

COMMUNITY RESOURCE GUIDE

FOR LAWRENCE 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:

Lawrence 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

812-849-4457 or 1-800-333-2451

Main Office

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

Bedford Office

710 6th Street
Bedford, IN 47421
812-279-0412 Outreach
812-275-0052 Head Start

Aging & Community Services Offices

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

Bedford Chamber of Commerce

1116 16th Street812-275-4493
Bedford, IN 47421

Greater Mitchell Chamber of Commerce

P.O. Box 216812-849-4441
Mitchell, IN 47446

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

CHILDREN'S SERVICES

Children's Special Health Care Services

Indiana State Department of Health800-475-1355
2 N. Meridian Street, Suite 700317-233-1351
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.

Community Health and Wellness/WIC

2415 Mitchell Road812-279-6222
Bedford, IN 47421

St. Vincent Dunn Hospital provides accessible healthcare and support to those in the community with little or no insurance. Services include: obstetrics/gynecology, pediatrics, adult healthcare, well water fluoride testing, lead screening, and Hoosier Healthwise enrollment. The WIC program provides mothers and children up to age 5 who qualify, nutritious foods, educational services and nutrition classes. The clinic also administers the Child Care Development Fund

that assists qualified working families with the cost of childcare. Call the number above for more information or to schedule an appointment.

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 Office800-827-2219
500 W. Main Street812-849-4447
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 Uplands812-849-4447

- Before School SAFER Program:** Morning child care 6:30 a.m. until regular school day begins. Based on sliding fee scale.
- 21st Century Community Learning Centers Program:** After school program at regular school day end until 5:45 p.m. Free of charge.

These programs serve all elementary school age children on days school is in session and provided in Mitchell at Burris Elementary School.

Hoosier Uplands Early Head Start Office

502 W. Warren Street800-276-2242
Mitchell, IN 47446812-849-5446

Head Start is a family centered child development program designed to provide a safe, healthy environment for those who attend. Head Start provides children

with activities that help them grow mentally, socially, emotionally, and physically.

Hoosier Uplands Head Start Centers

Bedford Center 812-275-0052
710 6th Street
Bedford, IN 47421

Mitchell Center 812-849-4448
1240 Orchard Street
Mitchell, IN 47446

Half day pre-school program for children ages 3, 4, and 5 whose family income meets established guidelines.

Full day, full year head start is also available for families who meet the eligibility requirements for income, and who are working or in training. Services available Monday-Friday; 6:30 a.m. to 5:30 p.m. Morning and afternoon sessions available Monday-Thursday during the school year. Breakfast and lunch served to morning session; lunch and afternoon snack served during afternoon session. Medical and dental care is provided.

Children's Village 812-355-4881
2431 N. Smith Pike
Bloomington, IN 47404

The Villages provides child and family services throughout Indiana including therapeutic foster care, adoption, independent living, Healthy Families, family preservation and reunification and counseling. The Villages also provides quality child care and early childhood education through its Children's Village child care centers. Visit online at:

www.childrensvillagekids.org

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

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

CRISIS SERVICES

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

This organization investigates reports of persons age 18 and over who cannot make informed decisions due to mental illness, mental retardation, dementia, or other physical or mental incapacity. These victims are incapable of managing/directing the management of their property or providing/directing the provisions of

self-care. These victims may be harmed or threatened with harm as a result of neglect, battery, or exploitation of the individual's personal services or property.

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.hhredcross.org

Bloomington Meadows Hospital 800-972-4410
3600 N. Prow Road 812-331-8000
Bloomington, IN 47404

Meadows Hospital provides each patient with comprehensive behavioral health treatment. Services are offered to children ages 6 to 12, adolescents ages 13 to 18, and adults on an inpatient and outpatient basis. Dual diagnosis programs are available with medically supervised detoxification for adolescents and adults with a secondary chemical dependency diagnosis. Visit online at: www.bloomingtonmeadows.com

Centerstone **Crisis Line** 800-344-8802
1315 Hillcrest Road 812-279-3591
Bedford, IN 47421

Offers consultation, counseling, and therapy services; case management; life skills; substance abuse programs; and *24-hour crisis services* for children, adolescents, and adults.

