

Caregiver Resource Guide to Older Adult Services

Marion County, Illinois

2011 Edition



Common Questions & Where to Find Help...

1. What is the difference between intermediate and skilled care? See page 32-33 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 39.
3. I just started caring for my parents. I need some direction. Where do I start? See Assistance in Your Home and Community on pages 5-8; Caregiver Support page 12; or Other Local Resources pages 46-50.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial pages 14-16.
5. I don't feel comfortable bathing my parent. What help is available? See In-Home Services page 24-25.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response Systems on page 9.
7. It seems that my neighbor is always low on food and money? See Energy/Financial Needs pages 14-16 and Food/Meals pages 17-20.
8. My complaints to nursing home staff aren't getting mom better care. Where do I turn? See Ombudsman Program on page 33.
9. My senior citizen friend is being financially exploited. What do I do? See page 6 for Elder Protective Services.
10. Where can I get assistance with the Medicare Prescription Drug Program? See pages 5, 6, 7, 14, & 47. *

This Guide was written and disseminated by the Marion County Mental Health and Aging Systems Integration (MHASI) Advisory Group. The Group provides opportunities for service providers and consumers to work together toward increasing public awareness of the availability and quality of services and treatment strategies for older adults, families, and their caregivers.

*Questions about this publication may be directed to: 1.888.560.8805
Extension 1062 or 1046.*

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What is the Medicare Prescription Drug Program?

This Program is available to those who are eligible for Medicare. It provides insurance coverage for prescription drugs and offers a choice of plans. As with other types of insurance, monthly premiums and out of pocket costs vary depending on the plan chosen.

October 15, 2011 open enrollment for 2012 begins.

December 7, 2011 open enrollment for 2012 ends.

January 1, 2012 coverage begins.

In Illinois, additional drug plans are available. Look for agencies with an asterisk (*) in their description for assistance in signing up for a Medicare Prescription Drug Plan or Circuit Breaker Pharmaceutical Assistance.

Adult Day Services:

Call for detailed information, such as times, cost, etc.



Addus Adult Day Center (call for a free trial day)

108 N. 3rd St.

Mt. Vernon, IL 62864

618.241.9503

- Accredited Day Center and accepts DORS, IDOA, VA and private funding sources
- Services: Nursing Services, Restorative Therapy, Dementia based programming, breakfast, catered lunch, and snacks provided, Socialization, Personal Care including showers, Beauty Shop, Podiatry Services, Community Involvement, Transportation provided to and from the Center, and Physical, Occupational, and Speech Therapies through Rehab Care.
- Open all holidays except Christmas and Thanksgiving
- Hours: Monday—Friday: 7 a.m. – 5:30 p.m.
Saturday: 8 a.m. – 1 p.m.

Great Oaks

1311 S. Marion

Salem, IL 62881

618.548.5778

- Services:
 - Assist in bathing, feeding, and entertainment.
 - Available 6 a.m. – 6 p.m.
 - Not licensed to take those who have severe dementia/Alzheimer's disease.

Assistance in Your Home and Community:

Illinois Department of Rehabilitation (DORS) *for vocational rehabilitation or homemaker services (those under 60 years of age)*

General Information	618.244.0331
Marion County	618.244.6837
Blind Service	618.244.2650
TDD only	Toll-Free: 1.888.340.1009

Opportunities for Access, Center for Independent Living

4206 Williamson Place, Ste. 3

Mt. Vernon, IL 62864 618.244.9212

(v/tty) Toll-Free: 1.800.938.7400

- Eligibility Requirements: Presence of a disability.
- Services: Peer advisory, skills training, systems & individual advocacy.
- Information & referral, volunteer programs, agency networking, housing referral, & interpreter referral.
- Employment preparation, pharmaceutical procurement *, adaptive equipment selection, & disability awareness training.
- Community reintegration from nursing homes, youth transition & parent training programs.
- Americans with Disabilities Act (ADA) training, ADA Technical Assistance, ITAC Center for free tty's and amplified phones.
- Trains Personal Assistants and keeps a referral list.

Assistance in Your Home and Community...

St. Mary's Good Samaritan Outpatient Social Services

400 N. Pleasant

Centralia, IL 62801

618.436.8000

- Provides: Assistance accessing healthcare services; assistance in obtaining medications; assistance obtaining services to pay for healthcare; assistance with Medicaid and Social Security applications and appeals; linkage to other needed resources. *
- Call about referral criteria.

Elder Protective Services

(A Program of SWAN Senior Services)

618.662.7300

24 hour Toll-Free hotline: 1.888.715.6260

- Conducts confidential elder abuse investigations. Elder abuse refers to the mistreatment of any Illinois resident 60 years of age or older who lives in the community. The abuse must be committed by another person on the elder and be one of the following types of abuse:
 - 1) Physical, sexual, or emotional maltreatment and/or willful confinement.
 - 2) Neglect by the caregiver in failing to provide the older person with the necessities of life.
 - 3) Financial exploitation, meaning the misuse or withholding of the older person's resources.
- Accepts reports of self neglect and refers to case management at Senior Services of Marion County (see page 7).

Assistance in Your Home and Community...

BCMW Senior Services

310 N. Locust

Centralia, IL 62801

618.533.3716

- Information & assistance and Outreach to available resources.
- Assistance with Medicare Prescription Drug Program *
- Assistance with Circuit Breaker Applications.
- Assistance with Medicare Savings Programs and the Low-Income Subsidy Program.
- Legal representatives.

