ANNUAL HEALTHY COMMUNITY DAY
RESOURCE GUIDE
HEALTHY BODY & HEALTHY MIND

Healthy
Community
Days
A STROKE OF MAGIC
215 West Reed Street

www.astrokeofmagic.com  Facebook.com/AStrokeOfMagic

Never painted before? Never wanted to paint before? Think of us at the organizers of fun! We provide the canvas, paint, apron and music. This allows you to shake off the stress of your day and just focus on relaxing. We also tend to spoil you a little while you’re here, and you never know when someone will break out in a dance performance! When the class is over, you get to take home your own unique creation.

We offer open class two evenings a week and on Saturday afternoon. Additionally, the entire week is available for scheduling your perfect event (if you book your private event, we just mark our calendar as closed to the public on that day)! Even Sunday! Ask us about our group pricing for ten or more.

Our building has been lovingly renovated by Jerry and Renee Swartz; taken back to it’s former glory with tin ceilings, belted fans and school house lights. You will find our atmosphere to be perfect for any event, and you can schedule a party painting class, or simply utilize this beautiful space for your own needs for a small rental fee ($25/hour with a 2-hour minimum).

Paula Heath Owner, A Stroke of Magic
660-372-5000

AETNA BETTER HEALTH OF MO

Aetna Better Health of MO is one of the Manage Care Programs here in Missouri. We were formerly known as HealthCare USA and had a name change July of last year. We’re currently in 54 counties and primarily serve expectant mothers as well as children. We have great incentive programs for our members that get their children in to the doctors and OBGYN. We put our members first in all that we do which has made Aetna a successful company for over 20+ years. An individual may qualify for our services if they have a MO Health Net card.
Member services 1-800-566-6444

AROMA SPA

Wellness Aroma Spa Center and Wise Women Botanicals
Spa, Beauty and Personal Care 500 W. Highway 24 Moberly, Mo 65270
660-263-1033
**BIRTHRIGHT**

What is Birthright? Birthright is a non-profit, non-political interdenominational emergency pregnancy service offering alternatives to abortion. Birthright volunteers are dedicated to helping any woman distressed with her pregnancy. All services are free and confidential. Louise Summerhill, mother of seven children herself, founded Birthright in Toronto, Canada in 1968. The Birthright services have been available to pregnant women in the United States since 1969. Through Birthright, the pregnant woman in crisis finds help as near as her telephone. Positive help is provided as long as it is needed. Judy Orscheln is the co-founder here in Moberly, and has been for the last 30 years. If you desire to volunteer your time and talent to assist these lifesaving efforts, contact us at Crisis Line 1-800-550-4900 or local 660-263-7560 423 E. Logan Street. Director of Birthright- Carol Williams

**BOONE HOSPITAL CENTER**

Boone Hospital Center and Boone Medical Group Convenient Care- Moberly will be promoting active lifestyle and healthy eating. Kathy Kinnaman, FNP-BC from the convenient care clinic will be available to calculate people's basal metabolic rate (BMR). The metabolic rate is the amount of calories your body burns at rest for basic functioning. We will have healthy eating and exercise brochures. We will also be promoting Kids On Track coming to Moberly this spring. I will have information on how to register and event details.

Jadria Metcalf
Business Development Consultant
Boone Hospital Center
573-815-3895

**BURRELL BEHAVIORAL HEALTH**

Burrell Behavioral Health provides a wide range of outpatient mental health services for adults and children. Community support services for adults are designed to help those with a long-term mental illness maintain emotional and mental stability and develop a more satisfying and productive life. Services are designed to promote recovery and help an individual with a serious and persistent mental illness maintain their independence. Community support services for youth are designed to address mental illness or emotional disturbance through work with the child, parent/guardian, school, and other individuals involved with the child. Individual therapy is also available for adults and children. All services begin with a screening process to determine the most appropriate services to meet the individual’s needs. Please contact Burrell Behavioral Health at 660-263-7651 for more information.
CASA

What is CASA? CASA (Court Appointed Special Advocates) is made up of trained volunteers, appointed by judges to advocate and fight for basic rights and essential needs of children who are taken into care due to child abuse and neglect. CASA makes certain that these children don't get overlooked or ignored by the system. CASA is a trained Volunteer-powered network of committed people from all walks of life, who believe society has a fundamental obligation to these children. Too many children in the child welfare system lose their families, their rights and their hope. Join our fight to make sure they don't! CASA is made of people just like you who believe that every child has the right to be treated with dignity, to be safe, and to thrive in the embrace of a loving family. With a CASA Volunteer, a child is half as likely to languish in the foster care and child welfare system, and that much more likely to find a safe, permanent home. Children in care can have better endings to their life stories because of people like you!

