

## Helpful Resources – St. Marys, 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](http://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
- Manhattan, KS ☎ 785-776-9294 <https://www.ncfhaaa.com>

### 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

### Community Care Ministries

- Food, clothing, rent assistance, medical and mental health services for people with no insurance
- Wamego, KS ☎ 785-456-7872 <https://ccmks.org>

### 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](http://www.dcf.ks.gov)

## Helpful Resources – St. Marys, KS

### 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

### Food

- Meals on Wheels – St. Marys Senior Center
  - 📞 785-321-1225
- Pottawatomie County Health Department – WIC
  - 📞 785-457-3719
- St. Marys Knights of Columbus - Harvesters
  - 4<sup>th</sup> Wednesday 10:30-11:30 am at Immaculate Conception Church
- TEFAP Commodities at Community Care Ministries. Must meet income guidelines.
  - 📞 785-456-7872

### In-Home Care

- |                          |               |                |
|--------------------------|---------------|----------------|
| ▪ Heartland At Home Care | Wamego, KS    | 📞 785-456-2273 |
| ▪ Interim Healthcare     | Manhattan, KS | 📞 785-320-7600 |
| ▪ Lifetime Care          | St. Marys, KS | 📞 785-320-0208 |
| ▪ Three Rivers           | Wamego, KS    | 📞 785-456-9915 |

## Helpful Resources – St. Marys, KS

### Insurance Options

CHCS has certified health insurance counselors 785-889-5054

- Kancare [www.kancare.ks.gov/home](http://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](http://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
- Medicare [www.medicare.gov](http://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.
- Manhattan, KS ☎ 785-537-2943 [www.kansaslegalservices.org](http://www.kansaslegalservices.org)

### Mental Health

- See Outpatient Mental Health Resource List

## Helpful Resources – St. Marys, KS

### 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](http://www.cottonwoodsprings.com)
- Valley Hope Atchison, KS ☎913-367-1618
  - [www.valleyhope.org](http://www.valleyhope.org)

### 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
- Pottawatomie County Transportation – general public transportation. Transportation is provided to Manhattan and Topeka on scheduled days. Schedule posted online  
☎877-728-0433      [www.pottcount.org/157/Public-Transportation](http://www.pottcount.org/157/Public-Transportation)

### VA

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