

**Caregiver
Resource Guide
to
Older & Disabled
Adult Services**

**Jasper County, Illinois
2020 Edition**

Common Questions & Where to find Help...

1. What is the difference between intermediate and skilled care? See page 33 for nursing home care options.
2. I need a break from caregiving. Where do I turn? See Respite on page 40.
3. I just started caring for my parents I need some information. Where do I turn? See Assistance in Your Home and Community on pages 5-7 or other local resources pages 49-53.
4. My parents can't afford their medicine. Where can they turn for help? See Energy/Financial Needs Pages 12-16.
5. I don't feel comfortable bathing my parent. What help is out there? See in home services pages 24-25.
6. I'm concerned that dad could fall and not be able to get up. See Emergency Home Response **Teams 8 (?)**.
7. It seems that my neighbor is always low on food and money. Where can I refer them to get some help? See Energy / Financial Needs Pages 12-16 and Food/Meals pages 17-21.
8. My complaints to a nursing home staff are being ignored and mom isn't getting better care? See page 36.
9. My senior citizen friend is being financially exploited. What do I do? See page 7 for Adult protective Services.
10. Medicare Prescription Drug Program? See pages 5,6,7, &10

Table of Contents	Page #
Common Questions and Where to Get Help	2
Adult Day Services	4
Assistance in Your Home and Community	5-7
Emergency Home Response Systems	8
Emotional Needs/Counseling	9-11
Energy/Financial Needs	12-16
Food/Meals	17-21
Home Health Care Agencies	22-23
In- Home Services/ Home Chore	24-25
Hospice	26-27
Housing Options & Resident Advocacy	28-36
Medical Equipment	37-38
Memory Care Homes	39
Respite	40
Support Groups	41-47
Transportation	48
Other Local Resources	49-53
Toll-Free Numbers and Web Pages	53-59

What is the Medicare Prescription Drug Program?

The program is available to those who are eligible for Medicare. It provides insurance coverage for prescription drugs and offers a choice of plans. As with other types of insurance, monthly premiums and out of pocket costs vary depending on the plan that is chosen.

October 15, 2020 is the beginning of open enrollment for 2021

December 7, 2020 open enrollment ends for 2021.

January 1, 2021 coverage will begin.

Look for agencies with an asterisk () in their description for assistance with signing up for the Medicare Prescription Drug Plan or Benefits Access Program.*

Please note that the services listed in this guide are subject to the availability of funding.

Adult Day Programs:

Call for detailed information, such as times, activities, cost, etc.

Newton Care Center

300 S. Scott Street

Phone: (618)783-2309

Newton, IL 62448

www.newtoncarecenter.com

Community Support Systems

618 W. Main St.

Teutopolis, IL 62467

Phone: (217) 705-4448

www.csscares.org

CCAR Industries

1530 Lincoln Ave

Phone: (217) 348-0127

Charleston, IL 61920

ccarindustries.org

Guardian Angel Adult Daycare

16101 E. US HWY 40

Phone: (217) 813-6027

Teutopolis, IL 62467

- Full of Half Day Care Available
- Call for more information

Assistance in Your Home and Community...

Embarrass River Basin Agency (ERBA)*

ERBA Jasper County Senior Citizens

904 W. Jourdan

618-783-3660

Newton, IL 62448

www.erbainc.org

- Senior Citizens Nutrition Program
 - Nutritionally balanced meals provided to seniors 60+
 - Served on site, carry out, or home-delivered basis if senior is homebound
 - Offers educational, informational, and social activities
- Senior Social Services or Title IIIB
 - Offers a Telephone Reassurance phone call to seniors
 - Check for wellness
 - Emotional support
 - Outreach Services
 - Home visits-to assess client's needs
 - Encourage seniors to participate in available resources
- Other Social Services available
 - VITA (Income Tax Assistance)
 - Insurance and Medicare Assistance *
 - Pharmaceutical Assistance
 - Legal Aid for Seniors
 - Transportation for those senior 60+
 - Recreation activities (vary from each senior center)
 - Promotes educating
 - Foot clinics, hearing aid services, health equipment and physical fitness programs
 - Health Screenings, weekly and monthly blood pressure clinics and flu shots

Assistance in Your Home and Community...

Illinois Department of Rehabilitation (DORS) for vocational rehabilitation; for visual impairments; for homemaker services for those under 60 years of age

Olney DRS Office

Phone: (618) 395-2147

1112 South West Street

TTY: (888) 472-0926

Olney, IL 62450

www.dhs.state.il.us

Opportunities for Access, “A Center for Independent Living”

4206 Williamson Place, Suite 3

Phone: (618)244-9212

Mt. Vernon, IL 62864

V/TTY: (618) 938-7400

www.ofacil.org

- Eligibility Requirement: Presence of a disability
- Services: adaptive equipment selection, peer advisory, skills training, individual advocacy, systems advocacy, information and referral

Jasper County Senior Services

Senior Center

217-347-5569

209 S. Merchant

Toll Free: 800-232-1790

Effingham, IL 62401

www.seniorservices-ecco.org

- Provides Community Based Programs for people who are 60+ to live in their own home instead of placing them prematurely in a nursing home
 - **Includes Screening for In-home services such as: Homecare Aide and Emergency Home Response System**
- Certified SHIP Counselors and designated SHIP site *

- ITAC Center for free amplified and teletype telephones
- Referrals for many services that will benefit the individual's needs
- Center for daily activities and planned outings

