

Disclaimer

Macomb Area AARP's Creative Elder Options Committee (CEO) collected, organized, and verified the information included in this directory. We would like to thank all the Provider Agencies and Senior Services included in the directory for providing up-to-date and reliable information. Information in this directory is subject to constant change, as a result, the Macomb Area AARP's CEO is not responsible for any information that you find to be incorrect. We hope that the information included meets your needs.

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Online Version: <http://www.macombaarpceo.org>

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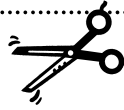


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Helpful Phone Numbers

Center for Medicare & Medicaid (CMS)	
Medicare Info	800-633-4227
Circuit Breaker—IL Dept. on Aging	800-624-2459
Elder Abuse Investigation	800-369-8724
Elder Abuse Hotline 24/7	866-800-1409
Elder Care Locator (Alternatives)	800-677-1116
	800-369-8724
Energy Assistance (LIHEAP) WIRC	309-837-2987
Free Directory Assistance	800-373-3411
Guardianship Advocacy Commission	309-693-5001
IL Dept. on Aging	800-624-2459
Illinois CaresRx	866-215-3463
Senior Help Line	800-252-8966
Senior Health Insurance Program (SHIP)	800-548-9034
IL Dept. Human Services Helpline	800-843-6154
Blind Services	800-843-6154
IL Public Health Dept. Hotline	800-252-4343
IL Secretary of State, Motor Vehicle	800-252-8980
Driver's License Examiner (Macomb)	309-833-5661
Nursing Homes-24-Hour Hotline	800-252-4343
	800-547-0466
Office of the State Guardian	866-274-8023
	312-793-5908
Ombudsman (Alternatives) Ext. 233	800-798-0988
Long-Term Care Facilities After hours	866-800-1409
Social Security Administration	800-772-1213
Quincy Office	217-224-8902
USDA Rural Development, Quincy, IL	217-224-9307
(Area offices in Galesburg, Jacksonville and Quincy)	
Western Illinois Area Agency on Aging	800-322-1051

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Join Macomb Area AARP for 2011- 2013 for only
\$27.00 for and individual and \$33.00 for a couple.

AARP represents you in Washington, in Springfield and locally. It brings you helpful services close to home, with local chapters, safe driving courses, insurance, tax aide, and more.

____, I want to join for 2011 (\$12. couple, \$10. single)

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Please Print

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email Address _____

National AARP Membership
Number _____

Send this application and a check made to:

Macomb Area AARP

Macomb Area AARP
Treasurer: Pat West
P.O. 155
Macomb, Illinois 61455

McDonough County

Senior Services

Directory

The goal of this directory is to provide current information about the choices available to interested parties who are seeking help for a senior citizen living in McDonough County, Illinois; whether it is yourself, a relative, or a friend.

Whether you live in McDonough County, are thinking of moving to the area, or are a relative or friend of someone living here and are seeking information, we hope the information we have provided will be useful.

You will find the information you seek about provider agencies and services for seniors under broad topics that are listed in the table of contents. Information for each provider agency includes their address, telephone number, a brief description of the services or activities they provide, and a web site, if it was available.

Compiled by the Creative Elder Options Committee (CEO)
Macomb Area AARP Chapter
Macomb, Illinois, 2011



Preface

Well, here you are, your parents suddenly need your help. They have been fine, and suddenly **BOOM!** A call comes to you and you rush to help them. They may be better now, but what do you do about the future?

This guide has been compiled to help the Senior residents of McDonough County locate available services. It has been written with two groups in mind; the elderly, and more importantly, their children.

We hope this booklet will help.

Alternatives for the Older Adult funded by the Illinois Dept. on Aging should be the first call that you make. They can help you plan and will assess your parent(s) needs. Planning is the first thing you should do. **See page (10)** of this booklet.

Finances: Once you have determined their needs, determine what it will cost to meet those needs and what are their financial assets and liabilities **See page (30)**. Ask yourself: what will everything cost? How did they plan to pay for what they might need? Where do we find them help? Creating a budget gives you a handle on how and where your parent(s) can afford to live if he or she is no longer independent. **See page (10)**.

Insurance and Pensions: Check with Social Security, Medicare, pension providers and long-term care insurance policy providers, if available. **See on pages (26, 37) and the Websites pages (45-49)**.

WEB SITES (Continued)

Pioneer Network

<http://www.pioneernetwork.net>

Introduces you to nursing homes with new ways of looking at nursing homes as communities made of residents, families, and staff.

Social Security Administration

<http://www.socialsecurity.gov>

Replace a missing Social Security card, change address, or bank depository.

Strength for Caring

<http://www.strengthforcaring.com>

Connect and chat with other caregivers at this site.

USDA Rural Development Home Repair Grants

<http://www.rurdev.usda.gov/il/ao-list.htm>

US. National Institute on Aging

<http://www.nia.nih.gov>

This site has a wealth of information for the older adult or a family member. Click on the name of the health condition for everything you need to know about one disease or many other ailments. Publications are usually FREE.

Western Illinois Area Agency on Aging

<http://www.wiaaa.org>

WIAAA dedicated to serving people 60+ by helping them to remain in their own homes for as long as possible and to remain involved and active in their communities. Government funded it serves the ten-county area including McDonough County

WEB SITES (Continued)

Medicare

<http://www.medicare.gov>

Medicare Prescription Drug Plan Finder

Medicare Ombudsman

<http://www.medicare.gov/nhcompare>

Compares nursing home quality data and finds results of state agency reports.

Medicare Rights Center

<http://www.medicarerights.org>

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

National Clearing House of Long-Term Care Information

<http://www.longtermcare.gov>

Federal website that spells out senior living alternatives and the various payment options. Download a “Long-term Care Kit” which contains information that will help you plan for your future care needs.

National Council on Aging (NCOA)

<http://www.ncoa.org>

The National Council on Aging (NCOA) is a nonprofit service and advocacy organization headquartered in Washington, DC. Its mission is to improve the lives of older Americans.

Needy-Meds

<http://needy-meds.com>

Lists links to organizations and corporations that offer assistance to residents of the United States need assistance in paying for their medications.

Preface

Housing: The third issue to deal with is housing. Should you or your parents stay in the current home, move to an independent living facility, assisted living facility, or nursing home. These are decisions you need to make carefully and not too quickly as these decisions have long lasting effects. **See pages (24 and 32)** that show what housing alternatives are available in McDonough County.

Home Health Care. If you or your parents continue to live in their house, then some professional and/or medical assistance may be beneficial **See page (19).**

Food: We all have to eat! Do you need to access more affordable and nutritious food? How can they get home delivered meals if you can’t drive? **See pages (18).**

Support groups: You are not the only person with these problems. Many others are in the same boat. Look to members of these groups for advice, comfort, and love **See page (38)** for suggestions.

We know you thought your parents could always take care of themselves. After all, they have taken care of you. But we all get older, and there comes a time when help is needed. Knowing what services are available to you or your loved ones living in McDonough County can save time, money and lives. So read through this directory and make plans for the future now.

