTES & LEGAL ASSISTANCE

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

Attorney General's Office: Page 55, consumer fraud, crime victim assistance, and public information

Crisis Centers: Pages 45-46, assistance and shelter for victims of domestic abuse

Equip for Equality: Pages 18 & 56, legal assistance for people with disabilities

Guardianship & Advocacy: Page 56, State guardian of last resort

Governor's Office of Citizens Assistance: Page 56

Illinois Armed Forces Legal Aid Network: 855-452-3526, free statewide legal aid hotline

Land of Lincoln Legal Services: Page 56, legal assistance for low-income individuals

Ombudsman: Page 4 under "Shawnee Alliance" Help for residents (and their families) of assisted living facilities and nursing homes.

Legal Information - Self Help Legal Center: Page 56

Senior Health Insurance Program (SHIP): Page 56, helps people with Medicare and other health insurance understand claims

SIUC Domestic Violence Clinic: Page 4, representation in a Court of Law for intervention in domestic violence cases

SIUC Legal Services for the Elderly: Page 4, general legal services including Wills, Guardianship, Powers of Attorney, and other legal problems

SIUC Veterans Legal Assistance Program: Page 4, free legal assistance to veterans

## DOMESTIC VIOLENCE & SHELTERS

See "Abuse and Neglect" above

Women's Centers and Shelters: Look under "Shelters"

## DRIVER'S LICENSE

Illinois Driver's License Examining Station: driving tests, photo identification cards, discount on license plate fee, and special license plates and parking permits; call 1-800-252-2904

Senior Centers: Pages 5-11, information on Rules of the Road Review Courses and application for Benefit Access Application (lower fee license plates)

## DRUGS

Look under "Income Assistance"

## EDUCATION

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

Southern Illinois Learning in Retirement: Page 56, adults share interests and expertise

## ELDER ABUSE AND NEGLECT PROGRAM

Look under "Abuse and Neglect"



## ELECTED OFFICIALS

Federal and State: Page 49, for Southern Illinois

## EMPLOYMENT AND JOB TRAINING

Community Colleges: Job training. Call (217) 785-0123

Employment & Job Training: Pages 3 & 21-23 employment and job training opportunities

Senior Employment Program: Pages 3 & 23, help with resume, job interviewing skills, job training, and help finding employment

## EPILEPSY FOUNDATION

www.Epilepsy Foundation.com  
1-800-332-1000

## EYE GLASSES

Look under “Vision Aids”

## FOOD & MEALS

Food Pantries: Pages 24-26

Food Stamps: (SNAP) - Pages 47 & 58 apply at the county office of the Department of Human Services

Illinois Hunger Hotline: Page 24

Senior Citizen Centers: Pages 5-11, hot meals for older people at congregate sites and home delivered meals

## GRANDPARENTS RAISING CHILDREN

Child Care Resource & Referral: Page 21

Counseling: Pages 14-16

Income Assistance: Pages 47 & 58, assists low-income individuals' pay for medical bills. Apply at your local Dept. of Human Services office

Support Groups: Pages 51-53

Gap-Filling: Pages 5-11, help at senior centers making purchases for children that are not allowed by other programs

## HEALTH CARE & MONITORING

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

Adult Day Services: Pages 12 & 32 supervision, social activities, and light recreation for frail older individuals.

County Health Departments: Page 27

Emergency Response Systems (Lifeline): Pages 4, 12, 29 & 48, useful for shut-ins or older people living alone. The emergency response equipment is attached to the phone line and activated by a push of a button

Home Health Care Agencies: Pages 29-30, in-home nursing & therapy for homebound patients

Hospice: Page 30, nursing, medications, and pain control for terminally illness for support and practical help for patient and family

Hospitals: Pages 30-31

Hospital Senior Programs: Page 57

Medical Assistance: Page 47 county offices of Department of Human Services assist low-income individuals pay for medical bills

Medicare Coverage & Claims: Page 56

Medical Equipment and Supplies: Page 30

Medical Transportation: Page 59

Private Duty Nursing: Page 32

Rehabilitation & Therapy: Pages 32-33

Respiratory Disease Program: Page 33

Rural Health Clinics: Pages 27-28

Senior Health Insurance Program (SHIP):

Page 56, helps people with Medicare and other health insurance understand claims

## HEARING AIDS

Illinois Relay Center: Pages 17 & 20, telephone & video assistance for the hearing impaired and others wanting to phone the hearing impaired