Hoosier Hills Pact **Crisis Line** 888-883-1959
1324 K Street, Suite 25A 812-279-4099
Bedford, IN 47421

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. Advocates are 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 13—Lawrence County 812-277-2044
918 16th Street, Suite 100
Bedford, IN 47421

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

Lawrence Co. Emergency Management Agency
 1 County Complex Road 812-277-9680
 Bedford, IN 47421 Ext. 108
 This office works in conjunction with the Indiana Homeland Security. Individuals and small business owners who suffer damages may be eligible for assistance from: The Federal Emergency Management Agency (FEMA), other federal agencies, the Small Business Administration (SBA), and voluntary agencies. The assistance programs are available to those designated as disaster areas. Call the number above to apply for disaster assistance.

Middle Way House Crisis Line 812-336-0846
 P.O. Box 95 812-333-7404
 Bloomington, IN 47402
 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.

Youth Services Bureau of Monroe County
 615 S. Adams Street 812-349-2506
 Bloomington, IN 47403
 Emergency youth shelter; crisis intervention. They have youth and family counseling. The Brinkley House Youth Services are open 24-hours a day, seven days a week. Visit online at:
www.youthservicesbureau.net

EMERGENCY 911

Ambulance:
 IU Health Bedford Hospital 812-279-6545
 St. Vincent Dunn Hospital..... 812-275-3331

Hospitals:
 IU Health Bedford Hospital 812-275-1200
 St. Vincent Dunn Hospital..... 812-275-3331

Police Departments:
 Bedford Police Department..... 812-275-3311
 Mitchell Police Department 812-849-2151

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; Caregiving and Babysitting; Bloodborne Pathogens Training; Administering Emergency Oxygen; Red Cross Volunteer Training; Emergency Medical Response; and Wilderness and Remote First Aid.

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.

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

Mitchell Library Classes 812-849-2412
 804 W. Main Street
 Mitchell, IN 47446
 Free instruction in basic skills and preparation for GED for adults. For a GED test, a person must be 17. Call the number above for class hours and more information about obtaining your GED.

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.

Success & Opportunity at Reading (SOAR)

Bedford Chamber of Commerce275-4493
1116 16th Street
Bedford, IN 47421

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.

WorkOne Bedford 812-279-4400
918 16th Street, Suite 200
Bedford, IN 47421
Updating job skills, job search, unemployment compensation, and referral to Indiana Career Connect.

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

Bedford Community Care Center 812-279-4014
1018 J Street
Bedford, IN 47421

The phone number is affiliated with Crane’s Leather Shop in Bedford. They provide a limited amount of food for individuals or families during times of personal crisis, or for people who have no food or cannot afford to purchase food at retail costs. They also have clothing available for anyone in need.

Congregate Meal Sites:

Bedford Senior Citizens Center..... 812-279-5473
2205 Washington Avenue
Bedford, IN 47421

Hauck House 812-279-2356
1305 K Street
Bedford, IN 47421

Mitchell Senior Citizens Center 812-849-2024
101 Tom Green Drive
Mitchell, IN 47446

These congregate meal sites provide noon lunches to persons age 60 and over (on a donation basis) for the senior citizen and his or her spouse.

First Assembly of God Church..... 812-275-4280
2601 27th Street
Bedford, IN 47421

Leave message when you call and they will return your call after 4:00 pm the same day. They have a food Pantry and provide Gas Cards to those with a real need.

Financial assistance is available for those behind on their rent or utilities. Person must be getting help from another resource before they will help with financial assistance.

First Christian Church812-275-4497
1101 15th Street
Bedford, IN 47421

Coats, hats, mittens and gloves for children (infants through twelfth grade) and coats for adults.

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 11 a.m. to 5 p.m.

Hoosier Uplands Energy Assistance Program

Residents South of White River800-333-2451
521 W. Main Street812-849-4457
Mitchell, IN 47446

Residents North of White River812-279-0412
710 6th Street
Bedford, IN 47421

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.

Indiana Indian Movement.....812-279-2335
38 Walnut Heights Road
Bedford, IN 47421

Food pantry opens when someone calls in need of food.

Lawrence Co. Division of Family Resources

918 E. 16th Street, Suite 100.....800-403-0864
Bedford, IN 47421

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

Lawrence Interfaith Endeavor (L.I.F.E.)
Bedford Location 812-279-4442
 1204 I Street
 Bedford, IN 47421
 Hours: Monday, Wednesday, and Friday—10 a.m. to 12 p.m.; 1 p.m. to 4 p.m.

Mitchell Location 812-849-2111
 122 N. 7th Street
 Mitchell, IN 47446
 Hours: Tuesday and Thursday—10 a.m. to 12 p.m.; 1 p.m. to 3 p.m.
 They have a food pantry at both locations. They also provide financial assistance with rent, mortgage, and utilities to persons who meet their guidelines (can apply at either office for financial assistance). Their Back-To-School program provides assistance with school supplies for those who cannot afford to buy them. Also maintains a furniture bank—beds, appliances and other items.

