



COMMUNITY

RESOURCE

GUIDE

CARING FOR OUR
community

St. Anthony's Memorial Hospital knows the importance of keeping your family in the best of health.

The purpose of this guide is to provide you with information on services available throughout the region, based on resources of particular health providers. The guide is not all-inclusive of the services provided in the region; it was compiled to provide you with a starting point.

Please contact St. Anthony's Community Relations department at 217-347-1476 if you need assistance or have any questions regarding this material.

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AGENCY / PROGRAM: **AARP**

TOLL-FREE: 888-687-2277

WEBSITE: www.aarp.org

SERVICES:

Senior Services: Services Available

AGENCY / PROGRAM: Addus HealthCare/Home Health Services

STREET ADDRESS: 1 Crownview Drive

CITY: Mt. Vernon, IL 62864

PHONE: 618-244-0934

FAX: 618-244-1402

TOLL-FREE: 866-687-9639

HOURS: 7 days per week

SERVICES:

Home Health: Nursing, certified nurses' aides; physical, occupational, and speech therapy; medical social worker. Specializing in pulmonary rehabilitation, orthopedics, wound care, IV therapy, private case management.

AGENCY / PROGRAM: Addus HealthCare/In-Home Support Services

STREET ADDRESS: 128 N. Third Street

CITY: Mt. Vernon, IL 62864

PHONE: 618-244-4481

FAX: 618-244-9504

TOLL-FREE: 866-687-9639

HOURS: 24 hours a day

WEBSITE: www.addus.com

EMAIL: bbarker@addus.com

SERVICE AREA: Clay, Effingham, Fayette, Jefferson, Marion counties

ELIGIBILITY: For those 60 and older

SERVICES:

Caregiver: Services Available

Other: Inhome services for elderly

Backup for DORS

Respite Care Provider

AGENCY / PROGRAM: Adolescent Crisis Intervention and Counseling

HOTLINE: 800-999-9999

SERVICES:
Counseling: Services Available

AGENCY / PROGRAM: AL-ANON Group (Centenary United Methodist Church)

STREET ADDRESS: 203 E. Grove

CITY: Effingham, IL 62401

HOURS: Tuesday: 8:00p.m.

SERVICES:

Support Groups: Offers hope and help to family and friends of alcoholics

Other: Call Heartland Human Services at 217-347-7179 to confirm date and time.

AGENCY / PROGRAM: Alcohol and Drug Abuse Hotline

HOTLINE: 800-662-HELP

HOURS: 24-hour availability

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Alcoholics Anonymous (Centenary United Methodist Church)

STREET ADDRESS: 203 E. Grove

CITY: Effingham, IL 62401

HOURS: Tuesday, Friday: 8:00p.m. (closed meeting)
Thursday: 8:00p.m. (open meeting)

SERVICES:

Support Groups: Services Available

Other: Contact Heartland Human Services at 217-347-7179 to confirm meeting dates and times.

AGENCY / PROGRAM: Alcoholics Anonymous (Christ's Church)

STREET ADDRESS: 2511 Veterans Drive

CITY: Effingham, IL 62401

HOURS: Monday: 8:00p.m. (closed meeting)
Wednesday: 11:30a.m. (open meeting)

SERVICES:

Support Groups: Services Available

Other: Contact Heartland Human Services at 217-347-7179 to confirm date and time.

AGENCY / PROGRAM: **Alcoholics Anonymous (First United Methodist Church)**

STREET ADDRESS: 308 N. 2nd Street

CITY: Altamont, IL 62411

PHONE: 618-483-6036

HOURS: Monday: 8:00p.m. (open meeting)

SERVICES:

Counseling: Services Available

Abuse Prevention/Programs: Services Available

Support Groups: Services Available

AGENCY / PROGRAM: **ALS Association - St. Louis Regional Chapter**

STREET ADDRESS: 2258 Weldon Parkway

CITY: St. Louis, MO 63146

PHONE: 314-432-7257

FAX: 314-432-2991

TOLL-FREE: 888-873-8539

HOURS: 8:30 a.m. - 5 p.m.

WEBSITE: www.alsa-stl.org

EMAIL: info@alsa.org

SERVICE AREA: Eastern Missouri, Souther, Central and Eastern Illinois

SERVICES:

Caregiver: Services Available

Case Management: Services Available

Counseling: Services Available

Disability Services: Services Available

Durable Medical Equipment: Services Available

Financial Guidance: Services Available

Information Services: Services Available

In-Home Services: Services Available

Mental Health Services: Services Available

Respite: Services Available

Support Groups: Services Available

Transportation: Services Available

Other: 28 Family Programs free of charge

AGENCY / PROGRAM: Altamont Community Unit 10

STREET ADDRESS: 7 South Ewing

CITY: Altamont, IL 62411

PHONE: 618-483-6195

FAX: 618-483-6303

HOURS: 7:30 a.m. - 4 p.m.

WEBSITE: www.altamont.k12.il.us

SERVICES:

Abuse Prevention/Programs: Services Available

Emergency Shelter: Services Available

Other: Public school – grades K-12

AGENCY / PROGRAM: Alzheimer's Disease Education and Referral (ADEAR) Center

TOLL-FREE: 800-438-4380

HOURS: 8:30a.m. - 5:00p.m. (answering machine available after-hours)

WEBSITE: www.alzheimers.org

SERVICES:

Counseling: Information and referral

Senior Services: Information and referral

Support Groups: Information and referral

AGENCY / PROGRAM: American Council for Drug Education

WEBSITE: www.acde.org

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: American Red Cross

STREET ADDRESS: 319 E. 7th St.

CITY: Centralia, IL 62801-9109

PHONE: 618-532-3511

HOURS: Monday-Thursday: 8 a.m. - 4 p.m.; Friday: 8 a.m. - 3 p.m.

SERVICE AREA: Clay, Cumberland, Effingham, Fayette, Jasper counties

SERVICES:

Emergency Financial Assistance: Services Available

Emergency Shelter: Disaster/emergency shelter

AGENCY / PROGRAM: **Apria Healthcare**
STREET ADDRESS: 500 W. Jaycee Avenue
CITY: Effingham, IL 62401

PHONE: 217-347-5212

SERVICES:
Durable Medical Equipment: Hospital beds, walkers, oxygen, etc.

AGENCY / PROGRAM: **ARC Community Support Systems**

STREET ADDRESS: 618 W. Main Street

CITY: Teutopolis, IL 62467

PHONE: 217-857-3186

FAX: 217-857-6343

HOURS: 8:00a.m. - 4:30p.m.

WEBSITE: www.arc-css.org

SERVICES:

Disability Services: Assists people with disabilities through advocacy, support, training, employment, and housing opportunities

Rehabilitation Services: Services Available

Support Groups: Services Available

Other: Services Available

AGENCY / PROGRAM: **ARC Community Support Systems Counseling Center**

STREET ADDRESS: 2502 S. Veterans Drive

CITY: Effingham, IL 62401

PHONE: 217-347-5118

FAX: 217-347-5135

HOURS: Monday through Friday 9 a.m. - 7 p.m.

WEBSITE: www.arc-css.org

EMAIL: kdavis@arc-css.org

SERVICES:

Counseling: Services include treatment for: Depression, anxiety, stress, eating disorders, grief, and parent/child or family issues. These services are delivered through individual, couple, group, and family sessions, to persons of all ages. All therapists are licensed by the State of Illinois to provide these services; therefore, most insurance plans will cover the services. Several specialty programs are offered, including Children First Services and Divorce Mediations, which are offered on an ongoing basis. Other programs offered periodically are parenting, anger management, and

AGENCY / PROGRAM: At Home Care, Incorporated

STREET ADDRESS: 1519 University Drive

CITY: Charleston, IL 61920

PHONE: 217-345-4003

FAX: 217-345-4044

TOLL-FREE: 877-345-3550

HOURS: 8:00 a.m. - 4:30 p.m., Monday through Friday

SERVICE AREA: Coles, Douglas, Edgar, Effingham, Clark, Cumberland,
Moultrie

SERVICES:

Home Health: Skilled nursing, physical therapy, speech therapy, medical social work

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AGENCY / PROGRAM: B Cause We Care

PHONE: 217-739-2306 (Jean Bohnhoff)

HOURS: Third Tuesday of each month: 6:00p.m. at Senior Center, Effingham (209 S. Merchant); babysitting provided

SERVICES:

Caregiver: See "Support Groups"

Support Groups: B CAUSE WE CARE support group was formed so that parents and caregivers of children born with traumatic illnesses or diseases could get together and interact with others who have possibly experienced the same types of situations and share their experiences and concerns.

AGENCY / PROGRAM: **Bandy's Medical Equipment**

STREET ADDRESS: 800 N. Keller Drive

CITY: Effingham, IL 62401

PHONE: 217-342-4919

FAX: 217-342-4925

TOLL-FREE: 877-342-4919

HOURS: Monday-Friday: 8:30a.m. - 5:00p.m. (closed for lunch)

SERVICE AREA: Effingham and surrounding counties

SERVICES:

Durable Medical Equipment: Hospital beds, walkers, oxygen, etc.

AGENCY / PROGRAM: Beecher City Community Unit 20

CITY: Beecher City, IL

PHONE: 618-487-5100

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Public school – grades K-12

AGENCY / PROGRAM: Boys Town National Hotline

HOTLINE: 800-448-3000

SERVICES:
Child Services/Child Abuse: Services Available

AGENCY / PROGRAM: Brookstone Estates

STREET ADDRESS: 1101 N. Maple St.

CITY: Effingham, IL 62401

PHONE: 217-347-5871

FAX: 217-347-5879

HOURS: Office Hours: Monday-Friday 8 a.m. - 5 p.m.

ELIGIBILITY: Seniors age 65+

SERVICES:

Housing:

- Attractive and spacious 46-unit supportive living apartment community for seniors age 65+
- Individual emergency response system
- 24-hour staffing, CNA on duty, RN Consultant available
- Amenities include:
 - three buffet-style meals daily
 - housekeeping and laundry service
 - social and recreational activities
 - on-site beauty/barber shop
 - complete maintenance
 - free local transportation
 - all in a caring, home-like atmosphere
- Four sizes of apartments available – all with private baths
- Medication supervision and bathing assistance available at no additional charge
- Price based on income for those who qualify
- All-inclusive price includes rent, services, cable TV, and all utilities, except phone

AGENCY / PROGRAM: **Brookstone Suites**

STREET ADDRESS: 505 W. Temple Ave.

