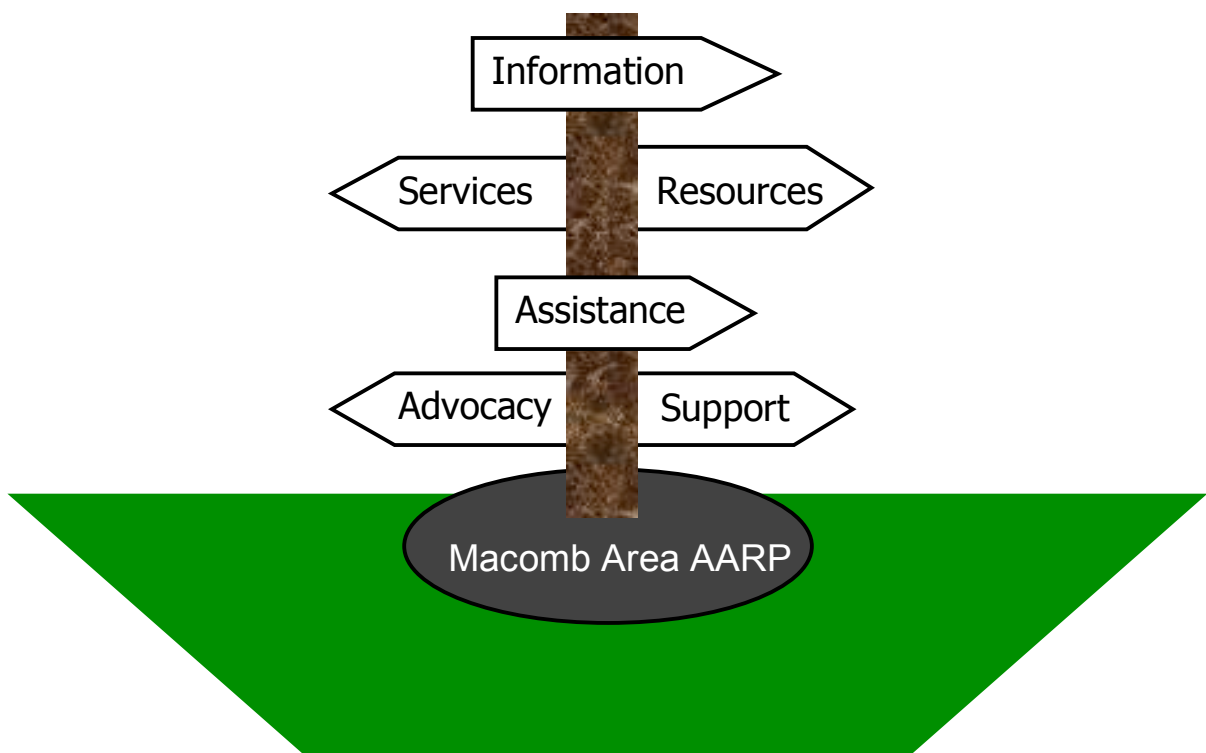


McDonough County Illinois

Senior Services Directory

2009

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



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.

Lynne Ruben, President of Macomb Area AARP
Phone: (309) 426-2930

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Phone: (309) 833-2947

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

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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 on the next page. 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, 2009



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PRIMARY PROVIDER AGENCIES

Alternatives for the Older Adult

1518 5th Ave., #100, Moline, IL 61265
804 W. Jackson St., Macomb, IL 61455
E-mail address: afoa@4olderadults.org

800-798-0988
309-837-7112

<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 will determine which services the client is eligible to receive.

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

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 an 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 in order to function independently in their own homes or with their families.
309-836-1656

PRIMARY PROVIDER AGENCIES (Continued)

McDonough District Hospital (MDH) Continued

- Alzheimer's & Memory Support Services: **309-836-1584**
- Anticoagulation Clinic: **309 836-1649**
- Behavioral Health Services: offers a full range of counseling services, including individual, group, and families **309-836-1582**
- Bereavement Support Group: **309-836-1543**
- Diabetes Education Center: **309-836-1584**
- Home Health Care: **309-836-1544**
- Hospice: **309-836-1543**
- Lifeline Emergency Response System: **309-836-1656**
- Rehab Services: Physical, occupational, and speech/language therapy; cardiac and pulmonary rehabilitation **309-836-1601**
- Screenings: Colorectal cancer, etc. **309-836-1584**
- Senior Health Insurance Program: **309-836-1579**
- Larry T. Westervelt hospitality house **309-833-4101**
- Wound, Ostomy, Continence Care Services **309-836-1634**

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.wirc@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")

PRIMARY PROVIDER AGENCIES (Continued)

YMCA Senior Center

McDonough County YMCA
400 E. Calhoun St. Macomb, IL 61455

309-837-5733

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, 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

Classes for Seniors at the YMCA

309-833-2129

- 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

Email: info@epill.com

800-549-0095

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

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.

