

COMMUNITY RESOURCE GUIDE

FOR WASHINGTON COUNTY



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

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

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



This resource guide was developed for the benefit of all:

Washington County Residents

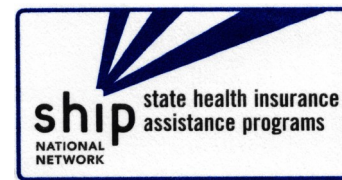
We do not claim to have listed all services available to the community, but hope to have listed programs which will meet your most immediate needs.

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

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

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

Aging & Community Services Offices
521 W. Main Street
Mitchell, IN 47446
800-333-2451
812-849-4457

Washington County Chamber of Commerce
210 N. Main Street 812-883-4303
Salem, IN 47167
Provides tourism information, brochures, Chamber newsletter, industrial development information, small business services, and information about groups, organizations and businesses in Washington County. Visit online at: www.washingtoncountychamber.org

CHILDREN'S SERVICES

Children's Learning Center 812-207-2312
1329 Applegate Lane
Clarksville, IN 47129
We are a child development center and preschool for children ages 6 weeks to 5 years. Our services set us apart from other child care facilities, allowing us to help all children, challenged to gifted, to develop to their full potential. SIRH offers therapies in-house so you don't have to worry about taking your child to a separate facility during the workday.

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.

Family Ark 800-838-3008
101 Noah's Lane 812-282-8479
Jeffersonville, IN 47130
Working collaboratively with the Indiana Department of Children's Services (DCS), Family Ark has provided quality services to children and their families for more

than four decades. Family Ark's services include foster care, community based services, and behavioral health services. Whenever possible, we will seek to keep the child in the home of his/her biological family while working toward overall improvement within the family system. When it is necessary to remove a child from the parents' home we will attempt to keep the child in the family's geographical area to facilitate contact and seek reunification as quickly as therapeutically possible.

First Steps of Southern and West Central Indiana
310 S. Capital Avenue 800-941-2450
Corydon, IN 47112

First Steps is a statewide program in Indiana providing early intervention services and related therapies to infants and toddlers birth to three years old. The first three years of life are the most critical for a child's development. If there is a developmental delay, early intervention services can help. Giving children the best start in life is what First Steps is all about.

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

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

Hoosier Healthwise Helpline 800-889-9949
Hoosier Healthwise is a health care program for children up to age 19 and pregnant women. The program covers medical care such as doctor visits, prescription medicine, mental health care, dental care, hospitalizations, and surgeries at little or no cost to the member or the member's family. The Children's Health Insurance Program (CHIP) is for children up to age 19 whose families have slightly higher incomes. In CHIP, members are required to pay a low monthly premium for coverage as well as copays for certain services.




Hoosier Uplands Children's Services
Administrative Office 800-827-2219
500 W. Main Street 812-849-4447
Mitchell, IN 47446
Hoosier Uplands Children's Services offers opportunities and support for growth and change by providing a safe/healthy/nurturing environment where families, children, and staff members can realize their potential within the greater community.

Hoosier Uplands Afterschool Program

..... 812-849-4447
The vision of the program is to assist children in achieving their potential through academic and social skills. Limited transportation is provided.

21st Century Community Learning Centers Program: West Washington Afterschool Program:

 21st Century Community Learning Centers After School Program at **West Washington Elementary** serves 40 students. The program operates from afterschool until 5:45 p.m. every day that school is in session. The 21st

Century Community Learning Centers Grant funds 100% of the program. There is no cost for parents.

Hoosier Uplands Head Start..... 812-883-5368
902 S. Aspen Drive 800-487-8890
Salem, IN 47167

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

Head Start is a family centered child development program for three and four year 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.

Washington County WIC Program..... 812-883-1394
504 Reid Avenue
Salem, IN 47167

Provides nutritional counseling and food vouchers for pregnant mothers and families with children age newborn to age five. Based on income guidelines, Medicaid, or SNAP eligibility.

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; and one-family or community blood drives.

