

# THRIVE

**Thrive In Difficult Times**



**Disability-Connections.com**

**Independence4Ever.com**

# you can Thrive

**If you or someone you love is new to disability, then this guide will be a great navigational tool.**

In this guide are the kinds of information and resources you or they will need to become more empowered and more independent.

Disability is a challenge, but you can learn how to stay in control of your own life. It involves making some adjustments and doing things a little differently and a lot of “thinking out of the box”.

With the right information and support, the journey to greater independence is not only possible but rewarding. Be assured, the journey has been traveled by millions of people just like you. So think of this as your toolbox to greater independence and a better quality of life!

Never forget, this is your life. Take control of it starting today. You are unique so choose what is best for you and begin a fascinating journey of self-determination. Then, someday you will be able to play it forward to someone just starting out.

Marion R. Trimble



# Disability-Connections



Disability-Connections is a non-profit organization whose mission is to enhance individuals with disabilities ability to remain independent through knowledge, resources and experience from a network of others who are traveling this journey and willing to share what they've learned through experience. We welcome all disabilities, ages and income. The journey from non-disabled to the newly disabled is confusing and void of supports and direction as to priorities and options. Our philosophy is an "each one teach one" foundation with the goal of increasing the successes for individuals with disabilities to live as independent as possible then play it forward. We have over 30 years of personal and professional experience with our own disability as well as resources for local, state and national entities who could be of service.

## Independence 4 ever



Our mission is to educate, promote, and support the quality of independent living and life for all disability communities in Southwest Missouri. Our purpose is to use the arts to empower youth, adults, and families of individuals with disabilities **to tell their story** and create advocacy, voice, and hope for all disability communities.

### OUR VISION:

Support Youth and Adult Leadership development and inclusion, to become the forum of telling the story of independent living for people of all disabilities.

Deliver value through self-advocacy and knowledge, to increase overall social justice for the disability community.

Educate, inform, and inspire all disability communities to have a voice and improve the value and quality of their own lives.



## Meet some people with disabilities who travel the disability journey every day!

This is Raven who, at 13, fought Leukemia for three years and finally won. The massive amounts of steroids caused a bone disease and took over 20 surgeries to be able to walk again. Her loyal little brother by her side, in spite of his Autism and the many sensory issues of a hospital setting. She advocated for herself all during high school using her rights under IDEA the 504.

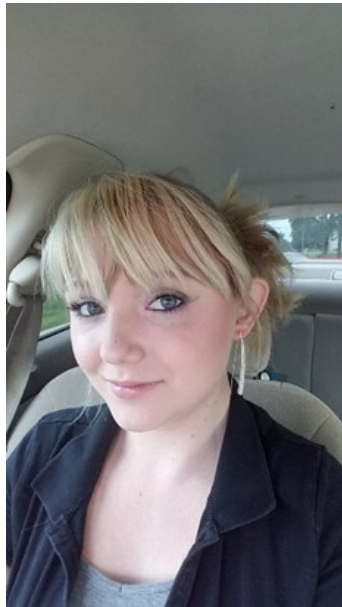
Her first month at St. Jude's Research Hospital she started a website

Called [freakingoutoncancer.org](http://freakingoutoncancer.org) for teens going through cancer.

She still maintains this website to be a peer for others.



**This is Raven now at 19 on her way to work that she was able to accomplish with a few accommodations. Her life continues in exciting new ways with her in control of her independence.**



**This is Cathy, who has Spina Bifida and her fiancée Jeff, who has lived independently since she was 19. Now she has found love to complete her life! She is creating a cookbook for people with disabilities and is a great role model and peer.**





This is William Stork who is a disabled veteran and a valuable member of our I4E team.

**While in the Army in 1986 I received a swine flu vaccine which kicked off Multiple Sclerosis. After the diagnosis I remembered the hardest thing to do was to accept the fact that I had limitations! To this day if I have a hard time doing something, I look for an item that I can turn into a tool that will help me accomplish my task. Remember, your limitations are what you set!**



# ADAPTING

Adapting to a new disability takes patience and determination. It is a physical task by task, day by day journey. It will also involve other aspects of your life. Here are the basics -

## Emotional

The emotional adaptation often involves stages of the “grieving process”. We experience not only a grief response for losing our old life, but also to changes in our lifestyle, environment and the reactions we may encounter in others. Common emotional stages include denial, anger, bargaining, depression and fear. Not everyone will experience all of these emotions, but it’s important to understand that they are natural coping strategies and part of the adaptation process. Give yourself time.