EMERGENCY RESPONSE SYSTEMS (Continued)

Medication Dissemination Response-Systems (continued)

Healthcom/CareLink

Healthcare Communications

800-525-6237

1600 W. Jackson St. Sullivan, IL 61951

E-mail: Info@hHealthcominc.com

<http://www.myCareLink.com>

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

Personal Telephone Response Systems

Health Watch

800-673-5288

OSF St. Mary Home Health Services, 33405 N. Seminary St.

Galesburg, IL 61401

<http://www.osfhomecare.org>

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.

Lifeline/Link-up Illinois

Verizon: 800-483-4000

MDTC 888-640-4334

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

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
- Supplemental Security Income (SSI)
- Seniors earning \$13,000/year or less
- Federal Public Housing

EMERGENCY RESPONSE SYSTEMS (Continued)

Personal Telephone Response Systems (Continued)

MDH Lifeline

525 East Grant Street, Macomb, IL 61455

309-836-1656

<http://www.mdh.org>

Lifeline is a home emergency response system that links you to 24-hour assistance at the push of a button. The cost of the service is kept minimal which includes the rental and monitoring services.

Medical Alert System

CVS Pharmacies

800-283-2300

<http://www.medicalalertsystem.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.

Walgreens Ready Response System

866-310-9061

Walgreens Pharmacies

<http://www.walgreens.com/readyresponse/>

Medical alert system that includes a 24/7 two-way voice console unit that connects to your existing phone line and a lightweight. The personal activator button that stays with you as an impact resistant pendant, wristband or clipped to your belt.

FINANCIAL SERVICES

Free Services

Alternatives for Older Adults

309-837-7112

804 W. Jackson St.

800-798-0988

Macomb, IL 61455

- Offers a money management service to assist 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.

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

Program provides volunteers trained by the IL Division of Insurance who understand and assist with Medicare and insurance billings and evaluate Medicare supplement insurance.

FINANCIAL SERVICES

Free Services (Continued)

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

Available at the following local locations:

- YMCA Senior Center **309-837-5733**
400 E. Calhoun St. Macomb, IL 61455
- McDonough District Hospital, Macomb, IL 61455 **309-836-1579**

Services for a Fee

Most McDonough County banks have general financial services helpful to seniors, but only a few banks have Trust Depts. that can evaluate and assist seniors and their families with special financial needs. There are fees for this type of management service.

A partial list of these services is:

- Agency Account to assist with bill payments.
- Custodian Account to assist in holding assets.
- Power of Attorney Account to assist with general financial issues.
- Investment Management Account to assist with an investment portfolio.
- Trustee or Successor Trustee of a Trust.
- Executor for an Estate.
- Guardian for a child of a disabled Adult.
- Farm Management to assist in managing farm real estate.

Banks

Call the bank or of your choice to inquire whether Financial Management services are offered

- Citizens National Bank **309-833-4551**
127 S. Side Square, Macomb, IL
- Colchester State Bank **309-776-3245**
113 E. Depot, Colchester, IL
- Farmers & Merchants State Bank **309-772-2171**
484 E Main, Bushnell, IL
- First Bankers Trust Co. **309-837-6664**
440 N. Lafayette, Macomb, IL
- First State Bank of Illinois **309-837-3935**
500 E. Jackson, Macomb, IL

FINANCIAL SERVICES (Continued)

Banks (continued)

- First State Bank of Western Illinois
135 S. Main, Blandinsville, IL **309-652-3122**
- Heartland Bank
430 W. Jackson, Macomb, IL **309-837-9988**
109 E. Depot, Colchester, IL **309-776-3225**
190 E. Hurst, Bushnell, IL **309-772-2181**
- Mid-America National Bank
130 N. Side Square, Macomb, IL **309-833-4111**
- Raritan State Bank
360 S. Green, Bushnell, IL **309-772-2345**
- Schuyler State Bank
1661 E. Jackson, Macomb, IL **309 833-1200**
- State Bank of Industry
101 W. Main, Industry, IL **309-254-3434**
- Woodforest National Bank
1730 E. Jackson, Macomb, IL **309-837-1155**

FITNESS/EXERCISE/REHAB ACTIVITIES

Advanced Rehab & Sports Medicine Services

130 S. Lafayette St., Macomb, IL 61455

309-836-2500

<http://www.advrehab.com>

Occupational, physical, & speech therapies. Accepted by most HMO and PPO plans, Medicare, IL Dept. Of Public Aid, and Workers Comp. 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.

