

OLDER ADULTS RESOURCES

2008

Name & Location	Phone Number	Days/Hours	Services Provided
ELDERLY CASE MANAGEMENT & REFERRAL			
Aging Connection Care Coordination 800 1 st Street NW Cedar Rapids, IA 52405	398-3644	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Private pay service available to assist in determining needed services and recommend appropriate service providers in the area. A comprehensive assessment is completed to assist care coordinator in the development of an individualized care plan. Care Coordinator can assist with implementation of care plan along with monitoring and reassessment of services.
Aging Services, Inc. 800 1 st Street NW Cedar Rapids, Iowa 52405	398-3644	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Provides case management, chore and home repairs, respite program, transportation for medical appointments, grocery store, and food markets, mental health services.
Heritage Area Agency on Aging 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	398-5555	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Specializes in assisting seniors with information and referral, elderly nutrition programs, case management, family caregiver support, money management, protective services, SHIP assistance, and assists with correcting medical bills.
Iowa Department of Human Services – State Elderly Waiver Program 411 3 rd Street SE, Suite 300 Cedar Rapids, IA 52401	892-6700	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Processes applications for Title 19 Medicaid Home Community Based Elderly Waiver, food assistance, In-Home Health Care, Medically Needy, Title 19 Medicaid Insurance and other services. Eligibility based on income/resources.
Linn County Senior Assistance Program 800 1 st Street NW Cedar Rapids, Iowa 52405	892-5770	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	A county-funded agency providing senior resource information, referrals and a Senior Monitoring Service for Linn County seniors (60+) who are <u>not</u> in the Heritage Agency Case Management Program for the Frail Elderly. Linn County’s senior safety net, this crisis preventative program provides monitoring for the <u>active</u> senior, the <u>less active</u> senior and the <u>frail elderly</u> . Frail seniors are referred to the Heritage Agency Case Management Program according to risk scores when space is available. Also provides assistance in applying for the Medicaid T-19 Elderly Waiver. No charge.
ELDERLY ADULT DAY HEALTH SERVICES			
Milestones Adult Day Health Center 1725 O Avenue NW Cedar Rapids, IA 52405	398-3647	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Day services for anyone over 18 who is physically impaired or mentally confused and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule.
Milestones In Marion 1080 Cardinal Drive Marion, IA 52302	373-3494	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Day services for anyone over 18 who is physically impaired or mentally confused and may require supervision, increased social opportunities, nursing care, assistance with personal cares (bathing, hair care, nail care) nutrition and special diets or other daily living activities. Sliding fee schedule.

For more information regarding community resources, contact the United Way 2-1-1 Call Center at 2-1-1, 319-739-4211, or 1-866-469-2211.
To obtain a copy of the Resource Charts, go to www.linncounty.org and search “Resource Charts” or contact Linn County Community Services at 892-5600.
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ELDERLY CHORE SERVICES, HOME CARE AIDE AND RESPITE SERVICES			
Aging Services, Inc. Chore Services 800 1 st Street NW Cedar Rapids, IA 52405	398-3644	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Assists seniors with lawn mowing, snow removal, home repair and maintenance projects, home modification, seasonal upkeep/cleaning projects. All service delivery is dependent upon adequate funding sources, appropriate contractors, and volunteer availability. All clients must complete an income verification and intake process. Home Safety checks conducted by trained community volunteers. Homes assessed for fall, fire, and personal security risk. Free of charge.
Aging Services, Inc. Respite Services 800 1 st Street NW Cedar Rapids, IA 52405 www.abbefamily.org	398-3644	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Provides in-home respite services designed to provide a break for family members or primary caregivers of a physically or psychologically challenged adult. Respite caregivers provide temporary relief of the care giving and provide assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates are determined by the family and independent caregiver.
Comfort Care Medicare Inc 4027 Glass Rd NE Cedar Rapids, IA 52402	294-3527	Call for assistance.	Provides care giving assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.
Comfort Keepers 222 3rd Ave SE Ste 532 Cedar Rapids, IA 52401 www.comfortkeepers.com	393-5525	Call for assistance.	Provides temporary relief of the care giving and assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.
Eastern Iowa Therapeutics 402 10th St SE Suite 700 Cedar Rapids, IA 52403 www.acceleratedrehab.com	365-9439	Call for assistance.	In-home relief of care giving and assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.
Gentiva Home Health Care Services 1241 Park Place NE, Ste E Cedar Rapids, IA 52402 www.gentiva.com	393-4742	Call for assistance.	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.
Home Instead Senior Care 208 Collins Rd NE Ste 203 Cedar Rapids, IA 52402 www.homeinstead.com	247-0400	Call for assistance.	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.

