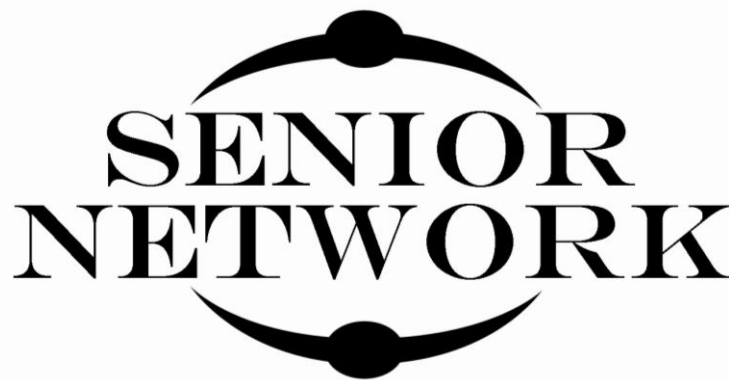


# **SERVICES FOR SENIORS**

**Boone County Directory**

Published by



**2012-2013**

Website: [seniornetwork.missouri.org](http://seniornetwork.missouri.org)

# **Senior Network**

## **What is Senior Network?**

The Senior Network of Columbia welcomes, and is composed of representatives of organizations, agencies, businesses, and individuals who are interested in promoting the quality of life for the senior citizens of Boone County.

The Senior Network meets at 8:00 a.m. on the third Wednesday of each month at the Columbia Area Senior Center, 1121 Business Loop 70 East.

## **What is the Services for Seniors Directory?**

The purpose of this directory is to share information about senior services and resources available to seniors. It is a wonderful guide to the web of services available but may not include every resource available. This information is also accessible through the website: [seniornetwork.missouri.org](http://seniornetwork.missouri.org).

Senior Network does not accept responsibility for quality of services provided by the agencies, organizations, or businesses listed in this directory.

Senior Network has done their best to ensure accuracy and the inclusion of all resources. Each resource was contacted to participate in the directory and each created their listing.

# **IMPORTANT PHONE NUMBERS**

**All Emergencies -- Medical, Fire, Police.....911**

Elder Abuse Hotline..... (800) 392-0210

## **Local Law Enforcement (*Non-Emergency*):**

Ashland Police Department .....(573) 657-9062  
Boone County Fire Protection District .....(573) 447-5000  
Boone County Sheriff .....(573) 875-1111  
Centralia Police Department .....(573) 682-2132  
Columbia Fire Dept. Administration .....(573) 682-2132  
Columbia Police Department .....(573) 874-7404  
Hallsville Police Department .....(573) 696-3838  
Sturgeon Police Department .....(573) 442-6131  
Crime Stoppers .....(573) 875-8477

## **City Halls:**

Ashland.....(573) 657-2091  
Centralia.....(573) 682-2139  
Columbia.....(573) 874-7111  
Hallsville.....(573) 696-3885  
Rocheport.....(573) 698-3245  
Sturgeon.....(573) 687-3321

## **Fraud Protection:**

Consumer Protection Hotline.....(800) 392-8222  
Medicaid Fraud Hotline.....(800) 286-3932

## **Others:**

City of Columbia Bus System/Information .....(573) 874-7282  
Columbia Post Office .....(573) 876-7800  
IRS/Federal Tax Information .....(800) 829-1040  
Medicare Assistance/CLAIM Program .....(800) 390-3330  
Mental Health Crisis Line (Burrell) .....(800) 395-2132  
Missouri RxPlan .....(800) 375-1406  
Medicare Helpline (national) .....(800) 633-4227  
Poison Control .....(573) 882-1000  
Social Security Information (national) .....(800) 772-1213  
Suicide Crisis Hotline (Missouri) .....(800) 395-2132  
Time/Temperature .....(573) 449-0655

# **IMPORTANT WEBSITES**

AARP.....[www.aarp.org](http://www.aarp.org)  
Alzheimer's Association..... [www.alz.org](http://www.alz.org)  
American Lung Association .....[www.lungusa.org](http://www.lungusa.org)  
Boone County Government Page.....[www.showmeboone.com](http://www.showmeboone.com)  
City of Columbia.....[www.gocolumbiamo.com](http://www.gocolumbiamo.com)  
Columbia Chamber of Commerce.....[www.columbiamochamber.com](http://www.columbiamochamber.com)  
Elderhostel.....[www.elderhostel.org](http://www.elderhostel.org)  
Missouri Aging Information Network.....[www.moaging.com](http://www.moaging.com)  
Missouri Hospice & Palliative Care Association ..... [www.mohospice.org](http://www.mohospice.org)  
Missouri Senior Report.....[www.missouriseniorreport.org](http://www.missouriseniorreport.org)  
National Council on Aging..... [www.NCOA.org](http://www.NCOA.org)  
Missouri Protection & Advocacy Service.....[www.moadvocacy.org](http://www.moadvocacy.org)  
National Long Term Care  
Ombudsman Resource Center.....[www.ltcombudsman.org](http://www.ltcombudsman.org)  
Senior Network of Columbia.....<http://seniornetwork.missouri.org>

**State of Missouri**.....[www.mo.gov](http://www.mo.gov)  
Attorney General.....<http://ago.mo.gov>  
Department of Health & Senior Services.....[www.dhss.mo.gov](http://www.dhss.mo.gov)  
*(Adult Protective Services, In Home Services, etc.)*  
Employee Disqualification List.....[www.dhss.mo.gov/EDL](http://www.dhss.mo.gov/EDL)  
Family Care Safety Registry.....[www.dhss.mo.gov/FCSR](http://www.dhss.mo.gov/FCSR)  
Missouri Century Club.....[www.dhss.mo.gov/CenturyClub](http://www.dhss.mo.gov/CenturyClub)  
Nursing Home Inspection Reports..... [www.dhss.mo.gov/showmelongtermcare](http://www.dhss.mo.gov/showmelongtermcare)  
Silver Haired Legislators.....[www.dhss.mo.gov/SilverHaired](http://www.dhss.mo.gov/SilverHaired)  
Department of Insurance.....<http://insurance.mo.gov>  
Department of Revenue.....[www.dor.mo.gov](http://www.dor.mo.gov)  
Department of Social Services.....[www.dss.missouri.gov](http://www.dss.missouri.gov)  
*(Medicaid/MO Health Net, MoRX, Food Stamps, Family Support, etc.)*  
Department of Transportation..... [www.modot.org/central](http://www.modot.org/central)  
Missouri RX - State Pharmacy Assistance Program.... [www.morx.mo.gov](http://www.morx.mo.gov)  
Vital Records..... <http://vitalrec.com/mo.html>

## **US Government**

Centers for Medicare/Medicaid Services.....[www.cms.hhs.gov](http://www.cms.hhs.gov)  
Department of Veterans Affairs.....[www.va.gov](http://www.va.gov)  
Eldercare Locator..... [www.eldercare.gov](http://www.eldercare.gov)  
Housing & Urban Development.....[www.hud.gov/local/mo](http://www.hud.gov/local/mo)  
Medicare.....[www.medicare.gov](http://www.medicare.gov)  
Social Security Administration.....[www.ssa.gov](http://www.ssa.gov)  
United States Postal Service.....[www.usps.com](http://www.usps.com)

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**Name:**           **AARP Missouri**  
(American Association of Retired Persons Missouri)

**Address:**       9200 Ward Parkway, Suite 350  
Kansas City, MO 64114

**Phone:**       (866) 389-5627

**Fax:**           (816) 561-3107

**Email:**       moaarp@aarp.org

**Website:**     www.aarp.org/states/mo/

**Hours:**       8:30 a.m. – 4:30 p.m. Monday - Friday

**Fees:**         \$16.00 per year

**Services:**

- Meetings at 10 a.m. every second Monday of the month at Boone Electric Coop. building for Mid-Missouri Chapter 5390
  - Contact: Carl Poehoman (573) 449-5851
  - Boone Electric Coop, 1413 Rangeline St. (573) 449-4181
- Advocacy
- Pharmacy
- Travel
- Insurance through Hartford
- Tax Aide
- Driver Safety Program
- Information Center – South
  - 8059-A Watson Road, Webster Groves, MO 63119
  - Phone: (314) 918-7563
  - Fax: (314) 918-7584
- Office hours: 9:30 a.m. – 3:30 p.m. Monday – Friday
- Information Center – North
  - 600 North Kingshighway, St. Louis, MO 63108
  - Phone: (314) 361-0550
  - Fax: (314) 361-0706
- Office hours: 9:30 a.m. – 3:30 p.m. Monday – Friday

**Name:**           **Adult Day Connection**

**Address:**       137 Clark Hall  
University of Missouri  
Columbia, MO 65211-4200

**Phone:**         (573) 882-7070

**Fax:**            (573) 884-4797

**Website:**       [www.adulthoodconnection.com](http://www.adulthoodconnection.com)

**Hours:**          7:30 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Call for fee information; Medicaid accepted and some assistance available for those who qualify

**Eligibility:**     Adults 18+ (Priority to ages 65 and older)

**Services:**

- State-licensed adult day health care for older adults
- Peer support and social interaction for program participants and caregivers
- Respite for busy caregivers
- Nursing supervision and individual care plans
- Hot noon meal and healthy snacks
- Daily recreational activities including gardening, arts/crafts, brain games, guest speakers, sing-alongs, cooking/baking, and many more!
- Therapeutic exercise offered daily
- Intergenerational interaction with college students involved in health professions, nursing, medicine and more.
- Intergenerational activities with preschool next door, including crafts, reading, holiday parties.

**Name:            Advantage Nursing Services**

**Address:**        1900 North Providence Road  
                 Kelly Plaza, Suite 207  
                 Columbia, MO 65202-3710

**Phone:**            (573) 449-5172

**Toll Free:**        (877) 765-1553

**Fax:**                (573) 449-6953

**Email:**            ansadmin@Advantage-Nursing.com

**Website:**        www.Advantage-Nursing.com

**Hours:**            8:00 a.m. - 5:00 p.m. Monday - Friday  
                 (On-call service 24 hours per day / 7 days per  
                 week)

**Fees:**              Varies upon service; Medicaid and Private Pay  
                 accepted

**Eligibility:**        Individuals that have a need

**Services:**

- Personal care
- Homemaker chore services
- Licensed Practical Nurses
- Registered Nurses



**Name:**            **Alzheimer's Association Mid Missouri**

**Address:**        2400 Bluff Creek Drive  
Columbia, MO 65201-3554

**Phone:**           (800) 272-3900

**Fax:**             (573) 499-9701

**Website:**        [www.alz.org/mid-missouri](http://www.alz.org/mid-missouri)

**Hours:**           8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**            None; some classes are fee for service

**Eligibility:**      Individuals with dementia and/or care partners  
and professional caregivers

**Services:**

- Information / referral services
- 24/7 Help-line: (800) 272-3900
- Care Consultant
- Education
- Support Groups
- Medic Alert Safe Return

**Name: American Cancer Society**

**Address:** 1900 North Providence Road, Suite 105  
Columbia, MO 65202-3710

**Phone:** (573) 443-1496

**Toll Free:** (800) 429-7753

**Fax:** (573) 442-9955

**Website:** [www.cancer.org](http://www.cancer.org)

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

**Services:**

- Education program for community organizations
- Service and information for cancer patients and families
- Services include: wigs and transportation
- Reach to Recovery Program support group
- Volunteers needed; training provided.

**Name: American Heart Association**

**Address:** 104 Corporate Lake Drive  
Columbia, MO 65203-7170

**Phone:** (573) 446-3000

**Toll Free:** (800) 323-7883

**Fax:** (573) 445-6243

**Email:** [regina.pauley@heart.org](mailto:regina.pauley@heart.org)

**Website:** [www.heart.org](http://www.heart.org)

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

**Services:**

- Stroke survivor support group; survivor packets available
- Literature (limited titles also available in Spanish)
  - Heart disease / stroke / risk factors
  - Nutrition
  - Smoking risks
  - Exercise
  - High blood pressure
  - Diabetes
  - Cholesterol
  - Weight-loss

**Name:**           **American Home Care**

**Address:**       3600 I-70 Dr. SE, Suite G  
Columbia, MO 65201

**Phone:**         (573) 874-9099

**Fax:**            (573) 874-9510

**Intake line:**   (800) 489-2273 (for referral intake only)

**Website:**      www.girling.com

**Branch Manager:** Michelle McKenzie  
MMcKenzie@girling.com

**Hours:**         8:00 a.m. - 5:00 p.m. Monday - Friday  
(Services available 24 hours a day, 7 days a week)

**Fees:**           Varies upon service: Medicare, Medicaid, Private  
Insurance, Veterans Benefits, and Private Pay

**Eligibility:**    Eligibility determined by payer source

**Services:**

- The program supports clients who have chronic or long-term disabilities who need help with routine personal care. Includes:
- Assistance with bathing & dressing
- Housekeeping
- Meal preparation
- Shopping and errands

**Name: American Homecare (Skilled Nursing)**

**Address:** 201 West Broadway # 2  
Columbia, MO 65203-3842

**Phone:** (573) 256-4705

**Fax:** (573) 256-4707

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(Services available 24 hours a day, 7 days a week)

**Fees:** Varies upon service: Medicare, Medicaid, Private Insurance, Veterans Benefits, and Private Pay

**Eligibility:** Eligibility determined by payer source

**Services:**

- Program is designed to care for patients with specific medical needs. Working with the physician, a personal plan is designed to meet the needs of the client.
  - Skilled nursing
  - Physical, speech, occupational therapy
  - Medical social services
  - Patient and family education
  - Catheter, tracheotomy, ventilator, & wound care
  - Cardiac pulmonary care
  - Personal care services
  - Bowel and bladder program
  - Diabetic teaching and care
  - Anticoagulant, blood pressure monitoring
  - Medication management
  - Infusion therapies
  - Central line & port maintenance & Management

**Name:** **American Red Cross  
(Mid-Missouri Chapter)**

**Address:** 1805 West Worley Street  
Columbia, MO 65203-1037

**Phone:** (573) 445-9411

**Fax:** (573) 446-4247

**Website:** [www.redcross-midmo.org](http://www.redcross-midmo.org)

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

**Fees:** Disaster relief is free. Cost for Health and Safety Training (CPR, First Aid, Aquatics, Senior Caregiving, etc) varies, depending upon the type and level of course.

**Eligibility:** For disaster relief: Verification of disaster  
For Health and Safety Training: open to anyone  
(Some courses have pre-requisites)

**Services:**

- Disaster relief (After fires, tornados, floods, earthquakes, etc) and disaster preparedness
- First aid training, CPR training, Automated External Defibrillator (AED) training
- Family Caregiving training offered via classroom instruction -- or DVDs available for purchase
- Wide variety of volunteer opportunities (With training provided)
- Services to Armed Forces (And their family members)
- Community:
  - Broad range of training available -- for Disaster Preparedness / Response and Health and Safety
  - Informational booths at local health fairs
  - Educational resources
  - Informative, expert speakers for your community organizations and meetings

**Name:**           **Apex Financial, LLC.**

Contact:       Marc Lammy

Address:       1316 Parkade Blvd.  
Columbia, MO 65203

Phone:         (573) 876-6011

Fax:            (573) 876-6019

Website:       [www.apex-fin.com](http://www.apex-fin.com)

Hours:          9:00 a.m. – 4:30 p.m. or by appointment

Fees:           none

Services:

Apex Financial provides services pertaining to insurance and investments. Marc Lammy specializes in retirement services.