Curves for Women

1402 W. Jackson St., Macomb, IL 61455

309-836-9336

<http://www.curves.com>

No physician's referral necessary. Exercise thirty minutes three times per week promotes independent living. Fees vary.

FITNESS/EXERCISE/REHAB ACTIVITIES (Continued)

MDH Rehabilitation Services 2 locations

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

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

Offers total fitness for women-Mind-Body-Spirit including massage therapy and tanning. Provides exercise and nutrition classes suitable for all ages and levels of mobility.

FOOD SITES/DELIVERY

Angel Food Ministries

309-837-9318

Maple Ave. Christian Church

106 Harmony Ln.

Macomb, IL 61455

<http://www.macc.ws>

Must pre-order and pick up food at the church. A supply of food for 1 week for 4 persons is \$30.00 available monthly. Menus available on the website or at the church.

Hy-Vee Food Store

309-837-9917

1600 E. Jackson St.

Macomb, IL 61455

Call for orders of \$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 times: Mon-Fri: 11 am to 1 pm. & 4 to 6 pm.

FOOD SITES/DELIVERY (Continued)

Loaves and Fishes

309-836-3663

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

(Enter through door in the parking lot). M-Th, 1:15-3:45 pm. F, 1:15-3:00 pm **Food Bank for McDonough County residents operated by 13 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 grocery stores. Other emergency aid is available.

Heartland Health Care Center

309-833-5555

8 Doctor's Ln., Macomb, IL 61455

Meals on Wheels: Evening and weekend meals delivered to your home. Per meal fee.

Prairie City Rehab and Health Care Center

825 E. Main St. Prairie City, IL 61470

309-775-3313

Meals on Wheels: 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.wirc@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

FOOD SITES/DELIVERY (Continued)

YMCA Senior Center

309-837-5733

400 E. Calhoun St. Macomb, IL 61455

<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: \$3.50 for dine-in service and \$4.50 for home delivered meals.

HOME HEALTH CARE

Addus Healthcare

309-743-0319

3818 27th St., Moline, IL 61265

<http://www.addus.com/illinois.htm>

Accessed through the Community Care Program (see Alternatives for the Older Adult) Fee based.

- Light housekeeping and laundry
- Meal preparation
- Personal care
- Respite care

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.

MDH Home Health Care

309-836-1544

McDonough District Hospital

525 East Grant Street, Macomb, IL 61455

<http://www.mdh.org>

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.

HOME HEALTH CARE (Continued)

OSF St. Mary Home Health Services

800-673-5288

33405 N. Seminary St.
Galesburg, IL 61401

<http://www.osfhomecare.org>

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: <mailto:homecare@srhhs.com>

<http://www.spoonriverhomehealth.com/>

Serves McDonough and Fulton Counties.

- RNs and Home Health Aides
- Therapy (24/7)
- Medicare, Medicaid, Insurance or private pay

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 variety of services offered at a minimum of 2 hours a week to 24-hour care, 7 days a week. Private pay. Health aides are Certified Nurse Assistants who offer household and personal care and assistance with:

Homemaker service providers perform the following tasks:

- Housekeeping includes mopping, ironing, etc.
- Serving as a companion
- Shopping and meal preparation

Health Aides and Certified Nursing Assistance can do the following:

- Making arrangements for Drs. and Dentists
- Personal care –bathing, lifting or transferring
- Preparing Light meals or snacks

Western Illinois Home Health Care

309-837-9422

P.O. Box 856, 1021 N. Main St. Suite 2,
Monmouth, IL 61462

800-228-5993

<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

HOSPICE

Community Hospices of America-Northwest Illinois (CHA)

1640 N. Henderson
Galesburg, IL 61401

309-342-3007

<http://www.chahospice.com>

Provides a palliative care focus on symptom management and pain control. Serves McDonough County. Call 24/7 with questions.

HOSPICE (Continued)

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. Serves McDonough County.

