

Resource Guide for Seniors

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Existing Services and Programs for Seniors

1. City Services:

- A. City Calendar** - Mailed to every U. City household. Listings for all the City Council & Commission meetings; plus monthly listings for many City services and resources. Extra copy can be picked up at City Hall (there might be a charge).
- B. Coordinator for Senior Services in University City** – Marcia Mermelstein, 314-505-8563 or mmermelstein@ucitymo.org.
- C. Commission on Senior Issues** – Since January of 2014, members of the Commission have been meeting to:
- Gain a better understanding of and keep Council informed on the needs and gaps in services for residents who are 50 years of age and older in our community
 - Find effective ways to communicate and inform older residents about programs, services and resources.
 - Advocate for an age-friendly community for all ages and for opportunities that actively engage older residents.

Meetings are held monthly on the 3rd Monday at Heman Park Community Center at 6:00 PM.

If you have questions, need more information or if you are interested in serving as a member, please send email to seniorscommisison@ucitymo.org or leave voicemail at 314-505-8777 and a commission member will return your call.

- D. File of Life Card** – are available free of charge to University City senior adults. It is a card which contains vital personal medical information and is kept on the outside of a resident's refrigerator in a bright red magnetic pocket, making it readily accessible to EMT's when they arrive on an emergency call. These cards can be requested at the University City Public Library or at the University City Senior Center located at Heman Park Community Center, 975 Pennsylvania, Mon – Thurs. from 9:00 a.m. – 1:00 p.m.; and at Centennial Commons, 7210 Olive Blvd.
- E. Police Focus Group:** Meets the 4th Thurs. of the month at 6:00pm at Heman Park Community Center, 975 Pennsylvania. Many of the city's Department Directors attend to assist and answer residents' questions and concerns.
- F. Senior Resource Display Area in the Library** – There is an area located right in front of the shelves with the large-print books, specifically to display a variety of helpful resources for older adults. Come browse through these materials and feel free to pick up any fliers or pamphlets that are of interest to you.

- G. Trash/refuse bills:** Senior Discount on Refuse Pick-up for those 65 and Older; to register call 314-505-8544, or go to <http://www.ucitymo.org/766/Solid-Waste-Billing> and then click on “Senior Citizen Service Discount.” To participate, you must agree to use a smaller, 60-gallon cart.
- **Trash Take out Assistance:** For persons who are disabled or unable to roll out their trash carts and qualify, the City will provide assistance. Call 505-8560 to request help.

2. Donations:

Mid-East AAA: The senior center (975 Pennsylvania) can accept donations of adult diapers, clothes, food/canned goods. 314-721-2722

3. Education:

- A. OACAP** (The Older Adult Community Action Program - Sponsored by the National Council of Jewish Women – St. Louis Section, OACAP is a community-based advocacy group that works for older adults, encouraging them to be active and involved in their destiny. OACAP provides monthly meetings at the Crown Center for Senior Living, 8350 Delcrest Drive; the first Wednesday of each month at 10:30 a.m. These meetings offer communication, referral assistance, dissemination of information, and lively guest speakers who address and advocate for action on local, state, and federal issues relevant to adults everywhere. For more information, contact Heather Silverman at 314-993-5181 or at hsilverman@ncjwstl.org.
- B. OASIS** – An organization that serves St. Louis adults over the age of 50, promoting healthy aging through learning, healthy living, and volunteer engagement. Education programs deal with music, health, and wellness and they also offer a wide variety of art, history, and humanities courses. The University City location for OASIS senior programs is the Gladys and Henry Crown Center for Senior Living. For more information or to request a program catalogue, call 314-862-4859, ext. 24.

4. Food & Nutrition:

Home-delivered Meals: Mid-East can deliver meals to persons who have been assessed to be homebound. Frozen meals for 5 days are delivered once a week. Call: U City Senior Center at 314-721-2777 or Crown Center Senior Center at 314-991-2055

5. Home Repair:

Unfortunately, the city does not have a fund that can help pay for the cost of home repairs or yard work. Options that can offer either free or low-cost assistance for this need include the following:

- A. Home Care and Repair Program offered by CORP** (The County Older Adult Program) - offers referrals to home care and repair services provided by experienced workers, who must be approved after a St. Louis County Police record check. Referrals are for minor home repair jobs and yard work. These workers charge for their service, but it is a lower rate. For assistance, call 314-615-4516.
- B. SHED (Safe Housing for the Elderly and Disabled)** – SHED is a not-for-profit organization committed to supporting the elderly and disabled in the maintenance of safe and comfortable homes. SHED volunteers provide services at no cost to the elderly and disabled who live

independently in the central area of greater St. Louis. To request assistance, call 314-266-8611; send an email to shedvolunteers@gmail.com; or send a letter to SHED, PO Box 300414, University City, Mo. 63130.

