

Senior Citizen Resources

Note: We will limit senior resources to those listed below.

Transportation and Medical Equipment Resources are available within the respective Resource Lists available at 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.

COVID-19: AARP Missouri has launched a COVID-19 resource page (<https://local.aarp.org/news/aarp-missouri-launches-covid19-state-resources-webpage-mo-2020-04-08.html>). Includes general information, help with food and meals, housing, employment, and wellness resources.

Aging Ahead

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

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

This website has the contact information for local senior centers as well as resources for area services for seniors.

COVID-19: An emergency supply bank is available with resources. Aging Ahead is also offering limited transportation services for doctor and pharmaceutical appointments and meal delivery. For any of these services please call 636-207-0847.

Seniors' Resource Guide

P.O. Box 456
St. Louis, MO 63088
636-225-2442
Fax 636-225-2662

<https://www.stlouistimes.com/SeniorsResourceGuide/SRG-HowtoGetaCopy.aspx>

Published by the St. Louis Times, this resource book is specifically for senior services in St. Louis City and the counties of St. Louis, Franklin, Jefferson and St. Charles.

St. Louis Area Agency on Aging

1520 Market St, Suite 4086
St. Louis, MO 63103
314-612-5918
Fax: 314-612-5915

<http://www.slaaa.org>

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.

COVID-19: SLAAA is still connecting people with resources and taking referrals for their meal delivery service.

The tax prep program is currently suspended.

Transportation services run through senior centers is currently operational on a limited basis.

STL Food Angels

Hours (approximate): 10am-1pm
816-494-1620

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

Food delivery service for COVID-19 positive patients, healthcare workers, individuals age 65 or older, and immunocompromised or have chronic conditions that increase the risk of being in public. Must be within a 10-mile radius of Washington University School of Medicine. Delivery options include order groceries via phone call or order a 3-4 day meal kit.

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.

COVID-19: Offering free online courses via Zoom. Call 314-862-4859 ext. 24.

United Way Information & Referral: Dial 2-1-1 or visit 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.