Lions Club of Bedford
 The Lions Club supports community organizations through donations, sponsorships, and volunteerism.

Sight Program..... 812-279-2519
 They provide an eyeglass program for school children through VSP Sight for Students and an eyeglass program for adults through Prevent Blindness.

Hearing Aides 812-275-3657
 They provide a loaner hearing aid program in conjunction with the IU Medical Center and have discounted prices on hearing aides with a recommendation from the Lions Club.

Ramp Construction..... 812-279-2061
 They build ramps for the handicapped and elderly.

Mitchell Church of Christ 812-849-3857
 1004 W. Main Street
 Mitchell, IN 47446
 The Bread of Life Food Pantry is available to anyone. Clients may come in every two weeks. Hours: Monday—10 a.m. to 12 Noon.; Tuesday—1 p.m. to 3 p.m.

Mitchell Wesleyan Church..... 812-849-3033
 211 W. Frank Street
 Mitchell, IN 47446
 There is an income guideline for the TEFAP Commodities. Hours: Monday—8:30 a.m. to 11:30 a.m. and 12:30 p.m. to 2:30 p.m.; Friday—1:30 p.m. to 3:30 p.m.

Older Americans Services Corp. 800-258-8786
 P.O. Box 206 812-865-3352
 Orleans, IN 47452
 Home delivered meals provided to senior citizens age 60 and over 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

The Salvation Army Bedford
 1629 K Street 812-275-5429
 Bedford, IN 47421
 The funds from the Red Kettle Program enable them to help those who go to them for assistance with food, local disaster relief, and more. They also help with rent and utility assistance, but only if monetary funds are available and only as funding of last resort.

The Society of St. Vincent DePaul 812-279-8555
 1723 I Street
 Bedford, IN 47421
 Emergency financial and clothing assistance available for Bedford and the immediate area. In cases of fire they will help with linens, clothing and dishes. They also provide financial help with utilities, rent and non-narcotic prescription medications.

St. Vincent DePaul Thrift Shop
 920 17th Street
 Bedford, IN 47421
 Hours: Monday through Friday—12 Noon to 4 p.m.; Saturday—10 a.m. to 2 p.m.

TOWNSHIP TRUSTEES

Bono 812-849-3832
 Guthrie 812-849-9221
 Indian Creek 812-279-8146
 Marion 812-849-4254
 Marshall 812-279-3754
 Perry 812-279-4208
 Pleasant Run 812-834-6813
 Shawswick 812-275-2511
 Spice Valley 812-388-6884

HANDICAPPED SERVICES

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

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

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.

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

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

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

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

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

Hoosier Uplands
“People Helping People”

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

Bloomington VA Outpatient Clinic
 455 S. Landmark Avenue 877-683-0685
 Bloomington, IN 47403..... 812-336-5723
 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 212-712-8085
 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

Community Health and Wellness/WIC
 2415 Mitchell Road 812-279-6222
 Bedford, IN 47421
 St. Vincent Dunn Hospital provides accessible healthcare and support to those in the community with little or no insurance. Services include: obstetrics,

gynecology, pediatrics, adult healthcare, well water fluoride testing, lead screening, Hoosier Healthwise enrollment and the WIC program. Call the number above for more information or to schedule an appointment.

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

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

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

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

Senior EyeCare Program 800-222-3937
Glaucoma EyeCare Program 800-391-3937

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

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

Hoosier Uplands Home Health Care
 500 W. Main Street 800-827-2219
 Mitchell, IN 47446 812-849-4447
 Hoosier Uplands Home Health Care is committed to providing quality home health services to eligible

persons in the counties they serve. Nursing services, physical and occupational therapy, speech language pathology, medical social services, and paraprofessional services will be delivered to appropriate persons, in need of care in their home, under the direction of licensed professional personnel. 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

Hope Resource Center *Options Line* 800-395-4357
Bedford Office 812-275-2827
 1145 16th Street
 Bedford, IN 47421

Hours: Tuesday and Thursday—1 p.m. to 5p.m.;
 Wednesday—10 a.m. to 2 p.m.