**Name:** **Apria Healthcare**  
**Address:** 2202 Nelwood Dr.  
Columbia, MO 65202  
**Phone:** (573) 446-9706  
**Toll Free:** (888) 871-0202  
**Fax:** (573) 474-5423  
**Website:** [www.apria.com](http://www.apria.com)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(On-call 24 hours per day / 7 days per week)

**Fees:** Varies upon individual's medical coverage

**Eligibility:** Must have physician's orders

**Services:**

- Oxygen
- Home medical equipment: beds, wheelchairs, walkers, canes, etc.
- Nutritional supplements
- Respiratory services: nebulizers, medicine, CPAPs, etc.
- Infusion therapy: antibiotics, IV nutrition



**Name:**           **The Arbors at Bluff Creek Terrace**

**Address:**       3100 Bluff Creek Drive  
Columbia, MO 65201-3524

**Phone:**         (573) 256-5565

**Fax:**            (573) 256-5112

**Email:**          columbia@americareusa.net

**Website:**       www.americareusa.net

**Hours:**         9:00 a.m. - 5:00 p.m. Monday - Friday  
(Services 24 hours per day, 7 days per week)

**Fees:**           Available upon request

**Eligibility:**    Private Pay, Medicaid cash grant, personal care,  
Veterans Administration benefits, Blind Pension and  
Mason and Eastern Star benefits

**Services:**

- 15-bed assisted living facility for those with Alzheimer's or dementia-related disorders
- Secured unit with outside courtyard
- Medication assistance and supervision
- Three daily well-balanced meals (With snacks)
- Daily housekeeping and laundry services
- Assistance with bathing, dressing, grooming, or other hygiene services
- Structured daily activities
- Beauty salon on-site (Weekly visits from beautician)
- Physical, occupational, or speech therapy services available

**Name:**           **Ashland Healthcare**

**Address:**       300 South Henry Clay Blvd.  
Ashland, MO 65010-9438

**Phone:**         (573) 657-2877

**Fax:**            (573) 657-4189

**Email:**          ashlandadmin@socket.net

**Hours:**         Available 24 hours per day/ 7 days per week

**Fees:**           Variable rates (Call for information); Medicaid and  
Medicare certified; private insurance accepted

**Services:**

- 60-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- Podiatrist
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social Activities
- Regular beautician visits
- Long-term and Short-term care
- Hospice patients accepted

**Name:**           **Ashland Villa Assisted Living by Americare**

**Address:**       301 South Henry Clay Blvd.  
Ashland, MO 65010-9439

**Phone:**          (573) 657-1920

**Fax:**            (573) 657-1188

**Email:**          ashland.don@americareusa.net

**Website:**       www.americareusa.net/assisted\_living/  
ashland\_mo/zip\_65010/americare/1257

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday  
(Services 24 hours per day / 7 days per week)

**Fees:**           Private pay, Medicaid

**Eligibility:**     Ambulatory

**Services:**

- 36 bed assisted living facility
- Medication administration
- Assistance with bathing and activities of daily living
- Housekeeping, laundry and dietary services provided
- 24 hour protective oversight by certified staff
- Assisted Living Facility II (ALF II)
- Adult daycare services available

**Name:**           **Barchet Law Office**  
**Cynthia Barchet, Attorney At Law**

**Address:**       302 Campusview Dr., Suite 201  
Columbia, MO 65201

**Phone:**         (573) 441-9000

**Toll Free:**      (888) 771-2500

**Fax:**            (573) 441-0612

**Email:**          attorney@hotmail.com

**Website:**       www.BARCHETLAW.com

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Varies upon services required

**Services:**

- Estate Planning: Trusts, Wills, Probate Avoidance, Powers of Attorney, Living Wills, Beneficiary Deeds, Non-probate Transfers, Trust & Will Reviews, Options for Minor Children and Grandchildren
- Elder Law & Medicaid Planning: Nursing Home Issues, Medicaid Help, Asset Protection, Division of Assets, Spenddown, Advice concerning Financial Exploitation, Elder Neglect & Abuse
- Planning for Disabled Family Members: Special Needs Trusts, Inheritance Options, Guardianships, Conservatorship, Durable Powers of Attorney, Medicaid & Social Security Help
- Advice Upon the Death of a Loved One: Avoiding Probate, Asset Distributions, Trust Administration and Trustee Representation, Will & Trust Contests, Estate Problems and Probate Court Advice
- Small Business Help: Start Ups, LLCs, Corporations, Buying/Selling Businesses, Contracts & Leases

**Name: Bassett Law Firm**

**Address:** 1900 No. Providence Road, Suite 300  
Columbia, MO 65202

**Local Phone:** (573) 441-1127, ext. 218

**Toll Free:** (800) 331-1127

**Fax:** (815) 927-0278

**Website:** [www.bassettlawyers.com](http://www.bassettlawyers.com)

**Email:** [mthomas@bassettlawyers.com](mailto:mthomas@bassettlawyers.com)  
[mthomas@bassettlawyers.com](mailto:mthomas@bassettlawyers.com) (Melissa Thomas)  
[adotson@bassettlawyers.com](mailto:adotson@bassettlawyers.com) (Alisa Dotson)

**Hours:** 8:00am – 4:30pm, Monday through Friday

**Fees:** Free Consultations; call for details

**Services:**

We have been helping people facing a health crisis since 2004 by assisting our clients with obtaining Social Security and VA benefits. We develop a strategy for managing a life that can become overwhelmed with the demands that come with a catastrophic or disabling illness.

To **MANAGE** the **PRESENT**, we can help with:

- Identifying short-term and long-term needs
- Referrals to other services and/or specialists
- Identifying monetary resources, both public and private

To **PREPARE** for the **FUTURE**, we can do the following:

- File for Social Security disability, Supplemental Security Income and Veterans' disability benefits – from application to final appeal
- Prepare documents including powers of attorney, and advance directives. (Missouri residents only)
- Assist with short-term and long-term care planning

**NAME: Bella Casa Condos for Retirement Living**

**Address:** 1600 Castle Rock Ct.  
Columbia, MO 65203

**Residences:** Face Rock Court, Columbia, MO

**Phone:** (573) 446-4020

**Cell:** (573) 881-3081

**Website:** [www.BellaCasaHomes.com](http://www.BellaCasaHomes.com)

**Hours:** 24 hours per day/ 7 days per week

**Fees:** Start at \$1800.00 per month

**Eligibility:** Age 50+ for main resident

**Services:**

- Independent living leased units
- Many “Universal Design” features
- One story living with open spacious floor plans
- Large 2 car garages
- Softened water
- Reverse Osmosis filter water for drinking and cooking
- Central Vacuum systems with “Vac pans” in the kitchen
- “No step” entry and exit for all doors
- Security system provided
- High-speed internet provided
- Jetted tubs and no threshold entry showers
- Adjacent to trail with access to Twin Lakes Recreation area
- Basement or crawl space construction... no concrete slabs!
- Private screened patios and decks
- Cul-de-sac street with compatible neighbors
- Elevated dishwasher and dryer
- Appliances and maintenance provided
- Pets are welcome
- Landscaping and snow removal provided
- Location, Location, Location. Neighborhood drive to everything!

**NAME:** **Bethel Ridge Estates I & II**  
**Address:** 3711 Santiago Drive  
Columbia, MO 65203-3188  
**Phone:** (573) 443-0158  
(573) 442-1358  
**Fax:** (573) 443-0159  
**Email:** bethelridge@fairwaymanagement.com  
**Website:** www.fairwaymanagement.com  
**Hours:** 8:30 a.m. - 5:00 p.m. Monday - Friday  
Evening and Weekend hours by appointment only  
**Fees:** Monthly rental fees  
**Eligibility:** All household members must be 62 years or older;  
annual gross income cannot exceed \$27,000 per year  
for one person or \$30,840 per year for two people  
**Services:**

- 42 energy efficient 2 bed / 2 bath apartments
- Handicapped accessible apartments available
- Full kitchens & washer and dryer
- Lawn Care provided
- Trash pick-up provided
- Maintenance free living
- Social events for residents to enjoy
- Community room available for resident private events
- Barber / Beauty Salon
- Wellness Center
- Computer library
- Fitness room
- Home Theatre
- Craft Area
- Billiards room
- Weekly exercise classes
- Secure building
- Outside patio with walking paths
- Pets are welcome

**Name:**            **Bluff Creek Terrace**

**Address:**        3104 Bluff Creek Drive  
Columbia, MO 65201-3524

**Phone:**           (573) 815-9111

**Fax:**              (573) 815-9127

**Email:**            columbia@americareusa.net

**Website:**        www.americareusa.net

**Hours:**           9:00 a.m. - 5:00 p.m. Monday - Friday  
(Services 24 hours per day / 7 days per week)

**Fees:**             Available upon request

**Eligibility:**      Private pay, Medicaid cash grant, personal care,  
Veterans Administration benefits, Blind Pension and  
Eastern Star benefits

**Services:**

- 21-room assisted living facility; licensed as a Residential Care Facility II (RCF II)
- Full-time licensed nurses and personal assistants on duty 24 hours per day
- Medication assistance and supervision
- Three daily well-balanced meals (With snacks)
- Daily housekeeping and laundry services
- Assistance upon request with bathing, dressing, grooming, or other hygiene services
- Private and semi-private rooms with large closets and full private baths
- Beauty salon (Weekly visits from beautician)
- Physical, occupational, or speech therapy services available



**Name:           The Bluffs**

**Address:**       3105 Bluff Creek Drive  
Columbia, MO 65201-3529

**Phone:**         (573) 442-6060

**Fax:**            (573) 874-8060

**Email:**          bluffs.socserv@tranquility.net

**Website:**       www.thebluffscolumbia.org

**Hours:**         8:00 a.m. - 5:30 p.m. Monday – Friday  
9:00 a.m. - 4:00 p.m. Saturday - Sunday

**Fees:**           Medicaid, Medicare, private insurance and private pay

**Services:**

- 132-bed facility providing 24-hour care at skilled and intermediate service levels
- Rehabilitative Services of physical, occupational, and speech
- Opportunities for entertainment and activities
- Administration of prescription medications
- Physician care (Other services arranged as needed)
- Hospice services(Hospice room)
- Respite and short-term care
- 16-bed Alzheimer's Dementia unit

**Name:** **Boone County Council on Aging (BCCA)**

**Address:** 1123 Wilkes Boulevard, Suite 100  
Columbia, MO 65201-4774

**Phone:** (573) 443-1111

**Fax:** (573) 874-1821

**Email:** [info@booneaging.org](mailto:info@booneaging.org)

**Website:** [www.booneaging.org](http://www.booneaging.org)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Boone County seniors ages 55 and older; some services are income based

**Services:**

- Connects seniors with information and resources they need to make informed decisions and live independently in the community
- Senior Connect program uses professional staff with volunteer support to coordinate care of seniors and advocates for their well-being

Volunteer services include:

- Friendly visitors for socially isolated seniors
- Grocery shopping and food pantry delivery
- Yard maintenance
- FREE Home repair program for low-income senior homeowners who reside within the City of Columbia
- Assistance filing Missouri Property Tax Credit
- Carrier Alert Program

RSVP program supports people 55+ as volunteers in the community (for more information, please refer to RSVP entry)

**Name:** **Boone Hospital Center**

**Address:** 1600 East Broadway  
Columbia, MO 65201

**Phone:** (573) 815-8000

**Fax:** (573) 815-8525

**Website:** [www.boone.org](http://www.boone.org)

**Hours:** 24 hours per day / 7 days per week

**Fees:** Varies upon service; all insurance accepted

**Eligibility:** No eligibility requirements

**Services:**

- 388-bed full-service magnet hospital
- Advanced Wound Healing Center
- Cardiac Rehabilitation Program
- Joint Replacement Center
- Diabetes self-management education program
- Dr. Hugh Harris Breast Screening & Diagnostic Center
- Family Caregiver Classes
  - Free, monthly meetings by local experts
  - Discuss issues that affect the aging population and health care providers
  - For more information call:
    - (573) 815-3646 or (573) 815-3665
- Sleep Disorders Center
- Spine Center
- Pain Management Clinic
- Palliative Care
- Physical Therapy
- Rehabilitation Unit
- Speech Pathology
- Audiology
- Balance assessment program
- Physician referral service at
  - (573) 815-6400 or (800) 872-9008

**Name:** **Boone Hospital Center's WELLAWARE  
Fitness and Wellness Programs**

**Address:** 1601 East Broadway  
Broadway Medical Plaza 1  
Columbia, MO 65201

**Phone:** (573) 815-3876

**Website:** [www.boone.org](http://www.boone.org)

**Hours:** 5:45 a.m. – 7:00 p.m. Monday, Wednesday & Friday  
6:45 a.m. – 7:00 p.m. Tuesday & Thursday  
8:00 a.m. – Noon Saturday

**Fees:** Vary. Call for details

**Services:**

- Exercise programs for fitness / wellness / health maintenance
- Dietitian consultation and education
- Cardiac rehabilitation (inpatient / outpatient)
- Stress management
- Massage therapy
- Personal health and fitness consultation
- Personal training
- Supervised exercise fitness center
- Corporate health and wellness services
- Prevention Programs
  - o Diabetes Program
  - o Smoking Cessation classes
  - o Men and women's community health screens
- Cardiopulmonary resuscitation / automatic
  - o Electronic defibrillator training

**Name:** **Boone Hospital Lifeline Medical Alert & Medicine Dispensing Services**

**Address:** 1600 East Broadway  
Columbia, MO 65201

**Phone:** (573) 815-6384

**Toll Free:** (800) 242-1306 ext. 4548

**Fax:** (573) 815-8556

**Hours:** 24 hours per day / 7 days per week

**Fees:** Philips Medical Alert Service \$36.00 Monthly

No contract

Activation fee \$65, (please call for current promotion)

Medicine Dispensing Service \$75.00 Monthly

No contract

Activation fee \$85

**Services:**

- Our medical alert products are easy to use. A simple press of a small, portable, waterproof button puts you in touch with assistance fast.
- A Lifeline subscription helps seniors remain in their homes. And family members can rest easy, knowing that help is always just a button-press away.
- Our Philips Medication Dispensing Service can help with medication mismanagement when no one is there to help.
- A caregiver simply loads the medication in the dispenser.
- The subscriber is alerted verbally with "Time for your medication. Press to dispense."
- Service includes reminders and caregiver alerts.

**Name:** **Boone Hospital Home Health & Hospice  
(Formerly Boone Hospital Home Care)**

**Address:** 601 Business Loop 70 W, Suite 260  
Columbia, MO 65203

**Phone:** (573) 875-0555

**TDD:** (800) 735-2966

**Fax:** (573) 875-0606

**Website:** [www.boone.org](http://www.boone.org)

**Hours:** 8:00 a.m. - 4:00 p.m. Monday - Friday  
(On-call 24 hours per day / 7 days per week)

**Fees:** Medicare, Medicaid, insurance, and private pay

**Eligibility:** Insurance criteria dependent

**Services:**

- Intermittent home care
- Certified nurse assistants and home care aides
- Physical, occupational, and speech therapy
- Medical social workers
- Hospice services and bereavement specialists
- Volunteer services
- Chaplain services
- Registered dietitians
- Home medical equipment
- Oxygen therapy, respiratory services, and infusion therapy
- Durable Medical Equipment

**Name:** **Boone Landing**

**Address:** 109 North Keene Street  
Columbia, MO 65201-6725

**Phone:** (573) 443-2007

**Fax:** (573) 443-2099

**Email:** 5264-Manager\_holidaytouch.com

**Website:** www.boonelanding.com

**Hours:** 24 hours per day / 7 days per week

**Fees:** Varies upon service

**Eligibility:** Independent living

**Services:**

- 118 independent living apartments
- Three chef-prepared meals served daily
- Private dining room for special occasions
- Paid utilities (Except telephone) – including basic extended cable television
- Kitchenettes with refrigerator and sink
- Individual apartments cleaned once per week
- Linens provided and laundered weekly
- Scheduled transportation by facility bus to and from appointments, shopping, etc.
- Two free-of-charge laundry facilities on each floor
- Pull-cord emergency systems in each apartment
- Individually controlled heating and air conditioning
- Managers on-site 24 hours per day
- Beauty/barber shop
- Library
- Activity room with full kitchen and exercise equipment, billiard / game room, television room with large screen TV, VCR, and DVD
- Full activity program tailored to residents

**Name: Bridge To Wellness**  
**Jackie Schneider, M. Ed Wellness Coach**

Phone: (573) 445-6877

Cell: (573) 999-1040

Email: coachingwithjackie@gmail.com

Website: www.bridgetowellness.me

**Services:**

Helping seniors live more active and autonomous lives in areas concerning:

- o Personal Assessment: Set yourself up for success
- o Strength and Flexibility: Get healthy from the inside out
- o Weight Management: Optimize your health and appearance
- o Balance and Flexibility: Stay more mobile and independent longer
- o Visual and Relaxation: Minimize and manage stress
- o Clear Clutter: Free your space and free your mind
- o Lifestyle Detox: Get rid of baggage that keeps you down
- o Smoking Cessation: Become a comfortable non-smoker



**Name:**            **Bristol Manor**

**Address:**        610 North Jefferson Street  
                         Centralia, MO 65240-1178

**Phone:**            (573) 682-5913

**Toll Free:**        (888) 826-0404

**Fax:**                (573) 682-5913 (call first)

**Email:**            info@bristol-manor.com

**Website:**        www.bristol-manor.com

**Hours:**            8:00 a.m. - 8:00 p.m. Monday - Friday  
                         (Services 24 hours per day / 7 days per week)

**Fees:**              Call for information

**Services:**

- Residential Care Facility I (RCF I)
- Cleaning, laundry, bathing assistance, and cooking services provided
- Planned activities available
- Adult day care
- Medication administration
- Private rooms with private baths

**Name:** Buena Vista 1 and 2

**Address:** P.O. Box 188  
Sturgeon, MO 65284-0188

**Phone:** (573) 687-1259

**Hours:** 8:00 a.m. - 6:00 p.m. Monday - Friday

**Fees:** Rent is based on income and medical expenses  
(some assistance available for rent)

**Eligibility:** Senior citizens (age 62 and older) and/or individuals  
with disabilities

**Services:**

- 32 one-bedroom apartments
- Utilities included
- Washer and dryer on premises
- Recreation room
- Apartment Locations:
  - o 602 North Ruby Street
  - o 405 North Ogden Street
- Waiting list

**Name:**           **Candlelight Lodge**

**Address:**       1406 Business Loop 70 West  
Columbia, MO 65202

**Phone:**         (573) 449-5287

**Fax:**            (573) 442-6559

**Email:**          info@candlelightlodge.com

**Website:**       www.candlelightlodge.com

**Hours:**          8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**           Available upon request

**Services:**

- Assisted Senior Community, established in 1959, licensed for 112 residents
- 24-hour on-site certified nursing assistance
- Medication administration
- Personal care assistance
- Home-style meals (Special diets accommodated)
- Weekly housekeeping and linen service
- Private rooms and private baths
- Transportation to medical appointments, shopping and community functions
- Long-term and short-term care
- Senior adult day programs
- Special memory care program
- Social, cultural, and recreational events
- Personalized wellness monitoring and assessment
- Emergency medical alert system
- Home-based transition assistance: includes case management for individuals transitioning from home to a facility

**Name: Capital Region Home Health**

**Address:** P.O. Box 1128  
Jefferson City, MO 65102

**Phone:** (573) 632-5750

**Fax:** (573) 632-5868

**Email:** abush@crmc.org

**Website:** www.crmc.org

**Hours:** 8:00 a.m. – 4:30 p.m., Monday - Friday  
Nurses available 24/7 for current patients  
Admission on weekends

**Fees:** Medicare certified home health agency; Accept  
Medicare, Medicaid, Private Insurance, Private  
Pay

No deductible, No copay for Medicare  
beneficiary

**Eligibility:** Individuals that meet homebound status criteria

**Services:**

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Work
- Telehealth
- Home Medical Equipment

Proudly serve the following Mid-Missouri counties: Cole, Calloway,  
Parts of Camden, Maries, Miller, Moniteau, Morgan and Osage

**Name: Care Navigators**

**Address:** 3610 Buttonwood Dr., Suite 200  
Columbia, MO 65201

**Phone:** (573) 886-8994

**Cell Phone:** (573) 489-5465

**Email:** nellie@carenavigators@yahoo.com

**Website:** www.yourcarenavigators.com

**Hours:** Office hours: 8:00 a.m. to 5:00 p.m. M –F  
Cell Phone Calls Excepted 24 hours a day/ 7 days a  
week/ 365 days a year

**Fees:** Private Fee for service company; Payment  
Plans Available

**Eligibility:** Adults who require ongoing health care for a specific  
disease, injury, or the aging process

**Services:**

The mission of Care Navigators is to guide clients and their families on their journey through the health care systems to become active, informed participants so they can make informed decisions about safety and care options.

