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 AgrAbility program serves farm families affected by disability through education and assistance. This free program is funded by the USDA. It's about HOPE. For more information call 800-825-4274 or visit these websites below: www.agrability.org www.breakingnewground.info



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

INFORMATION & REFERRAL

Hoosier Uplands Information & Referral Services 812-849-4457 or 1-800-333-2451

Main OfficeBedford Office500 W. Main Street710 6th StreetMitchell, IN 47446Bedford, IN 47421812-849-4447812-279-0412 Outreach800-827-2219812-275-0052 Head Start

Aging & Community Services Offices

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

Bedford Chamber of Commerce

Greater Mitchell Chamber of Commerce

533 W. Main Street, P.O. Box 216......... 812-849-4441 Mitchell, IN 47446

The chambers provide 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 Health 800-475-1355 2 N. Meridian Street, Suite 5C 317-233-1351 Indianapolis, IN 46204

CSHCS provides supplemental medical coverage to help Indiana families of children (age birth to 21 years) who have serious, 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 Road, Suite A 812-279-6222 Bedford, IN 47421

Ascension St. Vincent Dunn Hospital provides accessible healthcare and support to those in the community with little or no insurance. Services include: adult healthcare, obstetrics/gynecology, pediatrics, 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. Call the number above for more information or to schedule an appointment.

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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 to 14 years from financially disadvantaged families that live in the United Way of Central Indiana demographic area, foster children from the state of Indiana, and children with moderate to severe asthma from the state of Indiana.

Hoosier Uplands Children's Services

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 Before and Afterschool Programs812-849-4447

- 1. **Before SAFER Program:** Morning child care 6:30 a.m. until regular school day begins. There is a \$5.00 registration fee and costs \$4.00 per day.
- 2. 21st Century Community Learning Centers Program: 21st Century Community Learning Centers Afterschool Program at *Burris and Hatfield Elementary* serves many students. The program operates from after school until 5:45 p.m. every day that school is in session. The vision of the program is to assist children in achieving their potential through academic and social skills. The 21st CCLC grant funds 100% of the program. There is no cost for parents. Limited transportation is provided.

Hoosier Uplands Early Head Start

program supports children and their families through weekly home visits and group socialization activities held twice a month. The home visits provide individualized comprehensive services to support and strengthen the relationships between infants, toddlers, and their parents. Families must meet income eligibility requirements.

Hoosier Uplands Head Start

 Bedford Center
 812-275-0052

 710 6th Street
 812-275-0052

 Bedford, IN 47421
 812-849-4448

 Mitchell Center
 812-849-4448

 1240 Orchard Street
 Mitchell, IN 47446

Head Start is a family centered child development program for three and four year old's. Our comprehensive services provide opportunities that help children to develop school readiness skills and assist families in recognizing their role as their child's first and most important teacher. Nutritious meals are served daily. Transportation is provided where possible. Families must meet income eligibility requirements.

CRISIS SERVICES

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 812-332-7292 Southeast Chapter

1600 W. 3rd Street

Bloomington, IN 47404

Notification to active duty military personnel of death, serious illness or circumstance of immediate family members; disaster assistance; one-family or community blood drives.

Meadows Hospital provides each patient with comprehensive behavioral health treatment. Services are offered to children and adolescents, ages 6 to 17,

on an inpatient and outpatient basis. Our programs for children and adolescents use a variety of elements to provide a well-rounded treatment plan. Our acute inpatient program uses expressive therapies, as well as, medication management and education. We also offer both inpatient and outpatient services for adults that focus on a number of mental health and substance addiction diagnoses. For more information, visit online: www.bloomingtonmeadows.com

 Centerstone
 Crisis Line
 800-832-5442

 1315 Hillcrest Road
 812-329-4950

 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.

