

Monroe \ Randolph County  
**Community Resource List**  
PROVIDED BY



*Empowering Persons with Disabilities  
to Live Independently*

*LINC, Inc.  
1514 S. Main Street  
Red Bud, IL 62278  
618-282-3700*

### FOOD SERVICES

**Western Egyptian** manages food services for both seniors and the general population. Their senior nutrition sites serve persons 60 years of age and above and their spouses (regardless of age). There are no income guidelines. They also provide **home delivered meals** when necessary to meet the needs of ill and homebound eligible individuals. Food Pantry services are available. [www.weeoc.org](http://www.weeoc.org)

#### **Western Egyptian Senior Nutrition Sites**

Columbia: 281-7414     Steeleville: 965-9415  
Chester: 826-5108     Waterloo: 939-8880  
Red Bud: 282-6333

#### **Western Egyptian Food Pantry Sites**

Chester: 826-3141     Sparta: 443-5231  
Du Quoin: 524-2029     Waterloo: 939-8715

**LINC, Incorporated**, provides programs and services in a variety of areas to help empower individuals to maximize their independence.

Programs include:

- *Peer Counseling*
- *Independent Living skills*
- *Equipment Loan Program*
- *Assistive Technology*
- *Community Reintegration*
- *Blind & Low Vision Services*
- *Youth & Family Advocacy*
- *Community Education*
- *Computer Literacy*
- *Advocacy*
- *Home Modification*
- *Information & Referral*
- *Personal Asst. Referrals*
- *Deaf and HOH Services*

*Empowering Persons with Disabilities  
to Live Independently*

**Monroe Randolph Center 282-3700 (V/TTY)**  
**LINC Belleville-Main Office 235-9988 (V/TTY)**  
**[www.lincinc.org](http://www.lincinc.org)**

### HOME MODIFICATION

**LINC, Inc** is the first organization you should contact to discuss any modifications or home repairs needed to improve or accommodate persons with different types of disabilities. Examples of modifications are entrance and exit ramps, grab bars, walk-in showers. Depending on income qualifications applicants can be provided modifications at little or no cost.

[www.lincinc.org](http://www.lincinc.org)

**1514 S. Main St., Suite 4**  
**Red Bud, IL 62278**  
**618-282-3700**

**U.S.D.A. Rural Development** offers loans and grants to eligible rural homeowners to improve or modernize their homes, to make them safer and more sanitary or to remove health and safety hazards.

[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

**502 Comfort Drive**  
**Marion, IL 62959**  
**618-993-5396**

## ENERGY ASSISTANCE

### **Warm Neighbors Program (Ameren):**

[www.ameren.com/warmneighbors](http://www.ameren.com/warmneighbors)

Monroe County (American Red Cross): 397-4600

Randolph Co. (Sparta Ministerial Alliance): 443-3134

**Waterloo Area Churches Help Network:** Monroe County residents. 618-939-4443.

### **LIHEAP (Low Income Home Energy Assistance Program from the State of Illinois Keep Warm Illinois Campaign)**

[www.liheapillinois.com](http://www.liheapillinois.com)

Waterloo (Western Egyptian): 939-8715

Steeleville (Western Egyptian): 965-9031

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## MEDICAL & ADAPTIVE EQUIPMENT

LINC, Inc. Equipment Loan Program offers used wheelchairs, shower benches, bedside commodes, walkers, canes and other items available for use. These items are loaned out FREE as needed.

[www.lincinc.org](http://www.lincinc.org)

1514 S. Main St, Suite 4

Red Bud, IL 62278

618-282-3700

### **SISA Home Medical Equipment**

[www.sisaco.com](http://www.sisaco.com)

(Southern Illinois Surgical Appliance Co)

555 S. Belt West

Belleville, IL 62220

1-800-508-6371

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**LINC, Incorporated**, a Center for Independent Living, was founded in 1989 to serve individuals with disabilities throughout St. Clair, Monroe and Randolph Counties. **LINC** is a consumer-driven, community based non-residential, not-for-profit corporation that provides programs and services to persons of all ages and with all types of disabilities in order to maximize their independence.

*Our Mission is to empower persons with disabilities to live independently and to promote accessibility and inclusion in all areas of community life.*

**LINC** achieves this by challenging consumers to be advocates for themselves and others with disabilities, by providing support services, and by independent living skills. All programs encourage independence within his or her home and community.

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## FOOD SERVICES

**Angel Food Ministries** is a non-profit, non-denominational organization that provides grocery relief throughout the United States. High quality food is obtained directly from manufacturers at a nominal cost. The ministry allows an individual to purchase \$60 worth of food for \$25. There are no qualifications or income guidelines; it is open to anyone.