Senior Services of Marion County

120 E. Green St.

Centralia, IL 62801

618.533.4300

- Provides programs for people 60+ who may need help to be able to live in their own homes—**includes screening for (In-Home Services such as: Homecare Aide, Adult Day and Emergency Home Response System** (all through the Community Care Program).
- Information & Referral to link seniors to available resources.
- Assistance with Medicare Prescription Drug Program Applications * and Circuit Breaker Applications.
- Insurance counseling.
- Volunteer money management.
- ITAC Center for free tty's and amplified telephones.
- VOCA (Victims of Crime Act) Counseling.
- Long Term Care Ombudsman Program (See page 33).

Assistance in Your Home and Community...

Clay County Health Department

Medication Education/Management Program

(A program funded by Midland Area Agency on Aging)

601 E. 12th St.

Flora, IL 62839

618.662.4406

- Provides medication education/management to anyone 60 years of age or older who is having trouble with his/her medication regimen.
- Provider is a registered nurse and donations are accepted for the service.
- Referrals are accepted via phone call.
- Serves the following counties: Clay and Marion.

Emergency Home Response Systems:

Emergency Home Response Service is a 24 hour emergency communication link to assistance outside the home for older adults. This service is provided by a two-way voice communication system, with a base unit connected to a land line telephone, and an activation device worn by the older adult. When activated, the older adult is automatically linked to a professionally staffed support center for assistance.

Case Management:

- Provides case managers to complete a comprehensive case management assessment for adults 60 +, to determine eligibility for the Community Care Program. Case Management is a process of helping individuals and their families receive assistance in coordinating their long term health care arrangements.

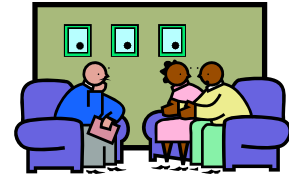
Senior Services of Marion County

120 E. Green St.
Centralia, IL 62801

618.533.4300



Emotional Needs/Counseling:



Community Resource Center @ 2 locations in Marion County

101 S. Locust

Centralia, IL 62801

618.533.1391

315 Westgate Ave.

Salem, IL 62881

618.548.2181

- Outpatient counseling services for emotional difficulties, eating disorders, marital problems, depression, anxiety, suicide prevention, and serious mental illnesses (individual, group, and family).
- Alcohol/Substance Abuse and/or Dependency counseling services (individual, group, and family).
- Many additional supportive services such as case management, consultation, and DUI services.
- Psychiatric services are available at the Centralia office by referral from Community Resource counselors.
- **24-Hour Crisis Line** **618.533.1391**
 - Professionally trained staff members are available 24 hours a day, 7 days a week and are prepared to respond to people in crisis situations. Confidentiality with all crisis line contacts is assured.

Emotional Needs/Counseling...

Center for Senior Renewal

Clay County Hospital
911 Stacy Burk Dr.
Flora, IL 62839

618.662.6621

- Provides out-patient counseling for senior adults who are experiencing depression, grief, loss, difficulty coping with change, and anxiety.
- Services are provided by licensed therapists under the direction of a psychiatrist.
- Services are available to residents within approximately a 30 mile radius of Flora.

Senior Care at Franklin Hospital

205 Bailey Lane
Benton, IL 62812

618.435.4731

- Intensive outpatient counseling program for older individuals struggling with depression, grief/loss issues, anxiety/nervousness, stress, and difficulty adjusting to life/physical changes (such as, a move).
- Eligibility:
 - Individuals must have Medicare as their primary insurance provider.
 - Live within 30 mile radius of Benton, IL.
- Initial Assessment is free.
- Program Staff: Psychiatrist, counselor, nurse and transportation specialist.
- Program Design: Group process with additional individual and family counseling provided.
- Transportation: Provided at no cost.

Emotional Needs/Counseling...

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

Toll-Free: 1.888.560.8805

Caregiver Support Services (contact Extension 1062)

- Provide support and counseling to family caregivers who are caring for friends and relatives who are age 60 and over.
- Provide information, assistance, and referral to additional resources and services.
- Loan books, videos, and DVDs to family and professional caregivers.
- Monthly Caregiver Support Group (see page 43).
- Respite (***short term relief to primary caregiver from caregiving duties***) is available to family caregivers in Marion County.

People Against Violent Enviroments (PAVE)

P.O. Box 342

Centralia, IL 62801

618.533.7233

Toll-Free: 1.800.924.8444

- Provides support to domestic violent victims and their dependent children.
- Provides court advocacy and assistance with orders of protection.
- Emergency shelter.
- Provides individual and group support.
- 24-Hour crisis line.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.

Emotional Needs/Counseling...

Men Challenging Violence (A program of PAVE)

618.533.1391

618.283.4229

Toll-Free: 1.800.924.8444

- Protocol approved program: Meets all state mandates that are safe for victims.
- Provides group services to court mandated & self-referred men who use violence & abuse in their intimate relationships.
- Serves Clinton, Fayette, Jefferson, Marion, & Washington Counties.



For individual private counselors check the yellow pages of the local phone book—Counselors—

Energy/Financial Needs:

Circuit Breaker – State of Illinois *

(For those 65 and over or for those under 65 with a disability)

- Provides annual rebate for rent/taxes/long term care fees and license plates
- Application assistance:

BCMW — 618.532.7388

Senior Services of Marion County — 618.533.4300

Opportunities for Access — Toll-Free: 1.800.938.7400

BCMW Community Action Agency

909 E. Rexford P.O. Box 729

Centralia, IL 62801

618.532.7388

Energy Assistance, or LIHEAP, assists with heating bills, prevention of disconnection of utility service, and reconnection of utility service. Eligibility requirements exist.

Weatherization Program – helps to weatherize or insulate a home, and possible help with a heating system. Eligibility requirements exist.

DHS Family Community Resource Center of Marion County

(Formerly the Department of Public Aid)

800 S. Locust St.

Centralia, IL 62801

618.532.1966

- Supplemental Nutrition Assistance Program *via* Link Card
- Medical assistance available.
- Help available to people of all ages.
- Assistance is based on assets and income.