PACT, Inc. Victim Services Programs provides assistance and support to victims of intimate partner violence, sexual assault, and other violent crimes. Services may include crisis intervention, safety planning, information on legal rights and proceedings, assistance with filing Orders of Protection, and case management. Shelter services are also available by calling our 24-hour crisis line.



Indiana Department of Child Services (DCS)

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 Hotline800-800-5556
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 Road812-277-9680
Bedford, IN 47421

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 provides empowering services such as emergency shelter; a 24-hour help and crisis line; on-scene advocacy; support services; and transitional and permanent housing solutions to support survivors of domestic violence, sexual assault, and human trafficking. Middle Way House also touches the lives of community members through its education and prevention programs.

Serenity Now provides individual, couples, family, and marriage counseling in a warm and welcoming environment that is safe and comfortable for both adults and children. We provide the following services: Individual and Group Therapy; Family Therapy; Substance Abuse Treatment; Smoking Cessation; Therapeutic Services available from the age of 3 and up; Psychiatric Medication Management available from the age of 12 and up; and Treatment focusing on the concerns of the LGBTQ community. We accept most insurance policies and is fully accessible.

Youth Services Bureau of Monroe County

Emergency youth shelter; crisis intervention. We have youth and family counseling. The Binkley House Youth Services are open 24-hours a day; seven days a week.

Need Help—Call for Help!!

EMERGENCY 911

Non-Emergency Calls—Please call: Lawrence Co. Sheriff Department 812-275-3316

EMPLOYMENT AND TRAINING

American Red Cross812-332-7292

Southeast Chapter 1600 W. 3rd Street

Bloomington, IN 47404

Classes offered: First Aid/CPR/AED; Lifeguarding and Swimming; Basic Life Support Training; Advanced/Pediatric Life Support Training; Babysitting and Child Care; Nurse Assistance/CNA Training and Testing; and many other classes are available. Visit

online at: www.redcross.org/take-a-class

IU Health Bedford Hospital812-275-1335 Events & Classes

2900 W. 16th Street Bedford, IN 47421

Throughout the year IU Health offers 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.iuhealth.org

Mitchell Library—GED Classes..........812-890-4337 804 W. Main Street812-849-2412 Mitchell. IN 47446

Free instruction in basic skills and preparation for TASC (GED) for adults. For a TASC test, a person must be age 17 or older. Call the number above for class hours and more information about obtaining your TASC.

National Able Network, Inc.......317-396-7800 3737 N. Meridian Street, Suite 404 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.

Bedford, IN 47421

WorkOne helps people find a new or better job, choose a career, find a good employee, access training, or get the information needed to succeed in today's ever-evolving workplace.

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. We 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. We also have clothing available for anyone in need. Open on Tuesday and Thursday from 10 a.m. to 12 p.m.

Mitchell, IN 47446

The Mitchell Church of Christ Bread of Life Food Pantry is open to anyone in need of food who lives north of Mitchell to White River and to those south of Mitchell to Lost River. Hours: Monday—10 a.m. to 12 Noon; Tuesday—1 p.m. to 3 p.m. On the 2nd Tuesday of the month the food pantry is open from 6 p.m to 8 p.m. Produce and other items may be limited during these hours.

Congregate Meal Sites:

Bedford Senior Citizens Center...... 812-279-5473

2205 Washington Avenue

Bedford, IN 47421

1921 Plaza Drive Bedford, IN 47421

2020 Plaza Drive Bedford, IN 47421

Hauck House 812-279-2356

1305 K Street

Bedford, IN 47421

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 Christian Church......812-275-4497

1101 15th Street

Bedford, IN 47421

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

Serves anyone in need of food, free of charge. Call Hoosier Hills Food Bank for location, date, and time of delivery.