SWAN

1114 S. West Street

Phone:(618) 392-3556

P.O. Box 176

Toll Free: (866) 800-1409

Olney, IL 62450

TTY: (888) 206-1327

www.swandvhl.org

- Adult Protective Services serve individuals with a disability in the community ages 18-59 as well as all people 60 and over in the community with alleged abuse, neglect, or exploitation
- Types of abuse include; physical abuse, sexual abuse, emotional abuse, confinement, passive neglect, willful deprivation, financial exploitation, and self-neglect
- Provide legal advocacy to clients in need of accessing an order of protection
- Helps to resolve the abusive situation
- Intervention can include:
 - Home health care, nutrition services, financial or legal assistance, adult day care, housing assistance, respite (for caregiver), counseling for the victim and/or the abuser
 - Emergency assistance and if needed guardianship proceeding or nursing facility placement

Emergency Home Response Systems:

Emergency Home Response Service is 24-hour emergency communication link to assistance outside the home for older adults. This service is provided by a two-way voice communication system, with a base unit connected to a land line telephone and a cell phone in certain circumstances, and an activation device worn by the older adult. When activated, the older adult is automatically linked to a professionally staffed support center for assistance.

Providers are as follows and can be found on the Illinois Department of Aging website at www.illinois.gov/aging.

- ADT US Holdings Phone: (877) 456-1787
- American Medical Alert Corp Phone: (800) 770-5355
- GTL Inc DBA Link to Life Phone: (888) 557-4462
- Guardian Medical Monitoring Phone: (888) 349-2400
- Healthcom Phone: (800) 525-6237
- Lifeline Systems Phone: (800) 368-2925
- Valued Relationships, INC Phone: (800) 860-4230

Jasper County Senior Services

Senior Center

209 S. Merchant

Effingham, IL 62401

www.eccoa.info

- Care coordinators complete case management assessment for adults 60 + to determine if they qualify for the Community Care Program. IF they are eligible the Emergency Home Response System may be funded by the Illinois Department on Aging.

Emotional Needs/Counseling

Jasper County Counseling Center

106 Edwards St.

Phone: (618) 783-4154

Newton, IL 62448

jasperhealth.org

- Counseling and Mental Health Services

Colwell Counseling & Consulting Services, Inc.

302 S Kitchell Ave

Phone: (618) 392-8255

Suite A

Olney, IL 62450

- Counseling and Mental Health Services

Clay County Counseling Service

125 Broadway St.

Phone: (618) 665-4532

Louisville, IL 62858

www.claycountyhospital.org

- Counseling and Mental Health Services

Grace and Truth Counseling

235 Chestnut St

Phone: (618) 665-3050

Louisville, IL 62858

- Counseling and Mental Health Services

Jodi Wyman MA LCPC

103 West Main St.

Phone: (618) 592-3116

Oblong, IL 62449

www.psychologyspecialists.com

- Counseling and Mental Health Services

Catholic Charities

Professional Counseling Solutions Program

1502 E. Fayette Avenue

Phone: (217) 857-1458

Effingham, Illinois 62401

www.cc.dio.org

- Committed to providing counseling services to those who cannot afford such services
- Subscribe to “fee forgiveness” policy, which means a portion of the counseling fees may be waived for those that have limited resources.
- Certified SHIP Counselors and SHIP Site (*)

Counseling & Information For Sexual Assault/Abuse (CAISA)

825 18th Street, Suite 409

Phone: (866) 288-4888

Charleston, IL 61920

www.sacis.org

Email: caisa@sacis.org

- Trauma informed counseling and therapy services
- All counseling and Therapy are free and confidential
- Provided by master’s level therapist or interns pursuing graduate level degrees in counseling, psychology, or social work

- Services included are;
 - Individual counseling
 - Individual Therapy
 - Group Counseling Therapy
 - Healing through yoga, empowerment through the arts
 - Illinois Imagines
 - Non-offending Caregiver Group
 - Family and Couple Therapy

I would probably add Heartland Human Services Counseling in Effingham as well

Energy/ Financial Needs:

Please note that services are based on funding available at the time of inquiry.

Benefit Access Program (formerly known as circuit breaker) *

- **License Plate Discount**
- **Application Assistance**
 - ERBA-Jasper County Senior Citizens Phone: (618) 783-3660
 - Opportunities for Access (under 60) Phone: (618) 244-9212
 - Senior Services of Jasper County Phone: (217) 347-5569
 - Catholic Charities Phone: (217) 857-1458

How to qualify for the Benefit Access Program?

- 65+ by December 31 of current year
- 16 or older and be totally disabled before January 1 of this year
- Reside in Illinois at the time of application
- Total income from last year must be less than
 - \$33,562 for a 1-person household (yourself only)
 - \$44,533 for a 2-person household
 - \$55,500 for a 3-person household

Eligibility is good for two years and the two-year period starts at the time of your application approval. You can file again 90 days before your eligibility expires.

Energy/Financial Needs:

Please note that these services may vary depending on the availability of funds.

Catholic Charities

1502 E. Fayette Ave

Phone: (217) 857-1458

Effingham, IL 62401

www.cc.dio.org

Click on locations and then click on Effingham.

- Assistance with rent, utilities, acute medical needs, transient transportation, temporary lodging, dental vouchers, and diabetic medications Hours: M-F 9 a.m. to 4:30 p.m.
- Legal Services to assist those with financial struggles to obtain a pro-bono legal service. **Appointment encouraged.** Hours: M-F 8:30 am to 11:30 am and 12:30 p.m. to 3:30 p.m.
- Certified SHIP Counselors and designated SHIP site. * Helps with filing for extra help, Medicare Prescription Drug Program, and Medicaid.
- Helps find low cost medication from different pharmaceutical companies and/or reputable internet pharmacies for those who qualify.
- Offers a referral service to help find local resources to help their need. Hours: M-F 8:30 a.m.-11:30 a.m. and 12:30 pm-3:30 p.m.
- Food pantry helps those families in need of food. Open M-W-F 9-11:30 and 12:30 p.m. – 4 p.m.

