

### Cool Weather - Energy Assistance

Cool weather is welcomed after a summer of extreme heat but with money being tight and there are more people than ever who need assistance with utilities, housing and food.

Here are places that can help.

#### **Northeast Community Action Agency (NECAC)**

Lincoln County: (636) 528 - 7604

St. Charles County: (636) 272 - 3477

Warren County: (636) 456 - 8191

Franklin County: (636) 629 - 6193

#### **Community Action Agency, St. Louis County:**

(314) 863 - 0015

#### **Catholic Charities:**

(314) 367 - 5500

(will route callers to closest Catholic Church that provides assistance)

#### **Cuivre River Operation Round - Up:**

(636) 528 - 8261 (Troy area)

#### **Franklin County Loving Hearts:**

(636) 390 - 8300

**Salvation Army:** City of St. Charles: (636) 946 - 7966

St. Charles County: (636) 240 - 4969

St. Louis City & County : (314) 646 -3000

**Saints Joachim & Anne Care Services:** (636) 441 - 1302

St. Charles, Lincoln & Warren Counties

**Ameren UE Energy Plus Programs:** (314) 554 - 2478

(Covers all counties, will direct caller to local agencies)



"The trick is what one emphasizes. We either make ourselves miserable, or we make ourselves happy. The amount of work is the same".

Carlos Castaneda, anthropologist & author

### Peer Support

"Peer Support" is for people like you, with arthritis, cancer, mental health issues and a broad array of other concerns, who meet at a central location and share information, tips, discuss new research and generally help one another. It is a great way to reach out to others and share your expertise as well as getting new information. If you would like more information, call Nita Slover or Emily Buie at Delta Center. They will help you find the match specific to your needs.

#### Here is a sampling of peer support groups that meet regularly in our community:

##### Brain Injury Association of Missouri, Inc. :

(314) 426 - 4024

Call for a group meeting near you!

##### St. Joseph Hospital :

St. Charles, MO 63301

(636) 947 - 5000

St. Joseph Hospital prides itself in the myriad of support groups they offer covering a large range of topics. Give them a call or go online to find out what is available!

<http://www.ssmhealth.com>

##### AA for Bipolar Illness

St. Louis Empowerment Center

(314) 652 - 6100

Call for information on a time & place of a meeting closest to you!

##### Baue Grief Services

(636) 940 - 1000

[www.baue.com](http://www.baue.com)

Meetings are held at different locations and times, in several communities. Call for the places and times that best meet your needs!

If not available through other means, Delta Center can arrange transportation to peer support meetings. Requests must be made at least two days in advance!

**Vote \* Vote \* Vote**

Mark your calendars now to let your voice be heard.

<u>Election Date</u>	<u>Last Day to Register</u>
November 8, 2011	October 12, 2011

\* Do you know how you can vote at the curb?

\* Do you know how to get on a "permanently disabled" list so you can always vote from home?

Delta Center can assist you in getting registered to vote.  
Call Nita Slover for more information.

Need a ride to your polling place? Delta Center can arrange transportation. Call Vito Lucido (at least 2 days in advance) for more information or to schedule a ride to vote.

Watch for emails or letters in the next month covering all the issues and races for this election cycle!

**Did You Know?**

The Missouri Property Tax Credit Claim gives credit to certain senior citizens and 100 percent disabled individuals for a portion of the real estate taxes or rent they have paid for the year. The credit is for a maximum of \$750 for renters and \$1,100 for owners who owned and occupied their home. The actual credit is based on the amount of real estate taxes or rent paid and total household income (taxable and nontaxable).

This critical tax credit was scheduled for elimination this legislative session!

An amendment was adopted (in the Senate for SB 8) that kept the proposed changes on this property tax credit from approval. The **roll call was close (17 to 16) but**, as it is, the **circuit breaker tax credit stays in place!**

**Senators Rupp and Dempsey voted to retain** this vital renter credit. Take a moment and send these legislators a message of thanks! Need a phone number or address? Give your ILS a call to gather the needed contact information.

**Delta Center is Looking for Board Members!**

We want individuals who:

\* Can contribute time and talent on behalf of community members and peers with disabilities

\*Have a disability and are living independently and with success

\*Live or work in St. Charles, Lincoln or Warren Counties

\*Want to assist in the growth and continued excellence in service offered thru Delta Center.

**For more information, please contact:**

**Nancy Murphy, Executive Director at (636) 926 - 8761**

*Note: Board Members are responsible for their own transportation.*

**Cold Weather - Emergency Preparedness**

Snow? Already? With fall and winter ahead of us, it is time to start getting ready for the cold weather. Here are tips to help you prepare for the cold and snowy days ahead:

\* Keep water faucets running a tiny amount to keep pipes from freezing (especially in older apartments and homes)

\*Wear many layers of loose, lightweight, clothes that can be removed or added for continual comfort

\*If your heat should fail: Close all unneeded rooms, keep shades drawn and hang plastic sheets or blankets over all windows and doors to slow the loss of heat, have everyone gather together, in a couple of rooms for shared warmth

\*Have an extra supply of your medications in case you get snowed in

\*Plan ahead for several days worth of meals

\*Maintain a supply of rock salt or sand to keep pathways to and from your home passable

\*Keep your weather radio turned on and tuned in for early watch and warning information

\*Call your ILS for resources in case you're snowed in

**Other Cold Weather Resources**

*Coats/Outerwear:*

**We Love St. Charles:**

(636) 352 - 4575

or fill out a form online at: <http://welovestcharles.com>

**St. Vincent DePaul Thrift Store:**

St. Charles: (636) 947 - 1700 or

(314) 531 - 7837 to find a store near you

**Clothes Closet at Ridge Road Baptist Church (Troy):**

(636) 528 - 3651 1st & 3rd Thursdays only 10 - 2

**Check with your local food pantry and your child's school counselor for programs you might not find elsewhere**

*Home Weatherization:*

Resources to help prepare your home for winter weather.

**NECAC:** (800) 748 - 7636

**City of O'Fallon:** (636) 379 - 5411 - O'Fallon Residents Only  
Community Action Agency of St. Louis County, Inc.:

(314) 446 - 4436

**Division of Energy:** (800) 361 -4827 - Assists You in Finding  
a Local Agency to Help Prepare Your Home



**"Day by day, nothing seems to change, but pretty soon..... everything's different."**

**Unknown**