- Appointment facilitation with written transcripts presented to the client, family, and the entire healthcare team
- Evaluation of extended care needs
- Review of medical bills for accuracy
- Locally Owned

**Name:** Catherine Stochmal, LMT-LPN  
**(located in Columbia Senior Center Building)**

**Address:** 1121 Business Loop 70 East  
Columbia, MO 65201-4600

**Phone:** (573) 825-7317

**Fax:** (573) 441-5444

**Email:** stocat54@gmail.com

**Hours:** Available 7 days a week, 10:00a.m. to 5:00p.m.  
By appointment only

**Fees:** Vary. Based on service provided

**Services:**

Catherine is a licensed practical nurse as well as a licensed massage therapist. She specializes in the following:

- Full Body Massage
- Deep Tissue Massage
- Trigger Point Therapy
- Muscle Release
- Swedish Massage
- Shiatsu Massage

**Name:**           **Central Missouri Area Agency on Aging  
(CMAAA)**

**Address:**       1121 Business Loop 70 East, Suite 2A  
Columbia, MO 65201-4600

**Phone:**         (573) 443-5823

**Fax:**            (573) 875-8907

**TTY:**            (573) 443-0105

**Email:**          cmaaa@cmaaa.net

**Website:**       www.cmaaa.net

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           None

**Eligibility:**     Ages 60 and older

**Services:**

- A federally funded nonprofit organization that serves 19 central Missouri counties
- Provides information and assistance, care coordination, and case management
- Respite assistance program
- Provides congregate and home-delivered meals for a suggested donation of \$3.50 per meal
  - See Oakland Senior Center entry.
- Limited legal services for wills or financial power of attorney documents
- Long-term care ombudsman program for nursing home residents
  - See Long Term Care Ombudsman entry.
- Transportation assistance

**Name: Central Missouri Community Action  
(CMCA - Boone County)**

**Address:** 800 North Providence Road  
Columbia, MO 65203-4300

**Phone:** (573) 443-1100

**Fax:** (573) 443-1117

**Website:** [www.showmeaction.org](http://www.showmeaction.org)

**Hours:** 8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Varies upon service

**Services:**

- Emergency Utility Assistance
  - Winter: Both electric / gas
  - Summer: Electric only
- Weatherization & Energy Conservation Program
  - (573) 443-3500
  - Eligibility is based on total household income and cannot exceed the 200% federal property income guidelines. See website for more details
- Tax services through the IRS Volunteer Income Tax Assistance (VITA) Program
- Foster Grandparent Employment Program for income eligible senior citizens
- Administration office is located at:
  - 807B North Providence Road
  - Columbia, MO 65203
  - (573) 443-8706



**Name:**           **Central Missouri Regional Arthritis Center  
(CEMRAC)**

**Address:**       1205 University Avenue, Suite 1100  
Columbia, MO 65201-7935

**Phone:**         (573) 882-8097

**Fax:**           (573) 884-5412

**Email:**          phelpsam@missouri.edu

**Website:**       www.moarthritis.org

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Fees vary by program, most are offered at no charge

**Eligibility:**     No eligibility requirements

**Services:**

- Arthritis Foundation Exercise Program
- Enhance Fitness
- Arthritis Self Management Program
- Chronic Disease Self Management Program
- Arthritis Toolkit
- Information on arthritis & other related conditions
- Leader training for exercise
- Self management programs

**Name:**           **Central Pantry**  
(Formerly Central Missouri Food Bank Pantry)

**Address:**       1007 Big Bear Blvd.  
Columbia, MO 65202-1865

**Phone:**       (573) 874-7848

**Fax:**           (573) 474-3698

**Hours:**           Shopping Hours:  
                          10:00 a.m. - 4:00 p.m. Monday - Friday  
                          10:00 a.m. - 2:00 p.m. Saturday

**Fees:**           None

**Services:**

- Provides supplemental food to low-income individuals
- Shopping assistance can be arranged
- Proxy shopping available
- Waiting list for supplemental food boxes for seniors
- Provide emergency food assistance
- To receive food, please bring photo ID, Social Security Card for each family member living with you, Proof of residency (Can use a utility bill or other mail with your name, current address and current date on it.)

**Name:**           **Centralia Senior Citizen Center**

**Address:**       211 West Bruton Street  
Centralia, MO 65240-1501

**Phone:**         (573) 682-5053

**Alt phone:**     (573) 449-8000

**Hours:**         8:30 a.m. -1:30 p.m. Monday - Friday

**Fees:**           Suggested contribution of \$3.00 per meal for persons  
ages 60 and older. \$5.00 per meal for individuals  
under 60 years of age

**Eligibility:**     Ages 60 and older

**Services:**

- Congregate meals / CMAAA program  
(11:00 a.m. to 12:30 p.m. daily)
- Card games (12:30 p.m. on Wednesday)
- Exercise (9:30 a.m. Monday, Wednesday & Friday)
- Line dancing (1 p.m. on Tuesday)
- Bingo (Thursday afternoon)
- Pool table
- Potluck meals
- Birthday meals every fourth Friday of the month

**Name:** **CLAIM - Missouri's State Health Insurance Assistance Program**

**Address:** 200 North Keene Street, Suite 101  
Columbia, MO 65201-8102

**Phone:** (573) 817-8320  
(800) 390-3330

**Fax:** (573) 817-8341

**Email:** cbeahan@primaris.org

**Website:** www.missouricclaim.org

**Hours:** 9:00 a.m. - 4:00 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Medicare Recipient / Representative

**Services:**

- Medicare counseling on:
  - o Medicare prescription drug plans
  - o Medigap and other supplemental insurance options
  - o Medicare Advantage Plans (HMOs, PPOs and private fee-for-service plans)
  - o Long-term care planning and insurance comparison
  - o Appeals and grievances
  - o Medicare enrollment, billing, and general information
  - o Suspected waste, fraud, and abuse
  - o Public Benefits
- CLAIM is a program of Primaris

**Name: Colony Pointe & The Arbors at Colony Point (Assisted Living & Alzheimer Care)**

**Address:** 1510 Chapel Hill Rd  
Columbia, MO 65203

**Phone:** (573) 234-1193

**Fax:** (573) 445-4577

**Email:** colony@americareusa.net

**Website:** www.americareusa.net

**Hours:** Service available 24 hours a day / 7 days a week

**Fees:** Available upon request

**Eligibility:** Private pay, Medicaid cash grant, personal care,  
**Veterans** Administration benefits, Blind Pension and  
**Eastern Star** benefits

**Services:**

- **Medical Services:**
  - Fulltime licensed nurses available 24/7
  - Medication supervision and distribution
  - Assistance with ADLs (bathing, dressing, grooming, etc.)
- **Social Services:**
  - Private and Semi Private rooms
  - Secure and safe environment
  - Daily social enrichment programs

**Name:** **Columbia Area Career Center  
Professional & Community Education**

**Address:** 4203 South Providence Road  
Columbia, MO 65203-7157

**Phone:** (573) 214-3802

**Website:** [www.career-center.org/adult.cfm](http://www.career-center.org/adult.cfm)

**Hours:** 8:00 a.m. – 4:00 p.m. Monday - Friday  
Online registration: 24 hours a day / 7 days a week

**Fees:** Published in the catalog and on the Website

**Eligibility:** Adults (Usually 18+, but some parent / child classes)

**Services:**

Makes lifelong learning an adventure with enrichment courses to enhance your personal life and career training necessary to remain competitive in the current working environment.

Areas include:

- Arts
- Business courses
- Computer courses
- Cooking
- Foreign Language
- Games & Hobbies
- History & Lore
- Home Repair
- Mind, Body & Spirit
- Outdoor & Pets
- Career Training
- Administrative Assistant
- Commercial & Residential Wiring
- Medical Coding
- Network Administration
- Practical Nursing
- Solar Panel Installation
- Surgical Technology
- Welding

**Name:** **Columbia Area Older Adult Ministries**  
**Rev. Sally A. Robinson, Board Certified Chaplain**

**Address:** 101 N. Tenth Street  
Columbia, MO 65201

**Phone:** (573) 819-5043

**Email:** chaplainsal@yahoo.com

**Hours:** Sunday – Thursday, 8:00 a.m. – 5:00 p.m.

**Fees:** Varies upon services required

**Services:**

- Spiritual care to residents and family members in long-term care and retirement communities
- Inservice presentation for staff in long-term care and retirement communities
- Grief care
- Palliative care
- Programs in nursing home visitation for congregations and faith communities

**Name:** **Columbia Area Senior Center  
(Senior Services of Boone County, Inc.)**

**Address:** 1121 Business Loop 70 East  
Columbia, MO 65201-4600

**Phone:** (573) 874-2050

**Fax:** (573) 875-8864

**Email:** columbiaseniorcenter@socket.net

**Website:** www.columbiaseniorcenter.com

**Hours:** Office: 9:30 a.m. - 4:00 p.m. Monday - Friday  
Center: 9:00 a.m. - 4:00 p.m. Monday - Friday  
Saturdays: Closed, except for dances at 6 p.m. on the  
2<sup>nd</sup> & 3<sup>rd</sup> Saturdays  
Sundays: 10:00 a.m. - 2:00 p.m.

**Fees:** Daily congregate meal, served M-F from 11:00  
a.m. to 1 p.m. is \$6.00  
Sunday noon congregate meal is \$7.00  
Voluntary donations are also accepted

**Eligibility:** All ages welcome. (Must be ages 50 and older  
to enter the pool room)

**Services:**

- Crafts, cards, dances, dominoes, exercise, Tai-chi, yoga, pool and educational seminars
- Hot meals served six days per week
- Blood pressure screenings on Wednesday mornings from 9-11 a.m., compliments of Regional Hospital. No testing on fifth Wednesday
- Glucose screenings on second and third Wednesdays from 9-11 a.m.
- Opportunities to volunteer with other seniors include: greeters, serving meals and pricing items for garage sale fundraisers



**Name:** **Columbia / Boone County Department of Public Health and Human Services**

**Address:** 1005 West Worley Street  
Columbia, MO 65203-2037

**Phone:** (573) 874-7355

**Fax:** (573) 874-7758

**Email:** [health@GoColumbiaMO.com](mailto:health@GoColumbiaMO.com)

**Website:** [www.GoColumbiaMO.com/health/](http://www.GoColumbiaMO.com/health/)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** Varies upon service

**Eligibility:** Specified requirements for certain services / programs

**Services:**

- Flu shots
- Pneumonia shots
- Adult / pediatric immunizations
- Assistance with prescription medications (Excludes controlled substances)
- Hypertension / blood glucose screenings
- TB testing
- Utility assistance (Water and electric only)
- In-home services (Personal care and respite)
- HIV / STD testing
- Women's health care

**Name: Columbia Disabilities Commission**

**Address:** City of Columbia  
P.O. Box 6015  
Columbia, MO 65205-6015

**Phone:** (573) 874-7235

**Email:** mfb@GoColumbiaMO.com

**Website:** [www.GoColumbiaMO.com/Council/Commissions/Disabilities.php](http://www.GoColumbiaMO.com/Council/Commissions/Disabilities.php)

**Hours:** Meets from 3:00 p.m. - 4:30 p.m. on the second Thursday of each month, at the Chamber of Commerce building  
(Located at 300 South Providence Road)

**Eligibility:** All individuals are welcome to attend

**Services:**

- The commission is required to “hold public meetings to consider concerns of residents of the city with disabilities and advise the City Council as necessary” – City of Columbia, MO Website

**Name:** **Columbia Healthcare Center**  
**(Affiliated with National Healthcare)**

**Address:** 1801 Towne Drive  
Columbia, MO 65202-2337

**Phone:** (573) 474-6111

**Fax:** (573) 474-0425

**Email:** activities.columbiahealthcare@mchsi.com

**Website:** www.nhccolumbia.com/columbiahealthcarecenter/

**Hours:** 24 hours per day / 7 days per week  
Office Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday

**Fees:** Medicare, Medicaid and Private insurance

**Services:**

- Skilled Nursing Facility (SNF) with 97 beds
- Open visiting hours
- Hospice care
- Alzheimer's / dementia unit
- Psychiatric services
- Optometry services
- Dental services
- Podiatry services
- Physician services
- Respite care
- Rehabilitation services
- Physical, occupational, speech, and respiratory therapy
- Restorative care

**Name:**           **Columbia Hearing Center**  
Nathan Northup

**Address:**       1306 Old Hwy 63 S.,Ste B  
Columbia, MO 65201

**Phone:**         (573) 875-4327(874-HEAR)

**Fax:**            (573) 442-4502

**Email:**          columbiahearingcenter@gmail.com

**Website:**       www.columbiamohearingcenter.com

**Hours:**          9:30 a.m. - 5:00 p.m. Monday – Friday, or by appt.

**Fees:**           Varies; based on product/services

**Services:**

Provide hearing services such as:

- Hearing aids
- Hearing tests
- Ear molds
- Hearing pretesting
- Swimmers ear molds

**Name:** **Columbia Housing Authority (CHA)**

**Address:** 201 Switzler Street  
Columbia, MO 65203-4156

**Phone:** (573) 443-2556

**TTY:** (573) 875-5161

**Fax:** (573) 443-0051

**Email:** psteinhaus@columbiaha.com

**Website:** www.columbiaha.com

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Low income

**Services:**

- Low income Public Housing for Seniors and Persons with Disabilities
- 118 Housing Choice Voucher rental housing assistance programs
  - Downtown and Bear Creek housing sites also serve seniors and persons with disabilities

***Oak Towers***

700 North Garth Avenue

Columbia, MO 65203-4089

- 147 units designated for age 50+
- Preference given to elderly housing applicants 62+

***Paquin Tower***

1201 Paquin Street

Columbia, MO 65201-7924

- 200 ADA accessible units designated for mixed populations, persons with disabilities and the elderly
- Pool room and Parks and Recreation programs
- Family Self-Sufficiency Program

***Oak Towers and Paquin Tower offer:***

- Sliding fee scale housing based on income. Residents pay 30% of their adjusted household income for rent.
- Zero (Efficiency) and One Bedroom Units Available
- Utilities are provided with a \$25 per month optional air conditioning charge from May-September.
- Home-delivered meals through Meals on Wheels
- Resident Services and Independent Living Services
- Resident association and social and recreational activities
- Computer lab, exercise room, craft room, community room, laundry facilities and community garden space
- Bus shelter in front of building

**Name:** **Columbia Manor Care Center**

**Address:** 2012 East Nifong Blvd.  
Columbia, MO 65201-3874

**Phone:** (573) 449-1246

**Fax:** (573) 874-8753

**Email:** cmcc@socket.net

**Hours:** 24 hours per day / 7 days per week  
Office Hours: 8:00 a.m. - 5:00 p.m. Monday – Friday  
Administrator: Joyce Leffert

**Fees:** Private pay, Medicaid, and Medicare

**Services:**

- 52-bed Skilled Nursing Facility (SNF)
- Home-like atmosphere
- Licensed nurses 24 hours per day
- Case-by-case dementia care
- Occupational, physical, and speech therapy
- Temporary respite