ERBA Jasper County Outreach Office

904 W. Jourdan St.

Phone: (618) 783-3660

Newton, IL 62448

- Low Income Home Energy Assistance Program (LIHEAP) assistance- 3 types (**eligibility depends on funding, income, and household size**)

- Energy Assistance – 1time payment and are determined by household size, fuel type, and geographic location
- Emergency Services – payments for those who have been disconnected from the utilities or if the supplier has refused to deliver fuel
- Emergency furnace repair
- Percentage of Income Payment Plan (PIPP) – offers a monthly benefit with a more affordable client payment. Applications are only taken between October 1 through December 30th.

Current LIHEAP and PIPP Guidelines

Family Size	\$30 day (Gross) Monthly Income must be at or below:
1	\$1,561
2	\$2,144
3	\$2,666
4	\$3,219
5	\$3,771
6	\$4,324

- Warm Neighbors Cool Friends (WNCF)- a matching grant for Ameren customers who are elderly, disabled, or having a crisis, but are above the guidelines for LIHEAP. Account must be in good standing and the max payment that will be granted is \$350 in winter months and \$200 in the summer months.

Family Size	30-day (gross) monthly income range must be between
1	\$1,561 - \$3,122
2	\$2,114 - \$4,228
3	\$2,666 - \$5,332
4	\$3,219 - \$6,438
5	\$3,771 - \$7,542

- Housing Counseling, Homeless, and Homeless Prevention Services
- Social Service Programming
 - VITA (Income tax Assistance)
 - Insurance and Medicare Assistance (*)
 - Pharmaceutical Assistance
- FEMA Emergency Food and Shelter – offers free food to those that meet income guidelines

Energy/Financial Needs...

Please note that these services may vary depending on the availability of funding.

- Illinois Home Winterization Assistance Program- used to aid those income eligible clients by making their homes more energy efficient so their energy costs improve and so does their living conditions. (adding insulation, proper venting for attic and crawl spaces, caulking, weather stripping, broken glass replacements, window and door repair)
 - To qualify: show proof of income for the last 12 months, proof of home ownership, and a fuel bill in the applicant's name.
- Offers furnace repair for proper safety of client, smoke and Carbon Monoxide Detectors are also offered as safety equipment.
- Water Heaters may be replaced where necessary

DHS Family Community Resource Center in Crawford County

1110 North Allen Street

Phone: (618) 544-3151

Robinson, IL 62454

www.dhs.state.il.us

- Accepts applications for cash assistance, Supplemental Nutrition Assistance Program via Link Card, Community Supports, Medicare Savings and Medical Assistance.
- Help available to all ages.
- Eligibility based on assets and income

Energy/Financial Needs

Southern Illinois Case Coordination Services (SICCS)

325 South Poplar, P.O. Box 588

Phone: (618) 532-4300

Centralia, IL 62801

Phone: (800) 828-7422

www.siccs.org

- Developmental Disability Services
- Crises after hours number: (800) 828-7422

Social Security Administration (Closest office)

1207 Network Centre, Suite 2

Phone: (855) 213-5288

Effingham, IL 62401

www.secure.ssa.gov

- Can fill forms for retirement out online.
- Replaces Medicare cards and social security cards
- Social Security Survivor & Disability Income
- Supplemental Social Security Income

USDA Rural Development

Effingham Service Center



Phone: (217) 347-7107 ext 4

2701 S Banker Street, Suite 103 A

Effingham, IL 62401

www.rd.usda.gov

- Helps those who are low or modest income to obtain a loan when other loan companies have turned them away.
- Helps the elderly households to obtain a grant to bring their current home up to minimum property standards.

-
- **Jasper County HoneyDo Ministry (might want to add this organization---they do very good work in Jasper County)- I included some information off of their Facebook site**
-
- Call (618) 783-3335
-
- jchoneydo@gmail.com
-
- **MORE INFO**
- 
- About
- Jasper County Illinois Honey Do Ministry
- 
- Jasper County HoneyDo Ministries Application

The Jasper County Honey Do Ministries exists to edify the Body of Christ by reaching out in real ways to those people of Jasper County in need of real support. Our desire is to provide grace in tangible ways through home repair and renovation, fellowship, and opportunities of sharing through work, worship, and praise. While the means of our sharing is measured and observed in home repairs and renovations, that which we truly wish to share is Jesus Christ and the loving, accepting grace of God.

Honey Do Ministries will be providing assistance with home improvements for families in Jasper County. We will be doing such things as cleaning, painting (inside or out), yard work, roofing (repairs and low slopes only), general repairs and maintenance, etc. This work will be done during the month of July.

Food/Meals:

If you would like more information on home delivered meals and congregate meal sites, please contact your local office to see what options are available. 217-347-5569.

Senior Citizens Nutrition Program (ERBA)

904 W. Jourdan St.

Phone: (618) 783-3660

Newton, IL 62448

erbainc.org

- Nutritionally balanced meal provided to those 60 + on a donation basis
- 60 and under can eat at the center for the price of the meal
- Year-round meals served on site, carryout, or home-delivered basis if senior is homebound.
- Offers educational, informational, and social activities on site.