## Mental

Your mental adaptation includes your attitudes, beliefs and knowledge. This might not always be easy, deciding to take charge of your life, by self-advocating but it will be extremely helpful in many ways. Knowledge is power; learn everything you can about resources, community support and your civil rights. A new disability forces us to learn new skill sets, adaptive technologies and the inner strengths we possess; become an expert in all of these areas! Don’t just take people’s word for it rather check things for yourself. You will be amazed at how technology, adaptive aids and mobility equipment can give you a life of independence.

## Physical

You will likely have to learn to adapt to physical changes. Whether it’s mastering the use of a mobility device such as a wheelchair or scooter, or the need to learn new skills such as transferring or reading braille, these adaptations will take time. Stay as active as you can, eat healthy foods and learn about secondary conditions to which you might be susceptible like depression, bladder infections, stress causing high blood pressure etc.



## **LIVING INDEPENDENTLY**

A disability can mean you might need assistance with certain activities. This is especially true in the beginning. A personal care assistant is someone who can help you with daily tasks, such as: transferring; dressing; toileting; cooking; eating; laundry; housekeeping; shopping; range of motion exercises; answering mail; reminding you to take medication; etc. There are organizations that offer consumer directed care meaning you are the employer in charge of hiring and firing. These types of services are paid for by Medicaid if you qualify. There is another option where the organization will supply the personal attendant and they will be in charge of the attendant including time sheets, training, hiring etc, At this time there are no insurance companies who will cover the cost of a personal attendant on a regular basis. If you are a Veteran you might want to look into their guidelines as they are quite different from the state system.

Often, a caregiver can be a family member or friend. In other cases you may need to hire someone. Finding one or more caregivers to meet your needs will be important to your health and wellbeing.

## **EACHONETEACHONE DISABILITY NEWS BLOG**

**Facebook Page — Disability-Connections**



concerns about where you will live. Can you function as? Home accessibility is one of the first things you need when getting a new disability.

Home or apartment can be modified or adapted. Depend on the location. Organizations like Independent Living Centers, and other services can provide you with consultation that will give you information. Sometimes grants and tax incentives exist to assist in the re-

locating, there are subsidized and low income accessible housing. The Fair Housing Act protects you from landlord or real estate agents who do not make reasonable accommodations to a rental property. You must be in original condition when you vacate.

When you will be isolated. You will eventually need to get your own. As you progress, you can resume exploring

if you are able to drive. The vehicle modifications will vary according to your needs and physical needs. Training is available for driving. There are numerous vendors who sell modified vehi-

If you do not have a vehicle, public transportation is often available. The Americans with Disabilities Act (ADA) requires that where public transportation is accessible. Public transportation includes lift-equipped buses, paratransit and some fee based private transport. In large cities, there are accessible vehicles but it is not common. Taxis are not covered under ADA.

One of the keys to control of your new life is learning self-advocacy. If there is a lack of accessibility at your government offices, or if you are not being heard, you will need to develop and become proficient in your ability to complain to, how to write letters demanding that officials to intervene. Some of the most informed advocates are people with disabilities. Find a group and enjoy the common thread of shared experiences. Independent Living can work for you to advocate improvement in community integration.

## RELATIONSHIPS, INTIMACY & SEXUALITY

All human beings need closeness and intimacy. People often confuse intimacy with sex. Intimacy is being able to be yourself with another person. Sharing your thoughts and feelings can be difficult, especially during times of crisis. Giving and receiving are both important components of intimacy. Intimacy can be expressed in a hug, holding a hand, or just a gentle pat on the back. Physical closeness is important, especially when we are experiencing pain.

Sexual expression has come to be accepted as an important right of all people. Sexuality is a component of personality and is not lost as a result of illness or injury. However, the general public, and in some instances even the professionals who work with people with disabilities, are uncomfortable or not knowledgeable about sexual issues as they relate to disability. Consequently, information is often difficult to get. Education about human sexuality can break the cycle of ignorance, and prevent loss of self-esteem and disruption to intimate relationships. If your physician is not helpful, you may need to turn to a peer who seems to have a satisfying intimate relationship. If you are wondering if you will be able to have a sexual relationship, the answer is yes! If we, as people with disabilities, regard ourselves as sexual beings, others will as well. Give yourself time to accept the new you then get out and socialize like you would normally do. Do not let your disability define you.

