



## Five Star Center

### Who We Are

Five Star Center is a trusted community resource in the heart of St. Louis City dedicated to empowering older adults and differently-abled individuals to maintain their independence and live with dignity.

For nearly five decades, Five Star Center has served as more than a building or service provider — we are a lifeline, a place of belonging, and a cornerstone of support for older and disabled adults in our community.

Through direct services and strategic collaborations with local organizations, we respond to the evolving needs of aging citizens and adults with disabilities. Everything we do is rooted in respect, compassion, and a deep commitment to enhancing quality of life.

### Our Mission

To promote, improve, and safeguard the quality of life for older and disabled adults in the city of St. Louis, by providing transportation, nutritional services, and in-person activities, so they may live with dignity and respect.

At our core, we believe every individual deserves:

- Independence
- Access to essential services
- Opportunities for social connection
- Support that honors their life experiences
- A community that respects and celebrates them

## **Our Vision**

To be recognized as a leader in providing community services, education, and outreach in the city of St. Louis.

## **What We Do**

Five Star Center provides comprehensive services that address the physical, social, financial, and emotional needs of older and disabled adults.

### **1. Nutrition & Food Security**

We combat hunger and food insecurity through:

- Transportation to grocery stores for seniors
- Supplemental food distribution
- Congregate meals that foster socialization
- Home-delivered meals for those unable to travel

These programs ensure that no one is left hungry and that meals also become opportunities for connection.

### **2. Transportation & Mobility**

Transportation is independence. We provide:

- Transportation for medical appointments
- Monthly bus passes
- Support for safe vehicle access
- Assistance that enables seniors to attend programs and maintain autonomy

Without reliable transportation, healthcare and community engagement become barriers — we remove those barriers.

### **3. Health & Wellness Support**

Our approach to wellness is holistic.

Services include:

- Vaccine assistance
- Access to specialized health services
- Occupational therapy programs
- Fitness classes and exercise opportunities
- Holistic wellness programs addressing physical, mental, and emotional well-being

We focus on prevention, vitality, and quality of life.

### **4. Socialization & Community Engagement**

Isolation is one of the greatest threats to older adults. Five Star Center actively combats it through:

- Organized social events
- Community gatherings
- Cultural enrichment experiences
- Shared meals
- Lifelong learning programs

Friendships blossom here. Laughter fills our halls. Stories are shared. Community is built.

### **5. Education & Enrichment**

We promote lifelong learning through:

- Workshops and seminars
- Skill development opportunities
- Cultural and intellectually stimulating experiences
- Technology integration to enhance engagement

We believe growth does not stop with age.

## **6. Financial & Legal Support Services**

To reduce financial strain and ensure stability, we provide:

- Notary services
- Assistance navigating essential documentation

These services protect financial well-being and independence.

## **7. Home & Safety Improvements**

We support safe and stable housing through:

- Exterior home repairs
- Interior home repairs
- Assistive devices
- Incontinence supplies

Because dignity starts at home.



## **Our Story**

Five Star Center has been serving the St. Louis community for nearly 50 years. As we approach our 50th anniversary in 2026, our legacy is one of resilience, compassion, and transformation.

What began as a response to community need has grown into a multifaceted organization providing comprehensive services that address not just survival — but thriving.

Over the decades:

We have become a cornerstone in the lives of older adults.

We have woven a tapestry of community through meals, activities, and shared experiences.

We have adapted to meet evolving needs, integrating technology and improving accessibility.

We have remained steadfast in our belief that older adults deserve dignity, celebration, and support.

Our center is more than walls and programs. It is a sanctuary of warmth, inclusion, and empowerment.

## **Celebrating 50 Years of Service – Our 50th Anniversary**

In 2026, Five Star Center proudly celebrates 50 years of unwavering commitment to the older and disabled adults of St. Louis.

This milestone represents five decades of impact, compassion, and community building. It is a celebration of the thousands of lives touched, the families supported, and the partnerships formed throughout the years.

Our 50th Anniversary is not only a time to reflect on our history — it is a moment to look forward. We are committed to strengthening our programs, expanding outreach, and continuing to serve as a leader in community services, education, and engagement in St. Louis.

As we honor our legacy, we also reaffirm our promise: to ensure that older and disabled adults live with dignity, independence, and meaningful connection for generations to come.

## **Our Impact**

Five Star Center impacts thousands of individuals annually through:

- Food assistance for thousands of households
- Transportation for hundreds of medical appointments

- Home repair support for vulnerable seniors
- Assistive devices that restore independence
- Social programs that combat isolation
- Health initiatives that improve quality of life

But numbers alone cannot measure impact.

Our real impact is seen in:

The senior who regains independence through mobility support  
The isolated individual who forms new friendships at congregate meals  
The older adult who receives critical healthcare access  
The family who finds peace knowing their loved one is supported

We do not simply provide services — we restore dignity, promote independence, and build community.

## **Our Values**

Dignity, Honor, and Respect guide all interactions, programs, and services, ensuring every individual is treated with the utmost dignity and respect.

## **Why Five Star Center Matters**

In a rapidly changing world, older adults and disabled individuals often face:

- Isolation
- Food insecurity
- Transportation barriers
- Health challenges
- Financial strain

Five Star Center stands as a beacon of stability and compassion in St. Louis — ensuring that aging does not mean abandonment, and disability does not mean exclusion.

We are here so that older and disabled adults may:

- Live with dignity.
- Remain independent.
- Feel connected.
- Be celebrated.