Miscellaneous Food and Meals:

Newton IGA

1108 S Van Buren St

Phone: (618) 783-2422

Newton, IL 62448

www.martinsiga.com

- Offers online ordering with **gogroceri**
- Curb side or delivery in the Newton area
- Call for further details.

Miscellaneous Food & Meals:

Olney Walmart

1001 North West

Phone: (618) 395-7317

Olney, IL 62450

www.walmart.com

- Online ordering and curbside pickup available

Casey's

701 S. Van Buren

Phone: (618) 783-8722

Newton, IL 62448

- Pizza Delivery
- Bakery, Subs, Snacks
- Open M-F 4 a.m. – 10 p.m.

Hartrich Meats

326 Embarrass St.

Phone: (618) 455-3172

St. Marie IL 62459

Hartrichmeats.com

- Open M-F 7:30 a.m. to 5 p.m. & Sat 7:30 a.m. – 12 p.m.
- Closed Daily from Noon -1 p.m.

Dollar General

702 S. Van Buren

Phone: (618) 732-9166

Newton, IL 62448

- Open M-F 7 a.m. – 9 p.m.

Food/Meals...

Food Pantries (call for more details)

Catholic Charities

1502 E. Fayette Ave.

Phone: (618) 857-1458

Effingham, IL 62401

- Mon, Weds, & Fri 9 a.m. – 11:30 a.m. and 12:30 p.m. – 4 p.m.

The Edge Jasper County Food Pantry

115 N. Cumberland St.

Willow Hill, IL 62481

- Open 2nd Sunday of the month 11:30 a.m.- 3 p.m.
- Serves Jasper County

Embarrass River Basin Agency ERBA

904 W. Jourdan
Newton, IL 62448

Phone: (618) 783-3987

www.erbainc.org

- Thursdays 4 p.m – 6 p.m.
- Fridays 1:30 p.m.- 3:30 p.m.

Hope Food Pantry

227 West Harrison St.
Hidalgo, IL 62432

Phone: (618) 793-2559

- Open 2nd Saturday 8 a.m. – 10 a.m.

Food/Meals

Pantries Continued

The Master's Hands – Food Pantry

106 S. Van Buren St.,
Newton, IL 62448

Phone: (618) 783-2955

- Open Tuesdays from 9 a.m.-11:30 a.m. & 1 p.m.- 4 p.m.
- Distributes perishable products (produce, dairy) M-F 9 a.m. – 11:30 a.m.

Willow Hill Food Pantry

206 West Main St
Willow Hill, IL 62432

- Open 4th Thursday from 11 a.m.- 1 p.m.



Feeding the Community

Food/Meals

Home Delivery/Pickup

Newton IGA

1108 S Van Buren St

Phone: (618) 783-2422

Newton, IL 62448

www.martinsiga.com

- Offers online ordering with gogroceri
- Curb side or delivery in the Newton area
- Call for further details.

Olney Walmart

1001 North West

Phone: (618) 395-7317

Olney, IL 62450

www.walmart.com

- Online ordering and curbside pickup available

South Eastern Illinois Agency on Aging

Jasper County Senior Center

904 W. Jourdan St.

Phone: (618) 783-3660

Newton, IL 62448

Home Health Care Agencies:

Many of these agencies offer a variety of skills like nursing, physical, occupational, & speech therapies, medical social workers, & home health aides. All care is provided in conjunction with your personal physician for a limited amount of time.

Carle Richland Memorial Hospital

800 E. Locust St.,

Phone: (618) 395- 2131

Olney, IL 62450

www.carle.org

Clay County Home Health Care (Health Department)

601 E. 12th St.

Phone: (618) 662-4406

Flora, IL 62839

Toll Free: (800) 544- 4406

www.healthdept.org

Crawford Memorial Hospital

1000 N. Allen St.

Phone: (618) 546-5461

Robinson, IL 62454

www.crawfordmh.org

HSHS **Come Care of Southern Illinois**

701 W. Temple Ave.

Phone: (217) 347-1777

Effingham, IL 62401

Toll Free: (800) 551-6566

www.hshshomecare.org

Home Health Care Agencies:

Lincolnland Home Care

1004 Health Center Dr., Suite 202

Phone: (217) 234-4044

Mattoon, IL 61938

Toll-Free: (800) 879-3212

www.sarahbush.org

Mederi Caretenders

4202 Williamson Place, Suite 1

Phone: (618) 242- 3516

Mt. Vernon, IL 62864

www.lhcgroup.com

Regional Home Care Crossroads

4111 North Water Tower Place, Suite E,
Mt. Vernon, IL 62864

Phone: (618) 282-1840

www.lhcgroupp.com



In Home Services/Home Chore:

Services include: Transportation, meal preparation, housekeeping, shopping, laundry, bathing/dressing, companionship/respice, as well as 24- hour care.

Addus Home Care

524 W. 9th Street

Phone: (618) 263-4311

Mt. Carmel, IL 62863

- Many ways to pay; Medicaid, managed care, and other government programs, veteran's benefits, long term care insurance, private pay, and location specific programs. Call to ask if you qualify.

Beary Best Home Health Care Services

14397 E. 1600th Ave.

Phone: (217) 663-9890

Effingham, IL 62401

www.beary-best-home-health-care-services.business.site

I've never heard of this agency? Are they new? Just wondering about what they offer. The website link also does not work

Central Illinois Care Services, Inc.

Phone: (217) 994-9016

1901 S. 4th Street, Ste. 4

Effingham, IL 62401

www.centralillinoishomecare.com/about-us/

- Personal assistance/ daily living activities
- Care: disabled, respite, post-hospitalization, hospice
- Recovery Care: cancer, stroke, and surgery

In-Home Services/Home Chore:

Community Care Services, Inc.