Energy/Financial Needs...

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401

Toll-Free: 1.888.560.8805 ext. 1062

- *Funds available for emergency situations* that will help the caregiver to keep the care receiver at home.
- Possible assistance for medications, personal medical devices, temporary housing arrangements, home repair/modifications for safety or accessibility reasons.
- Certain eligibility requirements exist with limits on amount of one time assistance.
- Contact the Caregiver Advisor.

Salvation Army

138 S. Walnut
Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. (noon) & 1 p.m. – 4 p.m.
- Aid in energy assistance, clothing, rental, food, etc.

Social Security Administration (local office)

Federal Building
105 S. 6th St.
Mt. Vernon, IL 62864

618.242.2566

Toll-Free: 1.866.931.2549

- Information available toll-free 24 hours/day or schedule an appointment with a service representative between the hours of 7 a.m. – 7 p.m. on business days:

Toll-Free: 1.800.772.1213

- Visit www.socialsecurity.gov to complete an online retirement application.

Energy/Financial Needs...

Warm Neighbors Energy Program – founded by Illinois Power

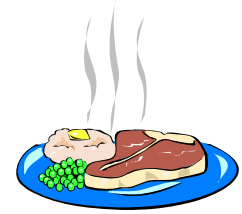
Salvation Army

138 S. Walnut

Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. (noon) & 1 – 4 p.m. No appointment necessary.
- Guidelines:
 1. Must be Ameren IP or in an Ameren IP Neighborhood.
 2. Power must be on.
 3. Must be in your name or spouse's name.
 4. May receive help both at Salvation Army & BCMW.
 5. Must owe a bill, not able to give a "credit."



Food/Meals:

BCMW Project B.R.E.A.D.

Basic Right of the Elderly to an Adequate Diet

909 E. Rexford P.O. Box 729

Centralia, IL 62801

618.532.7388

- Nutritional program providing a well-balanced noon meal for those over the age of 60.
- Helps senior citizens maintain physical health by providing essential nutrients at a noon meal.
- Contributes to the general well-being of senior citizens through social contacts, stimulation, and companionship.
- Home delivered meals are available to those unable to attend the meal-site.
- Congregate meals are available at the following sites.
- Suggested donation for 60 and over—\$2.

Golden Age Senior Center

310 N. Locust

Centralia, IL 62801

618.533.1073

- Hours: 8 a.m. – 2 p.m.

#26 Southern Gardens

Salem, IL 62881

618.548.5225

- Hours: 8 a.m. – 2 p.m.

Patoka (*Home Delivered Meals Only*)

618.533.1073

618.532.7388

Kinmundy Community Center

104 W. 3rd St.

Kinmundy, IL 62854

618.548.5225

618.547.3476

- Hours: 10 a.m. – 2 p.m.

Food/Meals...

Angel Food Ministries – non-profit, non-denominational organization dedicated to providing grocery relief & financial support to communities throughout the U.S. Angel Food's groceries are sold in a quantity that can fit into a medium size box at \$31 per unit. Each month's menu is different than the previous & consists of both fresh & frozen items.

Senior/Convenience box contains ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal consists of three ounces of protein, a starch & two vegetables or fruit. The Senior/Convenience box is \$28. No income guidelines apply. Link Cards are accepted. Currently there are no providers in Marion County. For a list of providers outside Marion County, visit www.angelfoodministries.com.

Soup Kitchens:

Broadway Christian Church

308 S. Broadway Ave.

Salem, IL 62881

618.548.5786

- Free dinner the fourth Thursday of month at 5:30 p.m.

Cornerstone Baptist Church

3561 Boone St.

Salem, IL 62881

618.548.1547

- Free lunch on occasional Saturdays at 12 p.m. (noon).

Evergreen Christian Church

1875 N. Broadway Ave.

Salem, IL 62881

618.548.4438

- Free dinner the third Thursday of month at 5:30 p.m.

Food/Meals ...

Soup Kitchens ...

First Presbyterian Church

201 E. McMackin St.

Salem, IL 62881

618.548.2754

- Free lunch on Christmas Day at 12 p.m. (noon).

Salem Lutheran Church

1401 Hawthorn

Salem, IL 62881

618.548.3190

- Free dinner the first Thursday of month at 5:30 p.m.

Food Pantries: (contact information provided, call for details)

Centralia Community Benevolent Association Food Pantry (CCBA)

900 E. Rexford

Centralia, IL 62801

- Contact Person – Nell Boastick 618.533.2305
- Wednesdays Only: 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m.

Feed My People

707 Howard St.

Centralia, IL 62801

618.545.0461

- Fridays Only: 9 a.m. – 11 p.m.

Helping Hands Ministry of Odin

1004 E. Poplar

Odin, IL 62870

618.775.8383

- Assist with food pantry, medicines, gas, etc.

Food/Meals ...

Food Pantries ...

Rick's Chapel

438 N. Poplar

Centralia, IL 62801

618.532.2077

- Saturdays Only: 10:00 a.m. – 12 p.m.

Salem Ministerial Alliance

416 E. Oglesby

Salem, IL 62881

618.548.4438

- Available first and third Thursday of month from 9:30 a.m. – 10:30 a.m.
- Must go to a local church to obtain a voucher.

Salvation Army

138 S. Walnut

Centralia, IL 62801

618.532.5942

- Hours: Monday—Friday 10 a.m. – 12 p.m. (noon) & 1 p.m. – 4 p.m.

Sandoval Shalom Community

First United Methodist Church

101 E. Missouri Ave.

Sandoval, IL 62882

618.247.3857

- Available third Saturday of month from 7:30 a.m. – 9:30 a.m.
- Must reside within Sandoval School District.



