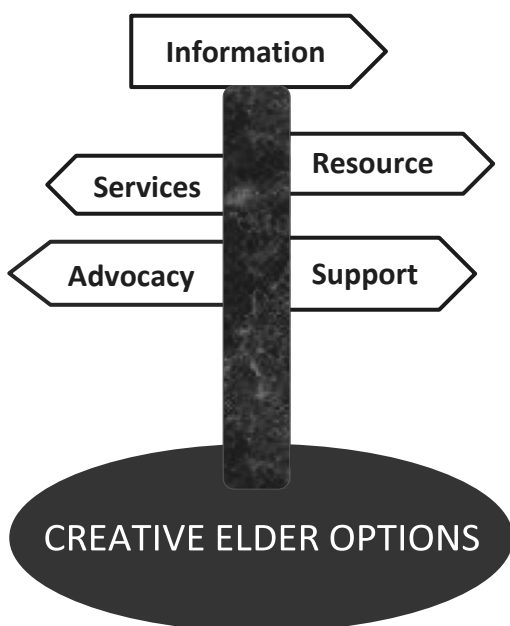


McDonough County Illinois Senior Services Directory

2023-2025

Online Version

<http://www.macombilceo.org>



DISCLAIMER

McDonough County Senior Services Committee Members collected and organized the information included in this directory. We would like to thank all the Provider Agencies and Senior Services included. The information in this directory is subject to frequent changes made by provider agencies. As a result, the McDonough County Senior Services Committee is not responsible for errors you might find. None of the information should be considered a recommendation or endorsement by the McDonough County Senior Services Committee, or the sponsors of this publication. Please note that some services in the booklet have been modified or even eliminated. We suggest you call or email the services for up-to-date information.

Paula Wise, Chairperson of the McDonough County Senior Services, Macomb, Illinois, 61455.
Phone (309) 837-2996

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

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McDonough County Senior Services Directory

The Directory is designed for senior citizens residing in McDonough County, Illinois and for their family members and friends. As we age, we are still individuals with unique abilities, personal histories, and habits. We may, however, for reasons of physical and mental health, require assistance in order to thrive. Some changes in our lives are gradual and predictable while others may be sudden and unexpected. Often the individual and his/her support system don't know where to turn. That is where this directory can help.

Change can be difficult. Some seniors are reluctant to move out of their homes even when it is difficult to stay there. Others may not want to admit they need care in various parts of their life. We describe housing options, the different levels of care – temporary as well as permanent- available in our community in terms of the services available and the financial aspects.

Some decisions may involve food, safety, transportation, health care and medication, financial considerations, and quality of life. We hope that our directory will answer some of your questions about these and other issues and will provide you with a starting point as you consider the next step in your life or in the lives of the people you care about.

Your feedback is very helpful. If you want to comment or to report errors you have found, please contact us at McDonough County Senior Services, 19 Hickory Bow, Macomb, IL 61455 or macombilceo@gmail.com

Compiled by the McDonough County Senior Services
Macomb, Illinois, 2023

PREFACE

Well, here you are. You suddenly need help. Everything has been fine, and suddenly **BOOM!** Where do you turn and how do you handle the future?

This guide has been compiled to help senior residents of McDonough County and their families locate available services. **Here are some of the many services addressed in this booklet:**

Alternatives: an agency funded in part by the Illinois Dept. on Aging, should be the first call that you make. They can help you plan and assess your needs and advise you about government supported benefits and programs available. Planning is the first thing you should do. See pages 5, 29 & 31.

Food and Transportation: Do you or others need to access more affordable and nutritious food? How can you get home-delivered meals, a delivery from the grocery store, or a free ride to your doctors' appointments? See pages 21-23 & 35-36.

Housing: The third issue to deal with is housing. There are decisions that have long-lasting effects whether it involves staying in your current home, moving to an independent living facility, an assisted or a supportive-living facility, or a nursing home. See pages 9-16.

Home Health Care: If you or your loved ones continue to live independently, professional and/or medical assistance may be required. See pages 6 & 23-25.

Insurance and Pensions: Check with the Social Security Administration, Medicare, or a pension provider and look for any long-term care insurance policies they may have. See pages 8, 27, 32-33.

Money Management and Financial Services: Once you have determined your or your loved ones' needs, you'll need to determine what it will cost to meet those needs and what assets and liabilities exist. Ask service providers what their services will cost. Determine how you plan to pay for what might be needed. A budget will give you a handle on how and where you or your loved ones can afford to live if you or they are no longer independent. See pages 5 & 29.

Support groups and services: Many others are experiencing similar situations. Look to members of support groups for advice and comfort. See pages 6, 33-34 for suggestions.

Knowing what services are available to you or your loved one living in McDonough County can save time, money and lives. Read through this directory and make plans for the future now.

REMEMBER YOU ARE NOT ALONE!

**Macomb Area
McDonough County Illinois Senior Services Directory
Committee**

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ALTERNATIVES

130 N. Side Square Suite 202
P.O Box 336, Macomb, IL 61455
1803 7th St., Moline, IL 61265
After hours/weekends
alternatives@alternativesforyou.org
www.alternativesforyou.org

309-837-7112

800-798-0988

309-781-5381

This is the first step to finding solutions for older adults who are looking for ways to maintain their independence and quality of life. A certified care coordinator visits the senior at home to find out what services or supports might be available.

- One-time Free Comprehensive assessment
- Resource linkage to more than 200 providers such as homemaker services, emergency home response systems, adult day services or other community supports
- Ongoing case management to assure supports are effective
- Money Management* support to help pay monthly bills
- Ombudsman advocacy for nursing home residents
- Respite Services
- Adult Protective Services Investigation*

After hours: **866-800-1409**

(*See also **Money Management**, Pg. 29
Protective Services, Pg. 31)

PRIMARY PROVIDER AGENCIES

(Agencies Offering a Range of Services and Referrals)

McDonough County Health Department (MCHD)

505 E. Jackson St., Macomb, IL

309-837-9951

www.mchdept.com

Email: mchdept@mchdept.com

Provides public health services to all residents of McDonough County. Open Monday – Thursday.

