AGING & DISABILITY RESOURCE GUIDE FOR SOUTHERN ILLINOIS

Egyptian Area Agency on Aging, Inc.
Carterville: 1-888-895-3306
Website: www.EgyptianAAA.org

Shawnee Alliance – Aging & Disability Resource Centers
Carbondale, Carterville, Mounds, & Herrin: 1-800-642-7773
Website: 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)
Sesser: (618) 625-2303 (Voice/TTY)
Website: www.SICIL1.org

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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
E-mail: egyptianaaa@egyptianaaa.org
Services: The regional administrative agency for the Aging network, assistance with employment, Medicare prescription drug plans, 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

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

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

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

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

Money Follows the Person – helps residents of nursing homes transition to homes in the community

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

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

Strong for Life – exercise program to improve balance and fitness

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

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 SERVICE PROVIDERS – Main Offices

Franklin County Senior Services
Director: Zane Garner
225 East Poplar Street
West Frankfort: (618) 937-3511
Fax: (224) 603-8371
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
Service Area: Perry County

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

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

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

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

Shawnee Alliance
Director: Carol Aronson
6355 Brandhorst Drive
Carterville: (618) 985-8322, 1-800-642-7773
Fax: (618) 985-8048
Website: www.shsdc.org/sas.html
Service Area: area-wide
Services: Resource Centers, Case Management, Choices for Care, Adult Protective Services, Money Follows the Person, 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
Kaplan Hall
1205 Douglas Drive, Mail Code 6821
Carbondale: (618) 536-4423
Phone: Legal Assistance: 1-800-673-6130
Alternative Dispute Resolution Clinic: (618) 453-3257
Domestic Violence: (618) 536-4423
Fax: (618) 453-8727
Website: www.law.siu.edu/elderly/public.htm
Service Area: area-wide
Services: Legal Assistance, Alternative Dispute Resolution Clinic (free mediation service), and Domestic Violence Clinic

AGING SERVICES

ALEXANDER COUNTY

Aging Services

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

Nutrition Sites

Cairo Happy Days Senior Center (focal point)
2728-B Martin Luther King Avenue
Cairo: (618) 734-1050
Fax: (618) 734-1269 (call first)
Monday-Friday at 11:30 am

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

FRANKLIN COUNTY

Aging Services

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

Nutrition Site

West Frankfort Senior Center (focal point)
225 East Poplar Street
West Frankfort: (618) 937-4093 (meals) or (618) 937-3511 (office)
Fax: (224) 603-8371
Monday-Friday at noon

Home delivered meals are available by calling (618) 937-4093 for information.

GALLATIN COUNTY

Aging Services

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

Nutrition Site

Ridgway Senior Center (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.
Family Café Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

Nutrition Site

Elizabethtown Senior Center (focal point)
RR #1, Box 191A
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

JACKSON COUNTY

Aging Services

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

Nutrition Sites

Carbondale Senior Center (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

Grand Tower City Hall
107 Market Street
Grand Tower: (618) 565-2527
Monday-Friday at 11:00 am

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

Aging & Disability Resource Center

The Place
Inside the University Mall
1237 East Main Street
Carbondale: 1-800-642-7773

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.
Family Café Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

Nutrition Sites

West Vienna Senior Center (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

MASSAC COUNTY

Aging Services

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

Nutrition Site

Happy Hearts Senior Center (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.
Family Café Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	All Day Club

Nutrition Sites

Gold Plate Program (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.

POPE COUNTY

Aging Services

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

Nutrition Sites

Golconda Golden Circle (focal point)
P.O. Box 246
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
Outreach
Family Café Meals
In-Home Respite
Strong for Life
Home Modifications
Information & Asst.
Home Delivered Meals
Family Caregiver Support

Nutrition Site

Smiles Senior Center (focal point)
412 South Blanche Street
Mounds: (618) 745-6149 or 745-6773
Fax: (618) 745-9943 (call first)
Monday-Friday at 11:30 am

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

Aging Resource Center

Shawnee Alliance
Inside the SIDEZ building
330 Enterprise Lane
Mounds: 1-800-642-7773

