

# other programs, services & providers



With a healthy, aging population we find ourselves facing obstacles, challenges and opportunities that previous generations didn't face. The entities below offer a wide-reaching menu of programs and services designed to address this aging population's specific needs. Whether you're a baby boomer, 60+, part of the sandwich generation or a professional caregiver, you're bound to benefit from the services of the providers below.



## Missouri Listings

### All About Travel

**Phone:** 314-576-6443

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *All About Travel specializes in group motor-coach trips . . . belong to an organization and would like to customize a trip? How about multi-generational cruises or trips? Ask about how you may travel FREE for organizing a group trip. Senior groups our specialty. Call for personal attention and quotes. Individual travellers welcome!*

### Alzheimer's Association St. Louis Chapter

**Phone:** 800-272-3900

**Fax:** 314-432-3824

9370 Olive Blvd., St. Louis, MO 63132

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

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Clinton IL, Madison IL, Monroe IL, St. Clair IL, Washington IL

**Description:** *The St. Louis Chapter provides round-the-clock support through our 24/7 Helpline, care consultations, community resource lists, support groups, safety services, advocacy and education classes for families and professionals*

### Bags Galore and More!

**Phone:** 314-307-0421

St. Louis, MO 63043

**Email:** [helpinghands@patsbags.com](mailto:helpinghands@patsbags.com)

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

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *Handmade walker and wheelchair bags which provides hands free mobility. Many different colors and patterns. Shoulder Huggies - Do you get chilled? Hard to get your arms in a sweater? Our stylish Shoulder Huggies will keep you cozy and warm. Bags and Shoulder Huggies made for both men and women. Contact us today!*

### BJC Home Infusion

**Phone:** 314-953-2000

1935 Beltway, St. Louis, MO 63114

**Email:** [sca0779@bjc.org](mailto:sca0779@bjc.org)

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

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *Our infusion therapy involves more than just delivering intravenous medications. Convenience, comfort and the expertise of our nursing and clinical pharmacy team make up the core of our services. Patients requiring intravenous medication can receive their IV therapy at home or in comfortable, private suites.*

### Caring for Mom Together

**Phone:** 314-484-8623

**Fax:** 636-230-2926

638 Sandy Summit Dr., Ballwin, MO 63021

**Website:** <http://www.caringformomtogether.com>

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Caring for Mom Together provides information about resources and services in the eldercare arena. The website: <http://www.caringformomtogether.com> offers many articles on caregiving and senior issues. The talk show streams live on Facebook and IWatchRadio.com at 10:00 a.m. every Wednesday. Shows will be posted to both websites for viewing anytime. A monthly e-newsletter is also offered.*

### City of St. Louis - Citizens' Service Bureau

**Phone:** 314-622-4800

**Fax:** 314-622-4310

1520 Market St. - Room 4087, St. Louis, MO 63103

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

**Counties Served:** St. Louis City MO

**Description:** *Citizens do not have to decide which city department to call for various city services, they can call the Citizens Service Bureau (CSB) for all requests within the City of St. Louis. The CSB will ensure that the request is routed to the correct city department. Examples of services for which we take requests: health inspections, building inspections, stray animals, potholes, missed trash collect.*

## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

### Compassionate Conversations LLC

**Phone:** 314-412-6515

6824 Cottage Grove Lane, St. Louis, MO 63129

**Email:** pekioss@yahoo.com

**Website:** www.cconversations.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Compassionate Conversations LLC assists individuals, families, care providers, church groups, agency staff learn about end of life issues, options for care, ways to identify goals of care based on real-life values, marrying the goals to medical model of the Advance Directive. We discuss identifying what one (self or clients) may want for their final weeks, days and hours and communicate this.*

---

### DH Services LLC

**Phone:** 314-966-3032 **Fax:** 314-966-3080

1033 Huthmaker Avenue, Kirkwood, MO 63122

**Email:** DHServices@charter.net **Website:** www.dhsvc.com

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Offering personal business concierge service to individuals needing help managing a family member's or their own daily monetary affairs.*

---

### Gateway Alliance - Missouri

#### End of Life Coalition

**Phone:** 314-412-6515

6824 Cottage Grove Lane, Unit D, St. Louis, MO 63129

**Email:** gatewayalliance@swbell.net

**Website:** www.mo-endoflife.org

**Description:** *The mission of the Gateway Alliance is to promote high quality care for persons who are dying in the Greater St. Louis Metro area by fostering cooperation, education and advocacy. We are affiliated with the Missouri End of Life Coalition.*