Mitchell Office 812-849-0778
 321 S. 7th Street
 Mitchell, IN 47446

Hours: Monday—2 p.m. to 8 p.m.; Wednesday—by Appointment. Free pregnancy tests; counseling; resources for prenatal and postnatal care and the entire birth experience; parenting classes; and guidance in meeting medical, financial, and housing needs. Baby and maternity clothing for anyone in need. Resources available for grandparents raising grandchildren; teenagers on dating and relationships; and education on STD’s and abstinence. Visit online at:

www.hoperesourcectr.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 other areas of information, call the Indiana State Department of Health 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, anticoagulation, behavior health, 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.iuhealthbedford.org

Lawrence County Cancer Patient Services
 203 M Street..... 812-276-4757
 Bedford, IN 47421 812-275-1441

Assistance includes: food supplements (Boost or Ensure), transportation to treatments or physician, medical supplies, wigs after chemotherapy, medical equipment (wheelchairs, walkers, or commodes), prosthesis and bras after surgery, mammogram or PSA tests, medicine (limited), limited amount for personal needs (utilities, etc.), and cheer baskets.

Lawrence County Health Department
 2419 Mitchell Road..... 812-275-3234
 Bedford, IN 47421

Child Vaccinations: child immunizations, flu and Pneumonia—cost is \$8.00 administrative fee, no charge for the vaccine. If you can not pay for the administrative fee, it will be waived—NO CHILD will be turned away who is in need. **Adult Vaccinations:** Hepatitis A, Hepatitis B, Hepatitis AB Combination—cost is \$8.00 administrative fee plus the cost of the vaccine. TB Testing is also available. Quarterly tests by “Positive Links” (Bloomington Hospital) at the Lawrence County Health Department include Hepatitis B, Hepatitis C, HIV and Syphilis. Call the number above and dial extension “13” or the Immunization Clerk to set-up an appointment time or to find out when the next “Positive Links” quarterly tests will be given.

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
Indianapolis, IN 46240
Limited financial aid for medications, medical alert tags, and education.

Planned Parenthood of Indiana 812-279-3527
717 Lincoln Avenue #G
Bedford, IN 47421
Provides services for all reproductive health care—female and male clients, birth control, infections, pregnancy testing, HIV testing, STD screening, pap smears, and emergency contraception.

Prevent Blindness Indiana 800-232-2551
70 E. 91st Street, Suite 204 317-815-9943
Indianapolis, IN 46240
The Gift of Vision program matches eye care professionals around the state with individuals who need and who cannot afford eye care. You must be low-income and uninsured to be eligible. Many eye care professionals are able to donate eyewear, but have resources available just in case. Most eye care professionals will provide follow-up care for those with more serious diseases or disorders. At times, they may be able to find resources for eligible clients for surgery. Visit online at: www.pbeye.org

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 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
They offer convenient, hassle-free healthcare when you need it without an appointment. For non-life threatening illness or injury, trust the Walk-In Clinic for your urgent healthcare needs. No appointments are required! 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—Robley Rex 800-376-8387
800 Zorn Avenue 502-287-4000
Louisville, KY 40206
Inpatient/outpatient medical care, community clinics, emergency medical care, psychiatric care, alcoholism unit, drug abuse program, and rehabilitation of physically handicapped veterans. To receive health benefits you must have a copy of your DD214. If you don’t have one, you can request a copy from the VA.

Williams Bros. Health Care Pharmacy
889 N. Gospel Street, Suite 2 800-487-3907
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

HOUSING

Cambridge Square 812-279-6661
1941 Plaza Drive
Bedford, IN 47421
Must be 62 years or older/disabled. Government subsidized.

Camelot Court 812-849-2158
1140 Camelot Drive #17
Mitchell, IN 47446
Must be 62 years or older, handicapped, or disabled. Government subsidized.

Clover Park Duplexes I and II
I—2605 Clover Lane 812-279-8404
Bedford, IN 47421
II— 2608 Sanders Lane 812-279-8979
Bedford, IN 47421
Any age and pets welcome. Has laundry facilities. Rent based on income.

Elm Park I and II
 I—1204 Elm Park Drive..... 812-849-4855
 Mitchell, IN 47446

II—1325 Elm Park Drive 812-849-6821
 Mitchell, IN 47446

Complex welcomes all ages; onsite laundry; 1 and 2-bedroom apartments available. Rent based on income.

Housing Authority of Bedford..... 812-279-2356

Hauck House

1305 K. Street
 Bedford, IN 47421

Apartments for low-income senior citizens and disabled persons. Section 8 assistance for the elderly and low-income.

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

Midtown Suites..... 812-849-4639

122 N. 6th Street
 Mitchell, IN 47446

There are four one-bedroom apartments very affordable to income eligible persons.