CITY: Effingham, IL 62401

PHONE: 217-347-5875

ELIGIBILITY: Seniors age 65+

SERVICES:

Housing:

- Senior living apartments – licensed shelter care
- Small, home-like atmosphere, limited to 18 private rooms and suites
- Medication supervision and bath assistance provided
- Amenities include:
 - three home-cooked meals each day
 - housekeeping and laundry service
 - on-site beautician
 - complete maintenance
 - free local transportation
- All-inclusive price includes rent, services, cable TV, and all utilities, except phone

AGENCY / PROGRAM: **Brown's Drug Store**

STREET ADDRESS: 115 W. Jefferson Ave.

CITY: Effingham, IL 62401

PHONE: 217-342-2185

HOURS: Monday - Saturday: 8:30a.m. - 6:00p.m.

Sunday: 12:00p.m. - 6:00p.m.

SERVICES:

Durable Medical Equipment:

Diabetic meter and strips, walkers, crutches, commodes,
ostomy, compression stockings.

Other:

Pharmacy
Free in-town prescription delivery

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AGENCY / PROGRAM: Calvary Baptist Church Food Pantry
STREET ADDRESS: 600 W. Fayette Ave.
CITY: Effingham, IL 62401

PHONE: 217-342-6671

SERVICES:
Meal Program: Food pantry

AGENCY / PROGRAM: Carle Home Health
STREET ADDRESS: 206 A. W. Anthony Drive
CITY: Champaign, IL 61820

PHONE: 217-383-3488

FAX: 217-355-8133

TOLL-FREE: 800-239-3620

HOURS: Monday-Friday: 8 a.m. - 5 p.m.
Field Staff 24 hours a day/7 days a week

EMAIL: diane.wasson@carle.com

SERVICES:
Home Health: Services Available
Hospice: Services Available
Other: Infusion

AGENCY / PROGRAM: **Catholic Charities of Effingham**
STREET ADDRESS: 1502 E. Fayette, P.O. Box 1017, US Rt. 40 E
CITY: Effingham, IL 62401

PHONE: 217-857-1458
217-857-1482 (Second Hand Rose Resale Shoppe)

FAX: 217-857-1481

HOURS: 8:30 - 11:30 a.m.; 12:30 - 4:30 p.m. Monday through Friday
Second Hand Rose Resale Shop:
Monday through Friday - 10:00 a.m. - 4:00 p.m.
Saturday - 10:00 a.m. - 1:00 p.m.

WEBSITE: www.cc.dio.org

SERVICE AREA: Clark, Crawford, Cumberland, Effingham, Fayette, Jasper, Shelby counties; Satellite Offices in Marshall, Ramsey, Robinson

SERVICES:
Counseling: Professional counselors provide confidential counseling services to individuals, couples, families, and groups. They are trained and licensed in many areas, including: depression, anxiety/panic, grief, anger management, marital and relationship issues.

Emergency Lodging: Temporary lodging assistance available.

Meal Program: Food pantry; Summer Food Service Program

Medication Assistance: Prescription medicine assistance

Other:

- * Adoption
- * Foster Care
- * Ramblin Rose (School Supplies)
- * Emergency Financial Assistance for Utilities and Rent
- * Second Hand Rose Resale Shop

AGENCY / PROGRAM: **CEFS Economic Opportunity Corporation**
STREET ADDRESS: 1805 S. Banker St., P.O. Box 928
CITY: Effingham, IL 62401
PHONE: 217-342-2193
217-342-2193 ext.119 (Golden Circle Nutrition)
FAX: 217-342-4701
HOURS: Monday - Friday: 8:30a.m. - 4:30p.m.
WEBSITE: www.cefseoc.org
EMAIL: cefs@cefseoc.org
SERVICE AREA: Christian, Clay, Effingham, Fayette, Montgomery, Moultrie, Shelby counties

SERVICES:

Emergency Shelter: Services Available

Financial Guidance: Services Available

Meal Program:

- Food vouchers
- Golden Circle Nutrition Program:
 - Home delivered meals available to those within Effingham County. Suggested donation is \$2.50. Special diet meals are available in the city limits of Effingham. Reservations required one day in advance.
 - Congregate meals are available at the following sites Monday through Friday, except on major holidays. Suggested donation is \$2.25. Reservation required one day in advance:
 - Altamont Municipal Building (618-483-6912)
202 N. 2nd St., Altamont, IL 62411
 - Beecher City Kluthe Center (618-487-5401)
Park Road, Beecher City, IL 62414
 - Corky's Café (618-238-4608)
1310 Broad Street, Edgewood, IL 62426
 - Dieterich Kluthe Civic Center (217-925-5461)
102-104 W. Virginia, Dieterich, IL 62424
 - Effingham Hendelmeyer Park Rec Building (217-347-2851)
1906 S. Fourth Street, Effingham, IL 62401
 - Teutopolis Grade School (217-857-3848)
Main Street, Teutopolis, IL 62467

Senior Services: Services Available
Public transportation in Clay, Fayette, Moultrie, Montgomery, Shelby, and Douglas Counties.

Transportation:

Other:

- Learning Center Programs (Adult Literacy Tutoring, ESL, Constitution and GED classes, Citizenship tutoring)
Tutoring, Lifeskills Workshop, Volunteer Training)
- Employment and training
- Energy assistance
- Information and Referral
- Housing services
- Energy Assistance - Low Income Home Energy Assistance Program
- Head Start pre-school program

AGENCY / PROGRAM: **CEFS/Effingham County Outreach Office**

STREET ADDRESS: 202 N. Banker

CITY: Effingham, IL 62401

PHONE: 217-347-7514

FAX: 217-347-5331

HOURS: Monday - Friday: 8:30a.m. - 4:30p.m.

WEBSITE: www.cefseoc.org

EMAIL: cefseffinghamoutreach@cefseoc.org

ELIGIBILITY: Effingham County (surrounding counties have own outreach offices; call 342-2193 for information.)

SERVICES:

Case Management: Services Available

Counseling: Services Available

Emergency Shelter: Services Available

Financial Guidance: Services Available

Senior Services: Services Available

AGENCY / PROGRAM: **CEFS/R.S.V.P. (Retired Senior Volunteer Program)**

STREET ADDRESS: 1805 S. Banker

CITY: Effingham, IL 62401

PHONE: 217-342-2193 ext. 119

FAX: 217-342-4701

HOURS: 8:30 a.m. - 4:30 p.m.

WEBSITE: www.cefseoc.org

EMAIL: cefs@effingham.net

SERVICE AREA: Effingham County

SERVICES:

Senior Services: Services Available

Other: Volunteer services

AGENCY / PROGRAM: Center for Senior Renewal/Clay County Hospital

STREET ADDRESS: 911 Stacy Burk Drive, P.O. Box 280

CITY: Flora, IL 62839

PHONE: 618-662-6621

FAX: 618-662-3313

HOURS: 8:00a.m. - 4:00p.m.

EMAIL: csrflora@wabash.net

SERVICE AREA: 30-mile radius of Flora; Clay County and the surrounding counties

SERVICES:

Counseling: Provides outpatient counseling for senior adults who are experiencing depression, grief, loss, difficulty coping with change, and anxiety. Services are provided by licensed therapists under the direction of a psychiatrist.

Senior Services: Services Available

Other: Services Available

AGENCY / PROGRAM: Center for Senior Renewal/Fayette County Hospital

STREET ADDRESS: 802 N. 8th Street

CITY: Vandalia, IL 62471

PHONE: 618-283-1731

FAX: 618-283-0590

HOURS: 8:30a.m. - 4:30p.m.

EMAIL: lgartke@faycohosp.org

SERVICE AREA: 30-mile radius of Vandalia, including parts of Bond, Effingham, Fayette, Marion, Montgomery counties

SERVICES:

Counseling: Geriatric psychiatric counseling

Senior Services: Services Available

Transportation: Provide transportation to the Center for services

Other: Services Available

AGENCY / PROGRAM: **Central East Alcoholism and Drug (CEAD) Council**

STREET ADDRESS: 635 Division

CITY: Charleston, IL 61920

PHONE: 217-348-8108
217-258-6137

HOURS: 24-hour service

WEBSITE: www.ceadcouncil.org

EMAIL: ceadcouncil@consolidated.net

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: CEAD Council provides a continuum of care including substance abuse prevention, intervention, DUI evaluation and risk education, traditional and intensive outpatient, social setting detoxification, residential and extended care programs for adults and youth.

AGENCY / PROGRAM: **Charleston Rehabilitation and Health Care Center**

STREET ADDRESS: 716 18th Street

CITY: Charleston, IL 61920

PHONE: 217-345-7054

FAX: 217-348-1264

HOURS: Fourth or last Monday of each month: 3:00p.m.

WEBSITE: www.petersenhealthcare.net

EMAIL: sshumway@petersenhealthcare.net

SERVICES:

Medication Assistance: Services Available

Nursing Homes: Services Available

Senior Services: Services Available

Support Groups: Services Available

Transportation: Services Available

AGENCY / PROGRAM: **Child Abuse Hotline**

HOTLINE: 800-252-2873

HOURS: Available 24/7

SERVICES:

Child Services/Child Abuse: Services Available

Other: Report child abuse and neglect to Illinois Department of Children and Family Services.

AGENCY / PROGRAM: Child Help National

TOLL-FREE: 800-422-4453

WEBSITE: www.childhelp.org

SERVICES:

Child Services/Child Abuse: Services Available

Other: An informational resource for child abuse

AGENCY / PROGRAM: Christian Counseling Associates of Effingham

STREET ADDRESS: P.O. Box 204

CITY: Effingham, IL 62401

PHONE: 217-347-5937

HOURS: By appointment only

WEBSITE: www.familygrowth.org

EMAIL: counseling@familygrowth.org

SERVICES:

Counseling: Provides individual, marital, and family counseling from a Christian perspective. Common counseling issues include marital issues, depression, anxiety, parent/child issues, grief, death and dying, sexual addictions, and chemical dependency.

AGENCY / PROGRAM: Clay County Health Department Hospice

STREET ADDRESS: 601 E. 12th Street

CITY: Flora, IL 62839

PHONE: 618-662-4406

TOLL-FREE: 800-544-4406

SERVICE AREA: Clay, Edwards, Effingham, Jasper, Marion, Richland, Wabash, Wayne counties

SERVICES:

Counseling: For patients and their families

Hospice: Services include palliative (comfort) care when curative treatment is no longer being used

AGENCY / PROGRAM: Colonnade Apartments
STREET ADDRESS: 512 Hendelmeyer Avenue
CITY: Effingham, IL 62401

PHONE: 217-347-0415

HOURS: 8:30a.m. - 5:00p.m.

SERVICES:
Housing: Subsidized 1- and 2-bedroom apartments; rent based on income

AGENCY / PROGRAM: **Community Care Systems, Inc.**

STREET ADDRESS: 200 Westgate Avenue

CITY: Salem, IL 62881

PHONE: 618-548-1613

TOLL-FREE: 800-423-0526

HOURS: Monday - Sunday: 7:00a.m. - 7:00p.m.