---

### Guided AutoBiography - GAB

**Phone:** 636-485-5147

5775 Westchester Farm Dr., Weldon Spring, MO 63304

**Email:** lorijurgiel@gmail.com

**Website:** LifeReviewGAB@IntuitWebsites.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *Guided Autobiography courses are held in a group setting for up to 10 sessions. The focus of each session is on familiar life themes. Participants write on one theme per week - just 2 pages - and then share all or excerpts from their writing in a small group setting. This is a comprehensive, reflective overview of your own life, while you simultaneously learn from your classmates' too.*

---

### Lori Jurgiel, MA-Gerontology

**Phone:** 636-485-5147

5775 Westchester Farm Dr., Weldon Spring, MO 63304

**Email:** lorijurgiel@gmail.com

**Website:** LifeReviewGAB@IntuitWebsites.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles

MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *Everyone has a story to tell & share. Through use of many different formats, Lori is able to help individuals leave his/her or own Legacy for loved ones and future generations to enjoy. Being a Certified Instructor and Gerontologist, Lori is able to help you capture memories long forgotten, to be shared in the individual's own format of choice. More information may be found on the website.*

---

### Myra L. Katz & Associates, Inc.

**Phone:** 314-395-9558

P.O. Box 410319, St. Louis, MO 63141-0319

**Website:** www.mlkinteriors.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *Myra L. Katz & Associates, Inc., founded in 1981, is a full service commercial interior design firm that focuses on healthcare and senior living facilities. We provide space planning, design and eco-friendly solutions that address function, productivity and image concerns.*

---

### Life Review - Life Story(ies) - Life Reflections

**Phone:** 636-485-5147

5775 Westchester Farm Dr., Weldon Spring, MO 63304

**Email:** lorijurgiel@gmail.com

**Website:** LifeReviewGAB@IntuitWebsites.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *A Life Review process is typically an individualized process. It is custom tailored to each individual's preferences - it may be brief or lengthy. Many formats are available, including: written, audio, and video (digital/HD/DVD) forms. Lori is certified to offer Life Reviews. She has been performing Life Reviews since 2008, and continues to volunteer offering Life Reviews at a local Hospice.*

---

### Lifeline Associated with BJC

#### Home Care Services

**Phone:** 314-273-0712

8300 Eager Road, Suite 500 A, St. Louis, MO 63144

**Email:** dte5549@bjc.org **Website:** www.bjchomecare.org

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *Since 1990, BJC Home Care Services has partnered with Philips Lifeline to help patients increase their confidence and live independently. Lifeline, the leading medical alert service, offers reliable 24-hour access to help, reducing unnecessary suffering and making a real difference in recovery.*

---

### LTC Specialist, The

**Phone:** 636-537-0749 / 314-956-2757

1734 Clarkson Rd., Suite 286, Chesterfield, MO 63017

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

# Your Library Makes House Calls

- Books-By-Mail
- Large Print Books
- Van Services
- Senior Sites
- Nutrition Sites
- Nursing Homes
- Adult Daycares



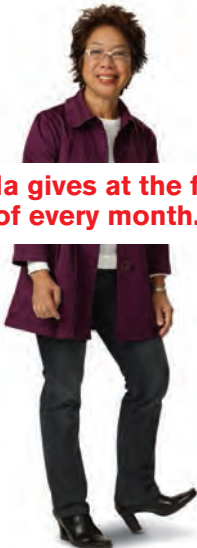
## What you want to know—delivered

St. Louis Public Library • 1415 Olive St. • St. Louis, MO 63103  
314-241-2288 • [spl.org](http://spl.org)



What do you want to know?

**Bella gives at the first of every month.**



**Her gift helped Ken when he needed it most.**



**Make a financial contribution to the Red Cross and change a life, starting with your own.**  
Call 1-800-RED CROSS or visit [redcross.org](http://redcross.org)



## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

### Lutheran Senior Services

**Phone:** 314-968-9313

1150 Hanley Industrial Ct., St. Louis, MO 63144

**Website:** TheButtonbyLSS.org

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *Ensure the right pills are dispensed, at the right time, every time and that a caregiver is called if a dose is missed with the Automated Monitored Medication Management Dispenser.*

---

### Lutheran Senior Services

#### Volunteer Money Management

**Phone:** 314-446-2474 or 314-446-2523

**Fax:** 314-446-2520

1150 Hanley Industrial Ct., St. Louis, MO 63144

**Website:** LSSVolunteerMoneyManagement.org

**Counties Served:** Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Knowing that your bills are paid and the check-book is balanced gives many people peace of mind. Volunteer Money Management can help link you with a volunteer who can help you with your day-to-day financial tasks.*

