

COMMUNITY RESOURCE GUIDE

FOR WASHINGTON 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:

Washington 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.

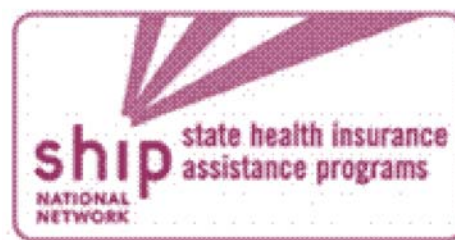
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The SMP Program allows Hoosier Uplands and the ADRC to assist individuals with Medicare and Medicaid Fraud. If you have concerns or questions about fraud,

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

Salem Office

902 Aspen Drive
Salem, IN 47167
800-487-8890
812-883-5368

Aging & Community Services Offices

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

Washington County Chamber of Commerce

201 E. Market Street, Suite 104812-883-4303
Salem, IN 47167

Provides tourism information, brochures, Chamber newsletter, industrial development information, small business services, and information about groups, organizations and businesses in Washington County.

Visit online at: www.washingtoncountychamber.org

CHILDREN'S SERVICES

Big Brothers/Big Sisters of Washington Co.

P.O. Box 252877-892-2447
Salem, IN 47167812-883-0411

One-to-One program matches a caring adult volunteer (like you!) with a child between the ages of 6-14 in a one-to-one mentoring relationship. The Corporate Mentoring Program matches individuals from the business community with a middle school student.

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

1329 Applegate Lane 800-660-3355
Clarksville, IN 47129812-283-7908

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

Childhood Connections866-693-0672

923 4th Street
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 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 Early Head Start 812-883-5368

902 Aspen Drive
Salem, IN 47167

Serves pregnant mothers, in privacy of own home, and children up to three years of age. Discover new ways to teach your child using the tools and materials you already have.

Regional Youth Services, Inc...... 800-838-3008

224 E. Court Avenue 812-282-8479
Jeffersonville, IN 47130

Services include youth counseling, therapeutic foster care, treatment program for adolescent sex offenders, and support groups for victims of sexual abuse.

River Valley Resources, Inc.—Region 5b—Agent Child Care Voucher Program 800-787-5627

..... 812-265-2652

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.

Salem Head Start Center 812-883-6166

902 Aspen Drive..... 800-276-2242
Salem, IN 47167

Half-day preschool program for four year olds whose family income meets established guidelines. Morning and afternoon sessions available Monday through Thursday during the school year. Breakfast and lunch served to morning session. Lunch and afternoon snack served during afternoon session. Medical and dental care provided.

Washington County WIC Program

Hilltop Plaza 812-883-1394
190 W. Becks Mill Road, Suite E
Salem, IN 47167

The WIC Program provides nutritional counseling and food vouchers for pregnant mothers and families with children age newborn to age five. Eligibility based on income guidelines.

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.

American Red Cross 800-850-8894
1805 E. 8th Street..... 812-283-8416
Jeffersonville, IN 47130

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

Federal Emergency Management Agency Disaster Assistance..... 800-621-3362
Washington County 812-883-7523

Individuals and small business owners who suffer damages may be eligible for assistance from: 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 Hills Pact..... **Crisis Line** 888-883-1959
205 E. Main Street, Suite 3 812-883-1959
Salem, IN 47167

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 18—Washington County 812-883-4305
711 Anson Street, Suite 103
Salem, IN 47167

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

LifeSpring Mental Health Service
1321 Jackson Street **Crisis Line** 800-456-2117
Salem, IN 47167 812-883-3095
LifeSpring provides a comprehensive array of mental health services: education, prevention, information, assessment, intervention, and treatment. Their goal is to provide the least restrictive, most supportive services appropriate to each participant's needs.