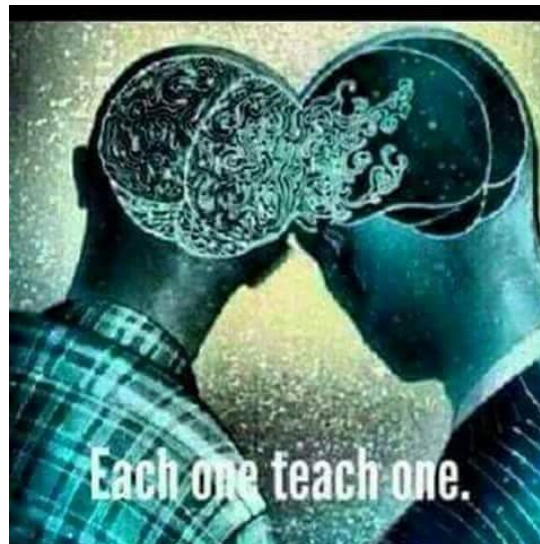


## 11 MENTORING, SKILLS CLINICS & NETWORKING

Dealing with a new disability can make you feel like no one understands your unique circumstances that your trying to deal with. The feeling is natural and real. But for most people, the best way to overcome this period of your life is to begin interacting with others in a similar situation.

The hallmark of Independent Living Philosophy is that people with disabilities know best what it takes to survive a disability and resume the life and lifestyle they chose for themselves. When you are ready, you will find that many programs exist for you to begin interacting with people who have similar experiences. If you feel more comfortable with using the internet verses physically attending a group, there are many disability blogs just waiting to help.

Someday you will be the one reaching out with your experience to help another.



## **EMPLOYMENT & EDUCATION**

You may have questions about your ability to work. “Will I be able to return to the job I had before my disability?” “Will I be able to get my first job now that I have a disability?” Most of the time the answer is “yes” to both of these questions.

Many larger employers have “return to work” programs, which will help you return to your previous job or get another position with the same company, as long as you are qualified to perform the duties of that job.

There are government and community organizations that can help you understand how work affects public programs and benefits, find employment, and gain or improve job skills. Vocational Rehabilitation is a good start and they can fund vocational training as well as college you may need .

Often, a disability will require a person to develop skills and find employment that is less physically demanding and requires more education. Most community colleges and universities have disability resource offices that assist people with disabilities. Many times, people with disabilities can qualify for grants and student loans that make it easier to develop new skills and qualifications.

Just a word of caution. Make sure you understand the impact on your disability benefits if you have Social Security Disability payments or receiving any entitlements like food stamps, subsidized housing and Medicaid. A benefits specialist can help you navigate this.

## **APPLYING FOR DISABILITY**

If you are currently in the hospital or rehab a case worker can assist you in applying for disability on the web. You can also contact Independence 4 Ever by leaving a message at [independence4ever.org](http://independence4ever.org). We can email you a cheat sheet of items you will need before your phone interview.

If you have worked for the last ten years you may qualify for SSDI. If you do not have enough work credits you could qualify for SSI.

SSDI is based on money you put in while working and the amount of monthly check depends on that amount you contributed. SSI is an entitlement program that is a fixed amount that each state decides.

## LEISURE & RECREATION

For people of all levels of disability, there are opportunities to participate in everything from computer games to competitive sports.

Whether you are interested in theatre, hunting, basketball, swimming or even motor sports, you will find others who have the same interests, and you can learn how to adapt an activity to your ability level.

Basketball, wheelchair rugby and power soccer are just a few. Additionally, you can find numerous organizations that train athletes in Paralympic sports such as track & field, swimming, archery, rowing, biking, fencing and weight lifting.

One thing you will discover along the way is that there are all sorts of adaptive equipment that can allow you to continue enjoying many of the activities that you participate in with friends and family. Do a quick search on the web for adaptive sports and you will be amazed at the resources. Not any adaptive sports in your community? Start one! Contact your local Park Board, YMCA and Conservation Department.



## **WHAT CAN I DO TO HELP MY LOVED ONE?**

**Family and friends can be the best supports or the worse. The outcome depends on their ability to understand this challenging journey. Below are some suggestions for those very important people in your life.**

**Patience, patience, patience! Don't compare his or her disability to anyone else with the same condition. We all grieve, heal and conquer things in our own way.**

**Your loved one is attempting to adapt to a whole different life and it can be frustrating and annoying to say the least. Your encouragement and support can make the difference in them becoming the victim or the survivor.**

**Because you are the closest to the person with the injury you are the most likely to be on the receiving end emotional and even angry outbursts. Try to give them space at these times and don't take it personal.**

**Don't side with the medical field against your loved one. They might have saved their life and counseled both of you on the diagnosis, but prognosis is purely up to your loved one's spirit. Never take hope away from any person as it is the engine that moves them forward.**

**Laughter is wonderful medicine. It puts things in perspective. Find some comedy movies that fit your loved ones humor and watch them together.**