501 West Main Street,

Phone: (618) 842-9654

Fairfield, IL 62837

www.ccsicare.com

- Services may be provided daily, weekly, and even 24 hours a day
- Follow a plan of care fits the client's needs

Help at Home

104 Andrews Dr.

Phone: (618) 842-3879

Fairfield, IL 62837

Toll Free: (877) 502-5945

www.helpathome.com

- Partner with you, your family, and case manager to help develop, deliver, and adapt a care plan that will meet your changing needs.

SPS in Home Care/Hospital Care Services

207 Santa Maria Ave

Phone: (217) 342-4408

Effingham, IL 62401

www.spshomehospitalcare.com

- 24-hour in-home care available
- Hourly care available

Visiting Angels

120 E. Section Ave

Phone: (217) 690-4564

Effingham, IL 62401

- 24-hour care available and flexible hourly care

Hospice

Special healthcare option for patients and families who are faced with a terminal illness. Hospice provides palliative (comfort) care when curative treatment is no longer being used. Hospice Providers are below.

Carle Richland Memorial Hospital - Hospice

800 E. Locust St.

Phone: (618) 395-7340

Olney, IL 62450

www.carle.org

Central Illinois Care Services, Inc

1901 S. 4th St. Ste. 4

Phone: (217) 994-9016

Effingham, IL 62401

www.centralillinoiscareservices.com

Clay County Health Department – Hospice

601 E. 12th Street

Flora, IL 62839

Phone: (618) 662-4406

Toll Free: (800) 544-4406

Hospice-Southeastern Illinois

800 E. Locust St.

Olney, IL 62450

Phone: (618) 392-2745

Hospice:

HSHS Home Care Southern Illinois

701 West Temple Ave.

Effingham, IL 62401

www.hshshomecare.org

Phone: (800) 551-6566

Lincolnland Hospice of Sarah Bush Lincoln

1004 Health Center Drive, Ste 202

Mattoon, IL 61938

www.sarahbush.org

Phone: (217) 234-4075

Toll Free: (800) 454-4055

Jasper County Housing Authority

102 S. 1st Ave

Newton, IL 62448

Phone: (618) 544-3018

- 16-bedroom units

BM Enterprise

209 W. Washington St.

Newton, IL 62448

Phone: (618) 783-3524

Hamilton Apartments

102 S. 1st Ave.

Newton, IL 62448

Phone: (618) 783-3712

Housing Options...

Apartments continued

Mitchell Apartments

300 S. Van Buren St.

Newton, IL 62448

Phone: (618) 783-3863

Magnolia Properties

300 South Side Court

Newton, IL 62448

Phone: (866) 773-9043

Tri-My Apartments

908 S Van Buren St.

Newton, IL 62448

Phone: (618) 783-2984

Housing Options:

Assisted Living

Brookstone Estates of Effingham

1102 N. Maple St.,

Effingham, IL 62401

Phone: (309) 808-6761

Brookstone Estates of Olney

1110 N. East St.,

Olney, IL 62450

Phone: (812) 316-1044

Brookstone Estates Robinson

1101 N Monroe St.
Robinson, IL 62454

Phone: (812) 731-4371

Brookstone Suites

505 W. Temple Ave.
Effingham, IL 62401

Phone: (217) 347 5875

Emerald Glen-Olney

1301 N East St.,
Olney, IL 62450

Phone: (812) 316-1685

Housing Options

Assisted Living Continued

The Glenwood of Effingham

14061 E. 1600th St.
Effingham, IL 62401

Phone: (217) 347-8880

The Villas of Holly Brook- Effingham

904 W. Evergreen
Effingham, IL 62401

Phone: (217) 342-2345

Villas of Holly Brook- Newton

101 S. Gregory Drive

Phone: (618) 421-4659

Newton, IL 62448

www.meridiansenior.com



Housing Options...

Developmental Disabilities

Community Support Systems

618 W. Main St.

Phone: (217) 705-4300

Teutopolis, IL 62467

Intake: (217) 705-4448

www.csscares.org

Residential services 24 hours a day: Provides services in several group homes that include three homes in Effingham, two in Teutopolis, and one in Dieterich.

Effingham Terrace

1101 S. 3rd Street

Phone: (217) 342-9313

Effingham, IL 62401

www.ddhomes.net

Wetherell Place

1026 N. Merchant St.

Phone: (217) 342-6621

Effingham, IL 62401

www.ddhomes.net

Housing Options...

Nursing Homes:

Great References to use when looking for a nursing home.

- <http://health.usnews.com/best-nursing-homes>
- <http://www.ucomparehealthcare.com/nhs/illinois>
- <http://www.medicare.gov/NHCompare>

Remember these important tips when looking at Long Term Care Facility:

- Care Practice or how staff treats the individuals at the facility. What it is that you want for your loved one?
- Environment: How the place looks can affect how we feel about the place.

- Dining: the opportunity to socialize is often found at the dinner table so don't forget to watch for how facilities dine during meals.
- Everyday life: Having an abundance of good quality activities to do with others is an important aspect to look at.
- Culture Change: Seeing their person-centered care plan is a great way to see the home's commitment to your best interests. Ask about the facility's Resident Council.
- Staff Turnover: Do they go through a lot of staff? This measure staff satisfaction.
- Longevity of the Administrator and Director of Nursing.
- Staff to resident ratios should be of concern between different facilities.
- You can check out surveys from the Illinois Department of Public Health for each Long-Term Care Facility that you might be interested in. Available at: <https://ltc.dph.illinois.gov/webapp/LTCApp?ltc.jsp>

These suggestions were taken from the **YourWay: How to find dignity and choice in a Nursing Home** book published by the Illinois Pioneer Coalition. A copy is available at www.illinoispioneercoalition.org/info/form.php

Housing Options...