EMERGENCY 911

St. Vincent Salem Hospital 812-883-5881
Ambulance 812-883-5553
Salem Police Department 812-883-5100
Sheriff's Department 812-883-5999

EMPLOYMENT AND TRAINING

American Red Cross 800-850-8894
1805 E. 8th Street 812-283-8416
Jeffersonville, IN 47130
Disaster relief and community disaster education, health and safety services, armed forces emergency services, blood services, and community services (pet therapy) are provided by volunteers of the organization. Visit online at: www.clarkredcross.org

Experience Works 812-650-4212
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.

Salem Express (WorkOne).....812-883-2283
190 Becks Mill Road, Suite 1
Salem, IN 47167

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

Success & Opportunity At Reading (SOAR)
1707 N. Shelby Street, Suite 107 812-896-1515
Salem, IN 47167

They offer an adult literacy program. This program is FREE to adults who have not acquired basic reading and survival skills. Confidential one-to-one tutoring provided within a supportive environment. It gives adults a chance to gain increased confidence and independence by mastering skills necessary for everyday life. Visit online at:

www.washingtoncountyoar.org

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

Congregate Meal Sites:

Hardinsburg Senior Citizens Center
183 W. Cheshire Lane 144.....812-472-9059
Hardinsburg, IN 47125

Pekin Senior Citizens Center812-967-4500
422 E. Poplar Street
Pekin, IN 47165

Salem Senior Citizens Center
1705 N. Shelby Street 812-883-4986
Salem, IN 47167

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 Bank.....502-966-3821
5803 Fern Valley Road
Louisville, KY 40228

Their Mobile Pantry arrives every 3rd Saturday at

Southway Villa Mobile Home Park, 1701 South State Road 135, in Salem, Indiana from 10 a.m. to 12 Noon. (They serve Washington and Orange county residents.) Their Mobile Food Pantry also arrives the 1st Friday of each month at the Haleysburg Nazarene Church, in Vallonia, Indiana from 4 p.m. to 6 p.m. (They serve Washington and Jackson 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
902 Aspen Drive..... 800-487-8890
Salem, IN 47167..... 812-883-5368
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.

Older Americans Services Corporation
P.O. Box 206 800-258-8786
Orleans, IN 47452 812-865-3352
Home delivered meals provided to senior citizens through Hoosier Uplands case management or private pay.

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. 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

Salvation Army..... 812-944-1018
2300 Green Valley Road
New Albany, IN 47150

The Salvation Army meets the humanitarian needs of people in need, guiding them to physical, mental, and spiritual betterment. Social Service programs provide

emergency financial assistance such as rent/mortgage assistance, utilities (water/heat), food, clothing, transportation, and other basic and unique needs to families or individuals in crisis.

Washington Co. Division of Family Resources
711 Anson Street.....800-403-0864
Salem, IN 47167

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

Washington County Food Bank, Inc.
102 E. Poplar Street.....812-883-2655
Salem, IN 47167

Provides a 3-4 day supply of food only one time each month. Must meet their income guidelines.

TOWNSHIP TRUSTEES

Brown.....	812-755-4027
Franklin.....	812-883-4746
Gibson.....	812-752-3635
Howard.....	812-472-3156
Jackson.....	812-967-3402
Jefferson.....	812-883-6786
Madison.....	812-755-4989
Monroe.....	812-883-6432
Pierce.....	812-967-2716
Polk.....	812-967-4036
Posey.....	812-472-3563
Vernon.....	812-755-4224
Washington.....	812-883-1315

HANDICAPPED SERVICES

ADA—Indiana..... 800-825-4733
2853 E. Tenth Street812-855-6508
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. 812-738-3198
 405 N. Capitol Avenue
 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.

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

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

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, 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—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. 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

Bridgepointe Services Children's Academy
1329 Applegate Lane 800-660-3355
Clarksville, IN 47129..... 812-283-7908
They provide pediatric therapy services for anyone under 18 years of age. Pediatric therapy includes: physical therapy, occupational therapy, speech therapy, and psychological services. They have an Autism and Special Needs Resource Center for parents, caregivers, and professionals.