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Home Watch Care Givers 3037 Center Point Rd NE Ste 200 Cedar Rapids, IA 52402 www.homewatchcaregivers.com	364-2823	Call for assistance.	Provides temporary relief of the care giving and provides assistance in meal preparation, companionship, medication reminders, light housekeeping and personal care. Hourly rates available.
Linn County Home Health 800 1 st Street NW Cedar Rapids, IA 52405	892-5780	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Provides services to persons in their home to help them stay in their homes.
ELDERLY CONGREGATE MEALS, HOME DELIVERED MEALS & OTHER ELDERLY FOOD ASSISTANCE			
Central City Senior Dining/Falcon Civic 137 4 th St North Central City, IA 52214	438-6691	Assistance available at 12:00 PM.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Provides other senior activities. Call for more information. Donation based.
Ely Community Center 1570 Rowley Street Ely, IA 52227	848-4140	Assistance available at 11:30 AM. No meal 3 rd Tuesday.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Call Community Center by noon the day before or the Witwer Center at 398-3636 by 8:30 a.m. Transportation may be provided if needed. Donation based. Also provides other social activities for seniors. Call for activity schedule.
Farmers Market Voucher Program Wallace State Office Bldg 502 E. 9 th Street Des Moines, IA 50319	515-242-6239	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Fresh fruit and vegetable coupon vouchers distributed by select Linn County agencies who provide services to seniors. Registration and distribution during the spring each year to be utilized at participating Farmer's Markets throughout Linn County to help defray the costs of fresh, unprepared fruit and vegetables until October.
Hiawatha Community Center 81 Emmons Street Hiawatha, IA 52233	393-9348	Assistance available at 11:30 AM. No meal 2 nd Wednesday.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Must call the Witwer Center at 398-3636 by 8:30 a.m. Transportation may be provided if needed. Donation based.
Horizons Meals on Wheels 819 5 th Street SE Cedar Rapids, IA 52401	398-3574	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Assists seniors and persons with disabilities with their daily nutritional needs by providing fresh restaurant-quality foods. Hot noon meals, frozen meals, breakfast bags, and liquid supplements delivered to homes 7 days a week. Customized nutritional plans, freezable/microwavable containers and reliable, consistent delivery. Donation-based for seniors age 60+.
Marion Senior Dining 4500 North 10 th Street (Lowe's Park) Marion, IA 52302	377-3221	Assistance available at 11:15 AM.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Must call Deb at 377-3221 between 10 a.m. – noon the day prior or the Witwer Center by 8:30 a.m. Donation based. Transportation may be provided if needed. Other activities scheduled throughout the week. Call for a schedule.

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Mom's Meals PO Box 297 Nevada, IA 50201	(866) 204-6111 (toll free)	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Provides a large choice of fresh, never frozen home delivered meals for persons through the Elderly Waiver, Ill & Handicapped Waiver and the AIDS/HIV Waiver. Menu includes culturally diverse meals and diabetic friendly meals.
Palo Community Center 1006 1 st Street Palo, IA 52324	851-3091	Assistance available at 11:45 AM.	Provides a hot nutritious meal to seniors. Reservations required 24 hours in advance. Call Terry at 851-3091 by 1:00 p.m. or Witwer Center by 8:30 a.m. Donation based. Transportation available if needed. Card playing every Tuesday at 9:30 a.m.
St. Mark's United Methodist Church 4700 Johnson Avenue NW Cedar Rapids, IA 52405	396-7770	Assistance available at 11:45 AM.	Provides hot nutritious meals to seniors. Reservations required 24 hours in advance. Call 398-7770 by 1:00 p.m. or Witwer Center by 8:30 a.m. Donation based. Transportation provided if needed. Other activities. Call for more information.
Southeast Linn Community Center 108 S. Washington Street Lisbon, IA 52253	455-2844	Assistance available at 12:00 PM.	Provides hot nutritious meals to seniors. Reservations required 24 hours in advance. Call 455-2844 by 1:00 p.m. or Witwer Center by 8:30 a.m. Donation based. Transportation provided if needed. Other activities every day of the week. Call for more information.
Springville Community Center 265 Broadway Springville, IA 52336	854-6200	Assistance available at 12:00 PM.	Provides hot nutritious meals to seniors. Reservations required 24 hours in advance. Call 854-6200 by 1:00 p.m. or Witwer Center by 8:30 a.m. Donation based. Transportation provided if needed. Bingo on Wednesdays. Call for more information.
Walford Senior Dining Walford Community Center Walford, IA 52381	846-2882 or 846-2965	Assistance available at 11:30 AM.	Provides hot nutritious meals to seniors. Reservations required 24 hours in advance. Call 854-6200 by 1:00 p.m. or Witwer Center by 8:30 a.m. Donation based. Transportation provided if needed. Bingo on Mondays. Call for more information.
Witwer Senior Center 305 2 nd Avenue SE Cedar Rapids, IA 52401	398-3636	Assistance available Monday through Saturday at 12:00 PM; 12:30 PM on Sundays.	Provides hot nutritious meals to seniors. Reservations required 24 hours in advance. Donation based. Transportation provided if needed. Various social activities provided at center throughout week. Call for more information or to subscribe to monthly newsletter which includes the monthly menu.
Witwer Senior Center – Home Delivered Meals Program 305 2 nd Avenue SE Cedar Rapids, IA 52401	398-3688	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Available from local congregate dining site within Linn County. Personalized individual menu plans, nutritional assessments by a registered dietician, hot noon meals, breakfast bags, supper bags, caloric intense liquid supplements, frozen meals with fruit, bread, milk and dessert. Donation-based for seniors age 60+.
ELDERLY FINANCIAL ASSISTANCE			
Cedar Rapids Water Department 1111 Shaver Road NE Cedar Rapids, IA 52402	286-5900	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Reduced water rates for persons over 62 or totally disabled and living in a single residence (no apartments or duplexes). Total household income \$19,800 or under. Application must be notarized.