Why should I become a CASA? 
CASA programs provide an opportunity for individual community members to demonstrate that they truly believe that the children are their community’s most precious resource. CASA volunteers understand the work may be challenging, but it is a unique community experience~the opportunity to work for abused and neglected children in a meaningful way and the opportunity for personal growth and development through challenging work.

Call Jennifer Wilson, CASA Director: 660-277-0278/660-263-2970 14th Judicial Circuit CASA Program - Serving Randolph and Howard Counties 223 N. Williams St Moberly, MO 65270 / jennifer.wilson@courts.mo.gov

CLAIM

Claim is Missouri’s State Health Insurance Assistance Program (SHIP). Our well-trained counselors act in good faith. Information provided is meant to help people with Medicare-related questions and problems. It is not intended to be taken as legal advice, particularly for the following issues:

- Enrollment, billing and other general information
- Medicare Prescription Drug Plans (Part D)
- Medigap and supplemental insurance options
- Long-term care planning and insurance comparisons
- Medicare Advantage plans
- Public benefits
- Appeals and grievances
• Suspected waste, fraud and abuse

CLAIM’s goal is to help you make informed choices, exercise your rights, and be proactive in health care decisions.
Contact the CLAIM office at 573-817-8300 for more information.

We have an office in Moberly at 101 W Coates Street open on Thursday (10-3).

Columbia Vet Center

“Dedicated to serving those who have served.”

Vet Centers serve veterans and their families by providing a continuum of quality care that adds value for veterans, families, and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and provides a key access link between the veteran and other services in the U.S. Department of Veterans Affairs.

Please contact the Columbia Vet Center for Eligibility and Appointments at 573-814-6206
4040 Rangeline Street Columbia, Missouri 65202

Mobile Vet Center

The Mobile Vet Centers (MVCs) of the Department of Veterans Affairs provide readjustment counseling and information resources to Veterans across the country. Like
community-based Vet Centers, Mobile Vet Centers focus on services that help Veterans make the difficult transition between military and civilian life.

**DEPOT PARK MARKET**

Our Market will feature: Locally grown produce, free range & organic meats, farm fresh eggs, baked goods, and herbs and honey. Besides the food and goods that will be available, this will be a great family activity, the whole family can partake in. We will also feature local Entertainment and Family Activities, as well as, product demonstrations.

If you are interested in featuring your homegrown/homemade items, contact the Main Street Moberly office at 212 N. Fourth St.

Market Contact Information
Diane Richardson, Executive Director of Main Street Moberly
660 263-5251

**DOUGLASS COMMUNITY SERVICES**

**Head Start/Early Head Start** has several different program options available in Randolph County for low income families. We serve prenatal women and children birth to age 5. We offer a home base program for prenatal women and children birth to age 5. We also have a center base option as well for children 3-5 years of ages.

Head Start…………………………………………………………… 660-263-7421
Randolph County Home Base Head Start/Early Head Start 660-263-0888

**RSVP** enriches the lives of senior adults through significant community volunteer service and personal development. RSVP encourages seniors to volunteer their talents, experiences, skills, and hobbies to community not-for-profit agencies for the betterment of those agencies and the community as a whole.

Stacey Nicholas, RSVP Director
Douglass Community Services 711 Grand Ave Hannibal, Mo 63401 573-221-3892 ext. 247

**Gamm, Inc.**

Gamm, Incorporated provides services to youth who are 16 to 24 years of age. These services are tailored for youth who are both in-school and out-of-school. Eligibility guidelines apply and barriers to employment may be required for program participation.
Workforce Innovation and Opportunities Act provides services to eligible participants.

