

Helpful Resources – Holton, KS

Alzheimer's Association

- Assistance for someone who has declining memory. Support groups for individuals diagnosed with memory loss and their caregivers
- ☎ 800-272-3900 24/7 Helpline www.alz.org

Area Agency on Aging

- Medicare Insurance Counseling, information and outreach for older adults, Caregiver Support Group, employment assistance, housing assistance, long-term care
- Hiawatha, KS ☎ 785-742-7152 <https://www.nekaaa.org>

Community Healthcare System

- Family Medicine, Emergency Services, Lab and Imaging, Rehab, Senior Living, Acute/Swing Bed, Specialty Clinics, and more!
- Onaga, KS ☎ 785-889-4272

Division of Children and Family Services

- Child Care Assistance, Child Welfare Program, Substance Abuse and Mental Health Treatment Program, Independent Living Services, Food Assistance, Temporary Cash Assistance, Medicaid programs
- Topeka, KS ☎ 785-296-5666 www.dcf.ks.gov

Domestic Violence

- 24/7 Nationwide Hotline that provides tools and support to survivors of domestic violence so they can live their lives free of abuse – highly trained, expert advocates offer free, confidential and compassionate support
- ☎ 1-800-799-SAFE or text 88788

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Food

- Holton Veteran’s Club ☎ 785-986-6653
 - 1st Tuesday 9-10 am
- Netawaka Community Center ☎ 785-986-6653
 - 3rd Monday 10:3-12:15 PM
- Meals on Wheels
 - Denison ☎ 785-935-2308
 - Holton ☎ 785-364-4921
 - Prairie Band of Potawatomi ☎ 785-966-0040
- Jackson County Health Department – WIC ☎ 785-364-2670

In-Home Care

- Hometown HealthCare Holton, KS ☎ 785-851-5111
- Journey Home Care Topeka, KS ☎ 785-408-1344
- Phoenix Topeka, KS ☎ 785-260-6444

Insurance Options

CHCS has certified health insurance counselors 785-889-5054

- Kancare www.kancare.ks.gov/home
 - Offers basic medical services for eligible members based on income/assets. Services are provided through managed care organizations – Aetna, Sunflower and United Healthcare
- Health Insurance Marketplace www.healthcare.gov
 - If you don’t have health insurance through a job, Medicare, Medicaid, or another source that provides qualifying health coverage, you can find coverage through the marketplace

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Insurance Options, cont.

- Medicare www.medicare.gov
 - Health insurance for people 65 or older. You may also be eligible for Medicare if you have a disability, End Stage Renal Disease or ALS

Kansas Legal Services

- Legal aid for individuals with low income – landlord and tenant rights and more. Complete the online application to get started.
- Seneca, KS ☎ 785-336-6016 www.kansaslegalservices.org

Mental Health

- See Outpatient Mental Health Resource List

Substance Use

- Alcoholic Anonymous – Area 25 – Kansas
 - <https://ks-aa.org>
- Al-Anon/Alateen – support for family members and friends
 - <https://al-anon.org>
- Cottonwood Springs Hospital Olathe, KS ☎ 913-353-3000
 - www.cottonwoodsprings.com
- Valley Hope Atchison, KS ☎ 913-367-1618
 - www.valleyhope.org

Helpful Resources – Holton, KS

Suicide Hotline

- Direct line to trained counselors to address immediate needs and help connect to ongoing care
- 📞 **Call or Text: 988**

Transportation

- Community Healthcare System – patient transportation to medical appointments 📞785-889-4272
- Jackson County Senior Citizens Services 📞785-364-3571
- Prairie Band Transportation 📞785-966-2995
 - <http://www.pbpindiantribe.com>

VA

- Colmery O’Neil Veterans Administration
- Topeka, KS 📞785-350-3111