

COMMUNITY RESOURCE GUIDE

FOR ORANGE COUNTY



**For further information on
services listed or other services not listed,
please call:**

**Hoosier Uplands / Area 15 Agency on Aging
INFORMATION AND REFERRAL**

**(812) 849-4457
or 1-800-333-2451
www.hoosieruplands.org**



This resource guide was developed
for the benefit of all:

Orange County Residents

We do not claim to have listed all services
available to the community, but hope to have listed
programs which will meet your
most immediate needs.

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The SMP Program allows
Hoosier Uplands and the ADRC
to assist individuals with
Medicare and Medicaid Fraud.
If you have concerns or questions
about fraud,

please call 800-333-2451 or call the
central office at 800-452-4800.



The State Health Insurance Assistance Program (SHIP)
is a free and unbiased counseling program provided by
the Indiana Department of Insurance for Medicare
beneficiaries in Indiana. It is a non-profit organization
designed to provide an unbiased place for seniors and
pre-retirees to find answers to their health insurance
questions. All of our services are free. Contact a SHIP
Counselor at 800-333-2451 or contact the central office
at 800-452-4800.

INFORMATION & REFERRAL

Hoosier Uplands Information & Referral Services

800-333-2451 or 812-849-4457

Main Office

500 W. Main Street
Mitchell, IN 47446
800-827-2219
812-849-4447

Paoli Office

1 College Hill
Paoli, IN 47454
800-893-4191
812-723-4607

Aging & Community Services Offices

521 W. Main Street
Mitchell, IN 47446
800-333-2451
812-849-4457

French Lick/West Baden Chamber of Commerce

1 Monon Street.....812-936-2405
French Lick, IN 47432

Orleans Chamber of Commerce

P.O. Box 9.....812-865-9930
Orleans, IN 47452

Paoli Chamber of Commerce

210 S.W. Court Street812-723-4769
Paoli, IN 47454

Provides city maps, brochures, small business services and information about groups, organizations and businesses in Orange County.

CHILDREN'S SERVICES

Childhood Connections.....866-693-0672

923 4th Street, P.O. Box 728
Columbus, IN 47201

Information and Referral; free parent and provider child care training; has contacts for Child Care and Development Fund (CCDF) voucher program which provides financial assistance for families who are working or enrolled in school; and provides licensing to providers. For more information visit online at:

www.childhoodconnections.org

Children's Learning Center at Goodwill of Southern Indiana, Inc.

1329 Applegate Lane800-660-3355
Clarksville, IN 47129.....812-283-7908

They are a child development center and preschool for children ages six weeks to five years. Through their collaboration with SIRH (Southern Indiana Rehabilitation

Hospital), their services set them apart from other child care facilities, allowing them to help all children, challenged to gifted, to develop to their full potential. SIRH offers therapies in-house so you don't have to worry about taking your child to a separate facility during the workday. Visit online at:

www.goodwillbps.org

Children's Special Health Care Services

Indiana State Department of Health.....800-475-1355
2 N. Meridian Street, Suite 700.....317-233-1351
Indianapolis, IN 46204

CSHCS provides supplemental medical coverage to help Indiana families of children age birth to 21 years who have severe, chronic medical conditions and who meet the program's financial and medical criteria, pay for treatment related to their child's condition.

First Steps of Southern Indiana800-941-2450

Blue River Services, Inc.
P.O. Box 547
Corydon, IN 47112

This program is for children, ages birth to three years, who are experiencing developmental delays and/or have a diagnosed condition that has a high probability of resulting in developmental delay. Some of the many services offered by First Steps are Audiology, Developmental Therapy, Speech Therapy, and Physical Therapy.

Happy Hollow Children's Camp812-988-4900

3049 Happy Hollow Road
Nashville, IN 47448

One week camp sessions at little or no cost for children ages 7-14 years from financially disadvantaged families that live in the United way of Central Indiana demographic area, foster children from the state of Indiana, and children with moderate to severe asthma from the state of Indiana.

Hoosier Healthwise Helpline800-889-9949

Hoosier Healthwise is a health insurance program for Indiana children, pregnant women, and low-income families. Health care is provided at little or no cost to Indiana families enrolled in the program. Other health needs such as prescriptions, dental care, vision care, family planning services, and mental health services are also available as part of the Hoosier Healthwise program.

Hoosier Uplands Children's Services

Administrative Office..... 800-827-2219
500 W. Main Street 812-849-4447
Mitchell, IN 47446

Hoosier Uplands Children's Services offers opportunities and support for growth and change by providing a safe, healthy, nurturing environment where families, children, and staff members can realize their potential within the greater community.

Hoosier Uplands Head Start Office 812-723-3687
308 S. Oak Street
Paoli, IN 47454

Monday through Thursday 10 a.m. to 2 p.m. for children ages 3-5 whose family income meets established guidelines. Lunch and an afternoon snack are provided.

Orange County WIC Program..... 800-449-4191
204 E. Main Street..... 812-723-4131
Paoli, IN 47454

Provides nutritional counseling and food vouchers for families with children under the age of 5 years and also expectant mothers. They advocate breast feeding and breast feeding education. Their hours are: Monday and Wednesday 8 a.m. to 5 p.m.; Tuesday 10:30 a.m. to 7 p.m.; Friday 9 a.m. to 3 p.m.

**Vincennes University—Region 4b—Intake Agent
Child Care Voucher Program** 888-360-4473
..... 812-424-4473

To help with the cost of child care for those working and who meet guidelines for assistance, please call the intake agent at the number listed above.

CRISIS SERVICES

Adult Protective Services.....*Hotline* 800-992-6978
806 Martinsburg Road, Suite 202..... 812-883-5988
Salem, IN 47167

This organization investigates reports of persons age 18 and over who cannot make informed decisions due to mental illness, mental retardation, dementia, or other physical or mental incapacity. These victims are incapable of managing/directing the management of their property or providing/directing the provisions of self-care. These victims may be harmed or threatened with harm as a result of neglect, battery, or exploitation of the individual's personal services or property.

Albion Fellows Bacon Center.....800-339-7752
P.O. Box 3164..... *Domestic Assault* 812-422-5622
Evansville, IN 47731 *Sexual Assault* 812-424-7273

They have a shelter for battered and/or sexually abused women and their children. Services include 24-hour crisis hotline, community education, legal advocacy, sexual assault program, support groups, and referral and advocacy services. Legal advocacy and public speaking presentations are also available.

