

# 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

**Email:** iamjrs@swbell.net

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

**Description:** *All About Travel specializes in group motorcoach 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!*

### Bags Galore and More

2393 Charlemagne Dr., St. Louis, MO 63043

**Phone:** 314-307-0421

**Email:** helpinghands@patsbags.com

**Website:** 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

1935 Beltway, St. Louis, MO 63114

**Phone:** 314-953-2000

**Email:** sca0779@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:** *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.*

### Cardinal Ritter Senior Services

#### Grandparents Acting as Parents

7601 Watson Road, St. Louis, MO 63119

**Phone:** 314-918-2258

**Fax:** 314-962-4159

**Email:** bobermark@ccstl.org

**Website:** www.cardinalritterseniorservices.org

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

**Description:** *Assistance to Grandparents caring for younger children. Information will be provided on The State of MO. Kinship Care Programs, Support Groups, Legal Services, Community Resources, Public Assistance and Community Education Seminars.*

### GO! St. Louis

7727 Clayton Road, St. Louis, MO 63117

**Phone:** 314-727-0800

**Fax:** 314-727-0893

**Email:** info@gostlouis.org

**Website:** www.gostlouis.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:** *GO! St. Louis has fitness events for all ages and abilities. The Mature Mile challenges people 60 years of age and older to train for and walk one mile in St. Louis's beautiful Forest Park on Saturday, April 9, 2011. T-shirts, awards and refreshments are presented to all participants at the conclusion of the Mature Mile.*

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

P.O. Box 410319

St. Louis, MO 63141-0319

**Phone:** 314-395-9558

**Email:** mkatz@mlkinteriors.com

**Website:** www.mlkinteriors.com

## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

**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. is a 25 year old 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.*

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### Kingdom House Senior Companion Program

1321 S. 11th Street  
St. Louis, MO 63104

**Phone:** 314-421-0400

**Fax:** 314-241-2366

**Email:** nmurphy@kingdomhouse.org

**Website:** www.kingdomhouse.org

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

**Description:** *Kingdom House is a social service agency located on the near Southside of St. Louis. Provides social and community services for families and individuals. Kingdom House is sponsored by the United Methodist Church and is a United Way agency.*

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### Lifeline Associated with

#### BJC Home Care Services

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

**Phone:** 314-273-0712

**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.*

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### Lindenwood Area Senior Ministry

6401 Scanlan Avenue  
St. Louis, MO 63139

**Phone:** 314-647-4591

**Email:** lasmdirector@gmail.com

**Website:** www.lasministry.org

**Counties Served:** St. Louis MO

**Description:** *Lindenwood Area Senior Ministry is a partnership of five faith communities in the Lindenwood Park Neighborhood, providing a variety of support services for older adults in the partner churches as well as any senior living in the surrounding neighborhood. We provide meaningful volunteer experiences, services, and programs that promote physical, mental, emotional, and spiritual health and safety.*

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### Lutheran Senior Services

#### Volunteer Money Management

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

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

**Fax:** 314-446-2520

**Email:** inhome@LSSLiving.org

**Website:** LSSLiving.org

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

**Description:** *Knowing that your bills are paid and that the checkbook 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.*

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### Move Facilitations, LLC

#### (St. Louis Move Helpers)

P.O. Box 31803, St. Louis, MO 63131

**Phone:** 314-822-3447

**Email:** info@stlmovehelpers.com

**Website:** www.stlmovehelpers.com

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

**Description:** *Personal, gentle assistance for the tasks of downsizing, moving and related transitions. All aspects of planning, sorting, deciding what to take, disposing of what's left, packing and complete unpacking, and everything before and after! Bonded and insured. A central resource for all transition needs. Cross-country relocations. Member of National Association of Senior Move Managers and NSGCD.*

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### OASIS, St. Louis Regional

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

**Phone:** 314-539-4555

**Fax:** 314-539-4559

**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, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

**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.*

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### Saint Louis Science Center

5050 Oakland Ave., St. Louis, MO 63110

**Phone:** 314-289-4424

**Fax:** 314-533-8687

**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®*

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## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

Theater, the James S. McDonnell Planetarium, special traveling exhibitions and more. Group rates available. Open daily. No general admission charge.

