



# Supported Resources

The St. Louis City Senior Fund was created by a voter supported ballot initiative in November 2016 to serve residents living in the City of St. Louis who are *60 years of age or older*. Our vision is for the City of St. Louis to be an aging-friendly city where older residents can age in place. We support this vision by providing grants to local organizations that help older adults age in the home and community that best serves their needs and interests.

Programs and other resources listed in this document are supported in part by the Senior Fund. Many organizations listed have additional resources for older adults; contact them or visit their websites for information.

*Note: Most organizations have adjusted their services due to health and safety guidelines for COVID-19, check with them to see what services they are currently offering.*

## Fund Defined Grants

Thirty-seven organizations are currently receiving funding to support services that fall under five priority focus areas determined by the Senior Fund's Executive Board: Fall Prevention, Economic Security, Social Isolation, Homemaker Chore Services, and Oral Health.

### *Fall Prevention*

For many people, an unexpected fall can result in a serious and costly injury. These resources aim to reduce fall risk and prevent falls by supporting home environment assessments, home modifications and repairs, medication reviews, and exercise and education programs. Our goal is to help older adults live safely in their home and community.

#### City Seniors

- Exercise and Education Classes

*When in-person, classes are held at 4705 Ridgewood Ave, in the Bevo Mill neighborhood, Ward 14.*

*Phone: (314) 352-0141*

*Website: [stlouiscityseniors.com](http://stlouiscityseniors.com)*

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

#### Jewish Family Services

- Fall Risk Assessment and Case Management

*Phone: (314) 812-9300*

*Website: [jfcs-stl.org](http://jfcs-stl.org)*

*Geographic Service Area: City Wide*



Mission St. Louis

- Minor to Moderate Home Repair or Modifications

Phone: (314) 771-5000

Website: missionstl.org/mhrp

Geographic Service Area: City Wide

Northside Youth and Senior Services

- Medication Review and Management
- Exercise Classes
- Assistance with Chronic Disease Management

Northside's center is located at 4120 Maffitt Ave in The Ville neighborhood, Ward 4.

Phone: (314) 531-4161

Website: nsysscc.com

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

Oasis

- Exercise and Education Classes

Phone: (314) 862-4859, ext. 24

Website: Oasisnet.org/St-Louis-MO

Geographic Service Area:  
Locations throughout the City

Paraquad

- Exercise Classes
- Wellness Center Memberships

The Center is located at 5200 Berthold Ave in the Kings Oak neighborhood, Ward 17.

Phone: (314) 289-4202

Website: paraquad.org

Geographic Service Area:  
Open to residents throughout the City

Rebuilding Together – St. Louis

- Minor to Major Home Repair or Modifications

Phone: (314) 918-9918

Website: rebuildingtogether-stl.org

Geographic Service Area: City Wide

St. Andrew's Senior Solutions

- Fall Risk Assessment and Case Management
- Minor Home Repair or Modifications
- Medication Review and Management

Phone: (314) 726-5766

Website: standrewsseniorsolutions.com

Geographic Service Area: City Wide

Society for the Blind and Visually Impaired

- Low Vision Exams Focused on Enhancing Remaining Functional Vision
- Fall Risk Assessment & Environmental Modifications
- Assistance with Non-Prescriptive Low Vision Aids

Phone: (314) 968-9000

Website: slsbvi.org

Geographic Service Area: City Wide

## Economic Security

These grants aim to increase monthly income or reduce expenses for older residents, including emergency assistance. Our goal is to help older adults receive resources that help [meet their basic needs](#), at a minimum, as defined by tools such as the Elder Economic Security Standard Index.<sup>1</sup>

### Cardinal Ritter Senior Services

- Home Weatherization
- Heating and Cooling Supplies
- Utility Assistance

Phone: (314) 918-2258

Website: [cardinalritterseniorservices.org](http://cardinalritterseniorservices.org)

Geographic Service Area: City Wide

### Deaconess Nurse Ministry

- National Council on Aging's Benefits Check-up

Phone: (314) 395-4655

Website: [faithnurses.org](http://faithnurses.org)

Geographic Service Area:  
Locations throughout the City

### Heat Up St. Louis

- Utility Assistance

Phone: (314) 241-7668

Website: [heatupstlouis.org](http://heatupstlouis.org)

Geographic Service Area: City Wide

### HOPE

- Assistance with Moving to Subsidized Apartments

Phone: (314) 776-0155

Website: [hopeforseniorsstl.org](http://hopeforseniorsstl.org)

Geographic Service Area: City Wide

### Legal Services of Eastern Missouri

- Civil Legal Help
- Legal Community Education/Outreach

Phone: (800) 444-0514

Website: [lsem.org](http://lsem.org)

Geographic Service Area: City Wide

### LifeWise STL

- One-on-one Financial Coaching
- Education Classes

*When in-person, classes are held at 1025 Park Ave in the Lafayette Square neighborhood, Ward 7.*

Phone: (314) 627-1242

Website: [lifewisestl.org](http://lifewisestl.org)