**Remember, You’re Not Alone,
Macomb Area AARP CEO**

TABLE OF CONTENTS 2011

Preface	4
Alternatives for the Older Adult	10
(First step when trying to access care)	
Primary Provider Agencies	11
(agencies offering a range of services and referrals)	
McDonough District Hospital (MDH)	
Western Illinois Regional Council-CAA	
YMCA Senior Center	
Emergency Response Systems	14
Medicine Dissemination Response Systems	
E-Pill/Medication Reminders	
Healthcom/Carelink	
Philips Medication Dispensing Service	
Personal Telephone Emergency Monitoring	
McDonough District Hospital	
CST Personal Response System	
Medical Alert System (CVS Pharmacy)	
OSF St. Mary Personal Response System	
Safe Return (Medical Alert)	
Fitness/Exercise/Rehabilitation Activities	16
Advanced Rehab and Sports Medicine Services	
Azer Clinic	
Curves	
McDonough District Hospital Rehabilitation Services	
Totally Fit of Macomb, Inc.	
Food Sites/Delivery	18
Home Delivered Meals (YMCA Senior Center)	
Hy-Vee Foods	
Loaves and Fishes	
Meals on Wheels (Heartland Health Care Center)	
Meals on Wheels (Prairie City Health Care Center)	
Salvation Army Food Pantry	
Western Illinois Regional Center-CAA	

WEB SITES (Continued)

GrandCare Systems

<http://www.grandcares.com>

Using a combination of remote environmental sensing, passive physiological sensing, artificial intelligence, and networking technologies, it allows the caregiver to remotely and passively monitor a loved-one without compromising dignity or privacy.

Illinois Assistive Technology Program (IATP)

<http://www.iltech.org>

Learn about the technology available for rent or purchase for individuals of any age with disabilities. Offers information about alternative sources of funding for equipment.

Illinois Dept. on Aging

<http://www.cbrx.il.gov/aging/1caregivers/caregivers-main.htm>

Access Illinois Family Caregiver Support and the Grandparents Raising Grandchildren programs.

Illinois Dept. of Public Health

<http://www.idph.state.il.us>

Monthly list of the names and locations of nursing homes in Illinois that have violated the Nursing Home Care Act.

McDonough County Social Services Directory

http://www.socserv.org/directory_display.php

Refers user to the Social Service Directory subject index to determine which agencies in McDonough County may be appropriate to your needs, and how to contact those agencies directly or by phone.

McDonough District Hospital Physician Directory

<http://www.mdh.org/physician-directory-mainmenu-92.html>

(Continued)

WEB SITES (Continued)

Department of Health and Human Services, U.S.

<http://www.hhs.gov/#caregivers>

Access links to resources on aging, caregivers, support programs for caregivers, home health care, and specific diseases. Government statistics and reports on access to health care, and diseases such as Alzheimer's, Arthritis, Heart Disease, and Influenza.

The Eden Alternative

<http://www.edenalt.org>

Learn about the nursing home culture that encourages initiatives that improve the quality of life for both residents and their families, and staff. Locate Nursing facilities.

Eldercare Link

<http://www.eldercarelink.com>

A non-governmental free referral service for families in need of local eldercare services for caregivers help. Within minutes of completing their brief needs survey, you will get a detailed E-mail report listing care providers in your area that match your specific requirements.

Eldercare Locator

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

A public service of the U.S. Department of Human Services, it finds Illinois government agencies that can help older persons and their families access home and community-based services. Just type in your Zip code or select the type of service you need such as, food, caregivers, or transportation. It also provides a list of resources in our state.

(Continued)

TABLE OF CONTENTS 2011

Home Health Care	19
Addus Healthcare	
Help-at-Home	
MDH Home Health Care	
OSF St. Mary Home Health Services	
Spoon River Home Health Care	
Wesley-at-Home	
Western Illinois Home Health Care	
Hospice	23
Hospice Compassus	
Harbor Light Hospice	
McDonough District Hospital Hospice	
OSF St. Mary Hospice	
Independent Living Facilities	24
Everly House	
Grand Prairie Villas (Duplexes)	
Jefferson House	
Lafayette Square	
McDonough County Housing Authority	
Wesley Estates (Duplexes)	
Wesley Village Retirement Community	
West Central Illinois Center for Independent Living	
Long-Term Care Insurance	27
Medical Equipment and Supplies	29
Macomb Medical Equipment and Supplies	
More Medical Supply Company	
Others	
Money Management	30
Nursing Homes, Rehabilitation Centers & Assisted Living Facilities	32
Bickford Cottage	
Courtyard Estates of Bushnell	
Countryview Care Center of Macomb	
Elms	

TABLE OF CONTENTS 2011

Nursing Homes, Rehabilitation Centers & Assisted Living Facilities (Continued)	
Grand Prairie Supportive Living	
Heartland Health Care Center of Macomb	
McDonough District Hospital Transitional Care Unit	
Prairie City Rehab and Health Care Center	
Wesley Villages Health Care Center	
Protective Services.....	35
Central Complaint Registry	
Financial Exploitation	
Macomb Police Department	
Prairie State Legal Services	
Western IL Regional Council-CAA	
Social Security and Medicare.....	37
Support Groups and Services.....	38
Alzheimer’s Association-Central Illinois	
Alzheimer’s & Memory Support Services (MDH)	
Care Giver Group	
McDonough District Hospital Support Groups	
North Central Behavioral Health System	
Transportation.....	40
Cancer Treatment Drivers	
McDonough County Public Transportation	
Veterans Administration.....	40
Miscellaneous Services.....	41
Driver Safety Classes	
Illinois Telecommunications Access	
Life/Line LinkUp Illinois	
Macomb Transfer Company Movers	
McDonough County Public Health Department	
Mid-Illinois Talking Book Center	

WEB SITES (Continued)

Administration on Aging

<http://aoa.gov/AoARoot/index.aspx>

Home page and index to many excellent resources for and about Senior Citizens in the United States.

Adaptive Home

<http://www.adaptivehome.com>

Goal is to help Seniors live in their homes safely as long as possible while providing peace of mind for concerned caregivers and family. Through innovative technology they adapt the home environment achieving greater safety and convenience while empowering caregivers with a private website with the up-to-date status of their loved-ones from their homes.

Benefits CheckUp: the National Council on Aging

<http://www.benefitscheckup.org>

National not-for-profit research and education organization with a database to make individuals aware of all of the benefits they or a family member might be eligible to receive.

Care@Home

<http://www.homecaringadvice.com>

A resource that connects skilled caregivers to families and individuals in need of assistance and health services in their homes. It offers members customized search options and a rich library of senior care resources for caregivers.

Caregiver’s Home Companion

<http://www.caregivershome.com>

Site provides access to resource for caregivers of victims of Alzheimer’s and other long-term disease.

MISCELLANEOUS SERVICES (Continued)

Senior's Day (Continued)

Held at Citizens Main Bank on the Macomb Square, this monthly community service (1st Thurs. Feb-Dec.) is open to the public of all ages. The event features free, basic health monitoring services, seminars, and vendor displays of interest to seniors and is co-sponsored by the Bank, McDonough District Hospital, and Heartland Health Care.

Tri-states Audio Information Services (AIS)

University Services Building, 504 **309-298-2403**
Macomb, IL 61455-139

<http://www.tristatesaudio.org>

Broadcasts 24-hours, 7 days a week. Volunteers read from newspapers, magazines, and novels. Offered at no charge to blind, visually impaired, learning disabled, or physically disabled. Listeners receive specially pre-tuned radios on-loan.