### SGSM Network

100 N. Jefferson Ave., 2nd Floor, St. Louis, MO 63103

**Phone:** 314-664-9700

**Fax:** 314-664-9701

**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.

### The Singer Institute

943 Warder Ave., St. Louis, MO 63130

**Phone:** 314-727-9202

**Fax:** 314-862-4268

**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.

### St. Louis Area Agency on Aging

1520 Market Street Room 4065, St. Louis, MO 63103

**Phone:** 314-612-5918 or 877-612-5918

**Fax:** 314-612-5915

**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 Senior Olympics

2 Millstone Campus Drive, St. Louis, MO 63146

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

**Email:** solympics@jccstl.org

**Website:** www.stlouisseniorolympics.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](http://www.StLouisSeniorOlympics.org) or email [solympics@jccstl.org](mailto:solympics@jccstl.org).

### SUNFLOWER Move Managers

405 Tuxedo Blvd., St. Louis, MO 63119

**Phone:** 314-541-3040

**Email:** info@sunflowermove.com

**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 providing household downsizing and moving 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.

### Toiletries Fast

7541 Lovella Ave, St. Louis, MO 63117

**Phone:** 314-960-1797

**Email:** d.hardy@toiletriesfast.com

**Website:** toiletriesfast.com

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



## WorkSearch

The WorkSearch program helps mature job seekers obtain the skills and work experience they need to find employment.

### St. Louis City

3470 Hampton - Suite 104  
St. Louis, MO 63139

**314-367-6777**

[scstlouis@aol.net](mailto:scstlouis@aol.net)

### St. Louis County

11681 W. Florissant  
Florissant, MO 63033

**314-830-3600**

[stlcountyaarp@aol.com](mailto:stlcountyaarp@aol.com)

### St. Louis Metro-east

Wood River - 3307 Wabash,  
Granite City, IL 62040

Madison Cty. **618-876-5258**

St. Clair Cty. **618-397-5445**

[scwoodriver@aol.net](mailto:scwoodriver@aol.net)

## OTHER PROGRAMS, SERVICES & PROVIDERS - Missouri

**Description:** *Toiletries Fast provides fast delivery of personal items right to your door. With only a phone call, our staff will take your order and then deliver your products within hours of your call discreetly to your home or facility. We also offer FREE medical advice from our on-staff doctor.*

### Visiting Nurse Association

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

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

**Email:** info@vnastl-cmc.com

**Website:** vnastl.com

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

**Description:** *For one hundred years, Visiting Nurse has been caring for the people of the Greater St. Louis area. As St. Louis's oldest and only nonprofit community-based visiting nurse agency, VNA provides the highest quality professional and compassionate service in hospice care, flu shots and other immunizations, travel health, and wellness.*

### YMCA Trout Lodge

13528 State Hwy AA, Potosi, MO 63664

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

**Email:** familyreservations@ymcastlouis.org

**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. Trout Lodge hosts 2-night to 5-night Road Scholar (formerly Elderhostel) programs for ages 55+. Rates include lodging, meals, classes and entertainment. An evening wine tasting is provided by a local winery. Day trips are also available.*



## Illinois Listings

### Cathy Roesch eBay Training Academy

304 South 52nd Street, Belleville, IL 62226

**Phone:** 618-233-1000 **Fax:** 618-233-2190

**Email:** croesch@cathyroesch.com

**Website:** www.cathyroesch.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:** *I'm Cathy Roesch, an eBay Education Specialist trained by eBay, and eBay store business owner based in St. Louis, Missouri. I will teach you how to How to Sell on eBay Auctions effectively, train you to be an eBay auctioneer and explain how to collect your payments through a PayPal account cash-flow strategy.*

**55 OR OLDER?  
NEED HELP  
FINDING A JOB?**



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can get FREE training  
and employment  
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# Trout Lodge

Programs developed and offered by



Six-day, 5 night programs  
Rates include lodging, meals,  
classes and entertainment.

For more information and to  
register, please contact  
Road Scholar at  
1-800-454-5768 or visit  
www.road scholar.org

Trout Lodge is located 75 miles  
from St. Louis, between  
Steelville and Potosi, Missouri.



[www.troutlodge.org](http://www.troutlodge.org)

1-888-FUN-YMCA