Hoosier Uplands Energy Assistance Program

 Residents with Mitchell Address
 800-333-2451

 521 W. Main Street
 812-849-4457

 Mitchell, IN 47446
 812-849-4457

Bedford, IN 47421

Financial assistance for heating in winter is available through the Energy Assistance Program. Resident's income must meet at or below the Office of Management and Budget Poverty Guidelines. Visit online at: www.hoosieruplands.org

Lawrence Co. Division of Family Resources

The DFR is responsible for establishing eligibility for Medicaid, Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families benefits (TANF). The DFR also provides employment and training services to some SNAP and TANF recipients. Secondary services provided: Room and Board Assistance, Children's Special Healthcare Need Services, and the Qualified Medicare Beneficiary (QMB) which pays Part B of your Medicare. Visit online at: www.in.gov/fssa



Please donate to your local food pantry.

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

11:30 a.m.; 1 p.m. to 3:30 p.m.

Mitchell Location 812-849-2111

122 N. 7th Street

Mitchell, IN 47446

Hours: Tuesday and Thursday—10 a.m. to 11:30 a.m.;

1 p.m. to 2:30 p.m.

We have a food pantry at both locations. Those north of White River must go to the Bedford location and those south of White River must go to the Mitchell Office. We provide financial assistance with rent, mortgage, and utilities to persons who meet our guidelines (can apply at either office for financial assistance). Those who need financial assistance must check with their township trustee first. We also maintain a furniture bank: beds, appliances, and other items.

Lions Club of Bedford

We provide a loaner hearing aide program in conjunction with the IU Medical Center and have

discounted prices on hearing aides with a recommendation from the Lions Club.

Older Americans Services Corporation

1901 S. Orleans Way, P.O. Box 206.......... 812-865-3352 Orleans, IN 47452

Provides noon meals at congregate meal sites. Home delivered meals provided to senior citizens age 60 and over through Hoosier Uplands case management or private pay.

2205 Washington Avenue

Bedford, IN 47421

We have the Red Kettle campaign and the Angel Tree at Christmas. We provide emergency assistance for rent, utilities, and lodging. We will still be providing

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help with food, but will no longer be maintaining a food pantry. We provide help to those who have experienced a disaster—such as fire, flood or tornado. Must call to make an appointment. Hours: Monday, Tuesday, or Thursday; 10 a.m. to 2 p.m.

The Society of St. Vincent DePaul812-279-8555 Emergency financial and clothing assistance available for Lawrence County residents. In cases of fire they will help with linens, clothing and dishes. They also provide financial assistance with utilities, rent and non-narcotic prescription medications. For financial assistance, you must check with your township trustee and with L.I.F.E. before calling for help. Hours: Monday-Thursday; 10 a.m. to 2 p.m.

St. Vincent DePaul Thrift Shop

920 17th Street Bedford, IN 47421

Hours: Monday-Friday; 12 Noon to 4 p.m.

TOWNSHIP TRUSTEES

Bono	
Guthrie	
Indian Creek	812-276-3135
Marion	812-849-4254
Marshall	
Perry	812-279-4208
Pleasant Run	812-834-6813
Shawswick	812-275-2511
Spice Valley	812-388-7110

When monetary funds are available, your Township Trustee will provide emergency financial assistance for expenses such as rent, utilities, burial, etc. Call your Township Trustee to see if you qualify for help.

HANDICAPPED SERVICES

2810 E. Discovery Parkway 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 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

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self-determination goals.

Children's Special Health Care Services

Indiana State Department of Health 800-475-1355 2 N. Meridian Street, Suite 5C 317-233-1351 Indianapolis, IN 46204

CSHCS provides supplemental medical coverage to help Indiana families of children (age birth to 21 years) who have serious, 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

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 Developmental Disabilities Services, Vocational Rehabilitation/Employment, Bureau of Quality Improvement Services, and First Steps. Visit online at: www.in.gov/fssa/ddrs

Hoosier Uplands/Area 15 Agency on Aging

Aging and Disability Services—Aging and Disability Resource Center (ADRC), State Health Insurance Program (SHIP), and The Angel Foundation;

Case Management — As advocates, Case Managers monitor their clients in-home services and assist them with meeting other needs to make sure they live in a safe home environment; *Options Counseling*—point of entry for referrals for in-home services under the Aged and Disabled Waiver, Choice, Social Services Block Grant, Title III, or Family Caregiver Respite. Visit online at: www.hoosieruplands.org

Indiana Institute on Disabilities 812-855-6508

2810 E. Discovery Parkway Bloomington, IN 47408

We provide information and referral, as well as training and technical assistance, on a wide variety of disability issues.