American Red Cross866-599-9951
2119 29th Street812-275-5162
Bedford, IN 47421

Notification to active duty military personnel of death, serious illness or circumstance of immediate family members; disaster assistance; one-family or community blood drives; health and safety classes, including CPR and first aid. Visit online at: www.hhredcross.org

Crisis Connection*Crisis Line* 800-245-4580
1500 S. Meridian Road, P.O. Box 903.....812-482-1555
Jasper, IN 47546

Assists abused women and their children with safe lodging. Provides support groups for women and Children; New Babes and Natural Helpers program; education of domestic abuse to schools; and information on legal and financial options. Legal and emergency room advocacy and transportation are available. Visit online at:
www.crisisconnectioninc.org

Hoosier Hills Pact.....*Crisis Line* 888-883-1959
205 E. Main Street, #3812-723-2621
Paoli, IN 47454

Domestic Violence Crisis telephone lines 24-hours a day, seven days a week. They provide programs that encourage offenders to take responsibility for their actions, involves the victim in the criminal justice process, addresses community needs, works for community safety, and provides cost-effective alternatives to incarceration. They have advocates available to assist victims of domestic violence. Hoosier Hills Pact in Salem, Indiana, offers a domestic violence shelter with hospital/legal advocacy and support groups.

Indiana Department of Child Services (DCS)
Region 17—Orange County..... 812-723-3616
P.O. Box 389

Paoli, IN 47454

The mission of the department is to protect children from abuse and neglect by partnering with families and

communities to provide safe, nurturing, and stable homes. The department administers child support, child protection, adoption, and foster care throughout the state of Indiana. Visit online at: www.in.gov/dcs

Indiana Department of Child Services (DCS)

Child Abuse and Neglect Hotline..... 800-800-5556
*All calls must go through the above number.
Do not call the local office or the police department
to report child abuse or neglect.*

Child Support Hotline 800-840-8757

Orange Co. Emergency Management Agency
205 E. Main Street, Suite 12.....812-723-7111
Paoli, IN 47454
This office works in conjunction with the Indiana Homeland Security. Individuals and small business owners who suffer damages may be eligible for assistance from: The Federal Emergency Management Agency (FEMA), other federal agencies, the Small Business Administration (SBA), and voluntary agencies. The assistance programs are available to those designated as disaster areas. Call the number above to apply for disaster assistance.

Paoli United Methodist Church812-723-2965
794 E. State Road 56
Paoli, IN 47454
They work in conjunction with the Salvation Army during disaster and emergency services.

Southern Hills Counseling Center, Inc.
488 W. Hospital Road877-521-3772
Paoli, IN 47454812-723-4301
They have group and individual treatment programs. They also provide drug/alcohol, bipolar, borderline, and grief counseling; outpatient counseling; and consultation case management.

Youth Services Bureau of Monroe County
615 S. Adams Street812-349-2506
Bloomington, IN 47403
Emergency youth shelter; crisis intervention. They have youth and family counseling. The Brinkley House Youth Services are open 24-hours a day, seven days a week. Visit online at:
www.youthservicesbureau.net

EMERGENCY911

Ambulance:
IU Health Bedford Hospital812-279-6545
IU Health Paoli Hospital812-723-7455
St. Vincent Dunn Hospital812-279-2100
Hospitals:
IU Health Bedford Hospital812-275-1200
IU Health Paoli Hospital800-999-4420
St. Vincent Dunn Hospital812-275-3331
Police Departments:
French Lick812-936-9811
Orleans812-865-2222
Paoli812-723-2836

EMPLOYMENT AND TRAINING

Adult Basic Education812-723-4717
Paoli High School812-723-3905
501 Elm Street
Paoli, IN 47454
They provide GED testing only. Contact WorkOne for GED tutoring.

American Red Cross866-599-9951
2119 29th Street812-275-5162
Bedford, IN 47421
Classes offered: First Aid/CPR/AED; Lifeguarding and Swimming; Caregiving and Babysitting; Blood Borne Pathogens Training; Administering Emergency Oxygen; Red Cross Volunteer Training; Emergency Medical Response; and Wilderness and Remote First Aid.

Experience Works812-650-4212
101 W. Kirkwood Avenue
Bloomington, IN 47404
The **Regional Office** of Experience Works provides low-income seniors age 55 and over the training they need to find good jobs in their community.

National Able Network, Inc......317-396-7800
3737 N. Meridian Street, Suite 409
Indianapolis, IN 46208
Originally founded as an advocacy agency to provide employment and training opportunities for older workers, Able has since expanded its scope to serve job seekers of every age, income, and skill level from entry-level workers to mid-level professionals.

Orange County Purdue Extension Service

205 E. Main Street812-723-7107
Paoli, IN 47454

Provides the latest information in agricultural production and management, food purchasing, storage, and preparation. They also have home decorating, consumer concerns, and 4-H youth programs.

WorkOne Paoli Express812-723-2359

1075 N. Sandy Hook Road
Paoli, IN 47454

Updating job skills, job search, unemployment compensation, and referral to Indiana Career Connect.

FOOD, CLOTHING, RENT, UTILITIES, HOUSEHOLD, ETC.

Backstreet Missions, Inc.812-333-1905

215 S. Westplex Avenue
Bloomington, IN 47404

Weekend meals to local apartment complex, Shelters for homeless men, women and children, Thrift store - low cost alternative for community, "Soup Kitchen" - Geno's Cafeteria -public -free prepared meals 6 days a week, Food Pantry / Assistance outreach -Free canned food to those in need, Thanksgiving food baskets, Christmas gifts for children -"Adopt a Child".

Congregate Meal Sites:***French Lick Senior Citizens Center***

8560 W. Main Street812-936-2257
French Lick, IN 47432

Orangeville Senior Citizens Center

515 N. County Road 500 West812-865-2852
Orleans, IN 47452

Orleans Dogwood Senior Citizens Center

1901 S. Orleans Way Street812-865-3352
Orleans, IN 47452

Paoli Senior Citizens Center

119 S.W. 2nd Street812-723-4228
Paoli, IN 47454

These senior citizens centers provide noon lunches to persons age 60 and over on a donation basis for the senior citizen and his or her spouse.

Dare to Care Food Bank502-966-3821

5803 Fern Valley Road
Louisville, KY 40228

Their Mobile Pantry arrives every third Saturday at Southway Villa Mobile Home Park, 1701 S. State

Road 135, in Salem, Indiana from 10 a.m. to 12 Noon. They serve Washington and Orange county residents. No phone call needed. Just show up at the site during distribution day.

God's Place Ministries, Inc.812-755-4449

8073 State Road 37S
Bedford, IN 47421

God's Place Ministries, Inc. was begun in 2006 to provide free food, clothing and household items to individuals and families in need. Food Pantry is open Wednesday 1 p.m. to 5 pm and Friday 11 a.m. to 2 p.m. The Quarter Store (everything is 25 cents except furniture and appliances which are very inexpensive) is open Monday, Wednesday, Friday, and Saturday from 1 p.m. to 5 p.m.

Hoosier Uplands Energy Assistance Program

1 College Hill Street.....800-893-4191
Paoli, IN 47454812-723-4607

Financial assistance for heating in winter and cooling in summer is available through the Energy Assistance Program. Resident's income must meet at or below the Office of Management and Budget Poverty Guidelines.