Persimmon Park Apartments..... 812-849-4639

406 Wade Street
 Mitchell, IN 47446

There are 56 units with 2-bedroom apartments. They have a common laundry facility. Subsidized apartments are available for income eligible persons.

Pioneer Creek Apartments 812-849-1414

100 Pioneer Creek Lane
 Mitchell, IN 47446

There are 28 units made up of 1, 2, and 3-bedroom apartments with many innovative features—mini blinds, washer/dryer hookups, and dishwashers. There are income restrictions; any age welcome.

Rainbow Hills Apartments 812-279-9677

2212 S. M Street
 Bedford, IN 47421

For moderate income families and seniors; Section 8 housing certificates accepted. There are washer and dryer hookups in each apartment. NO pets allowed.

Shawnee Apartments 812-275-8314

100 Shawnee Lane
 Bedford, IN 47421

There are 56 units made up of 1, 2, and 3-bedroom apartments with many innovative features—mini blinds, washer/dryer hookups, and dishwashers. There are income restrictions; any age welcome.

USDA Rural Development 812-384-4634

104 County Rd. 70E, Suite C Ext. 4
 Bloomfield, IN 47424

USDA Rural Development provides loans and grants to eligible rural homeowners to improve or modernize their homes, to make them safer and more sanitary, or to remove health and safety hazards.

LEGAL SERVICES

Hoosier Uplands Area XV Agency on Aging

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

Our “Legal Referral Program” provides free legal services through one of our two attorneys to persons age 60 and over for civil matters only that do not require litigation. Legal services include preparation of documents for Will, Living Will, Power of Attorney (POA) and Health Power of Attorney (HPOA). Other legal documents by the attorney such as a “letter to creditors” or having a “name changed on a deed” are subject to approval during referral. Program is subject to yearly funding. Call “Information and Referral” for a referral.

Indiana Legal Services..... 800-822-4774

214 S. College Avenue..... 812-339-7668
 Bloomington, IN 47404

Provides legal advice and representation for civil matters such as domestic problems, housing issues, Social Security, Medicaid, Medicare, family services, etc. Free services are available to low-income persons who are at or below 250% of the poverty guidelines.

Office of the Indiana Attorney General

Indiana Government Center South..... 317-232-6201
 302 W. Washington Street

Indianapolis, IN 46204

The Attorney General helps to protect the rights, freedoms, and safety you enjoy as a citizen of our Hoosier state. Some of the offices serving citizens are:

ID Theft Unit..... 800-382-5516

Medicaid Fraud Control Unit..... 800-382-1039

Patient Abuse & Neglect 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
 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 800-521-2232
 P.O. Box 9001076 **Electric Trouble** 800-343-3525
 Louisville, KY 40290

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

Experience Works 866-976-5939
Regional Office 812-279-4400
 918 16th Street, Suite 200 Ext. 226
 Bedford, IN 47421

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

IU Health Bedford Hospital 812-275-1200
 2900 W. 16th Street **Volunteers** 812-275-1363
 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
 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

Bedford Senior Citizens Center 812-279-5473
 2205 Washington Avenue
 Bedford, IN 47421

Mitchell Senior Citizens Center 812-849-2024
 101 Tom Green Boulevard
 Mitchell, IN 47446

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.

St. Vincent Dunn Hospital Auxiliary
Auxiliary/Volunteer Office 812-276-1268
 1600 23rd Street
 Bedford, IN 47421

The St. Vincent Dunn Hospital Auxiliary is composed of

men and women whose tireless efforts enrich the lives of our patients and contribute funds to the hospital for any special projects. All interested persons are urged to join the Auxiliary. Visit online at: www.stvincent.org

Veterans Affairs Office 812-275-6411
 916 15th Street, Room 8
 Bedford, IN 47421
 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

Bedford Parks Department 812-275-5692
 Thornton Park
 17th & Q Street
 Bedford, IN 47421
 Our mission is to provide essential services, facilities and programs necessary for the positive development and well-being of the community through the provision of parks, greenways, trails, and recreational facilities while working in cooperation with other service providers in the community in order to maximize all available resources. Visit online at: www.bedford.in.us or www.otisparkgolf.com

Bedford Public Library..... 812-275-4471
 1323 K Street
 Bedford, IN 47421
 Summer Reading Program; spring and fall story hour for children; Winter Reading Program; computers; Videos; educational and recreational software; reference service; and a diverse collection of printed materials including books, large print materials, magazines, newspapers, and books on tape and CD.

