# Phelps County Resources

MOCA’s vision is to be a catalyst for social and economic prosperity by being a vital, progressive and proactive partner in all our communities.

## Organization Name

<table>
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</table>
| Able Commission Inc. Located at the Holloway House | 573-364-4357 | 1008 Holloway Street Rolla, MO 65401 | • Free Tax Services - Seniors  
• Foot Care Free to Elderly First Thursday of each Month  
• Free Activities for Elderly in the Community  
• Health and Education Seminars |
| Abundandt Blessings [www.hopeallianceofmissouri.org](http://www.hopeallianceofmissouri.org) | 573-684-3783 | 1421 Forum Drive Suite A-2 Rolla, MO 65401 | • Resources for Foster and Referred Families from other organizations  
• “Shop” all things needed for when a foster child is placed in a home  
• Support families to meet physical needs |
| Aging Best (CMAAA) (Serves all 8 Counties) [agingbest.org](http://agingbest.org) | 573-433-5823 800-369-5211 | 201 W. Broadway Suite 1E Columbia, MO 65203 | • Transportation  
• Caregiver Support  
• Care Coordination  
• Consumer Counseling  
• Medicare  
• ACA Health Insurance  
• Information and Assistance  
• Respite Care  
• Senior Centers  
• Meals on Wheels  
• Noon Senior Lunch |
| AT&T ACCESS (Serves all 8 Counties) [accessatt.solixcs.com](http://accessatt.solixcs.com) | None | | • Pay Bills Online  
• Access Online Courses  
• Conduct Research for Homework Assignments  
• Search for Jobs |
| Catholic Charities of Central and Northern Missouri [diojeffcity.org](http://diojeffcity.org) | 573-635-7719 | 2201 W. Main Jefferson, MO 65110 | • Call to make intake appointment  
• Rent/utility/basic needs assistance  
• Household Goods |
| Central Missouri Foster Care and Adoption Association (CMFCAA) [mofosteraadopt.com](http://mofosteraadopt.com) | 573-298-0258 | 809 Swifts Hwy. Jefferson City, MO 65109 | Resource center for Foster, Adoptive, Guardianship, and Relative child placement families.  
Offering: Crisis Support  
Advocacy  
Respite Events  
Licensing Training Courses  
Begin Again Backpack Program  
Older Youth Transitions Programs  
Voucher programs for clothing and farmers markets |

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| **Choices for People Center**  
www.choicesforpeoplecenter.org | 573-364-7444 | 1815 Forum Drive  
Rolla, MO  65401 | • Adult Residential Care Homes  
• Job Readiness  
• Vocational Assessment  
• Job Finding Assistance |
| **Missouri Ozarks Community Action (MOCA)**  
(Serves all 8 Counties)  
www.mocaonline.org | 573-765-3263  
800-876-3264 | 306 South Pine Street  
Richland, MO  65556 | • LiHEAP  
• Weatherization  
• HUD and Section 8 Housing  
• Life Skills Classes  
• Auto Repair Program  
• Getting Ahead  
• Youth Classes - R Rules  
• Certification Support  
• Computer Training  
• Supported Employment  
• Adult Day Program  
• Life Skills/Social Skills Training  
• Attendant Services for People with Physical Disabilities/Personal Care |
| **Red Cross**  
(Serves Camden, Maries, Miller, Gasconade, Pulaski, Phelps and Crawford Counties)  
www.redcross.org | 573-635-1132 | 431 East McCarty  
Jefferson City, MO  65101 | • Disaster Relief  
• CPR, First Aid, Lifeguard Training  
• Shelter  
• Food  
• Mental Health Services |
| **Rehabilitation Services for the Blind Office**  
Mid-Missouri Region  
(Serves Camden, Miller, Maries, Pulaski, Gasconade and Phelps Counties)  
www.dss.mo.gov/fsd/rsb | 800-592-6004  
Option 2 | 3418 Knipp Drive,  
Suite A-2  
PO Box 919  
Jefferson City, MO  65102 | • Assessment of Barriers to Employment  
• Vocational Guidance and Counseling  
• Physical and Mental Health Services  
• Specialized Training to Enable the Individual to Function Independently and Safely in the Home and Community  
• Vocational Training and/or College Attendance  
• Employment-related Tools and Equipment  
• Specialized Assistive Aids and Devices  
• Job Placement and Follow-up  
• Vocationally-related Services for High School Students |