SERVICES:

In-Home Services: Assistance with grooming and personal care activities; routine housecleaning, laundry, meal preparation, companion care, essential errands

AGENCY / PROGRAM: Community Directories, Inc.

PHONE: 217-342-0234

SERVICES:
Information Services: Phone books

AGENCY / PROGRAM: Crossroads Cancer Center/Cancer Support Group

STREET ADDRESS: 905 Medical Park Drive

CITY: Effingham, IL 62401

PHONE: 217-342-2066

FAX: 217-342-2074

HOURS: Second Thursday of each month: 6:00p.m. (meets in the lobby)

SERVICES:

Support Groups: Services Available

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AGENCY / PROGRAM: **Daily Money Management**

STREET ADDRESS: 8386 N. Cardinal Lane

CITY: Altamont, IL 62411

PHONE: 217-433-4367

SERVICES:

Financial Guidance: Bank reconciliation, bill pay service, insurance claim management, account/check monitoring, computerized bookkeeping and reports, budget assistance, credit report review

Other: Services Available

AGENCY / PROGRAM: Dieterich Community Unit 30 Office

CITY: Dieterich, IL 62424

PHONE: 217-925-5249

FAX: 217-925-5447

HOURS: Monday-Friday: 7:45 a.m. - 3:40 p.m.

EMAIL: bowen@dieterich.k12.il.us

WEB: www.dieterich.k12.il.us

SERVICES:

Emergency Shelter: Services Available

Transportation: Emergency Services Available

AGENCY / PROGRAM: Drug Help

WEBSITE: www.phoenixhouse.org

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: **Dynamic Home Care, Incorporated**
STREET ADDRESS: 546 W. Lincoln
CITY: Charleston, IL 61920

PHONE: 217-345-4614

TOLL-FREE: 888-240-7744

HOURS: Home health care: 7 days per week

SERVICE AREA: Champaign, Clark, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Jasper, Piatt, Macon, Moultrie, Shelby, Vermilion counties

SERVICES:

Emergency Alert Systems: CareLink

Home Health: Nursing; home health aides; physical, occupational, and speech therapy; medical social worker; dietitian

Hospice: Services Available

In-Home Services: Private duty chore housekeeping

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AGENCY / PROGRAM: Effingham City Police

STREET ADDRESS: 206 E. Section Avenue

CITY: Effingham, IL 62401

PHONE: 217-347-0774

FAX: 217-342-5345

HOTLINE: 217-347-0771 (24hr)

HOURS: 24 hours per day – 7 days per week – 365 days per year

SERVICE AREA: City of Effingham

SERVICES:

Domestic Violence: Services Available

Drug Abuse Prevention/Programs: Services Available

Sexual Assault: Services Available

AGENCY / PROGRAM: Effingham Community Unit 40

STREET ADDRESS: 2803 S. Banker

CITY: Effingham, IL 62401

PHONE: 217-540-1500

FAX: 217-540-1510

WEBSITE: www.effingham.k12.il.us

SERVICES:

Child Services/Child Abuse: Services Available

Counseling: Students

Meal Program: Summer Program

AGENCY / PROGRAM: Effingham Community Unit 40 Family Services Program

STREET ADDRESS: 900 Edgar Ave.

CITY: Effingham, IL 62401

PHONE: 217-540-1576

FAX: 217-540-1585

EMAIL: walkerj@u40gw.iffingham.k12.il.us

HOURS: Monday - Friday: 8 a.m. - 12:30p.m.

SERVICE AREA: Effingham Unit 40 School District

SERVICES:

Other: Parenting Birth to Three

AGENCY / PROGRAM: Effingham County Drug Alert Council

PHONE: 217-342-2079 (Katie Kroeger)
217-342-4325 (June Cheatum)

SERVICE AREA: Effingham County

SERVICES:
Drug Abuse Prevention/Programs: Snowball: Volunteer drug prevention activities

AGENCY / PROGRAM: Effingham County Health Department

STREET ADDRESS: 901 W. Virginia Avenue

CITY: Effingham, IL 62401

PHONE: 217-342-9237

HOURS: Home health care: 7 days per week
Health Dept. hours: Monday, Tuesday, Thursday, Friday:
8:00a.m. - 4:00p.m.; Wednesday: 8:00a.m. - 6:00p.m.

SERVICE AREA: Cumberland, Effingham, Jasper, Shelby counties (for home health); other health department programs for Effingham County residents

SERVICES:

Drug Abuse Prevention/Programs: Resources Available

Emergency Alert Systems: Lifeline Emergency Response System

Home Health: Registered nurses, home health aides, therapists

In-Home Services: "Sitter's List": List of individuals interested in providing in-home care, comprised of self-identified people with different skills and abilities. All arrangements are made directly with the people on the list. Cost and availability vary.

Senior Services: Services Available

Other: WIC, immunizations, environmental health water/sewer programs, CPR and first aid training, AED training, child safety seats, case management, tobacco association, school health, communicable disease prevention, Health fairs, lab screening and testing services. All Kids. International Travel.

AGENCY / PROGRAM: Effingham County Housing Authority

STREET ADDRESS: 215 N. Banker Street

CITY: Effingham, IL 62401

PHONE: 217-342-3520

HOURS: Monday - Friday: 7:30a.m. - 4:00p.m.

SERVICE AREA: Altamont, Dieterich, Edgewood, Effingham, Montrose

SERVICES:

Housing:

Traditional rental apartment assistance to low and very low income families or persons; 1-, 2-, 3-, and 4-bedroom units available, depending on family size.

- 40 units in Hi-Rise (senior apartments)
- Burton-Devore: 44 apartments for seniors and individuals with disabilities

AGENCY / PROGRAM: Effingham County Sheriff Department

PHONE: 217-342-2102
217-342-2101 (Elderly Services Officer)

HOTLINE: 217-342-2101 (24hr)

SERVICES:

Domestic Violence: Services Available

Drug Abuse Prevention/Programs: Services Available

Sexual Assault: Services Available

Other: Services Available

AGENCY / PROGRAM: Effingham County Sheriff Department/School Resource Officer

STREET ADDRESS: 101 N. Fourth Street

CITY: Effingham, IL 62401

PHONE: 217-342-2102

HOTLINE: 217-342-2101 (24hr)

HOURS: 8:00a.m. - 4:00p.m.

SERVICE AREA: Effingham City and County schools

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Services Available

AGENCY / PROGRAM: Effingham County State's Attorney

STREET ADDRESS: 120 W. Jefferson, Suite 201

CITY: Effingham, IL 62401

PHONE: 217-347-7741

FAX: 217-342-6308

HOURS: 8:00a.m. - 4:00p.m.

EMAIL: statesattorney@co.effingham.il.us

SERVICES:

Domestic Violence: Services Available

Drug Abuse Prevention/Programs: Services Available

Other: Victim witness services, criminal prosecutions

AGENCY / PROGRAM: Effingham Rehabilitation and Health Care Center

STREET ADDRESS: 1610 N. Lakewood Drive

CITY: Effingham, IL 62401

PHONE: 217-347-7781

SERVICES:

Adult Day Services: Services Available

Housing: Skilled and intermediate care

Nursing Homes: A long-term care facility

Rehabilitation Services: PT, OT services available

Respite: Provides short-term stays

AGENCY / PROGRAM: Effingham Taxi
STREET ADDRESS: 210 W. National Avenue
CITY: Effingham, IL 62401
PHONE: 217-342-3119
HOURS: 5:30a.m. - 1:30a.m.
SERVICE AREA: Effingham and out-of-town
SERVICES:
Transportation: Discounts for seniors; wheelchair lift vans available by appointment

AGENCY / PROGRAM: Effingham Village Apartments

STREET ADDRESS: 504 N. Henrietta

CITY: Effingham, IL 62401

PHONE: 217-342-0247

SERVICES:

Housing: Subsidized 1- and 2-bedroom apartments; rent based on income

AGENCY / PROGRAM: Eldercare Locator

TOLL-FREE: 800-677-1116

WEBSITE: www.eldercare.gov

SERVICES:
Caregiver: Services Available

Home Health: Services Available

Senior Services: Services Available

AGENCY / PROGRAM: Employee Assistance Program (SAMH - employee only)

CITY: Decatur, IL 62521

TOLL-FREE: 800-879-7005

ELIGIBILITY: This program is currently for St. Anthony's employees and their family members.

SERVICES:

Counseling: Family, marital, alcohol/drug abuse, financial, and emotional problems

Drug Abuse Prevention/Programs: Services Available

Financial Guidance: Services Available

Other: If you are not an employee of St. Anthony's but wish to inform your employer of the program, you may have them call 1-800-879-7005.

AGENCY / PROGRAM: Evergreen Nursing and Rehabilitation Center, L.L.C.

STREET ADDRESS: 1115 N. Wenthe Drive

CITY: Effingham, IL 62401

PHONE: 217-347-7121

FAX: 217-342-5525

HOURS: 24 hours per day – 7 days per week

WEBSITE: www.evergreennursingrehab.com

EMAIL: rbarnes@evergreennursingrehab.com

SERVICE AREA: Unlimited

SERVICES:

Adult Day Services: Services Available
Case Management: Services Available
Emergency Shelter: Services Available
Financial Guidance: Services Available
Information Services: Services Available
Medication Assistance: Services Available
Nursing Homes: A long-term care facility
Rehabilitation Services: PT, OT services available
Respite: Provides short-term stays
Skilled Care Services: Services Available
Transportation: Services Available

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AGENCY / PROGRAM: Family Growth Publishing

STREET ADDRESS: P O Box 204

CITY: Effingham, IL 62401

PHONE: 217-347-5937

WEBSITE: www.familygrowth.org

EMAIL: books@familygrowth.org

SERVICES:

Information Services: Provides books and resources for terminal illness through the website

AGENCY / PROGRAM: **Fayette County Health Department**

STREET ADDRESS: 509 W. Edwards, P.O. Box 340

CITY: Vandalia, IL 62471

PHONE: 618-283-1044

FAX: 618-283-5039

TOLL-FREE: 800-303-2141

HOURS: 8:00a.m. - 4:30p.m.