**Brighten their hospital or rehab room with flowers and pictures of family celebrating or vacationing. People are proud of their family and this will help them not feel isolated.**

**Be good to yourself and don't be a martyr. The last thing they need to feel is guilt for making your life harder. Reach out to your community to find resources for yourself. There are self help groups, resources and a whole network of individuals who have walked this path before. You can always reach out to others on our Facebook page or our group on the same page "each one teach one disability news" for additional information.**





## **HELPING YOUR LOVED ONE**

**If you are going to be the primary caregiver for your spouse, be sure you look at every option available. The caregiver role can easily alter the husband/wife dynamic especially in the early stages.**

**Pet therapy can be very beneficial. Once an outside visit is allowed you could bring the family dog. This is another positive connection to the old familiar life.**

**There is actually a mental condition that can occur when people are hospitalized for long periods. I was in the ICU for three months and two of those months in a coma. It became my comfort zone so even though I longed to go home, I also feared it. There's a lot going on emotionally for new disabilities and adjustment to losing control of your life is frightening. Asking for help is humiliating and a condescending attitude from friends and family can be detected a mile away. Go slow. Ask, don't just do!**

**Assistive technology has made amazing strides and leveled the playing field for people with disabilities. However, go slow with this as this information can be overwhelming for someone struggling to understand it all. At first, they may reject almost everything but down the road they will go back to it because it will give them the control over life they yearn for.**

**Make sure your loved one is involved in every decision and that they know, and you know, what medications is being prescribed and therapies.**

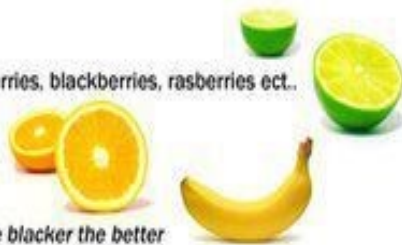
**Navigating the vast amount of community resources related to disability and independent living can be overwhelming. Right now, you may not even know what you will need in the future. That's ok. You will undoubtedly receive a multitude of brochures, flyers and other information in the hospital or rehab center and making sense of them all may seem daunting. Take a deep breath and realize that you don't have to figure it all out at once. Health care professionals and community advocates can help you navigate these resources.**

**This resource guide will assist you in finding programs, services, equipment and more. You will also find numerous organizations, including Centers for Independent Living, which can help you make sense of and access a variety of community resources and programs. We can help you find local resources in your community if needed by posting on the Disability-Connections Facebook page.**

# Look Great Feel Great

## Fruits

1. Berries: blueberries, blackberries, raspberries ect..
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



## Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. **RAW.** Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



## Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



## Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



## Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



## Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



## Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



## Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



## Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



## Drinks

45. Bottled Water



## Extras

46. Dark Chocolate
47. Cocoa Powder





## Congested?

### ADD CAYENNE



**Pairs well with:** root vegetables, roasted poultry, rice, chocolate, leafy greens, shrimp, eggs, popcorn, grilled-cheese sandwiches, beans, creamy soups

## Crampy tummy?



### ADD ROSEMARY

The eucalyptol in this aromatic herb is study proven to loosen chest congestion, making phlegm easier to expel. Plus, rosemary is rich in anti-inflammatory tannins, which soothe a sore throat.

**Pairs well with:** white beans, chicken, Brie cheese, roasted meats and poultry, potatoes, polenta, apples



ADD MINT

Peppermint contains menthol, a natural plant compound that relaxes pain-inducing intestinal spasms. This reduces belly discomfort by 40 percent, according to German researchers.

**Pairs well with:** eggplant, tomatoes, lamb, green peas, melon, couscous, hot and cold beverages



## Feeling down?

ADD **BASIL**

The eugenol and rosmarinic acid in basil boost the brain's production of dopamine and serotonin. According to Indian researchers, this could lead to sunnier moods in as little as three days.

**Pairs well with:** tomatoes, olives, strawberries, melon, fresh mozzarella, pizza, pasta, white fish, feta cheese

## Menstrual cramps?



**ADD OREGANO**

Enjoying 2 tsp. of fresh oregano daily during menstruation reduces or eliminates cramps, according to a Greek study. That's because this herb's thymol and carvacrol relax uterine muscles to prevent painful contractions.

**Pairs well with:** mushrooms, tomato sauce, olives, summer squash, fish



## Achy joints?

### ADD CURRY POWDER

The curcumin in curry inhibits the body's production of prostaglandin E2, an inflammatory compound that oversensitizes nerves. This blunts joint and muscle pain as effectively as prescription medications.

