



**Health Care Coalition of Lafayette County
DBA Health Care Collaborative of Rural Missouri**

825 S. Business Highway 13, Lexington, MO 64067 (660) 259-2440

DBA Live Well Community Health Centers

324 S. Hudson St., P.O. Box 512, Buckner, MO 64016 (816) 249-1521

300 E. 9th St., Carrollton, MO 64633 (660) 329-9005

206 N. Bismark, Concordia, MO 64020 (660) 463-0234

608 Missouri St., Waverly, MO 64096 (660) 493-2262

811 S. Business Highway 13 STE A., Lexington, MO 64067 (660) 251-6440



Hello Concordia!

I am Cara Wilckens and most of you already know me, but to those who don't, let me introduce myself. I am Cara Wilckens and I am a Community Health Worker (CHW) for the Live Well Clinic here in Concordia! I have lived in Concordia most of my life, I have 7 children who have been raised here, and I love this community. I love my job and cannot wait to tell you more about it.

I get asked a lot, what does a CHW do exactly? My main goal is to help you in any way that I can. I would love the opportunity to work with you to help connect you to resources such as:

- Application assistance: Food, Medical, Disability, Child Care, and many more
- Resources in a time when things are a little tough: Local Food Pantries, rent assistance, utility assistance, access to discounted medications and many other opportunities to help families
- Help with personal hygiene items, mattresses, walkers, shower chairs and many other things
- Access to transportation for appointments
- Do you need to talk? Just need someone to help you sort through it? That is me!
- And many, many other things!

Also, we recently gained more services to the clinic, which means, more appointments available, with more friendly faces! Here are a few services that we offer:

- We have an amazing group of nurse practitioners who provide same day appointments for things like well and sick visits, women's health, sports physicals, medication management, immunizations and lab work, just to name a few.
- We have a great mental health crew that helps to provide many counseling options through our therapists, medication management through our child and adult Psychiatrists, assessments to diagnose certain disorders such as Autism and ADHD through our Psychologists and soon, we will be adding a Psychiatric Nurse Practitioner to the team.
- We have the best dental crew, who are caring, and willing to do what they can to give our patients the best care possible including routine care, preventative and restorative treatments such as extractions, root canals, dentures and more.
- We have friendly, efficient patient advocates who are willing to help in whatever ways that they can.
- And we are still growing...

We are accepting new patients. We accept all insurances including Medicaid and Medicare and we a slide fee option that I can help you apply for if you do not have insurance. If an appointment is



not something that you are looking to do right now, but you are needing help with ANYTHING, please reach out to me! You can call our offices anytime. We would love to help you!

Cara Wilckens
660-463-0234 (Concordia Clinic)
660-262-3556

Thank you for your time!
Have a great day!