Gateway Ministries812-865-2777

686 S. Maple Street
Orleans, IN 47452

The "Mercy Center—A Need to Feed" delivers hot meals to those in need every Wednesday in Paoli and Orleans. Volunteers prepare the food and deliver the meals mostly to the homes of the elderly or disabled. However, the center will feed anyone that is hungry.

Older Americans Services Corporation

P.O. Box 206.....800-258-8786
Orleans, IN 47452812-865-3352

Home delivered meals provided to senior citizens through Hoosier Uplands case management or private pay.

Orange Co. Division of Family Resources

326B N. Gospel Street800-403-0864
Paoli, IN 47454

Receives applications for Medicaid, Food Stamps (SNAP), and Temporary Assistance for Needy Families (TANF). Based on specific qualifications, emergency food stamps may be available within seven days from the date of application. Other households will receive notification of determination within thirty days from the date of application. Secondary services provided—State Programs: RBA, Children's Special Healthcare Need

Services, and the QMB for Medicare Part B. Can apply at the number listed above or online at: www.in.gov/fssa

Paoli Community Food Pantry 812-723-3758
321 E. Campbell Street
Paoli, IN 47454
Hours of operation: Monday, Wednesday, and Friday;
10 a.m. to 12 Noon.

Paoli United Methodist Church 812-723-2965
794 E/ State Road 56
Paoli, IN 47454
Assists families with an emergency financial need—
food, rent, medicine, and utility bill. Assists residents
of Orleans and Paoli.

Partnership for Prescription Assistance
..... 888-477-2669
They help qualifying patients, without prescription
drug coverage, get the medicines they need for free or
nearly free. They will help you find the program
that's right for you—FREE OF CHARGE. Remember,
you will never be asked for money by a PPA Call Cen-
ter Representative or on the website. Visit online at:
www.pparx.org

Springs Valley Ministerial Association Food Pantry
3033 Highway 56 812-936-9616
West Baden Springs, IN 47469
They maintain a program that acquires food products
through donations, canned food drives, food bank
programs, or direct purchase, and distribute the food to
people who are in emergency need of food. Call for
request.

TOWNSHIP TRUSTEES

French Lick 812-936-4618
Greenfield..... 812-338-3366
Jackson 812-936-9765
Northeast 812-865-3965
Northwest 812-936-2769
Orangeville 812-865-2340
Orleans 812-865-2803
Paoli..... 812-723-5689
Southeast 812-365-2516
Stampers Creek 812-755-5127

HANDICAPPED SERVICES

ADA—Indiana 800-825-4733
2853 E. Tenth Street 812-855-6508
Bloomington, IN 47408

The mission of the ADA-Indiana is to serve as a
statewide resource for promoting the implementation of
the Americans with Disabilities Act in Indiana.

Blue River Services, Inc. 812-738-2408
1365 Old Highway 135
Corydon, IN 47112

Provides a full range of developmental instruction for
children and adults with vocation, job placement, and
sheltered employment, as well as supervised group
living and alternative families for adults. In-home
services are also available.

Bosma Enterprises 812-401-0818
734 W. Delaware
Evansville, IN 47710

Bosma Enterprises is dedicated to empowering people
who are blind or visually impaired by creating
opportunities that lead to the achievement of each
individual's employment, economic, social, and
self-determination goals.

Children's Special Health Care Services
Indiana State Department of Health..... 800-475-1355
2 N. Meridian Street, Suite 700 317-233-1351
Indianapolis, IN 46204

CSHCS provides supplemental medical coverage to
help Indiana families of children age birth to 21 years
who have severe, chronic medical conditions and who
meet the program's financial and medical criteria, pay for
treatment related to their child's condition.

Crowder's Healthcare Pharmacy 800-439-9007
631 16th Street 812-275-5949
Bedford, IN 47421

They are a ConvaCare franchise and provide hospital
equipment, medical supplies, and oxygen equipment
for the home. Free prescription delivery in Bedford,
Oolitic, Mitchell and Orleans. Free blood pressure and
blood sugar screenings five days a week. Diabetic
counseling; needle disposal service; and scooters, lift
chairs, and wheelchairs are also available.

"People Helping People"

Division of Disability & Rehabilitative Services
P.O. Box 7083 800-545-7763
402 W. Washington Street
Indianapolis, IN 46207

The DDRS's mission is to facilitate effective partnerships which enhance the quality of life for the people they serve in the communities and pursuits of their choice. Programs: Deaf and Hard of Hearing Services; Blind and Visually Impaired Services; Bureau of Child Development Disabilities Services; Bureau of Rehabilitative Services; Bureau of Quality Improvement Services; Disability Determination Bureau; and First Steps.

Hoosier Uplands Area Agency on Aging & Community Services

521 W. Main Street 800-333-2451
Mitchell, IN 47446 812-849-4457

ADRC Information and Referral—to provide resource information for any “need” and to assist walk-ins who need assistance with paperwork or an application process; **Case Management**—uses their professional skills and training to be client advocates and assist the elderly and disabled in a variety of ways. **Energy Assistance**—financial assistance for winter heating and summer cooling; **Homemaker Services**—to those unable to maintain their homes; **In-Home Services**—to prevent premature institutionalization; **Pre-Admission Screening**—to prevent inappropriate nursing home placement; **Respite Care**—to provide relief to an unpaid caregiver; **SHIP Counseling**—helps counsel the individuals' options regarding Medicare, Medicaid, supplemental insurance, and prescription plans; and **Weatherization**—energy conservation measures provided in individual homes. Visit online at: www.hoosieruplands.org

Indiana Protection and Advocacy Services

4701 N. Keystone, Suite 222 800-622-4845
Indianapolis, IN 46205 Ext. 234
IPAS is a congressionally mandated, legally based disability rights agency. Their mission is to defend the human, legal, and civil rights of people with disabilities.

Indiana Vocational Rehabilitation Services

511 E. 4th Street, Suite 200 877-847-9896
Huntingburg, IN 47542 812-683-2183
Designed to increase employability of physically and mentally handicapped adults through counseling, medical service, prosthetic devices, education, vocational training, and more.

Kaiser Home Support Services 812-945-6868
P.O. Box 757
New Albany, IN 47150
Provides in-home respite worker to relieve family for short periods of time.

**Southern Indiana Center for Independent Living
Main Office**

651 X Street 800-845-6914
Bedford, IN 47421 812-277-9626
SICIL works with all significant types of disabilities, and all ages. They also offer information and referral, independent living skills, peer counseling, and advocacy (ombudsman) with no fee. They promote a variety of outreach activities and promote programs regarding education, recreation, transportation (Lawrence county), and housing for those with disabilities.

Stephenson's Disability Services 800-642-1339
204 Pearl Street, Suite 202 812-945-2770
New Albany, IN 47250

As a private company, they offer representation to persons who are filing and/or appealing claims to receive disability benefits and supplemental security income payments through Social Security.

Talking Book and Braille Library 800-622-4970
140 N. Senate Avenue 317-232-3684
Indianapolis, IN 46204

The TBBL provides digital audio books, large print books, and books in Braille to Indiana residents who are unable to read regular print because of a visual or a physical disability.

