



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

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

