

COMMUNITY RESOURCE GUIDE

FOR

MARTIN COUNTY



Sponsored by:
HOOSIER UPLANDS
HOME HEALTH AND HOSPICE

This resource guide was developed
for the benefit of all:

Martin County Residents

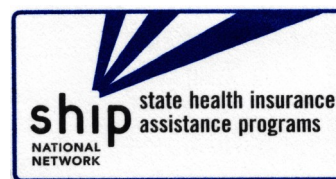
We do not claim to have listed all services
available to the community, but hope to have listed
programs which will meet your
most immediate needs.

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The AgrAbility program serves farm families affected by
disability through education and assistance. This free
program is funded by the USDA. It’s about HOPE.
Contact: Hoosier Uplands, 500 W Main, Mitchell, IN 47446
or call (800) 827-2219 or (812) 849-4447 Visit the website
at: www.agrability.org or www.breakingnewground.org



The State Health Insurance Assistance Program (SHIP)
provides free, unbiased health insurance information
for people with Medicare. SHIP provides tools and
information to help you make decisions regarding your
health care. It is a non-profit organization designed to
provide an unbiased place to seniors and pre-retirees to
find answers to their health insurance questions. All of
their services are free. Contact a SHIP Counselor at
Hoosier Uplands at 800-333-2451 or 812-849-4457 or
call the State Health Insurance Assistance Program at
800-452-4800.

INFORMATION & REFERRAL

HOOSIER UPLANDS OFFICES

Main Office

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

Shoals Office

Federal Building
2nd & Main Street
P.O. Box 368
Shoals, IN 47581
812-247-3303

Aging & Community Services Offices

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

Hoosier Uplands Area Agency on Aging & Community Services

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

Programs offered through Hoosier Uplands include:
Budget/Mortgage Counseling, Energy Assistance,
Home Health, Hospice, Section 8 Housing, The Angel
Foundation, and Weatherization. Visit online at:
www.hoosieruplands.org

Generations Area 13 Agency on Aging

1019 N. 4th Street, PO Box 314 800-742-9002
Vincennes, IN 47591 812-888-5880

Generations is part of a network of 16 area agencies on aging in Indiana and serves residents in *Martin, Daviess, Dubois, Greene, Knox and Pike counties*. Generations provides services and information primarily to older adults and individuals with disabilities of all ages and their families and caregivers. Programs include Options Counseling, SHIP (State Health Insurance Assistance Program), Meals on Wheels, Congregate Meals, Case Management, Caregiver Program, Angelworx, Ombudsman, Pre-Admission Screening, Retired Senior Volunteer Program, Reverse Mortgage Counseling, and Healthy Aging Programs. Call or visit the main office for more information. Visit online at:
www.generationsnetwork.org

Martin County Chamber of Commerce

210 N. Line Street, P.O. Box 257 812-295-4093
Loogootee, IN 47553

They provide city maps and brochures, small business services, and information on tourism and area attractions. They also furnish information on recreational events and festivals. The Chamber sends informational packets to individuals wanting to move to or tour the area.

CHILDREN'S SERVICES

Children's Special Health Care Services

Indiana State Department of Health 800-475-1355
2 N. Meridian Street, Suite 5C 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.

Daviess-Martin Special Education Coop

9 W. Main Street, P.O. Box 637 812-254-1530
Washington, IN 47501

They provide services to special needs children. Children ages 3 to 21 years are in this program and must be in school to receive services.

4C of Southern Indiana, Inc. 866-200-5909

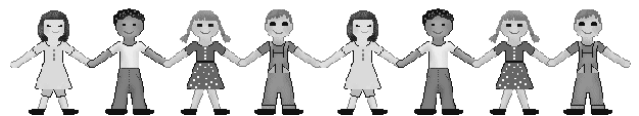
600 S.E. 6th Street 812-423-4008
Evansville, IN 47713

Maintains the CCDF program for those working or in school with income eligibility and needing childcare assistance. Applications can be found online at:
www.child-care.org

Four Rivers Martin County 812-295-4494

500 N. Oak Street
Loogootee, IN 47553

Kids Stuff: A fun, developmental preschool available to all children ages 3-5 years. The preschool offers half-day classes from 2 to 4 days per week. The classrooms, located in Washington and Loogootee, are conducted by experienced licensed teachers with a maximum of 5 to 1 child to staff ratio.