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| The Patient Advocate Foundation  
(Serves all 8 Counties)  
[www.patientadvocate.org](http://www.patientadvocate.org) | 800-532-5274  
Headquarters  
Hampton, VA  23666 | • Provides Access to Health Care  
• Free Prescription Medicines  
• Other Medical Assistance Case Management (One on One) to Resolve Healthcare Issues  
Call to see if eligible for this Program  
• Financial Aid Fund - Provides Small Grants  
Must Meet Financial and Medical Criteria.  
First Come, First Served.  
• Co Pay Relief Program - Help with Cost of  
Pharmaceutical and Medications and Treatments | |
| University of Missouri Extension in Phelps County  
[extension2.missouri.edu/](http://extension2.missouri.edu/) | 573-458-6260  
200 North Main  
Rolla, MO  65401 | • Food Production Support Services  
• Community Gardening  
• Home Gardening Assistance/Supplies  
• Continuing & Nutrition Education  
• Parenting Skills Classes | |
| East Central College  
[www.eastcentral.edu](http://www.eastcentral.edu) | 573-466-4100  
500 Forum Drive  
Rolla, MO  65401 | • GED/HiSET Instruction  
Mondays, Tuesday, Thursday and Fridays Instruction Only | |
| Missouri Adult Education Programs Rolla  
(Serves Rolla Public School District)  
[www.rola31.org](http://www.rola31.org) | 573-719-1323  
1304 East 10th Street  
Rolla, MO  65401 | • GED/HiSET Instruction | |
| Parents as Teachers  
(Serves Rolla Public School District)  
[www.rola31.org](http://www.rola31.org) | 573-458-0193  
500 A Forum Drive  
Rolla, MO  65401 | • Mentoring | |
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<tr>
<td><strong>Education</strong></td>
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</table>
| **ParentLink WarmLine** (Serves all 8 Counties)  
education.missouri.edu/parentlink | 573-882-7321  
  800-552-8522 | 4800 Santana Circle  
  Columbia, MO  65201 | • Direct Access to Family Strengthening Information and Support (Visit with Professionals who can Assist in thinking through Solutions to your Parenting Concerns. Have Professionals with Masters Degrees in Human Service Fields and Counseling Psychology).  
• WarmLine Available Monday through Friday  
  8:00 a.m. to 10:00 p.m.  
  Saturday and Sunday  
  12:00 p.m. to 5:00 p.m. |
| **Rolla Head Start**  
www.mocaonline.org | 573-364-8252 | 1811 East 10th Street  
  Rolla, MO  65401 | • Head Start Offers Full Day/Part Year Programs and Part Day/Part Year Programs  
• Children Must be Three Years Old by July 31st to Apply for the Upcoming School Year  
• Transportation Assistance is Available for Most Children |
| **Rolla Technical Institute/Center**  
rtirtc.rola31.org | 573-458-0150  
  Ext. 1503 | 1304 East 10th Room 500  
  Rolla, MO 65401 | • Educational Opportunity in Trade & Technical Programs  
• Educational Opportunity on Allied Health Programs |
| **St. James Head Start**  
www.mocaonline.org | 573-265-3257 | 1518 Lola Lane Street  
  St. James, MO  65559 | • Head Start Offers Part Day/Part Year Programs  
• Children Must be Three Years Old by July 31st to Apply for the Upcoming School Year  
• Transportation Assistance is Available for Most Children |

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<tr>
<td><strong>Phelps County Emergency Coordinators</strong></td>
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<tr>
<td>Phelps County</td>
<td>573-426-3841</td>
<td>500 West 2nd Street Rolla MO</td>
<td>Disaster Response</td>
</tr>
<tr>
<td>Rolla</td>
<td>573-364-3989</td>
<td>1490 East 10th Street Rolla MO</td>
<td>Disaster Response</td>
</tr>
<tr>
<td>St. James</td>
<td>573-265-7212</td>
<td>P.O. Box 600 St. James MO</td>
<td>Disaster Response</td>
</tr>
</tbody>
</table>

### Emergency

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</table>
| Crawfordelectric Operation Roundup         | 573-732-4415  | 10301 North Service Road Bourbon, MO 65441 | Charitable Trust Assists with Basic Needs:  
  - Food  
  - Shelter  
  - Clothing  
  - Health Care  
  - CHARITABLE TRUST DOES NOT PAY POWER BILLS.  
  - MUST HAVE SERVICE WITH CRAWFORD ELECTRIC |
| Family Advocacy Program                    | 573-596-0212  | Replacement Avenue Bldg #486 Fort Leonard Wood, MO 65473 | Domestic Violence Resource  
  - Battered Intervention Groups  
  - Court/Legal Advocacy  
  - Economic Education and Advocacy  
  - Professional Therapy for Individual Children/Male Survivors/Individual Women  
  - Hospital, Medical, Law Enforcement, and Military Advocacy  
  - Primary Prevention  
  - Support Groups for Children, Male Survivors, and Women |
| Family Support Division                    | 855-373-4636  | 1111 Kingshighway A Rolla, MO 65401 | Specialized Nursing  
  - Home Processing Unit  
  - Food Stamps |
| First Baptist Church                       | 573-364-3060  | 801 North Cedar St Rolla, MO 65401 | Coats  
  October - December Open 6:00 p.m. - 7:00 p.m.  
  January - September Call for an Appointment |

