



# 2018 Grantees

In our first round of funding, the St. Louis City Senior Fund issued grants to 17 organizations in July 2018 to provide programs and services for residents living in the City of St. Louis who are 60 years and older. Grants were allocated in two primary focus areas, fall prevention and economic stability.

## **Fall Prevention Grants**

For many older adults, an unexpected fall can result in a serious and costly injury. [Missouri's rate](#) of injury by falling is 31% higher than the national average. These grants aim to reduce fall risk and prevent falls by supporting home assessments, home modifications and repairs, and exercise and education programs. Our goal is to help older adults live safely in the home that best serves their needs.

### **[Jewish Family & Children's Service](#)**

Jewish Family and Children's Service provides a comprehensive social work assessment for older adults, along with case management, in order to identify and access community resources needed to mitigate fall risk. Older adults can connect to services by contacting ElderLink St. Louis at (314) 812-9300 or [info@elderlinkstlouis.org](mailto:info@elderlinkstlouis.org).

*Geographic Service Area: City Wide*

### **[St. Andrew's Senior Solutions](#)**

St. Andrew's is available to help older adults with referrals to community resources to reduce the risk of falls in their homes. Specifically, their team will provide the following services based on client needs: Fall Risk Assessment and Case Management Follow-Up, Home Repair or Modifications, and Medication Reviews. Contact St. Andrew's Senior Solutions at (314) 726-5766.

*Geographic Service Area: City Wide*

### [Mission St. Louis](#)

Through the Keeping Seniors Safe at Home project, Mission St. Louis provides free home repair services for economically burdened older adults at risk for falls. For more information, contact their main office at (314) 534-1188.

*Geographic Service Area:* City Wide with special emphasis in the following zip codes:  
63106, 63107, 63111, 63112, 63115, 63120, 63147

### [Rebuilding Together](#)

Rebuilding Together works with older homeowners to conduct a home assessment and develop a scope of work to help prevent falls in their homes. Services for older adults may include home repairs or modifications (e.g., repairing/leveling stairs and floors, installing grab bars and handrails, improving lighting, building ADA-compliant wheelchair ramps). For more information, call (314) 918-9918.

*Geographic Service Area:* City Wide

### [Society for the Blind and Visually Impaired](#)

The Society for the Blind and Visually Impaired provides support and follow-up services to help older adults with vision impairments remain safe and independent in their own homes while reducing risk factors for falls. For more information, call (314) 968-9000.

*Geographic Service Area:* City Wide

### [Northside Youth and Senior Services](#)

Northside Youth and Senior Services, in collaboration with Saint Louis University's [Gateway Geriatric Education Center](#), provides an individualized evaluation of medications for older adults at SLU's. Northside's center is located at 4120 Maffitt Ave in The Ville neighborhood, Ward 4. For more information, call (314) 531-4161.

*Geographic Service Area:* 63103, 63106, 63107, 63113, 63115, 63118

### [City Seniors Inc.](#)

City Seniors Inc offers exercise classes and fall prevention seminars to increase mobility and overall well-being. Classes are held at their site, 4705 Ridgewood Ave, in the Bevo Mill neighborhood, Ward 14. Visit their website to view their monthly calendar, [stlouiscityseniors.com](http://stlouiscityseniors.com), or call them at (314) 352-0141 for more information.

*Geographic Service Area:* 63109, 63110, 63111, 63116, 63118, 63139

## Paraquad

Paraquad offers access to their Health and Wellness Center, and exercise classes, specifically designed for adults with mobility impairments. A free membership for three months to try the center is available for City residents 60 years and older. The Center is located at 5200 Berthold Ave in the Kings Oak neighborhood, Ward 17. For more information, call (314) 289-4202.

*Geographic Service Area: City Wide*

## Oasis

Oasis offers several classes at various locations in the City of St. Louis that aim to reduce risk factors for falls: A Matter of Balance, Tai Chi for Arthritis for Fall Prevention, ExerStart, Better Balance, Safe at Home, and Medication Matters. For more information on classes and schedule, view the Oasis course catalog online at [Oasisnet.org/St-Louis-MO/Classes](http://Oasisnet.org/St-Louis-MO/Classes) or contact them at (314) 862-4859, ext. 24.

