



# SENIOR RESOURCE GUIDE

Cape Girardeau County Area

When You Don't Know Who to Call

**FIRST CALL FOR HELP**

334-HELP(4357) or (866) 914-4357  
[www.firstcallforhelpsemo.org](http://www.firstcallforhelpsemo.org)

## Adult Day Care

- Hoover Center . . . . . 290-5944
- Horizon Enrichment Center (*Mentally Disabled*) . . 290-5115
- The Lutheran Home . . . . . 335-0158

## Counseling

- Community Counseling Center . . . . . 334-1100
- Crisis Line. . . . . (800) 356-5395
- MO Dept of Mental Health . . . . . (314) 961-2828
- MO Dept of Mental Health – SEMO Outreach . . 290-5747
- Lutheran Family & Children’s Services . . . . . 334-5866

## Discrimination

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

## Diseases and Disabilities

- Alzheimer’s Association. . . . . (800) 272-3900
- Arthritis Regional Center. . . . . 331-5880
- Blind . . . . . (800) 648-4327
- Cancer . . . . . (800) 227-2345
- Diabetes. . . . . (800) 404-2873
- Heart. . . . . (800) 323-7883
- Kidney . . . . . (800) 489-9585
- MO Bureau of Deaf Services . . . . . (573) 751-8072  
 . . . . . TTY (800) 204-8513 or Video (573) 335-5561
- Wolfner Library for Blind & Physically Handicapped  
 . . . . . (800) 392-2614

## Emergency Services **DIAL 911**

- Cape Girardeau Police Department (City) . . . . 335-6621
- Cape Girardeau County Sheriff’s Office . . . . . 243-3551
- Jackson Police Department . . . . . 243-3151

## Employment

- MO Career Center . . . . . 290-5766
- MO Division of Vocational Rehabilitation . . . . 290-5788

## Financial Services

- Clear Point Financial Solutions . . . . . 334-7050  
 . . . . . (800) 966-3328

## Food and Nutrition

- Angel Food Ministry
  - Christ Church of the Heartland . . . . . 334-7726
  - Rock of Cape Church . . . . . 339-1811
- Bootheel Food Bank Distribution . . . . . 651-0400
- Catholic Social Ministries . . . . . 339-1272
- Cape Senior Center (*Noon Meal*) . . . . . 335-1352
- FISH Food Pantry . . . . . 334-0207
- Jackson Ministerial Alliance. . . . . 243-8487
- Jackson Senior Center (*Noon Meal*) . . . . . 243-4241
- Meals on Wheels (*Southeast MO Hospital*) . . . . . 651-5800
- MO Family Support Division (*Food Stamps*) . . . . 290-5800
- Red Star Baptist Church . . . . . 335-3381
- Salvation Army . . . . . 335-7000

## Health Education and Support Group Information

- Cape County Public Health Center. . . . . 335-7846
- Gerontology Initiatives . . . . . 651-2178
- Saint Francis Medical Center Education Center  
 . . . . . 331-5107
- Southeast MO Hospital Wellness Connection . . 332-1587

## Hospice

- Crown Hospice. . . . . 335-4800  
 . . . . . (866) 703-4801
- Lutheran Home Hospice . . . . . 334-1515  
 . . . . . (888) 514-1515
- Preferred Hospice. . . . . (866) 614-4774
- Southeast MO Hospital Hospice . . . . . 335-6208  
 . . . . . (888) 397-0646
- VNA of SEMO Hospice . . . . . 335-5256  
 . . . . . (800) 286-5892

**FOR ALL EMERGENCIES CALL 911!**

## **Housing**

Community Caring Council . . . . . 651-3747 ext. 105  
East Missouri Action Agency (HUD) . . . . . 334-5533  
Hartle Management Agency . . . . . 243-1463  
USDA Rural Development . . . . . 243-3158 ext. 4

## **In Home Services**

Cape County Public Health Center . . . . . 335-7846  
MO Division of Senior Services . . . . . (800) 392-0210  
. . . . . 290-5721  
SEMO Alliance for Disability Independence . . . . . 651-6464  
SEMO Area Agency on Aging . . . . . 335-3331  
. . . . . (800) 392-8771  
Visiting Nurses Association . . . . . 334-7014  
. . . . . (800) 286-5892

## **Information and Referral**

First Call for Help . . . . . 334-HELP(4357)  
. . . . . (866) 914-4357  
Love INC. . . . . 334-5055  
SEMO Area Agency on Aging . . . . . 335-3331  
. . . . . (800) 392-8771

## **Medicaid, Medicare and Insurance**

APPLE Paperwork Project . . . . . 651-5467  
SEMO Area Agency on Aging . . . . . 335-3331  
. . . . . (800) 392-8771

## **Nursing Homes**

Chaffee Nursing Center . . . . . (573) 887-3615  
Capetown Assisted Living . . . . . 334-4855  
Life Care Centers of Cape Girardeau . . . . . 335-2086  
The Lutheran Home . . . . . 335-0158

## **Prescription Drugs**

APPLE Paperwork Project . . . . . 651-5467  
Salvation Army . . . . . 335-7000  
SEMO Area Agency on Aging . . . . . 335-3331  
. . . . . (800) 392-8771

## **Relocation/Moving Assistance**

Smooth Moves . . . . . 335-6149

## **Respite Care**

Alzheimer's Association . . . . . (800) 272-3900  
Capetown Assisted Living . . . . . 334-4855  
Chaffee Nursing Center . . . . . (573) 887-3615  
SEMO Area Agency on Aging . . . . . 335-3331  
. . . . . (800) 392-8771  
The Lutheran Home . . . . . 335-0158

## **Safety Assistance**

American Red Cross (*Disasters and Education*) . . . . . 335-9471  
Child Abuse Hotline . . . . . (800) 392-3738  
Domestic Violence Hotline 651- 1614 or (800) 392-0210  
Elder Abuse Hotline . . . . . (800) 392-0210  
Older Driver Safety Programs (AARP) . . . . . 331-5153  
Poison Center . . . . . (800) 392-9111  
Rehabilitation Services for the Blind (800) 592-6004  
Response Link . . . . . (800) 894-1428

## **Tax Assistance**

AARP Tax Counseling for Elders . . . . . 986-7134  
APPLE Paperwork Project . . . . . 651-5467  
MO Department of Revenue . . . . . 290-5850

## **Transportation**

Cape County Transit . . . . . 334-4650  
SEMO Alliance for Disability Independence . . . . . 651-6464

## **Veterans**

John Pershing VA Outpatient Clinic . . . . . 339-0909  
MO Veterans Commission/Veterans Service Office  
. . . . . 290-5752  
Veterans Home . . . . . 290-5870

## **Volunteerism**

Retired Senior Volunteer Program . . . . . 335-7555  
Senior Companions (VNA) . . . . . (800) 286-5892 ext. 1127



**COMMUNITY  
CARING COUNCIL**

Card made possible by the Cape Girardeau  
County Senior Citizens Services Fund Board

**AGING COMMITTEE**