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<tr>
<td>Genesis: A Place of New Beginnings</td>
<td>Toll Free 877-774-2628</td>
<td>PO Box 4177 Waynesville, MO 65583</td>
<td>• Safe shelter and services for victims of domestic violence, sexual assault and sex trafficking</td>
</tr>
<tr>
<td>(Serves Camden, Laclede, Miller, Phelps and Pulaski Counties)</td>
<td>573-774-2628</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good Samaritan of the Ozarks 2 Locations</td>
<td>573-774-5011</td>
<td>1809 Historic Route 66 West Waynesville, MO 65583 Secondary Location 112 W. National Ave. Richland, MO 65556</td>
<td>• Food • Medical Equipment • Clothing • Limited Financial Assistance</td>
</tr>
<tr>
<td>(Serves Pulaski, Phelps Camden and Laclede Counties)</td>
<td><a href="http://www.goodsam-genesis.org">www.goodsam-genesis.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GRACE (Greater Rolla Area Charitable Enterprises)</td>
<td>573-368-5577</td>
<td>601 North Elm Street Rolla, MO 65401</td>
<td>• Food Ministry First Tuesday 3:00 - 6:00 pm • Utilities • Rent • Financial Emergency • Grace for Christmas</td>
</tr>
<tr>
<td><a href="http://www.gracerolla.org">www.gracerolla.org</a></td>
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<tr>
<td>Kids Harbor Advocacy Center</td>
<td>573-348-6886</td>
<td>5717 Chapel Drive Osage Beach, MO 65065</td>
<td>• Advocates on behalf of child • Mental Health Counseling • Transporation • Crisis intervention and emotional support for victims</td>
</tr>
<tr>
<td>(Serves Camden, Laclede, Maries Miller, Phelps and Pulaski Counties)</td>
<td>kidsharbormo.org</td>
<td></td>
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</tr>
<tr>
<td>Legal Aid of Southern Missouri</td>
<td>800-444-4863</td>
<td>809 North Campbell Avenue Springfield, MO 65802</td>
<td>• Family Law • Debt • Bankruptcy • Domestic Violence and Orders of Protection • Elder Law • Veterans Assistance • Employment Law • Landlord/Tenant Law</td>
</tr>
<tr>
<td>lawmo.org</td>
<td></td>
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<tr>
<td>MERS/Goodwill</td>
<td>573-458-2285</td>
<td>1304 Forum Drive Rolla, MO 65401</td>
<td>• Thrift Shop • Baby Clothing/Diaper Donation Program • Appliance Donation Programs • Bedding/Linen Donation Program • Books/Magazine Donation Program • Children Clothing/Baby Furniture/Toys/Games Donation Program</td>
</tr>
<tr>
<td>(Serves Crawford, Gasconade, Maries, Camden and Phelps Counties)</td>
<td>mersgoodwill.org</td>
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| **Metamorphosis Outreach and Empowerment Center (MOEC)** (Serves all 8 Counties) | 573-336-2266   | 1018 Missouri Avenue Suite 7 St. Robert, MO 65584 | • Washer and Dryer onsite for use  
  • Food Pantry  
  • Community Outreach Meal  
  First Sunday of Month 12:00 p.m. - 2:00 p.m.  
  The Spice Café  
  690 Mo Avenue, St. Robert, MO |
| **Russell House** (Serves Crawford, Maries and Phelps Counties) | 573-364-0579 573-378-8658 800-998-8340 | PO Box 2259 Rolla, MO 65402 | • Domestic Violence Resource  
  • Battered Intervention Groups  
  • Court/Legal Advocacy  
  • Economic Education and Advocacy  
  • Professional Therapy for Individual Children and Individual Women  
  • Local Transportation  
  • Motel Placement  
  • Hospital, Medical, Law Enforcement Advocacy  
  • Primary Prevention  
  • Support Groups for Children and Women  
  • Safe at Home Application Assistance  
  • Shelter  
  • Structured Program for Children |
| **Rolla Church of the Nazarene**  
  [www.rollanazarene.com](http://www.rollanazarene.com) | 573-364-1901 | 1901 West 10th Street Rolla, MO 65401 | • Emergency Food Pantry  
  • Benevolence Funds |
| **Rolla Public Library**  
  [www.rollapubliclibrary.org](http://www.rollapubliclibrary.org) | 573-364-2604 | 900 Pine Street Rolla, MO 65401 | • Extreme Heat/Cooling Centers |
| **St. James Caring Center** (Serves the St James School District) | 573-265-2047 | 113 West Eldon St. James, MO 65559 | • Benevolence Assistance  
  • Food Pantry  
  • Buddy Pack  
  Monday-Friday  
  9:30 a.m. - 5:00 p.m.  
  • Educational Life Skills Classes  
  Monday - Friday  
  9:00 a.m. - 12:00 p.m. |
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<td><strong>Emergency</strong></td>
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<tr>
<td>SAFELINK</td>
<td>888-572-7931</td>
<td>PO Box 220009 Milwaukie, OR 97269-0009</td>
<td>Free Cell Phone and Minutes Program</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>573-368-4919</td>
<td>102 East 4th Street Rolla, MO 65401</td>
<td>Utilities, Rent, Medicine, Gas (for Car), Clothing Assistance</td>
</tr>
<tr>
<td>Shelters</td>
<td>573-635-1975</td>
<td>927 Jefferson Street Jefferson City, MO 65105</td>
<td>Shelters located in Jefferson City, MO and Columbia, MO</td>
</tr>
<tr>
<td>The Centre</td>
<td>573-341-2386</td>
<td>1200 North Holloway Street Rolla, MO 65401</td>
<td>Extreme Heat/Cooling Center</td>
</tr>
<tr>
<td>The Rolla Mission</td>
<td>573-308-5474</td>
<td>708 N. Main St. Rolla, MO 65401</td>
<td>Free Laundromat, Free Shower, 3 Free meals/day to those in need, Playroom for children, Free WiFi</td>
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</tbody>
</table>

| **Employment**    |       |         |             |
| MERS/Missouri Goodwill Industries Senior Community Service Employment Program (Serves all 8 counties) | 314-750-8594 | 514C Ft. Wyman Rd. Rolla MO 65401 | Overcoming Barriers to Employment, Must be 55 or older, Meet 125% of poverty guidelines, 20 hours of pain employment training per week |