Home Health Care Agencies: Offer nursing, physical, occupational, & speech therapies, medical social work, & home health aides. All agencies report they provide intermittent care and are available 7 days/week. Care is provided in conjunction with your personal physician for a limited amount of time.

Addus HealthCare

Home Health Services

1 Crownview Dr.

Mt. Vernon, IL 62864

618.244.0934

Toll-Free: 1.866.687.9639

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Specialties: Pulmonary rehabilitation, orthopedics, wound care specialist, infusion therapy, private case management.

Clay County Home Health (Health Department)

601 E. 12th St.

Flora, IL 62839

618.662.4406

Toll-Free: 1.800.544.4406

- Services: Skilled nursing; physical, speech, & occupational therapy; social service; home health aides.
- Specialties: Certified PIC line nurses; home dialysis nurses; wound vac nurses; wound, continence, and ostomy nurse; diabetes educator.

Home Health Care Agencies...

Crossroads Community Hospital

1009 S. 42nd St.

Mt. Vernon, IL 62864

618.244.9028

Toll-Free: 1.800.862.3818

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy.
- Specialties: Infusion therapy, diabetic care, ostomy, and continence care.

Mederi Caretenders

4202 Williamson Place

Mt. Vernon IL 62864

618.242.3516

- Services: Nursing, certified nurse assistants, physical, occupational, & speech therapy, medical social worker.
- Covers: Effingham, Fayette, Jefferson, and Marion Counties.

Midwest Care

8330 Club Lane

Alma, IL 62807

618.432.5111

Toll-Free: 1.800.548.5898

- Services: Certified nurse assistants only.

Regional Home Care

1201 Weaver Rd.

Herrin, IL 62948

1.866.998.8533

- Services: Skilled nursing, therapy, home health aides, fall prevention program,
- Specialties: Wound care, feeding tube care, catheter care, ostomy care, post surgical care

Home Health Care Agencies...

SSM Home Care at St. Mary's Good Samaritan

400 N. Pleasant St.

Centralia, IL 62801

618.241.1621

- Services: Nursing, certified nurse assistants, physical, occupational, and speech therapy, medical social worker.
- Specialties: Pulmonary rehabilitation, wound care specialist, cardiac nursing, diabetic care, mental health nursing, ostomy, and continence care.

Visiting Nurse Association – TIP

1809 W. McCord St.

Centralia, IL 62801

618.533.2781

Toll-Free: 1.800.642.6099

Services: Nursing, certified nurse assistants, physical, occupational, and speech therapy, medical social worker.

- Specialties: Diabetic care, ostomy continence care, infusion therapy orthopedics, wound care specialist, private case management, private sitters.



In-Home Services:

Addus HealthCare

In-Home Support Services (for those 60 & above)

128 N. 3rd St.

Mt. Vernon, IL 62864

618.244.4481

Toll-Free: 1.800.729.8279

- Services: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respite.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Assisted Care Services (self-directed care plans)

1 Crownview Dr.

Mt. Vernon, IL 62864

618.244.0934

Toll-Free: 1.866.687.9639

- Services: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respite, other services available upon request. Private pay, VA, Long-Term Care Insurance.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Community Care Systems, Inc.

200 Westgate Ave.

Salem, IL 62881

618.548.1613

Toll-Free: 1.800.266.7530

- Services: Assistance with grooming and personal care activities; routine house cleaning; laundry; meal preparation; companion care, essential errands.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

In-Home Services...

Help at Home, Inc.

3456 Broadway

Mt. Vernon, IL 62864

618.244.7800

Toll-Free: 1.877.699.7954

- Services: Personal care, light housekeeping, laundry, meal preparation, errands/transportation, and companionship.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Omega Home HealthCare, LLC.

228 W. Noleman St.

Centralia, IL 62801

618.545.0733

Toll-Free: 1.888.270.7795

- Services: Personal care, light housekeeping, laundry, meal preparation, errands/transportation, and companionship.
- Serves: Clay, Effingham, Fayette, Jefferson, and Marion Counties.

Hospice — is a special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are listed below.



Hospice of the Good Samaritan at St. Mary's Good Samaritan

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.1621

Toll Free: 1.877.991.4663

- Services: Skilled Nursing, Physical, Occupational, and Speech Therapies; Medical Social Services; Personal Care; Nutrition Counseling; Pastoral Care; Volunteer Services.

Visiting Nurse Association-TIP Hospice

1809 W. McCord St. (Rt. 161 West)

Centralia, IL 62801

618.533.2781

Toll-Free: 1.800.642.6099

Clay County Health Department Hospice

601 E. 12th St.

Flora, IL 62839

618.662.4406

Toll-Free: 1.800.544.4406

- Services: Nursing, home health aides, social services, pastoral counseling, wound, ostomy, continence nursing (WOCN).

Housing Options:

Apartments:

Housing Authority of Marion County

719 E. Howard St. P.O. Box 689
Centralia, IL 62801

618.532.1894

- Hours: Monday – Friday 8:30 a.m. – 12 p.m. and 1 p.m. – 4:30 p.m.
- Services: Low income public housing; low income housing voucher/certificate section 8 program.

Salem Office

P.O. Box 448 (Dawley Ave.)
Salem, IL 62881

618.548.3019

- Hours: Monday – Friday 8 a.m. – 12 p.m. and 1 p.m. – 4 p.m.
- Services: Low income apartments.

Bob White Apartments

299 Bob White Lane
Salem, IL 62881

618.548.6623

- Services: Independent elderly individuals.

Colonial Apartments

920 W. 4th St.
Centralia, IL 62801

618.533.1199

Housing Options...

Apartments ...

