

# 2023- 2024

## Missouri Adult Day Services Association Member Directory



Adult Day Services -  
Always Essential  
Today and Tomorrow



2420 Hyde Park Rd, Ste A, Jefferson City, MO 65109  
Email: [info@moadsa.org](mailto:info@moadsa.org) Phone: 573-634-3566 Fax: 573-634-4374  
[www.moadsa.org](http://www.moadsa.org)

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***Mission Statement***

“It is our mission to support the needs of individuals with developmental disabilities and their families, through an individualized plan, in reaching optimal health, independence, advocacy, community involvement and quality of life.”

## **What is an Adult Day Care Center?**

Adult day services are a professional care setting in which older adults, adults living with dementia, or adults living with disabilities receive individualized therapeutic, social and health services for some part of the day. Adult day services centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Adult Day Centers (ADC) generally operate during normal business hours, five days a week. Some programs offer services in the evenings and on weekends. Although each facility may differ in terms of features, these general services are offered by most ADCs: social activities; transportation; meals and snacks; personal care and therapeutic activities.

**Adult day care centers can be public or private, non-profit or for-profit. The intent of an adult day center is primarily to:**

- Provide older adults an opportunity to get out of the house and receive both mental and social stimulation
- Serve nutritious meals and accommodate special diets, and typically include an afternoon snack
- Give caregivers a much-needed break to attend to their personal needs, or to simply rest and relax
- 

## **Who Uses Adult Day Services?**

- Adults, 18 and over:
  - ❖ who are physically, socially, and/or cognitively impaired or require personal care
  - ❖ with disabilities who cannot be left alone, but do not require 24-hour institutional care
- Individuals who can benefit from professional services and social and recreational activities

## **Services of Adult Day Centers**

Adult day centers provide a comprehensive range of services to meet the individual needs of participants and their families such as:

- Professional nursing services along with physical, occupational and speech therapy
- Individual treatment plans targeting the needs of each participant
- Social and recreational activities to provide physical and mental stimulation
- Meals
- Transportation door-to-door from home to the center
- Support groups for clients and caregivers
- Coordination with other service providers to gain information and referrals, and supportive counseling with trained social workers
- Ancillary services may include podiatry, hair care, bathing, etc.

## **Adult Day Programs**

- Promote the individual's maximum level of independence
- Maintain the individual's present level of functioning as long as possible, preventing or delaying further deterioration
- Restore and rehabilitate the individual to his/her highest possible level of functioning
- Provide support, respite and education for families and other caregivers
- Promote socialization and peer interaction
- Serve as an integral part of the community service network and the long-term care continuum

# Choosing an Adult Day Center

## Key Considerations:

1. Determine needs – what specific services are important to the person using the center: safe, secure environment; social activities; assistance with daily living skills; therapies; health monitoring; nutritious meals; exercise and/or specialized care such as dementia care?
2. Locate an adult day center – Search centers at NADSA's database ([www.nadsa.org](http://www.nadsa.org)); call your local Area Agency on Aging at 1-800-677-1116; ask at a local senior center or organizations serving persons with developmental disabilities and contact the Missouri Adult Day Services Association at [www.moadsa.org](http://www.moadsa.org) or 573-634-3566.
3. Make an appointment to visit the centers to see which might best meet your family member's needs.
4. Do not be afraid to ask questions. Go to [www.nadsa.org](http://www.nadsa.org) and print out NADSA's site visit checklist beforehand.
5. Check references. Talk to two or three people who have used the center you are considering. Ask for their opinion.
6. Try it out. Select a center and give it a try for a few days. Keep in mind that it often takes several visits for a new participant to feel comfortable. Inform staff of any special needs or concerns your family member has.
7. Take care of yourself. Relax knowing your loved one is being well cared for. Always feel free to check in with the center and ask questions.

Visit <http://www.nadsa.org/wp-content/uploads/2015/08/Site-Visit-Checklist-for-the-web.pdf> for more helpful hints.



Please contact the Department of Health and Senior Services if you have questions or desire additional information regarding licensure of Adult Day Services providers.

<http://health.mo.gov/seniors/nursinghomes/faqs.php#adc>

# MoADSA Members by City

All MoADSA Members are licensed by the Department of Health & Senior Services. Some hold dual licenses with the Department of Mental Health.

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**Please note:** The information in this directory was provided to the Missouri Adult Day Services Association by each member. MoADSA assumes no responsibility for the validity of data or for errors or omissions in information.

Adult day services are peace  
of mind and provide a  
coordinated program of  
professional and  
compassionate services for  
adults in a community-based  
group setting.