Lions of Illinois Foundation: Page 56

Talking Book Center: Page 17, books recorded on audio tape

The Foundation for Sight & Sound:  
1-888-580-8886

The Starkey Hearing Foundation: Hearing Now Program: 1-800-328-8602 or apply at <http://starkeyhearingfoundation.org/programs#/hearnow>

# FAMILY CAREGIVER GUIDE

## HOMELESS SHELTERS

Look under “Shelters”

## HOMEMAKER

Look under “Community Care Program” and “Respite Care”

## HOUSING & MAINTENANCE

Assisted Living, Independent Living, & Domiciliary Units: Pages 12 & 34-39, check availability by county

Energy Assistance & Weatherization Programs: Pages 48 & 58, assistance paying for utility bills and insulation and other weather related improvements to homes of low-income individuals

Habitat for Humanity: Page 34, homes built by volunteers for low-income individuals.

Homeless Shelters: Look under “Shelters”

Housing: Pages 34-46 by county

Low Interest Loans: Page 50, Rural Development Corporation (formerly the FmHA) provides low interest loans for improving, renovating, or building homes for low-income individuals

Nursing Homes: Pages 40-44 by county

Public Housing: Pages 34-39 by county

Renovations & Modifications: Pages 5-11 senior centers have limited funds for minor changes to homes to help make them accessible (bath rails, raised toilet seats)

Southern Illinois Coalition for the Homeless: Look under “Shelters”

Subsidized Housing: Pages 34-39 by county

## INCOME ASSISTANCE

Case Management: Page 4 under “Shawnee Alliance” Care Coordinators assist frail older people determine eligibility for various programs, develop a care plan, and make referrals

Benefits Access Application: Pages 55 & 58 lower fee on license plates & Rides Free pass in metropolitan areas

Energy Assistance: Pages 48 & 58 assistance paying for utility bills

Food Pantries: Pages 24-26

Food Stamps (SNAP): Pages 47 & 58, apply at the county offices of Department of Human Services

Medicaid (Medical Assistance): Pages 47 & 58, assists low-income individuals’ pay for medical bills. Apply at your local Dept. of Human Services office

Public Aid: Page 47, apply at the local Dept. of Human Services office

QI-1: Pages 47 & 58, pays the premium on Medicare, apply at the local Dept. of Human Services office

QMB: Pages 47 & 58, pays the premium, deductible, and co-insurance on Medicare for low-income individuals. Apply at the local Dept. of Human Services office

Reverse Mortgages: Get help from “Case Management” or “Senior Centers”

Senior Centers: Pages 5-11, outreach workers provide information and assistance and make referrals

SLMB or SLIB: Pages 47 & 58, pays the monthly Part B Medicare premium for low-income individuals, apply at the local Dept. of Human Services office

Social Security Offices: Page 50 assistance with retirement, disability, and low-income supplemental income benefits

Supplemental Security Income: Page 50 Social Security offices assist low-income individuals with supplemental income

Weatherization Program: Pages 48 & 58, insulation and other related improvements to homes of low-income individuals

## INFORMATION ON SERVICES

Look under “Case Management”

Benefits Checkup - Page 55

Egyptian Area Agency on Aging - Page 3 general information and referrals

Eldercare Locator - Page 56 locates senior services anywhere in the USA:  
www.eldercare.gov

Illinois Senior HelpLine - Page 56 locates senior services anywhere in Illinois

Senior Centers - Pages 5-11 provide information & assistance and make referrals

# FAMILY CAREGIVER GUIDE

## IN-HOME SERVICES

Look under “Community Care Program”, “Disabilities”, or “Respite Care”

Veteran-Directed Home Care (a VIP service):

Page 54, veteran-directed in-home care

Veteran’s Aides & Attendants: Page 54, a grant for veterans to help pay for in-home services

## INSURANCE

Get help from agencies listed under “Case Management” and “Senior Centers”

Senior Health Insurance Program (SHIP):

Page 56, helps people with Medicare and other health insurance understand claims

## LEGAL ASSISTANCE

Look under “Disputes and Legal Assistance”

## LEGISLATORS

Federal and State: Page 49

## LIVING WILLS

Look under “Advance Directives”

## JOB TRAINING

Look under “Employment”

## MEALS

Look under “Food & Meals”

## MEDICAL

Look under “Health Care & Monitoring”

## MEDICARE

Medicare Coverage and Claims: Page 56

Medicare Fraud and Abuse: Page 56, Medicare fraud and abuse hotline.