- Preventative Health Screenings & blood work (health check)
- Unwanted Medication Disposal (except government controlled substances, which must be disposed of by the police)
- Immunizations/Vaccines
- Sharps container recycling and replacement program
- Battery and CFL light bulb recycling
- Radon home test kits
- Well water test kits
- Well and septic system inspections

McDonough District Hospital (MDH) **309-833-4101**

525 E. Grant St., Macomb, IL 61455

www.MDH.org

MDH is a 48 bed healthcare facility providing a large spectrum of advanced medical treatments and personalized health services. MDH is accredited by The Joint Commission. MDH provides a wide range of special programs for seniors, including:

Memory Support Services

309-836-1584

Anticoagulation Clinic

309-836-1659

Behavioral Health Services:

309-836-1582

Offers a full range of counseling services, including individual, group, and family therapy.

Bereavement Support Group

309-836-1543

Cardiology

217-214-3424

Cardiopulmonary Department

309-836-1538

Convenient Care (Health Services Building 2)

309-836-1700

Diabetes Education Center

309-836-1634

Ear, Nose and Throat Care

309-833-6937

Home Health Care

309-836-1544

<u>Hospice Care</u>	309-836-1543
<u>Physical Therapy & Rehabilitation Services:</u>	309-836-1601
Physical, occupational, speech/language and cardiopulmonary	
<u>Screenings: Colorectal cancer, etc.</u>	309-836-1584
<u>Sleep Clinic</u>	309-836-1538
<u>Urology</u>	309-836-1760
<u>Vertigo/Vestibular</u>	309-833-1733
<u>Wound Ostomy Clinic</u>	309-836-1634

Some services may require a physician referral

Other hospitals have specialists who come to McDonough County to provide services. Check with your primary care physician.

Western Illinois Regional Council (WIRC)

133 W. Jackson St., Macomb, IL 61455 **309-837-2997**

www.wirpc.org wirc-caa@wirpc.org

Office hours: 8:00 – 4:00 Monday-Friday

- Job Readiness Services
- Vocational Training Scholarships
- College Scholarships
- Home Weatherization Assistance
- Low Income Home Energy Assistance (LIHEAP)
- Domestic Violence and Sexual Assault *

***Victim Services** (free and confidential) Counseling, medical advocacy, and legal advocacy for past or present survivors of elder abuse, child abuse, domestic violence, stalking, and/or sexual assault.

P.O. Box 157 Macomb, IL 61455 www.wirpc.org/victimservices

Email: victimservices@wirpc.org

Domestic Violence Office **309-837-6622**

Sexual Assault Office **309-836-2148**

24-hour Crisis Line 309-837-5555

(*See also **Protective Services**, Pg. 31)

YMCA Senior Center

McDonough County YMCA

309-837-5733

400 E. Calhoun St., Macomb, IL 61455

877-837-5733

www.macombyymca.org/senior-center

A community focal point providing services for older adults (60 and over), adults with disabilities and caregivers. Funded by the Western Illinois Area Agency on Aging and community contributions.

- Nutrition Program for Congregate and Home-Delivered Meals – See Food Sites Pg. 21.
- Information and Assistance (I & A) and Outreach Services: Medicare Part D, Property Tax Freeze, Benefits Access Program (license plate discount).
- Senior Health Insurance Program* (SHIP) counseling for Medicare problems. Makes referrals to other agencies.
- The site for AARP Tax-Aide program for low and middle-income seniors. Call for more information.
- Senior Farmers Market Nutrition Program
Provides low-income seniors with access to locally grown foods.
- Card, Games, Line Dancing, Chair Exercise, Informational Programs, and arts and crafts classes.

(*See also **SHIP**, Pg. 32)

YMCA Classes for Seniors

309-833-2129

(See **Fitness, Exercise.....** Pg.19)

SENIOR LIVING OPTIONS DEFINED

Remaining At Home Many individuals prefer to remain in their own homes as long as possible. There are services available to help in such situations although the time may come when for health, safety, or financial reasons this is no longer an option.

Independent Living and Affordable Housing for Low-Income Older Adults allows seniors to live on their own with little to no assistance. Some meals may be included within this category and social and educational activities are often provided.

Everly House, Housing Authority of McDonough County, Jefferson House, The Villas, Wesley Village, West Central Illinois Center of Independent Living.

Assisted/Supportive Living is for those who need some extra assistance with daily activities but who don't need a nursing home. Residents have their own apartment or suite, but have access to medical care, medication management, meals, help with personal care, and housekeeping.

Bickford of Macomb, Courtyard Estates, Grand Prairie Supportive Living, The Lamoine Retirement Living.

Nursing Homes / Long-Term Care Facilities / Alzheimer's / Memory Care Facilities are designed for those who need the highest level of medical care around the clock. Most, but not all, nursing homes accept Medicaid. Medicare does not cover long term nursing home care but may cover short term stays in skilled nursing facilities for people who need rehabilitative care. Some facilities provide special care tailored to those with Alzheimer's and other forms of dementia. Activities are provided to improve the individuals' quality of life.

Countryview Care, The Elms, The Lamoine, Post Acute Care, Prairie City Rehab and Health Care, Wesley Village.

Life Plan Communities cover different levels of care so people can move to higher or lower levels of care as needed. They may

offer independent living, assisted living, memory care, and/or nursing home care.

Countryview Care, The Elms, Prairie City Rehab and Health Care, Wesley Village.

SENIOR LIVING OPTIONS

Bickford of Macomb

309-836-9700

1600 Maple Ave., Macomb, IL 61455

www.bickfordseniorliving.com

Provides: Assisted Living, Dementia Care, End of Life Care, Respite Stays

Payment Type: Private Pay

- 24/7 Nursing
- No cost assessments to determine level of care
- Skilled care services and physical therapy on-site
- Care available to meet a wide variety of needs
- Medication management by licensed nursing staff
- Personal care assistance
- Daily activities; special events throughout the month
- 3 meals daily, laundry, housekeeping, transportation

Countryview Care Center of Macomb **309-837-2386**

Petersen Health Care Inc. 400 W. Grant St. Macomb, IL 61455

www.petersenhealthcare.net/countryview-macomb

Provides: Nursing Care, Respite Stays

Payment Types: Medicare Certified, Medicaid Certified, Private Pay

An intermediate and skilled care facility focused on behavioral health. Designed to address various forms of dementia, cognitive, and mood-related disorders for all ages.