VA Medical Center—Richard L. Roudebush

1481 W. 10th Street 888-878-6889
Indianapolis, IN 46202 317-554-0000

VA Medical Center—Robley Rex 800-376-8387
800 Zorn Avenue 502-287-4000
Louisville, KY 40206

Inpatient/outpatient medical care, community clinics, emergency medical care, psychiatric care, alcoholism unit, drug abuse program, and rehabilitation of physically handicapped veterans. To receive health benefits you must have a copy of your DD214. If you don't have one, you can request a copy from the VA.

Williams Bros. Health Care Pharmacy

889 N. Gospel Street 800-487-3907
Paoli, IN 47454 812-723-3907
Services Include: Pharmacy, DME (Durable Medical Equipment), IV , RT (Respiratory Therapy), OTC

(Over the Counter Medication), and O2 (oxygen).
Visit online at: www.wbhcp.com

HEALTH SERVICES

American Cancer Society *Helpline* 800-227-2345
6301 Old Boonville Highway, Suite B..... 800-543-5245
Evansville, IN 47715 812-475-9244
The American Cancer Society is the nationwide, community based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

American Heart Association..... **812-229-1503**
Education material, films, community service programs, and cookbooks.

American Lung Association of Indiana
Lung Helpline..... 800-586-4872
115 W. Washington Street
Suite 1180 South
Indianapolis, IN 46204
Provides information on health issues such as COPD, asthma/allergies, lung cancer, indoor air quality, air cleaning devices, tuberculosis, air pollution, pulmonary fibrosis, pneumonia, and tobacco cessation. Visit online at: www.lungin.org

CancerCare 800-813-4673
275 Seventh Avenue, 22 Floor 212-712-8085
New York, NY 10001
Information and Referral Program to help find funding resources for people affected by cancer in their community. CancerCare is staffed by professional oncology social workers who are especially trained in helping people with cancer cope with the educational, financial, practical, and emotional challenges of cancer. Visit online at: www.cancercare.org

Crowder's Healthcare Pharmacy 800-439-9007
631 16th Street 812-275-5949
Bedford, IN 47421
They are a ConvaCare franchise and provide hospital equipment, medical supplies, and oxygen equipment for the home. Free prescription delivery in Bedford, Oolitic, Mitchell and Orleans. Free blood pressure and blood sugar screenings five days a week. Diabetic counseling; needle disposal service; and scooters, lift chairs, and wheelchairs are also available.

EyeCare America *Helpline* 877-887-6327
Foundation of American Academy of Ophthalmology
P.O. Box 42909
San Francisco, CA 94142

Their public service programs provide eye care services to the medically uninsured low-income U.S. citizens and legal residents within the Continental U.S who cannot afford eye care and for those at increased risk for eye disease. They are committed to the preservation of sight, accomplishing its mission through public service and education.

Senior EyeCare Program 800-222-3937
Glaucoma EyeCare Program 800-391-3937
To find out if you qualify for the program that relates to you, call the number listed above for the program or call the Helpline. NOTE: These programs do not pay for eyeglasses, hospitalizations, or surgeries. Visit online at: www.eyecareamerica.org

Healthy Indiana Plan 877-438-4479
HIP is for uninsured Hoosier adults between the ages of 19-64. Parents or caretaker relatives of children in the Hoosier Healthwise program are likely candidates for HIP. A pre-existing or high-risk medical condition has no effect on eligibility. HIP offers full health benefits including hospital services, mental health care, physician services, prescriptions, diagnostic exams, and disease management. A minimum of \$500.00 in preventative services are free. Cost for plan is based on income. Visit online at: www.HIP.in.gov

Hoosier Uplands Home Health Care
500 W. Main Street 800-827-2219
Mitchell, IN 47446 812-849-4447
Hoosier Uplands Home Health Care is committed to providing quality home health services to eligible persons in the counties they serve. Nursing services, physical and occupational therapy, speech language pathology, medical social services, and paraprofessional services will be delivered to appropriate persons, in need of care in their home, under the direction of licensed professional personnel.

Hoosier Uplands Hospice 812-827-2219
500 W. Main Street 812-849-4447
Mitchell, IN 47446
Hospice provides supportive care for the terminally ill and their families, primarily in the home. Physical care helps control pain and symptoms affecting the quality of life for those facing an incurable illness. Medical Social Services help clients cope with social, emotional, and financial upheaval. A spiritual counselor is available

to address spiritual needs and concerns. Volunteers offer support as “good neighbors” who are willing to sit with someone, run errands, or provide a listening ear. Bereavement services are provided to families at least 12 months following the death of their loved one.

Indiana State Department of Health

2 N. Meridian Street.....317-233-1325
Indianapolis, IN 46204

The Indiana State Department of Health supports Indiana’s economic prosperity and quality of life by promoting, protecting, and providing for the health of Hoosiers in their communities.

Office of Minority Health317-233-8499

Office of Women’s Health317-233-2170

Environmental Public Health Dept.317-233-7177

For all other areas of information, call the number listed above or visit online at: **www.state.in.us/isdh**

IU Health Paoli Hospital.....800-999-4420

642 W. Hospital Road.....812-723-2811

Paoli, IN 47454812-936-2811

Specializing in rural community-based services, they provide the following: Ambulance Service, Cancer Services, Community Health, Emergency Services, Primary Care, Rehabilitation Services, Surgical Services, Visiting Specialist Services, and Women and Children’s Services. Visit online at:

www.iuhealthpaoli.org

IU Health Southern Indiana Physicians

Town Green Place.....812-936-3900

8695 W. Jack Carnes Way #9

French Lick, IN 47432

Medical Clinic for residents of French Lick, West Baden, and surrounding communities.

Indiana Vocational Rehabilitation Services

511 E. 4th Street, Suite 200.....877-847-9896

Huntingburg, IN 47542

Designed to increase employability of physically and mentally handicapped adults through counseling, medical service prosthetic devices, education, vocational training, and more.

Jubilee Community Health, Inc.812-723-0150

202 Cherry Street

Paoli, IN 47454

Jubilee Clinic exists to serve individuals without insurance. They provide basic, routine, family practice, and comprehensive care to individuals without insurance. Fees are based on federal poverty levels. Generally, two-thirds of our patients qualify for our

minimum charge of \$20.00 for an office visit. Patients in higher income categories pay \$25.00-\$40.00.

Limbs for Life Foundation888-235-5462

5929 N. May Street, Suite 511405-843-5174

Oklahoma City, OK 73112

Limbs for Life Foundation is a non-profit organization that provides prosthetic limbs for amputees who can’t afford them in the United States. Must meet their eligibility requirements.

National Kidney Foundation of IN800-382-9971

911 E. 86th Street, Suite 100

Indianapolis, IN 46240

Limited financial aid for medications, medical alert tags, and education.