WEBSITE: www.fayettehealthdept.org

EMAIL: fchd@fayettehealthdept.org

SERVICE AREA: Fayette County

SERVICES:

rug Abuse Prevention/Programs: Services Available

Home Health: Services Available

Hospice: Services available to individuals within 40-mile radius of Vandalia

AGENCY / PROGRAM: FISH
STREET ADDRESS: 708 S. Linden
CITY: Effingham, IL 62401

PHONE: 217-342-2200 (recorded message)
Message provides numbers for further assistance

SERVICE AREA: Local organization - serves Effingham County

ELIGIBILITY: Resident of Effingham County

SERVICES:

Emergency Financial Assistance: Services Available
Emergency Shelter: Services Available
Housing: Services Available
Meal Program: Services Available
Medication Assistance: Services Available
Transportation: Services Available
Other: Clothes closet, transportation, emergency funds for energy bills, housing, food, medication, other vital necessities, and annual Christmas store

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AGENCY / PROGRAM: Geriatric Mental Health Foundation

WEBSITE: www.GMHFonline.org

SERVICES:
Mental Health Services: Services Available

AGENCY / PROGRAM: govhomehealthcompare.com

WEBSITE: www.govhomehealthcompare.com

SERVICES:
Caregiver: Services Available

AGENCY / PROGRAM: Greater Effingham Chamber of Commerce and Industry

STREET ADDRESS: 903 N. Keller Dr.

CITY: Effingham, IL 62401

PHONE: 217-342-4147

HOURS: Monday - Friday: 8:00a.m. - 5:00p.m.

WEBSITE: www.effinghamchamber.org

SERVICES:

Information Services: Resource Center: Community information for tourists or people relocating to Effingham

AGENCY / PROGRAM: GROW (Centenary United Methodist Church)

STREET ADDRESS: 203 E. Grove

CITY: Effingham, IL 62401

PHONE: 618-586-2917 (field worker)
217-347-3674 (local worker)

SERVICES:

Support Groups: 12-step mutual support and recovery group for those with mental illnesses or those needing help to face life's challenges

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AGENCY / PROGRAM: Heartland Human Services
STREET ADDRESS: 1200 N. Fourth Street, P.O. Box 1047
CITY: Effingham, IL 62401

PHONE: 217-347-7179

FAX: 217-342-6716

HOTLINE: 217-342-5504 (24hr)

WEBSITE: www.heartlandhs.org

SERVICE AREA: Effingham County

SERVICES:

Caregiver: Provide support and counseling to family caregivers who are caring for friends and relatives who are age 60 and over. Provide informational resources (books, videos, etc.). Monthly Caregiver Support Group. Respite (short-term relief to primary caregivers from caregiving duties) is available to family caregivers in Effingham County. Assistance with Medicare Prescription Drug Program Applications. Contact the Caregiver Advisor.

Case Management: HIV/AIDS

Child Services/Child Abuse: Services Available

Counseling: Outpatient Counseling Services: Licensed therapists for children, adolescents, adults, and geriatric clients. Services include individual, couples, family, or group counseling. Psychiatric evaluation and medication management are also available.

QPR for Suicide Prevention: Each year, an estimated 775,000 family members are impacted by the suicide attempt or death of a loved one. Countless others are concerned about friends. You can make a difference and possibly save a life. In as little as one hour, individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified instructor, each QPR training includes information on:

- the problem of suicide nationally and in Illinois
- common myths and facts associated with suicide
- warning signs of suicide
- tips for asking the suicide question
- methods for persuading suicidal individuals to get help
- ways of referring at-risk people to local resources
- AND time for questions and answers

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment

providers and support groups within their community. To schedule training, contact: Linda Warner, QPR Gatekeeper Instructor at 217-347-7179, ext. 1046, or <mailto:lwarner@heartlandhs.org>.

Domestic Violence: Services Available

Drug Abuse Prevention/Programs: Services Available

Emergency Financial Assistance: Funds available for emergency situations that will help the caregiver to keep the care receiver at home. Possible assistance available for medications, personal medical devices, temporary housing arrangements, home repair/modifications for safety or accessibility reasons. Certain eligibility requirements exist with limits on amount of one-time assistance. Contact the Caregiver Advisor.

Medication Assistance: Assistance with psychotropic medications for mental illness.

Mental Health Services: Services Available

Respite: Caregiver Advisor assesses family caregiving situations and determines eligibility for respite. In Effingham County, in-home respite is available to provide companionship, reading, light housekeeping duties, laundry, meal preparation, assistance with personal care, and encourage exercise. In-home respite workers are trained and employed by Addus HealthCare at 128 North Third Street in Mt. Vernon.

Senior Services: Services Available

Support Groups: Caregiver: Meets third Monday of each month at 3:30p.m.
Mental Health: Call for information 217-347-7179.
Narcotics Anonymous: Meets Tuesday at 6:30p.m.
Substance Abuse: Call for information 217-347-7179.

Other:

- Residential, Crisis Intervention: 24-hour crisis line services include brief emergency counseling, pre-screening for inpatient hospitalization, and crisis consultation.
- HIV/AIDS Prevention and Services: Includes case management support and financial assistance.
- Gero-Psychiatric Services (contact Cero-Psych Specialist): Provide psychiatric consultation and evaluation for those 60 and over who need support for stress, anxiety, depression, behavior and/or memory problems.
- Memory Assessments (contact Gero-Psych Specialist): Provide confidential memory assessments through SIU School of Medicine's Memory and Aging Clinic. Referrals are accepted from physicians, family members, and individuals. Results and resources are shared with the individual in a follow-up consultation.
- Addictions Treatment: Certified staff provide treatment that includes individual and group counseling, case management, and aftercare.

AGENCY / PROGRAM: Helen Matthes Library

STREET ADDRESS: 100 Market Avenue

CITY: Effingham, IL 62401

PHONE: 217-342-2464

HOURS: Caregiver advisor: First Thursday of each month by appointment

SERVICES:

Information Services: Serves as a local resource center with access to books and videos on caregiving. Helen Matthes Library is funded by city taxes. Library cards are free to Effingham city residents. Others can get a card for an annual fee. The library honors cards from other Illinois communities.

AGENCY / PROGRAM: **Helping Hands, Incorporated**

STREET ADDRESS: 2125 South Belt West

CITY: Belleville, IL 62226

PHONE: 618-239-9900

FAX: 618-238-9800

TOLL-FREE: 800-205-0052

HOURS: 8:30 a.m. - 5:30 p.m.

SERVICE AREA: All or portions of Jersey, Macoupin, Montgomery, Madison, Fayette, Effingham, Marion, Bond, Clinton, St. Clair, Monroe, Randolph, Washington, Jefferson, and Perry counties

SERVICES:

Transportation: Provides all kinds of transportation, including medical. Accepts Medicaid and private pay. Non emergency

AGENCY / PROGRAM: HIV/AIDS C.A.R.E. Consortium

TOLL-FREE: 800-560-6361 (for details & location)

HOURS: Second Wednesday of each month: 1:30p.m.

SERVICES:

Support Groups: Services Available

AGENCY / PROGRAM: Hospice of Southeastern Illinois

STREET ADDRESS: 218 E. Main Street

CITY: Olney, IL 62450

PHONE: 618-392-2745

FAX: 618-395-2517

TOLL-FREE: 800-375-9343

HOURS: Monday-Friday: 8 a.m. - 4:30 p.m.; Oncalla nursing 24 hours/day

WEBSITE: www.richlandmemorial.com

EMAIL: jemmons@richlandmemorial.com

SERVICE AREA: Clark, Clay, Crawford, Cumberland, Edwards, Effingham, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne and White counties

ELIGIBILITY: Provide hospice services to terminally ill patients in our service area. We have contracts with DME companies and nursing home facilities to provide for patient's needs. We are a not-for-profit agency and accept all qualified patients regardless of their payor source.

SERVICES:

Durable Medical Equipment: Services Available

Hospice: Services Available

Nursing Homes: Services Available

Support Groups: Services Available

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AGENCY / PROGRAM: Illinois Attorney General/MethNet

PHONE: 312-814-3000 (Chicago)
217-782-1090 (Springfield)

WEBSITE: www.illinoisattorneygeneral.gov
www.illinoisattorneygeneral.gov/methnet

SERVICES:
Drug Abuse Prevention/Programs: MethNet

AGENCY / PROGRAM: Illinois Chamber Drug-Free Workplace Program

STREET ADDRESS: 215 E. Adams

CITY: Springfield, IL 62701

PHONE: 217-522-5512

WEBSITE: www.ilchamber.org

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Illinois Coalition Against Domestic Violence

PHONE: 217-789-2830

TDD/TTY: 217-241-0376

SERVICES:

Domestic Violence: Services Available

AGENCY / PROGRAM: Illinois Department of Children and Family Services
STREET ADDRESS: 401 W. Industrial Avenue, Suite B
CITY: Effingham, IL 62401

PHONE: 217-347-5561

FAX: 217-347-5589

HOTLINE: 800-252-2873 (Statewide 24hr Child Abuse Hotline)

HOURS: Office hours: 8:30a.m. - 5:00p.m.
Child protection worker available 24/7

SERVICE AREA: Above numbers for field office serving Effingham, Fayette, and Jasper counties. Call local number or hotline for phone numbers for other offices.

ELIGIBILITY: Children (age 0-18) and their families

SERVICES:

Child Services/Child Abuse: Services Available

Counseling: Services Available

Domestic Violence: Services Available

Emergency Shelter: Services available for children and their families

Other: Child protection and child welfare services

AGENCY / PROGRAM: Illinois Department of Healthcare and Family Services (formerly Public Aid)

STREET ADDRESS: 925 E. Fayette Avenue

CITY: Effingham, IL 62401

PHONE: 217-342-4160

HOURS: Monday - Friday: 8:30a.m. - 5:00p.m.

SERVICE AREA: Effingham County: A public welfare agency for income eligible individuals. Each county in Illinois has local office. Call above phone number for information.

SERVICES:

Emergency Financial Assistance: Food stamps available for financially eligible people of all ages. Medical assistance available for children and their parents and for the aged, blind, and disabled with limited income.

Meal Program: Services Available

Medication Assistance: All Kids healthcare program

Senior Services: Services Available

AGENCY / PROGRAM: Illinois Department of Human Services Division of Rehabilitation
CITY: Mattoon, IL

PHONE: 217-235-3154
217-875-4866 (Blind Service)

TDD/TTY: 217-235-3154

HOURS: Monday - Friday: 8:30a.m. - 5:00p.m.

SERVICE AREA: Above number for service area including Effingham County. Other service areas can be contacted. Call local office for information about other counties.

SERVICES:
Caregiver: Services Available

Case Management: Services Available

Rehabilitation Services: Services Available

Other: Vocational rehabilitation; homemaker services for individuals under 60 years of age who are disabled

AGENCY / PROGRAM: Illinois Department of Human Services/
Strader Vocational & Rehabilitation Consulting, Inc.

STREET ADDRESS: 333 Potomac Blvd. Suite F
CITY: Mt. Vernon, IL 62864

PHONE: 618-242-6260

ELIGIBILITY: Severe brain injury (from accident, stroke, infection or other related cause) and being at risk of nursing home placement

SERVICES:
Caregiver: Services Available

Case Management: Services Available

Disability Services:

- Overview: Programs to help persons of all ages with brain injury become more independent and receive services in the home.
- Standard Services: Personal assistance, homemaker services, home health and nursing, adult day care, home delivered meals.
- Expanded Services: Day treatment, behavioral/cognitive rehabilitation, pre-vocational services, supported employment.