- 24-hour nursing care
- 24-hour pharmacy services
- Physical, Occupational, and Speech Therapies
- Therapeutic dietary services
- Individualized programming or restorative care
- Activities provided

- Transportation to medical appointments

Courtyard Estates of Bushnell

309-772-8000

Petersen Health Care Inc, 1201 N. Cole St., Bushnell, IL

www.courtyardestates.net/bushnell

Provides: Independent Living, Assisted Living, Licensed Memory Care Unit, Respite Stays

Payment Type: Private Pay

- Facility for adults 55 and older
- Studio or 1-bedroom apartments
- 3 meals daily, weekly housekeeping and laundry
- Organized recreational, social, and educational activities
- Medication managed by licensed nursing staff
- Courtesy transportation provided to medical appointments

The Elms

309-837-5482

1212 Madelyn Ave., Macomb, IL 61455

www.theelmsmacomb.com

Provides: Nursing Care, Rehabilitative Services, Respite Stays

Payment Type: Medicare Certified, Medicaid Certified, Private Pay

A 98-bed not-for-profit skilled care facility locally owned and operated by McDonough County, IL. Has its own rehabilitation department to allow residents to continue therapy with doctor's approval if they live at the Elms. Services include:

- 24-hour nursing care by RNs, LPNs and CNAs, LEA (Life Enrichment Aids)
- Rehabilitation service (age 55+) after surgery or hospitalization
- Physical, occupational, and speech therapy
- Range of activities to encourage self-expression, interaction, and creativity
- Short and long term stays
- Convenient admission opportunities 7-days a week

Everly House**309-833-2704**

811 S. Lafayette St., Macomb, IL 61455

www.everlyhouse.com**Provides:** Independent Living, Respite Stays**Payment Type:** Private Pay

Independent, secure, senior living for individuals aged 60+.

- Furnished rooms and suites
- Home Health Care welcome
- Laundry & housekeeping
- In-house emergency call system
- 3 meals daily
- Cable and utilities
- Daily Activities
- No contracts
- Weekly shopping trips

Grand Prairie of Macomb**309-833-5000**

1307 Meadowlark Ln., Macomb, IL 61455

www.grandprairieassistedliving.com**Provides:** Supportive Living, Respite Stays**Payment Type:** Private Pay, Medicaid Certified

An 82-unit community with private apartments for those 65 years and older.

Services include:

- 24-hour staffing by certified nursing assistants
- Individualized care plans
- Medication set-up, reminders, and assistance
- 3 meals daily, housekeeping, and laundry
- A variety of activities and courtesy transportation

Housing Authority of McDonough County

322 W. Piper St., Macomb, IL 61455

309-837-2363www.mcdonoughcountyhousing.org E-mail:home@macomb.com**Provides:** Independent Living **Payment Type:** based on income and family size.**Eisenhower Tower Apartments**

322 W. Piper St., Macomb IL 61455

Efficiency and one-bedroom apartments

Eligibility: Low-income senior or disabled persons.

Fitch Manor

1500-01W. Main St., Bushnell, IL 61422

1 and 2 bedroom units

Eligibility: Low-income senior or disabled persons.

Greenbrier Townhomes Public Housing

770 W. Hurst St. Bushnell, IL 61422

2, 3, or-4 bedroom apartments

Eligibility: Low-income families, individuals, seniors, or disabled persons.

Prairie View Homes

N. Prairie Ave, Macomb, IL 61455

1-5 bedroom apartments

Eligibility: Low income families, individuals, seniors, or disabled persons.

Jefferson House

309-837-9955

900 E. Jefferson St., Macomb, IL 61455

jeffersonhouse@shpmanagement.com

Provides: Independent Living **Payment Type:** Income Based

One hundred fifteen (115) one-bedroom apartments with community room, laundry room, and lounge area on each floor. Required age 55 and over. Contact for application.

Lafayette Square

lafsqinc@macomb.com

100 W. Jefferson St., Macomb, IL 61455 **309-833-3785**

Provides: Independent Living. **Payment Type:** Private Pay

100 one-bedroom apartments each with a balcony, community room, laundry facilities, and full-time Service coordinator. Required age 62 and over or mobility impaired.

The Lamoine Assisted Living and Memory Care

203 N. Randolph, Macomb, IL 61455 **309-575-3018**

www.thelamoine.com

Provides: Assisted Living, Licensed Memory Care Unit, Respite Stays

Payment Type: Private Pay

Twenty-two (22) state-of-the-art private apartments and 24 private studio apartments in licensed memory unit in historic downtown Macomb.

- 24/7 nursing care
- Individualized care plans
- Medication administration by licensed nurses
- 3 meals daily, housekeeping, and laundry services
- A variety of activities and courtesy transportation

Macomb Post-Acute Care Center

8 Doctors Ln., Macomb, IL 61455

309-833-5555

www.macombpacc.com

Provides: Dementia Management, Short-term rehabilitation, Long-Term Nursing Care, Respite Stays

Payment Type: Medicare Certified, Medicaid Certified, Private Pay

MPACC is an 80-bed skilled nursing facility.

- 24-hour skilled nursing care
- Wound specialist
- Speech, occupational, and physical therapies
- Inpatient and outpatient therapy

Prairie City Rehab and Health Care Center

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

309-775-3313

Petersen Health Care Inc.

www.petersenhealthcare.net/prairie-city

Provides: Nursing Care, Memory Care, Respite Stays, Hospice Care

Payment Type: Medicare Certified, Medicaid Certified, Private Pay

A 47-bed skilled and intermediate care facility.