Indiana Protection and Advocacy Services

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

Indiana Disability Rights is a congressionally mandated, legally based, disability rights agency. Our mission is to defend the rights of individuals with disabilities through empowerment and advocacy.



Hoosier Uplands Economic Development Corporation "People Helping People"

Indiana Resource Center for Autism 812-855-6508 2810 E. Discovery Parkway Bloomington, IN 47408

IRCA staff respond with accurate, evidence-based, and timely information to meet the needs of individuals across the autism spectrum and across the lifespan, their families, and the professionals who support them. No matter where you are in your journey from diagnosis through adulthood, our resources are here to help you navigate options related to an autism spectrum disorder.

Southern Indiana Center for Independent Living (The Solution Center)

 Stephensons Disability Services
 800-642-1339

 903 E. Main Street
 812-945-2770

 New Albany, IN 47150

As a private company, we 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 315 W. Ohio Street317-232-3684 Indianapolis, IN 46202

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

HEALTH SERVICES

American Cancer SocietyHelpline 800-227-2345 If you've been recently diagnosed, or know someone who has, we're here with answers, guidance, and support. We attack cancer from every angle. Donations help fund cancer research, education, advocacy, and patient and family services. Visit online at: www.cancer.org

American Heart Association..... 800-242-8721

National Center

7272 Greenville Avenue

Dallas, TX 75231

We provide education, material, films, community service programs, healthy recipes, and cookbooks. Visit online at: www.heart.org



American Lung Association of Indiana

 Lung Helpline
 800-586-4872

 115 W. Washington Street
 317-819-1181

 Suite 1180 South

Indianapolis, IN 46204

Provides information on health issues such as COPD, asthma/allergies, lung cancer, indoor air quality, air cleaning devices, tuberculosis, air pollution, pulmonary fibrosis, pneumonia, and tobacco cessation. Visit online at: www.lung.org

Ascension St. Vincent Dunn Hospital

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, and Women's Services. Visit online at: www.stvincent.org

Community Health and Wellness/WIC

2415 Mitchell Road, Suite A...... 812-279-6222 Bedford, IN 47421

Ascension St. Vincent Dunn Hospital provides accessible healthcare and support to those in the community with little or no insurance. Services include: adult healthcare, lead screening, obstetrics/gynecology, and an insurance navigator for established patient. The WIC program provides mothers and children up to age 5 years who qualify, nutritious foods, educational services, and nutrition classes. Call the number above for more information or to schedule an appointment.

Crowder's Healthcare Pharmacy800-439-9007 631 16th Street812-275-5949 Bedford, IN 47421

We provide hospital equipment, medical supplies, and oxygen equipment for the home. Free prescription delivery in Bedford, Oolitic, Mitchell, and Orleans. Diabetic counseling; needle disposal service; and scooters, lift chairs, and wheelchairs are also available. Visit online at: www.crowderspharmacy.com

San Francisco, CA 94142

Our 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. We are committed to the preservation of sight, accomplishing its mission through public service and education. Taking calls from 11 a.m. to 3 p.m. To find out if you qualify for the program that relates to you, visit online at:

www.aao.org/eyecare-america

diagnostic exams. Visit online at: www.HIP.in.gov

Hoosier Uplands Home Health Care

www.hoosieruplands.org

Hospice provides supportive care for the terminally ill and their families, primarily in the home. Physical care, provided by skilled nurses, helps control pain and symptoms affecting the quality of life for those facing an incurable illness. Hospice aides help patients with their personal care needs. Social 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 812-275-2827 717 Lincoln Avenue, Suite G Bedford, IN 47421

