



SENIOR RESOURCE GUIDE

Cape Girardeau County Area

- Aging Matters 335-3331 or (800) 392-8771
- APPLE Paperwork Service 651-5467
- Community Caring Council 651-3747
- First Call for Help . . . 334-HELP(4357) or (866) 914-4357
- Love INC 334-5055
- SEMO Alliance for Disability Independence . . . 651-6464

ADULT DAY CARE

- Hoover Center 290-5944
- Horizons Enrichment Center (Developmentally Disabled)
. 290-5115
- Lutheran Family & Children’s Services 334-5866
- The Lutheran Home 335-0158

COUNSELING

- Community Counseling Center 334-1100
- Crisis Line (24-hour hotline) (800) 356-5395
- Talk, Listen, Care – TLC Warm Line 651-3642

DISCRIMINATION

- MO Commission on Human Rights (877) 781-4236

DISEASES AND DISABILITIES

- AL-ANON Family Services (888) 425-2666
- Alzheimer’s Association (800) 272-3900
- Regional Arthritis Center 388-4504
- Rehab Services for the Blind (800) 592-6004
- American Cancer Society (800) 227-2345
- Deaf and Hard of Hearing . . . Voice/TTY (573) 526-5205
Videophone Z-(573) 415-0083
- American Diabetes Association (800) 342-2383
- American Heart/Stroke Association . . . (800) 323-7883
- National Kidney Foundation (800) 489-9585
- SEMO Alliance for Disability Independence . . . 651-6464
- Wolfner Library for Blind & Physically Handicapped
. (800) 392-2614 TDD (800) 347-1379

EMERGENCY SERVICES DIAL 911

- Cape Girardeau County Sheriff’s Office 243-3551
- Cape Girardeau Police Department (City) 335-6621
- Jackson Police Department 243-3151
- Scott City Police Department 264-2121
- Scott County Sheriff’s Office (573) 545-3525

EMPLOYMENT

- MO Career Center 290-5766
- MO Division of Vocational Rehabilitation 290-5788
- Senior Community Service Employment Program
. (888) 651-4177

FOOD AND NUTRITION

- Cape Senior Center (Noon Meal) 335-1352
- Catholic Social Ministries 335-9347
- FISH Food Pantry 334-0207
- Jackson Ministerial Alliance Food Pantry 243-8415
- Jackson Senior Center (Noon Meal) 243-4241
- MO Family Support Division (Food Stamps)
. (855) 373-4636
- SE Missouri Food Bank (855) 703-3663
- Senior Commodities-Red Star Baptist Church . . 335-3381
- The Salvation Army 335-7000

HEALTH EDUCATION AND SUPPORT GROUP INFORMATION

- Cape County Public Health Center 335-7846
- Cross Trails Medical Center 332-0808
- Gerontology Initiatives 651-2678
- Lutheran Family & Children’s Services (Dementia)
. 334-5866
- Saint Francis Healthcare System - Resources . . 331-5877
- Southeast HEALTH Wellness Services . . . (800) 800-5123

HOSPICE

- Crown Hospice 335-4800 or (866) 703-4801
- Legacy Hospice (573) 471-3080 or (844) 235-1558
- Lutheran Home Hospice . . . 334-1515 or (888) 514-1515
- Preferred Hospice (866) 614-4774
- Southeast Hospice 335-6208 or (888) 397-0646
- Tri-County Hospice (866) 583-4006
- VNA of SEMO Hospice 335-5256 or (800) 286-5892

HOUSING

- Catholic Charities of Southern Missouri (Home Repair)
. 335-0134
- Community Caring Council (573) 651-3747
- East Missouri Action Agency (HUD) 334-5533

Safe House for Women (Domestic Violence Victims)
651-1614 or (800) 341-1830
 USDA Rural Development(573) 649-9947

IN HOME SERVICES

About You-VNA334-7014 or (800) 286-5892
 Cape County Public Health Center 335-7846
 MO Division of Health & Senior Services 290-5781
(866) 835-3505

LEGAL AID/TAX ASSISTANCE

AARP Tax Counseling for Elders 270-1451
 Legal Aid of Southern Missouri (800) 748-7456
 or 651-4806

MEDICAID, MEDICARE AND INSURANCE

Aging Matters335-3331 or (800) 392-8771
 APPLE Paperwork Service 651-5467
 Medicaid Information(855) 373-4636
 Medicare Information(800) 633-4227

PRESCRIPTION DRUGS

www.needymeds.com(800) 503-6897
 Regional Healthcare Foundation(573) 624-1607

RESIDENTIAL SERVICES

**INDEPENDENT/ASSISTED/SKILLED NURSING/MEMORY CARE
 (IL/AL/SN/MC)**
 Auburn Creek (AL/MC) 651-0199
 Capetown (IL/AL/MC) 290-2511

Chaffee Nursing Center (SN)(573) 887-3615
 Chateau Girardeau (IL/AL/SN) 335-1281
 Life Care Center (SN) 335-2086
 Saxony Village (IL/AL/SN) 986-6290
 The Lutheran Home (IL/AL/SN) 335-0158

SAFETY ASSISTANCE/EQUIPMENT

American Red Cross (Disasters and Education) 335-9471
 Around the Clock Medical Alarms334-SAFE(7233)
(877) 449-5566
 Child Abuse Hotline(800) 392-3738
 Domestic Violence Hotline(800) 799-7233
 Elder Abuse/Neglect/Exploitation Hotline (800) 392-0210
 Family Care Safety Registry(866) 422-6872
 Older Driver Safety Programs 331-5153
 Poison Center(800) 392-9111
 Safe Communities (Cape Police Department) . . 335-6621
 Sexual Assault Hotline(800) 656-4675
 Sheets-Young Medical Equipment(573) 783-4623

TRANSPORTATION

Cape County Transit 334-4650
 Medicaid Transportation(866) 269-5927

VETERAN SERVICES

Catholic Charities of Southern Missouri 335-0134
 John Pershing VA Outpatient Clinic 339-0909
 MO Veterans Service Office 290-5752
 MO Veterans Home 290-5870
 VetAssist Program(877) 390-6377

VOLUNTEERISM

Love In the Name of Christ 334-5055
 Retired Senior Volunteer Program 335-7555

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AGING COMMITTEE



For the latest services visit
www.communitycaringcouncil.org/resources
www.calendar.communitycaringcouncil.org
www.communitycaringcouncil.org/PDFs/senior.pdf



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www.firstcallforhelpsemo.org