Orange County Health Department

205 E. Main Street #9812-723-3600

Paoli, IN 47454

Childhood immunizations are available. They also provide information on various health topics and contact resources for help with other health issues.

Patoka Family Healthcare Center888-425-9298

307 S. Indiana Avenue812-338-2924

English, IN 47118

The clinic provides basic ambulatory medical care for the entire family. Including, but not limited to: history; physicals; diagnosis; therapeutic prescriptions and treatment; immunizations; minor “office” surgery; patient education and monitoring; in-house CLIA Lab tests; heart monitoring; and referral service. Forms of payment: private insurance, Medicare, Medicaid, private pay, or sliding fee scale.

Planned Parenthood of Indiana812-279-3527

717 Lincoln Avenue #G

Bedford, IN 47421

Provides services for all reproductive health care—female and male clients, birth control, infections, pregnancy testing, HIV testing, STD screening, pap smears, and emergency contraception.

Prevent Blindness Indiana.....800-232-2551

70 E. 91st Street, Suite 204.....317-815-9943

Indianapolis, IN 46240

The Gift of Vision program matches eye care professionals around the state with individuals who need and who cannot afford eye care. You must be low-income and uninsured to be eligible. Many eye care professionals are able to donate eyewear, but have resources available just in case. Most eye care professionals will provide follow-up care for those

with more serious diseases or disorders. At times, they may be able to find resources for eligible clients for surgery. Visit online at: www.pbeye.org

Southern Hills Counseling Center
488 W. Hospital Road *Hotline* 877-521-3772
Paoli, IN 47454 812-723-4301
The staff at the Center offer counseling and treatment services to children, teenagers, adults, older persons, and families. A full array of out-patient services including individual, family, and group counseling; psychological assessment; psychiatric consultation; educational programs; and rehabilitative day treatments are available.

St. Vincent Dunn Hospital 812-275-3331
1600 23rd Street
Bedford, IN 47421
Hospital services include: Bone Health, Diabetes Care, Digestive Diseases (Gastroenterology), Emergency Medicine, Heart (Cardiovascular), Home Care, Immediate Care, Maternity (Obstetrics), Pastoral Care, Radiology, Rehabilitation Therapy, Respiratory Care, Surgery, Women’s Services. Visit online at:
www.stvincent.org

VA Medical Center—Richard L. Roudebush
1481 W. 10th Street..... 888-878-6889
Indianapolis, IN 46202..... 317-554-0000
VA Medical Center—Rex Robley 800-376-8387
800 Zorn Avenue..... 502-287-4000
Louisville, KY 40206
Inpatient/outpatient medical care, community clinics, emergency medical care, psychiatric care, alcoholism unit, drug abuse program, and rehabilitation of physically handicapped veterans.

Williams Bros. Health Care Pharmacy
889 N. Gospel Street 800-487-3907
Paoli, IN 47454 812-723-3907
Services Include: Pharmacy, Durable Medical Equipment, IV , Respiratory Therapy, Over the Counter Medication, and Oxygen. Visit online at:
www.wbhcp.com

HOUSING

Camelot Court Apartments 812-849-2158
2nd & Harding Street
Orleans, IN 47452

Camelot Court Apartments.....812-936-2800
556 S. Maple Street
French Lick, IN 47432
Must be 62 years or older, handicapped, or disabled.
Government subsidized.

College Hill Apartments812-723-4607
1 College Hill Street
Paoli, IN 47454
All ages welcome. Rent is based on income.
Country Place Apartments.....812-723-4584
199 W. Wainwright Road, Apt. 31
Paoli, IN 47454
All ages welcome—subsidized/non-subsidized and handicapped accessible.

Edgewood Terrace Apartments812-936-7166
1011 S. Edgewood Drive
French Lick, IN 47432
These apartments are for families in the very low to moderate income bracket.

Hamilton Oaks Apartments812-936-4665
9673 W. State Road 56
French Lick, IN 47432

Hoosier Uplands Housing Counseling
500 W. Main Street800-827-2219
Mitchell, IN 47446.....812-849-4447
Hoosier Uplands Housing Counseling provides information/counseling for persons experiencing landlord-tenant problems, financial difficulties, and mortgage default/rental delinquency. These services are free. Call to make an appointment. Visit online at:
www.hoosieruplands.org

Lost River Apartments812-865-3653
6402 N. Vance Street
Orleans, IN 47452
All ages welcome. Rent is based on income.

Oak Park Apartments812-865-2555
151 E. Harrison Street
Orleans, IN 47452

Paoli Heights Apartments812-723-4000
176 E. Hospital Road
Paoli, IN 47454
All ages welcome.

Pleasant View Apartments812-936-4257
8453 W. College Street
French Lick, IN 47432
Age 62 and older or disabled.

Schoolview Heights Apartments 812-936-4257
 8453 W. College Street
 French Lick, IN 47432
 Age 62 or older or disabled.

USDA Rural Development..... 812-482-1171
 1484 Executive Boulevard Ext. 4
 Jasper, IN 47546
 Loans and Grants—enable very low income rural homeowners to remove health and safety hazards from their homes and to make homes accessible for people with disabilities. Eligibility: Loans - very low-income homeowner; Grants - 62 years of age or older and very low-income homeowner.

Westgate Manor I..... 812-865-2555
 500 W. Harrison Street
 Orleans, IN 47452

Westgate Manor II..... 812-865-2555
 585 W. Harding Street
 Orleans, IN 47452
 All ages welcome. Wheelchair accessible. Rent is based on income.

Windsor Manor Apartments 812-723-3201
 1200 N. Daniel Lane
 Paoli, IN 47454
 Age 62 or older or handicapped.

LEGAL SERVICES

Hoosier Uplands Area XV Agency on Aging
 521 W. Main Street 800-333-2451
 Mitchell, IN 47446 812-849-4457
 Our “Legal Referral Program” provides free legal services through one of our two attorneys to persons age 60 and over for civil matters only that do not require litigation. Legal services include preparation of documents for Will, Living Will, Power of Attorney (POA) and Health Power of Attorney (HPOA). Other legal documents by the attorney such as a “letter to creditors” or having a “name changed on a deed” are subject to approval during referral. Program is subject to yearly funding. Call “Information and Referral” for a referral.

Indiana Legal Services 800-822-4774
 214 S. College Avenue..... 812-339-7668
 Bloomington, IN 47404
 Provides legal advice and representation for civil matters such as domestic problems, housing issues,

Social Security, Medicaid, Medicare, family services, etc. Free services are available to low-income persons who are at or below 250% of the poverty guidelines.