Geographic Service Area:  
63104, 63110, 63111, 63116, 63118;  
Open to residents throughout the City

### Lutheran Senior Services

- National Council on Aging's Benefits Check-up

Phone: (314) 446-2475

Website: [lssliving.org/aging-answers](http://lssliving.org/aging-answers)

Geographic Service Area: City Wide

<sup>1</sup> National Council on Aging and The Gerontology Institute, University of Massachusetts Boston. Elder Economic Security Standard Index. Accessed at: [ncoa.org/economic-security/money-management/elder-index](http://ncoa.org/economic-security/money-management/elder-index)



Missouri Energy Care

- Home Weatherization
- Heating and Cooling Supplies
- Utility Assistance

Phone: (314) 773-5900  
 Website: energycare.org

Geographic Service Area: City Wide

St. Louis Area Agency on Aging

- National Council on Aging's Benefits Check-up

Phone: (314) 612-5918  
 Website: stlouis-mo.gov

Geographic Service Area:  
 Locations throughout the City

St Louis Health Equipment Lending Program (St. Louis HELP)

- Free Home Medical Health Equipment

*St. Louis HELP's St. Louis City location is located at 6546 Manchester Rd in the Ellendale neighborhood, Ward 24. Open by appointment only.*

Phone: (314) 422-0030  
 Website: stlhelp.org

Geographic Service Area: City Wide

*Social Isolation*

Isolation is more than being alone. It is the result of feeling detached physically or psychologically, or being disconnected from support groups of family, friends and community which can lead to significantly poor health and wellbeing. These resources aim to prevent and reduce social isolation for individuals who have higher risks due to changes in physical or mental health, caregiving demands, mobility challenges, major life events such as loss or retirement, and other factors. Our goal is to help older adults maintain social connections and have access to resources that meet their needs and interests.

Association on Aging with Developmental Disabilities

- Group-based Circle of Friends Programs & Individual Support

Phone: (314) 647-8100  
 Website: agingwithdd.org

Geographic Service Area:  
 Locations throughout the City

Alzheimer's Association

- Training for Caregivers and Individuals with Dementia

Phone: (314) 432-3422  
 Website: alz.org/greatermissouri

Geographic Service Area:  
 Locations throughout the City



[Bilingual International Assistant Services](#)

- Group-based Programs & Individual Support

*When in-person, group programs are hosted at the Macklind International Senior Center at 1329 Macklind in the Cheltenham neighborhood, Ward 17.*

*Phone: (314) 645-7800, ext 200  
Website: [bilingualstl.org](#)*

*Geographic Service Area:  
Open to residents throughout the City*

[Center for Hearing and Speech](#)

- Mobile Hearing Screenings
- Hearing Aid Assistance

*Phone: (314) 968-4710  
Website: [chsstl.org](#)*

*Geographic Service Area: City Wide*

[CHIPS Health and Wellness Center](#)

- Group-based Circle of Friends Programs

*Phone: (314) 652-9231  
Website: [chipsstl.org](#)*

*Geographic Service Area:  
Locations throughout the City*

[LifeWise STL](#)

- Senior Companion Program
- Senior Corps Volunteers

*Phone: (314) 627-1242  
Website: [lifewisestl.org](#)*

*Geographic Service Area:  
63104, 63110, 63111, 63116, 63118;  
Open to residents throughout the City*

[Memory Care Home Solutions](#)

- Training for Caregivers and Individuals with Dementia
- One-on-one Coaching and Care Plan Development

*Phone: (314) 645-6247  
Website: [memorycarehs.org](#)*

*Geographic Service Area: City Wide*

## *Homemaker Chore Services*

These resources aim to assist older adults with IADLs (Instrumental Activities of Daily Living), which help people stay at home and remain independent. Services can include activities such as meal planning and preparation, house cleaning, medication management, laundry, and errands. In July 2020, four additional services focused on exterior home maintenance (e.g., yard work, gutter cleaning, snow removal, minor repairs) were added. These services are primarily for older adults in situations where they need some support but have limited financial resources or assistance from family or friends. Our goal is to help older adults to continue living in the home they choose.

### Employment Connection

- Yard, Snow Removal, and Other Exterior Home Maintenance

Phone: (314) 333-5627

Website: [employmentstl.org](http://employmentstl.org)

*Geographic Service Area:* Columbus/Carr Square, Hamilton Heights, Jeff Vander Lou, Old North, St. Louis Place, The Ville, and Wells-Goodfellow neighborhoods

### Five Star Senior Center

- Exterior Home Maintenance and Minor Repairs

Phone: (314) 664-1008

Website: [5starcc.org](http://5starcc.org)

*Geographic Service Area:* 63103, 63104, 63110, 63111, 63116, 63118

### Food Outreach

- Prepared Meals for Adults with Cancer
- Nutrition Counseling and Education

Phone: (314) 652-3663

Website: [foodoutreach.org](http://foodoutreach.org)

*Geographic Service Area:* City Wide

### Jewish Family Services

- Homemaker Chore Services

Phone: (314) 812-9300

Website: [jfcs-stl.org](http://jfcs-stl.org)