- C. **St. Louis County Home Improvement Program** – For residents who find obstacles to maintaining their residences, St. Louis County offers forgivable loans through this program. For more information, call 314-615-4025.
- D. **Rebuilding Together** – With the help of volunteers, this not-for-profit organization offers free crucial repairs to improve the homes of those in need, including elderly residents of St. Louis. For more information call 314-918-9918 or send an email to lzotz@rebuildingtogether-stl.org.

6. Housing:

- **Ackert Park Skilled Care:** 894 Leland Ave – 314-726-4767
- **Brentmoor:** 8600 Delmar Blvd. – 314-995-3811 – www.brentmoor.com
- **Crown Center:** 8350 Delcrest Drive – 314-991-2055 – www.crowncenterstl.org
- **Fontainebleau:** 1001 N. McKnight Rd. – 314-994-3011 – www.fontainebleaustlouis.com
- **Gatesworth:** One McKnight Place – 314-993-0111 – www.thegatesworth.com
- **McKnight Place:** One McKnight Place – 314-993-2221 – www.mcknightplace.com
- **Parkview Towers:** 701 Westgate Ave. – 314-721-0215
- **U City Forest Manor Skilled Care:** 1301 Partridge Ave – 314-862-5556
- **HOPE** (Housing Options Provided for the Elderly): 314-776-0155 - <http://hopestl.com/index.html>

7. Legal Assistance Program:

Sponsored by the County Older Adult Resident Program (CORP) - Free legal assistance is available the third Friday of each month through Centennial Commons. Call Joan Horn at 314-615-0931 to make an appointment.

8. Library Services:

- A. **Library Home Delivery Service:** Available to University City residents who are confined to their residence by disability, illness, or advanced age. Volunteers deliver materials to patrons at home every three weeks on Thursdays. Call 314-727-3150 with questions or to enroll in this program.

St. Louis County Library also offers book delivery. Call 314-994-3300

- B. **Library Materials by Mail** – Are also available to University City residents who are confined by disability, illness, or advanced age. Eligible patrons need only complete an application requiring a physician or caregiver’s signature. Materials are then delivered and returned by the U.S. Postal Service in heavy-duty cloth bags at a frequency established by the patron, rather than three-week intervals. Call 314-727-3150 with questions or to enroll in the program.
- C. **Senior Resource Display Area in the Library** – There is an area located right in front of the shelves with the large-print books, specifically to display a variety of helpful resources for older adults. Come browse through these materials and feel free to pick up any fliers or pamphlets that are of interest to you.

- D. Programs** - The Library also has a number of adult programs, limited computer classes, access to computer use, meeting rooms. 314-727-3150
- E. Elderlink St. Louis Staff Person at the Library** – Elderlink St. Louis is a service of Jewish Family and Children’s Service that helps connect seniors, caregivers, and professionals to advice and information on everything from aging in place and caregiver resources to employment, end-of-life service, financial resources, housing options, safety issues, and more. Elderlink staff members are masters-level social workers with expertise in older adult issues. If you would like to speak with someone in person, drop by the library third Friday of each month, from 12:00 – 2:00p.m. Immediately following the monthly AARP University City chapter meeting.

9. Medical and Health:

- A. Health screenings:** Free health screenings on the 3rd Saturday of the month at the U. City Library, 6701 Delmar. Walk-in registration from 9-10:30 am. Contact Diane Berry for more information: 448-7373.
- B. Medicare Counseling:** Every Tuesday, 1:00 – 3:30 p.m. at the U City Library - A free service for those new to Medicare or for those trying to sort out their many choices. Margie Diekemper, RN, is a volunteer Certified Medicare Counselor for the state of Missouri, and she is not affiliated with any companies marketing or promoting Medicare products and services. Appointments can be made for a private 1-on-1 session, but residents may also be seen by just dropping in. Telephone counseling is also available. Call 314-727-3150 for library staff to assist in contacting Ms. Diekemper or call the toll-free Missouri CLAIM (Missouri State Health Insurance Assistance Program) central number, 1-800-390-3330, and ask to be referred to her.