Hours: Tuesday and Thursday—1 p.m. to 5p.m.; Monday and Wednesday—10 a.m. to 4 p.m. Free pregnancy tests; counseling; resources for prenatal and postnatal care and the entire birth experience; ultrasounds; 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 counseling, testing, and treatment of sexually transmitted diseases (STD). Visit online at: www.hoperesourcectr.org

Indiana State Department of Health

2 N. Meridian Street 800-382-9480 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..... 317-232-3231 **Office of Women's Health.....** 317-233-7056 Environmental Public Health Dept. 317-233-7173 For other areas of information, call the toll free number listed above.

IU Health Bedford Hospital..... 800-755-3734 2900 W. 16th Street...... 812-275-1200 Bedford, IN 47421

IU Health Bedford Hospital is a modern, Joint Commission approved rural health care facility. We offer the latest technology and medical practices. We employ a physician group practice—IU Health Southern Indiana Physicians. Our physicians provide medical services in internal medicine, family practice, general surgery, orthopedics, obstetrics and gynecology, and pediatrics. Nurse practitioners in adult and pediatric primary care have been added to expand medical care. Visit online at: www.iuhealth.org/bedford

Lawrence County Cancer Patient Services

219 Sycamore Drive812-278-0139 Bedford, IN 47421812-797-5098 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. Visit online at:

www.lawrencecountycancerpatientservices.org

Lawrence County Health Department

2419 Mitchell Road......812-275-3234 Bedford, IN 47421 Ext. 2613 or Ext. 2615

Child Vaccinations: Childhood vaccinations are available for all children from age 2 months to 18 years of age. Uninsured and underinsured children may receive VFC vaccine for a \$15.00 fee per vaccine. This fee may be waived upon request. Most insurance plans accepted. Adult Vaccinations: Adult vaccines are available—the cost is \$15.00 per vaccine (which may be waived upon request). Uninsured and underinsured adults qualify for 317 funded vaccine. Most insurance plans accepted.

Living Well Home Care.....812-849-6000 1490 W. Main Street

Mitchell, IN 47446

We offer in-home services such as attendant care. homemaker, and respite. Visit online at:

www.livingwellhomecare.agency

National Kidney Foundation of IN317-722-5640 911 E. 86th Street, Suite 100

Indianapolis, IN 46240

Emergency financial assistance to kidney patients. Support from the NKFI is for those who have exhausted all other options. The NKFI offers support with food, transportation, utilities, medication, and housing. Financial Assistance is based on available funding. Educational resources are available covering a wide range of topics related to kidney health.

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

Bedford, IN 47421

Serenity Now provides individual, couples, family, and marriage counseling in a warm and welcoming environment that is safe and comfortable for both adults and children. We provide the following services: Individual and Group Therapy; Family Therapy; Substance Abuse Treatment; Smoking Cessation; Therapeutic Services available from the

age of 3 and up; Psychiatric Medication Management available from the age of 12 and up; Treatment focusing on the concerns of the LGBTQ community. We accept most insurance policies and is fully accessible.

VA Medical Center—Richard L. R	oudebush
1481 W. 10th Street	888-878-6889
Indianapolis, IN 46202	317-554-0000
VA Medical Center—Rex Robley	
800 Zorn Avenue	
Louisville KV 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, Durable Medical Equipment, Respiratory Therapy, Over the Counter Medication, and Oxygen. Infusion Therapy and Safe Home Solutions are also available. Visit online at: www.williamsbrospharmacy.com

HOUSING

Cambridge Square 812-279-666
1941 Plaza Drive
Bedford, IN 47421
Must be 62 years or older/disabled. Government
subsidized. All are one bedroom units. May have a
waitlist.