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

C.A.R.E. Pregnancy Help Center 888-621-3192
607 W. Market Street..... 812-883-2675
Salem, IN 47167
Provides free pregnancy testing, abstinence counseling and have various items available pertaining to pregnant women and infants such as maternity and baby clothes, breast-feeding pumps, and linens. Call the number above to see if formula and diapers are available.

Epilepsy Foundation Indiana..... 800-526-6618
3901 W. 86th Street, Suite 380
Indianapolis, IN 46278
The Epilepsy Foundation of Indiana will ensure that people with seizures are able to participate in all life experiences and will prevent, control, and cure epilepsy through services, education advocacy, and research.

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 underserved 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. 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 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. 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 317-233-8499
Office of Women’s Health 317-233-2170
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 47454
 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

Limbs for Life Foundation 888-235-5462
 5929 N. May Street, Suite 511 405-843-5174
 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 IN 800-382-9971
 911 E. 86th Street, Suite 100..... 317-722-5640
 Indianapolis, IN 46240
 Limited financial aid for medications, medical alert tags, and education.

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

Serenity Now Psychiatric & Counseling Services
 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.

Southern Indiana Center for Independent Living
 157 Teke Burton Drive..... 877-849-6001
 Mitchell, IN 47446 812-849-6000
 They offer in-home services such as attendant care, homemaker, and respite.

St. Vincent Salem Hospital 812-883-5881
 911 N. Shelby Street
 Salem, IN 47167
 Through the support and commitment from physicians and medical staff, St. Vincent Salem Hospital provides a wide range of healthcare services to the local community. They also have two Physician Network Clinics—one in Pekin and one in Campbellsburg. 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. 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.

Washington County Health Department
 806 Martinsburg, Suite 100 812-883-5603
 Salem, IN 47167
 Public health nursing includes immunizations, communicable disease follow-up, and child health information. They do adult health screenings for diabetes, blood pressure, and urine and have adult vaccinations and consults for travel. Red Cross CPR certification and health education as needed.

HOUSING

Aspen Meadows 812-896-1543
 1017 Aspen Drive
 Salem, IN 47167

Corydon Capital Apartments 812-738-1757
 860 Pflanz Drive
 Corydon, IN 47112
 All ages welcome; subsidized and non-subsidized housing available. Studio, 1 and 2 bedroom apartments available.

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

Hoosier Uplands Housing Counseling provides information 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. Visit online at: www.hoosieruplands.org

Maple Leaf Apartments 812-883-1569
 804 W. Market Street
 Salem, IN 47167
 Must be 62 years or older, or disabled. Section 8 housing is available (only with a certificate).

New Horizon Apartments 812-883-3306
 905 Aspen Drive, Suite 105
 Salem, IN 47167
 All ages welcome. Section 8 housing is available. Apartments are energy efficient.

Parkview Apartments 812-883-1633
 817 Parkview
 Salem, IN 47167
 Some subsidizing available, plus Section 8. Any age welcome; offers 1 and 2 bedroom apartments. One handicap accessible unit available.

Sycamore Hills 812-883-1458
 505 Florence Street
 Salem, IN 47167
 Must be 62 years or older, or disabled. Section 8 housing is available; also manager support service. Apartments are energy efficient.

Taylor Apartments 812-755-4010
 133 W. State Road 60
 Campbellsburg, IN 47108

USDA Rural Development 812-346-3411
 2600 N. Highway 7
 North Vernon, IN 47265
 Home Improvement 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. Housing Preservation Grants: help very low-income homeowners repair and rehabilitate their homes. For more information on other grants and loans that are available, call or visit online at: www.rurdev.usda.gov

Wal-Mar Apartments..... 812-967-3834
 1003 N. Eastern School Road
 Pekin, IN 47165
 All ages welcome. HUD certificates, wheelchair accessible, washer/dryer hookups also available.