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HACAP (Hawkeye Area Community Action Program) P.O. Box 490 1515 Hawkeye Drive Hiawatha, Iowa 52233	366-7632	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	The Weatherization Assistance Program is a federal grant program established to reduce long-term heating and cooling costs for low-income persons, particularly the elderly, disabled, and children, by improving the energy efficiency of their homes. Improved housing stocks, which maintain low utility costs, directly promote sustained self-sufficiency for participants. (LIHEAP)
Heritage Area Agency on Aging – Representative Payee Services 6301 Kirkwood Blvd SW Cedar Rapids, IA 52406	398-5559 or 800-332-5934	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	The money management program offers daily money management services to help low-income seniors who have difficulty budgeting, paying routine bills, and keeping track of financial matters because of physical or mental impairments. The program promotes independent living who may be at risk of losing their independence due to an inability to manage their financial affairs. Volunteers are screened and reference checks are completed prior to being matched with clients.
Iowa Department of Human Services 411 3 rd Street SE, 3 rd Floor Cedar Rapids, IA 52403	892-6700 Adult Services: 892-6800	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Processes applications for Elderly Waiver, food stamps, Medicaid, med-needy, and In-Home Health. Eligibility determined on basis of income and resources. Several programs pay for in-home services.
Marion Water Department 1225 6 th Avenue, Suite 150 Marion, IA 52302	377-4839	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	For persons 65 or older, or total disability. Applications available for half-price garbage pick-up. Also, minimum waived for water and sewer if total household resources at \$20,150 or under, and only charge for what is used.
National Council on Aging (NCOA) 1901 L Street, N.W. 4th floor Washington, D.C. 20036 www.ncoa.org www.benefitscheckup.org	202-479-1200	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Many older people need help paying for prescription drugs, health care, utilities and other basic needs. Ironically, millions of older Americans — especially those with limited incomes — are eligible for but not receiving benefits from existing federal, state and local programs. Ranging from heating and energy assistance to prescription savings programs to income supplements, there are many public programs available to seniors in need if they only knew about them and how to apply for them. Developed and maintained by The National Council on Aging (NCOA), BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources.
Telecommunications Access Iowa 400 Locust Street, Suite 170 Des Moines, IA 50309 www.iowa.gov/state/main/disabilities	515-282-5099 or 800-606-5099	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	A program of the Iowa Utilities Board administered by Deaf Services Unlimited, Inc. provides assistance to seniors in selecting telephone equipment. Qualified individuals may receive a voucher for 95% off the average cost of standard telephone equipment. Household income guidelines apply.