- 24-hour nursing care
- Speech, physical, and occupational therapies
- Rehabilitative services
- Beauty/barber shop on site

The Villas of Grand Prairie Independent Living

HOA Association Manager

309-219-1443

Provides: Independent Living **Payment Type:** Private Pay

A community of duplexes located on Meadowlark Lane for adults aged 55 and older:

- 2 bedrooms, 2 baths, 2 car garage
- HOA fees cover maintenance, snow removal and mowing.
- Meals can be taken at Grand Prairie for a fee
- Available for monthly rent or purchase

Wesley Village Retirement Community

1200 E. Grant St., Macomb, IL 61455

309-833-2123

www.wesleyvillagemacomb.com

Wesley Independent Living Apartments

Provides: Independent living. **Payment Type:** Private Pay

Sixty-nine one-bedroom apartments with a living/dining room combination. The apartments can be set-up on a rental program or membership plan.

- Housekeeping
- Utilities & Cable TV
- Social activities
- Two meals daily
- Maintenance

Wesley Estates

Provides: Independent Living. **Payment Type:** Private Pay

Duplexes 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.

- All utilities except phone & internet
- Housekeeping
- Complete home maintenance
- Lawn care and snow removal
- Activity programs
- Real estate taxes

- Property insurance
- Courtesy transportation

Wesley Village Health Care Center

Provides: Nursing Home, Memory Care Unit, Short-and Long-Term Rehabilitation, Respite Stays, Hospice Care

Payment Type: Private Pay, Medicaid Certified, Medicare Certified

- Skilled nursing households
- Health care beds
- Pain management program
- The FAST-TRACK rehabilitation program for inpatient and outpatient physical, occupational, speech therapy.

Downsizing and Moving

Abcdecluttering

abcdeclutteringonline@gmail.com

708-942-4684

Local decluttering expert provides coaching and physical assistance when downsizing or clearing space in your home.

Ferris Moving and Storage Company 309-343-2146

www.ferrismovingandstorage.com

Provides moving and storage services.

Golden Bridges

888-922-6368

www.goldenbridges4you.com

Senior Move Management Company assists older adults and their families with all aspects of relocation.

They will sort, pack and unpack, and coordinate the move.

OrganizeU

www.organizeu2.com

309-255-1428

Certified Professional Organizer will organize the home and help with paying bills, correspondence, and medical and insurance forms.

EDUCATIONAL OPPORTUNITIES

AARP "Smart Driver" Classes

888-227-7669

www.aarpdriversafety.org

309-837-1423

"Smart Driver" classes are held at multiple locations. Please call or email for schedule. Upon completion of the 8-hour course, you may qualify for an automobile insurance discount. Course is available on-line for a fee (AARP website).

Alzheimer's Association

800-272-3900

www.alz.org

Provides 24/7 helpline and on-line resources. In-person and virtual education programs are provided for those diagnosed with dementia and their caregivers.

Illinois State Library Talking Book and Braille Service

800-426-0709

300 S. Second St., Springfield, IL 62701 www.ilbph.org

This free service provides audio and braille library service via mail or digital download to any Illinois resident who is unable to read standard print material due to a permanent or temporary visual or physical disability. Apply on-line or through your local public library.

L.I.F.E. (Learning is Forever)

309-298-1911

www.wiu.edu/LIFE

The LIFE program provides high quality educational opportunities for very reasonable fees. Class topics include academic, skill-based, health-related, and nature.

Macomb Public Library

309-833-2714

235 S. Lafayette St., Macomb, IL 61455 www.macomb.lib.il.us

Large print books, magnifiers, e-books and e-audio books, closed captioned DVD and access to Illinois Talking Books and Braille Service.

Rules of the Road Classes for Senior Citizens

YMCA Senior Center **309-837-5733**

400 E. Calhoun St., Macomb, IL 61455

Classes are offered by the Secretary of State's Office to help those 60+ who need to take the written drivers' test. Call the Senior Center for class dates.

Tri-States Audio Information Services (AIS)

University Services Building, 504 **309-298-2403**

Macomb, IL 61455 www.tristatesaudio.org

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

- Radio Information Service
- Web Streaming Service

EMERGENCY RESPONSE SYSTEMS

Life Alert

800-360-0329

www.lifealert.com

Various devices available. Prices vary.

Lively Urgent Response

866-829-4527

www.lively.com/medical-alerts

Choice of devices available. Prices vary. All devices available connect you to a live agent.

Medical Alert (Wandering Support Service)

www.medicalalert.org

800-432-5378

24/7 wandering support service for people with dementia.

Medical Alert System

800-283-2300

www.medicalalertsystem.com

Home and mobile phone systems available. Prices vary depending on the system, rate plan and add-ons selected.

Philips Lifeline

855-651-7015

www.getphilipsmedalert.com

HomeSafe and GoSafe systems available. Prices vary depending on system and features.

FINANCIAL & TRUST SERVICES

Some local banks have Trust Departments qualified to evaluate and assist seniors and their families with special financial needs such as:

- Agency Account-Assistance with paying bills
- Custodian Account-Assistance with assets
- Power of Attorney Account-Assistance with general financial issues
- Investment Management Account-Assistance with an investment portfolio
- Trustee or Successor Trustee of a Trust
- Executor for an Estate

These services require management expertise and are usually accompanied by charges. If professional money management is needed, call or visit a local bank authorized to provide Trust Services. For help check the yellow pages or look on-line.

FITNESS/EXERCISE/OUTPATIENT REHABILITATION

Advanced Rehab & Sports Medicine Services

130 S. Lafayette St.

309-836-2500

Macomb, IL 61455

www.advrehab.com

Provides physical, occupational and speech therapy services.

AGE Rehab & Medical Fitness

1701 W. Jackson St. Macomb, IL 61455

309-833-1004

www.agerhab.com

Provides physical therapy evaluations, consultations, treatment plans, exercise programs, and personal fitness programs. Approved for Silver & Fit and Active & Fit participants.

Free Range Yoga**309-333-5069**

118 and 122 N. Lafayette St., Macomb, IL 61455

www.freerangeyoga.us

Classes in yoga, strength training, Tai Chi, and Qigong; plus massage, Yoga Therapy, Reiki, and personal training.

Make Fit Happen1208 N. Lafayette St., Macomb IL 61455 **309-255-3169**www.makefithappen.net

Workout equipment and classes to increase endurance, strength, and flexibility.