In-Home Services: Funding available

Support Groups: Services Available

AGENCY / PROGRAM: Illinois Department of Public Health

STREET ADDRESS: 535 W. Jefferson St.

CITY: Springfield, IL

PHONE: 217-782-3300

FAX: 217-785-1235

TDD/TTY: 800-547-0466

TOLL-FREE: 866-973-4646

HOURS: 8:30 a.m. - 5 p.m.

WEBSITE: www.idph.state.il.us

EMAIL: patrick.mcgarry@illinois.gov

SERVICE AREA: Illinois

SERVICES:

Home Health: A regulatory agency for home health

Hospice: A regulatory agency for hospice

Nursing Homes: A regulatory agency for nursing homes

Other: IDPH has nearly 200 different programs that benefit literally every state resident and visitor.
Illinois Tobacco Free Communities
Illinois Tobacco Quitline

AGENCY / PROGRAM: Illinois Department of Veterans Affairs

STREET ADDRESS: 101 N. Fourth Street, 2nd Floor

CITY: Effingham, IL 62401

PHONE: 217-342-8493

FAX: 217-342-6474

HOURS: Monday - Friday: 8:00a.m. - 4:00p.m.

EMAIL: vaoffice.effingham@illinois.gov

SERVICE AREA: Effingham, Fayette and Shelby counties

SERVICES:

Counseling: Services Available

Durable Medical Equipment: Services Available

Medication Assistance: Services Available

Senior Services: Services Available

AGENCY / PROGRAM: Illinois Department of Veterans Affairs Community Based Outpatient Clinic
STREET ADDRESS: 1901 S. Fourth Street, Suite 21
CITY: Effingham, IL 62401
PHONE: 217-347-7600
HOURS: Monday - Friday: 8:00a.m. - 4:30p.m.
ELIGIBILITY: Honorably discharged veterans of armed services
SERVICES:
Medication Assistance: Available to eligible veterans
Senior Services: Services Available
Other: Services Available

AGENCY / PROGRAM: Illinois Department on Aging/Midland Area Agency on Aging

STREET ADDRESS: 434 S. Poplar, P.O. Box 1420

CITY: Centralia, IL 62801

PHONE: 618-532-1853

FAX: 618-532-5259

TOLL-FREE: 877-532-1853

HOURS: Monday through Friday: 8:00 a.m. - 4:00 p.m.

WEBSITE: www.midlandaaa.org

EMAIL: office@midlandaaa.org

SERVICE AREA: Clay, Effingham, Fayette, Jefferson, Marion counties

SERVICES:

Adult Day Services: In Jefferson County
Caregiver: Services Available
Case Management: Services Available
Elder Abuse: Services Available
Information Services: Services Available
Legal Assistance: Services Available
Meal Program: Services Available
Medication Assistance: Medication Management
Nutrition/Fitness: Services Available
Respite: Services Available
Senior Services: Services Available
Support Groups: Caregiver Program and Grandparents Raising Grandchildren
Transportation: Services Available
Other: Nursing Home Ombudsman program

AGENCY / PROGRAM: Illinois Drug Education Alliance

STREET ADDRESS: 2800 Montvale Dr.

CITY: Springfield, IL 62704

TOLL-FREE: 800-252-8951

WEBSITE: www.bestofidea.com

SERVICES:

Drug Abuse Prevention/Programs: State-wide volunteer coalition of individuals dedicated to the goals of drug-free youth and the prevention of illegal, destructive, unsafe or unhealthy use of alcohol and other drugs. Sponsor of Illinois Teen Institute and other prevention programs for Illinois youth.

AGENCY / PROGRAM: Illinois Employment and Training Centers

STREET ADDRESS: 2311 Hoffman Dr.

CITY: Effingham, IL 62401

PHONE: 217-342-4149

HOURS: Monday - Friday: 8:30a.m. - 5:00p.m.

SERVICES:

Information Services: Unemployment insurance benefits and employment service

AGENCY / PROGRAM: Illinois Professional Health Program (for physicians only)

TOLL-FREE: 800-215-4357

HOTLINE: 312-580-2499 (24hr)

WEBSITE: www.iphp.medem.com

SERVICES:

Drug Abuse Prevention/Programs: Services Available Contractually. Information available for health professions.

AGENCY / PROGRAM: Illinois State Police District 12

STREET ADDRESS: 401 Industrial Dr.

CITY: Effingham, IL 62401

PHONE: 217-347-2677
217-347-2711 (for non-emergency calls)

TDD/TTY: 800-255-3323

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Illinois law enforcement agency

AGENCY / PROGRAM: Illinois Tobacco Quitline

STREET ADDRESS: 3000 Kelly Lane

CITY: Springfield, IL 62711

PHONE: 217-787-5864

FAX: 217-787-5916

TDD/TTY: 800-501-1068

TOLL-FREE: 866-784-8937

HOURS: 7 a.m. - 9 p.m.

WEBSITE: www.quityes.org

EMAIL: info@lungil.org

SERVICE AREA: Illinois residents

SERVICES:

Abuse Prevention/Programs: Services Available

Other: Tobacco Cessation Service

AGENCY / PROGRAM: In Home Medical
STREET ADDRESS: 903 N. Maple
CITY: Effingham, IL 62401

PHONE: 217-347-7372

FAX: 217-347-7574

TOLL-FREE: 800-345-3191

HOURS: Monday-Friday: 8:30 a.m. - 5:00 p.m.

WEBSITE: www.inhomemedical.com

EMAIL: info@inhomemedical.com

SERVICE AREA: Bond, Clay, Crawford, Douglas, Effingham, Lawrence, Montgomery, Clark, Coles, Cumberland, Edgar, Fayette, Marion, Moultrie, Piatt, Richland, Shelby and Wayne counties

SERVICES:

Durable Medical Equipment: Hospital beds, walkers, oxygen, etc.

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AGENCY / PROGRAM: Jasper County Health Department

STREET ADDRESS: 106 E. Edwards

CITY: Newton, IL 62448

PHONE: 618-783-4154 (Behavioral Health)
618-783-5206 (Environmental Health)
618-783-4436 (Public Health)

FAX: 618-783-2239 (Behavioral Health)
618-783-5206 (Environmental Health)
618-783-4146 (Public Health)

HOURS: Monday - Friday: 8:00a.m. - 4:00p.m.
After-hours appointments upon request

WEBSITE: www.jasperhealth.org

EMAIL: jchd@jasperhealth.org

SERVICE AREA: Jasper County for all services; Richland County for
WIC and Family Case Management

SERVICES:

Counseling: Services Available

Drug Abuse Prevention/Programs: Services Available

Other: Alcohol and Substance Abuse Treatment Program

Public Health Nursing

Environmental Health Services

AGENCY / PROGRAM: Just Say No International

WEBSITE: www.justsayno.org

SERVICES:
Drug Abuse Prevention/Programs: Services Available

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AGENCY / PROGRAM: Kids Hope United
STREET ADDRESS: 1901 S. Fourth St., Suite 213
CITY: Effingham, IL 62401

PHONE: 217-347-5880

FAX: 217-347-5897

HOTLINE: 217-342-6777

HOURS: 8:30 a.m. - 5:00 p.m., with 24 hour coverage provided through Police Departments

WEBSITE: www.kidshopeunited.org

EMAIL: nquandt@kidshopeunited.org

SERVICE AREA: Effingham, Fayette, Jasper, Clay, Marion, Wabash, Richland, Crawford, Lawrence and Edwards counties.

SERVICES:

Child Services/Child Abuse: Services Available

Counseling: Services available to children and their families

Other: Children's services, including: Foster care, crisis intervention

AGENCY / PROGRAM: Koch Crime Institute

WEBSITE: www.kci.org

SERVICES:
Drug Abuse Prevention/Programs: Sponsor of the KCI Anti-Meth site

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AGENCY / PROGRAM: Lake Land College

STREET ADDRESS: 5001 Lake Land Blvd.

CITY: Mattoon, IL 61938

PHONE: 217-234-5253

TOLL-FREE: 800-879-7122

SERVICES:

Child Services/Child Abuse: Child Care services are available.

Other: Community college

AGENCY / PROGRAM: Lake Pointe Apartments

STREET ADDRESS: 1706 Ford Avenue

CITY: Effingham, IL 62401

PHONE: 217-347-5514

FAX: 217-347-5718

HOURS: Monday - Friday: 9:00 a.m. - 5:00 p.m.

SERVICES:

Housing: Subsidized 1-, 2-, and 3-bedroom apartments; rent based on income

AGENCY / PROGRAM: Lakeland Rehabilitation and Health Care Center

STREET ADDRESS: 800 W. Temple Avenue

CITY: Effingham, IL 62401

PHONE: 217-342-2171

FAX: 217-342-2258

HOURS: 24 hours per day – 7 days per week

EMAIL: lakeland@tutera.com

SERVICE AREA: Unlimited

SERVICES:

Adult Day Services: Services Available
Hospice: Services Available
Meal Program: Services Available
Medication Assistance: Services Available
Nursing Homes: Skilled and intermediate care; Alzheimer's Dementia Unit
Rehabilitation Services: Services Available
Respite: Provides short-term stays
Skilled Care Services: Services Available
Support Groups: Alzheimer's: Meets fourth Tuesday of each month at 6:30p.m.

AGENCY / PROGRAM: Land of Lincoln Legal Assistance Foundation, Inc.

PHONE: 618-244-0235

TOLL-FREE: 800-642-3374

HOURS: Representative available once monthly at ECCOA Senior Center

SERVICES:

Financial Guidance: Services Available

Legal Assistance: Advice on legal matters, legal counseling, securing entitled benefits, and representation on civil matters

Other: Services Available

AGENCY / PROGRAM: LINCARE, Inc.
STREET ADDRESS: 700 N. Henrietta, Suite B
CITY: Effingham, IL 62401

PHONE: 217-347-7002

FAX: 217-347-7083

TOLL-FREE: 888-664-7002

HOURS: 8:00a.m. - 5:00p.m.
Emergency calls - nights or weekends

SERVICE AREA: 70-mile radius of Effingham

SERVICES:

Durable Medical Equipment: Hospital beds, walkers, oxygen, etc.

