

## Helpful Resources – Centralia/Corning, 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
- 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

### County Health Department

- Nemaha County Health Department - 203 N 8<sup>th</sup> St. Seneca, KS
- Seneca, KS ☎ 785-334-0150
- <https://www.nmcoks.us/health-dept>

### 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
- Hiawatha, KS ☎ 785-742-7186 [www.dcf.ks.gov](http://www.dcf.ks.gov)

## Helpful Resources – Centralia/Corning, 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

- Centralia Community Church (East) – Food Pantry
  - 4<sup>th</sup> Wednesday each month 4:30-5:30 PM
- Mobile Food Drive - Harvesters
  - Centralia 5<sup>th</sup> and Railroad Street - 2<sup>nd</sup> Friday 10:30-11:30 AM
  - Sabetha 316 Lincoln St. – 2<sup>nd</sup> Wednesday 10:00-11:00 AM
- Meals on Wheels ☎ 785-336-2714
- Nemaha Food Pantry – Nemaha County Community Center - Seneca
  - 2<sup>nd</sup> Wednesday 12-1 PM
- Nemaha County Health Department – WIC ☎ 785-284-2152
- Wetmore Bible Church ☎ 785-866-2800
  - 4<sup>th</sup> Monday 1:00– 6:30 PM

### In-Home Care

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### Insurance Options

- CHCS has 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

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### Insurance Options, cont.

- 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.
- Seneca, KS ☎ 785-336-6016 [www.kansaslegalservices.org](http://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](http://www.cottonwoodsprings.com)
- Valley Hope Atchison, KS ☎ 913-367-1618
  - [www.valleyhope.org](http://www.valleyhope.org)

## Helpful Resources – Centralia/Corning, 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
- Nemaha County Transportation – general public transportation  
📞 785-336-8011

### VA

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