*Geographic Service Area:* City Wide

### Park Central Development

- Yard and Other Exterior Home Maintenance and Minor Repairs

Phone: (314) 535-5311

Website: [parkcentraldevelopment.org](http://parkcentraldevelopment.org)

*Geographic Service Area:* Academy/Sherman Park, Fountain Park, Lewis Place, Forest Park Southeast, Tiffany, Kings Oak, Botanical Heights, and Central West End neighborhoods

### St. Andrew's Senior Solutions

- Homemaker Chore Services

Phone: (314) 726-5766

Website: [standrewsseniorsolutions.com](http://standrewsseniorsolutions.com)

*Geographic Service Area:* City Wide

### [The Youth and Family Center](#)

- Yard Maintenance

Phone: (314) 231-1147

Website: theyfc.org

Geographic Service Area: 63101, 63106,  
63107, 63113, 63115

### *Oral Health*

Many adults lose dental insurance at retirement, and those who lack access and insurance coverage for oral health services may not have the financial resources to pursue care with a private dentist. This leaves the Federally Qualified Health Centers (FQHC), dental schools, and a few other local clinics to serve the oral health care needs of those who need low-cost care. For some older adults these reduced fees are still financially out-of-reach. The Senior Fund's support for oral health is focused on assisting older adults who cannot afford oral health care and are at increased risk for poor oral health.

### [ATSU Missouri School of Dentistry and Oral Health – St. Louis Dental Center](#)

- Community Oral Health Seminars
- Comprehensive Dental Treatment

Phone: (314) 833-2700

Website: stldentalcenter.org

Geographic Service Area: City Wide

## Applicant Defined Grants

This is a new funding category opened by the Senior Fund in 2019. It was created in recognition that there are a range of needs for older adults—and the organizations that serve them—that may not always fall under the Senior Fund’s priority focus areas. Grants are awarded based upon an applicant’s determination of organization and community need. Funding was allocated to support innovations in programs, emerging needs, and organizational capacity that is consistent with the Senior Fund’s vision and focused on serving St. Louis City residents who are 60 years or older.

### Economic Security & Transportation

#### Cardinal Ritter Senior Services

- Emergency Rent Assistance

Phone: (314) 918-2258

Website: [cardinalritterseniorservices.org](http://cardinalritterseniorservices.org)

Geographic Service Area: City Wide

#### St. Louis Area Agency on Aging

- Pilot of Expanding Senior Transportation Options with Rideshare

Phone: (314) 612-5918

Website: [stlouis-mo.gov](http://stlouis-mo.gov)

Geographic Service Area: City Wide

### Health & Safety

#### College Hill Foundation

- Home Repair

Phone: (314) 330-6414

Website: [collegehillfoundation.org](http://collegehillfoundation.org)

Geographic Service Area:  
College Hill neighborhood

#### Lewis Place Historical Preservation

- Pilot of Outdoor/Indoor Home LED Lighting Program

Phone: (314) 529-1344

Website: [lewisplacestl.org](http://lewisplacestl.org)

Geographic Service Area:  
Lewis Place neighborhood

#### Deaconess Nurse Ministry

- Pilot of CAPABLE Fall Prevention Program (Occupational Therapy/Nursing/Home Repair)

Phone: (314) 395-4655

Website: [faithnurses.org](http://faithnurses.org)

Geographic Service Area: City Wide

#### Rebuilding Together – St. Louis

- Pilot of Rapid Home Repair Specialist

Phone: (314) 918-9918

Website: [rebuildingtogether-stl.org](http://rebuildingtogether-stl.org)

Geographic Service Area: City Wide





St. Francis Community Services

- Primary Care Clinic and Case Management
- Vietnamese Elder Health Program

Phone: (314) 489-2280

Website: [sfcsstl.org](http://sfcsstl.org)

Geographic Service Area: City Wide;  
Based in 63116

*Social Wellbeing*

PEACE Weaving Wholeness

- Sankofa Art Culture and Wellness Village Naturally Occurring Retirement Community

Phone: (314) 669-9300

Geographic Service Area:  
63101, 63106, 63107, 63108,  
63113, 63115

Wesley House

- Intergenerational Program

Phone: (314) 918-2258

Website: [wesleyhousestl.org](http://wesleyhousestl.org)

Geographic Service Area: 63115

The Youth and Family Center

- Jazzy Seniors: Aging Adults Program

Phone: (314) 390-5642

Website: [theyfc.org](http://theyfc.org)

Geographic Service Area: 63101, 63102,  
63103, 63106, 63107, 63108, 63113

*For more information about the St. Louis City Senior Fund, contact our team:*

**Jamie Opsal**  
Executive Director  
[jopsal@stlseniorfund.org](mailto:jopsal@stlseniorfund.org)  
(314) 535-6964, Ext 12

**Stephanie Herbers**  
Program Manager  
[sherbers@stlseniorfund.org](mailto:sherbers@stlseniorfund.org)  
(314) 535-6964, Ext 24