- Radio Information Service
- Web Streaming Service (available through password to qualified persons)

WEBSITES

AARP Get the Facts

<http://www.aarp.org/getthefacts>

Learn about the changes in the Medicare D coverage gap or “doughnut hole” because of the Health Care Act.

AARP Insurance Products

<http://www.aarp.org/benefits-discounts/insurance-products/>

From this site users can request information about all AARP insurance policies, including: Care Insurance and Medicare supplemental policies.

(Continued)

TABLE OF CONTENTS 2011

Miscellaneous Services (Continued)

Organize U
Senior's Day
Tri-state Audio Information Services

Web Sites..... 44

AARP Insurance Products
AARP Get the Facts
Adaptive Home
Administration on Aging
Benefits CheckUp
Caregivers Home Companion
Caringspace
Department of Health and Human Services
GrandCare Systems LLC
Eden Alternative
Eldercare Link
Eldercare Locator
Illinois Assistive Technology Program
Illinois Department on Aging
Illinois Department of Public Health
Long Term Care
McDonough County Social Services Directory
McDonough District Hospital Physicians Directory
Medicare
Pioneer Network
Social Security Administration
Strength for Caring
USDA Rural Development Home Repair Grants
U.S. National Institute on Aging
Western Illinois Area Agency on Aging

Helpful Illinois Phone Numbers..... 51

Alternatives For the Older Adult

1518 5th Ave., #100, Moline, IL 61265 **800-798-0988**
804 W. Jackson St., Macomb, IL 61455 **309-837-7112**
Direct Line: **309-837-1001**
After hours/weekends upon request **309-781-5381**
E-mail address: <mailto:kstevens@4olderadults.org>
<http://www.4olderadults.org>

This is the **first step for access to the Community Care Program** and a broad range of services to seniors. A **FREE preliminary assessment made in your home** will determine which services the client is eligible to receive. A representative from Alternatives **must** be invited in by the potential client. Services offered:

- Comprehensive assessment and case management services to the frail elderly
- Homemaker and chore services-Emergency Home Response System
- Money Management, help with paying bills
- Ombudsman Service for nursing home residents at **800-798-0988 ext. 233**
or
After hours **1-866-800-1409**
- Elder Abuse investigation **1-800-369-8724**
- Caregiver Counseling
- Grandparents Raising Grandchildren Counseling
- Respite Care
- Support Groups

(See Also, Money Management on Pg. 30)

MISCELLANEOUS SERVICES (Continued)

Mid-Illinois Talking Book Center
600 Highpoint Lane **800-426-0709**
East Peoria, IL 61611
<http://www.alliancelibrarysystem.com/MITBCWhatWeDo.cfm>
Email: info@mitbc.org

Provides free library service for anyone in central Illinois unable to read regular print because of low vision, blindness, or a physical disability. Stop by Macomb Public Library for more information.

Organize U **309-837-3802**
812 N. Madison **309-255-1428**
Macomb, Il 61455 <http://www.organizeu2.com>
E-mail: sue@organizeu2.com

Professional Organizer and Certified Go System Trainer. Provides the following services to seniors and their loved ones at home or in small group seminars:

- Organizing personal papers or those of loved ones
- Organizing personal space (kitchen, bath, closet, etc.)
- Help for those with memory loss or their caregivers to organize a home for easier day-to-day living.
- Help with paying bills and writing correspondence
- Teaching methods of sorting mail, email and voice mail messages.

Senior's Day
Citizens Bank **309-833-4551**
A Div. of Morton Community Bank **309-837-0606**
Main Office, 127 S. Side Square, Macomb, IL 61455
<http://www.hometownbanks.com/macomb/index.htm>

(Continued)

MISCELLANEOUS SERVICES (Continued)

Lifeline/Link-up Illinois **Frontier 877-462-8188**
<http://www.frontier.com/products/Lifelines/Default.aspx>

Universal federally funded Lifeline programs: call your local telephone company to apply for the Link-Up and Lifeline programs if you participate in any of the following program:

- Medicaid and/or Food Stamps
- Temporary Assistance to Needy Families
- Low Income Home Energy Assistance (LIHEAP)
- Supplemental Security Income (SSI)
- Seniors earning \$13,000/year or less
- Federal Public Housing

Macomb Transfer Company Movers **309-837-1519**
1718 W. Jackson
Only professional moving company in McDonough County

McDonough County Health Department (MCHD)
505 E. Jackson St., Macomb, IL **309-837-9951**
Email: mchdept@mchdept.com
<http://www.mchdept.com>

Provides public health services to all residents of McDonough County. MCHD focuses on four main areas of public health community, environmental, family and emergency preparedness. Open M-Th 7 am to 6 pm.

Services of interest to seniors:

- Preventative Health Screenings
- Smoking Cessation Assistance
- Unwanted Medication Disposal (not controlled substances)
- Immunizations (Flu, Pneumonia, and Shingles shots)

(Continued)

PRIMARY PROVIDER AGENCIES

McDonough District Hospital (MDH)
525 E. Grant St., Macomb, IL 61455 **309-833-4101**
<http://www.mdh.org/>

MDH is a 113-bed healthcare facility providing a large spectrum of advanced medical treatments and personalized health services. MDH is accredited by The Joint Commission and is a member of Voluntary Hospitals of America (VHA). MDH provides a wide range of special programs for seniors, including:

Adult Day Health Services: is a day program for adults 60+ who are in need of health-related services or social activities. It is also a regional CST Emergency Response System provider and installer for Illinois.
Open M-F 8:30-4:30 pm. **309-836-1656**

Behavioral Health Services: offers a full range of counseling services, including individual, group, and family therapy **309-836-1582**

Home Health Care **309-836-1544**

Hospice **309-836-1543**

Rehabilitation: Physical, occupational, and speech/
language therapy; cardio-pulmonary **309-836-1601**

Westervelt Hospitality House **309-833-4101**

Outreach Services **309-836-1584**

- Alzheimer's & Memory Support Services
- Anticoagulation Clinic **309 836-1659**
- Bereavement Support Group **309-836-1543**
- Diabetes Education Center **309-836-1584**
- Screenings: Colorectal cancer, etc. **309-836-1584**
- Wound, Ostomy, Contenance Care Services **309-836-1634**

PRIMARY PROVIDER AGENCIES (Continued)

Western Illinois Regional Council-Community Action Agency (WIRC-CAA)

223 S. Randolph St., Macomb, IL 61455 **309-837-2997**

E-mail: wirc-caa@wirpc.org

<http://www.wirpc.org>

Provides the following services:

- Clothing Center
- Emergency Shelter Program
- Food Pantry
- Home Weatherization Assistance
- Home Maintenance Program for the elderly and disabled; provides minor modifications to owner-occupied homes to enable individuals to remain in their homes.
- Low Income Home Energy Assistance (LIHEAP)
- Domestic Violence and Sexual Assault services, free and confidential

Food Pantry Hours:

Food available once every 30 days to income eligible households. Open Monday through Friday, 8:00 am-4:00 pm.