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| Missouri Career Center  
(Serves Miller and Camden Counties)  
[jobs.mo.gov](http://jobs.mo.gov) | 573-364-7030 | 706 South Bishop  
Rolla, MO 65401 | • Employment and Training Services for Youth (14-21)  
• Adults (18+) & Dislocated Workers  
• Job Listings  
• HiSET Monday, Tuesday, Thursday and Friday  
8:00 a.m. - 5:00 p.m.  
Wednesday  
9:00 a.m. - 5:00 p.m. |
| Missouri Job Center  
Veteran Employment Services | 573-368-2354 | 1107 Kingshighway  
Rolla, MO 65401 | • Resume Assistance  
• Training Funding  
• Employment |
| Preferred Employment Services  
(Serves Pulaski, Crawford, Phelps, Gasconade, and Maries Counties)  
[www.pfh.org](http://www.pfh.org) | 573-341-2606 | 1208 Highway 72  
Box 8  
Rolla, MO 65401 | • Job Searching |
| Senior Companions Phelps County Court House  
[www.phelpscounty.org](http://www.phelpscounty.org) | 573-458-6180 | 200 North Main  
Suite 308  
Rolla, MO 65401 | • Volunteers age 55 and over provide assistance and friendship to adults who have difficulty with daily living tasks  
• Serve 15 to 10 hours per week  
• Assist average 2 to 4 adults  
• May qualify to earn a tax-free hourly stipend |
| Rolla Area Sheltered Workshop | 573-364-2883 | 3900 Hypoint Blvd.  
Rolla MO 65401 | • Sheltered workshop - Employment opportunities for individuals with disabilities |
| Vocational Rehabilitation  
(Serves Phelps, Maries, Pulaski, and Crawford Counties)  
[dese.mo.gov/vocational-rehabilitation](http://dese.mo.gov/vocational-rehabilitation) | 573-368-2366 | 1101 West Kingshighway  
Rolla, MO 65401 | • Assists individuals with disabilities reach an employment goal |
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<td><strong>Health</strong></td>
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| A+ CDS, LLC       | 573-729-2100   | PO Box 1000 1120 S. Main St.   | • Must have active Missouri Medicaid  
• Assistance with bathing/grooming/toileting  
• Equipment maintenance  
• Meal preparation  
• Homemaker chores  
• Transportation |
| Abundant Blessings Celebrate Recovery Program | 573-364-1901 | 31 W. 3rd St. Newburg, MO | • Meets every Friday at 6pm.  
• Meal is served  
• If you have a hurt, habit or hang up, they can help. |
| American Home Care [Serves Maries, Phelps, Pulaski, Crawford and Gasconade Counties] | 573-364-3610/800-489-2273 | 1026 Kingshighway Rolla, MO 65401 | • Home Care  
• Personal Care  
• Errands  
• Respite Care  
• Nursing  
• Prescription Medication Monitoring System |
| CenterPointe of Rolla | 573-341-1473 | 1070 S. Bishop Drive Rolla, MO 65401 | • Offers a partial hospitalization program for adolescents. Specializing in mental health treatment and coping skills. |
| Children’s Health Insurance Program (CHIP) [Serves all 8 Counties] | 573-368-2340 | 1111 Kingshighway Rolla, MO 65401 | • CHIP provides low-cost health coverage to children and families that earn too much money to qualify for MEDICAID. In some states, CHIP covers parents and pregnant women. Works closely with Medicaid program. In many cases, if you qualify for MEDICAID, your children will qualify for either MEDICAID or CHIP.  
• You can apply for Medicaid and CHIP two ways:  
1. Fill out an application through the Health Insurance Marketplace.  
https://www.healthcare.gov/get-coverage/  
2. You can apply directly to your state Medicaid agency. |

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<td><strong>Health</strong></td>
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<tr>
<td>CLAIM (State Health Insurance Assistance Program) (Serves all 8 Counties)</td>
<td>800-390-3330</td>
<td>1105 Lakeview Ave. Columbia, MO 65201</td>
<td>• Answer Medicare Questions • Enrollment and Billing • Prescription Drug Plan • Long Term Care Planning and Insurance • Medigap and Supplemental Insurance • Medicare Advantage Plans • Public Benefits • Appeals and Grievances • Suspected Waste, Fraud and Abuse</td>
</tr>
<tr>
<td>Community Mental Health Liaison</td>
<td>573-634-4626</td>
<td>221 Metro Drive Jefferson City, MO 65109</td>
<td>• Answer general questions about mental health • Facilitate access to behavioral health resources for existing clients.</td>
</tr>
<tr>
<td>Dental Lifeline Network (Serves all 8 Counties)</td>
<td>573-636-4440</td>
<td>Statewide</td>
<td>• For Disabled/Seniors/Medically Compromised • Fill Out Application and Mail, They will Call Back</td>
</tr>
<tr>
<td>Department of Mental Health (Serves all 8 Counties)</td>
<td>573-368-2200</td>
<td>105 Fairgrounds Road Rolla, MO 65401</td>
<td>• Mental Health Services • Day Services • Residential Services • Employment Services • Self-Directed Care • Transportation</td>
</tr>
<tr>
<td>Direct Primary Care Clinic (Serves all 8 Counties)</td>
<td>417-664-5054</td>
<td>5780 Osage Beach Parkway Suite 215 Osage Beach, MO 65065</td>
<td>• Membership gives you Unlimited Office Visits, Time with Physician, Unlimited Lab Draws, Nurse Visits, Same Day Appointments, Discounted Non-Emergent Home Visits • Offers Membership Plans for Individuals, Couples and Families • Check Web Site for Covered Procedures</td>
</tr>
<tr>
<td>Four Rivers Community Health Center (Serves all 8 Counties)</td>
<td>573-426-4455</td>
<td>1081 East 18th Street Rolla, MO 65401</td>
<td>• Medication Management • Behavioral Care Resources • General Practice Health Care • Dental / The Smile Mobile • Medication assisted treatment program • Wellness Checks • Immunizations • Show Me Healthy Women • Physicals</td>
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| Health Care for Reentry Veterans (HCRV)                | 479-443-4301 | 1100 N. College Ave. Fayetteville, AR  72703 | This program provides support, information and resources to incarcerated Veterans and those interested in their well-being.  
  - Substance Abuse Treatment  
  - Medical Care                                                                 | • Homeless Resources  
  • Mental Health Care  
  • Transportation Resources  
  • Work programs, Vocational training, and Educational Resources |
| Hope Connections Counseling                             | 833-338-4673 | 401 N. Rolla St. Rolla, MO 65401       | • Domestic Violence Groups  
  • Anger Management Groups  
  • Parent Education                                                           | • Substance Abuse Groups  
  • EMDR (Trauma) and Play Therapy                                              |
| Integrity Pharmacy                                     | 417-865-2900 | 509 S. Union Ave. Springfield, MO 65802 | • In-Home consultation by Nurse Specialist to review medications and explain program  
  • Hassle free transfer of prescriptions to pharmacy  
  • Labeled, dated and timed 30 day supply of medications / Pre-sorted packaging is available / delivery to your home with no delivery fees  
  • No additional cost beyond your co-pays  
  • Monthly follow up calls and pharmacist support  
  • Access to Nurse Specialist as a resource as long as you are on program |                                                                                     |
| Jordan Valley Community Health Center                  | 417-334-8337 | 860 Lynn Street Lebanon, MO 65536       | • Accepts Sliding Fee, Medicare, Medicaid, Insurance  
  • Vision  
  • Dental  
  • Medical  
  • Behavioral Health                                                           | • Dietitian  
  • On Site Walgreens Pharmacy  
  • Trudl's Kids: Mobile Units Services  
  • Express Care Clinic  
  • Women's Health and Our Healthy Start                                         |
| Kindred at Home Home Health Services                   | 573-341-3456 | 1206 Homelife Plaza Rolla, MO 65401     | • Skilled Nursing  
  • Occupational Therapy  
  • Specialty Programs                                                          | • Physical Therapy  
  • Speech Therapy  
  • Social Services                                                             |
# Phelps County Resources