Other: Services Available

AGENCY / PROGRAM: Lincolnland Home Care of Sarah Bush Lincoln

STREET ADDRESS: 700 Broadway Avenue E, Suite 9

CITY: Mattoon, IL 61938

PHONE: 217-234-4418

FAX: 217-345-1098

TOLL-FREE: 800-879-3212

HOURS: Home health care: 7 days per week

WEBSITE: www.sarahbush.org

SERVICE AREA: Christian, Clark, Clay, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Fayette, Jasper, Moultrie, Richland, Shelby counties

SERVICES:

Emergency Alert Systems: Lifeline provider

Home Health: Nursing; home health aides; physical, occupational, and speech therapy; medical social worker

AGENCY / PROGRAM: **Lincolnland Hospice of Sarah Bush Lincoln**

STREET ADDRESS: 700 Broadway Avenue E, Suite 9

CITY: Mattoon, IL 61938

PHONE: 217-234-4075

FAX: 217-348-6525

TOLL-FREE: 800-454-4055

HOTLINE:

HOURS: 8:00 a.m. - 4:30 p.m., Monday through Friday

On call staff available 24 hours per day/7 days per week

SERVICE AREA: 20 East Central and Southern Illinois counties, including Effingham

SERVICES:

Hospice: Hospice Agency

AGENCY / PROGRAM: Lori's Family Home Care

STREET ADDRESS: 2401 Broadway Avenue

CITY: Mattoon, IL 61938

PHONE: 217-235-6232

SERVICES:

In-Home Services: 24-hour care, light housekeeping, meal preparation, transportation

AGENCY / PROGRAM: Luther Terrace Senior Living Apartments

STREET ADDRESS: 700 W. Cumberland Road

CITY: Altamont, IL 62411

PHONE: 618-483-6136

FAX: 618-483-5607

WEBSITE: www.altamontlcc.org

EMAIL: joann@altamontlcc.org

SERVICES:

Housing: Studio apartments and one bedroom apartments
Meals, housekeeping, laundry
24 hour emergency call system

AGENCY / PROGRAM: Luther Villas Independent Retirement Community

STREET ADDRESS: 700 W. Cumberland Road

CITY: Altamont, IL 62411

PHONE: 618-483-6136

FAX: 618-483-5607

WEBSITE: www.altamontlcc.org

EMAIL: joann@altamontlcc.org

SERVICES:

Housing: One and two bedrooms
Full kitchen with appliances
Bi-weekly housekeeping
Lawn and ground care
Direct phone line to Lutheran Care Center

AGENCY / PROGRAM: Lutheran Care Center
STREET ADDRESS: 702 W. Cumberland Road
CITY: Altamont, IL 62411

PHONE: 618-483-6136

FAX: 618-483-5607

WEBSITE: <http://www.altamontlcc.org>

EMAIL: lccc@mchsi.com

SERVICES:

Child Services/Child Abuse: Child Day Care
Hospice: Contract with Agency
Housing: Senior Housing - Apartments and Duplexes
Nursing Homes: Services Available
Rehabilitation Services: PT, OT, Speech Inpatient and Outpatient
Respite: Services Available
Skilled Care Services: Services Available
Support Groups: Services Available

AGENCY / PROGRAM: Lutheran Child and Family Services

STREET ADDRESS: 726 W. Fillmore

CITY: Vandalia, IL 62471

PHONE: 618-283-0616

TOLL-FREE: 800-363-5237

SERVICES:

Counseling: Services Available

Other: Mothers Outreach to Mothers program

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AGENCY / PROGRAM: Meadows Hospital
STREET ADDRESS: 3600 N. Prow Road
CITY: Bloomington, IN 47404

PHONE: 812-331-8000

FAX: 812-331-8056

TOLL-FREE: 800-972-4410

HOURS: 24 hours per day

SERVICE AREA: Indiana and Illinois

SERVICES:

Drug Abuse Prevention/Programs: Services Available
Other: No-cost mental health assessments
Inpatient hospitalizations

AGENCY / PROGRAM: **Meals on Wheels (provided through Golden Circle Nutrition)**

STREET ADDRESS: 1805 S. Banker St.

CITY: Effingham, IL 62401

PHONE: 217-342-2193 ext. 119

FAX: 217-342-4701

HOURS: 8:30 a.m. - 4:30 p.m.

WEBSITE: www.cefseoc.org

EMAIL: dweber@cefseoc.org

SERVICES:

Meal Program: Services Available

Other: Golden Circle Nutrition Program is sponsored by CEFS (217-342-2193)

AGENCY / PROGRAM: Missing and Exploited Children Hotline

HOTLINE: 800-843-5678

SERVICES:
Child Services/Child Abuse: Services Available

AGENCY / PROGRAM: MOPS (Mothers of PreSchoolers)

WEBSITE: www.mops.org

SERVICES:

Support Groups: MOPS is an organization that welcomes all mothers of preschool age children, from birth to kindergarten, to participate in get-togethers ranging from guest speakers, crafts, group outings, and much more.

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AGENCY / PROGRAM: National Alliance for Caregiving

WEBSITE: www.caregiving.org

SERVICES:
Caregiver: Services Available

Senior Services: Services Available

AGENCY / PROGRAM: National Center on Addiction and Substance Abuse

WEBSITE: www.casalibrary.org

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: National Council on the Aging

WEBSITE: www.ncoa.org

SERVICES:
Senior Services: Services Available

AGENCY / PROGRAM: National Domestic Violence Hotline

TDD/TTY: 800-787-3224

HOTLINE: 800-799-7233

SERVICES:

Domestic Violence: Services Available

AGENCY / PROGRAM: National Drug and Alcohol Hotline

HOTLINE: 800-662-HELP

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: National Family Caregivers Association

TDD/TTY: 800-896-3650

WEBSITE: www.nfcacares.org

SERVICES:

Caregiver: Services Available

Senior Services: Services Available

AGENCY / PROGRAM: National Guard Family Readiness Group

STREET ADDRESS: 1206 W. Temple

CITY: Effingham, IL 62401

PHONE: 217-342-6025

SERVICES:

Family Readiness Group meets once a month at the Armory.

Support Groups: The group is for the families of the deployed.

AGENCY / PROGRAM: National Institute of Mental Health

WEBSITE: www.nimh.nih.gov

SERVICES:
Mental Health Services: Services Available

AGENCY / PROGRAM: National Institute on Aging

TDD/TTY: 800-222-2225

WEBSITE: www.nia.nih.gov

SERVICES:

Senior Services: Services Available

AGENCY / PROGRAM: National Institute on Drug Abuse

WEBSITE: www.drugabuse.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: National Mental Health Association

TDD/TTY: 800-969-6642

WEBSITE: www.nmha.org

SERVICES:
Mental Health Services: Services Available

AGENCY / PROGRAM: National Sexual Assault Hotline

HOTLINE: 800-656-4673

SERVICES:

Sexual Assault: Services Available

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AGENCY / PROGRAM: Office of National Drug Control Policy

WEBSITE: www.whitehousedrugpolicy.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Office of Rehabilitation/Home Services Program
STREET ADDRESS: 129 N. 15th Street
CITY: Mattoon, IL 61938

PHONE: 217-235-3154

FAX: 217-235-3160

HOURS: Monday - Friday: 8:30a.m. - 5:00p.m.

SERVICE AREA: Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Shelby counties

SERVICES:

Home Health: Services Available

In-Home Services: Services Available

Rehabilitation Services: Services Available

AGENCY / PROGRAM: Opportunities for Access/Center for Independent Living (CIL) Home Office
STREET ADDRESS: 4206 Williamson Place, Suite 3
CITY: Mt. Vernon, IL 62864

SERVICES:
Case Management: Services Available

AGENCY / PROGRAM: Opportunities for Access/Center for Independent Living (CIL) Local Office

STREET ADDRESS: 102 Greenview Drive

CITY: Effingham, IL 62401

PHONE: 217-342-5521

TDD/TTY: 800-810-3184

TOLL-FREE: 800-810-3184
800-938-7400 (ITAC Center)

ELIGIBILITY: Presence of a disability

SERVICES:
Caregiver: Services Available

Case Management: Services Available

Disability Services: Services Available

Other: Peer advisory, skills training, systems and individual advocacy, information and referral, volunteer programs, agency networking, housing referral, interpreter referral, employment preparation, pharmaceutical procurement, adaptive equipment selection, disability awareness training, community reintegration from nursing homes, youth transition and parent training programs, Americans with Disabilities Act (ADA) training, ADA Technical Assistance, ITAC Center for free tty's and amplified phones.

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AGENCY / PROGRAM: Parent Help Hotline

HOTLINE: 888-727-5889

SERVICES:

Child Services/Child Abuse: Services Available

AGENCY / PROGRAM: Parents - The Anti-Drug

WEBSITE: www.theantidrug.com/atwork

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Parents Resource Institute for Drug Education

HOTLINE: 800-241-7946

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: **Personal Medical Supply, Inc.**

STREET ADDRESS: 300 W. 1st Drive

CITY: Decatur, IL 62521

PHONE: 217-422-1271

FAX: 217-422-7066

TOLL-FREE: 800-445-1672

HOURS: Monday - Friday: 9 a.m. - 5 p.m.

SERVICE AREA: Central and Southern Illinois

SERVICES:

Durable Medical Equipment: Services Available

Other: Mastectomy, incontinence, wound care products, ostomy

supplies and diabetic supplies

Hats, scarves for chemo ladies

Compression hose

Aids for daily living

Nurse's scrubs

AGENCY / PROGRAM: Prevent Child Abuse America

HOTLINE: 800-244-5373

SERVICES:

Child Services/Child Abuse: Services Available

AGENCY / PROGRAM: Prevention First, Inc.

CITY: Springfield, IL 62704

TOLL-FREE: 800-252-8951

WEBSITE: www.prevention.org

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Prevention First, Inc./Be Real Drug Prevention Planning

WEBSITE: www.prevention.org/Initiatives/BeReal.asp

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Prevention Online

WEBSITE: www.ncadi.samhsa.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: Project Child

TOLL-FREE: 800-362-7257 ext.111

HOURS: Monday - Friday: 8:00a.m. - 4:00p.m.

SERVICE AREA: 12 counties, including Effingham

ELIGIBILITY: Families needing day care referral or assistance

SERVICES:

Child Services/Child Abuse: Services Available

Other: Child care resource and referral

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AGENCY / PROGRAM: Regional Office of Education/Early Childhood

STREET ADDRESS: 300 S. 7th

CITY: Vandalia, IL 62471

PHONE: 618-283-5011

FAX: 618-283-5013

HOURS: 8:00a.m. - 4:00p.m.

EMAIL: amerrim@fayette.k12.il.us

SERVICE AREA: Bond, Effingham, Fayette counties

SERVICES:

Counseling: Services Available

Other: Services Available

AGENCY / PROGRAM: **Regional Superintendent of Schools**
STREET ADDRESS: 101 N. Fourth Street, Room 204
CITY: Effingham, IL 62401

PHONE: 217-342-4363

HOURS: Monday - Friday: 8:00a.m. - 4:00p.m. (closed 12:00p.m. - 1:00p.m.)

