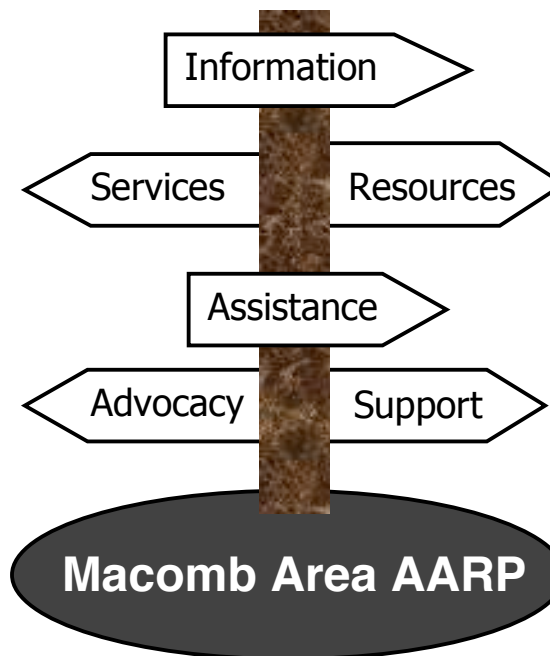


Mc Donough County
Illinois
Senior Services Directory

2010

Online at <http://www.macombaarpc.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

Mary Warnock, Chairperson of the Creative Elder Options Committee, Macomb Area AARP
Phone: (309) 833-2947

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

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First Printing in Macomb, Illinois 61455 12/24/2006
Revision Printed in Macomb, Illinois 2/20/10

Helpful Phone Numbers

Center for Medicare & Medicaid (CMS)	
Medicare Info	800-633-4227
Medicaid Help Line	800-663-4227
Health Benefits Hotline	800-223-8164
Circuit Breaker—IL Dept. on Aging	800-624-2459
Elder Abuse Senior Help Line/Hotline	866-800-1409
After 5:00 pm weekends, holidays	800-279-0400
Elder Care Locator (Alternatives)	800-677-1116
	800-369-8724
Energy Assistance (LIHEAP) WIRC	309-837-3941
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/ Blind Services	800-782-7860
IL Public Health Dept. Hotline	800-782-3887
IL Secretary of State, Motor Vehicle	800-252-8980
Driver's License Examiner (Macomb)	309-833-5661
Long-Term Care Ombudsman	800-843-6154
Nursing Homes-24-Hour Hotline	800-252-4343
Office of the State Guardian	866-274-8023
	312-793-5908
Ombudsman (Alternatives) Ext. 262	800-798-0988
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)	
Western Illinois Area Agency on Aging	800-322-1051

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, 2010



Cut Yourself a Deal

Join Macomb Area AARP for one year only \$10.00 for a single (couples \$12.00)

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

Yes, I want to join for a year

1 year (\$12 couple, \$10.00 single)

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

Send to: Macomb Area AARP

P.O. 155

Macomb, Illinois 61455

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 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.

MedlinePlus: Health Information From the National Library of Medicine

<http://www.medlineplus.gov>

Access a directory of doctors, dentists, and hospitals, videos of surgical procedures, includes information about prescription and over the counter medicines, herbs and supplements and much more.

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.

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.

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WEB SITES (Continued)

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/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>

List of physicians that serve McDonough District Hospital and consulting physicians working with the hospital as well as their specialties and phone numbers.

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.

WEB SITES (Continued)

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>

A public service of the U.S. Administration on Aging, it is your first step for finding local agencies, in every U.S. Community, that can help older persons and their families access home and community-based services like transportation, meals, home care, and caregivers support services.

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 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.

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WEB SITES

AARP Insurance Products

<http://www.aarphealthcare.com>

From this site users can request information about all AARP insurance policies including: Medicare supplemental, prescription drug, and long-term care 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.

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.

Department of Health and Human Services, U.S.

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

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 Alzheimer's, Arthritis, Heart Disease, and Influenza.

MISCELLANEOUS SERVICES (Continued)

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)

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>

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

PRIMARY PROVIDER AGENCIES

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**

E-mail address: afoa@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 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

PRIMARY PROVIDER AGENCIES (Continued)

McDonough District Hospital (MDH)
525 E. Grant St., Macomb, IL 61455 **309-833-4101**
<http://www.mdh.org/departments-mainmenu-33.html>

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**
- Senior Health Insurance Program **309-836-1579**
- Smoking Cessation Services **309-836-1584**
- Wound, Ostomy, Continence Care Services
309-836-1584

MISCELLANEOUS SERVICES (Continued)

McDonough County Health Department (Continued)
309-837-9951

Services of interest to seniors:

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

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

Certified Organizer and Productivity 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.

(Continued)

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

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

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.

(Continued)

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. 34)

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, 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

309-833-2129

<http://www.macombymca.org>

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

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 six 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 fare round trip 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

EMERGENCY RESPONSE SYSTEMS (Continued)

Personal Telephone Response Systems (Continued)

OSF Personal Response System **800-267-4794**
OSF St. Mary Home Health Services, 33405 N. Seminary St.
Galesburg, IL 61401
<http://www.osfhomecare.org/medEquip/prs.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.