(See also "Protective Services" pg. 35)

MISCELLANEOUS SERVICES

Driver Safety Classes

888-227-7669

<http://www.aarp.org/-home-garden/transportation/driver-safety>

AARP Safe Driving Classes available periodically at Citizen's National Bank and other locations in the county. Online course available through AARP Web site for a fee

Illinois Telecommunications Access Corporation (ITAC)

VNA Community Ctr. Services for Seniors **800-252-9027**

150 E. Simmons

309-342-1152

Galesburg, IL

or

Quincy Senior & Family Resource Center

639 York St.

800-841-6167

Quincy, IL

<http://www.itactty.org>

Provides free telecommunications equipment to the deaf, hard of hearing, speech disabled and deaf/blind in Illinois. Free amplified telephones are included in this program. Basic requirements:

- Legal resident of Illinois
- Working telephone service in your residence (must provide copy of phone bill)
- Application signed by your Doctor or approved certifier that the applicant is deaf, hard of hearing, speech disabled or deaf/blind and unable to use a standard telephone

ITAC is a free program required and governed by Illinois law. There are no age or income requirements.

Application packets and more information can be obtained by contacting the appropriate office listed above.

(Continued)

TRANSPORTATION

Cancer Treatment Drivers

American Cancer Society **800-ACS-2345**
4234 N. Knoxville Ave., Peoria, IL 61614 **309-688-3488**

McDonough County Public Transportation **309-837-7433**

<http://www.837ride.com>

Demand Response Service: Door-to-door service within McDonough County. Service is available Mon-Fri. from 6:00 am to 6:00 pm and on Saturday from 7:00 am to 1:00 pm. All transportation vehicles are accessible for persons with disabilities. **Seniors ride for free.**

Fixed Route Service: Go West Transit provides scheduled routes covering the city and campus and are available 7 days a week during the regular WIU School year and 6 days a week during summer and WIU breaks. **Free service to everyone.**

Out of County Non-Emergency Medical Transportation:

Door-to-door service for medical appointments within 2 hours of Macomb. Reservations should be made well in advance of appointment date. The round trip fare is \$5.00 and attendants or caregivers ride for free.

VETERANS ADMINISTRATION

Illinois Dept. of Veterans Affairs **309-836-2243**

The Armory, 135 W. Grant St., Macomb, IL 61455

<http://www.veterans.illinois.gov>

Assistance with veterans' benefits including:

- Medical
- Pension benefits
- Veteran's Home
- Burial Benefits and Markers
- VA Van to Iowa City, IA

PRIMARY PROVIDER AGENCIES (Continued)

YMCA Senior Center

McDonough County YMCA **309-837-5733**

400 E. Calhoun St. Macomb, IL 61455 **877-837-5733**

<http://www.macombymca.org>

The focal point for Senior Services funded by the Western Illinois Area Agency on Aging. Eligibility for services: age 60 and over or disabled. All services and activities, except meals, are Free.

- **Nutritional Services:** Dine-in and Home Delivered Meals at five sites—Macomb, Bushnell, Colchester, Blandinsville, and Industry
- **Information and Assistance (I & A) and Outreach Services:** Assistance with applications for Illinois CaresRx, Circuit Breaker, Medicare Part D, and Property Tax Freeze, and Senior Health Insurance Program S.H.I.P. for Medicare problems. Makes referrals to other agencies.
- **Activities available for seniors include:**
 - Bridge, Pitch, Scrabble, Pool (Billiards)
 - Dancing (Square and Line)
- Sit 'N Tone-Exercise for mobility-limited seniors

YMCA Classes for Senior Citizens **309-833-2129**

<http://www.macombymca.org>

- Senior Swim
- Water aerobics
- Balance & Stretch Exercise
- Personal trainers
- Master Builders Weight Resistance
- Arthritis Foundation Aquatics

EMERGENCY RESPONSE SYSTEMS

Medication Dissemination Response-Systems

E-Pill/Medication Reminders **800-549-0095**

Email: info@epill.com

<http://www.epill.com/dispenser.html>

A fully integrated system simplifies medication organization and delivery, reminds individuals to dispense and take their medications on schedule, and monitors patient compliance using the phone line. Monitors call up to four (4) caregivers in sequence alerting the caregivers that the user has missed a dose. Dispenser must be purchased; monthly monitoring fee.

Philips Medication Dispensing Service **888-632-3261**

http://www.managemypills.com/content/Medication_errors

Prevents medication errors. This technology holds up to 6 doses per day from between for 1-40 days. System includes reminder alerts, instructions for taking medications, and as alerts for missed doses, time for refilling, and dispenser errors or loss of electricity.

Personal Telephone Response Systems

Healthcom/CareLink

Healthcare Communications

800-525-6237

1600 W. Jackson St. Sullivan, IL 61951

<http://www.myCareLink.com>

E-mail: Info@Healthcominc.com

Personal 24/7 emergency response-system that is accessible via a wireless 2-way speaker telephone system and a water-proof and impact resistant pendant, wristband, or belt clip.

(Continued)

SUPPORT GROUPS AND SERVICES (Continued)

McDonough District Hospital (Continued)

525 East Grant Street, Macomb, IL 61455 **309-833-4101**

Macomb, IL 61455

<http://www.mdh.org>

Bereavement Group, MDH Hospice

309-836-1543

Breast Cancer Group, MDH Outreach Services

309-836-1584

MDH Alzheimer's & Memory Support Services

525 E. Grant St.

309-836-1584

Macomb, IL 61455

<http://www.mdh.org/departments-mainmenu-33.html>

McDonough District Hospital is designated by Southern Illinois University as a "Primary Provider" in assisting with the diagnosis and treatment of Alzheimer's disease.

Interdisciplinary team provides diagnostic evaluation and follow-up, adult day health services, resource library and community education to enhance quality of life for individuals and their families. Part of Outreach Services. Its open M-F 8:30-4:30 pm.

North Central Behavioral Health System **309-833-2191**

301 E. Jefferson St.

Macomb, IL 61455

Email: info@ncbhs.org

<http://www.ncbhs.org>

Provides access to a variety of mental health, substance abuse, and health support services. It is recommended that you call ahead to enroll in any of these groups before participating.

(24/7 HOTLINE)

815-224-1610

SUPPORT GROUPS AND SERVICES

Alzheimer's Association – Central Illinois Chapter

606 W. Glen Ave., Peoria, IL 61614 **309-681-1100**

24-hour HOTLINE **800-272-3900**

<http://www.alz.org/illinoiscentral>

Care consultations, safe return ID bracelets, family caregiver education, respite care, and support groups in 140 languages.

Care Givers Group **309-837-7112**

Alternatives for the Older Adult **309-837-1001**

804 W. Jackson St.

Macomb, IL 61455

<http://www.4olderadults.org>

Third Thursday of the month 1:30 to 3:00 pm. Scheduled meetings are in the Conference Room in Alternatives For the Older Adult.

McDonough District Hospital

525 East Grant Street, Macomb, IL 61455 **309-833-4101**

Macomb, IL 61455

<http://www.mdh.org>

Offers a variety of support groups on a periodic or as-needed basis. To inquire about a specific support group please contact the following departments:

Advocacy Services **309-836-1636**

Ext. 13498

An integrated patient care department that includes advocate services, social services, spiritual care, and utilization management. The staff provides support and problem-solving assistance to patients, families, and visitors.