First Steps: They offer various developmental services for children from birth to age 3 years through the program. Their services include evaluations, developmental therapy, speech therapy, and service coordination in the home or other community settings. They work with Daviess-Martin County Special Education Cooperative, parents, professionals, and community organizations to support children with special educational needs.

Happy Hollow Children’s Camp 812-988-4900
 3049 Happy Hollow Road
 Nashville, IN 47448

One week camp sessions at little or no cost for children ages 7 to 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 Helpline 800-889-9949
 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 After School Program
812-849-4447

The vision of this 21st Century Community Learning Centers Program is to assist children in achieving their potential through academic and social skills.

Shoals After School Program is a FREE 21st CCLC program serving 35 students from afterschool until 5:45 p.m. every day that school is in session. Limited transportation is provided.

Hoosier Uplands Head Start812-295-4700
 401 S. Oak Street
 Loogootee, IN 47553

Early Head Start offers child development services to pregnant mothers and families with infants and young children age birth to 3 years. The home-based program supports children and their families through weekly home visits and group socialization activities held twice a month. The home visits provide individualized, comprehensive services to support and strengthen the relationships between infants, toddlers, and their parents. Families must meet income eligibility requirements.

Head Start is a family centered child development program for three and four year olds. Our comprehensive services provide opportunities that help children to develop school readiness skills and assist families in recognizing their role as their child’s first and most important teacher. Nutritious meals are served daily. Transportation is provided where possible. The Loogootee Center offers single session and full day class options. Families must meet income eligibility requirements.

Martin County Women, Infants, and Children (WIC)812-247-3303
 Federal Building

2nd & Main Street, P.O. Box 716
 Shoals, IN 47581

WIC is a nutrition program, nationally recognized, as an effective means for improving access to nutritious foods and promoting healthier eating and lifestyles. Those who are eligible are: pregnant women, new moms (up to six months after delivery), infants, and children under the age of five. You must live in Indiana and meet income guidelines. They also provide breastfeeding support and education.

OLJMG Joint Services800-830-0085
 1401 15th Street812-279-6651
 Bedford, IN 47421

They serve special needs children ages 3-21 who need special education services as determined by the Department of Education guidelines. These services include evaluation, speech, physical, and occupational therapy. They serve children in Orleans in Orange County, Lawrence County, part of Jackson County, part of Greene County, and Shoals in Martin County.

CRISIS SERVICES

Adult Protective Services..... *Hotline* 800-992-6978
201 E. Walnut..... 812-254-8681
Washington, IN 47501

This organization does investigation of 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 or directing the management of their property, or providing or directing the provision 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.

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 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.redcross/in/bedford.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 transportation to safe lodging. Provides support groups; New Babies 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

Federal Emergency Management Agency

Disaster Assistance 800-621-3362

Works in conjunction with 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.

Hoosier Uplands Economic Development Corporation
"People Helping People"

Indiana Department of Child Services (DCS)

Region 17—Martin County 812-247-2871
609 Ravine Street
Shoals, IN 47581

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**

Middle Way House..... *Crisis Line* 812-336-0846
210 N. Line Street 812-295-2993
Loogootee, IN 47553

Emergency shelter for women and children who are victims of sexual assault, domestic violence, or who feel they are in danger. They provide a *24-hour crisis line*, legal advocacy, crisis intervention, support groups, and transitional housing.

EMERGENCY **911**

Hospitals:

IU Health Bedford Hospital 800-755-3734
..... 812-275-1200
IU Health Paoli Hospital 800-999-4420
..... 812-723-2811
Daviness Community Hospital 812-254-2760
Good Samaritan Hospital 812-882-5220
Memorial Hospital 812-996-2345
St. Vincent Dunn Hospital 812-275-3331

Martin Co. Ambulance Services:

Loogootee 812-295-5000

Martin County Fire Departments:

Loogootee 812-295-2323
Shoals 812-247-3726
Crane Call Loogootee 812-295-2323
Lost River Volunteer Fire Department... 812-247-3060

Police/Sheriff Departments:

Crane Village Police Department 812-247-3726
Loogootee Police Department..... 812-295-2246
Martin County Sheriff's Department 812-247-3726

Serenity Now812-275-4053
 2125 16th Street
 Bedford, IN 47421
 Serenity Now provides individual, couples, family, and marriage counseling in a warm and welcoming environment that is safe and comfortable for both adults and children. They accept most insurance policies and is fully accessible.