MDH Hospice

309-836-1543

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

Proving a comprehensive team approach for patients who have a terminal illness and offering support for their families. Care is provided in the home or in a nursing home setting. The MDH Hospice is licensed by the Illinois Department of Public Health, accredited by The Joint Commission, and Medicare-certified.

Medicare and Medicaid cover Hospice care. In addition, Hospice care is covered under most insurance plans, including HMOs and managed care organizations.

OSF St. Mary Home Health Services Hospice

800-673-5288

33405 N. Seminary St.
Galesburg, IL 61401

<http://www.osfhomecare.org>

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

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.

Grand Prairie Independent Living Villas

309-833-4001

Corner of S. Candy Ln. and Grant St. Macomb, IL 61455

<http://grandprairieassistedliving.com>

Individually owned duplexes for those 55 and older with 2 bedroom, 2 bathroom, and 2 car garage (1350 sq. ft.) Includes use of Grand Prairie Assisted Living Facility, activities, common areas and meal (\$4.00 ea.), courtesy transportation in Macomb City Limits, courtesy well-being checks, and mail pick-up.

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

INDEPENDENT LIVING FACILITIES (Continued)

McDonough County Housing Authority (continued)

322 W. Piper St., Macomb, IL 61455

E-mail: home@macomb.com

309-837-2363

<http://www.mcdonoughhome.org>

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

1200 E. Grant St., Macomb, IL 61455

309-833-2123

<http://www.wesleyvillagemacomb.com>

A full-service retirement community offering:

- Independent Living Apartments with housekeeping services and meal options
- Wesley Estates duplexes with complete home maintenance and access to the amenities of the Wesley Village campus

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

Wesley Village Retirement Community (continued)

Wesley Independent Living Apartments

One-bedroom apartments with a living room/dining room combination range in sizes from 316 square feet to 636 square feet. With each apartment an array of services such as housekeeping, maintenance, meals, utilities, and cable TV, etc. is offered. The apartments can be set-up on a rental program or membership plan. Full array of social activities.

West Central Illinois Center for Independent Living

440 N. Lafayette (First Bankers Trust building lower Level)

Macomb, IL 61455

Email: IMP1889@macomb.com

800-225-0407

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

Part of the Statewide Independent Living Council of Illinois. Works with local and regional governments to improve the infrastructure. Works with housing referral and adaptation, personal assistance referral and legal aid for individuals with significant physical, mental, cognitive, or sensory impairment whose ability to function independently in the family or community or whose ability to obtain, maintain, or advance in employment is substantially limited; and for whom the delivery of Illinois services will improve the ability to function, continue functioning, or move towards functioning independently in the family or community or to continue in employment. Serves all citizens of Illinois in the following counties: McDonough, Adams, Brown, Hancock, Pike, and Schuyler Counties.

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

Medical Equipment and Supplies (Continued)

Pharmacies with Supplies and Medical Equipment

CVS

1401 E. Jackson St., Macomb, IL 61455

309-833-1750

<http://www.cvs.com>

Ford Hopkins

188 N. Lafayette St.
Macomb, IL 61455

309-833-4214 or 309-833-2424

Glash Drug Store

401 W. Main St.
Bushnell, IL. 61422

309-772-3155

Walgreens

300 E. Jackson St., Macomb, IL 61544

309-837-2154

<http://www.walgreens.com>

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 4 times daily with special events planned throughout the month
- Meals, laundry, housekeeping, and more

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: abrooks@petersenhealthcare.net

<http://www.petersenhealthcare.net>

Private pay assisted living facility for adults over 62. 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.

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

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

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

Grand Prairie Assisted Living

309-833-5000

1307 Meadowlark Ln. Macomb, IL 61455

<http://grandprairieassistedliving.com>

Private Pay 48-unit facility with private apartments offering residents 3 different sized apartments. Services include:

- 24-hour certified care
- Individualized care plans and 5 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
- Nursing care just below hospital level, i.e. acute care available
- Wound specialist
- Speech, occupational, and physical therapies
- Rehab gym on the premises that will also serve outpatients
- Meals-on-Wheels program
- Medicare and Medicaid certified for intermediate and skilled care

MDH Transitional Care Unit

525 E. Grant St., Macomb IL 61455

309-833-4101

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

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.

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

Prairie City Rehab and Health Care Center

825 E. Main St., Prairie City, IL 61470

Petersen Health Care Inc.

309-775-3313

<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
- Hospice care
- Special features: small pets allowed, beauty/barber shop
- Meals-on-Wheels in Prairie City

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.

