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

County Health Department

- Northeast Kansas Multi. County Health Department – 312 Pennsylvania Ave., Holton, KS
- Holton, KS ☎ 785-364-2670
- https://www.jacksoncountyks.com/218/Health-Department

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

Helpful Resources – Holton, 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

- Jackson County Health Department – WIC   ☎785-364-2670
- JCMA – Food Pantry – 310 West 5th St., Holton, KS
  - ☎785-362-7021
  - Every Thursday from 3:00-5:00 PM
- Meals on Wheels
  - Denison   ☎785-935-2308
  - Holton   ☎785-364-4921
  - Prairie Band of Potawatomi   ☎785-966-0040
- Mobile Food Drive – Harvesters
  - Veterans' Club of Jackson Co. Holton - First and Pennsylvania Countryside Park - Holton KS
    - ☎ 785-851-4106
    - 1st Tuesday 9:00-10:00 AM
  - Boys and Girls Club Prairie Band - 16281 Q. Rd - Mayetta, KS
    - ☎ 785-966-3031
    - 1st Friday each month 1;00-2:00 PM
  - Veterans' Club of Jackson Co. Netawaka – 418 Kansas – Netawaka, KS
    - ☎785-851-4106
    - 3rd Monday each month 9:30-10:30 AM

Helpful Resources – Holton, KS

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 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
- 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

Helpful Resources – Holton, 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
- Valley Hope   Atchison, KS   ☎913-367-1618
  - 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
- 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