- Tutoring and Study Skills
- Alternative School offerings
- Paid and Unpaid Work Experience
- Occupational Skills Training
- Workforce Preparation Activities
- Leadership Development Activities
- Adult Mentoring
- Comprehensive Guidance and Counseling
- Financial Literacy Education
- Entrepreneurial skills training
- On-The-Job Training
- Transportation Assistance
- Transition Services to Post-Secondary Education
- Child Care Assistance

Gamm also provide services for Low Income Adults and Dislocated Worker and provide Priority of Services for Veterans.

Barbara Peavler  
Youth Counselor  
Gamm, Inc.  
1404 S Missouri, Suite 221  
Macon, MO 63552  
Phone: 660 385-6570  
Fax: 660 385-6576  
Cell: 660 342-7389  
www.gamminc.org

JOB POINT

Job Point is Missouri’s premier employment center and community development corporation, fully accredited by the Rehabilitation Accreditation Commission (CARF). Since 1965, we have been linking people and jobs by providing education, training and employment assistance. We specialize in preparing individuals to enter the workforce, while meeting a critical need of the business community. Customer satisfaction at 97% is our number one priority, with personal attention as our specialty. For the fiscal year ending September 2016, we served 418 people, with job seekers entering employment at an average hourly wage of $10.27. Eighty-seven percent of adults maintained employment for at least 90 days.

Becky Curry Roe ~ Employment Services Coordinator  
101 W. Coates St. (2nd Floor)  
Moberly, MO
DR. MICHAEL BERRY

At the office of Dr. Michael Berry, we have been providing the highest quality of family & cosmetic dentistry and orthodontic care to our patients in and around the Moberly, Missouri area for over 25 years! We provide gentle, compassionate dentistry in a clean and modern office where your comfort is our top priority. Patients of all ages enjoy seeing Dr. Berry because he strikes a balance between using innovative technology and personalized care. You see, he's as interested in treating his patients as he is their smiles. We like to think of it as "Bringing Old Fashioned Values to High Tech Dentistry".
Come visit us at Moberly Family Dentistry the office of Michael W. Berry DDS
110 E. Rollins Moberly MO 65270 660-263-1133 www.moberlyfamilydentistry.com

HOME CARE OF MID MISSOURI

HomeCare of Mid Missouri is a private, not-for-profit agency that is passionately committed to providing the best individualized health care services for their clients; support their families and improving the health of the community.

HomeCare of Mid-Missouri offers Hospice care with Physician services, Nursing care with scheduled visits and 24-hour on call care, Medical equipment related to the illness, Medications related to the illness including those needed for pain and symptom management, In-patient respite care and Social work, chaplain, volunteer and bereavement support.

HomeCare of Mid-Missouri also offers Home Health services by providing assistance with nursing care, medication supervision, post-surgical wound care, post-surgical follow up care, Medical Social Worker, physical, occupational, and speech therapy and Medical Alert Systems.

HomeCare of Mid-Missouri also offers in Home services that provide personal care such as bathing and other personal hygiene needs, housekeeping and laundry, meal preparation, shopping and caregiver respite.

HomeCare can meet these needs and provide a sense of comfort and security for you and your family. Please contact HomeCare of Mid-Missouri for more information at 1-800-246-6400. Located at 102 W. Reed St. Moberly, MO 65270

ICAN

ICAN MO Foundation is a non for profit agency that provides administrative oversight of both Randolph County Developmental Disability Services (Randolph SB40) and Randolph County Sheltered Industries/ICAN Employment Center. Randolph County Developmental Disability Services contracts with the Department of Mental Health’s Division of Developmental
Disabilities to provide case management and direct support services to individuals with developmental disabilities. To qualify for case management or direct services, a person must have a developmental disability (intellectual disability, Autism, cerebral Palsy, etc.) and demonstrate functional limitations in 2 or more life areas. Eligibility for services is determined by the Department of Mental Health. Randolph County Sheltered Industries/ICAN Employment Center provides dignified employment for persons with disabilities, and supports individuals to develop job skills to transition into community employment. The Employment Center supports their employees to set personal employment goals and reach their maximum potential in the area of employment.