- Provide referrals to community resources
- Provide assistance with arranging durable medical equipment

(Continued)

EMERGENCY RESPONSE SYSTEMS (Continued)

Personal Telephone Response Systems (Continued)

McDonough District Hospital CST Personal Emergency Response System

525 East Grant Street

309-836-1656

Macomb, IL 61455

<http://www.mdh.org/home-mainmenu-1/226.html?task=view>

Critical Signal Technologies (CST), provides an emergency home response system to subscribers in the service area. This service, formerly provided by LifeLine, offers advanced in-home alert and monitoring systems that make it safe and easy for seniors and those with unique physical challenges to remain independent. The cost to install and the monthly fee is based on income.

OSF Personal Response System **800-673-5288**

OSF St. Mary Hospital Home Health Services

33405 N. Seminary St.

Galesburg, IL 61401

<http://www.osfhomecare.org/home-medical-equipment/personal-response-system.html>

OSF's Personal Response Systems is a personal monitoring system that provides immediate response to any situation 24-hours-a-day, 7-days-a-week at the push of a button. It offers new, innovative technologies for advanced telecare: including: remote medication dispensing, fall detection and state-of-the-art monitoring. The system can monitor medication compliance and physical activity and will automatically self-test all components every 24-hours.

(Continued)

EMERGENCY RESPONSE SYSTEMS (Continued)

Personal Telephone Response Systems (Continued)

Medical Alert System

CVS Pharmacy **800-283-2300**
<http://www.medicalalerts.com>

Personal 24/7 emergency response systems that is accessible throughout one's home via a wireless 2-way speaker system and a waterproof, and impact resistant pendant or wristband. Order by phone or online. No initial equipment cost; monthly fee required. Available in 140 languages.

Safe Return Medic Alert

Central Illinois Alzheimer's Association **309-681-1100**
606 W. Glen Ave. **800-272-3900**
Peoria, IL 61614
<http://www.alz.org/illinoiscentral>

Nationwide identification, support and enrollment program that provides assistance when someone with Alzheimer's or a related dementia wanders and becomes lost. If an enrollee is missing, one phone call immediately activates a community to help reunite the lost person with his or her caregiver.

FITNESS/EXERCISE/REHAB ACTIVITIES

Advanced Rehab & Sports Medicine Services

130 S. Lafayette St., Macomb, IL 61455 **309-836-2500**
<http://www.advrehab.com/locations/macomb.html>

Physical, occupational & speech therapies. Accepted by most HMO and PPO plans, Medicare, IL Dept. Of Public Aid, and Workers Compensation. Cases. Physicians referral necessary; however, any adult can pay \$25.00 per month to use the equipment. Open 7 am-7pm M-Th and 7 am-5 pm F.

(See Also YMCA Senior Center Pg. 13)

Social Security and Medicare

A representative from the Social Security Administration Office in Quincy is available in the Macomb City Hall Community Room, on the 2nd Wednesday of every other month from 9:30 am. until 12:00 noon. City Hall at 309-837-7797 to check the dates.

Senior Health Insurance Program (S.H.I.P)

YMCA Senior Center **309-837-5733**
400 E. Calhoun St. **800-837-5733**
Macomb, IL 61455

Selected staff and volunteers are trained to assist with Medicare issues. These include problems with Medicare billing, evaluating Medicare supplemental insurance offerings and Part D Prescription Drug programs.

Medicare Where to Find More Information

1-800-MEDICARE (1-800-633-4227)

<http://go.usa.gov/3GG>

Part A Hospitalization

Part B Outpatients Services (Drs. Visits)

Part C Advantage Plans, HMOs, PPOs, etc.

Part D Prescription Drug Benefit

Medicare Part D Coverage Gap or "Doughnut Hole"

Starting January 1, 2011 when your insurance has paid \$2,700 worth of prescription drugs your coverage stops. You have reached the coverage gap until "Catastrophic Coverage" starts at \$4,550. **During the time each year that you may be in the "doughnut hole," you will now have 50% discount on covered brand-named drugs and of the price of generic drugs when you buy them at the pharmacy or order them by mail.** The amount you pay will count toward getting you out of the "doughnut hole".

PROTECTIVE SERVICES (Continued)

Financial Exploitation **800-252-8966**

<http://www.state.il.us/aging/1abuselegal/legal.htm>

http://www.cbrx.il.gov/aging/1abuselegal/abuse_financial.htm

Bankers and Seniors against Financial Exploitation (B-SAFE), a program administrated by the Illinois Department on Aging, Illinois Community Bankers Association and Office of the Attorney General of Illinois.

Macomb Police Department **309-833-4505**

<http://www.macombpolice.com>

911

Prairie State Legal Services

1614 E. Knox St.

Galesburg, IL 61401

or

800-331-0617

309-343-2141

<http://www.pslegal.org>

This not-for-profit organization provides legal assistance in civil matters at no or low cost for persons 60 and over.

Services provided include the following:

- Medicare/Medicaid appeals
- Social Security, SSI problems
- Domestic Violence/Elder Abuse
- Denial of housing benefits
- Nursing home problems

Western IL Regional Council-Community Action Agency

Victim Services

P.O. Box 157, Macomb, IL 61455

Email: victimservices@wirpc.org

<http://www.wirpc.org/victimservices>

All services are free and confidential

- Domestic Violence Office **309-837-6622**
- Sexual Assault Office **309-836-2148**
- **24-hour Crisis Line** **309-837-5555**

FITNESS/EXERCISE/REHAB ACTIVITIES (Continued)

Azer Clinic **309-836-2937**

325 S. Candy Ln., Macomb, IL, 61455

<http://www.AzerHealth.com>

Azer Clinic is a comprehensive outpatient therapy clinic providing physical, occupational and speech therapies, with an emphasis on sports medicine and industrial rehabilitation. They accept most insurance plans including Medicare and Worker's Compensation. Free consultations are available.

Curves **309-836-9336**

1601 W. Jackson St. Suite 104

Macomb, IL 61455

<http://www.curves.com>

Fitness designed for women of all ages and fitness levels. No physician's referral necessary. Exercise 30 minutes three times per week promotes independent living. Fees Vary. The "Silver Sneaker" membership is free.

McDonough Distict Hospital Rehabilitation Services

<http://www.mdh.org/departments-mainmenu-33>

The Rehabilitation Services team at MDH offers physical and occupational therapy, speech-language pathology, cardiac and pulmonary rehab, sports medicine, and industrial rehabilitation, for people of all ages. **Lower Level of MDH,** 525 East Grant Street, Macomb, IL 61455 **309-836-1601**

Outpatient Rehabilitation Services

1214 North Lafayette, Macomb, IL 61455

309-836-1616

Totally Fit of Macomb, Inc.

110 S. Dudley St., Macomb, IL 61455

309-833-5591

Dedicated to a healthy balance for your life: mind, body, spirit. Women and men's hours and fitness classes, personal trainers, fitness coaches, massage therapy, tanning, and chiropractic care.

FOOD SITES/DELIVERY

Home Delivered Meals: YMCA Senior Center

400 E. Calhoun St. Macomb, IL 61455 **309-837-5733**

<http://www.macombymca.org>

Dine in Meals: a noon meal at five sites on various days
Home Delivered Meals: targeted to homebound individuals.
Meals are delivered from all sites on the same schedule as dine-in meals. Suggested donation: \$4.00 for dine-in service and \$5.00 for home delivered meals.