EMPLOYMENT AND TRAINING

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

Classes offered: First Aid/CPR/AED; Lifeguarding and Swimming; Red Cross Volunteer Training, and on-line training for Babysitting and Blood Borne Pathogens. Visit online at:

www.redcross/in/bedford.org

Four Rivers Resource Services..... 812-295-4494
 500 N. Oak Street
 Loogootee, IN 47553

Through their industrial division, they provide developmental, therapeutic, vocational, and residential services to individuals with developmental disabilities or other challenges. Includes job placement, employment services, and work evaluation.

IU Health Bedford Hospital..... 812-275-1335

Events & Classes

2900 W. 16th Street
 Bedford, IN 47421

Throughout the year IU Health Bedford Hospital will hold classes and workshops for those interested in some form of health education. For a complete list of upcoming classes or workshops, visit online at:

www.iuhealthbedford.org

Martin County Purdue Extension812-295-2412
 2666 U.S. Highway 50
 Loogootee, IN 47553

Can access the latest information in agricultural production and management, food purchasing/storage/preparation. Current educator is responsible for youth educational programs.



National Able Network, Inc......317-396-7800
 3737 N Meridian Street, Suite 409
 Indianapolis, IN 46201
 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.

The Society of St. Vincent DePaul

516 Park Street**Helpline** 812-295-9900
 Loogootee, IN 47553

Educational Assistance Program is designed to assist low-income persons who wish to improve their situation through education and have exhausted all other assistance programs. Assistance is given in many forms: aid with transportation, fees, books, tuition, etc. Please call and leave a message.

WorkOne Loogootee Express812-295-2722
 123 Cooper Street

Loogootee, IN 47553
 Updating job skills, job search, unemployment compensation, and referral to Indiana Career Connect.

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

Congregate Meal Sites:

Loogootee Senior Citizens Center

JFK Avenue812-295-3130
 Loogootee, IN 47553

Shoals Senior Citizens Center812-247-2525

409 Courthouse Drive
 Shoals, IN 47581

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.

Hoosier Uplands Energy Assistance Program

Federal Building.....812-247-3303
 2nd & Main Street
 Shoals, IN 47581

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.

Loogootee United Methodist Church

208 W. Main Street 812-295-3049
Loogootee, IN 47553

Food pantry is open 11 a.m. to 1 p.m. every Thursday (except the 4th Thursday of each month) and open the first Monday of each month from 5 p.m. to 6:30 p.m. for those in need.

Martin County Division of Family Resources

609 Ravine Street 812-247-2871
Shoals, IN 47581

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

Martin County Women, Infants, and Children

(WIC)..... 812-247-3303
2nd and Main Street, P.O. Box 716
Shoals, IN 47581

WIC is a nutrition program, nationally recognized, as an effective means for improving access to nutritious foods and promoting healthier eating and lifestyles. Eligible are: pregnant women, new moms (up to six months after delivery), infants, and children under the age of five. Open 8 am to 4:30 pm Monday thru Friday. You must live in Indiana and meet income guidelines. Also provides breastfeeding support/education.

Mom’s Meals.....*Private Pay* 866-971-6667
.....*All Other Customers* 866-204-6111

Mom’s Meals is a USDA inspected and approved fresh food preparation and delivery business dedicated to providing great tasting, FRESH meals to their customers. They prepare, package, and ship FRESH, ready to heat and eat meals to a customer’s doorstep throughout the 48 contiguous states, using either UPS or FedEx. As a result, they can offer an affordable home delivered meal program for the most rural and remote clients and communities. In many cases, agencies can save money by using Mom’s Meals as part of their home delivered meal program which allows them to expand their meal programs to more clients. Visit online at: www.momsmeals.com

Partnership for Prescription Assistance

.....888-477-2669

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage to get the medicines they need for free or nearly free cost. 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 Center representative, or on the website. Visit online at: www.pparx.org

The Society of St. Vincent DePaul

516 Park Street.....*Helpline* 812-295-9900
Loogootee, IN 47553

Assists with utility bills, rent, food, clothing, furniture, hospital equipment, and toy program at Christmas. If needing assistance, please call and leave message. The Food Pantry is open on the 4th Thursday of the month (November and December—3rd Thursday) from 8 a.m. to 12 Noon for Loogootee residents and from 1 p.m. to 4 p.m. for Shoals residents.