Federal Emergency Management Agency
801 Jackson Street..... 812-883-4962
Salem, IN 47167

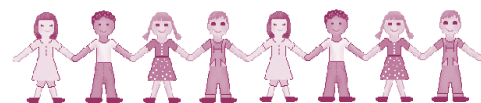
This office works in conjunction with the Indiana Homeland Security. Individuals and small business owners who suffer damages may be eligible for assistance from: The Federal Emergency Management Agency (FEMA), other federal agencies, the Small Business Administration (SBA), and voluntary agencies. The assistance programs are available to those designated as disaster areas. Call the number above about application information.

Hoosier Hills PACT **Crisis Line** 888-883-1959
103 E. Westminster Drive, Suite 104..... 812-883-3318
Salem, IN 47167

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

The mission of the department is to protect children from abuse and neglect by partnering with families and communities to provide safe, nurturing, and stable homes. The department administers child support, child protection, adoption and foster care throughout the state of Indiana. Visit online at: www.in.gov/dcs



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

Indiana Department of Child Services (DCS)
Child Abuse and Neglect Hotline..... 800-800-5556
All calls must go through the above number.
Do not call the local office or the police department
to report child abuse or neglect.
Child Support Hotline 800-840-8757

LifeSpring Health Systems
 1321 Jackson Street..... **Crisis Line** 800-456-2117
 Salem, IN 47167..... 812-883-3095
 LifeSpring provides a comprehensive array of mental health and primary care services: education, prevention, information, assessment, intervention, and treatment. We have group and individual treatment programs. We also provide drug/alcohol, bipolar, borderline, and grief counseling; outpatient counseling; and consultation case management.

EMERGENCY 911

IU Health Paoli Hospital 812-723-2811
 St. Vincent Salem Hospital 812-883-5881
 Salem Police Department 812-883-5100
 Sheriff’s Department 812-883-5999

EMPLOYMENT AND TRAINING

American Red Cross 812-332-7292
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

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.

WorkOne Salem 812-620-6780
 911 N. Shelby Street
 Salem, IN 47167
 We help 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 workplace.

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

Campbellsburg First Baptist Church
 8026 W. Batt Road, Door #20.....502-966-3821
 Salem, IN 47167
 Open on the 2nd and 4th Mondays of the month from 4:30 p.m. to 5:30 p.m. This pantry is located on the West Washington school campus and no one is permitted on school grounds until 4:30 p.m. People arriving early will be asked to leave. If holiday falls on Monday, then pantry will open on the Monday before the holiday.

Congregate Meal Site:
Salem Senior Citizens Center812-883-4986
 1705 N. Shelby Street, Salem, IN 47167
 This senior citizens center provides noon lunches to persons age 60 and over (on a donation basis) for the senior citizen and his or her spouse.

Fellowship Baptist Church.....812-844-3034
 304 W. Cheshire Lane
 Hardinsburg, IN 47125
 Food pantry service is on the 3rd Monday of the month (5:00 p.m. to 6:30 p.m.) serving residents of Fredericksburg, Livonia, Hardinsburg, and Palmyra. We will also serve in crisis situations. Call before visiting the site to check on geographic restrictions and eligibility.

Haleysburg Mobile Pantry502-966-3821
 10084 N. Haleysburg Road
 Vallonia, IN 47281
 The **Dare to Care Mobile Pantry** arrives the 1st Thursday of each month at 2 p.m. at the Church of the Nazarene parking lot. This is a drive-thru. Pantry may be cancelled in the event of severe weather. Call ahead for last minute, weather-related cancellations. USDA commodities distributed at the Mobile Pantry may be accessed by residents of Washington County, IN.

Hoosier Uplands Energy Assistance Program
 902 S. Aspen Drive800-487-8890
 Salem, IN 47167 812-883-5368
 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.



Older Americans Services Corporation

1901 S. Orleans Way, P.O. Box 206 800-258-8786
Orleans, IN 47452 812-865-3352
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.