**Name:** **Columbia Planning & Development  
Department**

**Address:** 701 East Broadway  
Columbia, MO 65201-4465

**Phone:** (573) 874-7239

**TTY:** (573) 874-6364

**Fax:** (573) 874-7546

**Email:** [planning@GoColumbiaMo.com](mailto:planning@GoColumbiaMo.com)

**Website:** [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Contact the City Planning & Development Department  
for income limits and other eligibility requirements

**Services:**

- Code Deficiency Abatement Program
  - Provides financial assistance to eligible homeowners for necessary exterior repairs that are cited as building code deficiencies
- Emergency Home Repair Program
  - Provides financial assistance to eligible homeowners for necessary emergency repairs to their homes
- Owner-Occupied Housing Rehabilitation Program
  - Provides low-interest loans to low- and moderate-income property owners to make necessary home improvements
- Homeownership Assistance Program
  - Provides financial assistance for down payment and closing costs to eligible homebuyers for the purchase of existing and newly constructed homes in certain areas of the city

**Name: Columbia Police Department (CPD)**

**Address:** 600 East Walnut Street  
Columbia, MO 65201-4461

**Phone:** (573) 874-7652

**Fax:** (573) 874-3142

**Website:** [www.GoColumbiaMO.com/Dept/Police](http://www.GoColumbiaMO.com/Dept/Police)  
[www.875tips.com](http://www.875tips.com) – to report a crime

**Hours:** 24 hours / 7 days a week / 365 days a year

**Services:**

- Response to and investigation of crimes and incidents within the city limits of Columbia, MO
- Educational and prevention information through the Patrol Division
- Domestic violence information and investigation through the DOVE Unit
- Copies of police reports can be obtained through the records division
- Crime Stoppers: (573) 875-TIPS [8477]
  - o Track anonymous tips from citizens regarding criminal activities
  - o \$50-\$1,500 rewards offered if tip leads to arrest

**Others:**

- Non-Emergency: (573) 442-6131
- TTY: (573) 874-7652
- Elderly Abuse and Neglect Hotline (800) 392-0210



**Name:** **Columbia Public Library  
(Daniel Boone Regional Library)**

**Address:** 100 West Broadway  
P.O. Box 1267  
Columbia, MO 65205-1267

**Phone:** (573) 443-3161

**Toll Free:** (800) 324-4806

**TTY:** (573) 443-6027

**Fax:** (573) 443-3281

**Website:** [www.dbrl.org](http://www.dbrl.org)

**Hours:** 9:00 a.m. - 9:00 p.m. Monday - Thursday  
9:00 a.m. - 6:00 p.m. Friday  
9:00 a.m. - 5:00 p.m. Saturday  
1:00 p.m. - 5:00 p.m. Sunday

**Services:**

- Online catalogs
- TTY and copy machine available for public use
- Machines for individuals who are visually impaired
- Large-print books
- Audiobooks on CD
- Audiobooks on portable devices ("Playaways")
- Downloadable Audiobooks
- DVDs
- Door-to-door services (Through Outreach)
- Wheelchairs available
- Bookmobile stops: Hallsville, Harrisburg, Sturgeon

***Southern Boone County Public Library***

**Address:** 117 East Broadway  
Ashland, MO 65010

**Phone:** (573) 657-7378

**Hours:** 9:00 a.m. – 7:00 p.m. Monday - Thursday  
9:00 a.m. – 3:00 p.m. Friday and Saturday

**Name:** **D&H Drugstore**  
**Address:** 1001 West Broadway  
Columbia, MO 65203-2121  
**Phone:** (573) 777-7333  
**Fax:** (573) 777-7334  
**Email:** customerservice@dhdrugstore.com  
**Website:** www.dhdrugstore.com

**Hours:** Monday – Friday: 8:00 a.m. – 8:00 p.m.  
Saturday: 8:00 a.m. – 6:00 p.m.  
Sunday: 10:00 a.m. – 6:00 p.m.

**Address:** 1814 Paris Road  
Columbia, MO 65201-5538  
**Phone:** (573) 777-7373  
**Fax:** (573) 777-7374  
**Email:** customerservice@dhdrugstore.com  
**Website:** www.dhdrugstore.com

**Hours:** Monday – Friday: 8:00 a.m. – 8:00 p.m.  
Saturday: 8:00 a.m. – 6:00 p.m.  
Sunday: 10:00 a.m. – 6:00 p.m.

**Services:**

- At both locations:
  - Full Service Pharmacy
  - Delivery Service on meds and equipment
  - Home Medical Equipment Products
  - Health & Nursing Services
  - Full time RNs on staff
  - Diabetic shoe fittings
  - Medical Equipment Rentals
  - Walkers, canes, wheelchairs, lift chairs, hospital beds, and much more

**Name: Division of Senior and Disability Services  
(Department of Health & Senior Services)**

**Address:** Boone County Office (Region 5)  
1500 Vandiver Drive, Suite 102  
Columbia, MO 65202-3932

**Phone:** (573) 882-6293

**Toll Free:** Elder Abuse and Neglect Hotline  
(800) 392-0210

**Fax:** (573) 884-4884

**Website:** [www.dhss.mo.gov](http://www.dhss.mo.gov)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Age 60 or older or age 18 and older with disabilities

**Services:**

- Investigates abuse, neglect and exploitation of elderly and disabled
- Authorizes in-home services: homemaker chore, personal care, respite, day care and consumer-directed services
- Assists with information / referral for long-term placements
- Care-plan management for active in-home services and consumer-directed services

**Name:** **Elder Care Resources**  
(Private geriatric care management)

**Address:** 3305 Clark Lane, Suite 167  
Columbia, MO 65202-2404

**Phone:** (573) 881-5008

**Fax:** (573) 696-0413

**Email:** eldercaresupport@aol.com

**Website:** [www.youreldercarereresources.com](http://www.youreldercarereresources.com)

**Hours:** 24 hours per day / 7 days per week

**Fees:** Billed privately by hour or longer term depending on  
the needs and wants of the family

**Eligibility:** Older adults and their families

**Services:**

- Geriatric care management
- Arranges and manages care for the elderly in their homes or in nursing homes
- Elder advocate and family liaison
- Provides transportation/assistance for medical appointments and personal needs for clients

**Name: Ellis Fischel Cancer Center**  
**Outpatient Clinic:**

Address: 115 Business Loop 70 West  
Columbia, MO 65203-3244

Phone: (573) 882-2100

Fax: (573) 884-4632

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

**Inpatient:**

Address: University Hospital  
1 Hospital Drive  
Columbia, MO 65212

Phone: (573) 882-4141

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

Hours: Outpatient Clinic: 8:00 a.m. - 5:00 p.m., M-F  
Inpatient at University Hospital: 24 hours a day / 7  
days per week

Fees: Varies upon service; Medicare, Medicaid, health  
plans, and most insurance accepted

Eligibility: Any patient without regard to race, color, religion,  
national origin, sex, age, or ability to pay

Services:

- A member of the University of Missouri Health Care Family since November 1, 1990
- Comprehensive cancer screening and treatment including: surgery, chemotherapy, radiation, specialized nursing staff, and pain management
- The Ernest & Eugenia Wyatt Guest House is located on the grounds of Ellis Fischel
  - Phone: (573) 884-1825
  - Home away from home for out-of-town patients and their families
- Volunteers welcome

**Name: Experience Works**

**Address:** P.O. Box 404  
Columbia, MO 65205-0404

**Phone:** (573) 442-0067

**Fax:** (573) 442-0049

**Website:** [www.experienceworks.org](http://www.experienceworks.org)

**Email:** [susan\\_streit@experienceworks.org](mailto:susan_streit@experienceworks.org)

**Hours:** 8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:** None

**Eligibility:** Age 55 and older; specific income guidelines

**Services:**

- Offers training, employment, and community service opportunities for mature workers
- Helps mature individuals enter the workforce, secure more challenging positions, move into new career areas, or supplement their income

**Name:**           **Family Counseling Center of Missouri**

**Address:**       117 North Garth Avenue  
Columbia, MO 65203-4103

**Phone:**         (573) 449-2581

**Alt phone:**     (573) 443-2204

**Fax:**            (573) 449-2583

**Email:**          info@fccmo.org

**Website:**       www.fccmo.org

**Hours:**           8:00 a.m. - 5:00 p.m. Monday -Thursday  
8:00 a.m. - 12:00 p.m. Friday  
(Evening appointments also available)

**Fees:**            Private Insurance, Private Pay, Sliding Scale,  
Medicaid & Medicare

**Eligibility:**     No eligibility requirements

**Services:**

- Individual counseling for adults and children
- Family and marriage counseling
- Drug / alcohol treatment
- Anger Management
- Psychiatric
- Men Exploring Non-violent Crisis Directions (MEND)
- SATOP (Substance Abuse Traffic Offender Program)
- REACT (Required Educational Assessment and Community Treatment) for felony drug offenders
- Prevention resource library

**Name:           Family Dental Center  
                  (A Service of Family Health Center)**

**Address:       1101 North Providence Road  
                  Columbia, MO 65203**

**Phone:         (573) 777-8997 or (573) 214-2314**

**Toll Free:     (877) 677-4342**

**Fax:           (573) 442-5208**

**Hours:         8:00 a.m. - 5:00 p.m. Monday - Wednesday  
                  10:00 a.m. - 7:00 p.m. Thursday  
                  8:00 a.m. - 12 p.m. Friday**

**Fees:          Varies upon service**

**Eligibility:    MO HealthNet (Medicaid), MC+ and commercial  
                  insurance. Charges are discounted for uninsured,  
                  low-income persons based upon total household  
                  income and total persons in household (No residency  
                  requirement).**

**Services:**

- Preventative dental care and emergency services
- Dental education
- Dental cleaning
- Fluoride treatments and sealant
- X-rays
- Dental fillings and root canals
- Treatment for gum disease
- Oral surgery
- Crown and bridge work
- Partials and dentures
- Language translation services



**Name:**           **Family Health Center**

**Address:**       1001 West Worley Street  
Columbia, MO 65203-2037

**Phone:**         (573) 214-2314

**Toll Free:**      (877) 677-4342

**Fax:**            (573) 814-2835

**Website:**       www.fhcmo.org

**Hours:**         8:00 a.m. - 5:00 p.m. Monday, Tuesday, Wednesday,  
and Friday

10:00 a.m. - 7:00 p.m. Thursday

**Fees:**           Varies upon service

**Eligibility:**    Most commercial insurance, Medicare, MO HealthNet  
(Medicaid) and MC+. Charges for services to low-  
income and uninsured persons are discounted based  
upon total household income and total persons in  
household (No residency requirement)

**Services:**

- Primary and preventative medical care
- Annual exams
- Immunizations
- Well-woman care
- Limited mental health care
- Chronic disease care
- Dental care (see Family Dental Center)
- Eye care program
- Medication assistance
- Referrals for specialty care and social services
- Language translation services

**Name:           Family Support Division**

**Address:       1500 Vandiver Drive, Suite 103  
Columbia, MO 65202-3932**

**Phone:         (573) 882-9180**

**Fax:           (573) 884-5110**

**Website:       www.dss.mo.gov/fsd/**

**Hours:          8:00 a.m. - 5:00 p.m. Monday - Friday**

**Fees:           None**

**Eligibility:    Varies upon service**

**Services:**

- Assistance includes MO HealthNet, based on age (65) eligibility or disability; income and resources
- Food stamps
- Supplemental aid to the blind
- Blind pension
- Nursing home assistance
- You may also apply for assistance through mail, fax and for some programs, through the internet
- A home visit may be requested under certain circumstances

**Name: Fidelity Financial Services, LLC.**

**Address:** 3610 Buttonwood Drive, Suite 320  
Columbia, MO. 65201

**Phone:** 573-875-8005

**Toll Free:** 800-944-7567

**Fax:** 573-875-4795

**Contact:** Jeff Hudnell, Affiliated Advisor

**Email:** jeffrey.hudnell@ingfp.com

**Hours:** 8:00 a.m. to 4:00 p.m., by appointment

Services include:

- Financial Planning
- Asset Management
- IRA Rollovers
- Estate Planning Strategies
- Insurance Services
- College Funding Planning
- Retirement Plans
- Business Succession Planning

**Name: Foster Grandparent Program**

**Address:** 800 North Providence Road  
Columbia, MO 65203-4300

**Phone:** (573) 443-1100

**Fax:** (573) 499-9918

**Website:** [www.showmeaction.org](http://www.showmeaction.org)

**Hours:** Vary

**Fees:** None

**Eligibility:** Income eligible seniors age 55 and older, retired or no longer in the work force, capable of serving children on a personal and regular basis, physically able and willing to accept supervision as needed

**Services:**

- **Activities:**
  - Foster grandparents and children can play games, read, or simply enjoy each other's company in a variety of settings (e.g. daycare centers, Head Start, public / private schools, in the home setting, etc.)
- **Benefits:**
  - Stipend of \$2.65 per hour for an average 20 hour week (4-5 hours daily)
  - One hot meal per day
  - Transportation or mileage reimbursement
  - Physical examination
  - Accident and liability insurance
  - Annual sick and holiday leave
  - Orientation and in-service training program
  - Information and referral services
  - Annual recognition program
    - Foster Grandparents is a program of Central Missouri Community Action

**Name:**           **Goodwill Retail Store of Columbia**

**Address:**       1405 Grindstone Parkway  
Columbia, MO 65201

**Phone:**         (573) 442-4050

**Hours:**           Store hours:  
                      9:00 a.m. - 8:00 p.m. Monday - Saturday  
                      10:00 a.m. - 6:00 p.m. Sunday

Donation hours:  
                      9:00 a.m. - 7:45 p.m. Monday - Saturday  
                      10:00 a.m. - 5:45 p.m. Sunday

**Fees:**           Minimal; call for information

**Services:**

- Used clothing donations accepted
- Used clothing sold

**Name:**           **Hanover Estates**

**Address:**       1601 Hanover Blvd. # 7  
Columbia, MO 65202-5544

**Phone:**         (573) 474-0550

**Fax:**            (573) 474-8141

**Email:**          hanoverestates@fairwaymanagement.com

**Website:**       www.fairwaymangement.com

**Hours:**         8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**           Monthly rental fees: 1 bdrm \$418.00, 2 bdrm start at  
\$449.00

**Eligibility:**    Ages 55 and older; income cannot exceed \$28,320  
per year for 1 person or \$32,400 per year for a couple

**Services:**

- Apartments with washer / dryer hook-ups
- Lawn care
- Trash pick up
- Maintenance
- Potluck dinners
- Single-level apartments (1 or 2 bedroom)
- Bathrooms modified with shower bars
- Community room for tenants

**Name:** Harbor House

**Address:** 602 North Ann Street  
Columbia, MO 65201

**Phone:** (573) 442-1984

**Fax:** (573) 449-3604

**Hours:** 24 / 7

**Fees:** None

**Eligibility:** Homeless persons needing shelter; must call; must be

completely able to care for self

**Services:**

- Emergency shelter
- Transitional housing
- Noon lunch program
- A program of The Salvation Army

**Name:**           **The Health Connection**  
**(School of Health Professions**  
**University of Missouri – Columbia)**  
(Corner of Walnut & William Streets)

**Address:**       1507 East Broadway Hillcrest Hall  
Stephens College Campus  
Columbia, MO 65215

**Phone:**         (573) 882-1718

**Fax:**           (573) 884-5509

**Website:**      <http://shp.missouri.edu/services/healthConnection.php>

**Hours:**         Monday - Thursday: 7:00 a.m. - 7:00 p.m.  
Friday:           7:00 a.m. - 6:00 p.m.  
Saturday:         9:00 a.m. - 12:00 p.m.