QI: Pages 47 & 58, pays the premium on Medicare, apply at the local Dept. of Human Services office

QMB: Pages 47 & 58, 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: Pages 47 & 58, 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):

Page 56, helps people with Medicare and other health insurance understand claims

## MEMORY DISORDERS

Look under “Alzheimer’s Disease”

## MENTAL HEALTH

Look under “Counseling”

## MONEY MANAGEMENT

Money Management Program: Page 4 under “Shawnee Alliance”. Volunteers help older people who need help with paying bills and writing checks

## NURSING HOMES

Choices for Care & Money Follows the Person:

Page 4, under “Shawnee Alliance” helps anyone applying for admission to a nursing home or already in a nursing home to become informed of all care options in the community by Care Coordinators

Medicaid and Spousal Impoverishment: Pages 47 & 58, assists with the cost of nursing homes, spousal Impoverishment helps couples keep more income & assets when one enters a nursing home, apply at county offices of the Dept. of Human Services, also see “Shawnee Alliance” on Page 4

Nursing Homes: Pages 40-44 by county  
Ombudsman: Page 4, under “Shawnee Alliance” helps residents of assisted living and nursing homes and their families, provides information on how to choose a nursing home

Ombudsman HelpLine: page 47

Psychiatry in nursing homes: Page 14

# FAMILY CAREGIVER GUIDE

## OUTREACH

Senior Centers: Pages 5-11, provide information and assistance and make referrals

## PAYING BILLS

Look under “Income Assistance”  
Look under “Money Management”

## POWERS OF ATTORNEY

Look under “Advance Directives”

## PRESCRIPTION DRUGS

Look under “Income Assistance”

## PROPERTY TAX RELIEF

Look under “Case Management” and “Taxpayer Assistance”  
Property Tax Deferment: Call your county treasurer’s office for assistance  
Senior Homestead Exemption & Senior Citizen Property Tax Assessment Freeze: Page 58, call your county supervisor of assessments for assistance.  
Taxpayer Assistance: Call AARP at 1-888-227-7669

## PUBLIC AID

Look under “Income Assistance”

## RECREATION

National Park Visits: Golden Age Passport is available for a small fee. Check with the nearest national park or recreation area.  
Senior Centers: Pages 5-11, recreational and social activities for older adults

## REFERRAL AGENCIES

Look under “Case Management” or “Senior Centers”

## RESPIRE CARE

Look under “Community Care Program”

Adult Day Services: Pages 12 & 32, supervision, social activities, meals, and light recreation for frail older individuals.

Assisted Living & Supportive Living: Pages 12 & 34-39 by county

In-Home Services: Pages 4-13, 32 & 58, housekeeping, errands, transportation, personal care, and health monitoring

In-Home Care as Respite: Pages 5-11 respite from care in the home

Private Pay Sitters: Pages 30-31

Senior Centers: Pages 5-11, offer limited in-home respite care for family caregivers of seniors and grandparents raising grandchildren

Veteran-Directed Home Care (a VIP service):

Page 54, veteran-directed in-home care

Veteran’s Aides & Attendants: Page 54, a grant for veterans to help for in-home services

## SENIOR CENTERS

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

## SHELTERS

Shelters & Assistance for the Homeless & Women: Pages 45-46

Southern Illinois Coalition for the Homeless: Page 45

## SOCIAL SECURITY

Look under “Income Assistance”  
Social Security Office: Page 50, assistance with retirement, disability, and low-income supplemental income benefits

## SUPPORT GROUPS

Associations: Pages 55-57, associations for AARP, Alzheimer, Arthritis, Blind, Cancer, Diabetes, Heart, Kidney, Lung, etc. often have their own support groups

Counseling Centers: Pages 14-16, support groups, outpatient assistance with mental illness, and alcohol and substance abuse

# FAMILY CAREGIVER GUIDE

Support Groups: Pages 51-53, support groups with varied interests and goals; times, dates, and locations of meetings are subject to change

## TAXPAYER ASSISTANCE

Look under “Property Tax Relief”

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

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

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

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

## TELEPHONE

Illinois Relay Center: Pages 17 & 20

Lifeline and Linkup Assistance: Page 57

Southern Illinois Center for Independent Living: Pages 17 & 58

## THERAPY

Rehabilitation & Therapy: Pages 32-33

## TRAINING

Look under “Education” or “Employment & Training”

## TRANSPORTATION

Community Care Program: Pages 4 & 12-13, in-home workers of the Community Care Program transport eligible older people