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

The Salvation Army meets the humanitarian needs of people in need, guiding them to physical, mental, and spiritual betterment. Social Service programs provide emergency financial assistance such as rent/mortgage assistance, utilities (water/heat), food, clothing, transportation, and other basic and unique needs to families or individuals in crisis.

Washington Co. Division of Family Resources

709 Anson Street 800-403-0864
Salem, IN 47167

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

Washington County Fairgrounds 502-966-3821
Salem, IN 47167

The *Dare to Care Mobile Pantry* arrives every 3rd Saturday at the Washington County Fairgrounds in Salem at 10 a.m. (We serve Washington and Orange county residents.)

Washington County Food Bank, Inc.

102 E. Poplar Street..... 812-883-2655
Salem, IN 47167

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

TOWNSHIP TRUSTEES

- Brown 812-755-4027
 - Franklin..... 812-620-2114
 - Gibson..... 812-752-3635
 - Howard 812-472-3156/812-595-0468
 - Jackson..... 812-404-6184
 - Jefferson..... 812-620-5874
 - Madison 812-472-4989
 - Monroe..... 812-883-6432
 - Pierce 812-967-2716
 - Polk 812-967-4036/812-967-3472
 - Posey..... 812-896-5500
 - Vernon 812-755-4655
 - Washington..... 812-883-1315
- 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

ADA—Indiana 812-855-6508
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.

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

RBR Alliance
1099 Marci Lane 812-951-0321
Georgetown, IN 47122

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

Bosma Enterprises 866-602-6762
6270 Corporate Drive..... 317-684-0600
Indianapolis, IN 46278

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

Children’s Special Health Care Services
Indiana State Department of Health 800-475-1355
2 N. Meridian Street, Suite C 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
P.O. Box 7083, MS26 800-545-7763
402 W. Washington Street, W453
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 Developmental Disabilities Services, Vocational Rehabilitation/Employment, Bureau of Quality Improvement Services, and First Steps. Visit online at: www.in.gov/fssa/ddrs

Indiana Institute on Disability and Community
2810 E. Discovery Parkway 800-825-4733
Bloomington, IN 47408..... 812-855-6508
Provides 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, Suite 222 800-622-4845
Indianapolis, IN 46205

IPAS is a congressionally mandated, legally based disability rights agency. Our mission is to defend the human, legal, and civil rights of people with disabilities.

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
1490 W. Main Street 800-845-6914
Mitchell, IN 47446 812-277-9626
SICIL works with all significant types of disabilities, and all ages. We also offer information and referral, independent living skills, peer counseling, and advocacy (ombudsman) with no fee. We promote a variety of outreach activities and promote programs regarding education, recreation, transportation, and housing for those with disabilities.

Stephensons Disability Services800-642-1339
903 E. Main Street812-945-2770
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 Library800-622-4970
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 Society*Helpline* 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 Lung Association of Indiana
Lung Helpline800-586-4872
115 W. Washington Street317-819-1181
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 Salem Hospital
911 N. Shelby Street812-883-5881
Salem, IN 47167

Through the support and commitment from physicians and medical staff, St. Vincent Salem Hospital provides a wide range of healthcare services to the local community. We also have a variety of primary care specialists and physicians to serve the care of the community. Visit online at: www.stvincent.org

Choices Life Resource Center812-883-2675
1201 N. Jim Day Road, Suite A
Salem, IN 47167

Choices Life Resource Center offers free and confidential pregnancy services to help individuals facing an unplanned pregnancy. They provide a safe, supportive environment so you can explore your pregnancy options. Services include: Pregnancy

Testing; Ultrasound; Abortion Consult; Pregnancy Options Consult; Pregnancy and Parenting Education; Maternity and Infant Supplies; STD/STI Testing and Treatment; Medical and Community Referrals; and Post Abortion Care.

Epilepsy Foundation Indiana 800-526-6618
 1100 W. 42nd Street, Suite 140..... 317-759-4502
 Indianapolis, IN 46268

Our mission is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. We provide community services, public education, federal and local advocacy, seizure first aid training, and research funding into new treatments and therapies.