Office of the Indiana Attorney General
 Indiana Government Center South.....317-232-6201
 302 W. Washington Street
 Indianapolis, IN 46204
 The Attorney General helps to protect the rights, freedoms, and safety you enjoy as a citizen of our Hoosier state. Some of the offices serving citizens are:
ID Theft Unit.....800-382-5516
Medicaid Fraud Control Unit.....800-382-1039
Patient Abuse & Neglect Program800-382-1039
Victim Assistance Division.....800-258-0993
 For other areas of information, call the Attorney General’s Office or visit online at: www.in.gov/attorneygeneral

OLDER ADULT

Adult Protective Services..... **Hotline** 800-992-6978
 806 Martinsburg Road, Suite 202812-883-5988
 Salem, IN 47167

This organization investigates reports of persons age 18 and over who cannot make informed decisions due to mental illness, mental retardation, dementia, or other physical or mental incapacity. These victims are incapable of managing/directing the management of their property or providing/directing the provisions of self-care. These victims may be harmed or threatened with harm as a result of neglect, battery, or exploitation of the individual’s personal services or property.

Duke Energy800-521-2232
 P.O. Box 9001076.....**Electric Trouble** 800-343-3525
 Louisville, KY 40290

Special Assistance Programs include: Energy Assistance Program (EAP), Foreign Language Assistance, Braille Bills, Helping Hand, TDD/TTY, Large Print Bills, and Third-Party Notifications. Other special services include: Budget Billing and Adjusted Due Date. Visit online at: www.duke-energy.com

Experience Works866-976-5939
 P.O. Box 1364.....**Regional Office** 812-279-4400
 Bedford, IN 47421 Ext. 230
 The **Regional Office** of Experience Works provides low-income seniors age 55 and over the training they need to find good jobs in their community.

Hoosier Uplands/Area 15 Agency on Aging
 521 W. Main Street800-333-2451
 Mitchell, IN 47446812-849-4457
Aging and Disability Services—Aging and Disability Resource Center (ADRC)/Information and Referral, Wheelchair Loan Program, State Health Insurance Program (SHIP), and The Angel Foundation; **Case Management Assistance**—Long Term Support Options Counseling, In-Home Services; **Legal Services**—Preparation of documents for Will, Living Will, Power of Attorney, and Health Power of Attorney; **Special Events**—Senior Games, Health Fun Fair, and 4-H Fairs. Visit online at: www.hoosieruplands.org

Indiana Medicare Quality Improvement Organization
 Healthcare Excel812-234-1499
 2901 Ohio Boulevard, Suite 112
 Terre Haute, IN 47803
 They provide general Medicare and hospital care information and take quality of care complaints.

Older Americans Services Corp. 800-258-8786
 P.O. Box 206 812-865-3352
 Orleans, IN 47452
 Provides noon meals at senior centers; home delivered meals; transportation; homemaker services; attendant care; periodic travel; and sightseeing trips for senior citizens.

SENIOR CENTERS

French Lick Senior Citizens Center 812-936-2257
 8497 W. Main Street
 French Lick, IN 47432
Orangeville Senior Citizens Center 812-865-2852
 5155 N. County Road 500W
 Orleans, IN 47452
Dogwood Senior Citizens Center 812-865-3352
 1901 Orleans Way
 Orleans, IN 47452
Paoli Senior Citizens Center 812-723-4228
 119 S.W. 2nd Street
 Paoli, IN 47454

The centers are a place for seniors to gather to socialize and share a noon meal. Most centers have card games, bingo, birthday celebration dinners, church services, and shopping trips. Call a day in advance if you want a meal.

Serenity Now Psychiatric & Counseling Services
 2125 16th Street812-275-4053
 Bedford, IN 47421
 Serenity Now is a division of Hoosier Uplands. They will provide psychiatric, counseling, and supportive services to those who need help in these areas.

Southern Indiana Center for Independent Living
 651 X Street800-845-6914
 Bedford, IN 47421812-277-9626
 Their Ombudsman Program investigates and attempts to resolve problems, through mediation, that individuals may have in a nursing home. They also give in-service training to the nursing home staff regarding patients' rights.

Veterans Affairs Office812-723-3600
 County Office Building Ext. 116
 205 E. Main Street
 Paoli, IN 47454
 Provides information about and assistance with pensions, compensation, education, VA forms, and information regarding hospitals and nursing home for veterans and their spouses.

RECREATIONAL/CULTURAL

Hoosier Uplands/Area 15 Senior Games
 521 W. Main Street800-333-2451
 Mitchell, IN 47446812-849-4457
 Senior Games is an annual event held in September for individuals 50 and over. Competition includes bowling, card games, golf, horseshoe throw, and other activities with medals presented for 1st, 2nd, and 3rd place. Entertainment is also provided on Senior Day held during the Mitchell Persimmon Festival.

Indiana Railway Museum 812-936-2405
 101 Monon Drive
 French Lick, IN 47432
 The Indiana Railway Museum is a tourist railway and museum. All aboard for a scenic 1 3/4 hour, 20-mile train trip through the Hoosier National Forest and Southern train line. Special train rides are also held throughout the year such as the McNight's Rangers Train Robberies, The Polar Expresss, and the Legend of the Lost Train. Admission to the Railway Museum is free. Fares are charged for the train rides. Visit online at: www.indianarailwaymuseum.org

Melton Public Library 812-936-2177
8496 W. College Street
French Lick, IN 47432

The Melton Public Library is committed to enriching their community through access to information, entertainment, service and aiding the pursuit of lifelong learning in a welcoming environment. The library offers extensive year round programming for adults and young people including a very active summer reading program.

Older Americans Services Corporation

P.O. Box 206 800-258-8786
Orleans, IN 47452 812-865-3352
Older Americans organizes sightseeing trips for senior citizens.

Orleans Public Library 812-865-3270
174 N. Maple Street
Orleans, IN 47452

They provide general library services. They have story telling, crafts, and readiness games. People with special needs must go downstairs to enter. No elevators or ramps available.

Paoli Public Library 812-723-3841
100 W. Main Street
Paoli, IN 47454

Library Services Available: Books on Tape and CD, DVDs, and VHS. They also have a genealogy section for local history and internet access for patrons who wish to create a resume or file for unemployment.

Patoka Lake Indiana 812-685-2464
3084 N. Dillard Road
Birdseye, IN 47513

Patoka Lake located in Crawford County offers fun for all. They have camping; fishing; boating; picnicking;; swimming; hunting; interpretive and recreational programs; Frisbee/Golf Course; hiking/fitness/bicycle trails; and a Visitors Center with slide shows, film, nature hikes, and more. An entrance fee MAY be charged to enter the park.

SUPPORT SERVICES

ADRC/Information & Referral 800-333-2451
..... 812-849-4457

For a support group not listed in this resource guide, call **Hoosier Uplands I&R** for help in locating the support group you need—in or near your home town.

Albion Fellows Bacon Center 800-339-7752
P.O. Box 3164 **Domestic Assault** 812-422-5622
Evansville, IN 47731 **Sexual Assault** 812-424-7273

They have a shelter for battered and/or sexually abused women and their children. Services include 24-Hour crisis hotline, community education, legal advocacy, sexual assault program, support groups, and referral and advocacy services. Legal advocacy and public speaking presentations are also available.