Hy-Vee Food Store

309-837-9917

1600 E. Jackson St., Macomb, IL 61455

<http://www.hyvee.com>

Call or order online \$25.00 or more. Fee is \$10.00 if groceries are picked up at store or \$15.00 for delivery within Macomb. Deliver/Pick up 2 times a day: Mon-Fri: from 11 am to 1 pm. & 4 to 6 pm.

Loaves and Fishes, Etc.

309-836-3663

First Presbyterian Church
400 E. Carroll St., Macomb, IL 61455

(Enter through door in the parking lot). M-Th, 1:15-4:00 pm. F, 1:15-3:00 pm **Food Bank for McDonough County residents operated by 10 local churches.** Applicants must have a photo ID and complete a form. Applicants may receive groceries once a month as well as a voucher to purchase a small amount of fresh food from local groceries. Other emergency aid is available.

Meals on Wheels: Heartland Health Care Center

8 Doctor's Ln., Macomb, IL 61455 **309-833-5555**

Evening and Weekend meals delivered to your home for those on special diets. Per meal fee prices available when you call.

(Continued)

NURSING HOMES, REHABILITATION CENTERS & ASSISTED LIVING FACILITIES (Continued)

Prairie City Rehab and Health Care Center

825 E. Main St., Prairie City, IL 61470 **309-775-3313**

Petersen Health Care Inc.

<http://www.petersenhealthcare.net>

A 47-bed skilled and intermediate care facility, Medicare and Medicaid certified, providing the following services:

- 24-hour nursing care
- Speech, physical, and occupation therapies
- Respite care and Hospice care
- Special features: small pets allowed, beauty/barber shop

Wesley Village Health Care Center

1200 E. Grant St., Macomb, IL 61445 **309-833-2123**

<http://wesleyvillagemacomb.com>

47-bed Intermediate health care center and a 26-Bed Skilled Care Rehabilitation Center that is Medicare Certified, admission 7- days a week. Takes Private Pay, Medicare, or Medicaid insurance. Offers a full-time social services director, pain management program, respite care and hospice care. FAST-TRACK Rehabilitation program provides physical, occupational, speech, and respiratory therapies.

PROTECTIVE SERVICES

Central Compliant Registry

800-252-4343

IL Dept. of Public Health <http://www.idph.state.il.us>

Call 8:30am-5pm, M-F; Handles matters concerning patient care/cleanliness, patient/visitor relations and other concerns for nursing homes, mental health centers, renal dialysis, and Hospice. Right to appeal a decision is available.

(Continued)

NURSING HOMES, REHABILITATION CENTERS & ASSISTED LIVING FACILITIES (Continued)

Grand Prairie Supportive Living **309-833-5000**
1307 Meadow Ln. Macomb, IL 61455
<http://www.bma-mgmt.com/grandprairiemacomb>

Accepting all payer sources including Medicaid: A 48-unit facility with private apartments offering in 3 different sizes.

Services include:

- 24-hour certified care
- Individualized care plans and 4 levels of care
- Medication Management by licensed nurses
- Meals, Housekeeping and Laundry
- A variety of activities and courtesy transportation

Heartland Health Care Center of Macomb
8 Doctors Ln. Macomb, IL 61455 **309-833-5555**
Manor Care, Inc.
E-Mail: Macomb@hcr-manorcare.com
<http://www.hcr-manorcare.com>

Services include the following:

- 24-hour skilled nursing care
- Wound specialist
- Speech, occupational, and physical therapies
- Inpatient and outpatient therapy provided
- Meals on wheels program

McDonough District Hospital Transitional Care Unit
525 E. Grant St.
Macomb IL 61455 **309-833-4101**
<http://www.mdh.org/departments-mainmenu-33/tcu.html>

A 16-bed transitional care unit for patients requiring skilled nursing care and speech and physical therapies between their hospital stay and returning home or going to a nursing home. Must be referred by physician. Medicare certified.

FOOD SITES/DELIVERY (Continued)

Meals on Wheels: Prairie City Rehab and Health Care Center
825 E. Main St.
Prairie City, IL 61470 **309-775-3313**
Noon meal available M-F in the Prairie City area. Per meal fee.

Salvation Army Food Pantry **309-837-4824**
505 N. Randolph St., Macomb, IL 61455
Email: macombil@usc.salvationarmy.org

Food Bank: Food assistance is provided once each 60 days. Applicants are asked to supply information about their income and expenses. **Must sign up at the office.**

Share Program is open to anyone. A participant earns \$40.00 worth of food for \$18.00 and 2 hours of volunteer service.

Western Illinois Regional Council-Community Action Agency (WIRC-CAA)
223 S. Randolph St., Macomb, IL 61455 **309-837-2997**
<http://www.wirpc.org>

Food Pantry Hours:

Food available once every 30 days to income eligible households.

Open Monday through Friday, 8:00 am-4:00 pm

HOME HEALTH CARE

Addus Healthcare **309-743-0319**
3818 27th St., Moline, IL 61265
<http://www.addus.com/illinois.htm>

Provider for Community Care Program, private duty services, and works with Alternatives for Older Adults and DORS. Fee based.

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HOME HEALTH CARE (Continued)

Addus Healthcare **309-743-0319**

- Light housekeeping and laundry
- Meal preparation
- Personal care
- Respite care
- Transportation to shopping and Drs. appointments

Help at Home **309-833-2444**

133 S. Randolph St. **800-404-3191**

Room 208

Macomb, IL 61455

<http://www.helpathome.com>

Provides private pay and some state subsidy for household help and Certified Nurse's Aides.

McDonough District Hospital Home Health Care

McDonough District Hospital

525 East Grant Street, Macomb, IL 61455 **309-836-1544**

<http://www.mdh.org/departments-mainmenu-33>

MDH provides skilled nursing care, including wound care, diabetes management, medication administration, nutrition-counseling, and home infusion therapy. Physical, occupational, and speech therapy, as well as social services are offered in the home. MDH Home Health Care is licensed by the Illinois Department of Public Health, accredited by The Joint Commission, and Medicare-certified. Serve all of McDonough County and portions of Fulton, Hancock, Schuyler, and Warren.

(Continued)

NURSING HOMES, REHABILITATION CENTERS & ASSISTED LIVING FACILITIES (Continued)

Courtyard Estates of Bushnell

Petersen Health Care Inc. **309-772-8000**

1201 N. Cole St., Bushnell, IL 61422

Email: Aharrol@petersenhealthcare.net

<http://www.petersenhealthcare.net>

Private pay assisted living facility for adults over 55. Offers the following: studio or 1-bedroom apartments, 3 meals daily in the dining hall, weekly housekeeping and laundry, organized recreational, social, and educational activities. Medication managed by a licensed nursing staff. Courtesy transportation provided to medical appointments. Call for information about short-term respite stays. Tours available at any time.

Elms

1212 Madelyn Ave.

309-837-5482

Macomb, IL 61455

A 98-bed not-for-profit skilled care facility owned and operated by McDonough County, IL. Medicare and Medicaid certified.