EyeCare America *Helpline* 877-887-6327
 Foundation of American Academy of Ophthalmology
 P.O. Box 42909
 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



Healthy Indiana Plan 877-438-4479

The Healthy Indiana Plan (HIP) is an affordable health insurance program for uninsured adult Hoosiers. The program is sponsored by the State and only requires minimal monthly contributions from the participant. HIP is for uninsured Hoosiers between the ages of 19-64 who meet specific income levels. It offers full health benefits including hospital services, mental health care, physician services, prescriptions, and diagnostic exams. Visit online at: www.HIP.in.gov

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

Hoosier Uplands Home Health Care is committed to providing quality home health services to eligible persons in the counties they serve. Nursing services, physical and occupational therapy, speech language pathology, social services, and home health aide services will be delivered to appropriate persons in need of care in their home under the direction of licensed professional personnel. Visit online at: www.hoosieruplands.org

Hoosier Uplands Hospice.....800-827-2219
 500 W. Main Street812-849-4447
 Mitchell, IN 47446

Hospice provides supportive care for the terminally ill and their families, primarily in the home. Physical care provided by skilled nurses helps control pain and symptoms affecting the quality of life for those facing an incurable illness. Hospice aides help patients with their personal care needs. Social Services help clients cope with social, emotional, and financial upheaval. A spiritual counselor is available to address spiritual needs and concerns. Volunteers offer support as “good neighbors” who are willing to sit with someone, run errands, or provide a listening ear. Bereavement services are provided to families at least 12 months following the death of their loved one. Visit online at: www.hoosieruplands.org

Indiana State Department of Health

2 N. Meridian Street.....800-382-9480
 Indianapolis, IN 46204.....317-233-1325

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

Office of Minority Health317-232-3231

Office of Women’s Health317-233-7056

Environmental Public Health Dept.317-233-7173

For other areas of information, call the toll free number listed above.

IU Health Paoli Hospital.....800-999-4420
 642 W. Hospital Road.....812-723-2811
 Paoli, IN 47454

Specializing in rural community-based services, we provide the following: Air Ambulance Service, Cancer Services, Community Health, Emergency Services, Primary Care, Rehabilitation Services, Surgical Services, Visiting Specialist Services, and Obstetrics. Visit online at: www.iuhealthpaoli.org

LifeSpring Health Systems..... 812-883-3095
 1321 S. Jackson Street
 Salem, IN 47167

LifeSpring provides a comprehensive array of mental health and primary care services: education, prevention, information, assessment, intervention, and treatment. We have group and individual treatment programs. We provide drug/alcohol, bipolar, borderline, and grief counseling; and outpatient counseling.

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 IN 317-722-5640
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.

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. Roudebush
1481 W. 10th Street..... 888-878-6889
Indianapolis, IN 46202..... 317-554-0000
VA Medical Center—Rex Robley 800-376-8387
800 Zorn Avenue..... 502-287-4000
Louisville, KY 40206

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

Washington County Health Department
806 Martinsburg Road, Suite 100..... 812-883-2349
Salem, IN 47167

Public health nursing includes childhood immunizations, TB testing, communicable disease follow-up, child health information, and adult travel vaccinations. We also provide tobacco cessation services by appointment only.

Williams Bros. Health Care Pharmacy
889 N. Gospel Street 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.williamsbrosparmacy.com

HOUSING

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

All ages welcome; Section 8 housing available. Apartments are energy efficient.

Grandview Manor.....812-883-7171
509 Grandview Drive
Salem, IN 47167

Apartments are subsidized and are available for persons aged 62 years or older or for those that are disabled. Laundry facilities available on premises. Pets allowed with some restrictions.

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

Hoosier Uplands Housing Counseling provides free 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. Call to make an appointment. Visit online at: **www.hoosieruplands.org**

Maple Leaf Apartments.....812-883-1569
804 W. Market Street
Salem, IN 47167

This apartment complex is for persons aged 62 years or older or for those that are disabled. Accepts Section 8 housing vouchers. Pets and service animals allowed.