Contact Information:

Jorgi McNamara, Executive Director
Julie Dougherty, Director of Case Management
Brittany S. Price, Director of Community Services

105 North Ave., Ste. A
Moberly, MO 65270
(660)269-8875 x117
CELL: (660)651-1671

MEADOW RIDGE ESTATES

521 Meadow Ridge Lane Moberly MO. 65270   660-263-0550

Onea McClendon, Administrator

Meadow Ridge Estates offers the best value in Independent Living and Assisted Living apartments. Independent living offers housekeeping, maintenance and other services so you don’t have the hassles of home ownership. Our Assisted living offers 24 hour nursing staff, medication management, assistance with activities of daily living, three restaurant-style meals and snacks, transportation and so much more.

MERS GOODWILL
MWA Missouri Work Assistance Program

In July of 2003 MERS/Goodwill was selected to provide employment and training services for individuals receiving TANF (Temporary Assistance for Needy Families). In October 2010, MERS/Goodwill was also awarded a total of 54 counties in Missouri to continue serving TANF Recipients.

Our MERS/Goodwill staff utilizes a combination of strong case management techniques, a comprehensive array of internal agency programs and an established network of community resources.

MERS Goodwill and FSD will strive to:

- Empower people to achieve personal fulfillment and economic self-sufficiency
- Enable TANF recipients to make responsible, well-informed career/employment choices
- Ensure TANF recipients are participating in approved work activities
- Provide client-centered case management and support services to enable TANF recipients to overcome barriers to self-sufficiency.

Hannibal Career Center 203 N. 6th St. Hannibal, Mo 63401 Phone: 573-248-2520
101 West Coates Suite 201 Moberly St. Moberly, Mo 65270 Phone: 660-263-0514
Kirksville 2301 S. Franklin Suite#5 Kirksville, Mo Phone: 660-627-2857

1-800-322-6027 and www.missouricare.com Alisha G. Burger Community Relations Specialist - Central Region
2404 Forum Blvd
Columbia, MO 65203
Phone: 573-441-2113 AlishaG.Burger@wellcare.com

MOBERLY REGIONAL MEDICAL CENTER
MRMC is a 101-bed full-service accredited hospital offering citizens of Moberly and surrounding areas quality healthcare in a rural environment, close to home. Moberly Regional Medical Center employs over 300 medical professionals and has an active medical staff of over 40 physicians offering specialty and sub-specialty care. MRMC offers care for the whole family through Moberly Medical Clinics. The hospital offers services in Cardiology, Ear, Nose and Throat, Plastic Surgery, Emergency Medicine, Gastroenterology, General Surgery, Neurology, OB/GYN/Urogynecology, Ophthalmology, Orthopedic Surgery, Pain Management, Podiatry, Senior Mental Health, Radiology, Lab Services, and Urology. MRMC has been recognized by the Joint Commission as a Top Performer in Key Quality Measures including heart attack, pneumonia, surgical care and immunizations for the past 4 years.

North East Community Action Corporation (N.E.C.A.C.) is a 12-county not-for-profit social service, community health and public housing Community Action Agency that serves the needs of low-income, elderly, youth, disabled and disadvantaged through contractual partnership agreements and grants with federal, state and local governments agencies, private businesses and other non-profit groups.

Olive Tree Counseling specializes in helping adults, couples and families find peace with life’s conflicts through faith-based principles.

Address: 222 N. Williams, Moberly MO 65270

Office: 660.372.1663

Website: olivetreecounseling.net

Johnathan Morgans, MA, LPC, CRAADC
O’LOUGHLIN DENTAL

1710 Gratz Brown  Moberly, MO  660-263-2002

O’Loughlin Dental provides comprehensive oral healthcare for families and people of all ages because a healthy, beautiful smile is such an important component to living a fulfilling life. Specific services offered are: orthodontics, implants, and dentures, general & cosmetic dentistry.

PARENTS AS TEACHERS

Our Mission: To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life.

Our Vision: All children will learn, grow and develop to realize their full potential

Program Services:
Home Visits- Personalized home visits by certified parent educator, specifically trained in child development and eager to help you give your child a great start.
Group Meetings- Group meetings with other parents, and parent child activities, where you can share parenting experiences and gain new insights about your child.
Screenings- Developmental screenings to ensure that your child has no undetected learning problems.