Services include the following:

- 24-hour nursing care by RNs and CNAs
- Four levels of care available to meet a wide variety of care needs
- Physical, occupational, and speech therapies
- Range of activities to encourage self-expression, interaction, and creativity

(Continued)

NURSING HOMES, REHABILITATION CENTERS & ASSISTED LIVING FACILITIES

Bickford Cottage

1600 Maple Ave., Macomb, IL 61455 **309-836-9700**

<http://www.BickfordSeniorLiving.com>

An assisted living home. Private pay. Provides the following services:

- 25 certified care staff
- Assessments done with no cost or obligation to determine level of care and cost
- Skilled care services and physical therapy on-site by Home Health
- Five levels of care available meeting a wide variety of care needs
- Medication management by licensed nursing staff
- Personal care assistance
- Activities provided daily with special events planned throughout the month
- Meals, laundry, housekeeping, and more

Countryview Care Center of Macomb

400 W. Grant St.

Macomb, IL 61455 **309-837-2386**

Petersen Health Care Inc.

<http://www.petersenhealthcare.net>

An intermediate and skilled care facility, Medicare and Medicaid certified, services include the following:

- 24-hour nursing care
- 24-hour pharmacy services
- Physical Therapy & Occupational Therapy
- Speech Therapy
- Therapeutic Dietary services

Individualized programming

(Continued)

HOME HEALTH CARE (Continued)

OSF St. Mary Home Health Services **800-673-5288**

33405 N. Seminary St.

Galesburg, IL 61401

<http://www.osfhomecare.org/homeHealth>

Serves clients 24/7 in McDonough County and regionally. Referrals & requests for service are accepted from family members, patients, hospitals, nursing homes, physician offices and clinics and community agencies. A doctor's order is needed before home health services can begin. Home care includes Medicare-certified home health agencies, hospice care, private duty services, home infusion therapy and home medical equipment. No patient will be denied home care services due solely on their ability to pay.

Services offered to home health patients include:

- Case management
- Disease state management and education
- Rehabilitation services
- Restorative care
- Supportive counseling
- Intravenous therapy
- Pain management
- Wound and Ostomy care
- Cardiac assessment and monitoring
- Diabetes management and Nutrition counseling

Spoon River Home Health Services **309-245-0723**

332 E. Fort St., Farmington, IL 61531

E-mail: homecare@srhhs.com

<http://www.spoonriverhomehealth.com>

Serves McDonough and Fulton Counties.

- Nursing, Therapy, and Personal Care
- Medicare, Medicaid, Insurance or self pay
- Call for all your homecare needs (24/7)

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HOME HEALTH CARE (Continued)

Wesley At Home **309-833-2613**
Wesley Village
1200 E. Grant St.
Macomb, IL 61455
http://www.wesleyvillagemacomb.com/Wesley_At_Home.html

A licensed Home Nursing and Home Service Agency offered from 1 to 24 hour care, 7 days a week. Private Pay and some Insurances.

Home Service Homemakers provide:

- Light housework including mopping, ironing, etc.
- Companionship/Respite
- Shopping and meal preparation
- Stand-by assist bathing, dressing, etc.
- Making arrangements to Drs. and Dentists

Home Nursing provides:

- Medication set up and monitoring
- Blood Pressure Checks
- Wound Care

Western Illinois Home Health Care **309-837-9422**
P.O. Box 856, 1021 N. Main St. Suite 2, **800-228-5993**
Monmouth, IL 61462
<http://www.wihhc.com>

Serves McDonough and Warren Counties.

Services included the following:

- Medicare Certified
- RNs, PT, and Speech Therapists
- Home IV Therapists
- Special Services: Alzheimer's Care Team, Night Out Relief, Overnight and Weekend Get-a-way respite care, handymen, and cleaning professionals

Money Management (Continued)

Alternatives for Older Adults **309-837-7112**
804 W. Jackson St. **800-798-0988**
Macomb, IL 61455

http://4olderadults.org/money_management

- Offers a money management service to assist eligible older adults with their financial affairs when the task becomes too difficult.
- Screened and approved volunteers meet regularly one-on-one with clients to help organize and pay bills.
- Bill payer and representative payee services can be coordinated.

How Do I Know When To Ask For Help?

When you experience the following:

- Have difficulty managing your money
- Have Late payments
- Get Eviction notices
- Cannot physically manage finances (low vision or difficulty writing checks)
- Always in a financial crisis
- Have difficulty budgeting
- Utilize pay day loans or rent-to-own
- Unable to track money
- Forgetful
- Low motivation to pay bills
- Unopened or disorganized mail

MEDICAL EQUIPMENT AND SUPPLIES (Continued)

Pharmacies with Medical Equipment & Supplies

CVS 309-833-1750
1401 E. Jackson St., Macomb, IL 61455
<http://www.cvs.com>

Ford Hopkins 309-833-4214 or 309-833-2424
188 N. Lafayette St. Macomb, IL 61455

Walgreens 309-837-2154
300 E. Jackson St., Macomb, IL 61544
<http://www.walgreens.com>

Walmart
1730 E. Jackson St. Macomb, IL 61455 309-836-3311
<http://www.walmart.com>

Money Management

Seniors who are having difficulty keeping track of their finances should first contact their bank and inquire about what services are available and their cost. In addition to general, occasional help to balance account(s), some banks offer fee-based Trust Department services for complex farm, investment, or personal issues, including: Paying Bills, Titling Assets, Power of Attorney, Trust, Estate, Guardianship, and Management situations. It is usually good to start at the Bank where your accounts are located. For names and phone number of banks in McDonough County, check the local phone directories.

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HOSPICE

Hospice is provided to patients who have a limited life expectancy, with a prognosis of six months or less. The patient has opted not to pursue further curative or life prolonging treatment and instead is focused on palliative treatment or comfort measures. Anyone diagnosed with a terminal illness can be eligible for hospice.

Hospice Compassus
1640 N. Henderson 309-342-30073
Galesburg, IL 61401 <http://www.chahospice.com>

Provides a palliative care focus on symptom management and pain control. Serves McDonough County. Call 24/7 with questions. Offers day-to-day medical care, non-denominational chaplains and counselors who serve people in McDonough and other western Illinois counties.

Harbor Light Hospice 309-343-3030
1865 N. Henderson, Suite 10
Galesburg, IL 61401
<http://hospiceharborlight.com>

Provides end-of-life care to our loved ones in a setting of their choice. Offers services to McDonough and other western Illinois counties.

McDonough District Hospital Hospice
525 East Grant Street, Macomb, IL 61455 309-836-1543
Macomb, IL 61455

<http://www.mdh.org/departments-mainmenu-33/>
Providing a comprehensive team approach for patients who have a terminal illness and offering support for their families. Care is provided in the home setting. The MDH Hospice is licensed by the Illinois Department of Public Health, accredited by The Joint Commission, and Medicare-certified.

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Hospice (Continued)

OSF St. Mary Home Health Services **800-673-5288**
33405 N. Seminary St. **309-344-3161**
Galesburg, IL 61401
<http://www.osfhomecare.org/hospice>

OSF's Home Health Care includes Medicare-certified home health agencies, hospice care, private duty services, home infusion therapy and home medical equipment. It is not just for cancer, but also for end-stage heart and lung disease, kidney failure, AIDs, Alzheimer's, etc. (Service area includes McDonough County).