**Pairs well with:** lentils, mangoes, rice, cauliflower, spinach



## Nauseous?

### ADD GINGER

Ginger's gingerol and shogaol calm digestive-tract spasms to reduce nausea better than motion-sickness drugs, according to a study at Brigham Young University in Provo, Utah.

**Pairs well with:** citrus fruit, tea, sweet potatoes, pork, coconut, miso soup, onions, relishes, pears, rice

## Upset GI tract?



ADD **DILL**

Indian scientists found that dill's limonene works as well as prescription antibiotics at killing harmful intestinal bacteria such as *E. coli*.

**Pairs well with:** salmon, eggs, cucumbers, chicken, Cheddar cheese, mixed greens, clear soups, cream cheese, beets, carrots



## Bloated?

### ADD PARSLEY

Thanks to its stores of *apiol* and *myristicin*, parsley is a natural diuretic that relieves bloat-inducing water retention by preventing salt from being reabsorbed into bodily tissue.

**Pairs well with:** grains, onions, Parmesan cheese, pasta, salads, seafood, tomatoes



## Always tired?

ADD CILANTRO

The carboxylic acid in cilantro binds to heavy metals such as mercury in the blood and carries them out of the body. Their removal reverses the toxin buildup that causes chronic fatigue, joint pain and depression.

Pairs well with: avocados, seafood, corn, black beans, steak



# Resource List

## Greene County Missouri

The Bentley Trust is a great resource and to be eligible you have to be 60 or older and live in the city limits of Springfield. They want to help seniors live in their home as long as possible so you do have to show financial need but there are no financial eligibility guidelines. They actually want to see that someone has the money to keep their house. If you are applying for home modifications or things related to the home you have to be a homeowner.

Any staff can help someone fill out an app' They may follow up with [further questions or info](#).

### **Emergency & Important Numbers:**

Police Department - 417-864-1810

Emergency - 911

Fire Department - 9-911

Poison Control - 1-800-222-1222

Child Abuse & Neglect Hotline - 1-800-392-3738

Elder Abuse & Neglect Hotline - 1-800-392-0210

Burrell Crisis Line - 417-862-6555

ADA Information Hotline - 1-800-514-0301

Medicaid: Customer Service - 1-855-373-4636

Medicaid: Main office in Jeff City (Staff can call ONLY about troubled cases) -  
1-573-751-4247

Medicaid: Participant Services - 1-800-392-2161

Medicaid: Premium Collection - 1-877-888-2811

Department of Health & Senior Services (Main Office) - 1-573-751-6400

Department of Health & Senior Services (Springfield) - 417-895-6455

Equal Employment Opportunity Commission - 1-800-669-4000

MO Commission on Human Rights - 1-573-751-3325

Department of Revenue (Taxes) - 1-573-751-3505

Missouri Protection & Advocacy - 1-573-893-3333

Social Security - Employee Benefits - 1-866-444-3272

Social Security (Springfield) - 1-877-850-7824

Social Security Inspector (Complaints) - 1-800-269-0271

Medicare Counseling (CLAIM) - 1-800-390-3330

Chamber of Commerce - 417-862-5567

Ministerial Alliance - Urban Districts Alliance - 417-831-6200

Housing Authority - 417-866-4329

One Door - 417-225-7499

Meals on Wheels - 1-888-998-6325 or 1-800-677-1116

**Transportation:**

**Logisticare** (Medicaid ONLY) - 1-866-269-5927

M-F 8:00am-5:00pm

- Must call a week in advance
- For medical appointments only
- Can receive mileage reimbursement

If by a bus stop must get letter from doctor stating why they can't ride the city bus

**OATS Bus** - 417-887-9272

M, W, F - Physically Disabled only

T, TH - Seniors only

7:30am-4:00pm

Must call a week in advance

**Access Express** - 417-831-8711

M-S 6:00am-6:00pm

\$0 free if you have Medicaid & ride is for medical appointments

- Must apply through City Utilities
- Wheelchair accessible

Can't use other medical transports while using this service

**Springfield City Bus** (planning routes) – 417-831-8782

[www.cutransit.net](http://www.cutransit.net) schedules, plan your route, fares, Access Express