**Fees:**           Regular Membership Rate: \$45 per month (1 to 5  
month               membership)

Discounted Employee / Retiree: \$37 per month

**Eligibility:**    Open to the general public

**Services:**

- Full gym (cardiovascular and strength equipment)
- Personal training
- Group fitness classes (Tai Chi, yoga, aerobics, body conditioning / Pilates, Arthritis Foundation exercise classes)
- Trained / certified exercise professionals and nurses on staff
- Heart rate and blood pressure monitoring
- Massage therapy
- Exercise research studies



**Name:**           **Heartland Medical Equipment, Inc.**

**Address:**       941 South Cherokee Drive, Suite 4  
Marshall, MO 65340-3646

**Phone:**         660-886-9229

**Toll-free:**      800-332-1463

**Fax:**            660-886-9585

**Email:**          info@heartlandmedequip.com

**Website:**       www.heartlandmedequip.com

**Hours:**         8:00 a.m. – 5 p.m. Monday – Friday  
On Call after hours and weekends

**Fees:**           Accept Medicare, Medicaid & most insurance  
companies

**Eligibility:**    Anyone

**Services:**

- Full line Durable Medical Equipment rental & sales including the following:  
Oxygen, Nutritional Supplies, CPAP, Nebulizers, Hospital Beds, Manual Wheelchairs, Power Wheelchairs, Mobility Aids, Diabetic Supplies, Diabetic Shoes, Lift Chairs, Aids to Daily Living, Bathroom Safety Products, Bariatric Supplies, and Heavy Duty Products
- In house customer service and billing departments
- Provider for Bureau of Special Needs
- Service area includes: Columbia & Western Boone, Howard, Cooper, Saline, Pettis, Chariton, Carroll, Lafayette, and Johnson Counties

**Name:**           **Help at Home, Inc**

**Address:**       2505-B West Ash Street  
Columbia, MO 65203-4609

**Phone:**         (573) 256-8337

**Pager:**         (573) 441-4786

**Fax:**            (573) 256-8347

**Email:**          info@helppathome.com

**Website:**       www.helppathome.com

**Hours:**         8:00 a.m. - 5:00 p.m. Monday - Friday  
(24-hour on-call pager)

**Fees:**           Medicaid, private pay, city funding, local funding, and  
block grants

**Eligibility:**    No eligibility requirements

**Services:**

- In-home care provider
- Homemaker chore
- Personal care
- Advanced personal care
- Authorized nurse visits / medication set-up
- Errands and respite care

**Name:**           **Heritage Hall**

**Address:**       750 East Highway 22  
                  Centralia, MO 65240-1146

**Phone:**         (573) 682-5551

**Fax:**            (573) 682-1469

**Email:**          hh@americareusa.net

**Hours:**         24 hours per day / 7 days per week  
                  Office hours: 8:00 a.m. - 4:00 p.m. Monday - Friday

**Fees:**           Varies upon service; accepts Medicare, Medicaid,  
private

pay, and private insurance

**Services:**

- 60-bed skilled nursing facility (SNF)
- Medicare/Medicaid certified
- Respite and short-term care
- Hospice
- Occupational, physical, and speech therapy
- Restorative care

**Name:**           **Hillcrest Assisted Living**

**Address:**       9415 North Brown Station Road  
Columbia, MO 65202-8671

**Phone:**         (573) 696-3201

**Fax:**            (573) 696-3582

**Email:**          hillcrestreside@centurytel.net

**Website:**       www.hillcrestassistedlivingcolumbia.com

**Facebook:**     http://www.facebook.com/pages/Hillcrest-Assisted-Living

**Hours:**         8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           \$1,895 for semi-private room or “known income”  
\$2,350 for private room with hall bath  
\$2,600 for private room with private bath

**Eligibility:**    Must be able to mentally and physically get to the path of safety with three verbal assists and one physical assist.

**Services:**

- Assisted Living Facility with 33 beds
- 24-hour supervision
- Home-style cooking
- Transportation to physician appointments
- Physician on staff
- Full-time licensed / LPN (On-call 24 hours per day)
- Home-like atmosphere with wooded setting

**Name: Home Care of Mid-Missouri**

**Address:** 102 West Reed Street  
Moberly, MO 65270-1555

**Phone:** (660) 263-1517

**Toll Free:** (800) 246-6400

**Fax:** (660) 263-2737

**Email:** [administration@homecaremo.org](mailto:administration@homecaremo.org)

**Website:** [www.homecaremo.org](http://www.homecaremo.org)

**Hours:** 9:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** Medicare, Medicaid, VA, Private Insurance, and  
**Private** Pay

Accepted; Local and Area Agency on Aging Funding

**Services:**

- In-Home Care
- Homemaker Chore Services
- Palliative Care
- Personal Care
- Authorized Nurse Visits
- Advanced Personal Care Services
- Home Health
- Hospice
- Errands
- Respite

**Name:**           **Home Instead Senior Care**

**Address:**       1412 I-70 Drive Southwest, Suite A  
Columbia, MO 65203-2079

**Phone:**         (573) 442-4333

**Toll Free:**      (877) 442-4333

**Fax:**            (573) 443-6404

**Email:**          homeinstead@socket.net

**Website:**       www.homeinstead.com

**Hours:**          9:00 a.m. - 5:00 p.m. Monday - Friday  
(24-hour answering service for emergencies)

**Fees:**           Private pay and some long term care insurance (Call  
for more information)

**Eligibility:**     Seniors desiring non-medical assistance

**Services:**

- Non-medical, in-home domestic services
- Companionship and conversation
- Medicine reminders
- Meal preparation and clean-up
- Laundry and light housework
- Running errands and shopping
- Incidental transportation to appointments
- Individualized companion services at care facilities
- Minimum of three hour visits; can be anytime 24 hours per day, 7 days per week (Including holidays)
- Respite and temporary services available
- Caregivers are screened, bonded, insured, trained and supervised
- Locally owned and operated since 1998

**Name: Hospice Advantage**

**Address:** 1504 East Broadway, Suite 219  
Columbia, MO 65201

**Phone:** (573) 442-9104

**Toll Free:** (800) HOSPICE

**Fax:** (573) 442-9124

**Email:** Roxanne.wilson@hospiceadvantage.com

**Website:** www.HospiceAdvantage.com

**Hours:** Office Hours: 8:30 a.m. – 5:00 p.m. Monday – Friday  
On Call available 24 / 7

**Fees:** Medicare, Medicaid, and private insurance accepted

**Eligibility:** Terminally ill with physician certification

**Services:**

- Skilled nursing (Available 24 hours per day) specializing in pain management using the most advanced technologies including IV therapy
  - Personal care
  - Social services
  - Pastoral care
  - Volunteers
  - Bereavement support for at least 2 years to the entire family including care giving community
- Grant foundation funds available for those who qualify
- Specialized programs for the dementia patients and short length of life patients

**Name:**           **Hospice Compassus**  
                          **(Formerly Community Hospices of America)**

**Address:**       3050 I-70 Dr. SE, Suite 200  
                          Columbia, MO 65201-4105

**Phone:**         (573) 443-8360

**Toll Free:**      (877) 700-1070

**Fax:**            (573) 499-4601

**Email:**          aimee.fox@hospicecom.com

**Website:**       www.hospicecompassus.com

**Hours:**         8:00 a.m. – 5:00 p.m. Monday – Friday  
                          On Call available 24 / 7

**Fees:**           Medicare, Medicaid, and private insurance accepted

**Eligibility:**     Terminally ill with physician certification

**Services:**

- Skilled nursing (Available 24 hours per day)
- Personal care
- Social services
- Pastoral care
- Volunteers
- Bereavement support



**Name: Integrity Home Care**

**Address:** 409 Vandiver Drive, Suite 6-203  
Columbia, MO 65202-3754

**Phone:** (573) 499-1125

**Toll Free:** (800) 641-1125

**Fax:** (573) 499-1127

**Email:** rstoermer@integrityhc.com

**Website:** www.integrityhc.com

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(Services provided 24 hours per day / 7 days per week)

**Fees:** Private insurance, private pay, Medicare, Medicaid, and  
Workman's Compensation

**Eligibility:** No eligibility requirements

**Services:**

- In-home aide services: include bathing / personal hygiene assistance, meal preparation, housekeeping, and companion care
- Home health: include skilled nursing, oncology / cardiac / wound care, infusions, physical / occupational / speech therapy and home tele-monitoring
- Lifeline Emergency Response System:
  - o Waterproof personal help button
  - o In a medical emergency, Lifeline CareAlert will send a fax notification to your physician, home health nurse, or designated family member
  - o Lifeline is set up month-to-month (no contract required)
- Consumer Directed Care:
  - o State-funded program assisting individuals in directing their own care by providing human resource and financial oversight
- Pharmacy
- Counties served include: Adair, Audrain, Boone, Callaway, Camden, Cole, Cooper, Howard, Macon, Moniteau, Morgan, Pettis, Randolph, and Saline

**Name:**        **Kerry Bramon Remodeling & Design**  
                    **Angela Holloway**

**Address:**     1204 Rogers St.  
                    Columbia, MO 65201

**Phone:**        (573) 875-0794

**Fax:**            (573) 443-3841

**Website:**     www.kerrybramon.com

**Email:**        angela@kerrybramon.com

**Hours:**        9:00 a.m. - 5:00 p.m. Monday - Friday

**Services:**     Home modifications for aging in place

Remodeling Services

- Repairs
- Redesigns
- Bathroom
- Accessible shower
- Wider doors
- Grab bars
- Kitchen counters
- Siding
- Doors
- Windows
- Skylights
- Decks & patios
- Landscape/ retain walls
- Brick patios
- Water problems
- Roofs

**Name: L.E.A.D. Institute (Leadership through Education and Advocacy for the Deaf)**

**Address:** 2502 West Ash  
Columbia, MO 65203

**Phone/TTY:** (573) 445-5005

**Crisis Line:** (800) 380-3323

**Fax:** (573) 445-5088

**Website:** [www.deaflead.org](http://www.deaflead.org)

**Hours:** 9:00 a.m. - 5:00 p.m. Monday - Friday  
(Crisis Line: 24 hours per day / 7 days per week)

**Fees:** All direct services are free

**Eligibility:** Services provided as needed

**Services:**

- Provides education, advocacy, crisis intervention services, free counseling and other direct services for deaf, hard of hearing, deaf / blind, and late-deafened individuals and their families.
- Deaf-line Missouri Crisis Hotline and the Mid-Missouri Crisis Line
- Deaf culture training to area agencies
- Free counseling for hearing and deaf individuals who are victims of domestic violence, sexual assault, rape, incest and child abuse

**Name:**           **Lenoir Woods (Lutheran Senior Services)**

**Address:**       3710 South Lenoir Street  
Columbia, MO 65201-5463

**Phone:**         (573) 876-5800

**Fax:**            (573) 876-5832

**Email:**          lenoirwoods@lssmo.org

**Website:**       www.lssliving.org

**Hours:**          8:00 a.m. - 4:30 p.m. Monday - Friday  
(Or by appointment)

**Fees:**           Varies upon service

**Eligibility:**     62 years of age or older

**Services:**

- Multi-level retirement community (The only one in Columbia)
- Retirement living in 70 houses, 34 duplexes, 20 cottages, and 68 Maplewood apartments
- 39 private residential care studios and 15 residential care apartments
- Medicare-certified nursing care and therapy services
- 54 private rooms and 19 semi-private rooms in skilled nursing community
- Memory care
- Community center, library, coffee shop, chapel, and fitness center
- Scheduled transportation services
- Spiritual, social, recreational, and educational opportunities

**Name: Lincare**

**Address:** 4250 East Broadway, Suite 1079  
Columbia, MO 65201-9093

**Phone:** (573) 449-0206

**Toll Free:** (800) 999-7446

**Fax:** (573) 875-8868

**Email:** [info@lincare.com](mailto:info@lincare.com)

**Website:** [www.lincare.com](http://www.lincare.com)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(24 hour on-call staff available)

**Fees:** Medicare, Medicaid, and private insurance

**Services:**

- Home oxygen
- Nebulizer medication
- Durable medical equipment
- Rental, purchase or rent to own

**Name: Living Well Home Services**

A non-medical home services agency

**Address:** 3204 Appalachian Drive  
Columbia, MO 65203-0170

**Phone:** (573) 445-6004 After hours: (573) 424-4016

**Fax:** (573) 445-6004

**Email:** livingwellcolumbiamo@gmail.com

**Website:** www.livingwellhomeservices.com

**Hours:** 9 a.m. - 5 p.m. Monday - Friday

**Fees:** Private pay and long-term care insurance

**Eligibility:** Seniors and anyone needing assistance

**Services:** LWHS is licensed, insured and bonded. Providers are thoroughly screened through reference and background checks.

LWHS offers free, initial in-home consultations. Upon request, a geriatric social worker will help with a comprehensive assessment.

Services are tailored to fit each client and include:

- Relocation assistance
- Companionship and conversation
- Grocery shopping and meal prep
- Laundry and light housekeeping
- Respite care for family members
- Appointment transport and escort
- Errand services
- Contact with family and friends
- Outings and trip planning
- Mail retrieval and organization
- Medication reminders
- Maintaining a safe home environment
- Exercising / range of motion
- Grooming and dressing
- Daily check-in
- Compassionate care for post-operative individuals and those receiving hospice services

**Name: Long Term Care Ombudsman Program  
(Central Missouri Area Agency on Aging)**

Address: 1121 Business Loop 70 East, Suite 2A  
Columbia, MO 65201-4600

Phone: (573) 443-5823

Fax: (573) 875-8907

TTY: (573) 443-0105

Email: [cmaaa@cmaaa.net](mailto:cmaaa@cmaaa.net)

Website: [www.cmaaa.net](http://www.cmaaa.net)

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

Fees: None

Eligibility: Residents of long-term care facilities

**Services:**

- Provides information to consumers who are making decisions about long-term care, including
  - A list of homes and the services they offer
  - What to look for when touring a home
  - Basic information on financing long-term care
  - How to access inspection results
- Investigates complaints made by or on behalf of residents of care homes
- Facilitates communication between nursing home staff and residents or their families
- Recruits and trains volunteer ombudsmen who provide weekly visitation in nursing homes. With permission from the resident, the ombudsman takes concerns to the administration and works to resolve complaints.

**Name:**           **Mature Home Safety**

**Address:**       305 Rockingham Dr.  
Columbia, MO 65203

**Phone:**         (573) 289-3565

**Email:**          bill@maturehomesafety.com

**Website:**       www.maturehomesafety.com

**Fees:**           Varies upon services required

**Hours:**         8:00 a.m. – 5:00 p.m. Monday – Friday

9:00 a.m. – 2:00 p.m. Saturday

**Services:**

- Home Safety and Accessibility Inspections  
(over 1,000 items inspected/reported on)
- Grab Bar Installations
- Minor Bathroom Plumbing
- Handyman/Contractor Referrals



**Name:** **McCambridge Center - Family Counseling Center**

**Address:** 201 North Garth Avenue  
Columbia, MO 65203-4105

**Phone:** (573) 449-3953

**Fax:** (573) 874-3189

**Email:** [info@fccmo.org](mailto:info@fccmo.org)

**Website:** [www.fccmo.org](http://www.fccmo.org)

**Fees:** Private insurance, private pay, sliding scale and Medicaid

**Eligibility:** Drug / Alcohol Issues

**Services:**

- Residential & Outpatient Treatment
- Individual, Family and Group Counseling for adults and children
- Psycho-education
- Case Management
- Nursing
- Childcare
- Psychiatric

**Name: Meals on Wheels**

**Address:** 800 Hospital Drive  
Columbia, MO 65201

**Phone:** (573) 886-7554

**Fax:** (573) 814-6363

**Email:** mowheels@gmail.com

**Website:** www.meals.columbia.missouri.org

**Hours:** 7:30 a.m. - 4:00 p.m. Monday - Friday

**Fees:** Sliding fee scale

**Eligibility:** Seniors 60+ or anyone recovering from illness, surgery or injury needing assistance, including those with chronic illnesses or mental illness.

**Services:**

- Meal delivery to residents in the city of Columbia
- Hot noon meals
- Cold suppers
- Frozen weekend meals
- Volunteer Opportunities
- Assist individuals with Supplemental Security Income (S.S.I.)

**Name: Memorial Funeral Home & Cemetery**

**Address:** 1217 Business Loop 70 W  
Columbia, MO 65202

**Phone:** (573) 443-3173

**Fax:** (573) 875-5085

**Email:** dmize@stei.com

**Web:** [www.memorialfuneralhomeandcemetery.com](http://www.memorialfuneralhomeandcemetery.com)

**Hours:** 8:00 a.m. – 5:00 p.m. Monday - Saturday  
9:00 a.m. – 4:00 p.m. Sunday

**Fees:** Call for details

**Services:**

We are committed to providing you with personal care by customizing your funeral arrangements. We also provide pre-arrangement options. Memorial Funeral Home & Cemetery provides all your funeral, cremation and cemetery needs from one location. After more than 60 years, it is our continued privilege to honor the personal and unique needs of each individual family.

**Name:** **Mid-America Foods**  
(Formerly angel food ministries)

**Website:** [www.midamericafoods.com](http://www.midamericafoods.com)

**Address:** Broadway Christian Church  
2601 West Broadway  
Columbia, MO 65203-1295

**Phone:** (573) 445-5312

**Email:** [www.broadwaychristian.net](http://www.broadwaychristian.net) (online forms here)

**Hours:** Call for hours

**Fees:** Standard Box \$29  
Supper Time Entrees \$20 (Contains prepared microwavable meals)  
Select Box \$17 (ideal for seniors and singles)  
Boxes must be ordered in advance and Prepay Required

**Eligibility:** Open to anyone; no income requirement

**Services:**

- Monthly specials, which include meat boxes (Beef, pork, chicken, seafood, pasta) (Price varies)
- Pickup on Friday evenings from 5:00 p.m. – 6:00 p.m.
- Online ordering now available at [www.midamericafoods.com](http://www.midamericafoods.com)
- Provide supplement pantry: includes non-perishable items, cleaning supplies and paper products. These items are available only to those ordering from program.