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<thead>
<tr>
<th>Organization Name</th>
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</table>
| **Lifeline Pregnancy Care Center**  
(Serves Crawford, Phelps and Gasconade Counties)  
[lifelinepcc.com](http://lifelinepcc.com) | 573-885-3040 | 1017 Westside Drive  
Cuba, MO 65453 | • All Services are Free  
• Pregnancy Test  
• Ultra Sound (Limited 1st Trimester Ultrasounds)  
• Care Counseling  
• Facts on Pregnancy and Fetal Development  
• Parenting Classes  
• Maternity/Baby Clothes |
| **Lions Club**  
[www.rollalions.org](http://www.rollalions.org) | Dale Carpenter  
573-466-0218 | 1061 S. Bishop Ave.  
Rolla, MO 65401 | • Eyeglasses  
• Adoption  
• Foster Care  
• Behavioral Health |
| **Lutheran Family and Children’s Services**  
(Laclede, Phelps, and Pulaski)  
[lfcsmo.org](http://lfcsmo.org) | Jerrica Rosenauer  
417-427-3566 | Home Visitor  
| • Pregnancy Support  
• Limited Financial Health  
• Parenting Support  
• Adoption  
• Foster Care  
• Behavioral Health |
| **Missouri Southern State University**  
[www.mssu.edu](http://www.mssu.edu) | 573-458-0101  
Ext. 16116 | 500 Forum Drive  
Rolla, MO 65401 | • Dental Hygiene Services for anyone over the age of 5 |
| **Missouricare**  
(must be enrolled in Medicaid)  
[www.missouricare.com](http://www.missouricare.com) | Missouricare  
800-322-6027  
Medicaid  
800-348-6627 | | • Weight Watchers  
• Curves Complete  
• Enhanced Transportation  
• Peak Flow Meters  
• Boy Scouts  
• Boys & Girls Clubs  
• Girl Scouts  
• 4-H Club  
• Vision Camp  
• Diabetes Camp  
• Childbirth & Breastfeeding Classes  
• Baby Showers  
• Breast Pump  
• Maternity Program  
• Nurses for Newborns  
• Maternity Support Hose & Support Belts |
| **MOCOR**  
Missouri Community Options & Resources  
(Serves all 8 Counties)  
[mocor.mo.gov](http://mocor.mo.gov) | 855-834-8555 | | • Elderly and Disabled Missourians connect with Agencies that can Help a Person to Continue to Live in their Home and Avoid Going into Nursing Home or Other Institution |
| **Partnership for Prescription Assistance**  
(Serves all 8 Counties)  
[www.pparx.org](http://www.pparx.org) | 888-477-2669 | No Physical Address | • Get Free or Nearly Free Brand-Name Medicines for Low-income, Uninsured Patients |