First Baptist Church of Red Bud is the host site for Randolph / Monroe County.

First Baptist Church of Red Bud

1010 Locust Street

Red Bud, IL 62278

618-282-3562

[www.fbcredbud.com](http://www.fbcredbud.com)

[www.angelfoodministries.com](http://www.angelfoodministries.com)

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## MEDICAL & ADAPTIVE EQUIPMENT

**Pioneer Medical Monitoring Services** is a 24 hour/7 day personal monitoring service company providing medical alarm monitoring in order to secure a comfortable and safe living environment for seniors and persons medically at risk.

[www.pioneermed.com](http://www.pioneermed.com)

St. Elizabeth Hospital  
211 South Third Street  
618-234-2120 ext. 1413 or ext 1280  
Belleville, IL 62220

**Minds Eye Information Service** is a broadcast service for the blind and print impaired. They loan listeners, free of charge, a special radio that provides access to their service. Each week volunteers read local and national newspapers, magazines, etc. that help the blind and print impaired lead more enriched, productive and independent lives.

9541 Church Circle Drive  
Belleville, IL 62223  
618-394-6221

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## REHABILITATION

**Strader Vocational & Rehabilitation Consulting, Inc.** is a division of the Illinois Department of Human Services and works primarily with individuals who have had a severe brain injury from an accident, stroke, infection or other related cause.

[www.state.il.us/agency/dhs](http://www.state.il.us/agency/dhs)

106 West Main Street  
Collinsville, IL 62234  
618-346-6641

**Evaluation and Development Center** (SIU Carbondale) is a direct client service component of the Rehabilitation Institute of SIU Carbondale. Services include vocational services program, independent living program and adult education programs and driving evaluation for the disabled.

[www.siu.edu/~rehabedc/support/edc\\_index.html](http://www.siu.edu/~rehabedc/support/edc_index.html).

500-C Lewis Lane  
Southern Illinois University  
Carbondale, IL 62901  
618-453-2331

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## MENTAL HEALTH

**Violence Prevention Crisis Center**  
Hotline 800-924-0096

LINC Inc provides a variety of support groups, including one for women with mood disorders, the late deafened and individuals with low Vision. A brain injury support system, deaf support groups and others area support groups can be found at

[www.lincinc.org](http://www.lincinc.org)

1514 S. Main St, Suite 4  
Red Bud, IL 62278  
618-282-3700

**Catholic Social Services** serves persons of all faiths. They offer counseling, adoption, foster care, senior employment and emergency services (past due rent & utilities).

[www.cssil.org](http://www.cssil.org)

8601 West Main Street  
Belleville, IL 62223  
800-997-9702

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## TRANSPORTATION

**Monroe Randolph Transit District** provides public transportation to residents within Monroe and Randolph Counties. No income, age or disability guidelines apply to ridership.

617 South St. Louis Street  
Sparta, IL 62286  
1-877-443-9087  
Medicaid Approved

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## MENTAL HEALTH

**Human Service Center** and **Human Support Services** provide a wide range of professional mental health and developmental services. Care is provided by professional staff with expertise in psychiatry, counseling, crisis intervention, residential services, case management, developmental services and social work.

### **Human Service Center Locations**

[www.humanservicegroup.com](http://www.humanservicegroup.com)

10257 State Route 3  
Red Bud, IL 62278  
282-6233

115 East Stacey Street  
Chester, IL 62233  
618-826-4547

104 Northtown Drive  
Sparta, IL 62278  
618-443-3045

**Human Support Services**  
[www.hss1.org](http://www.hss1.org)  
988 North Illinois Route 3  
Waterloo, IL 62298  
939-4444

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## MEDICAL AND ADAPTIVE EQUIPMENT

### **Healthcare Equipment & Supply Co.**

[www.healthcarerxequip.com](http://www.healthcarerxequip.com)

1505 N. Market, Suite 9

Sparta, IL

443-4325

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## SENIOR SERVICES

Break the Silence, Report Elder Abuse 800-252-8966  
After hours Elder Abuse hotline-800-279-0400

**Illinois Department of Aging** provides information and assistance on topics from housing to transportation to home healthcare. Depending on age and income many services can be coordinated through Medicare and Medicaid.

[www.answeronaging.com](http://www.answeronaging.com)

[www.state.il.us/aging](http://www.state.il.us/aging)

2365 Country Road, Belleville, IL 62221-2571

800-252-8966

**Southern Illinois Visiting Nurse Association** provides services to improve the health and safety all members of the community. Some of the services they offer include skilled nursing, physical therapy, home health aids as well as homemaking services, transportation assistance, adult day services, housing options. [www.sivna.com](http://www.sivna.com)

Waterloo, IL

618-939-7711 or 800-466-3227

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