MacTown Fitness212 S. Collins Ave, Macomb IL 61455 **309-313-2544**www.mactownfitness.com

Classes feature a mixture of movements. Personal training and consultations.

McDonough District Hospital Sports Medicine and Rehabilitation Serviceswww.MDH.org

Offers physical and occupational therapy, vestibular for dizziness, speech-language pathology, cardiac, pulmonary, and industrial rehabilitation at these locations.

Third Floor, Hospital**309-836-1601**

525 E. Grant St., Macomb IL 61455

Sports Medicine and Rehabilitation Clinic 309-836-1616

1214 N. Lafayette St., Macomb, IL 61455

The above sites approved for Silver & Fit and Active & Fit participants.

Bushnell Rehabilitation Clinic**309-772-2255**

1150 N. Cole St. Bushnell, IL 61422

Wesley Home Health**309-833-2613**1200 E. Grant St., Macomb, IL 61455 wesleyvillagemacomb.com

In-home Physical, Occupational and Speech therapy for the homebound.

YMCA Classes and Membership

309-833-2129

400 E. Calhoun St, Macomb, IL 61455 www.macombymca.org

Classes include fitness, weight training, swimming, yoga, and more. Rock Steady Boxing (for those with Parkinson's Disease). Membership includes circuit, cardio, and treadmill rooms, pool, gym, indoor track, and pickleball. 24/7 access with Y membership.

FOOD SITES/DELIVERY

The Crossing Food Pantry

309-836-7870

The Crossing Church 1600 W. Jackson St., Macomb IL

email: macomb@thecrossing.net

Hosts a drive-up food pantry for anyone in the community who needs assistance. Call for hours.

Dine In and Home Delivered Meals: YMCA Senior Center

400 E. Calhoun St. Macomb, IL 61455

309-837-5733

ccavett@macombymca.org

Meal program is funded by Western Illinois Agency on Aging for those age 60 years and over. A suggested donation statement is sent to all recipients.

Congregate Meals: Please contact YMCA Senior Center for status.

Home Delivered Meals: Targeted to qualified homebound individuals in McDonough County. A nutrition assessment will be conducted to determine eligibility for delivered meals.

Giving Gardens

Everyone is invited to harvest at the following vegetable, herb, and flower gardens in Macomb, IL. Food availability is dependent on season.

Mt. Calvary Church Giving Garden, 1500 E. Pierce St.

1st Presbyterian Church Giving Garden, 400 E. Carroll St.

Project Insight School Giving Garden, 330 N. McArthur St.

Good Food Collaborative (GFC)

133 W. Jackson St, Macomb IL 61455

309-255-4710

email: info@goodfoodcolla.org

Call for hours.

Registration required at first visit. There may be a wait time. You must be a McDonough County resident (driver's license, State ID, utility bill) and meet income guidelines.

Industry Food Pantry

309-221-8223

102 E. Main St., Industry, IL 61440

No walk-in hours.

Industry United Methodist Food Pantry can be contacted via phone or Facebook. They are accepting new households in Industry and Littleton only for deliveries. They will work with those interested in picking up food at the church. There are no residency requirements, income guidelines or questions regarding income or SNAP eligibility. They also provide holiday food baskets for Thanksgiving and Christmas.

Loaves and Fishes

Prairieview Townhomes, 425 N Prairie Ave, Macomb, IL

Financial assistance supported by local churches to provide food and non-food resources. Grocery vouchers available once a month (based on family size). Non-food vouchers up to \$100 (rent, utilities, and medications) are available once every 6 months and can be applied for on the first Tuesday of each month. Services available to McDonough County residents only. Please bring photo ID and proof of current residence to every visit. Contact us through Facebook: Macomb Loaves and Fishes Etc.

Salvation Army Food Pantry

309-837-4824

505 N. Randolph St., Macomb, IL 61455

Food Bank: Food assistance is provided once every 30 days. Applicants must sign up at the office and provide proof of McDonough County residency. Call for hours.

GROCERY DELIVERY/PICKUP

Hy-Vee Food Store and Pharmacy 309-837-9917

1600 E. Jackson St., Macomb, IL www.hyvee.com

Order food on-line by typing “aisles online” on the website and entering your choices of food and time and date for delivery or pick-up. \$30 minimum order. There is a delivery charge.

instacart www.instacart.com

Download the instacart app on your computer or smartphone and follow directions to place your order. There is a fee. Instacart will shop and deliver groceries, and prescriptions from HyVee and other businesses.

Wal-Mart www.walmart.com/grocery

Order on-line for a scheduled pick-up time at the designated Wal-Mart parking lot area.

HOME HEALTH CARE

Addus Home Care

3818 27th St., Moline, IL 61265

309-743-0319

www.addus.com/illinois.htm

800-755-7922

A Community Care Program, private duty services. Works with Alternatives, Department of Rehabilitation Services (DORS) and Veterans Affairs (VA). Fee based.

- Light housekeeping and laundry
- Meal preparation
- Personal care/Respite care
- Transportation to shopping and medical appointments

Help-at-Home

700 E. Oak St., Canton, IL 61520

800-404-3191

www.helpathome.com

Provides Community Care Program services, including respite care, light housekeeping, laundry, errands and medical

appointments, personal care, meal preparation and medication reminders. Private pay and some state subsidy.

McDonough District Hospital Home Health

525 East Grant Street

309-836-1544

Macomb, IL 61455

www.MDH.org

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 and telehealth monitoring are offered in the home. Licensed by the Illinois Department of Public Health, accredited by The Joint Commission, and Medicare-certified. Serves all of McDonough County.

OSF Home Care Services

309-344-9700

3405 N. Seminary St.

855-863-4663

Galesburg, IL 61401 www.osfhomecare.org/homehealth

Serves clients 24/7. A doctor's order is needed before home health services can begin. Home care includes Medicare-certified home health agencies, hospice care, home infusion therapy and home medical equipment. No one is denied home care services due to inability to pay.

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

Visiting Angels Living Assistance Services

8 S. Main St. Suite #202

309-998-1000

Canton, IL 61520

www.visitingangels.com/cantonil

Provides non-medical assistance to seniors and disabled adults in the comfort of their own homes. Serving families in Macomb, Bushnell and surrounding areas. Private Pay.