WEBSITE: www.fayette.k12.il.us

SERVICES:
Child Services/Child Abuse: Services Available

Other: Office of Superintendent of Schools: Bond, Fayette, Effingham counties

AGENCY / PROGRAM: Resch Siemer Law Office, LLC

STREET ADDRESS: 400 West Jefferson, Suite B

CITY: Effingham, IL 62401

PHONE: 217-342-1105

FAX: 217-342-1109

Monday-Thursday: 8:00 a.m. - 5:00 p.m.

HOURS: Fridays: 8:00 a.m. - 4:00 p.m.

SERVICE AREA: Central and Southern Illinois

SERVICES:

Financial Guidance: Services Available

Legal Assistance: Services Available

Senior Services: Services Available

Other: Elder Law, Advance Directives, Wills, Trusts, Estate Planning,
Medicare and Medicaid issues, planning for long term care
needs, guardianships

AGENCY / PROGRAM: Richland Memorial Home Health

STREET ADDRESS: 800 E. Locust

CITY: Olney, IL 62450

PHONE: 618-395-1068

FAX: 618-395-2517

TOLL-FREE: 888-779-7709

HOURS: Monday - Friday 8 a.m. - 4:30 p.m.; Oncall nurses available
24 hours a day

WEBSITE: www.richlandmemorial.com

EMAIL: jemmons@richlandmemorial.com

SERVICE AREA: Clark, Clay, Cumberland, Crawford, Edwards, Effingham,
Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne and
White Counties

ELIGIBILITY: Offers skilled nursing, home health aides, PT, OT, ST, MSW

SERVICES:

Home Health: Services Available

Rehabilitation Services: Services Available

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AGENCY / PROGRAM: Sacred Heart School

STREET ADDRESS: 407 S. Henrietta St.

CITY: Effingham, IL 62401

PHONE: 217-342-4060

FAX: 217-342-9251

WEBSITE: www.sheff.org

EMAIL: j.luchtefeld@sheff.org

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Parochial School System K-8

AGENCY / PROGRAM: Salvation Army/Effingham County

STREET ADDRESS: 1108 S. Willow Street

CITY: Effingham, IL 62401

PHONE: 217-342-5434

HOURS: Wednesday - Thursday: 9 a.m. - 1 p.m.

EMAIL: effservice@consolidated.net

SERVICE AREA: Effingham County

SERVICES:

Other: We help pay utility bills, medication, food, gas to get to doctor appointments. We are an emergency service unit.

AGENCY / PROGRAM: Sarah Bush Lincoln Health Center Community Online
Resource Directory

STREET ADDRESS: 104 Professional Plaza

CITY: Mattoon, IL 61938

PHONE: 217-258-2471

FAX: 217-258-2354

TOLL-FREE: 866-511-CORD

HOURS: Monday - Friday: 8 a.m. - 4:30 p.m.

WEBSITE: www.cordlink.org

EMAIL: ldavis@sblhc.org

SERVICE AREA: Clark, Coles, Cumberland, Douglas, Edgar, Jasper, Moultrie,
Shelby counties.

SERVICES:

We are an online service directory listing various services in

Other: the counties and at Sarah Bush.

AGENCY / PROGRAM: Sarah's Homemakers of Sarah Bush Lincoln Health System
STREET ADDRESS: 700 Broadway Avenue E, Suite 9
CITY: Mattoon, IL 61938

PHONE: 217-348-0463

FAX: 217-238-6193

TOLL-FREE: 800-926-9914

HOURS: Office Hours: Monday-Friday 7:30 a.m. - 4:30 p.m.

EMAIL: cwhitaker@sblhs.org

SERVICE AREA: Clark, Clay, Coles, Crawford, Cumberland, Douglas, Edgar, Effingham, Fayette, Jasper, Moultrie, Richland, Shelby

TOLL-FREE: 800-926-9914

SERVICES:

- Caregiver:** Private duty services
- In-Home Services:** Sitters, personal care, general cleaning, handyman services, laundry, meal preparation, errands and shopping, money management services, transportation, companionship
- Respite:** Services Available
- Senior Services:** Services Available
- Transportation:** Services Available
- Other:**

AGENCY / PROGRAM: Senior Protective Services

TOLL-FREE: 800-283-4070 (24hr)

SERVICES:

Case Management: Services Available

Senior Services: Services Available

Other: Conduct confidential elder abuse investigations. "Elder abuse" refers to the mistreatment of any Illinois resident, 60 years of age or older, who lives in the community. The abuse must be committed by another person on the elder and be one of the following types of abuse:

- Physical, sexual, or emotional maltreatment and/or willful confinement
- Neglect by the caregiver in failing to provide the elder person with the necessities of life
- Financial exploitation, meaning the misuse or withholding of the older person's resources

AGENCY / PROGRAM: SeniorClix.org

WEBSITE: www.seniorclix.org

SERVICES:

Senior Services: Services Available

Other: Information and resource pool for seniors, caregivers, and the senior service community

AGENCY / PROGRAM: Senior Services of Effingham County - a Division of Effingham City/County Committee on Aging and Senior Center (ECCOA)

STREET ADDRESS: 209 S. Merchant Street, P.O. Box 631

CITY: Effingham, IL 62401

PHONE: 217-347-5569

FAX: 217-342-9798

TOLL-FREE: 800-283-4070 (Ombudsman Program)

HOTLINE: 800-283-4070 (24hr Senior Protective Services) Elder Abuse

HOURS: Senior Center: 8:00a.m. - 4:00p.m.

Transportation daily (Effingham only): Mon - Fri: 8:00a.m. - 4:00p.m.

Last Pickup 2:30 p.m.

WEBSITE: www.eccoa.info

EMAIL: jbohnhoff@eccoa.info

SERVICE AREA: Clay, Effingham, Fayette, Jefferson, Marion counties

SERVICES:

Elder Abuse: Call to report: 800-283-4070

Emergency Alert Systems: "Call Button" service for eligible seniors

Emergency Financial Assistance: Services Available

Financial Guidance: Income tax assistance; Illinois Volunteer Money Management Program

Legal Assistance: Legal representatives for seniors

Senior Services: Many Services Available

Support Groups: Grandparents/Relatives Raising Grandchildren Support Group meets 2nd Tuesday of month at Noon. Babysitting provided. Call for information.

Transportation: Individuals 60 or older are eligible to ride the senior minivans. No set charge, but donations are accepted. Call the day before you wish to ride (call Friday for ride on Monday). Transportation available in Effingham on a daily basis, schedule and time permitting. Transportation available to outlying towns in Effingham County on given days (call for scheduling details).

- Other:**
- Community Care Program for people age 60 and over who may need help in certain areas to be able to live in their own homes (chore housekeeping); medical alert service available
 - Operates the only Senior Center in Effingham County with daily activities, planned outings, transportation, and a monthly news-letter distributed county-wide
 - Information and assistance to available resources
 - Assistance with Medicare Prescription Drug Program and State of Illinois Circuit Breaker applications
 - Insurance counseling
 - Ombudsman Program provides advocacy to residents age 60 or older in long-term care facilities; assists in solving problems if requested
 - Pharmaceutical assistance
 - SeniorRX Care Program: Pfizer Pharmaceuticals & the Indigent Program through various pharmaceutical companies

AGENCY / PROGRAM: Sexual Assault Family Emergencies (S.A.F.E.)

STREET ADDRESS: 1410 Sunset Dr. Suite G

CITY: Vandalia, IL 62471

PHONE: 618-283-1414

FAX: 618-283-1472

HOTLINE: 800-625-1414 (24hr)

HOURS: 24 hours

WEBSITE: www.safecrisiscenter.org

EMAIL: jl原因@safecrisiscenter.org

SERVICE AREA: Fayette, Effingham, Clay, Marion, Washington, Clinton and Bond counties

SERVICES:

Counseling: Services Available
Domestic Violence: Services Available
Sexual Assault: Services Available
Support Groups: Services Available
Other: Medial and Legal Advocacy

AGENCY / PROGRAM: **Slate Creek Apartments**

STREET ADDRESS: 2301 Veterans Drive

CITY: Effingham, IL 62401

PHONE: 217-347-5616

FAX: 217-342-26522

HOURS: Monday - Friday: 9:00 a.m. - 4:00 p.m.

WEBSITE: www.slatecreekeff.com

EMAIL: slatecreed2301@hotmail.com

SERVICE AREA: Effingham and surrounding counties

SERVICES:

Housing: We are a Sec. 8 HUD housing for Seniors and people with disabilities.

AGENCY / PROGRAM: Social Security Administration/Local Office

STREET ADDRESS: 1207 Network Centre, Suite 2

CITY: Effingham, IL 62401

PHONE: 217-347-7186

TOLL-FREE: 800-772-1213 (24hr)

HOURS: Monday - Friday: 7:00a.m. - 7:00p.m.
Service representative appointments can be scheduled

SERVICES:

Emergency Financial Assistance: Services Available

Senior Services: Services Available

Other: Services Available

AGENCY / PROGRAM: Southeastern Illinois Drug Task Force

STREET ADDRESS: 401 Industrial Avenue, Suite A

CITY: Effingham, IL 62401

PHONE: 217-342-2292 ext. 222

FAX: 217-342-2347

HOURS: 9:00a.m. - 5:00p.m.

SERVICE AREA: Clark, Clay, Crawford, Cumberland, Marion counties

SERVICES:

Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: **SPS Home/Hospital Care**

STREET ADDRESS: 306 Santa Monica Avenue

CITY: Effingham, IL 62401

PHONE: 217-342-4408

HOURS: Tuesday, Thursday, Friday: 9:00 a.m. - 11:30 a.m. by
appointment only: On call 24 hours a day/7 days a week

EMAIL: penny_mihl@yahoo.com

SERVICES:

Caregiver: Services Available

AGENCY / PROGRAM: St. Anthony's Memorial Hospital

STREET ADDRESS: 503 N. Maple Street

CITY: Effingham, IL 62401

PHONE: 217-342-2121 (Hospital Switchboard)
217-347-1494 (Drug Prevention)
217-347-1529 (Healing the Grieving Heart Support Group)
217-347-1777 (Home Care Services)

TOLL-FREE: 800-551-6566 (Home Care Services)

HOURS: Home Care Services
Office hours: Monday-Friday 8 a.m. - 4:30 p.m.
Nurse on-call: 24 hours per day/7 days per week

WEBSITE: www.stanthonyshospital.org
www.effinghamcountyvision2020.com/healthcare/nutritioninfo.htm

SERVICE AREA: Home Care Services: Clark, Clay, Cumberland, Effingham, Fayette, Jasper, Marion, Richland, Shelby counties

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Home Health: **Purpose:** St. Anthony's Home Care service offers skilled healthcare to the patient at home. The focus of home care is on the health needs of the individual in a family setting. Activities are directed toward helping patients to attain and maintain their highest level of independent living, and to help the family provide support. Efforts are also concentrated on the prevention of further disability, health teaching, and on appropriate referral to allied health professionals as needed.