AGING SERVICES

SALINE COUNTY

Aging Services

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

Nutrition Sites

Harrisburg Golden Circle (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.
Family Café Meals	Home Delivered Meals
In-Home Respite	Family Caregiver Support
Strong for Life	

Nutrition Site

Sunshine Inn Senior Center (focal point)
169 East Vienna Street
Anna: (618) 833-6734
Fax: (618) 833-4197
Monday-Friday at 11:30 am

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

WILLIAMSON COUNTY

Aging Services

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

Nutrition Sites

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

Kay's Sugar Creek Café
105 West Blue Avenue
Creal Springs: (618) 996-8289
Monday-Thursday from 11:00 am-3:00 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-3:00 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

Pittsburg City Hall
Pittsburg: (618) 993-8260
Days of Operation:
Tuesday & Wednesday at 11:00 am
Home Delivered Meals: Monday-Friday

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

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

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

Adult Comprehensive Human Services
2853 Ken Gray Boulevard, Suite 2
West Frankfort: (618) 937-6441
Service Area: Franklin, Jackson, and Williamson counties
Services: In-Home Services

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
1000 North Carbon Street, Suite T
Marion: (618) 997-3958
718 East 5th Street, Suite 100
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)

COMMUNITY CARE PROGRAM, continued

Service Providers, continued

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

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

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
Energy: (618) 988-9843
Marion: (618) 997-3647

Children's Home & Aide
Herrin: (618) 988-1330
Services: Counseling, adoption and subsidized guardianship.

Choate Mental Health & Development Center
Anna: (618) 833-5161
Services: Hospitalization of individuals (prescreening is required).

Clear Point
Marion: 1-866-593-0486
Services: Credit counseling solutions.

Creative Minds
Marion: (618) 997-0900

DUI and Counseling Program
Carbondale: (618) 457-4044
Website: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
Elizabethtown: (618) 287-7010
Includes dementia care

Fellowship House Alcoholism & Gambling
Anna: (618) 833-4456, (618) 833-2194
Services: For gambling & substance abuse.

Franklin Hospital Senior Care
Benton: (618) 435-4731

Goya Health
Energy: (618) 988-9843

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

Schloemann, Colleen, LCSW
Phone: (618) 889-1014

Senior Life Solutions
Pinckneyville: (618) 357-8811

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

COUNTY COUNSELING CENTERS

Alexander County
Delta Center for Alexander & Pulaski County
1400 Commercial Street
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
112 East Main Street
Ridgway: (618) 272-4691
Services: 24-hour crisis intervention, outpatient counseling, death & dying support group, sexual abuse support group, psychiatric services, medication management, alcohol & drug treatment counseling, and alternative housing assistance.

Hardin County Family Counseling Center, Inc.
212 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
604 East College Street
Carbondale: (618) 457-6703
Services: 24-hour emergency services, outpatient substance and alcohol abuse counseling, case management, nursing home consultations, support groups, day treatment, psychiatric services, medication management, home based support, & hospice consultation.

Johnson County Family Counseling Center, Inc.
408 East Vine 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.

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.

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.

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.

DISABILITY SERVICES

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

Southern Illinois Radio Information Service (or SIRIS)
Carbondale: (618) 453-2808
Website: www.wsiu.org/siris
Services: special radios that provide programs and reading sessions of books, newspapers, and other information

Talking Book Center
Phone: 800-426-0709
Website:www.imsa.lib.il.us/
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

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

Statewide Independent Living Council of Illinois
1 West Old State Capital Plaza – Suite 716
Springfield: (217) 744-7777 (voice/TTY)
Website:www.silcofillinois.org

RECREATIONAL PROGRAMS

SIUC Touch of Nature Environmental Center
Makanda: (618) 453-1122 ext. 239
Website: www.ton.siu.edu
Services: outdoor residential summer camps

Special Olympics Illinois - Southern Area 15
Carbondale: (618) 457-2969
Website: www.soill.org
Services: year-round sports training and competition in a variety of Olympic-type sports for children and adults

DISABILITY SERVICES

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.