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# Phelps County Resources

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<tbody>
<tr>
<td><strong>Health</strong></td>
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</table>
| Pathways          | 573-364-7551   | 1450 East 10th Street          | • Crisis Intervention Counseling  
                                 | 573-364-0469   | Rolla, MO  65402                   | • Mental Health Issues  
|                   |                |                                |                                                                             |
| Phelps County Care Coordinator | 573-364-7255 | 1440 Forum Drive               | • Personal Services to Elderly or Disabled Clients in their Residence  
                                 |                                | Rolla, MO  65401                   | • Skilled Services such as Nursing Social Services, and Therapeutic Treatments (Physical, Speech, Occupational Therapy)  
|                   |                |                                |                                                                             |
| Phelps County Health Department  
(Serves Phelps and Maries)  
[phelpscountyhealth.com] | 573-458-6010  | 200 North Main                 | • Immunizations  
                                 |                                | Rolla, MO  65401                   | • Free car seats to income qualified  
|                   |                |                                | • STD, TB and Lab Testing  
                                 |                                |                                | • Car seat inspections  
|                   |                |                                | • WIC  
                                 |                                |                                | • Food Handling Classes  
|                   |                |                                | • Home Health Care  
                                 |                                |                                | • **Free Vaccinations**- ages  
|                   |                |                                | • Women's Clinic  
                                 |                                |                                | 11 and older without Insurance  
|                   |                |                                | • Wellness Checks  
                                 |                                |                                | (Meningococcal, Tdaps, Cervarix/HPV)  
| Phelps Health Home Care  
(Serves: Rolla and Waynesville)  
[phelpshealth.org] | 573-364-2425  | 575A Blues Lake Pkwy.         | • Skilled Nursing Care  
                                 |                                | Rolla, MO  65401                   | • Speech Therapy  
|                   |                | Rolla, MO  65401               | • Physical Therapy  
                                 |                                |                                | • Occupational Therapy  
|                   |                |                                | • Home Health Aide  
                                 |                                |                                | • Enrollment into affordable health care  
| Senior Companions Phelps County Court House  
[www.phelpscounty.org] | 573-458-6180  | 200 North Main Street         | • Respite Care  
                                 |                                | Suite 308                        | • Transportation  
|                   |                | Rolla, MO  65401               | • Companionship  
                                 |                                |                                | • Light Housekeeping  
| Prevention Consultants  
[preventionconsultants.org] | 573-368-4755  | 104 East 7th Street           | • Drug and Alcohol Counseling  
                                 |                                | #B1                             | • Anger Management Mentoring Makes a Difference Program  
|                   |                | Rolla, MO  65401               | • Workshops on Drug and Alcohol Abuse  
                                 |                                |                                | • Mental Health Issues  
|                   |                |                                | • Parenting Classes  
                                 |                                |                                | • Mental Health First Aid  
| Psychiatric Stress Center/Care Unit  
[phelpshealth.org] | 573-341-2350  | 1000 W. 10th Street           | • Stress Management  
                                 |                                | Rolla, MO  65401                   | • Psychiatric Assessment  
|                   |                |                                | • Behavior Management  
                                 |                                |                                | • Psychological evaluation  
|                   |                |                                | • Anxiety Disorder              |
**Phelps County Resources**

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| **Pyramid Home Health Services**  
(Serves all 8 Counties)  
[www.caring.com/senior-care/missouri](http://www.caring.com/senior-care/missouri) | 800-695-5791  
Medical Transportation Management  
800-603-4825  
In-Home/CDS  
800-690-1753  
Home Health | In-Home/CDS  
Rolla, MO Call Center  
Home Health  
Mid-Missouri Call Center | • Medical Transportation Management  
• Care Transitions Management  
• 24/7X365 Clinician Availability  
• Telemonitoring including weight, pulse oximeter, EKG, and blood pressure  
• In Home Services  
• Consumer Directed Services - Your Own Caregiver  
• Home Health  
Nursing, OT, PT, Home Health Aide, Wound Healing  
Dieticians, Home Infusion, Telemonitoring and Speech Therapy  
• Pharmacy  
In Home Visits to Identify all Medications in the Home  
Free Home Delivery  
Free Multi-Dose Packaging  
Ensures the Right Medication is Taken at the Right Time  
Accepts Medicare/Medicaid/Insurances  
Call to check for Insurance Companies Coverage |
| **Rolla Family Clinic**  
(Serves all 8 Counties)  
[www.ROLLAFAMILYCLINIC.com](http://www.ROLLAFAMILYCLINIC.com) | 573-426-5900 | 1060 South Bishop  
Rolla, MO  65401 | • Walk In No Appointment  
• Hours Monday through Friday 9:00 a.m. - 9:00 p.m.  
• X-Rays and Ultrasounds  
• Laceration Repair  
• Immunizations  
• DOT Physicals  
• Any Illness or Injury  
• Cheaper and Faster than Emergency Room |
| **Rolla Family Dentistry** | 573-364-1599 | 1701 E. 10th Street  
Rolla, MO 65401 | • Preventive Care  
• Fillings  
• Dentures  
• Crowns  
• Extractions  
• Bridgework |
| **Rolla Pregnancy Resource Center**  
(Serves Maries, Pulaski, Phelps and Gasconade Counties)  
[www.PRCROLLA.com](http://www.PRCROLLA.com) | 573-368-5700 | 1210 East Route 72  
Rolla, MO 65401 | • Free- Pregnancy Tests  
• Ultra Sounds  
• Counseling Services  
• Post-abortive Counseling  
• Diapers  
• Baby Boutique  
• Parenting Classes |
Phelps County Resources

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| Rolla Presbyterian Manor | 573-364-7336 | 1200 Homelife Plaza Rolla, MO 65401 | • Independent Living  
• Health Care and Memory Care  
• Assisted Living |
| RX Assist         | Web page only | No Physical Address            | • Program that can help the Uninsured get Needed Prescriptions at Low Cost or for Free |
| Social Security Administration | 800-551-2056 | 1813 East 10th Street Rolla, MO 65401 | • Retirement  
• Medicare Part D Application  
• Disability  
• Medicare and Social Security Cards |
| Southeast Missouri Behavioral Health | 573-364-8511 | 1051 Kingshighway #5 Rolla, MO 65401 | • Treatment for chemical dependencies, emotional problems, psychiatric disorder & other life crisis |
| The Community Partnership | 573-368-2849 | 1101 Hauck Drive Rolla, MO 65401 | • Young Parents  
• Capable Kids and Families  
• Independent Living  
• Early Care and Education  
• Linking Hearts Adoption Fair  
• Partnership Resale Shop  
• Linking Adoption - Yearly  
• Fostering Program |
| Three Rivers Hospice | 573-674-1127 | 217 US Hwy 63 Licking, MO 65542 | • 24/7 Compassionate Care  
• Specialized Hospice Nurses  
• Caregiver and Family Support |
| Tri-County Center for Independent Living | 573-368-5933 | 1420 Highway 72 E Rolla, MO 65401 | • Advocacy  
• Ramp/Home Modifications  
• Equipment Loan  
• In-Home Services  
• Disability Awareness  
• Peer Support |
# Phelps County Resources