Nursing Homes Continued:

Intermediate Care- Help for those who cannot live alone

Skilled Care- Intensive 24-hour nursing care

Alzheimer's Dementia Unit- Supervised by staff who offer structured daily activities

Aperion Care -Burgin Manor- Olney

900 E. Scott St.

Phone: (618) 395-1000

Olney, IL 62450

Cumberland Rehab and Health Care

300 N. Marietta St.
Greenup, IL 62428

Phone: (217) 923-3186

Effingham Rehabilitation and Healthcare Center

1610 North Lakewood
Effingham, IL 62401

Phone: (217) 347-7781

Evergreen Nursing and Rehab Center

1115 N. Wenthe
Effingham, IL 62401

Phone: (217) 347-7121

Helia Health Care of Olney

410 E. Mack Avenue
Olney, IL 62450

Phone: (618) 395-7421

Housing Options

Nursing Homes Continued:

Heritage Health (has changed name back to Cotillion Ridge) -Robinson

600 Robinwood Dr.
Robinson, IL 62454

Phone: (618) 544-3192

Lakeland Rehab and Healthcare Center

800 W. Temple St.

Phone: (217) 342-2171

Effingham, IL 62401

Newton Care Center

300 S Scott St.,
Newton, IL 62448

Phone: (618) 783-2309

Ridgeview Care Center

413 Ridge Ln
Oblong, IL 62449

Phone: (618) 592-4228

Simple Blessings

203 E. Monroe Ave.,
Casey, IL 62420

Phone: (217) 932-2603

Residents' Rights in Long Term Care, Home, & Community:

Southeastern Illinois Agency on Aging

SWAN

120 S. Fair, Suite #2
Olney, IL 62450

Phone: (618) 879-2214

Phone: (888) 715-6260

www.seiaoa.com

- **Regional Long-Term Care Ombudsman Program:**
 1. Provides advocacy to residents in licensed homes ---nursing, supportive, and assisted.

2. Is a confidential listener to the problems and concerns of residents.
3. Informs residents of their rights.
4. Assists in solving problems with permission, if requested.
5. Answers any questions regarding Long Term Care issues.

Illinois Department on Aging

One Natural Resources Way, Suite 100

Springfield, IL 62702-1271

www.illinois.gov/aging

State Long-Term Care Ombudsman: Phone: (217) 785-3143

Deputy State LTC Ombudsman: Phone: (217) 785-3140

Senior Help Line: Phone: (800) 252-8966

Illinois Department of Public Health Hotline: Phone: (800) 252-4343

National Long-Term Care Ombudsman Resource Center:

www.ltombudsman.org

Phone: (202)-332-2275

Medical Equipment:

Providers work with the patient's doctor and family to ensure that the equipment needs of the patients are taken care of.

Equipment needs can include hospital beds, walkers, and or wheelchairs, oxygen/CPAP, Lifts, Elevators, & Special Chairs.

Medical Equipment providers also perform several services: Directly bill Medicare, Medicaid, or private insurance. Free (or low cost) delivery, installation, and instruction.

AAA Mobility Specialist, LLC

711 W. Jefferson

Effingham, IL 62401

www.aaamobilityspecilists.com

Apria Healthcare

401 S. Banker St. Ste. A&B

Phone: 217-347-5212

Effingham, IL 62401

www.apria.com

Bandy's Medical Equipment

410 N. Maple St.

Phone: 217-342-4919

Effingham, IL 62401

Medical Supplies Continued

Carle Medical Supply

200 Lerna Road South Ste. 101

Phone: (217) 258-7600

Mattoon, IL 61938

Toll Free: (800) 233-6907

Jasper County Medical Center

500 S Scott Ave.

Phone: (618) 783-2144

Newton, IL 62448

Lincare Inc.

700 N Henrietta Ste. B
Effingham, IL 62401

Phone: (217) 347-7002

Lincolnland Home Medical Equipment

903 N. Maple St.
Effingham, IL 62401

Phone: (217) 347-7372

Toll Free: (800) 345-3191



Memory Care Homes:

Assisted Living for those with dementia/Alzheimer's Disease

Copper Creek Cottages Memory Care of Mattoon

920 Country Club Rd.
Mattoon, IL 61938

Phone: (217) 235-0001

Lavender Ridge Dignified Memory Care

1304 N East St.
Olney, IL 62450

Phone: (618) 392-4747

Lavender Ridge Memory Care

1103 N. Maple St.
Effingham, IL 62401

Phone: (217) 342-4150

Villas of Holly Brook and Reflections Memory Care: Charleston

738 18th St.
Charleston, IL 61920

Phone: (217) 512-2773

Willowbrook Memory Support Residences of Effingham

100 E. Blohm Ave.
Effingham, IL 62401

Phone: (217) 342-3233

Respite- temporary relief for those who are caregiving.

Respite in Communities

The following offer short term stays. Contact facilities for details and costs.