American Cancer Society **Helpline** 800-227-2345
6301 Old Boonville Highway, Suite B 800-543-5245
Evansville, IN 47715 812-475-9244

The American Cancer Society is the nationwide, community based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

American Red Cross 866-599-9951
2119 29th Street 812-275-5162
Bedford, IN 47421

Notification to active duty military personnel of death, serious illness, or circumstances of immediate family members; disaster assistance; one-family or community blood drives; health and safety classes, including CPR and first aid. Visit online at: www.hhredcross.org

Bureau of Developmental Disabilities Services (BDDS)
1452 Vaxter Avenue 877-218-3529
Clarksville, IN 47131 812-283-1040

The purpose of BDDS is to provide individuals with developmental disabilities with services that enable them to live as independently as possible in their communities. Services provided include: Caregiver Supports, Developmental Disability (DD) Eligibility, Group Homes, Objective Based Allocations, and Home and Community Based Medicaid Waivers (Autism Waiver, Developmental Disability Waiver, and Support Services Waiver). Visit online at: www.in.gov/fssa/ddrs/2639.htm

CancerCare 800-813-4673
275 Seventh Avenue, 22nd Floor 212-712-8085
New York, NY 10001

Information and Referral Program to help find funding resources for people affected by cancer in their community. CancerCare is staffed by professional oncology social workers helping people with cancer cope with the educational, financial, practical, and

emotional challenges of cancer. Visit online at:
www.cancercare.org

First Chance Center of Paoli

P.O. Box 267 812-723-4486
986 W. Hospital Road
Paoli, IN 47454

The mission of First Chance Center is to promote abilities and provide opportunities for persons with disabilities or other barriers to fully participate in their community. They provide activities to increase daily living skills; opportunities to be involved in the community; employment for persons with and without disabilities; transportation; job coaching; and reimbursement of food costs for day care providers. Visit online at: www.firstchancecenter.com

Hoosier Hills Pact *Crisis Line* 888-883-1959
205 E. Main Street, #3 812-723-2621
Paoli, IN 47454

Domestic Violence Crisis telephone lines 24-hours a day, seven days a week. They provide programs that encourage offenders to take responsibility for their actions, involves the victim in the criminal justice process, addresses community needs, works for community safety, and provides cost-effective alternatives to incarceration. They have advocates available to assist victims of domestic violence. Hoosier Hills Pact in Salem, Indiana offers a domestic violence shelter with hospital/legal advocacy and support groups.

Hoosier Uplands Budget Counseling

500 W. Main Street 800-827-2219
Mitchell, IN 47446 812-849-4447
The Budget Counseling service seeks to assist persons at any income level to better manage their money and financial obligations. Hoosier Uplands will help you determine your financial situation and balance your budget. They will work with you to develop a spending plan. This service is free to any interested individual. Visit online at: www.hoosieruplands.org

Hoosier Uplands Hospice 800-827-2219
500 W. Main Street 812-849-4447
Mitchell, IN 47446

Hospice provides supportive care for the terminally ill and their families, primarily in the home. Physical care helps control pain and symptoms affecting the quality of life for those facing incurable illness. Medical Social Services help clients cope with social, emotional, and financial upheaval. A spiritual counselor is available to address spiritual needs and concerns. Volunteers offer

support as “good neighbors” who are willing to sit with someone, run errands, or provide a listening ear. Bereavement services are provided to families at least 12 months following the death of their loved one. Visit online at: www.hoosieruplands.org.

Hoosier Uplands Mortgage Default Counseling

500 W. Main Street 800-827-2219
Mitchell, IN 47446 812-849-4447
Hoosier Uplands Housing Counseling provides information/counseling for persons experiencing landlord-tenant problems, financial difficulties, and mortgage default/rental delinquency. These services are free. Call to make an appointment. Visit online at: www.hoosieruplands.org

Hoosier Uplands/The Angel Foundation

521 W. Main Street 800-333-2451
Mitchell, IN 47446 812-849-4457
The mission of *The Angel Foundation* is to facilitate the fulfillment of a lifelong dream or wish for ADULTS IN INDIANA WITH A TERMINAL ILLNESS AND A PROJECTED LIFE SPAN OF ONE YEAR OR LESS. A life-long dream or wish may consist of any realistic request, which will make a significant difference in the individual’s physical, emotional, or spiritual well-being. The commitment of *The Angel Foundation* is to empower communities and recipients to share in the joy of bestowing a gift of love. Visit online at: www.hoosieruplands.org

Indiana Foreclosure Prevention Network

..... 877-438-4673
Think of 877-Get-Hope as your personal financial hotline. The 877-Get-Hope benefits are available to any Hoosier homeowner having trouble paying a mortgage. Free foreclosure prevention counseling by trained financial experts. Services include budgeting help, a written financial plan, or assistance in contacting the lender.

Southern Hills Counseling Center

488 W. Hospital Road *Hotline* 877-521-3772
Paoli, IN 47454 812-723-4301
The staff at the Center offer counseling and treatment services to children, teenagers, adults, older persons, and families. A full array of out-patient services, including individual, family, and group counseling; psychological assessment; psychiatric consultation; educational programs; and rehabilitative day treatments are available.

VA Medical Center—Richard L. Roudebush
 1481 W. 10th Street..... 888-878-6889
 Indianapolis, IN 46202..... 317-554-0000
VA Medical Center—Rex Robley 800-376-8387
 800 Zorn Avenue..... 502-287-4000
 Louisville, KY 40206
 Inpatient/outpatient medical care, community clinics,
 emergency medical care, psychiatric care, alcoholism
 unit, drug abuse program, and rehabilitation of
 physically handicapped veterans.

TRANSPORTATION

Indiana Department of Veterans Affairs
 Veterans Transportation 317-988-2472
 1481 W. 18th Street, Room A-1174
 Indianapolis, IN 46202
 Through the Transportation Network, DAV volunteers
 drive sick and disabled veterans to and from VA
 medical facilities for treatment.

Older Americans Services Corporation
 P.O. Box 206 800-258-8786
 Orleans, IN 47452 812-865-3352
 Provides transportation to seniors age 60 and over for
 medical trips, shopping and personal business trips.
 Wheelchair lift van available to transport disabled seniors
 and Medicaid authorized handicapped individuals.
 Accepts Medicaid, private pay or contract funding.

Orange County Transit Services 888-826-2920
 986 W. Hospital Road 812-723-4043
 Paoli, IN 47454

Medicaid Transportation is provided in Orange County
 and the contiguous counties to doctor's appointments.
 They will also accept cash or check. The transit office
 phone line is open Monday through Friday 8:00 a.m. to
 4:00 p.m. If you call after hours, you may leave a
 message. Please call at least 24-hours in advance to
 schedule your trip. If you cannot call a day ahead, they
 will make every effort to accommodate your need.

P&I Medical Transport 877-883-4307
 2094 N. Cox Ferry Road 812-883-4307
 Salem, IN 47167

Medicaid/Private Insurance Medical Transportation,
 Ambulatory, Cash Cab, and Workers Comp Insurance
 Transportation. Call for availability.