TOWNSHIP TRUSTEES

Center.....812-247-3213
Halbert.....812-247-2810
Lost River.....812-247-3774
Mitchell Tree.....812-388-6235
Perry.....812-295-3237
Rutherford.....812-644-7571

HANDICAPPED SERVICES

ADA—Indiana.....800-825-4733
1905 N Range Road.....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.

Bosma Enterprises317-684-0600
6270 Corporate Drive.....866-602-6762
Indianapolis, IN 46278

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 5C.....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.

Division of Disability & Rehabilitative Services

P.O. Box 7083 800-545-7763
402 W. Washington
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. Visit online at: www.in.gov/fssa/ddrs

Indiana Protection and Advocacy Services

4701 N. Keystone, Suite 222 800-622-4845
Indianapolis, IN 46205

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.

RES-CARE Community Alternatives

305 N.E. 3rd Street..... 812-295-2155
Loogootee, IN 47553

Group Home Living for adult males with training in daily living skills necessary for independent living. Must be 18 years old or older with a diagnosed developmental disability or mental retardation.

Stephenson's Disability Services 800-642-1339

204 Pearl Street, Suite 200 812-945-2770
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.

HEALTH SERVICES

American Cancer Society*Helpline* 800-227-2345

5250 Vogel Road800-543-5245
Evansville, IN 47715812-475-9244

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. Visit online at:

www.cancer.org

American Lung Association of Indiana

Lung Helpline800-586-4872

115 W. Washington Street.....317-819-1181
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

Bloomington VA Outpatient Clinic

455 S. Landmark Avenue.....877-683-0685
Bloomington, IN 47403812-336-5723

Outpatient medical services and counseling are available. They will help with the application process for benefits and provide information about the services available through the Veteran's Administration.

CancerCare.....800-813-4673

275 Seventh Avenue, 22 Floor.....212-712-8400
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. Diabetic counseling; needle disposal service; and scooters, lift chairs, and wheelchairs are also available.

Daviess Community Hospital 812-254-2760
1314 E. Walnut Street
Washington, IN 47501

They are committed to improving the health of their community. They incorporate state-of-the-art procedures and equipment to care for their patients. An extensive offering of services and programs are available including: acute and cardiac rehabilitation; cardiopulmonary and sleep lab services; diabetes management; digital mammography; emergency services; hospice; laboratory; MRI and Pet Scans; nutrition services; obstetrics; occupational, speech, and rehabilitation therapies; oncology; radiology; same day surgery; transitions behavioral services; and the Women's Health Center.

Daviess-Martin Medical Clinic..... 812-295-5095
12546 E. US Highway 50
Loogootee, IN 47553

Services include: Physical Exams, Women's health care, Minor surgery, Infrared photo-coagulation procedure for internal hemorrhoids, Joint and trigger point injections, EKGs, Osteopathic manipulation treatments, Immunization, Laboratory services, X-ray services. New patients welcomed. Call the office to set up an appointment time.

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. Programs available:

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

Good Samaritan Hospital..... 812-882-5220
520 S. 7th Street
Vincennes, IN 47591

Good Samaritan Hospital proudly offers patient-centered, progressive care to patients. A broad scope of services means they are able to meet the needs of many patients regardless of their illness or acuity level. From pain management to imaging to cardiac and cancer care, our talented, empathetic physicians and staff take pride in providing a high caliber of medical care and returning you to good health.