10. Pharmacy:

- Millbrook Pharmacy: Delivery service available – 7010 Pershing Ave. – 314-802-7012
- Walgreens: 8390 Delmar Blvd. – 314-991-3402
- Walgreens: 7501 Olive Blvd. – 314-725-6133

11. Public Safety:

- A. U City Police Department:** Non-Emergency 314-725-2211 / **Emergency 911**
- **Security/Safety Home Audits:** Call U. City Police Department at 314-505-8654
- B. U City Fire Department:** Non-Emergency 314-505-8592 / **Emergency 911**
- **Safety Checks:** Call U. City Fire Department at 314-505-8592
- C. Functional Needs Registry:** Is a secure database of information administered by the Department of Human Services (DHS). To more effectively provide emergency response for individuals that may need additional assistance during a disaster or other region-wide emergencies. Register by phone at 314-615-4426 or online at <https://www.delta-fnr.com/saintlouis/Signin?ReturnUrl-%#2fsaintlouis>.

12. Recreation:

- A. Recreation Guide:** Mailed to every U. City household twice a year. It lists all the recreation and exercise classes, fitness equipment and amenities, the Parks, special programs, senior resources, community and civic groups, volunteer opportunities and much more. Additional brochures available at City Hall and Centennial Commons.
- B. Centennial Commons:** Located at 7210 Olive. Provides a variety of recreation, exercise, personal fitness equipment, outdoor pool and other recreation activities. Scholarships available for those who qualify. **Senior discount rates for older residents who are 60+. Some Medicare plans provide the Silver Sneakers or Silver and Fit programs which provide no-cost fitness memberships to Centennial Commons. Call 314-505-8625**
- C. Disability Assistance:** Available to facilitate accommodations for inclusion of people with disabilities in the recreation programs and provide assistance with city services.
Contact: Mary Furfaro: 314-505-8607; email: mfurfaro@ucitymo.org or through Relay Missouri: 800-735-2966
- D. Ruth Park Golf Course:** Special resident rates, lessons, practice driving range with 25 hitting stations, which also have lighted evening hours. Contact 314-727-4800; 8211 Groby Rd.

13. Resource Guides for Seniors (Comprehensive)

St. Louis Times Seniors Resources Guide - 636-225-2442

<https://www.stlouistimes.com/SeniorsResourceGuide/SRG-HowtoGetaCopy.aspx>

Primary Resource Information & Referral Agencies (Senior Impact)

<http://www.seniorimpact.net/index.php?page=Books&screen=StLouis>

14. Senior Centers:

- A. U City Senior Center (Mid-East Area Agency on Aging):** Older adults can attend the senior center for lunch and a variety of fun and social activities. The center is located inside Heman Park Community Center, 975 Pennsylvania, Monday - Friday; from 9:00 a.m. until 1:00 p.m. Reservations for lunch are highly encouraged. Transportation may be available by the OATS bus. Contact Linda Willis: 314-721-2722 or send email Ucity_sca@mid-eastaaa.org
http://agingmissouri.org/senior_center_ucity.php
- B. Crown Center for Senior Living** – Located at 8350 Delcrest Drive. Dinner meals available for both residents and other seniors living in the St. Louis community. Meal delivery is available for those who meet eligibility requirements, including needing a kosher meal. Reservations are required. Programs are open to both residents and other seniors living in the community, including field trips. To get on the mailing list for their monthly newsletter that includes information about

upcoming programs and daily menus, or for additional information regarding the meal program, call Florence Schachter at 314-991-2055 or send an email to fschachter@crowncenterstl.org.
http://agingmissouri.org/senior_center_crown.php

15. Social Activities:

- A. **Recreation Guide:** Lists all the recreation programs provided at Centennial Commons (the recreation center) as well as other locations such as the golf course and parks. In addition, lists all the Lists a number of community and senior groups and programs within the guide. The guide is mailed to every U. City household twice a year: Spring/Summer and Fall/Winter. For more information call: 314-505-8625
- B. **AARP:** Meetings are held the third Friday of each month, 10:00 – noon. AARP membership is not required to attend meetings. For more information, contact John Ramsay at 314-863-2476. (*AARP also offers free tax assistance from early February through mid-April. Appointments can be made by calling 314-643-8968.)
- C. **Cards:** Even though the Senior Center is not open for services on Fridays, an informal group plays Paquino at Centennial Commons in the Board Room on Fridays.

The St. Louis Bridge Center is also located 8616 Olive in University City. 314-569-1430.

- D. **U. City Library:** The Library also has a number of adult programs, limited computer classes, access to computer use, meeting rooms. 314-727-3150
- E. **Crown Center:** Offers social events for community residents to attend. Call 314-991-2055 or visit, www.crowncenterstl.org.