Wesley At Home**309-833-2613**

Wesley Village, 1200 E. Grant St., Macomb, IL 61455

www.wesleyvillagemacomb.com

A licensed Home Nursing and Home Service Agency offering care 24 hours, 7 days a week. Private Pay and some insurance companies. Certified Community Care Provider offering services for income eligible seniors not necessarily homebound. Please contact us to learn about the wide variety of services our home service homemakers and home nurses can provide.

Wesley Home Healthwww.wesleyvillagemacomb.com

1200 E. Grant St., Macomb, IL 61455

309-833-2613

A wide variety of services are provided for homebound individuals. Please contact us to discuss our therapies and medical care services.

Western Illinois Home Health Care**309-837-9422**

716 E. Jackson St., Macomb, IL 61455

www.wihhc.com

Full service home care agency offering nursing and in-home care.

HOMELESSNESS

There are resources available for those needing housing.

Genesis Garden**309-326-3075**<https://www.facebook.com/GenesisGarden1/>

Genesis Garden maintains a house, geared toward families, but singles are also welcome. They have case managers, and can help with security deposits, first month's rent, and fees associated with permanent housing. For emergency housing, call the number above and leave a message if no one answers.

Macomb Police Department**309-833-4505**<https://cityofmacomb.com/police/>

For assistance with finding housing, call the main number for the police department, and ask to speak with the Community Service Officer.

Samaritan Well**309-837-3357****www.facebook.com/samaritanwellincmacomb**

Samaritan Well, Inc. has a men's and a women's shelter, and they shelter children as well. Case managers are available to work with individuals to obtain more permanent housing.

See also Western Illinois Regional Council (pages 7, 26, 32), Alternatives (pages 2, 5, 29, 31), and West Central Area Agency on Aging (page 9).

HOSPICE CARE

Provided to patients who have a limited life expectancy. Anyone diagnosed with a terminal illness is eligible for hospice.

Traditions Health**309-698-3060****3000 N Main St. East Peoria, IL 61611 www.traditionshealth.com**

Provides end-of-life care to loved ones in a setting of their choice: at home, a skilled nursing facility, or an assisted living center.

Hospice Compassus**309-342-3007****755 N. Henderson, Galesburg, IL 61401****www.hospicecompassus.org**

Provides Hospice care focusing on symptom management and pain control. Call 24/7 with questions. Offers day-to-day medical care, non-denominational chaplains and counselors.

McDonough District Hospital Hospice**525 East Grant Street, Macomb, IL 61455 309-836-1543****www.MDH.org**

Provides a comprehensive team approach for patients with a terminal illness and offers support for their families. Care is provided in the home, nursing home, or assisted living setting. Licensed by the Illinois Department of Public Health, accredited by The Joint Commission, and Medicare-certified. Named a 2018 Hospice Honors Elite.

LONG-TERM CARE INSURANCE

Illinois Department on Aging

421 E. Capitol Ave., Suite 100

800-548-9034

Springfield, IL 62701-1789

217-782-5020

www.aoa.gov

www.insurance.illinois.gov/ship

Information on long-term care policies available in Illinois.
We do not endorse any of these products.

MEDICAL EQUIPMENT AND SUPPLIES

(Also see Pharmacies)

Macomb Medical Equipment & Supply **309-837-6161**

531 E. Grant St., Macomb, IL 61455

MacombMed@denserv.com

www.denserv.com

Medical Equipment & supplies available for sale or rent.

Billing to Medicare, Medicaid, and private insurance; education on equipment set-up; in-home respiratory visits. Call for delivery options.

MORE Medical Supplies

309-837-6673

501 E. Grant St., Suite 4, Macomb, IL 61455

525 Main St., Carthage, IL 62321

217-357-6673

www.MOREmedicalSupply.com

Medical equipment & supplies, including shoes for those with diabetes, available for sale or rent. Medicare, Medicaid, and private insurance billing. Call for delivery options.

VFW

1200 E. Jefferson St., Macomb IL 61455 **309-837-1921**

Maintains inventory of wheelchairs, walkers, etc. for loan to veterans and others.

MEDICINE DISPENSING SERVICES

(Also see Pharmacies)

E-Pill/Medication Reminders

info@epill.com

800-549-0095

www.epill.com

An 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. Cost: dispenser and monthly fee.

OSF Personal Response System

800-267-4794

OSF Home Care Services

309-344-9700

3405 N. Seminary St., Galesburg, IL 61401

Offers remote medication dispensing and monitors medication compliance.

Philips Medication Dispensing Service

888-632-3261

www.managemypills.com/content/Medicationerrors

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

MEDICINE DISPOSAL

It is best not to dispose of drugs in the trash (because they can end up stolen or in the landfill) or to flush them (because they can end up in our waters). The following are places that take unused medications. Call to see if there are limitations on what each facility accepts.

Macomb Police Department

309-833-4505

<https://cityofmacomb.com/police/>

McDonough County Health Department

309-837-9951

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

Pharmacies

CVS

309-833-1750

327 E. Jackson St. Macomb, IL 61455 www.cvs.com

Hy-Vee **309-833-3750**

1600 E. Jackson St., Macomb, IL 61455 www.hyvee.com

Wear Drug **217-357-9327**

408 Walnut St., Carthage IL 62321

Located in County Market

MONEY MANAGEMENT

Seniors having difficulty keeping track of their finances should first contact their bank and ask about services available and the 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 holdings.

Alternatives **309-837-7112**

130 N. Side Sq., Suite 202, P.O. Box 336 Macomb, IL 61455

1803 7th St, Moline, IL 61265 **800-798-0988**

www.alternativesforyou.org

Offers the Money Management Program, a service to assist eligible older adults with their financial affairs. Screened and approved volunteers meet regularly one-on-one with clients to help organize and pay bills.

How Do I Know When To Ask For Help?