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Social Security Office 3165 Williams Blvd SW Cedar Rapids, IA 52404	393-0045	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Assists with inquiries on Social Security checks and benefits. Medicare and Supplemental Income (SSI) SSI benefits assist by providing monthly checks so anyone 65+ or blind or disabled can have a basic income of \$603 per month. A couple may receive \$904. Eligibility based on resources.
ELDERLY HEALTH & COUNSELING			
Aging Services, Inc. Vision Enhancement Center 800 1 st Street NW Cedar Rapids, IA 52405 www.abbefamily.org	286-1958	Assistance available Tuesdays and Thursdays from 8:00 AM to 4:00 PM. Monday, Wednesday and Friday by appointment only.	Helps individuals improve their quality of life and make the most of their remaining vision by using the vision enhancement devices available.
Alzheimer's Association of East Central IA 1570 42 nd Street NE Cedar Rapids, IA 52402	294-9699 or 800-272-3900	Assistance available Monday through Friday from 8:00 AM to 5:00 PM. Also has 24 hr hotline available.	Resources and education for Alzheimer's or memory loss, medications, treatment options, caregiver tips, support groups, publications, educational programs and Safe Return program.
Heritage Area Agency on Aging Family Caregiver Support 6301 Kirkwood Blvd SW Cedar Rapids, IA 52404	398-5559	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Counseling specialist provides direct counseling/education services to family or friend caregivers of older adults.
Iowa Dept of the Blind 411 3 rd Street SE, Suite 745 Cedar Rapids, IA 52403	365-9111	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Services to the blind include training in techniques of blindness, rehabilitation, talking books, etc. Aids and appliances available either free of charge or at cost, also includes visually impaired.
Memory Disorders Clinic Mercy Medical Center 701 10 th Street SE Cedar Rapids, IA 52403	398-6020	Assistance available: Physician's referral required. Call for appointment.	Evaluates and treats persons exhibiting signs of dementia, Alzheimer's disease, and other degenerative brain disorders. Following the evaluation, a conference is held with the patient, family members, clinic team and other referral sources as appropriate.
Senior Health Insurance Information Program – SHIIP 310 East 12 th St, Suite 2 Des Moines, IA 50319 www.shiip.state.ia.us	800-532-3214	Assistance Monday through Friday from 8:00 AM to 4:30 PM.	Assists seniors who have questions on Medicare, Medicare supplement insurance, long-term care insurance, and other health insurance issues.

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ELDERLY SUPPORT & ADVOCACY			
American Association of Retired Persons (National) AARP 601 E. Street NW Washington, DC 20049 www.aarp.org	888-687-2277	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Advocate for the physical, social, economic and political benefit of older persons and become educated on the issues of seniors.
Iowa Dept. of Elder Affairs Jesse M. Parker Bldg. 510 12 th Street, Suite 2 Des Moines, IA 50319 www.state.ia.us/elderaffairs	515-242-3392 or 800-532-3213	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Provides advocacy, education and prevention services to older Iowans. Resources include health and education, housing and services, long-term care ombudsman and information on Area Agencies on Aging.
Iowa Dept. of Inspections and Appeals Lucas State Office Bldg. 321 East 12 th Street Des Moines, IA 50319	877-686-0027	Assistance available Monday through Friday from 8:00 AM to 4:00 PM.	Responsible for inspecting, licensing and/or certifying health care providers and suppliers, restaurants and grocery stores, social and charitable gambling operations, hotels and motels, and barber and beauty shops. In addition, DIA staff investigates alleged fraud in the State's public assistance programs and conducts contested case hearings to settle disputes between Iowans and various state government agencies.
Iowa Foundation for Medical Care Help Line 6000 Westown Pkwy West Des Moines, IA 50266 www.internetifmc.com/beneficiaries.html	800-752-7014	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	The Iowa Foundation for Medical Care, Iowa's Medicare quality improvement organization, is contracted by the Centers for Medicare & Medicaid Services to ensure Medicare beneficiaries get the best possible health care. Medicare consumers may call IFMC's Medicare HelpLine with questions or concerns about Medicare rights or the quality of health care received.
Iowa Family Caregiver Program 5835 Grand Ave, Suite 106 Des Moines, IA 50312 www.i4a.org	866-468-7887	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Plan and develop services and programs for older Iowans to maintain independence and quality of life as long as possible. Advocate for federal and state policies which affect older Iowans. Increase public awareness, including that of government and community leaders, of the help available to older Iowans through the Area Agencies on Aging and other community entities. Ensure that older Iowans and family caregivers have accurate and easily accessible information about what help is available to them and their older loved ones.
National Committee to Preserve Social Security and Medicare 10 G Street NE, Suite 600 Washington, D.C. 20002 www.ncpssm.org	800-966-1935	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	A National Committee to Preserve Social Security and Medicare, a membership organization, which strives to protect, preserve, promote, and ensure the financial security, health, and the well being of current and future generations of maturing Americans. Acts in the best interests of its members through advocacy, education, services, grassroots efforts, and the leadership of the Board of Directors and professional staff. The efforts of the National Committee to Preserve Social Security and Medicare are directed toward developing better-informed citizens and voters.

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