16. Transportation:

At this time, University City does not offer any bus or van transportation for seniors, but there are available options in St. Louis that provide free or low-cost transportation, including the following:

- A. **OATS** (Older Adults Transportation Services) - OATS is a public transportation system that helps older and disabled citizens get to work, doctor appointments, essential shopping, and other places people need to go, at no charge to the passenger. Reservations can be made by calling 314-888-6720, at least 3-5 days ahead of when a ride is needed. <http://www.oatstransit.org/>
- B. **CORP** (County Older Resident Program Neighbor Driving Neighbor Program – provides a volunteer driver program. The drivers use their own vehicles to transport older adults to and from medical appointments and other high priority destinations, at no charge to the customer, but 2-4 days' lead time is requested in order to allow staff the time to arrange the service. Call (314) 615-4516 to find out the contact person for your area.
- C. **Metro Call-A-Ride** Program - This paratransit service is a reduced-fare curb-to-curb public transportation option offered to both the general public and to persons whose disabilities prevent use of regular, accessible, fixed route transit services. This service offers next-day shared

rides in modern, wheelchair accessible vehicles in the City of St. Louis and St. Louis County. Call 314-652-3617 for additional information or to register for the program.

http://www.metrostlouis.org/Libraries/CAR_and_ADA/CARbrochure.pdf

17. Urgent Care Centers:

Accu Health Urgent Care – 8612 Olive Blvd. – 314-692-8055

18. Volunteer Opportunities:

- A. Become a member of the Seniors Program Planning Committee** that will---
Recruit and organize volunteers who can offer helpful services for older adults.
Work with business owners to make University City an age-friendly business community.
Develop innovative social, educational, and intergenerational programs for older adults.
Create a marketing plan to help spread the word about available services and programs.
Contact Marcia at 314-505-8563 or at mmermelstein@ucitymo.org

- B. Serve as a member of the Commission on Senior Issues** – Established in January of 2014, its purpose at monthly meetings is to gain a better understanding of and to keep City Council informed about needs and gaps in services for residents who are 50+ in our community; to find effective ways to communicate and inform older residents about programs, services, and resources; and to advocate for an age-friendly community for all ages, offering opportunities that actively engage older residents. IF YOU ARE INTERESTED IN SERVING AS A MEMBER OF THE SENIOR COMMISSION, PLEASE CONTACT THE CITY CLERK'S OFFICE FOR UNIVERSITY CITY, AT 314-505-8531 OR AT LREESE@UCITYMO.ORG.

- C. CORP (County Older Resident Program):** Join volunteers and help make a difference in the life of a senior adult in your community. Contact: Kylie Christanell 314-615-4435; email: kchristanell@stlouisco.com

- D. OASIS** offers educational programs that deal with music, health and wellness. They also offer a wide variety of art, history and humanities courses as well as volunteer opportunities for seniors such as tutoring. The University City location for OASIS senior programs is the Gladys and Henry Crown Center for Senior Living. For more information or to request a program catalogue, call 314-862-4859, ext. 24.

- E. Make a Difference Day:** This program takes place each year on a Saturday in October, and it offers an opportunity for a large group of U-City volunteers to provide needed home improvement and light maintenance work for senior and/or disabled residents. Helpful services on that day can include painting, yard work, de-cluttering, weed removal, cleaning gutters, and installing smoke detectors.
For more information on volunteering contact the Community Development department. Call Marcia Mermelstein, 505-8563 – mmermelstein@ucitymo.org

- F. **Mid-East AAA:** volunteer to deliver meals to persons in your community who are homebound. Contact Florence Schachter at 314-991-2055 – fschachter@crowncenterstl.org or Linda Wills at 314-721-2722 – ucity@mid-eastaaa.org

19. Voter Registration

- City Hall – 6801 Delmar in the City Clerk’s Office on the 2nd Floor
- U City Library – 6701 Delmar

20. Website Links and Other Helpful Information:

Mid-East AAA - www.agingmissouri.org/senior_centers.php?county=stl#results
636-207-1323

CORP: - www.stlouisco.com/HealthandWellness/HumanServices/CountyOlderResidentPrograms
314-615-7430

ElderLink - www.elderlinkstlouis.org/
314-812-9300

CLAIM (Community Leaders Assisting the Insured of Missouri) - www.missouricclaim.org/
573-817-8320

Missouri's State Pharmacy Assistance - MEDICARE - www.morx.mo.gov/
1-800-633-4227

St. Louis Village: www.stlvillage.org
6633 Delmar Blvd. – 314-802-0275