Elderly Blind Program – Serves people 55 years or older who are blind or visually impaired with an array of adaptive devices. 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. 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

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

Money Follows the Person – Helps residents of nursing homes transition to a home or apartment in the community.
Call 1-800-642-7773 or (618) 457-3318

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.

Respite Care Services – Delta Center
Cairo: (618) 734-2665 ext. 257 or 1-800-471-7216
Area served: Alexander, Franklin, Hardin, Jackson, Johnson, Massac, Pope, Pulaski, Union, and Williamson counties
Note: Supervision for developmentally disabled adults and grandchildren with disabilities

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

Special Programs for the Blind – Specialized services for people who are elderly, blind, or have low vision by providing written materials in accessible formats. Call (618) 457-3318.

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: ilheadstart.org
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
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
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
Services: Counseling, residential in-patient treatment, outpatient services for substance abuse and mental illness.

Centerstone
Marion: (618) 997-3647
Website: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
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

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
Services: Vocational evaluation, job placement, sheltered employment and residential services. Residential services include the Community Integrated Living Arrangement and Family Supported Unit.

EMPLOYMENT SERVICES

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.

National Farm Worker Jobs Program
335 South Main Street
Anna: (618) 833-8500 or 614-8495

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

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

Illinois Work Net
Website: www.IllinoisWorkNet.com

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

Manpower Employment Agency
Carterville: (618) 985-2006

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

SICIL
Carbondale: (618) 457-3318

SIUC Civil Service
Carbondale: (618) 536-2116

Work Incentive Planning and Assistance
Division of Rehab Services
Phone: (217) 836-0061 or
TTY 1-800-852-5110
Service: Planning and assistance for people with disabilities.

EMPLOYMENT SERVICES

ONE STOP SHOPS – ILLINOIS WORK NET CENTERS

Man-Tra-Con
3000 De Young Street, Suite 800-B (located in back of the Illinois Centre Mall)
Marion: (618) 998-0970 ext. 294 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
E-mail: 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

Senior Service America (SICCM)
Call for an appointment
Phone: (618) 942-6902
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 ext. 294 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

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 or www.feedingillinois.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.

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

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) 269-3486

HARDIN COUNTY

Shawnee Development Council
Elizabethtown: (618) 287-7071

FOOD PANTRIES & SOUP KITCHENS

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.

De Soto First Baptist
De Soto: (618) 867-2477

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
Open Saturdays

JOHNSON COUNTY

Goreville Ministerial Alliance
Goreville: (618) 995-9360

First Baptist Church
Vienna: (618) 658-3741

MASSAC COUNTY

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

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

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

POPE COUNTY

Shawnee Development Council
Golconda at Pope County Housing building

PULASKI COUNTY

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

First Baptist Church
Karnak: (618) 634-9342

SALINE COUNTY

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

Anna Bixby Center
Harrisburg: (618) 252-8389

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

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

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

Salvation Army
Marion: (618) 993-5854

AGING & MEMORY CLINICS

Carbondale Family Practice 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
Social Services: (618) 734-4534

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

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

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

Shawnee Health Care, OB/GYN
202 West Jackson Street
Carbondale: (618) 519-9200

Shawnee Health Care, Psychiatry
101 South Wall Street
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
Route 51 North
Dongola: (618) 827-3545

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

Eldorado Rural Health Clinic
607 4th Street
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

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

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

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
1501 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
Elizabethtown: (618) 285-6191
Dental Clinic: (618) 285-3930

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

Sesser Dental Clinic
115 East Franklin Street
Sesser: (618) 625-6979

Shawneetown Health Care Clinic
209 North Lincoln Boulevard West
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

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

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
112 East Main Street
Ridgway: (618) 272-4691

Hardin / Pope County
Southern Seven Health Department
Route 34 & Stone Church Road
P.O. Box 817
Rosiclare: (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

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

COUNTY HEALTH DEPARTMENTS, continued

Pulaski County
Southern Seven Health Department
Shawnee College Road
37 Rustic Campus Drive
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
Jonesboro: (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: 1-877-532-2271