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 800-892-2776
 3303 Plaza Drive, Suite 5 812-945-4123
 New Albany, IN 46204
 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 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

Hoosier Uplands

“People Helping People”

OLDER ADULT

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.

Duke Energy 800-521-1200
 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 Works 812-650-4212
 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.

Hoosier Uplands/Area 15 Agency on Aging
 521 W. Main Street 800-333-2451
 Mitchell, IN 47446 812-849-4457

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 Excel 812-234-1499
 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

Hardinsburg Senior Citizens Center

183 W. Cheshire Lane 812-472-9059
Hardinsburg, IN 47125

Pekin Senior Citizens Center

422 E. Poplar Street 812-967-4500
Pekin, IN 47165

Salem Senior Citizens Center 812-883-4986

1705 N. Shelby Street
Salem, IN 47167

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.

Southern Indiana Center for Independent Living

651 X Street 800-845-6914
Bedford, IN 47421 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 the nursing home staff regarding patients' rights.

Washington County SOAR

1707 N. Shelby Street, Suite 107 812-896-1515
Salem, IN 47167

They are offering an adult literacy program in partnership with SOAR! This program is: FREE to adults who have not acquired basic reading and survival skills. Confidential one-to-one tutoring within a supportive environment. A chance for adults to gain increased confidence and independence by mastering skills necessary for everyday life. Visit online at:

www.washingtoncountysoar.org

Veterans Affairs Office 812-883-2063

99 Public Square, Suite #2
Salem, IN 47167

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 Street 800-333-2451
Mitchell, IN 47446 812-849-4457

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.

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.

Salem-Washington Township Public Library

212 N. Main Street 812-883-5600
Salem, IN 47167

Offers patrons over 350,000 items, including print and audio books; DVD's and videos; music CDs and cassettes; and more. They also offer public-use Computers; varied and interesting programs for youth and adults; meeting rooms and one auditorium available for rent to community groups; monthly displays from local and regional artists; and an impressive permanent art collection.

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.

Washington County Extension Service

806 Martinsburg Road, Suite 104 812-883-4601
Salem, IN 47167

4-H provides learning experiences and develops talents, skills, and leadership abilities. Educational Information Program provides information for agriculture and community development planning and issues. Homemakers Clubs provide a variety of educational and learning experiences for adults. They also have Consumer and Family Science Programs.



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.

American Cancer Society **Helpline** 800-227-2345
 4587 Progress Drive 812-376-6781
 Columbus, IN 47240

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 800-850-8894
 1805 E. 8th Street 812-283-8416
 Jeffersonville, IN 47130

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.clarkredcross.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.

CancerCare 800-813-4673
 275 Seventh Avenue, 22nd Floor 212-721-8085
 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

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

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

Regional Youth Services, Inc...... 800-838-3008
 224 E. Court Avenue 812-282-8470
 Jeffersonville, IN 47130

Services include youth counseling, therapeutic foster care, treatment program for adolescent sex offenders, and have support groups for victims of sexual abuse.

Serenity Now Psychiatric & Counseling Services

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.

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

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 Services888-826-2920

948 W. Hospital Road
 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 Transport877-883-4307

Aka: Baker Transportation, Inc.....812-883-4307
 2094 N. Cox Ferry Road
 Salem, IN 47167

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

Southern Indiana Transit System.....866-738-1681

3141 Progress Boulevard812-738-1681
 Corydon, IN 47112

Southern Indiana Transit System (SITS) will provide safe, effective, and reliable transportation for all residents within our service area. SITS will prioritize its services for people with disabilities, medical needs, elderly, low-income, and others facing transportation barriers, as well as the general public. Fares are based on your destination. Destinations outside the “service area” will be charged a higher fare. Please call in advance to find out what your fare will be. Fares will be collected prior to departure. Must have exact change or check made out to Blue River Services, Inc.



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 Sclerosis, also called Lou Gehrig's disease).

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

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 Medicare pays its part. Then, when you get a Medicare-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 example, 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 services 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 instructions 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