**Name:** Lighthouse Community of Christ

**Phone:** (573) 886-8685

**Name: Mid-Missouri Legal Services Corporation**

Address: 205 East Forest Avenue  
Columbia, MO 65203-4302

Phone: (573) 442-0116

Toll Free: (800) 568-4931

Fax: (573) 875-0173

Email: lutton@mmls.org

Statewide

Website: www.lsmo.org

Local

Website: www.mmls.org (effective 8/15/12)

**Name: Mid-Missouri Legal Services**

Address: 428 E. Capitol Avenue, Ste 200  
Jefferson City, MO 65101

Phone: (573) 634-4545

Toll Free: (888) 476-4545

Fax: (573) 634-2973

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

Fees: Free services for qualified persons

Eligibility: Low-income individuals

Services:

- Call for an appointment (Between 9:00 a.m. and 3:00 p.m. daily for screening services)
- Civil cases only
- Counties served: Audrain, Boone, Callaway, Chariton, Cole, Cooper, Howard, Miller, Moniteau, Osage, and Randolph

**Name: Mid Nation Mortgage**

**Address:** 611 Dustin Drive  
Columbia, MO 65203

**Contact:** George W. Reinbold  
**Phone:** (573) 489-2264  
**Email:** reinboldgeorge@yahoo.com  
**Website:** george.reinbold@mnngo.com

**Hours:** Available 24 hours a day/ 7 days a week  
**Fees:** Vary. Based on service provided  
**Eligibility:** Must be 62 years old or older for Reverse Mortgage  
**Benefits:**

- Eliminate monthly mortgage payments
- No income, assets, employment or credit requirements
- Retain title to your home
- Does not affect Social Security or Medicare Benefits in most cases

**Services:**

- Mortgages: FHA, USDA, VA and Conventional

**Name:**           **Midwest Elder Law Firm**

**Address:**       1121 Business 70 E., Ste 2D  
Columbia, MO 65201

**Contact:**       Thad Taylor, Elder Law Attorney

**Phone:**          (573) 445-4755

**Fax:**             (573) 445-4756

**Toll Free Fax** (877) 845-5576

**Email:**          office@midwestelderlaw.com

**Website:**       www.midwestelderlaw.com

**Hours:**          9:00 a.m. to 5:00 p.m. Monday - Friday

**Fees:**           Based on service provided

**Eligibility:**     Must be 62 years old or older for Reverse Mortgage

**Services:**

- Long Term Care Planning and Asset Protection
- Medicaid Eligibility
- Veteran's Benefits
- Estate Planning: Wills, Trusts; Property Transfers; Powers of Attorney; Health Care Powers of Attorney; Health Care Directives, Guardianships and Conservatorships
- Probate/Trust Litigation
- Probate/Trust Administration

**Name:**           **Missouri Kidney Program**  
**(University of Missouri - Columbia)**

**Address:**       A.P. Green Building, Suite 111  
201 Business Loop 70 West  
Columbia, MO 65211-8180

**Phone:**         (573) 882-2506

**Fax:**           (573) 882-0167

**Email:**         peacelj@health.missouri.edu

**Website:**      www.hsc.missouri.edu/~mokp

**Hours:**         8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Income restrictions apply

**Eligibility:**    Must have end stage renal disease

**Services:**

- Reimbursement for transportation, nutritional supplements, and insurance premiums; pharmacy program.



**Name:**           **Missouri Psychiatric Center**  
**University of Missouri Healthcare**

**Address:**       One Hospital Drive  
Columbia, MO 65212

**Phone:**         (573) 884-1300

**Fax:**            (573) 884-1010

**Website:**      [www.muhealth.org/mpc](http://www.muhealth.org/mpc)

**Hours:**          8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**           Medicare and Medicaid accepted

**Eligibility:**     Individuals with mental illness

**Services:**

- University of Missouri Health Care facility since July 1, 2009
- Inpatient, short-term facility
- Specializes in providing individualized psychiatric treatment for adults, adolescents and children

**Name:** **Missouri Veterans Commission**

**Address:** 1500 Vandiver Drive, Suite 107  
Columbia, MO 65202-3932

**Phone:** (573) 882-5135

**Website:** [www.mvc.state.mo.us](http://www.mvc.state.mo.us)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(Please call before visiting)

**Fees:** None

**Eligibility:** Honorable discharge veterans, their dependents, and survivors

**Services:**

- Information concerning benefits for veterans and their dependents
- Assists in filing for VA benefits, compensation pensions, loan guarantees, death benefits / burial allowances, military grave markers, education and training
- Applications for state veteran's homes and the Missouri Veterans Cemetery System

**Name:** **MO HealthNet Division**  
**Missouri Department of Social Services**

**Address:** 615 Howerton Court  
P.O. Box 6500  
Jefferson City, MO 65102-6500

**Phone:** (573) 751-3425

**Fax:** (573) 751-6564

**TTY:** (800) 735-2966

**Email:** ask.mhd@dss.mo.gov

**Website:** www.dss.mo.gov/mhd/

**Hours:** 8:00 to 5:00, Monday through Friday except holidays

**Fees:** Co-pays and deductibles may apply; varies by program

**Eligibility:** Varies by program

**Services:**

MO HealthNet is the state's health coverage program for low-income and vulnerable citizens. This program provides care for children, pregnant women, the aged, blind, disabled and some low income families.

**Programs:**

- Children's Health Insurance Program  
www.dss.mo.gov/mhk/index.htm
- Home and Community Based Programs  
www.dss.mo.gov/fsd/homecb.htm
- Pregnant Women and Newborns  
www.dss.mo.gov/fsd/mpreg.htm
- Aged, Blind, and Disabled  
www.dss.mo.gov/fsd/massist.htm
- Uninsured Women's Health Services Program  
www.dss.mo.gov/fsd/uwhs.htm
- Health and Wellness Program  
www.mohealthandwellness.com
  - See MO HealthNet Health and Wellness Program entry
- Missouri Rx Plan (MoRx)
  - www.morx.mo.gov
  - See MoRx Plan entry
  - MoRx Price Compare - [www.morxcompare.mo.gov](http://www.morxcompare.mo.gov)

**Name:** **MO HealthNet Health and Wellness Program**

**Address:** P.O. Box 6500  
Jefferson City, MO 65102-6500

**Toll Free:** (866) 464-7147

**Fax:** (800) 461-9184

**TTY:** (800) 735-2966

**Email:** mohealthandwellness@apshealthcare.com

**Website:** www.mohealthandwellness.com

**Hours:** 24 hours a day / 7 days a week

**Fees:** None

**Eligibility:** MO HealthNet participant,  
*not* enrolled in a managed care plan

**Services:**

- Administered by APS Healthcare
- Nurses available by phone 24 hours a day to talk about health concerns
- A healthcare team to help with making healthy decisions
- Help finding community resources and health care providers
- Advice on important immunizations and health screenings
- Information about health conditions
- Educational materials on topics such as:
  - Healthy meal planning
  - How to follow medication instructions
  - How to stop smoking

**Name: MU Occupational Therapy Clinic**

**Address:** 1 Lewis Hall (Rollins & Providence Road)  
Columbia, MO 65211

**Phone:** (573) 882-3988

**Fax:** (573) 884-2610

**Website:**  
<http://healthprofessions.missouri.edu/ot/index.php>

**Hours:** Varied

**Fees:** No charge; donations accepted but not required

**Eligibility:** 18 years of age; difficulty with daily activities; no funding available for hospital- or center-based services

**Services:**

- Activities of daily living retraining
- Adaptive equipment/adaptive technique training
- Physical rehabilitation
- Cognitive rehabilitation
- Visual-perceptual rehabilitation
- Client and caregiver education
- Home exercise programs
- Referral for additional services

**Name: The Neighborhoods by TigerPlace**  
**Skilled Nursing and Rehabilitation by Americare**

**Address:** 3003 Falling Leaf Court  
Columbia, MO 65201  
**Phone:** (573) 256-4620  
**Fax:** (573) 814-5146  
**Email:** tigerplace.outreach@americareusa.net  
**Website:** www.americareusa.net

**Hours:** 7:00 a.m. - 5:00 p.m. Monday – Friday (business hrs)  
**Accept referrals and inquiries: 24/7 days a week**

**Services:**

- Rehabilitation and Skilled Nursing
- 20 + full time therapists on staff
- 6 days a week rehab services, 2 times a day
- On call therapy on Sunday
- Restorative Nursing Programs in mobility, Eating and ADL's
- High Staff Ratio including 24/7 RN Coverage
- Restaurant Style Dining, private Chefs in each Neighborhood
- Whirl Pool Spa in each Neighborhood
- State of the Art Aqua Center with weekly Aqua Therapy Classes
- Eden Alternative Programming
- Physician on Site with Full time Nurse Practitioner
- Hospice services(Hospice room) – General Inpatient Services
- Respite and short-term care
- Intergenerational Activities, On Site Daycare
- 2 Neighborhoods focused on Long Term Care, 3 Focus on rehab
- Access to TigerPlace- Movie Theater, Activities, Library
- On Site Coffee Shop and Community Room
- 4 Court Yards and Bridge with Gazebo
- Case management
- Mostly Private Rooms with Resort Style Hospitality
- Home like environment

**Name:**           **New Horizons Community  
Support Services, Inc.**

**Address:**       1408 Hathman Place  
Columbia, MO 65201-5551

**Phone:**         (573) 443-0405

**Fax:**            (573) 875-2557

**Email:**          jheumann@mo-newhorizons.com

**Website:**       www.mo-newhorizons.com

**Hours:**         8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**           Medicare, Medicaid and Missouri Department of  
Mental Health payments

**Eligibility:**     18 years or older with serious and persistent  
mental illness

**Services:**

- Community psychiatric rehabilitation services
- Psychosocial rehabilitation
- Homeless outreach and housing assistance
  - to persons with serious and persistent
  - mental illness
- Substance abuse treatment for people with
  - co-occurring mental illness and addictions

**Name:**           **North East Community Action Corporation  
(NECAC)**

**Address:**       1301 Vandiver Drive, Suite100  
Columbia, MO 65202-3948

**Phone:**           (573) 875-1107

**Alt phone:**       (573) 324-5062

**Toll Free:**       (800) 300-9978

**TDD:**             (800) 736-2966

**Email:**           csmith@necac.org

**Website:**        www.necac.org

**Hours:**           8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**            Varies upon service

**Services:**

- Personal care
- Advanced personal care
- Respite and advanced respite
- Homemaker chore services
- Registered Nurses
- Licensed Practical Nurses
- Private duty nurses



**Name:**           **North Hampton Apartments**

**Address:**       7000 North Buckingham Square  
Columbia, MO 65202-6002

**Phone:**         (573) 886-7808

**Fax:**            (573) 886-7809

**Website:**       [www.fairwaymanagement.com](http://www.fairwaymanagement.com)

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

**Fees:**           Monthly rental fees

**Eligibility:**     Call for details

**Services:**

- 99 single-level apartments (1 or 2 bedroom)
- Select apartments with washer / dryer hook-ups
- Lawn care
- Trash pick up
- Maintenance
- Handicap units available
- Snow removal
- Laundry facilities (coin-operated)
- Country-like, quiet setting

**Name:**           **OAK Tours**  
**(Columbia Parks and Recreation)**

**Address:**       2311 East Walnut Street  
Columbia, MO 65201-6430

**Phone:**         (573) 442-5353

**Fax:**            (573) 874-5232

**Email:**          slac@GoColumbiaMO.com

**Website:**       www.GoColumbiaMO.com

**Hours:**          9:00 a.m. - 4:00 p.m. Monday - Friday

**Fees:**           \$20 Annual Membership and fees for individual  
trips

**Eligibility:**     Ages 50 or older

**Services:**

- One day and overnight trips planned and escorted by experienced staff

**Name: Oakland Senior Center**

**Address:** 805 Old Hwy 63  
Columbia, MO 65202

**Phone:** (573) 449-8000

**Fax:** (573) 875-8907

**Hours:** 8:00 a.m. - 4:00 p.m. Monday – Friday  
Lunch is served from 11:00 a.m. to 12:30 p.m.

**Fees:** None; suggested contribution of \$3.50 per meal  
for ages 60 and older

**Eligibility:** Ages 60 and older and spouse (Regardless of  
age)

**Services:**

- A Central Missouri Area Agency on Aging program
- Congregate meals
- Home-delivered meals throughout Boone County
- Volunteer opportunities
- Social activities

**Name:**           **OATS, Inc.**

**Address:**       2501 Maguire Blvd., Suite 103  
Columbia, MO 65201

**Phone:**         (573) 449-3789

**Fax:**            (573) 441-0609

**Website:**       [www.oatstransit.org](http://www.oatstransit.org)

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           None (Donations are accepted)

**Eligibility:**     Ages 60 or older, ages 18-59 with a permanent  
disability, and the rural general public

**Services:**

- Need to call 5-7 days in advance
- Only medical appointments
- Only Mondays and Wednesdays
- Personalized door-to-door transportation
- Service available to the rural general public
- Priority service for the elderly and disabled
- Professional, courteous, and trained drivers

**Name:** Osher Lifelong Learning Institute at MU

**Address:** 213 Hinkel Building (offices)  
Columbia, MO 65201  
Stephens Lake Activity Center  
2311 E. Walnut (site for classes)  
Columbia, MO 65201

**Phone:** (573) 882-2585

**Email:** salernol@missouri.edu

**Website:** [www.extension.missouri.edu/learnforlife](http://www.extension.missouri.edu/learnforlife)

**Hours:** 8:30 a.m. - 4:30 p.m. Monday - Friday

**Fees:** \$60 for short semester/ \$80 for long semester

**Eligibility:** Adult learners 50 years or better, although we  
card no one!

**Services:**

- Delivers courses designed to complement the interests, concerns, and lifestyles of the over-50 adult
- Course taught largely by MU professors
- Educational day trips
- Wonderfully interesting membership events

**Name:** **Oxford HealthCare**

**Address:** 1400 Heriford Road, Suite 104  
Columbia, MO 65202-1932

**Phone:** (573) 474-1530

**Toll Free:** (800) 749-6555

**Fax:** (573) 474-1539

**Email:** [wecare@oxfordhealthcare.net](mailto:wecare@oxfordhealthcare.net)

**Website:** [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

**Hours:** 24 hours per day / 7 days per week

**Fees:** Medicare, Medicaid, private insurance, workers compensation, Veterans Benefits and private pay

- Assist individuals of all ages who need help to stay at home
- Help seniors maintain an active lifestyle
- Provide assistance and peace-of-mind for caregivers who can not be there all the time
- Provide follow-up care coming home from the hospital
- Provide one-on-one care in a hospital or nursing home

**Services Include:**

- Skilled Nursing Care
- Medication Supervision
- IV Therapy
- Home Telemonitoring
- Lifeline Medical Alert
- Bathing and Personal Care
- Housekeeping and Laundry
- Meal Preparation
- Shopping and Errands
- Transportation
- Companionship
- Physical, Occupational, and Speech Therapy
- Medical Social Worker
- Consumer Directed Services
- Community Services
- Service Area: Audrain, Barry, Barton, Benton, Boone, Callaway, Cedar, Chariton, Christian, Cole, Cooper, Dade, Dallas, Douglas, Greene, Hickory, Howard, Howell, Jasper, Laclede, Lawrence, Macon, McDonald, Moniteau, Monroe, Montgomery, Morgan, Oregon, Ozark, Newton, Pettis, Polk, Pulaski, Randolph, Stone, Taney, Texas, Vernon, Webster and Wright Counties.