Countryside Village Apartments

104 Fairway Dr.
Centralia, IL 62801 618.545.0219

Downtown Apartments

N. Jefferson St.
Centralia, IL 62801 618.548.0092

- Services: 24 one-bedroom units/subsidy available to qualified individuals, qualified elderly or disabled.

Great Oaks Apartments

419 E. Wells
Salem, IL 62881 618.548.5778

Mills Crossing Apartments

600 Mills Cart Rd.
Salem, IL 62881 618.548.8030

Plaza Verde Apartments

1200 W. 4th St.
Centralia, IL 62801 618.532.6721

- Services: Equal Housing Opportunity.

Salem Village Apartments

Rt. 37 South
Kell St.
Salem, IL 62881 618.997.5365

Housing Options...

Apartments ...

Village Apartments

1104 E. 13th St.

Centralia, IL 62801

618.532.8971

Woodward Enterprises

125 N. Missouri Ave.

Salem, IL 62881

618.548.5311

- Services: Numerous apartment complexes in Salem, some based on income.

Centralia Estates – A unique retirement apartment complex.

1916 E. McCord St.

Centralia, IL 62801

618.533.2400

- Studio, one or two bedroom apartments.
- Safe and secure environment.
- Membership to AJ's Fitness Center at Centralia Manor.
- Two buffet style meals per day in an elegant dining room.
- Scheduled transportation on van or bus.
- Beauty Salon/Barber Shop.
- Weekly housekeeping.
- All utilities included in monthly rent except telephone.

Assisted Living:

Great Oaks

1311 S. Marion

Salem, IL 62881

618.548.5778

Housing Options...

Supportive Living:

Heritage Woods of Centralia (24 hour staffing)

2049 E. McCord St.
Centralia, IL 62801

618.532.4590

- Gracious affordable assisted lifestyle community for seniors 65+. Financial assistance available to those who qualify.
- Private one bedroom & studio apartments. Full private bathroom with sit down shower, kitchenette with refrigerator and microwave, individually controlled heating & cooling, emergency call devices in bathroom & bedroom.
- Ongoing health monitoring & nursing assessments.
- Assistance with activities of daily living i.e., bathing, dressing, walking, personal grooming, hygiene.
- Medication reminders & assistance.
- Three restaurant style meals plus snacks & beverages.
- Weekly housekeeping & laundry services.
- Planned activities, programs, & events.
- Assistance with transportation needs.
- On-site beauty/barber services, exercise room, computer & library room, & general store.

The Villas at Heritage Woods – a neighborhood of rental homes for low income adults who are at least 55 years of age.

- Duplexes with one bedroom & two bedroom floor plans.
- Maintenance, landscaping, and snow removal services.
- Participation in social, educational & recreational activities available at Heritage Woods.

618.532.4590

Housing Options ...

Supportive Living ...

The Manor at Salem Woods

441 S. Hotze Rd.
Salem, IL 62881

618.548.8910

- Beautiful affordable assisted lifestyle community for seniors. Financial assistance available to those who qualify.
- Private one bedroom & studio apartments.
- Ongoing health monitoring. Certified Nurse's Assistants to assist with personal care. Medication reminders and daily needs reminders.
- Three delicious, well-balanced home cooked meals per day with a variety of meal choices.
- Weekly housekeeping and laundry services.
- Planned activities, programs, & events.
- Assistance with transportation needs.
- On-site beauty/barber services, exercise and fitness programs, & library with computer.
- 24-hour emergency code alert system.
- Electricity, water, sewer, and trash included.
- Apartment and grounds maintenance.

Housing Options...

Nursing Homes:

Intermediate Care – Help for those who cannot live alone, but do not require 24 hour nursing.

Skilled Care – Intensive 24 hour nursing care for those who require it.

Alzheimer's Dementia Unit – Supervision by staff trained in caring for people with Alzheimer's disease. Provide structured daily activities.

Centralia Friendship House

(Intermediate, Skilled, & Alzheimer's/Dementia Unit)

1000 Martin Luther King Dr.

Centralia, IL 62801

618.532.3642

Centralia Manor

(Intermediate, Skilled, & Alzheimer's/Dementia Unit)

1910 E. McCord

Centralia, IL 62801

618.533.1200

Doctors Health and Rehabilitation Center

(Intermediate & Skilled Care)

1201 Hawthorn Rd.

Salem, IL 62881

618.548.4884

Fireside House of Centralia

(Intermediate & Skilled Care)

1030 Martin Luther King Dr.

Centralia, IL 62801

618.532.1833

Housing Options...

Nursing Homes ...

Odin Health Care

(Intermediate & Skilled Care)

300 Green St.

Odin, IL 62870

618.775.6444

Twin Willows

(Intermediate & Skilled Care)

1600 N. Broadway

Salem, IL 62881

618.548.0542

Residents' Rights in Long-Term Care:

Effingham County Committee on Aging (ECCOA)

(Covers Marion County)

209 S. Merchant St.

Effingham, IL 62401

Toll-Free: 1.800.283.4070

- Regional Long Term Care Ombudsman Program:
 1. Provides advocacy to residents age 60 or older in licensed homes — nursing, supportive, and assisted.
 2. Is a confidential listener to the problems and concerns of residents.
 3. Informs residents of their rights.
 4. Assists in solving problems, if requested.

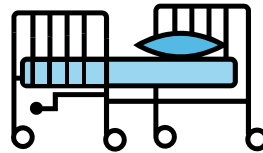


Medical Equipment:

Medical Equipment needs are met by a wide variety of companies. All will work with the patient's doctor and family to ensure that the equipment needs of the patient are met.

Equipment needs include:

- Hospital Beds
 - Walkers and/or Wheelchairs
 - Oxygen/CPAP
 - Lifts and Elevators
 - Special Chairs
 - Other Equipment (i.e., medication reminders, emergency response devices, etc.)
- Call provider for further information.