---

### Martha's Hands Mobile Dentistry

**Phone:** 314-965-4350 **Fax:** 866-220-1633

12813 Flushing Meadows Drive, Suite 250,  
Town & Country, MO 63131

**Website:** www.marthashands.com

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Martha's Hands can coordinate basic dental services to be provided in the client's home. Martha's Hands also coordinates with retirement, assisted living and adult day care communities. Dental services offered include: exams, cleanings, fillings and dentures. There is a fee (credit card only) to coordinate dentist to the home plus per procedure cost (can be billed to insurance).*

---

### Memory Practice, The

**Phone:** 314-726-5105

7423 Tulane Avenue, St. Louis, MO 63130

**Email:** pascale@thememorypractice.com

**Website:** www.thememorypractice.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *The brain matters: Keep it fit and healthy! Our paper-based brain exercises are fun and challenging and can help stimulate essential brain functions. They can be used at home or in a group setting in a residential community. Exercises for people suffering from early memory loss are available.*

---

### Music Therapy, At Your Service

**Phone:** 314-614-0702

Bristol Ridge, St. Louis, MO 63129

**Counties Served:** Franklin MO, Jefferson MO, St. Louis MO, St. Louis City MO, St. Clair IL

**Description:** *Senior Adult wellness programs utilizing music for specific objectives in Quality of Life, Rehabilitation, and Movement for wellness. Small group or 1:1 sessions.*

---

### OASIS, St. Louis Regional

**Phone:** 314-539-4555

**Fax:** 314-539-4559

50 Gay Avenue, 2nd Floor, St. Louis, MO 63105

**Email:** msullivan@oasisnet.org

**Website:** www.oasisnet.org/stlouis

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *OASIS is a national organization dedicated to enriching the lives of adults age 50 plus. Through learning and service opportunities, OASIS brings people together to discover more in life, to develop their talents, and to connect with others. Programs are offered in the arts, humanities, science, wellness, technology and volunteer service.*

---

### Old Lesbians Organizing for Change

**Phone:** 314-962-2188

8914 Litzsinger, St. Louis, MO 63144

**Email:** cellis@oloc.org

**Website:** www.oloc.org

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *We are an organization for lesbians 60 and over. We have a local chapter which is part of a national organization. We are working to confront ageism and provide a network for older lesbians.*

---

### One Fine Storyteller, LLC

**Phone:** 314-997-3474

P.O. Box 8414, St. Louis, MO 63132

**Email:** rosemary@onefinestoryteller.com

**Website:** www.onefinestoryteller.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *Storytelling programs and folk songs with acoustic guitar. Story repertoire includes humor tales, adventure tales, riddles, world-class folktales, year-round holiday tales. Sing-a-longs optional.*

---

### Saint Louis Science Center

**Phone:** 314-289-4424

**Fax:** 314-533-8687

5050 Oakland Avenue, Saint Louis, MO 63110

**Website:** www.slsc.org

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *Explore 700+ exhibits, the OMNIMAX® Theater, the James S. McDonnell Planetarium, special traveling exhibitions and more. Group rates available. Open daily. No general admission charge.*

**OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri**

**SGSM Network**

**Phone:** 314-664-9700 **Fax:** 314-664-9701  
 100 N. Jefferson Ave., 2nd Floor, St. Louis, MO 63103  
**Email:** elizabeth.roscano@sgsmnetwork.org  
**Website:** sgsmnetwork.org  
**Counties Served:** St. Louis MO, St. Louis City MO

**Description:** *SGSM Network provides community based programs to help seniors maintain their dignity and independence while remaining engaged in their communities. We do by offering rides to the doctor, minor home repairs, referrals, spiritual and social events, benefits counseling and through health promotion workshops at little to no cost.*

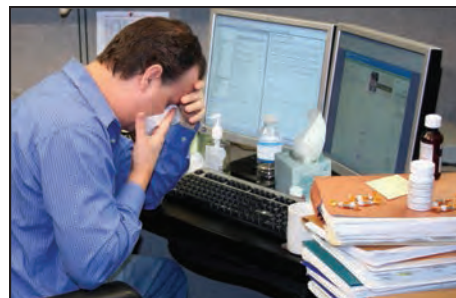
**St. Louis Area Agency on Aging**

**Phone:** 314- 612-5918 or 877-612-5918 **Fax:** 314-612-5915  
 1520 Market Street Room 4065, St. Louis, MO 63103  
**Email:** slaaa@stlouiscity.com **Website:** www.slaaa.org  
**Counties Served:** St. Louis City MO

**Description:** *SLAAA coordinates the Silver Haired Legislature (SHL), which advocates on behalf of seniors. Members of the SHL go to Jefferson City to speak with Legislators, do letter writing campaigns, and regularly contact their legislators to advocate on behalf of seniors living in their area.*

**St. Louis Public Library**

**Phone:** 314-241-2288  
 1415 Olive St., St.Louis, MO 63103-2315  
**Website:** www.slpl.org **Counties Served:** St. Louis City MO  
**Description:** *Public Library offering FREE movies, books, CDs, programs, workshops, and much more everyone.*



Why didn't I get my flu vaccine?