FAST-TRACK Rehabilitation program provides physical, occupational, speech, and respiratory therapies, Offers a full-time social services and activity director, pain management program, Respite care and Hospice care.

PROTECTIVE SERVICES

Central Compliant Registry

IL Dept. of Public Health

800-252-4343

<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.

PROTECTIVE SERVICES (Continued)

Elder Abuse Hotline

Illinois Dept. on Aging

866-800-1409 or 800-252-8966

E-mail: ilsenior@aging.state.il.us

http://www.state.il.us/aging/1abuselegal/abuse_reporting.htm

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>

Police, Fire and Ambulances Dispatching 911

Prairie State Legal Services

1614 E. Knox St.

800-331-0617 or 309-343-2141

Galesburg, IL 61401

<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

PO Box 157, Macomb, IL 61455

Email: victimservices@wirpc.org

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

All services are free and confidential

- Domestic Violence Office
- Sexual Assault Office
- **24-hour Crisis Line**

309-837-6622

309-836-2148

309-837-5555

SUPPORT GROUPS AND SERVICES

It is recommended that you call ahead to enroll in any of these groups before participating.

Alzheimer's Association – Central Illinois Chapter

606 W. Glen Ave., Peoria, IL 61614
Helpline 24/7

309-681-1100
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.

Alzheimer's and Memory Group

Macomb City Hall Community Rm.
232 E. Jackson St., Macomb, IL 61455

309-837-1001
309-837-7112

Support meetings for families and friends caring for persons with dementia. Meets on the 3rd Tuesday of every month from 5:50-6:30 pm.

Care Givers Group

Alternatives for the Older Adult

309-837-7112
800-798-0988

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

Third Thursday of the month 1:30 to 3:30 pm. Scheduled meetings are in the Community Room of Macomb City Hall.

McDonough District Hospital

525 East Grant Street, Macomb, IL 61455
Macomb, IL 61455

309-833-4101

<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:

Alzheimer's & Memory Support Services

525 E. Grant St.,
Macomb, IL 61455

309-836-1584

MDH 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. McDonough District Hospital Day Health Services is a regional Lifeline provider and installer for Illinois.

Support Services open M-F 8:30-4:30 pm.

SUPPORT GROUPS AND SERVICES (Continued)

McDonough District Hospital (continued)

Bereavement Group, MDH Hospice **309-836-1543**

Breast Cancer Group, Outreach Services **309-836-1584**

Transitions Therapy Group,
Behavioral Health Services (BHS) **309-836-1582**

The Transitions Therapy Group is for those adjusting to the changes of later life. Other BHS therapy groups include: Adult Children of Dysfunctional Families, Anger Management, Chronic Pain, Depression, and Substance Abuse. For pre-registration and session fees, call BHS.

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

301 E. Jefferson St.

Macomb, IL 61455

Email: info@ncbhs.org <http://www.ncbhs.org>

Meetings are in the Community Room of Macomb City Hall.

TRANSPORTATION

Cancer Treatment Drivers

American Cancer Society **800-322-5477**

4234 N. Knoxville Ave., Peoria, IL 61614 **309-688-3488**

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

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

Demand Response Service: schedules individual curb-to-curb service within **McDonough County limits** available Monday-Friday 6:00 am – 6:00 pm 24-hour notice is required.

- Handicapped accessible vehicles are available upon request. Service to adults 60 or over is Free with 24-hour notice.
- Go West: Scheduled routes cover the city and campus and are available seven days a week (Free).
- Non-emergency Medical Trips: Appointments **MUST** be made well in advance for Medical Trips outside of McDonough County, but within 2 hours of Macomb. Cost \$5.00 for patient and one caregiver.

VETERANS ADMINISTRATION

Illinois Dept. of Veterans Affairs
The Armory, 135 W. Grant St., Macomb, IL 61455

309-836-2243

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

Assistance with veterans' benefits including:

- Pension benefits
- Medical
- Veteran's Home
- Burial Benefits and Markers
- VA Van to Iowa City, IA1582

MISCELLANEOUS SERVICES

Driver Safety Classes **888-227-7669**

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

http://www.aarp.org/families/driver_safety/

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

Email: mchdept@mchdept.com

309-837-9951

<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)

MISCELLANEOUS SERVICES (Continued)