- Difficulty budgeting or managing your money
 - Eviction notices
 - Forgetting to pay bills, late payment charges on bills or lost bills
 - Unable to track money
 - High interest payday or rent-to-own loans
 - Unopened mail
 - Physically unable to manage in a financial crisis
- (*See Also, **Alternatives** Pg. 5)

OUTPATIENT MEDICAL TREATMENT FACILITIES

Kidney Dialysis

Fresenius Medical Care

309-833-4036

210 E. Calhoun St., Macomb, IL 61455

Accepts Medicare and Medicaid clients. Physician referral is required.

Macomb Oncology Institute

309-836-8400

401 E. Grant St., Macomb, IL 61455

Provides radiation treatment for cancer patients. Accepts Medicare and Medicaid patients. Physician referral is required.

Prairie Cardiovascular Clinic

217-757-6120

1600 E. Jackson St., Macomb, IL 61455 fax 217-525-2535

(located within Hy-Vee)

Contact your primary care physician for information on other specialists.

PHARMACIES

In addition to medical equipment and supplies, these pharmacies offer some or all of the following immunizations: COVID, MMR, Hepatitis A & B, seasonal flu, shingles, pneumonia, meningitis, diphtheria, pertussis, and tetanus.

CVS

309-833-1750

327 E. Jackson St. Macomb, IL 61455

www.cvs.com

Hy-Vee

309-833-3750

1600 E. Jackson St., Macomb, IL 61455 www.hyvee.com

Free Delivery for prescription orders called in Mon. – Fri.

Walgreens

309-837-2436

300 E. Jackson St., Macomb, IL 61455 www.walgreens.com

Wal-Mart

309-836-1456

1730 E. Jackson St, Macomb, IL 61455 www.walmart.com

Wear Drug

408 Walnut St., Carthage IL 62321

217-357-9327

Located in County Market

Delivers medications to McDonough County.

PROTECTIVE SERVICES, EXPLOITATION & SCAMS

Never give out personal information or money to someone you don't know. Medicare, Medicaid, Social Security and IRS will never call you unless you call them first.

Please contact the Macomb Police Department in all emergency or suspected SCAM situations.

Alternatives

800-789-0998

309-837-7112

Adult Protective Services investigates and resolves cases of elder abuse or self-neglect as well as abuse of younger adults with disabilities. Anyone can report abuse. All reported information is kept confidential.

Illinois Department of Public Health Central

Complaint Registry

800-252-4343

www.idph.state.il.us/

Handles matters concerning patient care/cleanliness, patient/visitor relations and other concerns for nursing homes, mental health centers, renal dialysis, and Hospice.

Financial Exploitation

800-252-8966

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

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

FTC Identity Theft Reporting

877-438-4338

Federal Trade Commission

www.ftc.gov/idtheft

Macomb Fire Department

219 West Jackson Street

309-836-7800**Emergency 911****Macomb Police Department**www.macombpolice.com**309-833-4505****Emergency 911**

Provides emergency services 24/7 including:

Domestic violence, victims of elder abuse, and scams. They will also provide extra patrol and house watch services.

McDonough County Sheriff**309-833-2323**

Assists with identity theft and other scams.

Prairie State Legal Services**800-331-0617**311 E. Main St. Suite 302, Galesburg, IL 61401 **309-343-2141**www.pslegal.org

Prairie State Legal Services offers free legal services for low-income persons, those over 60, and people with disabilities who have civil and/or legal problems and need legal help. The Galesburg office serves seniors in McDonough County.

Western IL Regional Council (WIRC)**Community Action Agency** www.wirpc.org/victimservices

P.O. Box 157, Macomb, IL 61455

Victim Servicesvictimservices@wirpc.org

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**

SOCIAL SECURITY AND MEDICARE

The nearest Social Security office is located at:

525 18th St., Quincy, IL 62301**217- 224-8902****Senior Health Insurance Program (SHIP)**

YMCA Senior Center

309-837-5733

400 E. Calhoun St., Macomb, IL 61455

877-837-5733www.illinois.gov

SHIP trained staff and volunteers provide unbiased help with Medicare issues. These include problems with Medicare billing, evaluating Medicare supplemental insurance, and enrolling in Part D Prescription Drug programs. Funded through Western Illinois Area Agency on Aging (WIAAA). Please call to schedule an appointment.

SUPPORT GROUPS AND SERVICES

There may be other support groups and services in your area. Please call the number listed under each support group below for meeting location and times.

Alzheimer's Association – Central Illinois Chapter

606 W. Glen Ave., Peoria, IL 61614

309-681-1100

24-hour HOTLINE

800-272-3900

Care Support Coordinator

309-544-2397

www.alz.org/illinoiscentral

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

Caring Hearts

Meets at YMCA Senior Center

309-837-5733

400 E. Calhoun St., Macomb, IL.

Caregiver Support Group for all caregivers.

The Crossing Church

309-836-7870

1600 W. Jackson St., Macomb, IL 61455

Individual and family counseling offered in a Christian setting. Sliding fee scale based on income.

Illinois Tobacco Quit Line

866-784-8937

TTY 800-501-1068

Nurses and certified counselors are available to support smoking cessation.

McDonough District Hospital **www.MDH.org**

Memory Support Services MDH Outreach **309-836-1584**

Providing educational support and a standardized assessment related to changes in memory. A testing report is sent to your healthcare provider for follow up and future testing or diagnosis. Affiliated with SIU School of Medicine.

Bereavement Group **309-836-1543**

Breast Cancer Support Group **309-836-1584**

North Central Behavioral Health Systems

301 E. Jefferson St., Macomb, IL 61455 **309-833-2191**

info@ncbhs.org www.ncbhs.org

Offers a wide range of mental health and substance abuse services including individual, group, and family therapy, community support services, limited psychiatry services and intensive home and community based services.

For crisis services **24/7 Hotline 815-224-1610**

Parkinson's Disease Support Group **309-837-5733**

Open to individuals, family members, friends, and caregivers of people with movement disorders from Parkinson's, Parkinsonism's, Lewy Body Dementia, MSA, Huntington's Disease, etc.

Senior Life Solutions

Sarah D. Culbertson Memorial Hospital **217-322-5201**

238 S. Congress St., Rushville, IL 62681 www.cmhospital.com

Offers group, individual and family therapy for seniors suffering from depression, anxiety, unresolved grief or any problem affecting quality of life. Treatment team includes a psychiatrist to evaluate and provide medication management.