Influenza (the "flu") can be a very serious disease. Even healthy adults can get sick and miss work. If you get the flu, you can spread it to family, friends, or co-workers.



**DON'T GET THE FLU. DON'T SPREAD THE FLU. GET VACCINATED.**



**With hip or knee pain, even a flight of stairs needs conquering.**

With chronic hip or knee pain, everyday tasks become epic challenges. Today, new developments in orthopedic medicine provide more treatment options than ever, reducing concern for patients while maximizing positive outcomes. Don't let hip or knee pain compromise your quality of life. For more information on hip and knee conditions and new procedures, visit aahks.org or orthoinfo.org.



**Install. Inspect. Protect.**  
**Smoke Alarms Save Lives.**



**More than 3,000 people die in home fires every year.** Many of these deaths occurred in homes without working smoke alarms.

**Protect yourself, your family and firefighters by doing your part to get out before firefighters risk their lives to come in:**

Install smoke alarms both inside and outside of bedrooms and sleeping areas and on every level of your home. Test them monthly. Change the batteries as instructed. Consider installing sprinklers in your home.

For more information, go to [www.usfa.dhs.gov/smokealarms](http://www.usfa.dhs.gov/smokealarms).



**U.S. Fire Administration Mission Statement**  
 We provide national leadership to foster a solid foundation for local fire and emergency services for prevention, preparedness and response.

## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

### St. Louis Senior Olympics

**Phone:** 314-442-3217 **Fax:** 314-442-3286

2 Millstone Campus Drive, St. Louis, MO 63146

**Email:** solympics@jccstl.org **Website:** www.

stlouisseniolympics.org

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *The St. Louis Senior Olympics is an Olympic-style sporting event for men and women age 50 and better. The schedule includes more than 85 events at 14 of St. Louis' finest athletic venues. For more information visit www.StLouisSeniorOlympics.org or email solympics@jccstl.org.*

### SUNFLOWER Move Managers

**Phone:** 314-541-3040

405 Tuxedo Blvd., St. Louis, MO 63119

**Website:** www.sunflowermove.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, Monroe IL, St. Clair IL

**Description:** *SUNFLOWER Move Managers specializes in household moving and downsizing assistance for older adults. We organize and manage the entire moving process while providing hands-on services from packing to settling your belongings. We can also help with your downsizing or house-clearing needs.*

### The Singer Institute

**Phone:** 314-727-9202 **Fax:** 314-862-4268

943 Warder Ave., St. Louis, MO 63130

**Email:** suzanne@prodigy.net **Website:** www.singerinstitute.org

**Counties Served:** St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *A charitable organization since 1972 whose main program is The Senior Connections Program which trains and provides relational volunteer companions to isolated residents of long-term care facilities in the metro area. We can assist a parish in developing a nursing home ministry.*

### Visiting Nurse Association

**Phone:** 314-918-7171 **Fax:** 314-513-9950

11440 Olive Blvd., Suite 200, Creve Couer, MO 63141

**Website:** vnastl.com

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

**Description:** *For more than a century, Visiting Nurse Association has been caring for the people of the Greater St. Louis area. As a community-based nonprofit, patient's needs determine our care, not corporate profits. VNA is St. Louis' most experienced and reliable provider of hospice care, flu shots and other immunizations, travel health, wellness and senior care management.*

### YMCA Trout Lodge

**Phone:** 314-241-9622 **Fax:** 573-438-5752

13528 State Hwy AA, Potosi, MO 63664

**Website:** www.troutlodge.org

**Counties Served:** Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**Description:** *YMCA Trout Lodge is a year-round family resort and conference center located just 75 miles from St. Louis. Special programs and activities include Outdoor Education, TEAMWorks, Older Adult Programs, Triangle Y Ranch, Land & Water Programs, Conference, Day trips, Family Reunions, etc.*

# FRESH BACTERIA CASSEROLE. MMMM.

REFRIGERATE LEFTOVERS PROMPTLY,  
AND KEEP THE FRIDGE AT 40°F OR  
BELOW TO SLOW BACTERIA GROWTH.

CHILL



COOK



SEPARATE



CLEAN



KEEP YOUR FAMILY SAFER FROM FOOD POISONING  
Check your steps at FoodSafety.gov