1140 Camelot Court Avenue #17

Mitchell, IN 47446

Must be 62 years or older, handicapped, or disabled. Government subsidized. Allow pets.

Clover Park Duplexes I and II

I—2605 Clover Lane	812-279-8404
Bedford, IN 47421	812-276-6321
II—2608 Sanders Lane	812-279-8979
Bedford, IN 47421	812-276-6321
Any age and pets welcome. H	as laundry facilities. Rent
based on income.	-



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Elm Park I and II I—1202 Elm Park Drive
Hoosier Uplands Housing Counseling 500 W. Main Street
Midtown Suites
Persimmon Park Apartments

Γhey e 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.

100 Shawnee Lane Bedford, IN 47421

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

1429 8th Street

Bedford, IN 47421

There are 17 two-bedroom apartments and 1 onebedroom apartment. It is multi-family housing. Maximum income restrictions apply. Section 8 vouchers accepted. The facility is locked 24/7. Service animals are allowed. Please call to check availability, to make an appointment, or to take a tour.

Stonecutter Apartments...... 812-275-5205

1030 16th Street

Bedford, IN 47421

Senior housing for age 55 and up. The apartments come with several amenities. Pets are allowed. Please call to check availability, to verify income requirements, to make an appointment, or to take a tour.

USDA Rural Development...... 812-346-3411

2600 N. State Highway 7

North Vernon, IN 47265

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. Eligibility: Loans - very low-income homeowner; Grants - 62 years of age or older and very low-income homeowner. Visit online at: www.rd.usda.gov/in

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 our attorney 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. This program does have a waitlist.

Indiana Legal Services......800-822-4774 214 S. College Avenue, 2nd Floor......812-339-7668 Bloomington, IN 47404

Provides legal representation, consultation, and advice. Legal areas: Family Law, Consumer Law, Senior Law, Housing Issues, and Public Benefits. Free services are available to low-income persons who are at or below 125% (up to 200% in certain circumstances) of the poverty guidelines.

Office of the Indiana Attorney General

Indiana Government Center South......317-232-6201 302 W. Washington Street, 5th Floor Indianapolis, IN 46204

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

ID Theft Unit 800-382-5516 **Medicaid Recipient Fraud.....** 800-446-1993 Patient Abuse & Neglect Program 800-382-1039 For other areas of information, call the Attorney General's Office or visit online at: www.in.gov/attorneygeneral

OLDER ADULT

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

An "endangered adult," for purposes of reporting, is an individual who is at least eighteen (18) years of age; and incapable by reason of mental illness, mental retardation, dementia, or other physical or mental Incapacity, of managing or directing the management of the individual's property or providing or directing the provision of self-care. These victims may be harmed or threatened with harm as a result of neglect, battery, or exploitation of the individual's personal services or property.

Ascension St. Vincent Dunn Hospital Auxiliary 1600 23rd Street

Bedford, IN 47421

The Ascension 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.

Duke Energy......800-521-2232 P.O. Box 1326.................Electric Trouble 800-343-3525 Charlotte, NC 28201 ... TTY/TDD Relay Service—711 Special Assistance Programs include: Energy Assistance Program (EAP), Braille Bills, Helping

Hand, Large Print Bills, and Third-Party Notifications. Other special services include: Budget Billing and Pick Your Due Date. Visit online at:

www.duke-energy.com

Hoosier	Uplands/Area	15 Agency	on Aging
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Mitchell, IN 47446 812-849-4457

Aging and Disability Services—Aging and Disability Resource Center (ADRC), State Health Insurance Program (SHIP), and The Angel Foundation;

Case Management — As advocates, Case Managers monitor their clients in-home services and assist them with meeting other needs to make sure they live in a safe home environment; Legal Services—Preparation of documents for Will, Living Will, Power of Attorney, and Health Power of Attorney; Options Counseling point of entry for referrals for in-home services under the Aged and Disabled Waiver, Choice, Social Services Block Grant, Title III, or Family Caregiver Respite; Special Events—Senior Events, Health Fair, and 4-H Fairs. Visit online at: www.hoosieruplands.org

IU Health Bedford Hospital......812-275-1200 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.