New Horizon Apartments.....812-883-3306
905 Aspen Drive, Suite 105
Salem, IN 47167

All ages welcome. Section 8 housing is available. Apartments are energy efficient.

Parkview Apartments.....812-883-1633
817 Parkview Drive
Salem, IN 47167

Some subsidizing available, plus Section 8 housing vouchers. Any age welcome; offers 1 and 2 bedroom apartments. One handicap accessible unit available. Pets and service animals allowed.

Sycamore Hills.....812-883-1458
505 Florence Street
Salem, IN 47167

This apartment complex is for persons aged 62 years or older or for those that are disabled. Accepts Section 8 housing vouchers. Pets and service animals allowed.

Taylor Apartments..... 812-755-4010
 133 W. State Road 60
 Campbellsburg, IN 47108
 All ages welcome. Section 8 housing is available.
 Apartments are energy efficient.

USDA Rural Development..... 812-482-1171
 1486 Executive Boulevard Ext. 4
 Jasper, IN 47546
 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 has a waitlist.

Indiana Legal Services *Intake* 844-243-8570
 3303 Plaza Drive, Suite 5 800-892-2776
 New Albany, IN 47150 812-945-4123
 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 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 1326.....*Electric Trouble* 800-343-3525
 Charlotte, NC 28201

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

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), State Health Insurance Program (SHIP), and The Angel Foundation;
Case Management—As advocates, they monitor their clients in-home services and assist them with meeting other needs and 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

Older Americans Services Corp..... 800-258-8786
 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.



*When you meet a Veteran,
 thank them for serving our country.*

Southern Indiana Center for Independent Living Ombudsman Services (*The Solution Center*)
 1490 W. Main Street 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 also give in-service training to the nursing home staff regarding patients' rights.

SENIOR CENTERS

Hardinsburg Senior Citizens Center
 183 W. Cheshire Lane..... 812-472-9059
 Hardinsburg, IN 47125
Pekin Senior Citizens Center
 422 E. Poplar Street 812-967-4500
 Pekin, IN 47165
Salem Senior Citizens Center 812-883-4986
 1705 N. Shelby Street
 Salem, IN 47167

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

Veterans Affairs Office..... 812-883-2063
 99 Public Square, Suite #2
 Salem, IN 47167
 Provides information about and assistance with pensions, compensation, education, VA forms, and information regarding hospitals and nursing home for veterans and their spouses.

RECREATIONAL/CULTURAL

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.
Salem-Washington Township Public Library
 212 N. Main Street 812-883-5600
 Salem, IN 47167
 Offers patrons over 35,000 items, including print, E-books, and audiobooks; DVD's and videos; music CDs; and more. We also offer public-use computers; varied and interesting programs for youth and adults; meeting rooms and one auditorium available for rent to community groups; monthly displays from local and regional artists; and an impressive permanent art collection. Visit online at: www.salemlib.lib.in.us

SOAR Adult Literacy812-883-5600
 212 Main Street
 Salem, IN 47167
 SOAR Adult and Family Literacy of The Salem Public Library is a service devoted to improving reading skills for adults in Washington County, Indiana. By setting up a network of volunteer tutors who will partner with adult learners, SOAR can show adults that reading presents a whole world of opportunities.

Spring Mill State Park.....812-849-3534
 3333 Highway 60E Inn 812-849-4508
 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.

Washington County Extension Service
 806 Martinsburg Road, Suite 104..... 812-883-4601
 Salem, IN 47167
 4-H provides learning experiences and develops talents, skills, and leadership abilities. Educational Information Program provides information for agriculture and community development planning and issues. Extension Homemakers Clubs provide a variety of Educational and learning experiences for adults. We also have Consumer and Family Science Programs. Visit online at: www/extension.purdue.edu/washington

SUPPORT SERVICES

Ageing & Disability Resource Center800-333-2451
 Hoosier Uplands Agency on Aging812-849-4457
 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 Cancer Society*Helpline* 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 Red Cross812-332-7292
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; and one-family or community blood drives.