**Name: Para Transit**

**Address:** 126 North 10th Street  
Columbia, MO 65201

**Phone:** (573) 874-7290

**Fax:** (573) 874-7276

**Website:** [www.GoColumbiaMO.com](http://www.GoColumbiaMO.com)

**Hours:** 6:25 a.m. - 6:05 p.m. Monday - Wednesday  
6:25 a.m. - 10:05 p.m. Thursday and Friday  
10:00 a.m. – 7:05 p.m. Saturday  
(Closed Sundays)

**Fees:** \$2.00 one way

**Eligibility:** Must be unable to ride a fixed route and have  
approved application on file

**Services:**

- Curb-to-curb service for individuals who are ADA eligible (Disabled)
- All buses are fully accessible (Including wheelchairs)
- Program of City of Columbia transportation system

**Name:**           **Parkside Manor**

**Address:**       1201 Hunt Avenue  
Columbia, MO 65202-1367

**Phone:**         (573) 449-1448

**Fax:**            (573) 443-2591

**Email:**          parksideadmin@socket.net

**Hours:**          24 hours per day / 7 days per week

Office hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**           Call for information; Medicare and Medicaid accepted

**Services:**

- 120-bed Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF)
- Registered Nurse supervision 7 days per week
- Full-time rehabilitation services (Including physical, occupational, and speech therapy)
- Hospice
- Short-term respite
- Special care unit
- Ombudsman volunteer



**Name: Phoenix Home Care**

**Address:** 1410 I-70 Dr. SW., Suite 100  
Columbia, MO 65203

**Phone:** (573) 442-9911

**Toll Free:** (855) 881-7442

**Fax:** (573) 442-9901

**Email:** Columbia@phoenixhomehc.com

**Website:** www.phoenixhomehc.com

**Hours:** Services 24 hours per day / 7 days per week

**Fees:** State, Private Pay and Long Term Care  
Insurance; MDC (Medicaid) for in home  
services

**Eligibility:** Call for more information

**Services:**

- o Companion Care:  
Housekeeping, laundry, meal prep and clean  
up, shopping, errands and transportation
- o Nurse Aid Care:  
Dressing, grooming, bathing, toileting,  
continence, assist with transfers, ostomy,  
catheter and vital signs
- o Skilled Nursing visits and medication set up
- o Bath visits
- o Overnight live in and In Home services
- o Consumer directed services

**Name:** **Preferred Hospice of Central Missouri**  
(Comprehensive Hospice Program)

**Address:** 1900 North Providence Road, Suite 311  
Columbia, MO 65202-3710

**Phone:** (573) 499-4540

**Toll Free:** (866) 852-3310

**Fax:** (573) 499-4543

**Website:** [www.preferredhospice.com](http://www.preferredhospice.com)

**Hours:** 8 a.m. - 5 p.m. Monday - Friday  
(Services 24 hours per day / 7 days per week)

**Fees:** Medicare, Medicaid, private insurance  
(Accepted and filed), and private pay

**Eligibility:** Physician certification; must meet hospice guidelines

**Services:**

- 24 / 7 on-call nurse availability
- Grief and bereavement programs
- Hospice volunteers
- Community education
- Free informational visits
- In-home and nursing home respite options
- Staff consisting of: medical director,  
Registered Nurse, Licensed Practical  
Nurse, aide, chaplain, social worker, case  
management and personal care staff

**Name:**           **Presbyterian Manor of Fulton**

**Address:**       811 Center Street  
Fulton, MO 65251

**Phone:**         (573) 642-6646

**Toll Free:**      (800) 336-8511

**Fax:**            (573) 642-2202

**Website:**       [www.presbyterianmanors.org](http://www.presbyterianmanors.org)

**Hours:**           Continuous care community; services available 24/7

**Eligibility:**       Private Pay, Medicare or Medicaid

**Services:**

Continuous care community that offers:

- Independent living apartments
- Assisted living suites
- Long-Term Care rooms
- Rehabilitation services
- PATH (Post-Acute to Home) Short-term rehab private rooms

**Name:**           **Primaris**

**Address:**       200 North Keene Street, Suite 101  
Columbia, MO 65201-8102

**Phone:**         (573) 817-8300

**Toll Free:**     (800) 735-6776

**Fax:**           (573) 817-8330

**Website:**      [www.primaris.org](http://www.primaris.org)

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

**Fees:**           None

**Eligibility:**    Medicare or Medicaid Beneficiary

**Services:**

- Reviews quality complaints regarding Medicare
- Educational materials on HMOs
- Provides education on Medicare beneficiary rights
- Assists with concerns about quality of care
  - o Primaris' Medicare Help-line:
    - Phone: (800) 347-1016
    - Available 24/7
    - For complaints regarding care or discharge appeals

**Name: Pyramid Home Health Services**

Address: 3501 West Truman Blvd.  
Jefferson City, MO 65109  
Phone: (573) 893-6477  
Toll Free: (800) 690-1753  
Fax: (573) 893-6302  
E-Mail: cshelden@pyramidhhs.com  
Website: www.pyramidhhs.com  
Fees: Licensed by State of Missouri, Medicare/Medicaid  
certified, VA approved, private pay and most  
insurances accepted.

**Pyramid Home Health**

Hours: 7:30 a.m. - 4:30 p.m.

Registered Nurse on-call 24 hours/day, 7 days/week

- Skilled Nursing, Physical Therapy, Speech Therapy, Occupational Therapy
- Home Health Aides & Medical Social Work
- Physician Portal for Electronic Med files & Telemonitoring
- Certified Wound Therapy, Ostomy Care, Complex Wound Care, and Wound Care Management with pictures
- Vestibular Balance Program
- Disease Process Management

**Pyramid In-Home**

Hours: 7:30 a.m. - 4:30 p.m. Monday - Friday

Toll Free (800) 568-6646

Fax: (573) 893-8540

- Advanced Personal Care, Homemaker Chore, Consumer Directed Care, Respite Care, Medicaid Eligibility Assessments

**Pyramid Pharmacy**

Hours: 7:30 a.m. - 5:30 p.m. Monday - Friday

Toll Free (877) 401-1223

Fax: (573) 556-5552

- Statewide Services, Extensive \$4 Med List, Free Delivery/Mailings/Telephone Reminders, Most Insurances Accepted
- Licensed for all Pharmacy Services, Award Winning Pharmacists

**Name:** **Rehabilitation Services for the Blind**  
**Address:** 3418 Knipp Dr., Suite A-2, P.O. Box 919  
Jefferson City, MO 65102  
**Phone:** (573) 751-2714  
**Toll Free:** (800) 592-6004  
**Fax:** (573) 526-4526  
**TTY:** (573) 751-2714  
**Website:** [www.dss.mo.gov/fsd/rsb/](http://www.dss.mo.gov/fsd/rsb/)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
**Fees:** None  
**Eligibility:** Visual and financial eligibility requirements  
**Services:**

- Assistive devices for visually impaired persons
- Independent living teaching services can be provided in the home (Services do not include housekeeping or custodial care)
- Job training and placement

**Prevention of Blindness Program**  
**Address:** 615 Howerton Court, P.O. Box 2320  
Jefferson City, MO 65102-2320  
**Phone:** (573) 751-4249  
**Fax:** (573) 751-4984  
**DSS TDD:** (800) 735-2966

**Services:**

- Total eye care for those eligible
- Free glaucoma screening to groups, employers and community organizations

**Name:** Relay Missouri

Phone:	(866) 735-2460	(For hearing callers to connect relay users)
	(800) 735-0135	(Voice carryover users)
	(800) 676-3777	(Relay Missouri customer service hotline)
	“711”	(Connect to relay service anywhere in the United States)

TTY: (800) 735-2966  
Fax: (913) 523-9214  
Website: [www.relaymissouri.com](http://www.relaymissouri.com)

Hours: 24 hours per day / 7 days per week  
(Including all holidays)

Fees: Free of charge

Eligibility: Available to anyone who wants to communicate with a person who is deaf, hard of hearing, or speech impaired

Services:

- Relay communications service provides telephone accessibility to people who are deaf, hard-of-hearing, or speech disabled. Specially trained communication assistants process relay calls and stay on the line to relay conversations electronically, over a TTY (Text Telephone or TDD) or in some cases, verbally.

**Name:**           **ResCare HomeCare**

**Address:**       3610 Buttonwood Dr., Suite 200  
Columbia, MO 65201

**Phone:**         (573) 446-8246

**Fax:**            (573) 886-8938

**Website:**       [www.rescarehomecare.com](http://www.rescarehomecare.com)

**Hours:**         8:30 a.m. - 5:00 p.m. Monday - Friday  
(Registered Nurse on call 24 hours per day)

**Fees:**           Varies according to service (Range from 2 to 24 hours)

**Eligibility:**     Private insurance, private pay, certain veterans'  
Benefits, Medicaid

**Services:**

- Working toward licensure by Missouri Division of Health and Senior Services
- Registered Nurses
- Licensed Practical Nurses
- Home health aides
- Certified Nurses Aides
- Private duty
- Intermittent visits
- Respite care
- Live in
- Overnight assistance available
- Columbia branch serves Audrain, Boone, Callaway, Cole, Cooper, Howard, Moniteau, Osage, and Randolph counties



**Name:**           **Retired and Senior Volunteer Program  
(RSVP)**

**Address:**       1123 Wilkes Boulevard, Suite 100  
Columbia, MO 65203-4774

**Phone:**         (573) 443-1111

**Email:**          rsvp@booneaging.org

**Website:**       www.booneaging.org

**Hours:**          8:00 a.m. – 4:30 p.m. Monday - Friday

**Fees:**           No Fees

**Eligibility:**     55 years of age and older

**Services:**

- One-stop shopping for volunteer opportunities
- Volunteer placement
- Opportunity to meet new people and make a difference
- Supplemental accident and liability insurance for volunteer activities
- RSVP is sponsored by the Boone County Council on Aging and the Corporation for National and Community Service

**Name:**           **Right at Home of Central Missouri**

**Address:**       4800 Santana Circle, Suite O  
Columbia, MO 65203

**Phone:**         (573) 777-8770

**Fax:**            (573) 447-7512

**Email:**          info@rahcentralmo.com

**Website:**       www.rahcentralmo.com

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday  
On-call 24 hrs/7 days per week

**Fees:**           Varies (Please call for more information)

**Eligibility:**     Seniors & disabled adults needing companionship/  
homemaking; physical assistance/hygiene/personal  
care; wellness; respite services

**Services:**       Companionship/Homemaking/Wellness

- Safety supervision
- Transportation (appointments/errands)
- Light housekeeping/laundry
- Medication reminders
- Meal planning and preparation

Physical assistance/hygiene/personal care

- Ambulatory and dressing assistance
- Bathing/shaving/toileting assistance

Special Care Situations

- Alzheimer's and other dementia;  
hypertension/stroke; heart disease; mental health;  
cancer recovery; hospice/palliative support;  
paraplegia/quadruplegia

Services available wherever individual calls "home"

- Hourly, overnight, live-in, sitter service, 24-hour  
care available – individualized based on needs
- Locally owned and operated
- All caregivers are screened, bonded, insured

**Name:** **Rusk Rehabilitation Center**

**Address:** 315 Business Loop 70 West  
Columbia, MO 65203-3248

**Phone:** (573) 817-2703

**Fax:** (573) 817-4690

**Website:** [www.ruskrehab.com](http://www.ruskrehab.com)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** Varies upon services; routinely covered by most commercial insurance plans as well as Missouri Medicaid and Medicare

**Eligibility:** Serving all age groups and disability diagnoses

**Services:**

- Comprehensive medical rehabilitation programs
- Fully accredited 60-bed inpatient facility
- Programs include: stroke, amputee, debilitation, oncology, geriatric evaluation, neurological disorders, as well as brain and spinal cord injury
- Full team includes physical therapy, occupational therapy, speech therapy, and case management
- Outpatient programs include: day treatment for stroke, aquatic therapy, occupational therapy and physical therapy
- A program of the University of Missouri Health Care Family

**Name: Saint Francis House  
Catholic Worker Community**

**Address:** 901 Rangeline Street  
Columbia, MO 65201-4562

**Phone:** (573) 875-4913  
**Alt phone:** (573) 881-1816  
**Fax:** (573) 875-4913  
**Email:** sfhwcw913@aol.com

**Hours:** No particular hours for calling  
**Fees:** None  
**Eligibility:** Homeless men with mental and / or physical illnesses  
**Services:**

- Housing option for homeless men

**Additional Programs:**

**Name: Loaves and Fishes Soup Kitchen**

**Address:** 616 Park Avenue  
**Phone:** (573) 875-0826

- Serves a hot dinner meal 7 days a week

**Name: Interfaith Day Center**

**Address:** 616 Park Avenue  
**Phone:** (573) 875-0826  
**Hours:** 8:30 a.m. – 3:30 p.m. Monday – Friday

**Name: Z. Lois Bryant House**

**Address:** 913 Rangeline Street  
**Phone:** (573) 875-7874  
**Fax:** (573) 442-4502

- Housing option for homeless women

**Name: Salvation Army**

Address: 1108 West Ash Street  
Columbia, MO 65203-2103

Mailing Address: P.O. Box 1864  
Columbia, MO 65205-1864

Phone: (573) 442-3229

Fax: (573) 449-6185

Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday

Fees: None

Eligibility: 150% of poverty level or documented home fire

Services:

- Food pantry
- Clothing and coat vouchers
- Rent assistance
- Utility assistance (gas and electric)
- Christmas Center
- Thanksgiving Dinner
- Nursing home visits

**Name: Salvation Army Thrift Stores**

Address: 1304 Parkade Blvd.  
Columbia, MO 65203-2554

Phone: (573) 449-5202

Address: 23 East Walnut Street  
Columbia, MO 65203-4162

Phone: (573) 443-2786

Hours: 10:00 a.m. – 5:00 p.m. Monday – Saturday

Services:

- Clothing voucher redemption
- Profits stay in our community

**Name:** **Senior Assessment Geriatric Evaluation (SAGE) \* (University of Missouri Health Care Dept. of Family & Community Medicine Green Meadows Family Practice Clinic-Green Team)**

**Address:** 3217 South Providence Road, Bldg. A  
Columbia, MO 65203-3639

**Phone:** (573) 884-0842

**Fax:** (573) 884-5559

**Hours:** S.A.G.E. assessments are available 2 days a week and are a minimum of three hours in duration. Contact Robin for details at 573-884-1883.

**Fees:** Covered by Medicare and supplemental Insurance

**Eligibility:** Individuals ages 60 or older requiring such services

**Services:**

- Consultation by a team of geriatric specialists including: gerontologists, a nurse practitioner and social worker
- Services for persons with complex medical, nursing, nutritional, social, and emotional needs
- Home visits by a nurse practitioner are available for persons in the Columbia area
- Multiple issues that may concern older persons and their families can be addressed, such as:
  - o Physical limitations
  - o Cognitive, emotional, and behavioral changes
  - o Difficulties with independent living
  - o Alternate living arrangements
  - o Evaluation of medications
  - o End-of-life issues

**Name:**           **SeniorLink, LLC**  
**Private Geriatric Care Management**

Phone:           (573) 447-0167  
Fax:             (573) 447-0167  
Email:           seniorlink@msn.com  
Website:        www.seniorlinkllc.com

Hours:           Flexible, by appointment  
Fees:            Private pay, available upon request  
Eligibility:     Older adults and their families  
Services:

- Personalized, professional assistance to identify, locate, organize, and monitor eldercare services and resources to maximize independence and quality of life
- Individualized assistance to assess needs and develop the least restrictive, most financially sound care plan for eldercare services
- Assistance with navigating the complex system of senior resources and entitlement programs
- Provide education, advocacy, and appropriate referrals regarding financial, legal, medical, home care, senior communities, and various levels of care facilities
- Serves as a link / liaison; facilitate communication between clients, family members, caregivers, and other providers
- Coordinate appointments and facilitate transportation (Accompany as needed)

**Name:**           **The Sensible Group (Sensible Veterans Solutions)**

**Address:**       1000 W. Nifong Building 1, Suite 300  
Columbia, MO 65203

**Phone:**         (573) 355-9524

**Email:**          Karen@thesensiblegroup.com

**Website:**       www.thesensiblegroup.com

**Hours:**          9:00 a.m. – 5:00 p.m. Monday – Friday

**Fees:**           None

**Eligibility:**     No requirements

**Services:**

- Personal and Business Financial Planning
- Veterans Aid and Attendance



**Name: Services for Independent Living (SIL)**

**Address:** 1401 Hathman Place  
Columbia, MO 65201

**Phone:** (573) 874-1646

**Fax:** (573) 874-3564

**TTY/TDD:** (573) 874-4121

**Email:** [sil@silcolumbia.org](mailto:sil@silcolumbia.org)

**Website:** [www.silcolumbia.org](http://www.silcolumbia.org)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None for most services

**Eligibility:** Individuals with mental or physical disabilities

**Services:**

- Disability services including advocacy and peer support groups
- Practical disability-related information and referral
- Independent living skills training
- Information on adaptive equipment and technology
- Limited durable medical equipment and assistive technology funding
- Personal care attendant services for qualified individuals
- Door-to-door transportation 8:00 a.m. - 5:00 p.m. Sunday - Friday
- Residential ramps for individuals with disabilities who cannot afford them
- Transition services including job readiness training for youth with disabilities.

**Name: Services for Independent Living (SIL)  
Assistive Technology Demonstration  
Center (formerly Show Me Tech)**

**Address:** 1401 Hathman Place  
Columbia, MO 65201

**Phone:** (573) 874-1646

**Toll Free:** (800) 766 1968

**Fax:** (573) 874-3564

**Website:** [www.silcolumbia.org](http://www.silcolumbia.org)

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:** None

**Services:**

- The Assistive Technology (AT) Demonstration Center of Services for Independent Living provides information, demonstrations and presentations on assistive technology.
- The AT Demonstration Center displays a wide variety of low and high tech assistive technology devices to enhance the lives of individuals with disabilities.