Older Americans Services Corporation

1901 S. Orleans Way, P.O. Box 206....... 812-865-3352 Orleans, IN 47452

Provides noon meals at congregate meal sites, home delivered meals, homemaker services, attendant care, and transportation.

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 Drive Mitchell, IN 47446

The centers are a place for seniors to gather to socialize. Most centers have card games, bingo, birthday celebration dinners, church services, and shopping trips.

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Southern Indiana Center for Independent Living-**Ombudsman Services**

1490 W. Main St.800-845-6914 Mitchell, IN 47446.....812-277-9626 Our Ombudsman Program investigates and attempts to resolve problems, through mediation, that individuals may have in a nursing home. We give in-service training to the nursing home staff regarding patients' rights.

Veterans Service Office812-275-6411

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 1625 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 Library812-275-4471 1323 K Street

Bedford, IN 47421

Our mission is to bring people, information, and ideas together to enrich lives and build community. We hope you'll take advantage of the many services, resources, and experiences your library has to offer. Visit online at: www.bedlib.org

Little Theater of Bedford812-279-3009

1704 S. Brian Lane Way

Bedford, IN 47421

Community theatre using all volunteers. Call for a listing of upcoming shows.

Mitchell Opera House......812-849-4447

217 N. 7th Street

Mitchell, IN 47446

Originally built in 1906 and completely restored in 2015, the historic Mitchell Opera House enjoys a rich tradition of community events, film screenings and live music entertainment. Call for a listing of upcoming shows or visit online at: www.mitchelloperahouse.com.

Mitchell Public Library 812-849-2412 804 Main Street

Mitchell, IN 47446

We 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. Visit online at: www.mitchell.lib.in.us

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.

SUPPORT SERVICES

Aging & Disability Resource Center ... 800-333-2451 Hoosier Uplands Agency on Aging....... 812-849-4457 The ADRC provides information and assistance to individuals needing either public or private resources, professionals seeking assistance on behalf of their clients, and individuals planning for the future long-term care needs. The ADRC also serves as the entry point to publicly administered long-term supports including those funded under Medicaid, the Older Americans Act, and State Revenue Programs.

American Red Cross 812-332-7292 Southeast Chapter

1600 W. 3rd Street

Bloomington, IN 47404

Notification to active duty military personnel of death, serious illness or circumstance of immediate family members; disaster assistance; one-family or community blood drives; and health and safety classes (including CPR and first aid).

Meadows Hospital provides each patient with comprehensive behavioral health treatment. Services are offered to children and adolescents, ages 6 to 17, on an inpatient and outpatient basis. Our programs for children and adolescents use a variety of elements to provide a well-rounded treatment plan. Our acute inpatient program uses expressive therapies, as well as, medication management and education. We also offer both inpatient and outpatient services for adults that focus on a number of mental health and substance addiction diagnoses. For more information, visit online: www.bloomingtonmeadows.com

www.in.gov/fssa/ddrs/developmental-disability-services

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

Aging and Disability Services—Aging and Disability Resource Center (ADRC), State Health Insurance Program (SHIP), and The Angel Foundation;