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.

Little Theater of Bedford..... 812-279-3009
 1704 S Street
 Bedford, IN 47421
 Call for listing of upcoming shows.

Mitchell Public Library 812-849-2412
 804 Main Street
 Mitchell, IN 47446
 They offer a range of activities and services which are designed to meet the information and learning needs of patrons and to facilitate enjoyment of library resources.

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.

Spring Mill State Park..... 800-457-8283
 3333 Highway 60E 812-849-4129
 Mitchell, IN 47446
 Spring Mill is filled with endless opportunities for recreation! The pioneer village is a delight as you travel through time to the early 1800's. Located in Spring Mill State Park, the Spring Mill Inn provides a "country atmosphere" with modern day accommodations.

The Opera House 812-849-2337
 7th and Brook Street
 Mitchell, IN 47446
 The Opera House was placed on the National Registrar of historic places in 1981. Built in 1902, The Opera House plays host for many venues. Call for a listing of upcoming shows.

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

American Red Cross 866-599-9951
 2119 29th Street 812-275-5162
 Bedford, IN 47421
 Notification to active duty military personnel of death,

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

Bloomington Meadows Hospital 800-972-4410
3600 N. Prow Road 812-331-8000
Bloomington, IN 47404

Meadows Hospital provides each patient with comprehensive behavioral health treatment. Services are offered to children ages 6 to 12, adolescents ages 13 to 18, and adults on an inpatient and outpatient basis. Dual diagnosis programs are available with medically supervised detoxification for adolescents and adults with a secondary chemical dependency diagnosis. Visit online at: www.bloomingtonmeadows.com

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

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

Centerstone *Crisis Line* 800-344-8802
1315 Hillcrest Road..... 812-279-3591
Bedford, IN 47421

Offers consultation, counseling, and therapy services; case management; life skills; substance abuse programs; and 24-hour crisis services for children, adolescents, and adults.

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; and **SHIP Counseling**—helps counsel the individuals’ options regarding Medicare, Medicaid, supplemental insurance and prescription plans; **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. We 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 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

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

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.

Stone Belt of Lawrence County (LARC)
712 Stars Boulevard 812-279-3229
Bedford, IN 47421

Day programs, evaluation, counseling, training, sheltered workshops, community work for developmentally disabled adults and provides semi-independent living programs.

Options, Inc. 812-332-9615
200 E. Winslow Road
Bloomington, IN 47421

It is our mission to partner with people with disabilities and their communities to bring about self-directed and fulfilled lives. Options provides holistic services to assist individuals achieve their desired lifestyle, including housing, rewarding employment, fulfilling relationships, and active citizenship in the community throughout Southern Indiana. The services include: community living, community integration, host family services, respite services, job development, job supports, and job-site training.

TRANSPORTATION

Indiana Department of Veterans Affairs
Veterans Transportation 317-988-2472
1481 W. 18th Street, Room A-1174
Indianapolis, IN 46202

Through the Transportation Network, DAV volunteers drive sick and disabled veterans to and from VA medical facilities for treatment.

Lawrence County Cancer Patient Services
1203 M Street 812-276-4757
Bedford, IN 47421 812-275-1441
They provide transportation to cancer treatments and

to medical appointments. They also provide food supplements; medical supplies; wigs after chemotherapy; durable medical equipment; prosthesis/bras after Surgery; financial help for mammogram or PSA tests, medicine (limited), personal needs—utilities, rent, etc. (limited); and cheer baskets.

Mitchell City Bus 812-849-2151
Calls for transportation are taken by the Mitchell Police Department at the number above. Hours are 8:00 a.m. to 4:00 pm. Wheelchair equipped and demand response system within the city limits of Mitchell.

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

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

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

Rural Transit 812-277-9615
Area 10 Agency on Aging 888-259-8773
615 X Street (TTY) 812-277-9627
Bedford, IN 47421

Southern Indiana Center for Independent Living (SICIL) promotes a program sponsored by Area 10 Agency on Aging that provides accessible transportation for everyone at a nominal fee (\$.75-\$1.50) each time they get on the bus. Has door-to-door service and wheelchair lift. They are a Medicaid transportation provider.

TASC (Bedford City Bus) 812-275-1633
"Personal Service" bus service within the Bedford City Limits. Takes you from your house to your destination and back again. Call dispatch Monday through Friday from 8:00 a.m. to 4:30 p.m. to schedule a ride or to request a wheelchair equipped bus to pick you up.

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 based on the Federal Poverty Guidelines.

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 Person	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