Information- Things to look for and expect as your child grows and develops.

Moberly School District
Parents as Teachers
930 Kwix Rd. Moberly, MO 65270
O: 660-269-2624    C: 660-676-3399

PEAK SPORT AND SPINE

Peak Sport and Spine is a privately owned outpatient physical therapy clinic. Specializing in treatment of a wide array of conditions and injuries including, but not limited to:
- Orthopedic and other joint injuries to the shoulder, elbow, wrist, hand, hip, knee, ankle and foot (fractures, surgeries, sprains, strains, bursitis, tendonitis, etc)

- Back and neck pain, injury, post-surgical

- Neurological rehab (post stroke, brain injury, balance problems, gait training, etc)

- Temporomandibular dysfunction (jaw pain)

- Vertigo

- Rehabilitation post work injury

- Functional capacity evaluations

- Mobility assessments (to utilize in order to get a power mobility device)

**Peak Sport and Spine is located at 2100 Silvia Lane, Suite B Moberly, MO 65270**

**Hours of operation are 7:00 am- 6:00 pm Monday- Friday**

**Contact Jenn Epperson, Physical Therapist**

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**Expanding Coverage through Community Partnership**

The Expanding Coverage through Community Partnership project provides outreach, education, health literacy, and enrolment activities into the health Insurance Marketplace for consumers residing in 17 Northeast Missouri counties.

**Impacting Youth Wellness**

The Impacting Youth wellness project is childhood obesity prevent initiative designed to increase the exposure of the K-8 target population and their families to messages, education and opportunities to eat healthy and be active by involving diverse community partners offering a variety of health-related programs and activities.

**USDA Summer Food Program**
The USDA Summer Program (SFSP) helps assure that eligible populations have access to nutritious meals during the summer months when school is not in session. Eligible participants include: children 0-18 year of age and income-eligible adults over 18 years of age who have been determined by a state educational agency to have disability.

**Women’s Health Initiative**

The Women’s Health Initiative sees to provide health outreach and education services that address health disparities and promotes living a healthy lifestyle. Current programs are the Show Me Healthy Women and Show Me Better Health projects.

**Focus on Fatherhood**

The Focus on Fatherhood project provides responsible fatherhood education services and activities that emphasize parenting skills, healthy relationships, marriage education, life skills, and employment readiness.

**101 W. Coates St. Suite 201 Moberly, Mo 6527060-63-7173 [www.rcaringcomm.org](http://www.rcaringcomm.org)**

**RANDOLPH COUNTY CHILDRENS DIVISION**

PO Box 857 Moberly, MO 65271  
Telephone: (660) 263-4330 ext. 255  
Fax: (660) 263-6560  
Abigail is the licensing worker for Children’s Division. Abigail will be providing information, including flyers, initial packets, business cards, and pamphlets for people interested in becoming foster parents for abuse/neglected children. Abigail can also provide information to families interested in adoption.

**SAFE PASSAGE**

Domestic/Sexual Violence Crisis & Intervention Center. 24-hour Crisis Hotline 1-800-616-3754 or 660-269-8111 We provide services to men and women and children. We have emergency shelter available to women & children fleeing from domestic/sexual violence. For men, we can put in a hotel room if needed for safety. We provide services to residents and non-residents alike. Our services include the Hotline, Case Management, Support Groups, Individual Counseling, Legal & Medical Advocacy, Clothing, Food, Children’s Groups, Assistance with Crime Victims Compensation, Expartes, Safe At Home applications. For more information you can contact us at 660-269-8999

Website- [www.safepassagemoberly.org](http://www.safepassagemoberly.org) Facebook- [www.facebook.com/safe.passage.7](http://www.facebook.com/safe.passage.7)
SAVING DOGS 4 PAWS AT A TIME RESCUE

Jody Skaggs: 660-263-7634
Shawnda Komber: 660-998-4369
Sds4ptime@gmail.com
We are a licensed foster based rescue and also 501(3C) non-profit organization
Saving one dog will not save the world, but surely for that one dog thee world will change forever.