Stroke Support Group

Sarah D. Culbertson Memorial Hospital **217-322-5286**

Therapy Service Department

238 S. Congress St., Rushville, IL 62681 www.cmhospital.com

Survivors and their families or caregivers come together and share their experiences, learn valuable information, and ask advice when needed.

TELECOMMUNICATIONS SERVICES

Illinois Telecommunications Access Corporation (ITAC)

www.itactty.org

VNA Community Ctr. Services for Seniors

Quincy Senior & Family Resource Center

639 York St., Quincy, IL 62301 **217-223-7904 VOICE**

Provides free telecommunications equipment to the deaf, hard of hearing, speech disabled and deaf/blind in Illinois.

Basic requirements:

- Legal resident of Illinois.
- Proof of working telephone service in your residence.
- Application signed by your Doctor or approved certifier confirming the applicant is deaf, hard of hearing, speech disabled or deaf/blind and unable to use a standard telephone.

TRANSPORTATION

Lyft

www.lyft.com

Using the Lyft app on your smartphone you can hire and schedule a ride with a private car. Lyft shows you an estimated price. If you don't have a smartphone, create an account with get.gogograndparent.com and call 855-464-6872 ext. 76282.

McDonough County Public Transportation

701 E. Pierce St., Macomb IL 61455

309-837-7433

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

GoWest Transit Fixed Route Service: Provides scheduled routes covering Macomb and WIU campus. Available 7 days a

week during the regular WIU School year and 6 days a week during summer and WIU breaks. Free service.

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. There is a nominal fee.

Sue's Ride Service 309-255-3511 or 323-628-7433

Call for local or out of town availability.

Uber

www.uber.com

Using the Uber app on your smartphone you can hire and schedule a ride with a private car. Uber shows you an estimated price. If you don't have a smartphone, create an account with get.gogograndparent.com and call 855-464-6872 ext. 76282.

VETERANS AFFAIRS

Illinois Dept. of Veterans Affairs 309-836-2243

The Armory

www.veterans.illinois.gov

135 W. Grant St., Macomb, IL 61455

Assistance with veterans' benefits including:

Medical, Veteran's Home, Pension, Burial Markers,
VA Van to Iowa City, IA

VFW – Veterans of Foreign Wars 309-837-1921

1200 E. Jefferson St., Macomb, IL 61455

- Maintains inventory of wheelchairs, walkers, etc. for loan to veterans and others.

Veterans Assistance Commission of McDonough County 309-833-3275

3rd floor Courthouse Square, Macomb, IL 61455

- Provides transportation to medical appointments by volunteer van and driver.
- Financial aid to veterans in need.

WALK-IN CLINIC

Graham Medical Group

1750 E. Jackson St., Macomb, IL 61455 **309-252-5191**

Walk-in convenient care, urgent care, primary, and specialty care.

MDH Convenience Clinic

Health Services Building 2

309-836-1700

515 E. Grant St. Suite 112

Macomb, IL 61455

www.MDH.org

Provides medical care and treatment for uncomplicated minor illnesses, injuries, and skin conditions for patients 18 months and older.

This is a facility primarily for individuals without access to a primary care physician or in need of health care assistance on a walk-in basis. Financial assistance available upon request.

Other Sources of Information

Benefits CheckUp: the National Council on Aging

www.benefitscheckup.org

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

Illinois Department on Aging

www.illinois.gov/aging/

Information about programs and services for Illinois seniors.

Medicare

www.medicare.gov

Get Started with Medicare

Medicare Prescription Drug Plan Finder

Medicare Providers and Services

www.medicare.gov/nhcompare

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

National Clearing House of Long-Term Care Information

www.longtermcare.gov

All about long-term care.

Social Security Administration

www.socialsecurity.gov

Learn about Social Security, replace a missing Social Security card, change your address, and more.

State University Retirement System of Illinois (SURS)

www.surs.org

West Central Illinois Center for Independent Living

440 N. Lafayette St., Macomb, IL 61455 309-833-5766

martina@wcicil.org

www.wcicil.org

Part of the Statewide Independent Living Council of Illinois working with local property owners to help the disabled find housing. Works with housing referral and adaptation, personal assistance referral or legal aid.

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HELPFUL PHONE NUMBERS

Telephone Directory Assistance Toll Free	411
Alternatives	(309) 837-7112
AARP Illinois (Springfield)	(866) 448-3613
Elder Abuse Reporting	(800) 798-0988
Elder Abuse - Hotline 24/7 (After Hours)	(866) 800-1409
Elder Care Locator (Alternatives)	(800) 677-1116
Energy Assistance (LIHEAP)	(309) 837-2997
WIRC-Macomb (Warm Neighbors)	
Energy Assistance Hotline	(877) 411-9276
(Keep Warm Illinois)	
IL Dept. on Aging/Senior Help Line	(800) 252-8966
IL Dept. of Human Services Hotline	(800) 843-6154
Central Illinois Center for Blind and	
Visually Impaired	(309) 637-3693
Vocational Rehab & Home Services	(309) 833-4573
IL Dept. of Public Health – Hotline	(800) 252-4343
IL Dept. of Veterans’ Hotline	(800) 437-9824
IL Secretary of State, Motor Vehicles	(800) 252-8980
Driver’s License Examiner (Macomb)	(309) 833-5661
Safe Driver Renewal	(217) 782-6212
IL State Police Medicaid Fraud Control	
Unit(to report fraud, abuse or neglect)	(888) 557-9503
Medicare & Medicaid (CMS) Information	(800) 633-4227
Office of the State Guardian & Advocacy	(866) 274-8023
Ombudsman (Nursing Home Advocates)	(800) 798-0988
Long Term Care Facilities (After Hours)	(866) 800-1409

Senior Health Insurance Program (SHIP)	(800) 548-9034
Senior Citizens Consumer Fraud Hotline	(800) 243-5377
Social Security Administration (Quincy)	(800) 772-1213
USDA Rural Development (Quincy)	(217) 224-9307
(Low-Income Seniors-Loans/Grants for Home Repair)	
Western Illinois Area Agency on Aging	(800) 322-1051

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