HOME HEALTH CARE
Listed alphabetically

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

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

Addus Skilled Care
Marion: (618) 997-6565

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

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

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

Celtic Hospice & Health Care
Phone: 1-800-642-6099

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

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

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

Interim Healthcare
Marion: (618) 477-8500

Joyner Therapeutic Group
Marion: (618) 998-9894

LHC Healthcare
Marion: (618) 997-6565

HOME HEALTH CARE, continued

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

Marion VA Medical Center (veterans, only)
Marion: (618) 997-5311 ext. 54845
or ext. 55051

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

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

Deaconess Visiting Nurse
Eldorado: (618) 273-9305 or
1-800-736-4862

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

HOSPICE

Celtic Hospice & Health Care
Phone: 1-800-642-6099

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

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

Deaconess Visiting Nurse
Eldorado: (618) 273-9305 or
1-800-736-4862

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

Memorial Hospital of Carbondale
405 West Jackson Street
Carbondale: (618) 549-0721

Marshall Browning Hospital
900 North Washington Street
Du Quoin: (618) 542-2146

HOSPITALS, continued

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

Harrisburg Medical Center
100 Hospital 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. ext. 4558 or Am Vets Dept. ext. 4743

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
101 North Walnut Street
Pinckneyville: (618) 357-2187

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

HOSPITAL-BASED SENIOR ADULT PROGRAMS

See page 56.

MEDICAL EQUIPMENT & SUPPLIES
Listed alphabetically

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

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

Beck's Home Health Care
Eldorado: (618) 273-9019, 1-800-851-6857

Conva Care - Herrin Drug
Herrin: (618) 942-5315

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

Holland Medical
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

The Therapy Center – loans pediatric medical equipment, only
Carterville: (618) 985-2181

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

Adult Comprehensive Human Services, Inc.
West Frankfort: (618) 937-6441, 932-3867, 457-4768, or 457-7232
Services: In-Home Services

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

Celtic Hospice &Health Care
Phone: 1-800-642-6099
Services: Skilled nursing

Delta Center Respite Care Services
Cairo: (618) 734-2665 ext. 257 or 1-800-471-7216
Area served: Alexander, Franklin, Hardin, Jackson, Johnson, Massac, Pope, Pulaski, Union, and Williamson counties
Services: Supervision
Notes: For developmentally disabled adults and grandchildren with disabilities

Gold Plate Program of Perry County
Du Quoin: (618) 542-3511
Services: In-Home Services and Adult Day Services

Golden Circle Senior Citizens Council
Elizabethtown: (618) 287-5590 or 1-877-745-9530
Services: In-Home Services, Adult Day Services, delivered meals for seniors and the disabled

Home Helpers
Anna:(618) 833-1998
Services: In-Home Services, personal care, medication dispensers, vital signs monitoring, and companionship

PRIVATE DUTY NURSING, SITTERS & CLEANING SERVICE, continued

Liberty Village of Marion
Marion: (618) 993-8600
Service: Respite

Parkway Manor
Marion: (618) 993-8600
Service: Physical, occupational, & speech therapy

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

There's No Place Like Home
Phone: (618) 932-2007 or 889-0955
Services: Light housekeeping and caregiving placement service

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

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

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

Helia Active Recovery Center
Energy: (618) 988-1097
Service: private rooms, 24-hour RN care, dining, and physical, occupational, & speech therapies

Coleman Tri-County Services
Harrisburg: (618) 252-0275
Service: vocational rehab

Rehab Unlimited
Phone: 1-844-988-7800
Services: outpatient physical therapy

REHABILITATION & THERAPY, continued

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

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

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

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

Synergy Therapeutic Group
Carbondale: (618) 529-4360
Du Quoin: (618) 542-8950
Services: Pain relief from a variety of medical issues.