SPARTAN WELLNESS WARRIORS

Spartan Wellness Warriors is the name given to the school side of the Healthy Schools, Healthy Communities initiative through the Missouri Foundation for Health. The goal of the five-year initiative is to decrease childhood obesity and help students and their families become healthier. This is achieved through increasing access to physical activity before, during, and after the school day, and by increasing access to healthy foods and nutrition education. Spartan Wellness Warriors encourage everyone to make healthy choices!

Moberly Regional Medical Center 1515 Union Avenue, Moberly, Mo 65270
MoberlyHospital.com 660-263-8400

THE LIGHTHOUSE COUNSELING CENTER

The Lighthouse Counseling Center consists of four play therapy facilities designed to provide a comfortable haven for families and individuals in a home-type settings. Whether you are seeking therapy for your children, your entire family, or yourself, The Lighthouse can help.

We have two locations in Moberly (515 Olive and 510 South Morley). We have an office in Kirksville, MO (705 B East LaHarpe St) and a recently opened office in Marceline, MO (313 E. Curtis St).

We offer several different types of therapy including private and family therapies, and are able to talk in a variety of atmospheres, from comfortable living rooms to a table outside in the sunshine.

Our goal is to treat people from all walks of life with all different needs, and help them heal from within. Whether this means starting your children in play therapy or speaking with someone about your concerns, we are here for you.

We also offer several different forms of therapy to choose from, based on your individual needs and desires. Our therapies include:

- **Play Therapy**
- Individual Counseling
- Couple Counseling
- Family Counseling
- Group Counseling
- Anger Management
- Batterer Intervention Programs
- Parenting Classes
- TF-CBT (children) and CBT (adult) for trauma focused therapy

Our counselors are specialized in and have extensive experience in dealing with:

- Domestic Violence
- Anger Management
- Sexual and Physical Abuse
- Trauma-Based Disorders
- Depression
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism
- Fetal Alcohol Syndrome
- Attachment Disorder

For services call our main office at (660) 269-9577 Fax (660) 269-9578

web site- Thelighthouse123.com

email: lighthouse123@sbcglobal.net

The NE Coalition for Roadway Safety -
We promote roadway safety: wearing seat belts, no distracted driving, etc.

MARISA CHRISTY-KERNS
Senior Communications Specialist
Missouri Department of Transportation
Northeast District - Communications  www.modot.org/northeast
26826 Highway 63, Macon, MO 63552
660.385.8257  660.341.5056 (mobile)

THE RANDOLPH COUNTY HEALTH DEPARTMENT

The Randolph County Health Department functions with the overall philosophy of maximizing wellness and healthy lifestyles in the community. To prevent illness and the spread of disease and to serve the county as a whole to the best of its ability, the public health team consists of nursing, social work, environmental, health education, therapies, physicians, laboratory support, clerical support, and all disciplines that contribute to health care. Our mission is provide quality
services to protect, maintain and enhance community well-being by promoting conditions in which people can achieve their maximum level of health.

Chelsea Billeck, Health Educator  660-263-6643 ext. 3020

THE SENIOR MEDICARE PATROL PROGRAM

The Senior Medicare Patrol program, also known as SMP Program, helps Medicare and Medicaid beneficiaries avoid, detect and prevent health care fraud. In doing so, they help protect older persons and promote integrity in the Medicare program.

The Missouri SMP is operated in Missouri by Care Connection for Aging Services in partnership with Missouri Association of Area Agencies on Aging. SMPs are funded through the U.S. Department of health and Human Services, Administration for Community Living, and Administration on Aging.

If you believe you may have been the victim of healthcare fraud, contact the Missouri SMP hotline at 888-515-6565

THE UNITED WAY OF RANDOLPH COUNTY

The United Way of Randolph County partners with 18 social service agencies and programs located in Randolph County, with a focus on the basic needs of the community. To learn more about United Ways Agency Partners contact us at 660-263-6588, or find us on Facebook at unitedwayofrandolphcounty. The office is located at 501 Rollins in Moberly.
Jordan Essentials is a USA made, natural, botanical skincare and wellness company. We have healthy products for the entire family.

At our booth we provide a hands on experience of the products and education of stress management and wellness tips.