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, social services, and home health aide services will be delivered to appropriate persons, in need of care in their home, under the direction of licensed professional personnel. Visit online at:

www.hoosieruplands.org

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 provided by skilled nurses helps control pain and symptoms affecting the quality of life for those facing an incurable illness. Hospice aides help patients with their personal care needs. Social workers 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

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 Health..... 317-233-7685

Office of Women’s Health..... 317-233-9156

Environmental Public Health Dept. 317-233-7811

For other areas of information, call or visit online at:

www.state.in.us/isdh

IU Health Bedford Hospital..... 800-755-3734

2900 W. 16th Street..... 812-275-1200
Bedford, IN 47421

Full service hospital with allergy/asthma, ambulance, cancer, cardiovascular, community health, diabetes, emergency, laboratory, occupational, orthopedics, primary care, radiology, rehabilitation, respiratory, sleep lab, surgical, and women’s services. Visit online at:

www.iuhealth.org/bedford.org

Loogootee Family Medicine..... 812-295-2812

105 Cooper Street
Loogootee, IN 47553
Family practice.

Martin County Health Center..... 812-247-2733

229 High Street, PO Box 480
Shoals, IN 47581

Family practice. Sliding fee scale available.

Martin County Health Department..... 812-247-3303

Federal Building
2nd & Main Street, P.O. Box 368
Shoals, IN 47581

Weekly immunization clinic for children and adults. TB testing and free blood pressure checks done every Wednesday. Birth and death certificates for person born in Martin County (a fee applies). Can provide educational information on a variety of health topics.

Loogootee Healthcare and Rehabilitation Center

313 Poplar Street.....812-295-4433
Loogootee, IN 47553

They provide inpatient and outpatient rehab services including physical, occupational, speech, and respiratory therapy. Other services available include an Adult Day Care Program, 24-hour Licensed Nursing Staff, and therapeutic diets. Medicare/Medicaid certified facility.

Memorial Hospital and Health Care Center

800 W. 9th Street812-996-2345
Jasper, IN 47546800-852-7279

Memorial Hospital and Health Care Center serves residents of nine rural counties in southwestern Indiana. Over the years many centers have been added including: Inpatient Rehab Center, Maternity Center, Memorial Counseling Center, Skilled Caring Center, Sleep Center, Urgent Care Center, Women’s Center, and the Wound Care Center. Some of the services provided are: angina heart therapy, audiology, bariatric surgery, behavioral health, cardiopulmonary, critical care, heart and vascular, home health care, obstetrics/gynecology, oncology, pediatrics, radiology, rehabilitation, social work, and surgical services. For a complete listing of services, call Community Relations. Visit online at:

www.mhhcc.org

National Kidney Foundation of IN800-382-9971

911 E. 86th Street, Suite 100
Indianapolis, IN 46240

Limited financial assistance for renal and transplant patients, medical alert bracelets, and education.

Prevent Blindness Indiana.....800-331-2020

211 W Wacker Drive, Suite 17
Chicago, IL 60606

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, or have other resources available. 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:

www.preventblindness.org

Samaritan Center of Martin County

200 S. JFK Avenue..... 812-295-3090
Loogootee, IN 47553

They are in the Loogootee office Wednesday from 8 a.m. to 7 p.m. and Thursday from 8 a.m. to 5 p.m. They provide family counseling; in-home case management services; and group, individual, marital, and chemical dependency therapy. They also provide stress management, outpatient psychiatric evaluation and counseling services. Medical clinics, chemical dependency and drug classes are available (after evaluation).

Serenity Now.....812-275-4053
2125 16th Street

Bedford, IN 47421
Serenity Now provides individual, couples, family, and marriage counseling in a warm and welcoming environment that is safe and comfortable for both adults and children. They accept most insurance policies and is fully accessible.

SICIL—Living Well (The Solution Center)

1490 W Main Street 877-849-6001
Mitchell, IN 47446 812-849-6000

They offer in-home services such as attendant care, homemaker, and respite.

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

St. Vincent Dunn Walk-in Clinic.....812-276-1305
2415B Mitchell Road

Bedford, IN 47421
Convenient hassle-free healthcare when you need it without an appointment. Visit online at:

www.stvincent.org

Urgent Care of Martin County 812-295-2955
104 Wood Street

Loogootee, IN 47553
Walk-in clinic. Open Monday, Tuesday, Wednesday, and Friday from 7:30 a.m. to 5:30 p.m.