Case Management — As advocates, Case Managers monitor their clients in-home services and assist them with meeting other needs to make sure they live in a safe home environment; *Legal Services*—Preparation of documents for Will, Living Will, Power of Attorney, and Health Power of Attorney; *Options Counseling*—point of entry for referrals for in-home services under the Aged and Disabled Waiver, Choice, Social Services Block Grant, Title III, or Family Caregiver Respite Programs; *Special Events*—Senior Events, Health Fair, and 4-H Fairs. Visit online at:

www.hoosieruplands.org



Hoosier Uplands Budget Counseling

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. Call for an appointment. Visit online at:

www.hoosieruplands.org

Hospice provides supportive care for the terminally ill and their families, primarily in the home. Physical care provided by skilled nurses helps control pain and symptoms affecting the quality of life for those facing an incurable illness. Hospice aides help patients with their personal care needs. Social 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 Housing Counseling

Hoosier Uplands/The Angel Foundation

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Stone Belt of Lawrence County (LARC)

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

TRANSPORTATION

Indiana Department of Veterans Affairs

Bedford, IN 47421

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

Lawrence County Cancer Patient Services

Older Americans Services Corporation

1901 S. Orleans Way, P.O. Box 206.......812-865-3352 Orleans, IN 47452

at: www.lawrencecountycancerpatientservices.org

Provides transportation to the elderly and disabled individuals for medical trips and shopping. Wheelchair lift van available to transport elderly and disabled individuals. Accepts Medicaid, private pay, or contract funding.

631 W. Edgewood Drive

Ellettsville, IN 47429

Provides accessible transportation for everyone at a nominal fee (\$3.00) each time they get on the bus. Has door-to-door service and wheelchair lift. We are also an approved Medicaid transportation provider—call Southeastrans—855-325-7586.

TASC (Bedford City Bus)......812-275-1633 1619 K Street

Bedford, IN 47421

"Personal Service" bus service within the Bedford City Limits. Call dispatch (24hrs in advance) Monday through Friday from 8:00 a.m. to 4:00 p.m. to schedule a ride or to request a wheelchair equipped bus to pick you up.











SPECIAL INTEREST **TOLL-FREE PHONE NUMBERS**

Adult Protective Services	800-992-6978
Alzheimer's Association	800-272-3900
American Association of Retired Persons	888-687-2277
American Cancer Society Helpline	800-227-2345
American Diabetes Association	800-342-2383
American Heart Association	800-242-8721
Centers for Disease Control Information Line	800-232-4636
Child Abuse or Neglect Hotline	800-800-5556
Consumer Protection Division	800-382-5516
Disability Determination Bureau	800-622-4968
Eldercare Locator (nationwide)	800-677-1116
Family & Social Services Administration	800-403-0864
Habitat for Humanity International	800-422-4828
Healthy Indiana Plan	877-438-4479
Home Health Hotline	800-227-6334
Indiana Department of Veterans Affairs	800-400-4520
Indiana Poison Center	800 222 1222
mulana Poison Center	600-222-1222
Medicare	
	800-633-4227
Medicare National Center for Missing and	800-633-4227
Medicare National Center for Missing and Exploited Children	800-633-4227 800-843-5678 800-382-9971
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care	800-633-4227 800-843-5678 800-382-9971 800-786-2929
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman	800-633-4227 800-843-5678 800-382-9971 800-786-2929 800-622-4484
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman Social Security Administration	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman Social Security Administration	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213800-457-8283
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman Social Security Administration State Information Center Substance Abuse/Mental	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213800-457-8283800-662-4357
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman Social Security Administration State Information Center Substance Abuse/Mental Health Helpline U.S. Department of Veterans Affairs	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213800-457-8283800-662-4357800-827-1000
Medicare National Center for Missing and Exploited Children National Kidney Foundation of Indiana National Runaway Safeline Office of the Long Term Care Ombudsman Social Security Administration State Information Center Substance Abuse/Mental Health Helpline U.S. Department of Veterans Affairs Regional Office	800-633-4227800-843-5678800-382-9971800-786-2929800-622-4484800-772-1213800-457-8283800-662-4357800-827-1000 enters





All Hoosier Uplands services are provided without regard to sex, race, color, age, religion, national origin, ancestry, sexual orientation, gender indentity (or expression), disability or veteran status.