WHAT IS MEDICARE?

Medicare is health insurance for the following:
 people age 65 or older; people under age 65 with
 certain disabilities; people of any age with End-
 Stage Renal Disease (ESRD) (permanent kidney
 failure requiring dialysis or a kidney transplant);
 and people with ALS (Amyotrophic Lateral Sclero-
 sis, also called Lou Gehrig's disease).

Medicare is made up of four (4) different enti-
 ties. Depending on your individual circumstance,
 you may have one or more of the following: Medi-
 care Part A (Hospital Insurance); Medicare Part B
 (Medical Insurance); Medicare Part C (Advantage
 Plans); and Medicare Part D (Prescription Cover-
 age).

Original Medicare, which provides Medicare
 Part A and Part B coverage, is a fee-for-service
 plan managed by the Federal Government. This
 means you are usually charged for each health care
 service or supply you get. For some services, you
 will pay an amount called a deductible before Medi-
 care pays its part. Then, when you get a Medi-
 care-covered medical supply or service, Medicare pays
 its share of the cost of the supply or service, and
 you pay your share, called the coinsurance or a co-
 payment.

Medicare doesn't cover everything. For exam-
 ple, Medicare doesn't cover cosmetic surgery,
 health care you get while traveling outside of the
 United States (except in limited cases), hearing
 aids, most hearing exams, long-term care (like care
 in a nursing home), most eyeglasses, most dental
 care and dentures, and more. Some of these ser-
 vices may be covered by a Medicare Advantage
 Plan (like an HMO or PPO).

You will be automatically enrolled in Medicare
 Part A and Part B effective the month you are 65.
 If you do not want Medicare Part B, follow the in-
 structions that come with the card.

If you are close to age 65 and not yet getting
 Social Security benefits or Medicare, you can apply
 for both at the same time. To make sure that your
 Medicare Part B coverage start date is not delayed,
 you should apply three months before the month
 you turn 65.

If you aren't getting Social Security or Railroad
 Benefits and you want Part A and Part B, you

will need to sign up (even if you're eligible to get Part A premium-free). If you are not eligible for premium-free Part A, you can buy Part A and Part B.

You should contact Social Security three (3) months before the month you turn 65. If you worked for a railroad, contact the RRB to sign up.

If you apply in your birth month or during the three (3) months after your birth month, your Part B Medicare coverage (or Medicare Advantage Plan coverage) will be delayed from one to three months depending on the month you applied.

WHAT IS QMB?

You may qualify to get help paying for your Medicare Part A and Part B premiums through the **QMB (Qualified Medicare Beneficiary) Program**. This premium amount is deducted from your social security each month. QMB pays for original Medicare Part A and Part B premiums, deductibles or coinsurance. You must be eligible for Part A, even if you are not enrolled, and meet income guidelines to qualify.

WHAT IS EXTRA HELP?

If you have Medicare D and have limited resources, you may qualify for **Extra Help** paying for your prescription drugs and monthly premium. To qualify you must meet the income and resources dollar amount guidelines that have been established and based on the Federal Poverty Levels.

UNDERSTANDING MEDICAID SPENDDOWN

Your eligibility for Medicaid depends on your income. If you get more income than is allowed by the Medicaid program, you will not be eligible for Medicaid. HOWEVER, even if you have a higher income, you may still be eligible for some Medicaid benefits if your medical costs are high.

If your average monthly medical expenses are higher than the amount that your monthly income exceeds the income limit, you can still be eligible for Medicaid to cover some of your medical costs. That is the Medicaid spend-down.

Medical expenses you pay each month including premiums for health insurance, doctor's

visits, prescription costs, and other medical expenses can be counted. You can also count "*unpaid balances from old medical bills*" that you owe.

Your "spend-down" is the amount your income is over the Medicaid income limit. If you apply for Medicaid and your income is over the limit, then you should take all of your medical bills, including old bills you still owe from the past, to your Medicaid caseworker. You will satisfy the "spend-down" for the month if the medical bills for that month, along with the old medical bills you owe, are larger than your spend-down amount.

Keep track of your medical expenses (current expenses and old bills) and be prepared to show them to the caseworker to prove your eligibility. You may not be required to prove it every month, but it is good to be prepared in case there is a question. Keep all your medical expenses and notes in a file to make it easier to keep track.

If you do not meet your spend-down in a certain month, you will not be eligible for Medicaid that month.

If you are denied Medicaid, you can appeal. Send your caseworker a letter saying you want to appeal. For legal advice, contact an attorney or the Indiana Legal Services, Inc. office at (800) 822-4774.



The State Health Insurance Assistance Program (SHIP) is a free and unbiased counseling program provided by the Indiana Department of Insurance for Medicare beneficiaries in Indiana. It is a non-profit organization designed to provide an unbiased place for seniors and pre-retirees to find answers to their health insurance questions regarding Medicare A (Hospital Insurance), Medicare B (Medical Insurance), Medicare C (Advantage Plans), Medicare D (Prescription Coverage), Medicaid, QMB, and Extra Help. All of our services are free. Contact a SHIP Counselor at 812-849-4457 or 800-333-2451 or contact the central office at 800-452-4800.

SPECIAL INTEREST TOLL-FREE PHONE NUMBERS

Acute Care Complaint Hotline.....	800-227-6334
Alzheimer's Association	800-272-3900
Alcoholics Anonymous Hotline.....	855-407-9442
American Association of Retired Persons	888-687-2277
American Heart Association	800-229-1503
American Cancer Society Helpline	800-227-2345
American Diabetes Association.....	800-342-2383
Centers for Disease Control Info Line	800-232-4636
Childhelp National Child Abuse Hotline	800-422-4453
Consumer Protection Division	800-382-5516
Disability Determination Bureau	800-622-4968
Eldercare Locator (nationwide)	800-677-1116
Family & Social Services Administration....	800-403-0864
Federal Information Center	800-688-9889
Habitat for Humanity International.....	800-422-4828
Healthy Indiana Plan.....	877-438-4479
Indiana Department of Veterans Affairs	800-400-4520
Indiana Family Helpline.....	800-433-0746
Indiana Poison Center.....	800-222-1222
Indiana Resource Center for Autism	800-825-4733
Medicare.....	800-633-4227
National Center for Missing or Exploited Children.....	800-843-5678
National Kidney Foundation of Indiana	800-382-9971
National Runaway Switchboard	800-621-4000
Office of the Long Term Care Ombudsman	800-622-4484
Social Security Administration	800-772-1213
State of Indiana Adult Protective Services.....	800-992-6978
State of Indiana Government Information	800-457-8283
U.S. Department of Veterans Affairs Regional Office.....	800-827-1000
U.S. Veteran's Administration Medical Centers Richard L. Roudebush	888-878-6889
Indianapolis, IN 46202 Robley Rex	800-376-8387
Louisville, KY 40206	





521 West Main Street
Mitchell, IN 47446