Medical Equipment providers also perform several services, which may include the following:

- Directly bill Medicare, Medicaid, or private insurance.
- Free (or low cost) delivery and installation.
- Free repair and maintenance on rented equipment.
- Free training and instruction on use of medical equipment.

Providers are listed below. Call for specific needs.

American Homepatient, Inc.

4 Cusumano Plaza Dr.

Mt. Vernon, IL 62864

618.244.9922

Toll-Free: 1.800.933.9451

Bandy's Pharmacy & Medical Equipment

1413 W. Whittaker

Salem, IL 62881

618.548.4000

Medical Equipment...

Byrd-Watson Medical Equipment

701 W. Broadway
Centralia, IL 62801 618.532.3045

ConvaCare Home Medical Equipment Rentals and Sales

The Medicine Shoppe
215 N. Broadway
Salem, IL 62881 618.548.0070

CVS Pharmacy – 2 locations

225 N. Poplar
Centralia, IL 62801 618.533.1421

402 E. Main
Salem, IL 62881 618.548.7603

Southern Illinois Surgical Appliance Co.

2419 W. Broadway
Mt. Vernon, IL 62864 618.244.5952

Toll Free: 1.800.242.5952

Memory Care Assessments:

Memory Clinic

St. Mary's Good Samaritan Medical Group

1708 Jefferson, Suite 250

Mt. Vernon, IL 62864

Hours Friday Only 618.241.1400 (leave a message)

- The Memory Clinic – Primary Provider Site of SIU School of Medicine in Springfield
- Requirements:
 - Referrals are accepted from physicians, family members, and individuals.
 - Accepts Medicare, Medicaid, most major insurance carriers (financial assistance program is offered)
 - Caregiver attends appointments with patient

Heartland Human Services

1200 N. 4th St.

Effingham, IL 62401

Toll-Free: 1.888.560.8805

Memory and Aging Clinic (contact Extension 1046)

- A program of Southern Illinois University School of Medicine, Center for Alzheimer Disease and Related Disorders in Springfield, Illinois.
- Specially trained staff to evaluate individuals with memory or other cognitive complaints.
- Referrals are accepted from physicians, family members, and individuals.
- Provide counseling, education, and resources in a follow-up consultation.

Memory Care Homes:

Assisted Living:

Green Tree Memory Care

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Specialized care for individuals with memory impairments. Based on the “Forget-Me-Not Care Model.”
- Spacious apartment suites.
- Contemporary residential kitchens where residents can participate in cooking.
- Indoor greenhouse.
- Private therapy spa.
- Wellness and rehab center.
- Full service beauty and barber salon.
- Resident care specialist available on-site 24 hours/day.
- Licensed nurses on-site assisting with individual personal care and medication management.
- Individual and group activities.
- Accommodation for special nutritional needs.
- Laundry and housekeeping services.
- Offering Daytime care.

Memory Care Homes ...

Assisted Living ...

Lavender Ridge Memory Care

1400 S. 34th St.

Mt. Vernon, IL 62864

618.242.4050

- Specialized care for individuals with memory impairments.
- Private studio style rooms.
- Secure outdoor patio and garden area.
- Continual supervision and monitoring of exits.
- Nurse on staff.
- Health monitoring and assessments with personal plans of care.
- Medication management.
- Assistance with bathing, dressing and toileting.
- Diversified activity programs that address individual and group needs.
- Nutritious meals and snacks.
- Housekeeping.
- Laundry and linen service.
- Scheduled transportation.
- On site beauty/barber shop.



Respite — is temporary relief for the primary caregiver from her/his caregiver duties.

The following nursing homes provide short-term stays. Contact them for details and cost.

Centralia Friendship House	618.532.3642
Centralia Manor	618.533.1200
Doctors Health and Rehabilitation Center	618.548.4884
Fireside House of Centralia	618.532.1833
Green Tree Memory Care	618.244.5580
Odin Health Care	618.775.6444
Twin Willows	618.548.0542

Heartland Human Services

Toll-Free: 1.888.560.8805 ext. 1062

Caregiver Advisor assesses family caregiving situations and determines eligibility for respite. In Marion County, two types of respite are available:

In-home Respite

- Possible provisions—companionship, reading, light housekeeping duties.
- Laundry, meal preparation, assistance with personal care, and encourage exercise.
- In-home workers are trained and employed by Addus HealthCare at 128 N. 3rd St. in Mt. Vernon.

Adult Day Respite

- Available through Addus Evergreen Club located at 108 N. 3rd St. in Mt. Vernon.

Support Groups: Meeting dates & times are subject to change.
(For more information on AA in the Salem/Centralia area, call 618.532.5007.)

Alcoholics' Anonymous

St. Mary's Good Samaritan Hospital
404 N. Pleasant Ave.
Centralia, IL 62801

- Call to get room number of meeting 618.532.6731
- Meets Sundays at 9:15 a.m. (*Little Church Group*)
- Meets Mondays at 10:30 a.m. (*Day by Day Group*)
- Meets Mondays at 7 p.m. (*Back to Basics*)
- Meets Tuesdays at 9 a.m. (*Into Action Group*)
- Meets Tuesdays at 8 p.m. (*Circle of Friends Group*)
- Meets Thursdays at 10:30 a.m. (*Touched by Grace Grp.*)
- Meets Thursdays at 8 p.m. (*Freedom at Last Group*)
- Meets Saturdays at 12 p.m. (noon) (*Rainbow Group*)
- Meets Saturdays at 8 p.m. (*Eye Opener Group*)

Kamel Club Group

First Presbyterian Church
201 E. McMackin St.
Salem, IL 62881

- Meets Thursdays at 8 p.m.

Crossroads Group

Romine Prairie Presbyterian
1227 IL 37
Kell, IL 62853

- Meets Fridays at 8 p.m.