**Van Services** - 417-848-7454 wagnersuccess@gmail.com (Wagner Huttenlocher)

- Costs per trip

Will take people to things besides just doctor's appointments

**Ability Transportation** - 417-234-7073

Costs per hour

**Eldercare Transit Service** - 417-882-4243

Dialysis patients only

**Visiting Angels** – 417-863-8006

Costs per hour, staff can sit with consumer during doctor visits

**Rides for Ability** – 417-631-8944

**Springfield Yellow Cab** - 417-862-5511

**Metropolitan City Cab** - 417-865-7700

**Bolivar Taxi** - 417-326-8294

**Branson City Cab** - 417-334-5678

**SWMOA** – Can provide taxi vouchers when available

**Preferred Family Healthcare** – Can provide bus passes and taxi vouchers if a part of their employment program which is funded by Vocational Rehabilitation

**Midwest Special Needs Trust** – Can apply for bus passes. SCIL staff must provide letter to go along with the application

- 573-256-5055
- Charitable Program assistance

[Grants@MidwestSpecialNeedsTrust.org](mailto:Grants@MidwestSpecialNeedsTrust.org)

- Special Needs Trusts

[MFTBT@MidwestSpecialNeedsTrust.org](mailto:MFTBT@MidwestSpecialNeedsTrust.org)



## **Vehicle Modifications**

### **Presidential Conversions Locations - [www.accesspci.com](http://www.accesspci.com)**

- Fayetteville, AR - 479-521-8433
- Jonesboro, AR - 870-933-7270
- N. Little Rock, AR - 501-725-9070

### **Jay Hatfield Mobility Locations - [www.jayhatfieldmobility.com](http://www.jayhatfieldmobility.com)**

- Lee's Summit, MO 1-816-600-5124
- Columbus, KS - 1-800-545-4227

Wichita, KS 1-866-885-2593

### **Performance Mobility (United Access) Locations - [www.performancemobility.com/locations/missouri](http://www.performancemobility.com/locations/missouri)**

- Cape Girardeau, MO - 573- 290-2494
- Columbia, MO - 573-874-2214
- Springfield, MO - 417-890-1043
- St. Louis, MO - 314-989-1010
- Fenton, MO - 314-292-5150
- Kansas City, MO - 816-471-0305

## **Food Pantries:**

**Well of Life** - 417-831-3565

418 S. Kimbrough, Springfield, MO

St. Agnes Cathedral

M, W, F – 10:00am-2:00pm

- Only assist people in the 65806 zip code
- Also will help with utility assistance when funds are available

**Salvation Army** - 417-862-5509

1707 W. Chestnut Expressway, Springfield, MO

W - 9:30am-12:00pm/1:00pm-5:30pm

Can utilize pantry every 3 months

**Victory Mission** - 417-864-2219

1715 N. Boonville, Springfield, MO

M-F - 10:00am-12:00pm and 1:00pm-3:00pm

Can utilize once per month

**Central Assembly** - 417-866-5013

1301 N. Booneville, Springfield, MO

1<sup>st</sup> & 3<sup>rd</sup> Thursday – 5:00pm-7:00pm

Provide food and laundry detergent

**Daily Living** - 417-832-9176

1520 N. Colgate Avenue, Springfield, MO

Faith Assembly of God Church

Can utilize every once every 60 days

**Grand Oaks Baptist Church**

2854 W. Grand Street, Springfield, MO

T, W, TH – 9:00am-11:30am/1:00pm-3:00pm

- Can utilize twice per year
- Food and clothing

**Crosslines** - 417-869-0563

2165, 616 N. Glenstone Avenue, Springfield, MO 65802

M-F – 9:00am-1:30pm

F – non-food items before 9am

Food, cat/dog food, toiletries, laundry detergent

**The Christian Foundation Thrift Store**- 417-831-5546

420 S. Campbell Avenue, Springfield, MO 65806

**Meals on Wheels** – 1-888-998-6325 or 1-800-677-1116

Senior Age will provide meals to those homebound and 60+ 417-862-0762

Free meals to the public:

**Walnut Christian Church**

2201 W. Walnut, Springfield, MO

W – 5:00pm-7:00pm

Free dinner

**Embassy of Hope**

1316 W. Webster, Springfield, MOS – noon

Short worship service prior to eating, take-home groceries

**Inner City Outreach** - 417-496-4719

S – free meal and groceries

**Harbor House** - 417-831-3371

636 Booneville Avenue, Springfield, MO

Daily – noon

Provides lunch

**Victory Mission**

1715 N. Booneville, Springfield, MO

- Must attend chapel service prior
- Dinner is served

## **Senior Centers**

\$3.50 for anyone with a disability or senior can receive a meal. Can be provided a ride if not by a bus route

Utility Assistance:

**OACAC** - 417-864-3460

**Salvation Army** (Greene & Christian Counties ONLY) - 417-862-5509

**Project Share** - 417-862-4314

Program run through Oacac but is a pot of money donated by City Utilities' residents