# Amazing Times Adult Day Care

**Endorsed by MoADSA**

10012 June Drive  
St. Ann, MO 63074  
Phone: (314) 310-5158  
Fax: (314) 588-8065

## Contact Person:

Henrietta Gladney, Director  
Email: [amazingtimeshs@gmail.com](mailto:amazingtimeshs@gmail.com)

**Center Opened** in 2020

## Days of Service:

Monday through Friday  
Hours: 9:00 a.m. to 4:00 p.m.  
Approved Licensed Capacity: 17  
Counties Served: St. Louis City, St. Louis County and St. Charles

## License/Certification:

Licensed Adult Day Care Provider by Department of Health & Senior Services

### Core Services

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

### Health Care Services

Health Screening  
Health Care  
Showers/Personal Care  
Hair Dressing  
Massage

### Social Services

Information & Referral  
Support Group (clients)  
Support Group (caregivers)

### Therapies

Pet Therapy  
Music Therapy

### Special Services

In-home Services

## Payment Methods Available:

Medicaid, Self-Pay, Grants, Area Agency on Aging, and Veterans Administration

# Attentive Adult Day Center

**Endorsed by MoADSA**

822 W. Terra Lane  
O'Fallon, MO 63366  
Phone: (636) 515-7740  
Fax: (636) 590-4318  
Website: [www.attentiveadulthoodcenter.com](http://www.attentiveadulthoodcenter.com)

## Contact Person:

Dr. Veda Lewis-Simmons, Director

Email: [simmons@attentiveadulthoodcenter.com](mailto:simmons@attentiveadulthoodcenter.com)

**Center Opened** in 2018

## Days of Service:

Monday through Thursday & Friday

Hours: 7:00 a.m. to 6:00 p.m. (M-Th) & 7:00 a.m. to 5:00 p.m. (Fri)

Approved Licensed Capacity: 30

Counties Served: St. Charles, Lincoln, and Warren

## License/Certification:

Licensed Adult Day Care Provider by Department of Health & Senior Services, and Department of Veterans Affairs, Optum

### Core Services

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

### Social Services

Counseling  
Information & Referral

### Health Care Services

Health Care  
Personal Care  
Hair Dressing  
Podiatry

### Therapies

Recreational  
Physical Therapy  
Occupational Therapy  
Speech Therapy  
Pet Therapy  
Music Therapy

## Payment Methods Available:

Medicaid, Self-Pay, Private Insurance, Sliding Scale Fee, and Veterans Administration

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# Choices for People Center

**Endorsed by MoADSA**

1815 Forum Drive  
Rolla, MO 65401  
Phone: (573) 364-7444  
Fax: (573) 364-5370  
Website: [choicesforpeople.org](http://choicesforpeople.org)



*Connecting People Through Choices*

## **Contact Person:**

Missy Perez, Director  
Email: [mperez@choicesforpeople.org](mailto:mperez@choicesforpeople.org)

**Center Opened:** 1957

## **Days of Service:**

Monday through Friday  
Hours: 8:00 a.m. to 4:00 p.m.  
Approved Licensed Capacity: 70  
Counties Served: Phelps, Pulaski, Dent, Crawford Texas, and Maries

## **License/Certification:**

Licensed Adult Day Care Provider by Department of Health  
& Senior Services, and Licensed by Department of Mental  
Health

## **Core Services**

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

## **Payment Methods Available:**

Medicaid, Self-Pay and Veterans Administration

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*No one cares until someone cares; be that one! -  
Ken Poirot*

# Family United Adult Day Center

**Endorsed by MoADSA**

7390 St. Charles Rock Rd.  
St. Louis, MO 63133  
Phone: (314) 716-3100  
Fax: (314) 942-9998  
Website: [www.familyunitedhhc.com](http://www.familyunitedhhc.com)



## Contact Person:

Kayundra Foster, Director  
Email: [familyunitedadc@yahoo.com](mailto:familyunitedadc@yahoo.com)

**Center Opened:** 2014

## Days of Service:

Monday through Friday  
Hours: 8:00 a.m. to 4:00 p.m.  
Approved Licensed Capacity: 30  
Counties Served: St. Louis City and St. Louis County

## License/Certification:

Licensed Adult Day Care Provider by Department of Health & Senior Services

### Core Services

Meals  
Transportation  
Socialization  
Exercise

### Social Services

Social Work

### Health Care Services

Health Care

### Therapies

Pet Therapy  
Music Therapy

## Payment Methods Available:

Medicaid and Self-Pay

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Thank a Caregiver Today!

# Living Better Adult Day Care

**Endorsed by MoADSA**

2060 Dorsett Village  
Maryland Heights, MO 63043  
Phone: (314) 542-6050  
Fax: (314) 5442-6026  
Website: [www.livingbetteradulthooddaycare.com](http://www.livingbetteradulthooddaycare.com)

## Contact Person:

Curtis Windham

Email: [cwindham@livingbetteradulthooddaycare.com](mailto:cwindham@livingbetteradulthooddaycare.com)

**Center Opened:** 2011

## Days of Service:

Monday through Friday

Hours: 7:00 a.m. to 6:00 p.m.

Approved Licensed Capacity: 37

Counties Served: St Louis County, St. Louis City, and St. Charles

## License/Certification:

Licensed Adult Day Care Provider by Department of Health  
& Senior Services, and Licensed by Department of Mental  
Health

### Core Services

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

### Social Services

Information & Referral

### Therapies

Physical Therapy  
Occupational Therapy  
Music Therapy

## Payment Methods Available:

Medicaid, Self-Pay and Private Insurance

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# Open Doors Adult Daycare Services, Inc.