MDH 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), to provide 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.

(Continued)

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 **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.

Alzheimer's and Memory Group
Macomb City Hall Community Rm. **309-837-1001**
232 E. Jackson St., Macomb, IL 61455 **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 **309-837-7112**
Alternatives for the Older Adult **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 **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:

(Continued)

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. **800-331-0617**
Galesburg, IL 61401 or **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

PO 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**

EMERGENCY RESPONSE SYSTEMS (Continued)

Personal Telephone Response Systems (Continued)

Medical Alert System

CVS Pharmacy **800-283-2300**

<http://www.medicalalertsystm.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.

Safe Return Medic Alter

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 support network to help reunite the lost person with his or her caregiver.

FINANCIAL SERVICES

Free Services

Alternatives for Older Adults **309-837-7112**

804 W. Jackson St. **800-798-0988**

Macomb, IL 61455 <http://www.4olderadults.org>

- Offers a money management service to assist older adults with their financial affairs.
- Screened and approved volunteers meet regularly one-on-one with clients to help organize and pay bills.
- Bill payer and representative payee services.

FINANCIAL SERVICES Free Services (Continued)

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. 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.

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.

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

Grand Prairie Assisted Living 309-833-5000

1307 Meadow Ln. Macomb, IL 61455

<http://grandprairieassistedliving.com>

Private Pay 48-unit facility with private apartments offering in 3 different sizes. 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
- Wound specialist
- Speech, occupational, and physical therapies
- Inpatient and outpatient therapy provided
- Meals on wheels program

MDH 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.

FINANCIAL SERVICES (Continued)

Banks

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

- Citizens Bank 309-833-4551
Div. of Morton Community Bank
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
- First State Bank of Western Illinois 309-652-3122
135 S. Main, Blandinsville, IL
- Heartland Bank 309-837-9988
430 W. Jackson, Macomb, IL 309-776-3225
109 E. Depot, Colchester, IL 309-772-2181
190 E. Hurst, Bushnell, IL
- Mid-America National Bank 309-833-4111
130 N. Side Square, Macomb, IL
- Raritan State Bank 309-772-2345
360 S. Green, Bushnell, IL
- Schuyler State Bank 309 833-1200
1661 E. Jackson, Macomb, IL
- State Bank of Industry 309-254-3434
101 W. Main, Industry, IL
- Woodforest National Bank 309-837-1155
1730 E. Jackson

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>

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

309-836-9336

1601 W. Jackson St. Suite 104

Macomb, IL 61455

<http://www.curves.com>

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

MDH Rehabilitation Services 2 locations

<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.

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

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

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

Courtyard Estates of Bushnell

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

1201 N. Cole St., Bushnell, IL 61422

Email: jwalters@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.

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

<http://www.hyvee.com>

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.

Online ordering is available from catering and the bakery.

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 for those on special diets. Per meal fee prices available when you call.

FOOD SITES/DELIVERY (Continued)

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.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

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: \$4.00 for dine-in service and \$5.00 for home delivered meals.

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 **(217) 357-6673**
525 Main St.
Carthage, IL <http://www.MOREmedicalSupply.com>
Serves Hancock and McDonough Counties

Pharmacies with Medical Equipment

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

Ford Hopkins **309-833-4214 or 309-833-2424**
118 N. Lafayette St.
Macomb, IL 61455 <http://www.fordhopkins.com>
Email: fhopkins@macomb.com

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

INDEPENDENT LIVING FACILITIES (Continued)

Wesley Village Retirement Community (Continued)

1200 E. Grant St., Macomb, IL 61455 **309-833-2123**

<http://www.wesleyvillagemacomb.com>

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**

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

Email: IMP1889@macomb.com

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 or legal aid in the following counties: McDonough, Adams, Brown, Hancock, Pike, and Schuyler Counties.

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.

- 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.

MDH 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.

HOME HEALTH CARE (Continued)

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

33405 N. Seminary St.

Galesburg, IL 61401

<http://www.osfhomework.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)

INDEPENDENT LIVING FACILITIES (Continued)

McDonough County Housing Authority (continued)

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

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., Macomb, IL 61455

<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 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.

(Continued)

INDEPENDENT LIVING FACILITIES (Continued)

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 **309-333-4001**
Corner of S. Candy Ln. and Grant St. Macomb, IL 61455
<http://grandprairieassistedliving.com/Villas>
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

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, **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

HOSPICE

Hospice Compassus

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. Offers day-to-day medical care, non-denominational chaplains and counselors who serve people in McDonough and other western Illinois counties.

Harbor Light Hospice

1865 N. Henderson, Suite 10
Galesburg, IL 61401

309-343-3030

<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.

MDH Hospice

<http://www.mdh.org/departments-mainmenu-33/hospice-mainmenu-39.html>

309-836-1543

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.

Hospice (Continued)

OSF St. Mary Home Health Services

33405 N. Seminary St.
Galesburg, IL 61401

800-673-5288

309-344-3161

<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. 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. Service Area includes McDonough County.

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, Alzheimer's, etc.

INDEPENDENT LIVING FACILITIES

Everly House

811 S. Lafayette St., Macomb, IL 61455

309-833-2704

<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.