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

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

Harrisburg Medical Center
Harrisburg: (618) 253-7671

HEALTH & INSURANCE PROGRAMS (Online)

Website: 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) 997-3134

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

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

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, Elkville, 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

Violet Lane
Carbondale: (618) 830-5836

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

Liberty Oaks of Carbondale
Carbondale: opening soon
(For disabled, ages 22-64)

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, 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, 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
River to River Community of Ullin
Ullin: (618) 845-9065

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

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, 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

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

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, continued

WILLIAMSON COUNTY, continued

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

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

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

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

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

Daystar Nursing 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

NURSING HOMES, continued

GALLATIN COUNTY

Ridgway Rehab & Nursing Center
900 West Race Street
Ridgway: (618) 272-8831
Includes an Alzheimer's disease and dementia specialty

HARDIN COUNTY

Rosiclare Rehab & Health Care Center
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

Carbondale Rehab & Nursing Center
120 North Tower Road
Carbondale: (618) 549-3355

Carbondale (East) Rehab & Nursing Center
500 South Lewis Lane
Carbondale: (618) 529-5355

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

Life Management Corporation
501 East Chestnut Street
Carbondale: (618) 457-4423
Beds for Dev. Disabled

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

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

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

Fountainview Nursing Home
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

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

UNION COUNTY

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

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

Holly Hill
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

Cobden Rehab & Nursing Center
430 South Front Street
Cobden: (618) 893-4214

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

Herrin Rehab & Nursing Center
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

Marion Rehab & Nursing Center
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

SHELTERS & ASSISTANCE FOR THE HOMELESS & WOMEN
Listed alphabetically by county and town

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

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

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

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 include transitional housing, food pantry, and supportive services.

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) 997-4418
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

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

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
1401 Washington Avenue
Cairo: (618) 734-0762

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

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

DEPARTMENT OF HUMAN SERVICES
County Offices, continued

Hardin County
106 North Market Street
Golconda: (618) 683-2921

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

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

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

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

Pope County
106 North Market Street
Golconda: (618) 683-2921

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
Marion: (618) 997-6591

DEPARTMENT OF HUMAN SERVICES
(Division of Rehabilitation Services)

DHS Bureau of Blind Services
342 North Street
Murphysboro: (618) 549-3383 or 1-800-843-6154

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
Benton: (618) 439-4334 or TTY at 888-261-2838
Counties: Franklin, Hamilton, 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, 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) 998-0970 ext. 2 or 1-800-315-3986
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

LEGISLATORS - FEDERAL

The President
1600 Pennsylvania Avenue
Washington, D.C. 20500
Phone: (202) 456-1111
TTY: (202) 456-6213
Website:www.whitehouse.gov
E-mail: 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, (202) 224-2152

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

U.S. Congressman Mike Bost (R-12th)
1440 Longworth House Office Building
Washington, D.C. 20510
Phone: (618) 233-8026, (202) 225-5661

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

LEGISLATORS - STATE

The Governor
207 State House
Springfield, IL 62706
Phone: (217) 782-0244
Website:www.illinois.gov
E-mail: governor@illinois.gov

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

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

State Representative Terri Bryant (R-115th)
207-N Stratton Office Building
Springfield, IL 62706
Phone: (618) 242-8115, (217) 782-0387

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

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

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

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

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

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

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

Southern Illinois Center for Independent Living
Carbondale: (618) 457-3318 or
1-800-272-3900

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

Elderly Blind
Carbondale: (618) 457-3318

Breast Cancer

Breast Center
Carbondale: (618) 457-2281 option #3

Cancer

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

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

Look Good, Feel Better
Harrisburg: 1-800-227-2345

Caregivers

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

Caregiver Learning Circle
Eldorado: (618) 273-7723, ext. 23410

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

Delta 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

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

Divorce

Locator in Illinois: 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)

Christian Social Services
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
www.aarp.org
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

Head Injury

See “Stroke & Head Injuries” support groups

SUPPORT GROUPS, continued

Heart

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

Cardiac Rehab
Carbondale: (618) 549-0721, ext. 65215

Lung - Breathing

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

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

Lupus

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

Multiple Sclerosis

National Multiple Sclerosis Society
Website:www.nationalmssociety.org

Osteoporosis

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

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

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

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) 745-6310
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. 54637
Determines eligibility for Veteran-Directed Home Care (a VIP service) and Veteran's Aides & Attendants