VA Medical Center—Richard L. Roudebush

1481 W. 10th Street888-878-6889
Indianapolis, IN 46202.....317-544-0000

VA Medical Center—Rex Robley.....800-376-8387
800 Zorn Avenue502-287-4000

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

104 E. Broadway Street 812-295-4370
Loogootee, IN 47553

Services include: Pharmacy, durable medical equipment, respiratory therapy, infusion therapy, OTC medicines and oxygen. Visit online at: www.wbhcp.com

HOUSING

Country Place Apartments.....812-295-4335
31 Redbud Street

Loogootee, IN 47553
Head of household must be 18 or older. One and two bedroom apartments available.

Hoosier Uplands/Housing Counselor

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

Hoosier Uplands Housing Counseling provides free information/counseling for persons experiencing landlord-tenant problems, financial difficulties, and mortgage default/rental delinquency counseling. Section 8 program helps low-income families acquire and pay for rental housing. Landlord List for the county is also available. Call for an appointment. Visit online at: www.hoosieruplands.org

Larkin Apartments877-883-5368
103 Public Square

Loogootee, IN 47553
This is a gated structure with 2-bedroom apartments, courtyard, and playground. The apartments have washer/dryer hookups, a dishwasher, and are very spacious. There are many other amenities available, too. Service/Companion Animals allowed with vet/vaccination records on file. To qualify to live in

these apartments, your income must meet guidelines set by the funding sources for the rehabilitation of the building. Rent levels include an utilities allowance and may vary according to additional individual qualification circumstances.

Shoals Senior Citizen Housing, Inc.
 P.O. Box 172 812-863-7000
 Shoals, IN 47581 Ext. 7126
 For senior citizens and disabled. Some rental assistance. All the apartments are one or two bedrooms.

Southwind Manor 812-295-9866
 211 Cedar Street
 Loogootee, IN 47553
 For low-income persons 62 and over, handicapped, or disabled. Some apartments especially designed for wheelchairs. Pets welcome.

Stonebridge of Shoals Apartments 812-247-2023
 11708 Ironton Street, Apt. 2025
 Shoals, IN 47581
 One and two bedroom apartments are available and two apartments are handicapped accessible. They have laundry facilities, play area for children, and allow pets.

USDA Rural Development 812-482-1171
 1481 Executive Boulevard Ext 4
 Jasper, IN 47546
 Loans and Grants—enable very low income rural homeowner 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. Visit online:
www.rurdev.usda.gov.

LEGAL SERVICES

Indiana Legal Services 800-852-3477
 214S 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 5th Floor
 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 Program 800-382-1039
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
 200 E. Walnut 812-254-8681
 Washington, IN 47501

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 Energy 800-521-2232
 P.O. Box 1326 *Electric Trouble* 800-343-3525
 Charlotte, NC 28201

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

Generations Area 13 Agency on Aging
 1019 N. 4th Street, PO Box 314 800-742-9002
 Vincennes, IN 47591 812-888-5880

Generations is part of a network of 16 area agencies on aging in Indiana and serves residents in Martin, Daviess, Dubois, Greene, Knox and Pike counties. Generations provides services and information primarily to older adults and individuals with disabilities of all ages and their families and caregivers. Programs include Options Counseling, SHIP (State Health Insurance Assistance Program), Meals on Wheels, Congregate Meals, Case Management, Caregiver Program, Angelworx, Ombudsman, Pre-Admission Screening, Retired Senior Volunteer Program, and Healthy Aging Programs. Call or visit the main office for more information. Visit online at:

www.generationsnetwork.org

RECREATIONAL/CULTURAL

IU Health Bedford Hospital 812-275-1200
2900 W. 16th Street *Volunteers* 812-277-3818
Bedford, IN 47421

Volunteers are an integral part at IU Health Bedford Hospital. It is not necessary for you to have worked in a hospital or volunteered in a healthcare setting before. You need only a passion to serve others, and a commitment to helping IU Health Bedford Hospital make each and every guest visit exceptional.

Indiana Medicare Quality Improvement Organization
5700 Lumbardo Drive, Ste. 100 812-234-1499
Seven Hills, Ohio 44131

They provide general Medicare and hospital care information and take quality of care complaints.