**Well of Life** - 417-831-3565

**Hope Foundation** - 417-316-3216

Help families with extremely sick children in the home

**Central Assembly** - 417-866-5013 Help families with children in the home

**Council of Churches** - 417-862-3586

**Public Schools** will help low-income families once per year - if child is in school

## **Rental Assistance:**

**OACAC** - 417-447-0554 Call on Fridays @ 8am

**Well of Life** - 417-831-3565 Residents in the 65806 zip code

**Salvation Army** - 417-862-5509

- Call 1<sup>st</sup> business day of month @ 8:30am

Help on a first-come-first-serve basis

**Crosslines** - 417-869-0563

**Catholic Churches** - 417-866-0841 Will help in an event of a disaster

**Christian Foundation** - 417-831-5546 Will put family in a motel for a night if funds are available

**Women in Need** - 417-234-7338 For full-time working women ONLY

**Hope Foundation** - 417-316-3216

Help pay rent, utilities, etc for families with extremely sick children

**Help Give Hope** - 417-209-7027

- Help families with children in the home

Also have a car program

**GED Assistance:**

**MO Career Center - 417-887-4343**

**The Kitchen, Inc. - 417-837-1500**

**Victory Mission - 417-864-2219**

**OTC – free for parents - 417-447-7500**

**Free Citizenship Classes:**

**OTC – 417-447-7500**

**Employment:**

**Vocational Rehabilitation - 417-895-5720**

**MERS Goodwill -**

**Excel Center - Adult High School (2019)**

**Springfield, St. Louis, Poplar Bluff, Columbia**

**Preferred Family Healthcare (Formerly AO) - 417-869-8911**

**MO Career Center - 417-887-4343**

**Experienced Works - 417-887-1704**

**Employment for 55+ individuals**

**Springfield Workshop - 417-866-2339**

**Arc of the Ozarks - Employment Solutions - 417-864-7887**

**Developmental Center of the Ozarks - 417-829-0850**

## **Home Repairs:**

**OACAC** - 417-864-3460

Small repairs

**Greene County Senior Citizens' Fund** - 417-447-0554

62+ age – can receive up to \$500 per year for home repairs

**Connections Handyman Service** - 417-862-3586 x 239

Contact: Richard Virnig

**USDA Rural Development** - 417-831-5246 x 4

- Qualifications: 62+ age, homeowners, living in rural areas outside of Springfield, and meet their income guidelines.

If younger than 62 years old then there is a 0% loan they can apply for. Looks at credit. Must be homeowners.

**Habitat for Humanity** - 417-829-4001

- Brush with Kindness (Greene County ONLY) - Provides minor exterior home repairs, painting, debris removal, and landscaping to low-income homeowners.
- Creating Healthy Homes (Greene County ONLY) – Provides major interior and exterior home repairs to low-income homeowners.

**United Methodist Church** – 417-881-6800

Day of Caring – help with landscaping, cleaning gutters, etc.

**Hands on for Seniors** (United Way) – 417-863-7700

**One Ol' Dude** (John Blas) – 417-350-1121

**Bentley Trust** – For 62 years and older homeowners. Must live in Springfield city limits and the application must come from SCIL.

**Vatterott College** – 417-831-8116

Has an appliance repair program



Telephone:

**AT&T Lifeline** - 1-877-677-0250

**SafeLink** - 1-800-SAFELINK (723-5465)

Free phone from the state with up to 250 minutes

**Magic Jack** - \$30 a year - found at Walmart

**Crosslines** - 417-869-0563

Has a voicemail service they provide for people without a phone who are searching for a job.

Telephone:

**AT&T Lifeline** - 1-877-677-0250

**SafeLink** - 1-800-SAFELINK (723-5465)

Free phone from the state with up to 250 minutes

**Magic Jack** - \$30 a year - found at Walmart

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Has a voicemail service they provide for people without a phone who are searching for a job.

## Seniors:

### **Senior Age - 417-862-0762**

- Help for 60+ age with independent living skills, wheelchairs etc., social club, ramps, and some financial assistance.

There's a grant to help with the homemaker program. Contact person is Cindy Bailey.

### **Ozarks Food Harvest – 417-865-3411 x 111**

- Has a Senior Food Box program that is available once a month.
- Contact person: Mary Zumwalt

### **Greene County Senior Citizens' Fund - 417-447-0554**

Can receive up to \$500 per year for medical, dental, glasses, home repairs, rent, mortgage, propane, heaters, appliances, air conditioners, fans, etc.

### **OACAC – Foster Grandparents - 417-864-3420**

- Can earn \$265 an hour
  - Stipend will be granted from government
- Will not affect Medicaid, SSA, etc.