VETERAN SERVICES, continued

Federal Medical Centers:
Marion Veteran's Administration Medical Center
2401 West Main Street
Marion: (618) 997-5311
(American Legion Dept. ext. 4558 or Am Vets Dept., ext. 4743)
See page 61 for transportation to Marion VA

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

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

500 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
- or -
223 South 13th Street
Murphysboro: (618) 684-2966

In-Home Services
Veteran-Directed Home Care (a VIP service)
Veteran-directed help in the home
Carterville: 1-888-895-3306

Veteran's Aides & Attendants
A grant for veterans to help pay for in-home services
Marion: (618) 997-5311

MISCELLANEOUS

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

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

AccessSI.org: social services in Southern Illinois: 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

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

American Heart Association: 1-800-242-8721

American Kidney Fund: 1-800-638-8299

American Lung Association: 1-800-586-4872

American Red Cross: (217) 787-7602

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

Benefit Access Application: 1-800-624-2459
Lower fee for license plates & Rides Free card for metropolitan areas

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

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

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

Coleman Tri-County Visually Impaired Program:
(618) 252-4201, option 3

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

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

Easter Seals Society: www.easterseals.com

MISCELLANEOUS, continued

Elder Abuse Referrals: 1-800-642-7773

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

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

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

Eye Care America: 1-800-272-3937

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

Guardianship & Advocacy: (618) 833-4897

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

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

Illinois Network of Centers for Independent
Living: 1-800-587-1227 or (217) 525-1308
(Voice & TTY)
Website:www.incil.org

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
Website: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 Consumer Helpline: 1-800-647-8089

Medicare Fraud and Abuse: 1-800-447-8477 or
1-888-895-3306

Salvation Army: (618) 993-5854

Senior Health Insurance Program – SHIP:
(217) 782-4515 or 1-800-548-9034
TTY: (217) 524-4872
See pages 3, & 5-11 for local assistance at
senior centers

MISCELLANEOUS, continued

Senior Programs, Hospital-based
- New Beginnings Program (Massac Memorial Hospital): (618) 524-7370
- Second Act (Southern Illinois Healthcare): 1-877-480-4040
- Senior Care (Franklin Hospital): (618) 435-4731
- Senior Circle (Heartland Regional Medical Center): (618) 998-7333
- Senior 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

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

Statewide Independent Living Council of Illinois
1 Old State Capitol Plaza, Suite 716
Springfield: (217) 744-7777 (voice/TTY)
Website: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

Welfare and Medical Fraud Hotline: 1-800-252-8903 or TTY: 1-800-447-6404

Program Eligibility Guidelines

As of August 2015

Limits change in January for these programs:

Medicare, Part A - Hospital deductible for first 60 days is $1,260, days 61-90 is $315 per day, and days 91-150 is $630 per day. Skilled nursing facility deductible for first 20 days is $0 and days 21-100 is $157.50 per day.

Medicare, Part B – Premium is $104.90 per month and deductible is $147 per year.

Medicare Part D - Deductible is $320, beneficiary pays all costs when drugs costs exceed $3,720. Catastrophic coverage begins when drug costs exceed $6,680.

Social Security - under age 65, $1 of benefits withheld for each $2 of wages earned over $15,720. No limit after reaching full retirement age.

Limits change in February for these programs:

Medicaid - Medical card - monthly income limit is $981 for 1 person ($2,000 assets) and $1,328 for 2 ($3,000 assets). Apply at Dept. of Human Services.

SSI - Supplements income – monthly income limit is up to $733 for 1 person ($2,000 assets) and $1,100 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 $1,001 for 1 person or up to $1,348 for 2. Apply at Dept. of Human Services.

SLIB / SLMB - Pays Medicare Part B premium - monthly income from $1,002 up to $1,197 for 1 person and $1,349 up to $1,613 for 2. Apply at Dept. of Human Services.

QI - Pays a small portion of the Medicare Part B premium. Monthly income is between $1,198 up to $1,345 for 1 person and $1,614 up to $1,813 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 $1,815 for 1 person and $2,456 for 2 people.

SNAP - Assistance buying food. Monthly income limit is $1,915 for 1 person and $2,585 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 $1,459 for 1 person and $1,966 for 2 people.