**Southern Indiana Center for Independent Living
Ombudsman Services (The Solution Center)**

1490 W. Main Street 800-845-6914
Mitchell, IN 47446 812-277-9626

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 nursing home staff regarding patients' rights.

SENIOR CENTERS

Loogootee Senior Citizens Center
JFK Avenue 812-295-3130
Loogootee, IN 47553

Shoals Senior Citizens Center 812-247-2525
409 Courthouse Drive
Shoals, IN 47581

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.

Social Security Administration 812-886-6881
606 Veterans Drive 800-772-1213
Vincennes, IN 47591

Offers assistance and answers to questions regarding Social Security benefits, Medicare A and B enrollment, and SSI benefits.

Veterans Services Office 812-247-2210
PO Box 725
Shoals, IN 47581

Offers assistance to veterans and their dependents with information about benefits and privileges to which they may be entitled to as administered by the Department of Veterans Affairs. Visit online at:

martincountyvso2013 @yahoo.com.

Loogootee Public Library 812-295-3713
106 N. Line Street

Loogootee, IN 47553

They provide educational information, leisure reading, and genealogical information. They also have internet accessibility.

Martin County Chamber of Commerce
210 N. Line Street, P.O. Box 257 812-295-4093
Loogootee, IN 47553

They provide city maps and brochures, small business services, and information on tourism and area attractions. They also furnish information on recreational events and festivals. The Chamber sends informational packets to individuals wanting to move to or tour the area. Visit online at: mccc@mcoul.us

Martin County Purdue Extension Office
2666 US Highway 50 812-295-2412
Loogootee, IN 47553

Purdue Extension is a service tailored to meet the needs of all of Indiana. Their educators, specialists, and volunteers live and work in all 92 Indiana counties. They provide the link between Land Grant research and Indiana citizens; they provide information and expertise that's available in the form you want, when you want it; and they provide educational and natural resources, consumer and family sciences, economic and community development, activities, home economics, 4-H, and youth programs. Visit online: www.extension.purdue.edu.

Martin County Historical Society
P.O. Box 564, 220 Capital Avenue 812-247-1133
Shoals, Indiana 47581

Their purpose is to maintain and operate the Martin County Museum (old county courthouse—1876) and preserve the history of Martin County. Their volunteers are always glad to give a tour of the building and answer your questions. They are also available for research and genealogy. Open on Monday, Wednesday, and Friday from 10 a.m. to 4 p.m. They are *closed* in the winter months. Visit online at: www.martincountyhistorical.society.com

Shoals Public Library Phone/Fax 812-247-3838
404 High Street
Shoals, IN 47581

Books, books on cassette tapes, videotapes, large print books, copy machine, computer, and a fax machine are

available for public use. Visit online at: <http://shoals.lib.in.us>

West Boggs Park 812-295-3421

Daviess-Martin Joint County Parks

16117 US Highway 231

Loogootee, IN 47553

West Boggs Park is a property of the Daviess-Martin Joint County Parks & Recreation Department. They are a 1,500 acre multi-use outdoor recreation area, providing camping, boating, fishing, picnicking, and a wide range of activity related venues. Visitors will find a swimming beach, playgrounds, a miniature golf course, horseshoe pits, shelter houses, and acres of open play space. In addition, the park contains a full service Amish style restaurant, an exceptional 9 hole golf course, and 622 acres of open water for boating, water skiing, and fishing.

SUPPORT SERVICES

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

5250 Vogel Road 800-543-5245

Evansville, IN 47715 812-475-9486

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. Visit online at:

www.cancer.org

American Red Cross 866-599-9951

405 I 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.redcross.in/bedford.org

Bureau of Developmental Disabilities Services (BDDS)

1452 Vaxter Street 877-218-3529

Clarksville, IN 47129 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 (Family Support Waiver and Community Integration Habilitation Waiver). Visit online at:

www.in.gov/fssa/ddrs/2639.htm

CancerCare 800-813-4673

275 Seventh Avenue, 22nd Floor 212-712-8400

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

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

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 counseling. These services are free. Call to make an appointment. Visit online at: www.hoosieruplands.org

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 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. Visit online at: www.877gethope.org

Martin County Community Foundation
 2668 US Highway 50, P.O. Box 28 812-295-1022
 Loogootee, IN 47553

The Foundation’s Mission is “To enhance the quality of life for the citizens of Martin County, Indiana, in the areas of education, health, and human services; civic and historical affairs; the arts; culture; and recreational activities.”