Southeastern II Area Agency on Aging **618-262-2306 (community respite program-must qualify for hours)**

Effingham Rehabilitation & Health Care Center

Phone: (217) 347-7781

www.petersenhealthcare.net

Evergreen Nursing Rehabilitation

Phone: (217) 347-7121

www.evergreennursingrehab.com

Lakeland Rehabilitation & Health Care Center

Phone: (217) 342-2171

www.lakelandrehabandhealthctr.com

Newton Care Center

Phone: (618) 783-2309

Ridgeview Care

Phone: (618) 592-4228

Villas of Holly Brook – Newton

Phone: (618) 421-4659

Villa of Holly Brook –Effingham

Phone: (217) 342-2345

www.meridiansenior.com

Respite for Individuals with Developmental Disabilities

Community Support Systems

Phone: (217) 705-4300

CCAR Industries

Phone: (217) 348-0127

Support Groups- *Meeting dates and time are subject to change.*

AA/NA (District 13) Phone Contact: 1-800-307-6600

www.ildistrict13aa.org

Alcoholics' Anonymous

Casey AA - First Church of Nazarene

1000 U.S. 40

Casey, IL 62454

- Sunday at 7:00 p.m.

Centenary United Methodist Church

203 E. Grove Ave

Effingham, IL 62401

- Tuesdays at 8 p.m.
- Wednesday at 7:00 p.m.
- Thursday at 7:00 p.m.
- Friday at 7:00 p.m.

Christ's Church

2511 S. Veterans Dr

Effingham, IL 62401

- Meets Monday at 12:00 p.m.

Celebrate Recovery - Effingham Assembly Church

3200 S. Banker St.

Effingham, IL 62401

- Meetings are every Thursday at 6:00 p.m.

Support Groups...

Watson Civic Center

806 W. Franklin Ave

Watson, IL 62473

- Sunday at 7 p.m.

Narcotics Anonymous

Addiction Solutions

1044 S. Whittle Ave

Olney, IL 62450

- Monday at 7:00 p.m.

Christ's Church

2511 S. Veterans Dr.

Effingham, IL 62401

- Monday at 12:00 p.m.
- Tuesday at 12:00 p.m.
- Thursday at 12:00 p.m.

Centenary United Methodist Church

203 E. Grove Ave.

Effingham, IL 62401

- Tuesday at 6:00 p.m.
- Friday at 7:00 p.m.

Support Groups...

First Baptist Church

213 W. Fayette Ave.

Effingham, IL 62401

- Wednesday at 1:30 p.m.

First Presbyterian Church

600 West Temple
Effingham, IL 62401

- Monday at 7:00 p.m.

Free Methodist Church

223 W. Cherry St.
Olney, IL 62450

- Friday at 7:00 p.m.

Potter's House Ministry

1 Kennedy Drive
Newton, IL 62448

- Monday at 7 p.m.

United Methodist Church

308 N. 2nd Street
Effingham, IL 62401

- Thursday at 7:00 p.m.

Support Groups Continued

AL-ANON Group (supports family and friends of alcoholics)

Centenary United Methodist Church

203 E. Grove
Effingham, IL 62401

- Meets Tuesday at 7 p.m.

New Choices

10725 N. State Highway 49

Willow Hill, IL 62480

- Thursday night at 7:00 p.m.

Overeaters Anonymous

First Presbyterian Church

600 W. Temple

Effingham, IL 62401

- Thursday at 7:00 p.m.

Greenup Carnegie Library

101 N. Franklin

Greenup, IL 62428

Support Group Continued

Alzheimer's and Dementia Support Groups

Newton Public Library (Forget-Me-Not)

100 South Van Buren St.

Newton, IL 62448

www.newtonpl.com

- Call (618) 783-8141
- Includes books, DVD's, and other resources that anyone can check out (**with or without library card**)

Caregiver Support Group

Heartland Human Services

1200 N 4th Street

Effingham, IL 62401

- Meets the 3rd Monday of every month at 12:30 p.m.

Forget me Not Café

Tuscan Hills Winery

2200 Historic Hills Drive

Effingham, IL 62401

- Meets 4th Tuesday of the month

Support Groups continued...

Breast Cancer Support Group

Women's Wellness Center

900 W. Temple Ave., Building B

Effingham, IL 62424

- Meets quarterly throughout the year.

- Call 217-347-1601 for more details

Diabetic Support Group

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

www.sarahbush.org

- Meets 2nd Tuesday of the Month in March, June, and September

Support Groups continued...

St. Anthony Memorial Hospital

503 N. Maple St.

Effingham, IL 62401

- Meet the second Monday of the month at 5:30 p.m.
- January through November

Support Groups continued...

Grief Support Groups

Hopeful Horizons

Lincoln Land Hospice Prairie Pavilion 2

Mattoon, IL 61938

- Meet at 1-2:30 on the third Thursday of each month

- Grief education for anyone needing help with the bereavement process

Pathways Through Grief

1000 Health Center Dr. –Pavilion 2

Mattoon, IL 61938

- Meets the first Wednesday of each month from 7:00 p.m. to 8:30 p.m.
- Grief support group open to anyone who has lost a loved one.

Ostomy Support Group

Sarah Bush Education Center

1000 Health Center Dr.

Mattoon, IL 61938

- Meet 4 times a year in Mattoon and Effingham. Call for date, times, and locations. 217-238-4850

Parkinson's Disease Support Group

11021 E CR 800 N.

Charleston, IL 61920

- Meets May last Tuesday of each month at 1:30 p.m. at the Life Span Center

Transportation:

Rides Mass Transit District

1307 W Mulberry St.

Phone: (618) 544-8800

Robinson, IL 62454

www.ridesmtd.com

- Choice of transportation on a RMTD bus from anywhere in the district
- Seniors 60 + are free to ride if you present your blue Senior I.D.