Weatherization Program - winterizes the home. Annual income limit is $17,505 for 1 person and $23,595 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 $55,000 per year. Owner must be age 65 or older, live in the home, and pay taxes on the property. Apply and renew annually at county assessor's office.

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

TRANSPORTATION

PUBLIC TRANSPORATION

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
Williamson County Airport: (618) 993-3353

American Cancer Society
Phone: 1-800-642-7792
Routes: Road to Recovery Program in Illinois or within 100 miles of the state line. Volunteers can provide transportation to and from cancer treatment centers with an American College of Surgeons approved cancer program.
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
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
Royal Rose Cab (Du Quoin): (618) 542-6845

Williamson County
City Cab (Herrin): (618) 942-5287
Red Top Cab (Marion): (618) 997-1098

CSC Medical Transport, LLC
Phone: 618-579-9915
Service 7 days a week
Wheelchair transportation soon
Cost: $30 for pickup plus $1.25 per mile

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

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

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

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
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
Southern Illinois University-Carbondale
Phone: (618) 453-5749 (M-F from 8am to 4:30pm)
Routes: Carbondale. Call for information. Routes and hours vary when SIUC is not in session. The public may ride buses
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
Routes: Franklin County
Hours: M-F, 8:30am to 5pm
Cost: The fare depends on travel distance and group affiliation

TRANSPORTATION

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) 751-1428
Routes: To the Marion VA
Cost: No cost for veterans

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

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
Carbondale Family Practice Center – Memory & Aging Clinic: Information and assessment for dementia. Call: (618) 536-6621, ext. 224 for information or ext. 230 for an appointment.
Family Counseling Center – Memory Disorder Program: Information and assessment for dementia. Call:
Vienna: (618) 658-2611
Golconda: (618) 683-2461
Elizabethtown: (618) 287-7010
Crossroad Family Medical of Mt. Vernon: Information and assessment for dementia. Call (618) 244-5230
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 55
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
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
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
www.accessSI.org: Website of social services in Southern Illinois.

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

Adult Care Dentures: Discounted, one-day service on dentures, only. No checks accepted. Call 1-800-825-8044 or (618) 382-8010 (Carmi, IL)
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) 925-2140

Illinois Centre Healthcare – Dental: Sliding fee scale based on family size and income. Some procedures discounted, but not all, call (618) 997-3647

John A. Logan Dental Hygiene Program: cleaning, call (618) 985-2828 ext. 8690

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

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

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

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

DISABILITIES

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

Website for the Deaf: www.DeafMD.org

DISASTER ASSISTANCE

American Red Cross: Page 55

DISPUTES & LEGAL ASSISTANCE

American Bar Association: lawyer referrals, 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

Guardianship & Advocacy: Page 56 State guardian of last resort

Governor's Office of Citizens Assistance: Page 56

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

Medicare Consumer Hotline: Page 56, call when a Medicare patient in a hospital, skilled nursing home, or health agency has problems with the quality of care or to file an appeal if it appears a patient is being discharged too early

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 Alternative Dispute Resolution Clinic: Page 4, mediation services giving two or more parties an opportunity to resolve disputes outside of a Court of Law

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

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

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

EPILEPSY FOUNDATION

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

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
Medicare Consumer Helpline: Page 56, call when a Medicare patient of a hospital, skilled nursing or home health agency has problems with the quality of care or to file an appeal if it appears a patient is being discharged too early
Medical Transportation: Page 60
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

Look under "Disputes & Legal Assistance."
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 Starkey Hearing Foundation: Hearing Now Program: 1-800-648-4327 or apply at http://starkeyhearingfoundation.org/programs#/hearnow

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

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 Consumer Helpline: Page 56, help for problems with the quality of care or to file an appeal if it appears a patient is being discharged too early
Medicare Fraud and Abuse: 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

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"

RESPITE 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
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

Federal and State Offices of Veteran's Affairs: Page 54 assistance with income, medical, and other benefits for veterans
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

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

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

This Aging & Disability Resource Guide 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 Southern Illinois 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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