Bureau of Developmental Disabilities Services (BDDS)
1452 Vaxter Avenue..... 877-218-3529
Clarksville, IN 47131 812-283-1040
Bureau of Developmental Disabilities Services provides services for individuals with developmental disabilities that enable them to live as independently as possible in their communities. BDDS assists individuals in receiving community supports and residential services using a person-centered plan to help determine which services are needed and who can best provide them. BDDS also monitors the quality of care and the facilities of those who are approved to provide these services in Indiana. Visit online at: www.in.gov/fssa/ddrs/developmental-disability-services

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), 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

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

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

LifeSpring Health Systems 812-883-3095
1321 S. Jackson Street
Salem, IN 47167
LifeSpring provides a comprehensive array of mental health and primary care services. education, prevention, information, assessment, intervention, and treatment. We have group and individual treatment programs. We provide drug/alcohol, bipolar, borderline, and grief counseling; outpatient counseling; and case management.

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. They accept most insurance policies and is fully accessible.

VA Medical Center—Richard L. Roudebush
 1481 W. 10th Street..... 888-878-6889
 Indianapolis, IN 46202..... 317-554-0000

VA Medical Center—Rex Robley 800-376-8387
 800 Zorn Avenue..... 502-287-4000
 Louisville, KY 40206
 Inpatient/outpatient medical care, community clinics, emergency medical care, psychiatric care, alcoholism unit, drug abuse program, and rehabilitation of physically handicapped veterans.

TRANSPORTATION

Indiana Department of Veterans Affairs
 Veterans Affairs Office 812-883-2063
 99 Public Square, Suite #2
 Salem, IN 47167
 Through the Transportation Network, DAV volunteers drive sick and disabled veterans to and from VA medical facilities for treatment.

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

Southern Indiana Transit System 866-738-1681
 3141 Progress Boulevard..... 812-738-1681
 Corydon, IN 47112
 Southern Indiana Transit System (SITS) will provide safe, effective, and reliable transportation for all residents within our service area. SITS will prioritize its services for people with disabilities, medical needs, elderly, low-income, and others facing transportation barriers, as well as the general public. Fares are based on your destination. Destinations outside the “service area” will be charged a higher fare. Please call in advance to find out what your fare will be. Fares will be collected prior to departure. Must have exact change or check made out to Blue River Services, Inc.



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 Info 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 Family Helpline..... 800-433-0746
- Indiana Poison Center 800-222-1222
- Medicare..... 800-633-4227
- National Center for Missing or Exploited Children..... 800-843-5678
- National Kidney Foundation of Indiana..... 800-382-9971
- National Runaway Safeline..... 800-786-2929
- Office of the Long Term Care Ombudsman..... 800-622-4484
- Social Security Administration..... 800-772-1213
- State of Indiana Government Information ... 800-457-8283
- Substance Abuse/Mental Health Helpline ... 800-662-4357
- U.S. Department of Veterans Affairs Regional Office..... 800-827-1000
- U.S. Veteran’s Administration Medical Centers
Richard L. Roudebush 888-878-6889
 Indianapolis, IN 46202
Rex Robley 800-376-8387
 Louisville, KY 40206



Hoosier Uplands
Economic Development Corporation
500 W. Main Street ♦ Mitchell, IN 47446

“People Helping People”

Hoosier Uplands is a local non-profit agency based in Southern Indiana that serves as an Area Agency on Aging, Community Action Agency, licensed Home Health Care and Hospice agency, and Community Housing Development Organization!

The mission of Hoosier Uplands, is to plan, implement or cause to be implemented, and provide comprehensive services to the poor, elderly, and disabled. The corporation strives to alleviate poverty, improve living conditions, and provide access to health care and social services to those families and individuals in need within our service area. All endeavors are pursued with the client in mind, never forgetting the value of every human being or the importance of our responsibility to the public which we serve.

Hoosier Uplands
Area 15 Agency on Aging
521 W. Main Street ♦ Mitchell, IN 47446

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

www.hoosieruplands.org



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showing our concern for the environment

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521 West Main Street
Mitchell, IN 47446

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