Services: Home Care is available to all without regard to age, race, religion, sex, color, national origin, marital status, handicap status, organizational affiliation, physical or mental impairment, or financial status. Under the direction of the patient's physician, Home Care can provide the following for each patient:

Nursing Services

Physical and Occupational Therapy

Speech Therapy

Mother/Baby Program

Medical Social Work Services

Home Health Aid Service

Nurse On-Call 24 Hours a Day, Seven Days a Week

Eligibility: Your physician is responsible for recommending home care and for establishing a treatment plan. This plan is incorporated into the patient's record that is maintained by the Home Care staff. The physician must certify and acknowledge the following:

- Home Care services are necessary.
- A plan for treatment has been established.
- The patient is in need of the various services as outlined under the treatment plan.
- He/she will not falsify or conceal essential information.
- The physician will review the plan of care periodically and recertify that there is a continuing need for service.

Planning Patient Care: After the patient's referral has been accepted, the Home Care staff will assist the physician in planning for the patient's home care. An evaluation is made to determine the patient's needs for nursing services, physical therapy, speech therapy, occupational therapy, medical social services, and home health aides. The need for special supplies and equipment is also determined.

Family members are given an orientation and trained in their

Discharge: Home Care patients may be discharged from the Home Care program when:

- They have improved sufficiently to care for themselves.
- Families assume the responsibility for care.
- They are hospitalized.
- The patient needs the care provided in an institution such as a nursing home or an extended care facility.

Medicare Certified and Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

In-Home Services: Sitter's List

Medication Assistance: Services Available

Nutrition/Fitness: Candy Camp

Senior Services: Services Available

Skilled Care Services: **Purpose:** To provide in-patient skilled nursing care and related services to those who require medical care, nursing care, or rehabilitation services.
Services: Skilled Care is available to all without regard to age, race, religion, sex, color, national origin, marital status, handicap status, organizational affiliation, physical or mental impairment, or the ability to pay. Under the direction of the patient's physician, Skilled Care can provide the following for

- Nursing/Physician Services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Respiratory Therapy
- Cardiac Rehabilitation
- 24-hour Nursing
- Medication
- Blood Transfusion
- Miscellaneous Medical Supplies

Eligibility:

- Physician's order, Medicare certification and plan of care.
- Private insurance precertification.

Once admitted (to remain eligible):

- Daily skilled service must be performed by a licensed professional.
- Resident must show progress in treatment plan.
- The physician will review the plan of care periodically and recertify that there is a continuing need for service.

Planning Patient Care: After the resident has been admitted to the unit, the interdisciplinary care plan team will plan the care that is needed to reach the highest practicable physical, mental, and psychosocial well-being. The team consists of physicians, nurses, discharge planners, registered dietitians, pastoral care associates, and physical, occupational, Discharge: The use of discharge planners is utilized upon admission and continued until:

- Resident has reached his/her goal in rehabilitation.
- Resident has reached a plateau with his/her goal in rehabilitation.
- Resident has improved sufficiently to care for
- Families assume responsibility for care.
- Resident is hospitalized.
- Interdisciplinary care plan team determines that care is no longer necessary.
- Resident needs further care provided in a nursing home or extended care facility.

Medicare Certified and Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Support Groups:

- Diabetes Support Group: Meets monthly in the Hospital Auditorium. The welcome session begins at 6:30 p.m., followed by the educational session at 7 p.m. For more information, contact the Certified Diabetes Education at St. Anthony's at 217-347-1346. No registration is required.
- Healing the Grieving Heart: Call 217-347-1529 for the next scheduled program.

AGENCY / PROGRAM: St. Anthony's Schools

PHONE: 217-347-7129

WEBSITE: www.stanthony.com

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Parochial school system – 1-12 grade

AGENCY / PROGRAM: **St. Paul Grace Food Pantry**

STREET ADDRESS: 2293 E. U.S. Hwy 40

CITY: Altamont, IL 62411

PHONE: 618-483-5249

HOURS: 2nd Friday 10:00 a.m. - Noon and 4th Saturday 2:00 - 4:00 p.m.

WEBSITE: www.stpaulaltamont.org

EMAIL: luthernelca@frontiernet.net

SERVICES:

Other: Food pantry

AGENCY / PROGRAM: **Stopping Women Abuse NOW (SWAN)**

STREET ADDRESS: 1114 South West Street, P.O. Box 176

CITY: Olney, IL 62450

PHONE: 618-392-3556

FAX: 618-392-3556

HOTLINE: 888-715-6260 (24hr)

HOURS: 24 hours per day

EMAIL: swanservices@wabash.net

SERVICE AREA: Clay, Crawford, Edwards, Effingham, Jasper, Lawrence,
Richland, Wabash, Wayne counties

SERVICES:

Counseling: Services Available

Domestic Violence: Services Available

Emergency Financial Assistance: Services Available

Emergency Shelter: Services Available

Legal Assistance: Services Available

Senior Services: Services Available

Support Groups: Services Available

AGENCY / PROGRAM: **Stopping Women Abuse NOW (SWAN)/Effingham**

Satellite Office

STREET ADDRESS: 1108 S. Willow Street

CITY: Effingham, IL 62401

PHONE: 217-342-4526

FAX: 217-342-4528

TOLL-FREE: 800-284-7318

HOURS: Office Hours: 8:00 a.m. - 4:00 p.m.

EMAIL: swanservice@wabash.net

SERVICE AREA: Effingham

SERVICES:

Counseling: Services Available
Domestic Violence: Services Available
Legal Assistance: Services Available
Support Groups: Services Available
Other: Intervention Program for Men

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AGENCY / PROGRAM: Teen Helpline

HOTLINE: 800-400-0900

SERVICES:

Child Services/Child Abuse: Services Available

AGENCY / PROGRAM: Teutopolis Community Unit 50

CITY: Teutopolis, IL 62467

PHONE: 217-857-3535

WEBSITE: www.teutopolisschools.org

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Public school – grades K-12

AGENCY / PROGRAM: **Family Life Center**
STREET ADDRESS: 605 Eden Avenue, P.O. Box 154
CITY: Effingham, IL 62401

PHONE: 217-342-5433

FAX: 217-347-8775

TOLL-FREE: 800-600-2966

HOURS: Monday through Friday: 9 a.m. - 5 p.m.

WEBSITE: www.familylifepcc.org

EMAIL: director@familylifepcc.org

SERVICE AREA: Effingham and surrounding area (not restricted to county)

SERVICES:

Counseling: Consulting - pregnancy options, prenatal and post-birth programs
Support Groups: Teen Mother Connection, Dadz program
Other: Limited ultrasound, pregnancy tests, life skills

AGENCY / PROGRAM: The Partnership for a Drug-Free America

WEBSITE: www.drugfree.org

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: Tools and resources for drug and alcohol problems

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AGENCY / PROGRAM: U.S. Department of Education

TOLL-FREE: 800-624-0100

WEBSITE: www.ed.gov

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: See website

AGENCY / PROGRAM: U.S. Department of Health and Human Services Administration on Aging

WEBSITE: www.aoa.gov

SERVICES:
Senior Services: Services Available

AGENCY / PROGRAM: U.S. Department of Health and Human Services Center for Substance Abuse Prevention

WEBSITE: www.samhsa.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: U.S. Department of Health and Human Services Drug Prevention

WEBSITE: www.hhs.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: U.S. Department of Health and Human Services Family Guide to Keeping Youth Mentally Healthy & Drug Free

WEBSITE: www.family.samhsa.gov

SERVICES:
Drug Abuse Prevention/Programs: Services Available

AGENCY / PROGRAM: U.S. Department of Justice/Attorney General

CITY: Washington, D.C

PHONE: 202-353-1555

WEBSITE: www.usdoj.gov

EMAIL: AskDOJ@usdoj.gov

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: See website

AGENCY / PROGRAM: U.S. Drug Enforcement Administration

CITY: Washington, D.C.

PHONE: 202-307-1000 (Washington, D.C.)
312-353-7875 (Chicago)

WEBSITE: www.usdoj.gov/dea

SERVICES:

Drug Abuse Prevention/Programs: Services Available

Other: See website

AGENCY / PROGRAM: **United Ostomy Association/Charleston-Mattoon Chapter**

PHONE: 618-686-7975
949-660-8624

TOLL-FREE: 800-826-0826

WEBSITE: www.uoa.org

EMAIL: info@uoa.org

SERVICE AREA: National

SERVICES:
Support Groups: Services Available

AGENCY / PROGRAM: University of Illinois Extension Service

STREET ADDRESS: 1209 Wenthe Drive

CITY: Effingham, IL 62401

PHONE: 217-347-7773

FAX: 217-347-7775

HOURS: 8:00a.m. - 4:30p.m.

WEBSITE: www.extension.uiuc.edu/effingham

EMAIL: rgibbons@uiuc.edu

SERVICE AREA: Effingham

SERVICES:

Financial Guidance: Services Available

Nutrition/Fitness: Services Available

Other: Services Available; see website for other programs and services.

AGENCY / PROGRAM: **USDA Rural Development**

STREET ADDRESS: 2701 S. Banker, Suite 103A

CITY: Effingham, IL 62401

PHONE: 217-347-7107, extension 4

FAX: 217-342-4073

HOURS: Monday - Friday: 7:00 a.m. - 4:30 p.m.

WEBSITE: www.rurdev.usda.gov/il

EMAIL: steve.bohnhoff@il.usda.gov

SERVICE AREA: Effingham, Fayette, Shelby, Montgomery, Clark, Cumberland, Crawford and Jasper counties

SERVICES:

Other: Financial assistance for rehabilitation and repair of owner occupied homes
Also financing 100% of homes at favorable rates and terms through direct and guaranteed home loans.

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AGENCY / PROGRAM: Village Apartments of Effingham

STREET ADDRESS: 103 E. Hendelmeyer Avenue

CITY: Effingham, IL 62401

PHONE: 217-347-0127

FAX: 217-347-0153

HOURS: Monday and Friday 9 a.m. - noon
Wednesday 11 a.m. - 7 p.m.
Tuesday and Thursday 9 a.m. - 5 p.m.

SERVICES:

Housing: Subsidized 1 and 2 bedroom units for seniors, disabled and handicapped, rent based on income
Family units (1-, 2-, and 3-bedroom) also available with adjusted rent

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AGENCY / PROGRAM: Youth Crisis Hotline
HOTLINE: 800-448-4663
SERVICES:
Child Services/Child Abuse: Services Available

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