Mid-Illinois Talking Book Center

600 Highpoint Lane
East Peoria, IL 61611
Email: info@mitbc.org

800-426-0709

<http://www.alliancelibrarysystem.com/MITBCWhatWeDo.cfm>

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

812 N. Madison
Macomb, Il 61455
E-mail: sue@organizeu2.com

309-837-3802

309-255-1428

<http://www.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 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.
- Teaching issue and time management techniques
-

Senior's Day

Citizens National Bank of Macomb

309-837-0606

Customer Service Desk

Main Office, 127 S. Side Square, Macomb, IL 61455

<http://www.citizensnational.net/>

This event is held in the lobby of Citizens National Bank on the first Thursday of each month (Feb.-Dec.). It is co-sponsored by the Bank, McDonough District Hospital, and Heartland Health Care Center and provides area health care vendors a location suitable to present information and local health monitoring services for the community. Open to the public of all ages. For dates, schedule, and information, use the contact information above.

MISCELLANEOUS SERVICES (Continued)

Tri-states Audio Information Services (AIS)

University Services Building, 504
Macomb, IL 61455-1390

309-298-2403

<http://www.tristatesaudio.org>

Broadcasts 24-hours, 7 days a week. Volunteers read from newspapers, magazines, and occasionally novels. Free to blind, visually impaired, learning disabled, or physically disabled persons. Listeners receive specially pre-tuned radios on-loan.

- Radio Information Service
- Personal Reader Services
- Call RIS (Community and WIUM Calendars)
- Web Streaming Service (available through password to qualified persons)

WEB SITES

AARP Insurance

<http://aarphealthcare.com>

From this site users can request information about all AARP insurance policies including: United Health Care's Medicare D policy and Medicare supplemental policies.

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.

Caregiver's Home Companion

<http://www.caregivershome.com>

Site provides access to resource for caregivers of victims of Alzheimer's disease.

Department of Health and Human Services, U.S.

<http://www.hhs.gov/aging/index.shtml>

The Eden Alternative

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

Rethinking the nursing home culture to encourage initiatives that improve the quality of life for both residents and their families, and staff.

WEB SITES (Continued)

Eldercare Link

<http://www.eldercarelink.com>

A free referral service for families in need of local eldercare services, it provides referral services for caregiver 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.

Illinois Assistive Technology Program (IATP)

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

Learn about the technology available for rent or purchase for individuals or any age with disabilities. Offers alternative 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.

Long Term Care

<http://www.longtermcare.gov>

Federal website that spells out senior living alternatives and the various payment options.

McDonough County Social Services Directory

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

McDonough District Hospital Find a Physician

525 E. Grant St., Macomb, IL 61455

309-833-4101

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

National Respite Network

<http://chtop.org/ARCH.html>

The ARCH National Respite Network includes the National Respite Locator Service, a service to help caregivers and professionals locate respite services in their community and the National Respite Coalition, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels.

WEB SITES (Continued)

Medicare

Medicare Part D Comparisons

<http://www.medicare.gov>

Medicare Ombudsman

<http://medicare.gov/nhcompare>

Compares nursing home quality data and finds state inspection agencies.

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://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.

Helpful Phone Numbers

Center for Medicare & Medicaid (CMS)	
Medicare Info	800-633-4227
Medicaid Help Line	800-663-4227
Health Benefits Hotline	800-226-0768
Circuit Breaker—IL Dept. on Aging	800-624-2459
Elder Abuse Senior Help Line/Hotline	800-252-8966
After 5:00 pm weekends, holidays	800-279-0400
Elder Care Locator (Alternatives)	800-677-1116
	800-369-8724
Energy Assistance (LIHEAP)	877-441-9276
Free Directory Assistance	800-373-3411
Guardianship Advocacy Commission	309-693-5001
IL Dept. on Aging	800-624-2459
Illinois CaresRx	800-322-1051
Senior Help Line	800-772-1213
Senior Health Insurance Program (SHIP)	800-548-9034
IL Dept. Human Services/ Blind Services	800-843-6154
IL Public Health Dept./ Referral	217-785-3887
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
Office of the Long-Term Care Ombudsman	800-843-6154
Office of the State Guardian	866-274-8023
Ombudsman (Alternatives)	800-798-0988
	Ext. 233
Social Security Administration	800-772-1213
Quincy Office	217-224-8902
Representative at Macomb City Hall, Community	
Room, 2nd Wednesdays, 9:30 am. to 12:00 noon.	
USDA Rural Development, Quincy, IL	217-224-9307
(Area offices in Galesburg, Jacksonville and Quincy)	