Medical Transportation: Page 60

Senior and Public Transportation: Pages 59-61, transportation in Southern Illinois

## UTILITY BILLS

Energy Assistance: Pages 48 & 58, low-income individuals can receive assistance with their utility bills

Low Interest Loans: Page 50, the Rural Development Corporation provides low

interest loans for improving, renovating, or building homes for low-income individuals

Weatherization Program: Pages 48 & 58 insulation and related improvements to homes of low-income individuals

## VETERAN SERVICES

Illinois Armed Forces Legal Aid Network:

855-452-3526, free statewide legal aid hotline

Federal and State Offices of Veteran’s Affairs:

Page 54 assistance with income, medical, and other benefits for veterans

SIUC Veterans Legal Assistance Program:

Page 4, free legal assistance to veterans

Veteran-Directed Home Care (a VIP service):

Page 54, free veteran-directed in-home care

Veteran’s Aides & Attendants: Page 54, a grant for veterans to help pay for in-home services

## VISION AIDS

Lions of Illinois Foundation: Page 56, assists low-income individuals with eye exams & glasses and with hearing aids

## VOLUNTEER OPPORTUNITIES

Senior Health Insurance Program (SHIP):

Page 56, helps people with Medicare and other health insurance understand claims

Money Management Program: Page 4 under

“Shawnee Alliance”. Volunteers help people who need help with paying bills and writing checks

Ombudsman: Page 4, under “Shawnee Alliance”, trained staff and volunteers visit and help residents in assisted living facilities and nursing homes

Senior Centers: Pages 5-11, a variety of

opportunities to help older people, such as delivering meals, assisting in the dining room, and transporting older people

**WOMEN'S SHELTERS**

Look under "Shelters"

## ZIP CODES

<u>ZIP</u>	<u>CITY</u>	<u>COUNTY</u>	<u>ZIP</u>	<u>CITY</u>	<u>COUNTY</u>
62805	Akin	Franklin	62950	Jacob	Jackson
62905	Alto Pass	Union	62951	Johnston City	Williamson
62906	Anna	Union	62952	Jonesboro	Union
62907	Ava	Jackson	62953	Joppa	Massac
62908	Belknap	Johnson	62954	Junction	Gallatin
62812	Benton	Franklin	62955	Karber's Ridge	Hardin
62909	Boles	Johnson	62956	Karnak	Pulaski
62910	Brookport	Massac	62856	Logan	Franklin
62819	Buckner	Franklin	62958	Makanda	Jackson
62912	Buncombe	Johnson	62959	Marion	Williamson
62820	Burnt Prairie	White	62957	McClure	Alexander
62914	Cairo	Alexander	62960	Metropolis	Massac
62915	Cambria	Williamson	62961	Millcreek	Union
62916	Campbell Hill	Jackson	62962	Miller City	Alexander
62901	Carbondale	Jackson	62963	Mound City	Pulaski
62902	Carbondale	Jackson	62964	Mounds	Pulaski
62903	Carbondale	Jackson	62965	Muddy	Saline
62821	Carmi	White	62865	Mulkeytown	Franklin
62917	Carrier Mills	Saline	62966	Murphysboro	Jackson
62918	Cartersville	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 Heights	Franklin	62890	Thompsonville	Franklin
62841	Freeman Spur	Williamson	62992	Ullin	Pulaski
62935	Galatia	Saline	62993	Unity	Alexander
62938	Golconda	Pope	62891	Valier	Franklin
62939	Goreville	Johnson	62994	Vergennes	Jackson
62940	Gorham	Jackson	62995	Vienna	Johnson
62941	Grand Chain	Pulaski	62996	Villa Ridge	Pulaski
62942	Grand Tower	Jackson	62896	West Frankfort	Franklin
62943	Grantsburg	Johnson	62897	Whittington	Franklin
62946	Harrisburg	Saline	62997	Willisville	Perry
62947	Herod	Pope	62998	Wolf Lake	Union
62948	Herrin	Williamson	62999	Zeigler	Franklin
62949	Hurst	Williamson			

This Aging & Disability Resource Guide for Southern Illinois is dedicated to all of our current and past members of our Board of Directors and Advisory Council who have lead our agency in a direction that has helped thousands of people in Southern Illinois. Their dedication and perseverance is greatly appreciated for helping us to deliver better services in our effort to help people maintain their independence and remain in their own homes in the community for as long as possible.

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