*Geographic Service Area: City Wide*

Free exercise or education classes, some supported in part by the St. Louis City Senior Fund, are currently available at the following locations:

### **Paraquad Wellness Center**

5200 Berthold Ave, Kings Oak neighborhood,  
Ward 17

- Better Balance
- Matter of Balance

### **Julia Davis Branch Library**

4415 Natural Bridge Ave, Penrose neighborhood,  
Ward 21

- ExerStart

### **Union Memorial Enrichment Center**

5436 Bartmer Ave, West End neighborhood,  
Ward 26

- Medication Matters
- Matter of Balance

### **New Northside Family Life Center**

5939 Goodfellow Blvd, North Point neighborhood,  
Ward 27

- Balance Barre
- Gentle Chair Yoga
- Better Balance
- Tai Chi for Arthritis
- ExerStart
- Matter of Balance
- Safe at Home

### **St. Paul AME Church**

1260 Hamilton Ave, West End neighborhood, Ward 22

- Matter of Balance

## **Economic Stability Grants**

Many older adults struggle to meet their monthly expenses, even if they are not considered “poor” because they have income above the Federal Poverty Line. These grants aim to increase monthly income for older adults by connecting them to federal, state, local, and private benefits they may not be aware of or reducing monthly expenses by providing home weatherization and utility assistance, as well as assistance with moving to more affordable housing. Our goal is to help older adults [meet their basic needs](#) and age in community with dignity.

### **Deaconess Faith Community Ministries**

Deaconess Faith Community Ministries helps connect older adults with federal, state, local, and private benefits they may qualify for by completing the National Council on Aging's Benefits Check-up. For more information, call (314) 395-4655.

*Geographic Service Area: 63108, 63112, 63113, 63115, 63116, 63118, 63120*

### **Kingdom House**

Kingdom House helps connect older adults with federal, state, local, and private benefits they may qualify for by completing the National Council on Aging's Benefits Check-up. In addition, their team offers six months of one-on-one financial coaching and life-stage specific education classes at their offices at 1025 Park Ave in the Lafayette Square neighborhood, Ward 7. For more information, contact Samantha Knight, Director of Senior Programming, at [sknight@kingdomhouse.org](mailto:sknight@kingdomhouse.org) or (314) 627-1242.

*Geographic Service Area: 63104, 63110, 63111, 63116, 63118*

### **Lutheran Senior Services**

Lutheran Senior Services helps connect older adults with federal, state, local, and private benefits they may qualify for by completing the National Council on Aging's Benefits Check-up. For more information, call Aging Answers at (314) 446-2475.

*Geographic Service Area: City Wide*

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

The St. Louis Area Agency on Aging helps connect older adults with federal, state, local, and private benefits they may qualify for by completing the National Council on Aging's Benefits Check-up. For more information, call (314) 612-5918.

*Geographic Service Area: City Wide*



### Cardinal Ritter Senior Services

Cardinal Ritter Senior Services helps older adults weatherize their homes via minor and major home improvements, as well as connect to resources for assisting with utility expenses. For more information, call (314) 918-2258.

*Geographic Service Area: City Wide*

### Heat Up St. Louis

Heat Up St. Louis helps older adults who need assistance with utility bills. For assistance, call (314) 241-7668 or go to their website, [heatupstlouis.org](http://heatupstlouis.org).

*Geographic Service Area: City Wide*

### HOPE

HOPE provides support for older adults to move into subsidized housing to help reduce their expenses. This program will pay for, if necessary, first month's rent, overdue utility bills, birth certificate orders, movers and/or truck rental, furniture, and other expenses that may arise with a move. For more information, call (314) 776-0155 or go to their website, [hopeforseniorsstl.org](http://hopeforseniorsstl.org).

*Geographic Service Area: City Wide*

### Missouri Energy Care

Missouri Energy Care helps older adults who need assistance with utility bills or equipment (e.g., air conditioners). For more information, call (314) 773-5900 or email [ecservices@energycare.org](mailto:ecservices@energycare.org).

*Geographic Service Area: City Wide*