Samaritan Center of Martin County
 200 S. JFK Avenue..... 812-295-3090
 Loogootee, IN 47553

They are in the Loogootee office Tuesday and Thursday from 8 a.m. to 5 p.m. and Wednesday from 8 a.m. to 7 p.m. They provide family counseling, in-home case management services; and group, individual, marital, and chemical dependency therapy. They also provide outpatient psychiatric evaluation and counseling services. Medical clinics, chemical dependency, and drug classes available (after evaluation).

Serenity Now Psychiatric & Counseling Center
 2125 16th Street.....812-275-4053
 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.

Stepping Stone Detoxification Center
 4001 John Street Crisis 812-423-7791
 Evansville, IN 47714 812-473-3104
 Provides inpatient and outpatient detoxification treatment program and counseling for alcohol and drug abusers and their families.

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. 10th Street
 Indianapolis, IN 46202
 Through the Transportation Network, DAV volunteers drive sick and disabled veterans to and from VA medical facilities for treatment.

Ride Solutions 877-369-8899
 1001 E. Main Street, P.O. Box 367
 Washington, IN 47501

They provide transportation to residents of Martin County. Cost of transportation is based on destination one way; cost doubles for round trip. They accept cash only.

Martin County Veterans Van..... 812-247-2450
 PO Box 600, Shoals, IN 47581

First come, first serve; by appointment. Transportation to scheduled medical appointments at VA clinics and hospitals in the surrounding area.

*Helping others benefits not
 only the one that is receiving the help,
 it also makes the one giving the help,
 a sense of compassion for others.
 Be kind and help someone in need today.
 Even a small gesture, such as opening a
 door for someone, goes a long way.*



WHAT IS MEDICARE?

Medicare is health insurance coverage for the following:

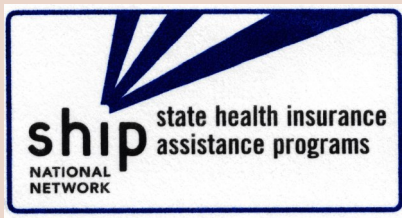
- ◆ people age 65 or older
- ◆ people under age 65 with certain disabilities
- ◆ people of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant);
- ◆ people with ALS (Amyotrophic Lateral Sclerosis, also called Lou Gehrig's disease).

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 based on the Federal Poverty Guidelines.

WHAT IS EXTRA HELP?

If you have Medicare Part 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.



SPECIAL INTEREST TOLL-FREE PHONE NUMBERS

Acute Care Complaint Hotline	800-227-6334
Adult Protective Services.....	800-992-6978
Alcoholics Anonymous Hotline	800-729-6686
Alzheimer's Association.....	800-272-3900
American Assoc. of Retired Persons.....	888-687-2277
American Cancer Society Helpline	800-227-2345
American Diabetes Association.....	800-342-2383
American Heart Association.....	800-242-8721
Centers for Disease Control Info Line.....	800-232-4636
Child Abuse Hotline.....	800-800-5556
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.....	855-435-7178
Indiana Government Information.....	800-457-8283
Indiana Poison Center	800-222-1222
Indiana Resource Center for Autism.....	800-825-4733
Medicare.....	800-633-4227
National Center for Missing Children.....	800-843-5678
National Kidney Foundation of Indiana.....	800-382-9971
National Runaway Safeline.....	800-786-2929
Office of the Long Term Care	
Ombudsman.....	800-622-4484
Social Security Administration.....	800-772-1213
Substance Abuse Hotline.....	800-662-4357
U.S. Department of Veterans Affairs	
Regional Office.....	800-827-1000
U.S. Veteran's Administration Medical Centers	
Richard L. Roudebush	888-878-6889
1481 W. 10th Street	
Indianapolis, IN 46202	
Rex Robley	800-376-8387
800 Zorn Avenue	
Louisville, KY 40206	



521 West Main Street
Mitchell, IN 47446