### **Senior Waiver of Spenddown**

- Must be aged 63 or older
  - Make \$1,275 a month or less
  - Must be receiving In-Home services
- Will receive full and complete Medicaid

### **Elderhelpers.org**

Website for people 55 years and older that allows them to put in their zip code to find volunteers in their area to assist them with various tasks they have.

## **Financial:**

**Consumer Credit Counseling** - 417-889-7474

**CASH Program** - Ask Consumer Credit Counseling for more info

## **Oil Changes:**

**Central Assembly** – 417-866-5013

- 2<sup>nd</sup> Saturday of every month
- Free oil changes to single moms and people with disabilities

## **Healthcare:**

**Greene County Health** - 417-874-1297

- Health needs for low income
- Provide vaccinations

**The Kitchen Clinic** - 417-837-1504

- Open M-Th from 8am-4pm
  - Qualifications: no insurance and very low-income
  - Accept the first 5 people every morning
- Provide medical, prescriptions and dental care

**Jordan Valley Clinic** - 417-831-0150

- Sliding scale
- Medical and dental care

## **Cleaning Help:**

**Cleaningforareason.org**

- Provide 4 free cleanings for people undergoing cancer treatments
- Application process

**Marissa's Helping Hands** – 417-889-9599 or 417-818-9591

- Detailed housecleaning and organizing
  - Errand running and assisted shopping
  - Pet sitting
  - House sitting
  - Gardening
  - Some minor exterior home maintenance
- Prices may vary but overall affordable

## **Legal:**

**Legal Services of Southern Missouri** - 417-881-1397

**Legal Aid** - 417-881-1302

**Missouri Protection and Advocacy** – 1-573-893-3333

**Zerrer Elder Law Office** - 417-868-8200

**Bar Association** - 417-831-2783

**Legal Shield** – 417-882-7927

## **Developmental Disabilities:**

**Developmental Center of the Ozarks** - 417-831-1545

Daycare, disabled training infants to adults, employment training

**Arc of the Ozarks** - 417-864-7887

**Springfield Regional Center** - 417-895-7400

Daycare, independent living skills, help with housing, parents can direct care – state will pay them

**Animal Advocacy:** Will care for animal temporarily

**Ravenwood** - 417-693-8219

**Deerfield** - 889-2727

## **Service Dogs:**

**The Battle Buddies Foundation** – 417-876-7665 Service dog training

**Support Dogs, Inc. (St. Louis)** – 1-314-997-2325 Can obtain a trained service dog

**CHAMP Assistance Dogs, Inc. (Florissant)** – 1-314-653-9466

Can obtain a trained service dog

**Pet Therapy of the Ozarks** – 417-848-7387

[www.pettherapyozarks.org](http://www.pettherapyozarks.org)

**Barkbusters.com** – 417-200-4809 or 1-877-500-BARK

- In-home dog training

## **Interpreting Services:**

**Associates in Sign** - 417-889-8377

## **Disinfectant Bombs:**

**SafeSpace Co.** - 1-800-735-2506

Medical grade disinfectant bombs that can even kill influenza virus and MRSA.

## **Parenting Skills:**

**Oacac** - 417-864-3420

**Murney Forest Institute** – 417-865-8943

**Parenting Life Skills Center** - 417-831-9596

## **Furniture:**

**Habitat for Humanity ReStore** - 417-829-4001

2410 S. Scenic

Springfield, MO

- Free pick-up for donations  
Discounted furniture, appliances, and building equipment

**Victory Mission** – Vintage Thrift Store - 417-864-2244

824 W. Commercial St.

Springfield, MO

**Salvation Army Thrift Store**

1737 S. Campbell - 417-866-9426

2944 W. Chestnut Expressway - 417-865-1770

## **Moving Help:**

**Seniors on the Move, Inc.** - 417-883-4444

**Caring Transitions for Seniors**

Springfield - 417-429-4500

Ozark – 417-454-4416

## **Dental Care Assistance:**

**Bentley Trust** - grant for 60+ ages & live in Springfield

**Midwest Special Needs Trust** - must meet income guidelines & be a person with a disability

**Donated Dental Services** - must meet income guidelines. Dentists in the area that donate their services

**Jordan Valley Dental** - 417-831-0150 – sliding scale & long waiting list

**OTC Dental** – 417-447-8835 – discounted cleanings

## **Medical Care Assistance:**

**Bentley Trust** - grant for 60+ ages & live in Springfield

**Midwest Special Needs Trust** - must meet income guidelines & be a person with a disability.