**Endorsed by MoADSA**

13013 Fuller Avenue, Suite C  
Grandview, MO 64030  
Phone: (816) 214-8065  
Fax: (816) 214-8065

## Contact Person:

Lilian Ukpabi

Email: [opendoorsadulthooddaycare@yahoo.com](mailto:opendoorsadulthooddaycare@yahoo.com)

**Center Opened 2013**

## Days of Service:

Monday through Saturday

Hours: 7:00 a.m. to 7:00 p.m.

Approved Licensed Capacity: 30

Counties Served: Cass, Jackson and Johnson

## License/Certification:

Licensed Adult Day Care Provider by Department of Health & Senior Services

### Core Services

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

### Social Services

Information & Referral

### Health Care Services

Health Screening  
Health Care

### Therapies

Recreational  
Music Therapy

## Payment Methods Available:

Medicaid and Self-Pay

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"A smile 😊 is the light in your window that tells others that there is a caring, sharing person inside." Denis Waitley, author

# St. Elizabeth Adult Daycare Center

**Endorsed by MoADSA**

3683 Cook Ave.  
St. Louis, MO 63113  
Phone: (314) 772-5107  
Fax: (314) 772-3674  
Website: <http://www.seadcc.org>



## Contact Person:

Regina Marsh  
Email: [marsh@seadcc.org](mailto:marsh@seadcc.org)

**Center Opened:** 1981

## Days of Service:

Monday through Friday  
Hours: 6:00 a.m. to 6:00 p.m.  
Approved Licensed Capacity: 56  
Counties Served: St. Louis City, St. Louis County, Jefferson, St. Charles, and Ste. Genevieve

## License/Certification:

Licensed Adult Day Care Provider by Department of Health & Senior Services, and Licensed by Department of Mental Health

### Core Services

Meals  
Transportation  
Nursing  
Socialization  
Exercise  
Field Trips

### Health Care Services

Showers/Personal Care

### Social Services

Information & Referral

### Therapies

Recreational  
Pet Therapy  
Music Therapy

**Payment Methods Available:** Medicaid, Self-Pay, Grants, Area Agency on Aging, Veterans Administration, and Alzheimer's Association

# The Center for Head Injury Services

**Endorsed by MoADSA**

11828 Lackland Road  
St. Louis, MO 63146  
Phone: (314) 983-9230  
Fax: (314) 983-9231  
Website: [www.headinjuryctr-stl.org](http://www.headinjuryctr-stl.org)

**Contact Person:**  
Daniel Greenspan  
Email: [dgreenspan@headinjuryctr-stl.org](mailto:dgreenspan@headinjuryctr-stl.org)

**Center Opened:** 1986

**Days of Service:**  
Monday through Friday  
Hours: 9:00 a.m. to 3:00 p.m.  
Approved Licensed Capacity: 30  
Counties Served: St. Louis and St. Charles

**License/Certification:**  
Licensed Adult Day Care Provider by Department of Health  
& Senior Services, and Licensed by Department of Mental  
Health

<b>Core Services</b>
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Meals  
Nursing  
Socialization  
Exercise  
Field Trips

<b>Therapies</b>
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Recreational  
Physical Therapy  
Occupational Therapy

**Payment Methods Available:**  
Medicaid and Self-Pay



## Associate Members

The following businesses/individuals are not providers but have an interest or a connection to adult day services. We are grateful for their support of our organization.

### Master's Transportation

**Endorsed by MoADSA**

800 Quiktrip Way  
Belton, MO 64012  
Phone: (800) 783-3613  
Website: [www.masterstransportation.com](http://www.masterstransportation.com)



**Contact Person:**

Faith Robinson

Email: [frobinson@masterstransportation.com](mailto:frobinson@masterstransportation.com)

**Center Opened:** 1993

**Days of Service:**

Monday through Friday

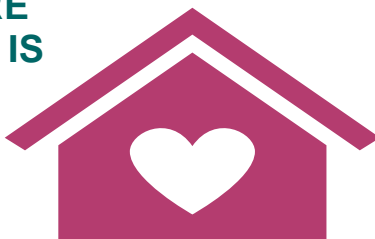
Hours: 8:00 a.m. to 5:00 p.m.

Counties Served: All

<b>Core Services</b>
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Transportation
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**HOME IS WHERE  
THE HEART IS**



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## Helpful Resources

AARP – <http://www.aarp.org>

Alzheimer's Association – <http://www.alz.org>

Centers for Medicare and Medicaid – <http://cms.gov>

MO Department of Health and Senior Services –

<http://www.health.mo.gov>

MO Department of Social Services – <http://www.dss.mo.gov>

MO HealthNet (formerly Medicaid) – <http://www.dss.mo.gov/mhd>

National Adult Day Services Association – <http://www.nadsa.org>

National Council on Aging – <http://www.ncoa.org>

Administration for Community Living – <http://www.aoa.gov>

Missouri Adult Day Services Association – <http://www.moadsa.org>

### **The Missouri Adult Day Services Association**

is a proud  
member of



**[www.nadsa.org](http://www.nadsa.org)**



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

**Thank you for your  
participant referrals!**