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<tr>
<td><strong>Health</strong></td>
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</table>
| Tri- Rivers Family Planning  
(Serves Phelps and Gasconade Counties) | 573-364-1509 | 1032 B Kingshighway Rolla, MO 65401 | • Pregnancy Tests  
• Birth Control (Including Plan B)  
• Well - Woman Exams  
• Pap Smears  
• Test and Treatments for STI's  
• Vaginal Infections & Urinary Tract Infections  
• Community Education  
• Links to other Health & Social Services Providers |
| **Housing**       |                |                                |                                                                             |
| Esther's House    
(Serves all 8 Counties) | 573-646-3293 | PO Box 984 Belle, MO 65013 | • For Women ages 18 - 50, all Backgrounds  
• Faith Based Residential Program  
• Struggling with Controlling Issues such as Alcohol and Drug Addictions, Depression, Self-Harm and Aftermath of Physical and Sexual Abuse |
| Forum Manor Apartment | 573-364-5831 | 1900 Farrar Drive Rolla, MO 65401 | • Low Income Apartments |
| Geneva House      
(Serves all 8 Counties) | 573-762-9931 | 180 Highway T Newburg, MO 65550 | • Men Only Homeless Shelter  
• Winter Months Only (October - April/May) |
| Lighthouse Mission  
(Serves All 8 Counties) | 573-836-5332 | 20 Show Me Lane Camdenton, MO 65020 | • Transitional Housing  
• Recovery Support Services  
• Reentry Coordination |
| Meramec Regional Planning Commission  
(Serves Crawford, Gasconade, Phelps and Maries Counties) | 573-265-4200 | 4 Industrial Drive St. James, MO 65559 | • Low Rent Housing  
• HUD  
• Applications accepted in the St. James office on the 1st and 3rd Wednesday 8am to 4pm. |
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<th>Organization Name</th>
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<th>Address</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Rolla Apartments</td>
<td>573-364-6820</td>
<td>1101 McCutchen Drive Rolla, MO 65401</td>
<td>• Low Income Apartments 62+</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Under 62 may have to be on waitlist</td>
</tr>
<tr>
<td>Rolla Housing Authority</td>
<td>573-364-6460</td>
<td>1440 Forum Drive Rolla, MO 65401</td>
<td>• Low Income Apartments</td>
</tr>
<tr>
<td><a href="www.publichousing.com">www.publichousing.com</a></td>
<td></td>
<td></td>
<td>• Public and Housing Choice Voucher (Section 8)</td>
</tr>
<tr>
<td>State Veterans Home St. James</td>
<td>573-265-3271</td>
<td>620 North Jefferson St. James, MO 65559</td>
<td>• Veteran Homes</td>
</tr>
<tr>
<td><a href="www.nasvh.org">www.nasvh.org</a></td>
<td></td>
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</tr>
<tr>
<td>USDA Rural Development</td>
<td>573-364-1479</td>
<td>1050 Hwy 72E Rolla, MO 65401</td>
<td>• 502 Housing Loan Program</td>
</tr>
<tr>
<td>(Farm Service Agency Serves all 8 Counties)</td>
<td></td>
<td></td>
<td>• 504 Repair Loans and Grants</td>
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<td></td>
<td></td>
<td></td>
<td>- Home Repairs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- ADA Accessible Issues (Ramps)</td>
</tr>
<tr>
<td>Child Support Enforcement</td>
<td>573-368-2250</td>
<td>1111 Kingshighway Suite D Rolla, MO 65401</td>
<td>• Child Support Enforcement</td>
</tr>
<tr>
<td><a href="dds.mo.gov">dds.mo.gov</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>United Way of South Central Missouri</td>
<td>573-364-3577</td>
<td>1311 Kingshighway Rolla, MO 65401</td>
<td>• Community Funds</td>
</tr>
<tr>
<td><a href="www.unitedwaycemo.org">www.unitedwaycemo.org</a></td>
<td></td>
<td></td>
<td>• Fundraising and Resource Development Support</td>
</tr>
<tr>
<td>Abundant Blessings Food Distribution - Newburg, MO</td>
<td>573-762-2955</td>
<td>First Baptist Church 5245 Walnut St. Newburg, MO</td>
<td>• Need proof of living in Phelps County</td>
</tr>
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<td></td>
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<td></td>
<td>• Distribution is the Saturday following the 3rd Wednesday 10am - 12pm</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Must bring your own food containers</td>
</tr>
<tr>
<td>St. James Caring Center</td>
<td>573-265-7072</td>
<td>1500 West Springfield St. James, MO 65559</td>
<td>• Hot Nutritional Meal</td>
</tr>
</tbody>
</table>
Phelps County Resources

