

# Senior Citizen Resources

*Transportation, Meal Program, and Medical Equipment Resources are available within the respective Resource Lists available at [mercy.net/mnm](http://mercy.net/mnm).*

## Resource and Referral

### **AARP Foundation Senior Services**

3470 Hampton Ave  
St. Louis, MO 63139  
314-367-6777

<http://local.aarp.org/saint-louis-mo/>

AARP is a nonprofit, nonpartisan organization that helps people 50 and older improve the quality of their lives such as health care, employment and income security, and protection from financial abuse.

### **Aging Ahead**

14535 Manchester Rd  
Manchester, MO 63011  
636-207-0847

<https://www.agingahead.org/>

Aging Ahead provides programs, services, and resources to support individuals and their caregivers on the journey of aging.

### **ElderLink**

816-494-1620

<https://jfsstl.org/get-help/our-services/older-adult-services/elderlink/>

ElderLink is a free information and referral phone line staffed by JFS case managers trained to help older adults and caregivers navigate new stages of life. Available Monday through Friday from 8:30 a.m. to 5:00 p.m., they provide a knowledgeable and confidential helpline for older adults and their loved ones to access resources and referrals that best meet their needs.

### **STL Food Angels**

Call for Hours

816-494-1620

<https://www.stlouisfoodangels.com/>

St. Louis Food Angels' mission is to serve at-risk community members by handling last-mile deliveries for partner nonprofits, providing direct grocery delivery services and donating healthy food boxes to those in need.

### **St. Louis Area Agency on Aging**

1520 Market St, Suite 4086

St. Louis, MO 63103

314-612-5918

Fax: 314-612-5915

<https://www.stlouis-mo.gov/government/departments/human-services/aging-services/index.cfm>

SLAAA provides a comprehensive and coordinated system of community-based services for older adults who reside within the boundaries of the city of St. Louis.

### **St. Louis Oasis**

50 Gay Ave

St. Louis, MO 63105

314-862-4859

<https://st-louis.oasisnet.org/>

St. Louis Oasis is a leading provider of programming available for older adults to continue learning, engage socially and improve health and wellness behaviors.

### **Guardian Angel Settlement Association**

3300 S Jefferson

Saint Louis, MO 63118

314-773-9027

<https://gasastl.org/about-our-social-service-programs/>

Guardian Angel's Senior Program helps older adults (60+) gain the skills, resources, and connections to live independently, experience less social isolation, and improve their overall well-being.

## Memory Care

<https://www.caring.com/senior-living/memory-care-facilities/>

Caring.com is a senior care resource for family caregivers seeking information and support as they care for aging parents, spouses, and other loved ones.

**United Way Information & Referral:** Dial 2-1-1 or visit [www.211helps.org](http://www.211helps.org) to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.