Salem Group

First Presbyterian Church
201 E. McMackin St.
Salem, IL 62881

- Meets Fridays at 8 p.m.

Support Groups...

Al-ANON Group (offers help/hope to family & friends of alcoholics)

First Presbyterian Church—Basement

201 E. McMackin

Salem, IL 62881

618.548.5859

- Meets Tuesday at 7 p.m.

Saturday Night Al-Anon Family Group

Demaree Methodist Church

736 S. Poplar

Centralia, IL 62801

- Meets Saturday at 8 p.m.

Alzheimer's Support Groups:

Centralia Friendship House

1000 Martin Luther King Dr.

Centralia, IL 62801

618.532.3642

- Meets the third Thursday of month at 6:30 p.m.

Centralia Manor

1910 E. McCord

Centralia, IL 62801

618.533.1200

- Meets the last Tuesday of each month at 6:30 p.m.

GreenTree Assisted Living

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Meets the last Wednesday of month at 6 p.m.

Support Groups...

Cancer Support Groups:

St. Mary's Good Samaritan Hospital – Auditorium
400 N. Pleasant
Centralia, IL 62801 618.436.8548

- Meets the fourth Thursday of each month at 7 p.m.

St. Mary's Good Samaritan Hospital – Cancer Center
1052 Martin Luther King Dr., Ste. 2
Centralia, IL 62801 618.532.1891

- Meets the second Thursday of month at 5:30 p.m.
- Led and designed by Cancer Survivors.

American Cancer Society Look Good...Feel Better
Classes
St. Mary's Good Samaritan Hospital – Cancer Center
1052 Martin Luther King Dr., Ste. 2
Centralia, IL 62801 618.532.1891

- Classes held every 3 months call for a schedule.

Caregiver Support Group (respite may be arranged—see page 39)

St. Thomas Episcopal Church
512 W. Main St.
Salem, IL 62881

- Meets the third Tuesday of each month from 4 p.m. – 5 p.m. in the church basement. Chair lift is available.
- Phone the Caregiver Advisor: 1.888.560.8805 ext 1062.

Diabetes Education Class

St. Mary's Good Samaritan Hospital – Auditorium
400 N. Pleasant
Centralia, IL 62801 618.241.2708

- Meets the second Tuesday of each month at 6 p.m.

Support Groups...

Grandparents/Relatives Raising Grandchildren

Midland Area Agency on Aging

434 S. Poplar

Centralia, IL 62801

- Meets monthly.
- Contact Midland Area Agency on Aging for exact meeting date. 618.532.1853

Grief Support Group

St. Mary's Good Samaritan Home Health/Hospice—
Conference Room

605 N. 12th St.

Mt. Vernon, IL 62864

618.241.1635

- Meets third Thursday from 11 a.m. – 1 p.m.

Multiple Sclerosis Support Group (no local number at press time) Toll-Free: 1.800.FIGHT.MS
(1.800.344.4867)

Narcotics Anonymous

St. Mary's Good Samaritan Hospital—Doctor's Hall

400 N. Pleasant Ave.

Centralia, IL 62801

- Meets Sundays at 6 p.m.; Thursdays at 6 p.m.; and Fridays at 8 p.m.
- Call for room number of meetings 618.532.6731

Welcome Home

Grace Community Church

Rte. 37 N.

Mt. Vernon, IL 62864

- Meets Wednesdays at 7 p.m.; Fridays at 8 p.m.; and Saturdays at 7 p.m.

Support Groups...

Parkinson's Support Group

GreenTree Assisted Living

208 Zachery St.

Mt. Vernon, IL 62864

618.244.5580

- Meets the fourth Thursday of each month at 6 p.m.

Transportation:

Addus HealthCare

Assisted Care Services

1 Crownview Dr.

618.244.0934

Mt. Vernon, IL 62864

Toll-Free: 1.866.687.9639

- Provide all kinds of transportation, including medical.
- Private pay only. Rates are hourly plus mileage.
- Available in Marion County and many others.

South Central Transit (scheduling)

1616 E. McCord

618.532.8076

Centralia, IL 62801

Toll-Free: 1.800.660.7433

Services:

- Demand responsive transportation service (24-hour notice) within Centralia & Salem city limits.
- Wheelchair accessible transportation.
- Shopping shuttle.
- Discounted monthly senior, adult, and child school passes.
- Dispatching department is open from 8 a.m. – 3:30 p.m. Monday through Friday.



Other Local Resources:

Libraries

Bryan-Bennett Library
315 S. Maple St.
Salem, IL 62881

618.548.3006

- Services: Serves as a local resource center with access to books and videos on caregiving.
- Caregiver Advisor is available the third Tuesday of each month by appointment (1.888.560.8805 ext. 1062).

Centralia Regional Library
515 E. Broadway
Centralia, IL 62801

618.532.5222

- Services: Serves as a local resource center with access to books and videos on caregiving.

Land of Lincoln Legal Assistance Foundation, Inc.

- Services: Free legal services (certain guidelines apply) including Powers of Attorney and Living Wills. A representative from this office is available at least once a month in this county.
- To Schedule An Appointment in this County: Contact BCMW Community Action Agency— 618.533.3716

Elderly Services Officer

City of Centralia Police Department
City of Salem Police Department

618.533.7602

618.548.2232

Other Local Resources...

Midland Area Agency on Aging

434 S. Poplar P.O. Box 1420

Centralia, IL 62801

618.532.1853

Toll-Free: 1.877.532.1853

- Area Agency on Aging as designated by the Illinois Department on Aging.
- Covers Clay, Effingham, Fayette, Jefferson, and Marion Counties.
- Services:
 - Determines the service needs of senior citizens.
 - Develops programs.
 - Provides funding to local community agencies.
 - Develops other resources.
 - Advocates on behalf of senior citizens.
 - Senior insurance counseling.
 - Assistance with Medicare Prescription Drug Applications * and Circuit Breaker Applications.