- To obtain a blue Senior I.D. call Senior Services at 217-347-5569 or stop by to pick up the form.
- 24-hour notice required.
- Same day service is not guaranteed, but if space is available then you might get a spot.
- Office hours:
 - Mon-Fri- 6:00 a.m.-6 p.m.
 - Saturday- 7:00 a.m.-4:00 p.m.
 - Sunday- Closed

Other Local Resources...

Health Clinics:

Audibel Hearing Center

904 W. Jourdan St.

Newton, IL 62448

Phone: (217) 347-5934

Dora Griffith

106 E. Edwards St.

Newton, IL 62448

Phone: (618) 783-4154

Integrated Therapy Services

102 N Jackson St.

Newton, IL 62448

Phone: (618) 783-7529

Jasper County Medical Center

500 S. Scott Ave.

Newton, IL 62448

Phone: (618) 592-3116

Marshall Clinic

507 W. Washington St.

Newton, IL 62448

Phone: (618) 783-5094

Other Local Resources

Clinics

Mid Illinois Quick Care

601 W. Washington St.

Newton, IL 62448

Phone: (618) 783-0954

Newton Community Medical Center

804 W. Jourdan St.

Newton, IL 62424

Phone: (618) 783-4200

Psychology Specialists

500 S. Scott Ave.

Newton, IL 62448

Phone: (618) 592-3116

Sarah Bush Lincoln Health Centers

910 S. Van Buren St.

Newton, IL 62448

Phone: (618) 783-3800

Springfield Clinic Newton

601 W. Washington St.

Newton, IL 62448

Phone: (618) 783-4154

Tarr Chiropractor

1301 W. Jourdan St.

Newton, IL 62448

Phone: (618) 783-5900

Other Local Resources:

Dentists

Jeanine Huddlestun DDS

605 S Van Buren St.

Newton, IL 62448

Phone: (618) 783-3714

Riverside Dental

10194 IL-130

Newton, IL 62448

Phone: (618) 783-8582

Lawyers:

Land of Lincoln

Champaign Office (4)

302 North First Street

Champaign, Illinois 61820

(217) 356-1351; (800) 747-5523

Serving residents in Champaign, Clark, Coles, Crawford, Cumberland, De Witt, Douglas, Edgar, Effingham, Ford, Jasper, Moultrie, Piatt, & Vermilion Counties

David P. Benney

604 W. Washington St.,

Newton, IL 62448

Phone: (618) 783-5207

Dryden Law Office

801 W. Jourdan St.

Newton, IL 62448

Phone (618) 783-5400

Hoffeditz Law Office

103 E. Morgan St.

Newton, IL 62448

Phone: (618) 783 3250

Other Local Resources:

Weber, Tedford, Heap, & Ayres, P.C.

122 S. Van Buren St

Newton, IL 62448

Phone: (618) 783-8471

Pharmacy

CVS Pharmacy

207 W. Jourdan St.

Newton, IL 62448

Phone: (618) 783-2473

The Medicine Shoppe Pharmacy

600 W. Jourdan St.

Newton, IL 62448

Phone: (618) 783-2838

City of Newton

108 N Van Buren

Newton, IL 62448

Phone: (618) 783-8451

Jasper County Chamber of Commerce

124 S Van Buren St.,

Newton, IL 62448

Phone: (618) 783-3399

Other Local Resources:

Jasper County Health Department

106 E. Edwards St.
Newton, IL 62448

Phone: (618) 783 4436

Jasper County Police Department

108 N. Van Buren
Newton, IL 62448

Phone: (618) 783-8478

Illinois Department of Veterans Affairs

- www.illinois.gov/veterans

Wade Fire Department

104 N. First Street
Newton, IL 62448

Phone: (618) 783-3887

Toll-Free Numbers and Web pages:

AARP

1.888.687.2277

www.aarp.org

Administration on Aging, U.S. Department of Health and Human Services

www.aoa.gov

Alzheimer's Disease Education and Referral

1.800.438.4380

www.nia.nih.gov/alzheimers

Alzheimers Store

www.alzstore.com

1.800.752.3238

Benefits Checkup

www.benefitscheckup.org

Caring Today

www.caringtoday.com

Toll Free Number and Websites:

Elder Abuse

1.866.800.1409

www.ncea.aoa.gov

Eldercare Locator

www.eldercare.gov

Government Benefits Search Tool

www.benefits.gov/

Meals on Wheels America

www.mealsonwheelsamerica.org

Medicare

www.medicare.gov

1.800.633.4227

Medicare Right's Center

www.medicalrights.org/

1.800.333.4114

Toll-Free Numbers and Webpages

Sage National LGBT Elder Hotline

1.877.360.LGBT (5428)

www.sageusa.org

U.S. Department of Health and Human Services

www.hhs.gov/aging/healthy-aging/index.html

Veterans of Foreign Wars

www.vfw.org

National Institute of Mental Health

www.nimh.nih.gov

National Council on Aging

www.ncoa.org

National Institute on Aging

1.800.222.2225

www.nia.nih.gov

Geriatric Mental Health Foundation

www.gmhfonline.org

Toll-Free Numbers and Web Pages

American Cancer Society

www.cancer.org

American Diabetes Association

www.diabetes.org

1.800.342.2383

American Heart Association

www.heart.org

1.800.242.8721

American Parkinson Disease Association

www.apdaparkinson.org

1.800.223.2732

National Center on Elder Abuse

www.aginginplace.org/guide-to-recognizing-elder-abuse/

1.202.898.2586

National Suicide Prevention Hotline

1.800.273.8255

Spanish: 1.888.628.9454