Stephanie Jones  
1966 County Road 2495  
Higbee, MO 65257  
660-833-2123  
www.myjestore.com/StephanieJones

Paula Lister  
3601 E. Thomas Hill Road  
Sturgeon, MO 65284  
573-424-5108
University Of Missouri-ParentLink
4800 Santana Circle
Columbia, Mo 65251
Toll free 1-800-522-8522 M-F 8am-10pm Sat-Sun Noon-5pm

ParentLink helps you find answers to parenting questions. Professionals discuss the problem with you and offer trusted information, suggest services and/or offer referrals to services that may also be able to help. We want to help parents answer their parenting questions—no matter how big or small—as well as providers looking for resources to help their clients.

Boone Medical Group
Offering blood pressure checks along with a free BP log and coaching exercises on how to manually take a blood pressure.

Convenient Care at Moberly
We know your life is busy, and injuries and illness don't always happen during standard business hours. That's why our compassionate and knowledgeable staff is dedicated to meeting your needs whenever it's most convenient for you. No appointment necessary. Plus, we offer extended hours during the week and weekend hours too!

Practitioner:
Kathy Kinnaman, FNP-BC
Christine Shaw, FNP-BC

Find us:
300 North Morley Street
Moberly, MO 65270

Office Hours:
8 a.m.-7 p.m. Monday-Sunday, walk-ins welcome, no appointment necessary!

Contact us:

Boone Medical Group – North Columbia Primary Care
Conveniently located in north Columbia, off of Rangeline, Boone Medical Group - North makes it easy for you to get quality care for you and your family. Our board-certified family nurse practitioner Megan Hecht provides primary care services through appointment scheduling. Whether you have a sore throat or need care for an ongoing condition, our friendly and compassionate staff will take care of you.
Schedule an appointment with us, Monday through Thursday between 8 a.m. and 5 p.m. or Friday between 8 a.m. and noon
Provider

Megan Hecht, FNP-BC
Find us:
900 Rain Forest Pkwy
Suite B
Columbia, MO 65202
Office hours:
Monday - Thursday 8 a.m. - 5 p.m.
Friday 8 a.m. - 12 p.m.

The Moberly Housing Authority was established to provide decent, safe, sanitary and affordable housing to low income families. To qualify for housing an individual or family must make application in accordance with the Housing Authority’s Admission and Continued Occupancy Policy. To meet application criteria the applicant family’s eligibility must be determined by verifying all income and assets for the family, living history for the past five (5) years, and all adult members of the household must pass a criminal background screening. If you are interested in the Moberly Towers or L.W. Case Building, contact Stacey at 660-263-2287 or stop by the office located at 205 Farror. If you are interested in Allendale Manor or Countryview Gardens, contact Amy at 660-263-3950 or stop by the office located at 23 Kehoe Avenue. Moberly Housing Authority is an Equal Housing Opportunity.

The Family Assistance Center can be considered "one stop shopping" for military families. Family Assistance Center are offices that have been established in order to provide support to Service Members, Veterans, and their Families. They are intended to simplify the process of accessing a variety of needed services and support. The primary mission of a FAC is to provide information and referral to essential resources such as help with Military ID Cards, DEERS, Tricare, Financial Assistance, Employment Assistance, Legal Referral, Crisis Intervention, Community and Family Outreach.

Location:
National Guard Armory
1616 S Missouri St.
Macon, MO 63552

Phone: (660) 385-1167

Mid-Missouri Legal Services

Columbia Office

MMLS is able to provide services to clients in the following counties:

- Audrain
- Boone
- Callaway
- Chariton
- Cole
- Cooper
- Howard
- Miller
- Moniteau
- Osage
- Randolph
We the Board of Directors and Staff of Mid-Missouri Legal Services Corporation, are committed to achieving full access to Justice in civil matters for central Missourians, including me, women, children, domestic violence survivors, disabled, blind, elderly, rural, urban, of all ethnic backgrounds, lineage and religious beliefs, who cannot afford to hire an attorney, by providing free legal services ranging from advice and brief services to extended representation in court and administrative hearings. Our goal is to ensure that lack of personal finances, remoteness of location, and the encumbrances of poverty do not preclude anyone from their right to have redress of serious legal matters.