

IN HOME SERVICES:

- Consumer Directed Services (CDS)
- Personal Care
- Homemaker
- Chores
- Respite
- Nurse Visits
- Advance PC

TRANSPORTATION SERVICES:

- COVID Vaccines & Booster Shots
- Dialysis
- Office Visits
- Medicine Pickup
- Special Events

ADULT DAYCARE:

- Meals (*Breakfast, Lunch & Snack*)
- Arts & Crafts
- Warm Water Aerobics
- Bingo

PLUS . . .

- COVID Vaccine Assistance
- Tai Chi & Yoga
- Computer Classes
- Games, Cards, Wii
- Field Trips

A portion of our funding is through contracts with St. Louis Area Agency on Aging and those services are provided at no cost. Most services are provided to qualified individuals regardless of their ability to pay but donations are welcome.

Proudly serving the elderly and disabled in the community since 1976 – in their homes.



Southside Wellness Center
3017 Park Ave.
St. Louis, MO 63104



SOUTHSIDE WELLNESS CENTER

Office: 314-664-5024

Fax: 314-664-5206

www.southsidewellness.org

**COVID Vaccine
Assistance Available**

PLACE
STAMP
HERE



WE TAKE PRIDE IN SERVICE

Southside Wellness Center is one of the nation's most progressive centers devoted to the well-being of Senior Citizens. Located in the heart of the City of St. Louis, we offer a comprehensive shopping list of services and activities for the elderly and disabled.

The staff goes far and beyond merely taking care of the clients. We go the extra mile to provide a customized service. We started our business taking care of our neighbors in the community with chronic illnesses and long-term disabilities who wanted to continue living in their homes rather than becoming institutionalized. We are pleased to provide services that are sensitive and responsive to our clients' needs.

**MEDICAID & PRIVATE PAY
ACCEPTED**

SERVICES OFFERED

Southside Wellness Center has been serving the community for more than 45 years. We are proud of an established record of providing reliable, high quality services in the following areas:

IN-HOME SERVICES DEPARTMENT

We provide trustworthy workers to come into your home and provide the level of services to help our clients maintain an Independent Lifestyle and prevent nursing home placement. A Registered Nurse is on staff to monitor your health between doctor visits.

Consumer Directed Services (CDS)
CDS is a Medicaid-based program for elderly and persons with a disability so they have the freedom to select a family member for their care-giving service (excluding their spouse).

VETERAN CARE SERVICES

We offer Veteran Home Care service.

TRANSPORTATION DEPARTMENT

In addition to elderly transportation, our drivers strive to go the extra mile to provide door-to-door services to and from sheltered workshops, day programs and social club activities for developmentally disabled adults.

ADULT DAYCARE SERVICES

Social activities take place in the Center from friendly card games, arts & crafts, exercise, singing, dancing, meals (includes breakfast, lunch and a snack), blood pressure checks, guest speakers and much more. We go on field trips to local museums, movie theaters and area attractions.

CORE STAFF

Ollie M. Stewart
Executive Director

Mary Parram
Assistant Director

Ronald L. Gregory, Ph D
Board Chairman

Pamela Talley, RN, MSN

Debra Bradley
Intake Clerk III

Regina Sanguinette, BS, MRE
Administrative Assistant

*Contact us today to discuss how we
can help you LIVE in your home!*

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