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</table>
| **GRACE** (Greater Rolla Area Charitable Enterprises) | 573-368-5577 | 601 North Elm Street, Rolla, MO 65401 | • Food Ministry  First Tuesday 3:00 - 6:00 pm  
• Utilities  
• Rent  
• Financial Emergency  
• Grace for Christmas |
| **Greentree Christian Church**  
www.grentreerolla.org | 573-364-2649 | 800 Greentree Road, Rolla, MO 65401 | • Food Pantry  
Must Show Proof of Address  
Rolla Area Only  
• Food Distribution Call for date and time |
| **Helping Hands of Central Missouri**  
(Serves Pulaski, Maries, Camden, and Phelps Counties) | 573-493-2716 | 784 Highway 52, St. Elizabeth, MO 65075 | • Food Pantry |
| **Mobile Food Pantry**  
Southern Cherokee Tribe | 573-474-1020 | South Central Shrine Club  
County Road 5200, Rolla, MO 65401 | • Food Distribution 1st Friday of Every Month  
10am - 12pm  
• Must bring your own food containers  
• Photo ID, proof of address, Social Security Cards for each family member in household |
| **Newburg R-II School**  
newburg.k12.mo.us | 573-762-3030 | 701 Wolf Pride Drive, Newburg, MO 65550 | • Summer Food Service Program  
Summer School |
| **Phelps County Faith Distribution**  
Grace Church of Rolla  
www.phelpscountyfood.org | 573-368-3040 | 12640 US Hwy 63 S, Rolla, MO 65401 | • Food Distribution: 1st Wednesday or  3rd Saturday of the Month  
8:30 a.m. - 9:30 Seniors Only  
9:30 a.m. - Noon Everyone Else  
Rolla, Edgar Springs and Newburg School Districts Only  
• Must bring your own food containers |
| **Rolla Nutrition Site** | 573-341-2929 | 1440 Forum Drive, Rolla, MO 65401 | • Meals on Wheels (60 years old and Homebound)  
• Congregate  
• 60 Year Old Hot Nutritional Meal at Center |
| **St. James Middle School**  
stjschools.org | 573-265-2300 | #1 Tiger  
St. James, MO 65559 | • Summer Food Service Program  
Summer School |
| **Visions Unlimited Food Pantry**  
(Serves Miller, Laclede, Pulaski, Camden and Phelps Counties) | 573-392-5844 | 476 Highway Y, Eldon, MO 65026 | • Food Assistance |
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<tr>
<td>Ability Express LLC</td>
<td>573-677-5006</td>
<td>571 Dotson Road Cuba, MO 65453</td>
<td>• Call for information on fees.</td>
</tr>
<tr>
<td>Cardinal Transport Services, LLC</td>
<td>573-201-6625</td>
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<tr>
<td><a href="http://www.cardinaltransports.com">www.cardinaltransports.com</a></td>
<td></td>
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<tr>
<td>DCAI - Disabled Citizens Alliance for Independence</td>
<td>573-244-3315</td>
<td>Call Center in St. Louis, MO</td>
<td>• Free if Client has Medicaid. Only for Medical Appointments</td>
</tr>
<tr>
<td>dcai.us</td>
<td>888-450-4288</td>
<td></td>
<td>• Must Give 5 Day Notice</td>
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<td>Call Center in St. Louis, MO</td>
<td>• Provide Pick-up Address</td>
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<td></td>
<td>• Provide Drop Off Address</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Name of Health Care Provider</td>
</tr>
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<td></td>
<td>• Provide Time of Appointment</td>
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<tr>
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<td></td>
<td>• Provide Medicaid Number</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Can Request SKT Transportation</td>
</tr>
<tr>
<td>Logisticare</td>
<td>866-269-5927</td>
<td>Call Center in St. Louis, MO</td>
<td></td>
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<tr>
<td>(Serves all 8 Counties)</td>
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<tr>
<td><a href="http://www.logisticare.com">www.logisticare.com</a></td>
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<tr>
<td>MO Rides - Meramec</td>
<td>573-265-2993</td>
<td>Meramec Regional Planning Commission 4 Industrial Drive St. James, MO 65559</td>
<td>• Works with Existing Transportation Providers</td>
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<tr>
<td>(Serves all 8 Counties)</td>
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<td></td>
<td>• Will Arrange Transportation Throughout the Service Area</td>
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<tr>
<td>morides.org</td>
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<td></td>
<td>• Clients calls MO Rides for the cost of the trip (if any) then pays Transportation Company of their Choice for Ride</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Transportation for: Ride to Work, Medical Appointments, Shopping, Church or Anywhere Client Wishes</td>
</tr>
<tr>
<td>MTM - Medical Transportation Management, Inc.</td>
<td>636-561-5686</td>
<td></td>
<td>• Free for Medicaid patients</td>
</tr>
<tr>
<td><a href="http://www.mtm-inc.net">www.mtm-inc.net</a></td>
<td></td>
<td></td>
<td>• Call to verify eligibility</td>
</tr>
<tr>
<td>Phelps Health - Courtesy Van</td>
<td>573-341-8278</td>
<td></td>
<td>• Non-emergency medical transport for riders in a 30 mile radius of Rolla</td>
</tr>
<tr>
<td>phelpshealth.org</td>
<td>573-458-7962</td>
<td></td>
<td>• 4 day recommended prior notice for ride</td>
</tr>
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<tr>
<td><strong>Transportation</strong></td>
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</tbody>
</table>
| Saferide          | 866-269-5927 | No Physical Address              | • Call to make an appointment  
• Must have medicaid    |
| (Serves all 8 counties) | www.saferidesllc.com |                                  |                                                                             |
| Southeast Missouri Transportation Service | Phelps County 573-364-7687  
Crawford County 573-775-2793 | 1008 Holloway Street  
Rolla, MO 65401 | • Transportation Schedules on Web page  
• Call Monday - Friday 8:00am to 11:00am  
• Transportation Services Runs Between 9:00am - 2:00pm  
• Cost based on locations  
• Medical Appointments take Precedence over all Other Trips  
• Long Distance Medical Service MUST be scheduled at least two days in Advance & Must Have at Least 3 Riders to Make the Trip |