**Other services include:**

- Short Term Loans
- Durable Medical Recycling
- Durable Medical Purchases
- Telecommunication Access Program
- Residential Ramp Project
- ADA Accessibility Technical Assistance

**Name:**           **The Shelter**

**Address:**       P.O. Box 1367  
Columbia, MO 65205-1367

**Phone:**         (573) 875-1369

**Toll Free:**     (800) 548-2450

**Fax:**           (573) 817-1280

**Website:**      [www.boonecountysafeshelter.com](http://www.boonecountysafeshelter.com)

**Hours:**         24 hours per day / 7 days per week

**Fees:**           None

**Eligibility:**    Victim of domestic or sexual violence

**Services:**

- Safe shelter for victims of domestic violence and abuse
- Advocacy for victims of domestic rape and assault
- Court advocacy
- Free counseling for recent domestic violence or sexual assault (No incest counseling available)
- Resident support groups for domestic abuse and sexual assault
- Hospital Advocacy Program

**Name:**           **Show Me State Games  
& Missouri State Senior Games**

**Address:**       1105 Carrie Francke Drive, Room 01  
Columbia, MO 65211

**Phone:**         (573) 882-2101  
(573) 884-2946 (Volunteer Opportunities)

**Fax:**            (573) 884-4004

**Website:**       [www.smsg.org](http://www.smsg.org)

**Hours:**          8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Sliding scale

**Eligibility:**     Must be a Missouri resident to compete in July  
competitions; open to everyone in June

**Services:**

- Olympic-style amateur athletic event for Missouri residents of all ages and abilities
- Volunteer opportunities
- Senior Games for persons 50 and older are held annually in June
- Show Me State Games for persons of all ages are held annually in July

**Name:**           **Smooth Transitions of Mid-Missouri, LLC**

**Address:**       5342 East Trikala Drive  
Columbia, MO 65202-5447

**Phone:**        573 817-5789  
573 808-5541

**Fax:**            573 817-5789 Call before faxing

**Email:**         mickey@movingforseniors.com

**Website:**      www.movingforseniors.com

**Hours:**         By appointment

**Fees:**           Vary

**Eligibility:**    Anyone in need

**Services:**

- Providing emotional & physical assistance needed to make a change in living arrangements
- Orchestrating moving day
- Managing your move
- Deciding what to take to your new location
- Sorting household treasures
- Packing and unpacking
- Setting up new home
- Donating or selling leftovers
- Hauling trash
- Shipping items to family members
- Cleaning the house
- Arranging repairs
- Preserving memories, photos, and documents
- Changing utilities, address, etc.
- Pastoral care
- Estate dispersal
- Informational presentation on moving / downsizing
- Ethical Wills and Life Reviews



**Name:**           **South Hampton Place**

**Address:**       4700 Brandon Woods Street  
Columbia, MO 65203-7139

**Phone:**         (573) 874-3674

**Fax:**            (573) 874-3479

**Hours:**         8:00 a.m. - 5:00 p.m. Monday - Friday

**Fees:**           Call for more information

**Services:**

- 100-bed Skilled Nursing Facility
- Speech, physical, and occupational therapy
- In house podiatrist, audiologist, dentist, and optometry services
- Resident nurse coverage 24 hours per day
- Regular ombudsman visits
- Social activities
- Regular beautician visits
- Long-term and short-term care
- Hospice patients accepted
- VA contracts accepted

**Name:**           **Southern Boone County Senior Center**

**Address:**       406 Douglas Drive  
                  Ashland, MO 65010-9095

**Phone:**         (573) 657-9512

**Hours:**           9:00 a.m. - 3:00 p.m. Monday - Wednesday

**Fees:**            \$5.00 membership per year

**Eligibility:**     Age 50 to join; ages 55 and older for privileges

**Services:**

- Business meetings 1:00 p.m., second Wednesday of each month
- Carry-in dinner and social, third Wednesday of each month
- Quilting, crafts, puzzles and pool
- Donation dances are held the fourth and fifth Saturday evenings of each month from 7:00 p.m. - 10:00 p.m. (Carry-in snacks; all are welcome)
- Call for more information



Name: **S.T.A.R.T. Moving, LLC**  
Address: 1801 Hunters Haven Dr.  
Lohman, MO 65053  
Phone: (573) 691-7676  
Fax: (573) 632-2566  
Email: info@startmovingnow.com  
Website: www.startmovingnow.com

Hours: By Appointment

Fees: Vary

Services: START Moving provides personal service to meet the needs of each of our customers. Since no move is exactly the same, you may need some or all of the services we provide. Our goal is to relieve the anxiety and the stress that comes with moving, and allow you to transition comfortably into your new home.

- Overall plan and timeline
- Arrange for a mover or work with a mover of your choice
- Create a floor plan for your new residence
- Sort, organize, downsize, clean out closets, attics and garages
- Arrange for profitable disposal of unneeded items
- Arrange for charitable donations, long distance shipping, storage, and ship cherished items to family members
- Personal photo organizing services
- Change of address notification and utility transfer
- Document with photographs items being moved and shipped
- Provide packing material, boxes and bubble wrap
- Pack your belongings & monitor/oversee movers
- Arrange for shipment of your vehicle
- Help decorate your new home & shop for needed items
- Arrange for painting, window covering, electrical, plumbing, etc., if needed
- Unpack every box, organize your residence & put away items
- Remove packing supplies and trash
- Clean, update and repairs, if needed
- Arrange for a realtor or work with a realtor of your choice

**Name: Stephens Lake Activity Center  
50+ Program  
(Columbia Parks and Recreation)**

**Address: 2311 East Walnut Street  
Columbia, MO 65201**

**Phone: (573) 874-7475**

**Fax: (573) 874-5232**

**Email: slac@GoColumbiaMO.com**

**Website: www.GoColumbiaMO.com**

**Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday**

**Fees: \$20 Annual Membership  
(Some additional fees may apply)**

**Eligibility: Ages 50 or older**

**Services:**

- Older American Klub
- Volunteer music groups
- Live music dances
- Painting and crafts
- Two pool tables
- Fitness and Instructional classes
- Fabulous 50s Plus Club
- Travel opportunities see Oak Tours

**Name:**           **The Stuart House**

**Address:**       117 South Hickman Street  
                  Centralia, MO 65240-1316

**Phone:**           (573) 682-3204

**Alt phone:**       (573) 682-5471

**Fax:**             (573) 682-1429

**Hours:**           8:00 a.m. - 4:00 p.m. 7 days a week

**Fees:**            Mostly private pay (contact facility for arrangements)

**Services:**

- Intermediate Care Facility (ICF) / Residential Care
- 27-bed facility with home-like atmosphere
- Licensed staff 24 hours per day
- State licensed
- Private, personal care
- Home-cooked meals
- Short-term respite

**Name: Sturgeon Rest Home**

**Address:** 315 East Stone Street  
P.O. Box 328  
Sturgeon, MO 65284-0328

**Phone:** (573) 687-3012

**Fax:** (573) 687-1250

**Email:** admin@sturgeonresthome.com

**Website:** www.sturgeonresthome.com

**Hours:** 8:00 a.m. - 5:00 p.m. Monday – Friday (Office)

**Fees:** \$1,500 - \$1,900 / month; Medicaid accepted, Cash  
Grant assistance to those who qualify

**Eligibility:** Must be ambulatory or require a walker, cane, etc.

**Services:**

- Residential Care Facility (RCF I)
- Home-like atmosphere
- Home-cooked meals
- Central heating and air conditioning
- Registered nurse on duty
- State licensed
- Supervision of medications
- Assistance with personal care
- Financial assistance available for those who qualify
- Care provided on a daily, weekly or monthly basis
- Transportation to doctor appointments
- Physical therapy available on site
- 30-minute drive from Columbia
- 24 hour protective over site

**Name: Terrace Retirement Community**

**Address:** 1408 Business Loop 70 West  
Columbia, MO 65202-1394

**Phone:** (573) 875-2538

**Fax:** (573) 874-0814

**Email:** lwalker@terraceretirement.com

**Website:** www.terraceretirement.com

**Hours:** 8:00 a.m. - 5:00 p.m. Monday - Friday  
(Weekends by appointment)

**Fees:** Varies

**Eligibility:** Ages 62 or older

**Services:**

- 130-unit apartment community with services for independent living retirees
- Monthly rent includes: meals, utilities, housekeeping, scheduled transportation, activities and more
- Apartment features include kitchen, wall-to-wall carpeting, window treatment, large bay window, pull-cord signal system and individually controlled temperature
- Common areas include: library, exercise room, sauna, whirlpool, billiards room, game area, store and big-screen TV

**Name:**           **Tiger Place**

**Address:**       2910 Bluff Creek Drive  
Columbia, MO 65201-3522

**Phone:**         (573) 256-4620

**Toll-free:**       (866) 287-3440

**Fax:**            (573) 256-4621

**Email:**          tigerplace@americareusa.net

**Website:**       www.tigerplace.net

**Hours:**          24 hours per day / 7 days per week

**Fees:**           Varies according to service

**Services:**

- 54 apartments for independent living
- 2 daily meals
- Weekly housekeeping and flat linen service
- Concierge and transportation
- Consumer-planned activities both on and off site
- Daily exercise classes
- Access to TigerTotal Fitness Center
- Registered nurses:
  - On call 24 hours per day
  - Perform 4 in-home visits per year
  - Perform bi-annual wellness reviews
- Access to TigerCare Center, a wellness center for TigerPlace residents
- State-approved Aging in Place site
- Pets are welcome

**Name:**           **United Way 2-1-1 \***

Phone:           2-1-1

Toll Free:       (800) 427-4626

Website:       [www.211missouri.org](http://www.211missouri.org)

Services:

- A toll-free phone number connecting persons of all ages with available community resources and volunteer opportunities throughout the State of Missouri
- By dialing 211, you will reach a trained referral professional 7 days a week / 24 hours a day
- All calls are confidential
- Supported by the United Way and Missouri Foundation for Health

**Name:**            **University Hospital and Clinics**  
**University of Missouri Healthcare**

**Address:**        One Hospital Drive  
Columbia, MO 65212

**Phone:**           (573) 882-4141

**Fax:**              (573) 884-7470

**Website:**        [www.muhealth.org](http://www.muhealth.org)

**Hours:**           24 hours per day / 7 days per week

**Fees:**             Varies upon service; Medicare, Medicaid, and insurance

**Eligibility:**       No eligibility requirements

**Services:**

- 274-bed, full-service public hospital with emergency room and level 1 trauma center
- Clinics available for more than 60 specialties
- Emergency center is equipped to handle major trauma and serious illness 24 hours per day
- Local area's only burn intensive care unit
- Local area's only comprehensive wound care center
- Cardiac Center of Excellence
- Cosmopolitan International Diabetes Center
- Mason Eye Institute
- Health Connect 24: (573) 884-2401
- Missouri Center for Digestive Health
- Missouri Spine Center
- Missouri Hip and Knee Center
- Comprehensive cancer care at Ellis Fischel Cancer Center



**Name:**           **University of Missouri - Columbia  
Psychological Services Clinic**

**Address:**       211 South 8<sup>th</sup> Street  
Columbia, MO 65211

**Phone:**         (573) 882-4677

**Fax:**            (573) 882-4583

**Email:**          morrisja@missouri.edu

**Website:**       <http://psychology.missouri.edu/clinic>

**Hours:**           9:00 a.m. - 7:00 p.m. Monday  
                      9:00 a.m. - 8:00 p.m. Tuesday - Thursday  
                      9:00 a.m. - 5:00 p.m. Friday

**Fees:**            Sliding scale and fee assistance for those on  
                      limited income; insurance also accepted

**Eligibility:**      Must not be in need of hospitalization or  
                      substance abuse detoxification

**Services:**

- Outpatient mental health addressing depression, grief, family, and other personal concerns

**Name:            USDA Rural Development**

**Address:**        2051 N. Morely Street, #2  
                      Moberly, MO 65270

**Phone:**          (660) 263-7400 Ext. 4

**Fax:**             (660) 263-3649

**Website:**       <http://www.rurdev.usda.gov/MO-moberly.html>

**Hours:**          8:00 a.m. - 4:30 p.m. Monday - Friday

**Fees:**            None

**Eligibility:**     Low-income individuals ages 62 or older who are residents of rural areas or small towns located in Boone County (Also cover Audrain, Callaway, and Howard Counties)

**Services:**

- Home improvements and repairs
- Services provided through low-interest loans or grants (Grant funds are limited)
- Low-income, disabled, and senior rental housing

**Name:** **Veteran's Hospital, Harry S. Truman  
A Department of Veteran's Affairs (VA)  
Medical Center**

**Address:** 800 Hospital Drive  
Columbia, MO 65201-5275

**Phone:** (573) 814-6000

**Fax:** (573) 814-6600

**Website:** [www.columbiamo.va.gov](http://www.columbiamo.va.gov)

**Hours:** 24 hours per day / 7 days per week

**Fees:** No fees for treatment of service-connected injuries / illnesses; there may be co-payments assessed for all other treatment, depending upon income.

**Eligibility:** U.S. Military Veterans

**Services:**

- 123 bed hospital
- Primary and specialty care outpatient clinics
- Women's health clinic
- Comprehensive home care program
- Long-term care program
- Inpatient and outpatient behavioral health
- Medical and surgical inpatient care
- Community based outpatient clinics in: Fort Leonard Wood, Jefferson City, Kirksville, Lake of the Ozarks, Mexico, Sedalia, and St. James

**Name:**           **Voluntary Action Center (VAC)**

**Address:**       403A Vandiver Drive  
Columbia, MO 65202-1663

**Phone:**         (573) 449-6959

**Fax:**            (573) 874-9172

**Website:**       [www.vacmo.org](http://www.vacmo.org)

**Hours:**           Phone hours: 8:30 a.m. - 4:30 p.m. Monday - Friday  
Walk-in hours: 9:00 a.m. - 12:00 p.m. and  
1:00 p.m. - 4:00 p.m. Monday - Friday

**Fees:**            None

**Eligibility:**       Individuals in need of emergency services

**Services:**

- Agency of first and last resort
- Information and referral
- Client advocacy
- Emergency assistance
- Transportation assistance
- Food
- Shelter
- Clothing
- Medical needs
- Christmas food and gifts
- Volunteer recruitment and placement
- Free “Helping Hand” catalog of all community volunteer opportunities available

**Name:**           **Walgreens Infusion and Respiratory Services**

**Address:**       1410 Heriford Road  
Columbia, MO 65202-1907

**Phone:**           (573) 814-7100

**Toll Free:**       (800) 456-0417

**Fax:**             (573) 814-7110

**Website:**       [www.WalgreensHomeCare.com](http://www.WalgreensHomeCare.com)  
[www.OptionCare.com](http://www.OptionCare.com)

**Hours:**           8:00 a.m. - 5:00 p.m. Monday - Friday  
(24 Hour Availability)

**Fees:**            Medicare, Medicaid, Private Insurance (Accepted and Filed), Private Pay

**Services:**

- 24-hour On-Call Availability
- Respiratory Services
  - o Oxygen, CPAP, Ventilators, Nebulizers
- Medication and equipment home delivery
- Home I.V. and Nutrition
- Skilled Infusion Nursing
- Pharmacy
- Respiratory Therapists
- Home Medical Equipment

**Name:**           **The Wardrobe**

**Address:**       715 Park Avenue  
Columbia, MO 65201-4453

**Phone:**         (573) 442-3260

**Hours:**           11:00 a.m. - 4:00 p.m. Tuesdays (referrals only)  
                  11:00 a.m. - 4:00 p.m. Wednesday - Friday  
                  9:00 a.m. - 3:00 p.m. Saturday

**Fees:**           Minimal; call for information

**Services:**

- Used clothing
- Volunteer opportunities

**Name: Wendy J. Morgan, MSW, LCSW, CRADC**  
**Private Practice Psychiatric Social Work**

**Address:** 3501 Berrywood Dr.  
Columbia, MO 65201

**Phone:** (573) 874-2851

**Fax:** (573) 442-4251

**Email:** [wjmmswlcsw@centurytel.net](mailto:wjmmswlcsw@centurytel.net)

**Name:           Wheelchair Personalities**

Address:       5304 E. Tayside Cr.  
Columbia, MO 65203

Phone:         (573) 424-1486

Fax:            (573) 442-9250

Email:          Sharon@wheelchairpersonalities.com

Website:       www.wheelchairpersonalities.com

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

Fees:          Varies. Call for details.

Services:       Wheelchair back covers personalized with your own  
marketing, messages, logos, photos and artwork.

Customize and showcase your:

- Military service
- Alma Mater
- Sports team
- Proud grandparent
- Club affiliation
- Political point of view
- Holiday celebration
- Favorite photo
- Beloved pet



**Name:**           **Wolfner Library**

**Address:**       P.O. Box 387  
600 West Main Street  
Jefferson City, MO 65102-0387

**Phone:**         (573) 751-8720

**Toll Free:**      (800) 392-2614

**Fax:**            (573) 526-2985

**TDD:**           (800) 347-1379

**Email:**          wolfner@sos.mo.gov

**Website:**       www.sos.mo.gov/wolfner

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

**Fees:**           None

**Eligibility:**    Unable to read books due to a physical or visual disability

**Services:**

- Audio books for loan to blind and/or physically disabled persons
- Braille
- Descriptive videos
- Magazines in special media
- Program packs for group discussion
- Short-term respite
- NFB News Line (Newspaper that is read over the phone)
- Large print books for youth

**Name:** **Women and Children's Hospital**  
(formerly Columbia Regional Hospital)

**Address:** 404 North Keene Street  
Columbia, MO 65201-6626

**Phone:** (573) 875-9000

**TTD:** (800) 223-5779

**Fax:** (573) 875-9869

**Website:** [www.muhealth.org](http://www.muhealth.org)

**Hours:** 24 hours per day / 7 days per week

**Fees:** Varies upon service; Most Insurance, Health Plans  
and Medicare/Medicaid accepted

**Eligibility:** Any patient without regard to race, color, religion,  
national origin, sex, age or ability to pay

**Services:**

- Major medical referral center with 225 beds
- Physician staffed
- 24-hour emergency room
- A member of the University of Missouri Health Care Family
- Specialties: orthopedics, oncology, neurology, ophthalmology, internal medicine and general surgery
- Senior health programs
- Rehabilitation unit
- Other services: Regional Medical Pharmacy and Sinclair Home Care - Durable Medical Equipment
- Volunteers welcome

[illegible]