INDEPENDENT LIVING FACILITIES

Everly House **309-833-2704**
811 S. Lafayette St., Macomb, IL 61455
<http://www.everlyhouse.com>

Single- and double- occupancy units for independent living. Rent includes all meals, laundry, housekeeping, and utilities except phone. No nursing care. Private-pay on month-to-month basis. Independent individuals age 65 & over.

Jefferson House **309-837-9955**
900 E. Jefferson St., Macomb, IL 61455

115, one-bedroom apartments, community room, laundry room, lounge area on each floor. Required age 62 and over. Rent subsidies through HUD.

Lafayette Square **309-837-3785**
100 W. Jefferson St., Macomb, IL 61455

100, one-bedroom apartments each with a balcony, community room, laundry facilities, on-site beauty shop. Required age 62 and over. Rent subsidies through HUD.

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MEDICAL EQUIPMENT AND SUPPLIES

Macomb Medical Equipment and Supply **309-837-6161**
531 E. Grant St.
Macomb, IL 61455

This medical equipment and supplies store sells and rents such products as oxygen, c-pap's, wheelchairs, compression stockings, wound care products, ostomy/catherter supplies, commodes, hospital beds, seat lift chairs, incontinence products, nebulizers, bathroom safety products, wheeled walkers, canes, crutches, nutritional supplements, TENS units and orthopedic soft goods.

Services include:

- Billing to Medicare, Medicaid, and private insurance
- Education on equipment set-up
- Free delivery for orders over \$25.00
- In-home respiratory visits

More Medical Supplies **(309) 837-6673**
440 N. Lafayette St. Suite 103
Macomb, IL 61455

<http://www.MOREmedicalSupply.com>

A durable medical equipment company serving McDonough and Hancock counties with two convenient locations.

Well-trained staff provides superior service by taking the time to ensure each customer receives the personal attention they deserve. They sell or rent: Canes, C-pap's, Compression stockings, Crutches, Diabetic shoes, Hospital beds, Nebulizers, Oxygen, Orthopedic soft goods, Ostomy supplies, Seat lift chairs, Walkers, and Wheelchairs.

Bill Medicare, Medicaid and private insurance and are ready to answer questions.

(Continued)

Long-Term Care Insurance (Continued)

When Should You Purchase Long-Term Care Insurance?

The New Affordable Health Care Act suggests that not only older people need long-term care. Anyone with a disability, or who has a Serious Accident, who gets Cancer or Diabetes may need institutional care during his or her lifetime.

What Is a Benefit Elimination Period?

Most policies have a period of 30-90 days after you start using the long-term care or become disabled before they start paying your benefits. During the elimination period, the policy will not pay the cost of long-term care services. You or Medicare have to pay the cost of your care during this period.

When Are You Eligible for Benefits?

Companies look for reports of the following behaviors exhibited by the client related to Activities of Daily Living (ADL). The inability to do activities of daily living is the most common way insurance companies decide when you are eligible for benefits. These abilities are bathing, continence, dressing, eating, toileting, and transferring. Cognitive Impairment is another trigger that can activate benefits this includes a diagnosis of Alzheimer's and other dementias. Check to see if your policy provides payment for home health services, assisted or supportive living, and not just nursing home care.

Some Long-term care policies will pay benefits if your doctor orders or certifies that the care is medically necessary,

What if you Outlive Your Long-Term Care Insurance?

Determine if you are eligible for Medicaid and if the facility you are in takes Medicaid patients. Eligibility for Medicaid depends on your assets.

INDEPENDENT LIVING FACILITIES (Continued)

Grand Prairie Independent Living Villas 309-333-4001
1307 Grant St. Macomb, IL 61455

<http://grandprairieassistedliving.com/Villas>

Individually owned duplexes for those 55 and older with 2 bedrooms, 2 bathrooms, and a 2 car garage (1350 sq. ft.) Includes use of Grand Prairie Supportive Living facility, activities, common areas and meal (\$4.00 ea.), courtesy transportation in Macomb City Limits, courtesy well-being checks, and more.

McDonough County Housing Authority

322 W. Piper St., Macomb, IL 61455 309-837-2363

E-mail: home@macomb.com <http://www.mcdonoughhome.org>

Admission based on income and family size

Prairie View Homes

N. Prairie Ave, Macomb, IL 61455

1-5 bedroom townhouses

Eligibility: Families and Seniors

Admission based on income and family size

Eisenhower Tower Apartments

322 W. Piper St., Macomb IL 61455

Efficiency and one-bedroom apartments

Eligibility: Senior or disabled

Fitch Manor

1500 W. Main St., Bushnell, IL 61422

1 and 2 bedroom units

Eligibility: Senior or disabled

Wesley Village Retirement Community 309-833-2123

1200 E. Grant St. <http://www.wesleyvillagemacomb.com>
Macomb, IL 61455

Wesley Independent Living Apartments

One-bedroom apartments with a living room/dining room combination range in sizes from 316 sq. ft. to 636 sq. ft.

INDEPENDENT LIVING FACILITIES (Continued)

Wesley Independent Living Apartments (continued)

With each apartment an array of services such as house-keeping, maintenance, meals, utilities, and cable TV, etc. is offered. The apartments can be set-up on a rental program or membership plan. Offers a full array of social activities.

Wesley Estates Duplexes

Duplexes offer 1,344 sq. ft. of living space and include a large living room, dining area, kitchen, two bedrooms, two bathrooms, laundry room, 2-car garage with storage above, a front porch and back patio. Wesley Estates provides a service package to its members which includes the following:

- All utilities except phone
- Housekeeping
- Complete home maintenance
- Lawn Care and Snow Removal
- Activity Programs
- Real Estate Taxes
- Property insurance
- Courtesy Transportation

West Central Illinois Center for Independent Living

440 N. Lafayette (First Bankers Trust building lower Level)
Macomb, IL 61455 **888-309-5766**

Email: wcicil_Macomb@hotmail.com

<http://www.wcicil.org/>

Part of the Statewide Independent Living Council of Illinois. Works with local property owners to help the disabled find housing. Works with housing referral and adaptation, personal assistance referral or legal aid in the following counties: McDonough, Adams, Brown, Hancock, Pike, and Schuyler.

Long-Term Care Insurance

Illinois Department on Aging

421 E. Capitol Ave., Suite 100
Springfield, IL 62701-1789

800-548-9034

217-782-5020

<http://www.insurance.illinois.gov/ship/seniorHealth.asp>

<http://www.aoa.gov>

There are numerous providers of long-term care policies. We are not endorsing any of these products. According to the National Association of Insurance Commissioners, there are 10 Things You Should Know About Purchasing Long-Term Insurance¹:

- 1. Long-Term Care is Different From Traditional Medical Care**
- 2. Long-Term Care Can be Expensive**
- 3. You Have Options When Paying for Long-Term Care**
- 4. Decide Whether Long-Term Care Insurance is for You**
- 5. Pre-Existing Condition Limitations**
- 6. Know Where to Look for Long-Term Care Insurance**
- 7. Check With Several Companies and Agents**
- 8. Don't be Misled by Advertising**
- 9. Make Sure the Insurance Company is Reputable**
- 10. Review Your Contract Carefully**

¹National Association of Insurance Commissioners, A Shopper's Guide to Long-Term Care Insurance, NAIC, Washington, D.C. 2009, pp. 9-25