St. Thomas Episcopal Church

512 W. Main St.

Salem, IL 62881

618.548.3560

- Services: Assistance (within the Salem High School District) with utilities, rent, food, and gasoline. Also helps with emergency personal and household cleaning needs to meet sanitation needs.

TriStar Medical Services

P.O. Box 340795

Beavercreek, Ohio 45434 Toll-Free: 1.866.429.3188

- Provides free incontinence supplies.
- Recipients must be on Medicaid and have doctor's approval.

Other Local Resources...

Southern Illinois Talking Book Center

Shawnee Library System

607 S. Greenbriar Rd.

Carterville, IL 62918

Toll-Free: 1.800.455.2665

Services Available:

1. Free library providing books and magazines on cassette and Braille, descriptive videos, and other services FREE to individuals of any age who meet the qualifying guidelines list below:
 - a. Have a vision impairment which makes it very difficult or impossible to read printed material.
—OR—
 - b. Have a physical limitation which makes it very difficult or impossible to hold a book and/or turn pages.
—OR—
 - c. Have a reading disability (such as dyslexia) which makes it very difficult or impossible to read printed material (based on a medical doctor's diagnosis).
2. Service is also available to organizations and residential facilities, such as nursing homes, in-home-care agencies, and senior citizen centers, who serve print-impaired individuals.

CARE Consortium (HIV/AIDS Services)

Southern Illinois Healthcare Foundation

1510 Sunset Dr.

Vandalia, IL 62471

618.283.3144

- Serves: Fayette and Marion Counties.

Other Local Resources...

Illinois Department of Veterans' Affairs

600 E. Main St. Ste # 6.
Salem, IL 62881

618.548.6929

- Hours: 8:30 a.m. to 5:00 p.m. Monday – Friday.

Veterans Aid & Attendance Program

(Referrals handled through Addus HealthCare) 1.866.687.9639

- Recipients can be veterans or surviving spouses with certain qualification requirements.
- Services: Personal care, transportation, shopping, housekeeping, meal preparation, daily companionship, respite for family members.
- Also, possible help with costs of assisted living and nursing home.
- Free screening to determine eligibility.

Resch Siemer Law Office, LLC.

400 W. Jefferson, Ste. B
Effingham, IL 62401

217.342.1105

- Elder Law Practice Group provides legal & care planning services for elderly or disabled clients, using a multi-disciplinary approach with advance directives, estate planning, asset protection, Medicaid & Medicare issues, including Prescription Drug Program applications *, long term care planning, and solutions for legal and medical decision making.
- Martin Siemer is an accredited attorney with the Department of Veterans Affairs for assisting veterans with pension claims before the VA.

Other Local Resources...

Illinois Assistive Technology Program

1 West Old State Capitol Plaza, Ste. 100
Springfield, IL 62701

217.522.7985

www.iltech.org

- Statewide, not-for-profit agency that focuses on education, community living, information technology and telecommunications.
- Their services include:
 - Information & Assistance
 - Devices Loan Program
 - Demonstration Center
 - Low Interest Loans
 - Advocacy & Systems Change
 - On-site Workshops

Southern Illinois Radio Information Service (SIRIS)

- Any person in the WSIU-FM (91.9) or WVSI-FM (88.9) listening area whose eyesight or physical condition makes it impossible to read a newspaper or book qualifies to receive the SIRIS broadcast.
- Broadcast can only be heard on a special radio receiver that is pre-tuned to the SIRIS broadcast.
- Receivers are provided at no cost to qualified listeners in the listening region.
- Request for application—

618.453.2808

Toll-Free Numbers and Web Pages...

AARP

1.888.687.2277

www.aarp.org

Administration on Aging, U.S. Dept. of Health & Human Services

www.aoa.gov

Alzheimer's Association

1.888.272.3900

www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) Center

1.800.438.4380

www.nia.nih.gov/alzheimers

Geriatric Mental Health Foundation

www.gmhfonline.org

Elder Abuse

1.800.866.1409

www.ncea.aoa.gov

Eldercare Locator

1.800.677.1116

www.eldercare.gov

National Alliance for Caregiving

www.caregiving.org

National Council on the Aging

www.ncoa.org

National Family Caregivers Association

1.800.896.3650

www.nfcacares.org

National Institute of Mental Health

www.nimh.nih.gov

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

National Mental Health Association

1.800.969.6642

www.nmha.org

Contributing Members of the Marion County MHASI Advisory Group

Addus HealthCare www.addus.com
BCMWS Project BREAD & Senior Services www.bcmw.info
Bryan-Bennett Library www.salembbl.lib.il.us
Community Resource Center www.crconline.info
Elder Protective Services of SWAN www.swanservices.org
Heartland Human Services www.heartlandhs.org
Midland Area Agency on Aging www.midlandaaa.org
St. Mary's Good Samaritan, Inc./Home Health & Hospice
www.smgisi.com
St. Thomas Episcopal Church www.episcopalchurch.org
Senior Services of Marion County www.eccoa.info

The *Guide for Family Caregivers* has been written to assist families and friends in finding resources to help them care for loved ones. The resources included in this printing are the ones known to the contributors who provide services in Marion County. It is not the intent of this group to omit providers. Phone numbers, addresses and websites are current as of January 1, 2011. Printing provided by Heartland Human Services, supported in part by a Caregiver Grant through Midland Area Agency on Aging.

*Questions about this publication may be directed to:
Caregiver Advisor at 1.888.560.8805, extension 1062
Director of Geriatric Services at 1.888.560.8805, extension 1046*

