SENIOR SERVICES DIRECTORY

Area Agency on Aging & Independent Living
“Serving Seniors in the Purchase Area”

Purchase Area Development District
P.O. Box 588
1002 Medical Drive
Mayfield, KY 42066
(270) 247-7171 or 1(800)866-4213
The **Senior Services Directory** has been developed by the Area Agency on Aging and Independent Living (AAAIL) as a guide to assist individuals and agencies with identification and location of the most appropriate services to assist the needs of most seniors.

The **Senior Services Directory** may not answer all of your questions but it will put you in touch with a wide range of agencies throughout the eight county area (Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Marshall, and McCracken).

Agencies are categorized by topic including, if applicable, phone number, address and a brief summary of services.

Copies of the **Senior Services Directory** are available at the PADD. Please write to PADD, Area Agency on Aging and Independent Living, P.O. Box 588, Mayfield, Kentucky 42066, or call (270) 247-7171 or 1 (800) 866-4213.

**E-mail:** purchase.add@purchaseadd.org  
**Web:** www.purchaseadd.org
# TABLE OF CONTENTS

1. AREA AGENCY ON AGING AND INDEPENDENT LIVING .............................................................................................................. 1

2. ADULT DAY CARE SERVICES
   A. Day Care Centers .................................................................................................................. 3
   B. In-Home Respite .................................................................................................................. 5

3. ADULT PROTECTION
   A. Protection Of Physical Well-Being .......................................................................................... 6
   B. Protection Of Rights .............................................................................................................. 7

4. ASSISTED LIVING .................................................................................................................... 9

5. DISEASES
   A. AIDS ...................................................................................................................................... 10
   B. Alzheimer’s .......................................................................................................................... 12
   C. Cancer ............................................................................................................................... 11
   D. Diabetes ............................................................................................................................. 12
   E. Heart ................................................................................................................................. 12
   F. Kidney .................................................................................................................................. 13
   G. Lupus .................................................................................................................................... 13
   H. Sleep Disorders .................................................................................................................. 13
Table of Contents (cont.)

6. EMERGENCY SERVICES .............................................................14

7. FAMILY CARE HOMES ............................................................20

8. FINANCIAL SUPPORTIVE SERVICES .................................21

9. HEALTH
   
   A. Dental, Hearing, And Vision Services ...............................24
   B. Disability Services .............................................................27
   C. Health Promotion ...............................................................31
   D. Health Screenings .............................................................32
   E. Medication ..........................................................................33
   F. Mental Health .....................................................................34
   G. Respiratory .........................................................................38

10. HOME HEALTH AGENCIES .................................................39

11. HOSPICE .............................................................................39

12. HOSPITALS ..........................................................................40

13. HOUSING
   
   A. Elderly Housing ...............................................................41
   B. Public Housing ................................................................42

VII
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>14.</td>
<td>LEGAL SERVICES</td>
</tr>
<tr>
<td>15.</td>
<td>NURSING HOMES</td>
</tr>
<tr>
<td>16.</td>
<td>PERSONAL CARE HOMES</td>
</tr>
<tr>
<td>17.</td>
<td>PUBLIC LIBRARIES</td>
</tr>
<tr>
<td>18.</td>
<td>SENIOR CITIZENS ORGANIZATIONS</td>
</tr>
<tr>
<td>A.</td>
<td>Retirement Organizations</td>
</tr>
<tr>
<td>B.</td>
<td>Senior Citizens Centers</td>
</tr>
<tr>
<td>C.</td>
<td>Social Service Organizations</td>
</tr>
<tr>
<td>D.</td>
<td>Volunteer Organizations</td>
</tr>
<tr>
<td>19.</td>
<td>SUBSTANCE ABUSE PROGRAMS</td>
</tr>
<tr>
<td>20.</td>
<td>SUPPORT GROUPS</td>
</tr>
<tr>
<td>21.</td>
<td>TRANSITIONAL CARE UNITS</td>
</tr>
<tr>
<td>22.</td>
<td>TRANSPORTATION</td>
</tr>
<tr>
<td>23.</td>
<td>WOMEN’S ISSUES</td>
</tr>
<tr>
<td>24.</td>
<td>GENERAL</td>
</tr>
</tbody>
</table>
Advocacy • Action • Answers on Aging and Disability

The Purchase Area Agency on Aging and Independent Living is designated by the Commonwealth of Kentucky to develop and administer a comprehensive plan of programs and services for elderly and disabled residents in the eight Purchase counties of Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Marshall, and McCracken.

AREA AGENCY ON AGING AND INDEPENDENT LIVING
Purchase Area Development District
1002 Medical Drive
PO Box 588
Mayfield, KY 42066
1-(800)-866-4213 or (270)247-7171
(for all programs)
Monday – Friday 8:00am – 4:30pm

• Aging and Disability Resource Center (ADRC)
An information and referral source for one-stop shopping for aging and disability information, programs and services available to all age groups.

• Consumer Directed Options (CDO)
A program for Medicaid Waiver eligible consumers of any age who choose to direct their own care. Allows more flexibility in who provides services and when services are provided.
• **Family Caregiver Support Program**
  Assistance to persons of any age who provide care to someone aged 60 or older, or to persons aged 55 or older who are the primary caregiver of a child, related by blood or marriage under age 19.

• **Kentucky Caregiver Support Program**
  Assistance to grandparent caregivers (any age) who provide primary care for a grandchild aged 18 or younger, who meet eligibility requirements.

• **Kentucky Homecare Services**
  The Kentucky Homecare Program includes an assessment and case management component which is administered by the Purchase AAA. The services under the Homecare Program are provided to persons aged 60 or older who are functionally impaired.

  Homecare services are meant to build on identified strengths, to compensate for weaknesses, and to acknowledge the client’s uniqueness. These services do not replace medical care, but are designed to help meet the needs of daily living. Services are available in all eight counties of the Purchase.

• **Ombudsman**
  A service designed to receive, investigate, and resolve complaints on behalf of residents in long-term care facilities.

• **State Health Insurance and Assistance Program (SHIP)**
  Provides one-on-one assistance with Medicare, Medicaid, and other public and private benefit programs.
SPECIAL PROJECTS

- **Senior Games**
  An athletic and fun series of competitions for individuals 50 years old or older to encourage healthy, physical, and social activities.

- **Purchase Area Mental Health and Aging Coalition (PAMHAC)**
  Individuals from academic, medical, legislative and faith based entities and other interested parties who work together on behalf of older citizens and their caregivers of the Purchase Area for the common purpose of improving their physical, mental, emotional and spiritual well-being through a comprehensive approach.

### ADULT DAY CARE CENTERS

Provides therapeutic activities to older persons who require personal supervision for mental, physical, and/or emotional reasons. Provides respite for caregivers.

### DAY CARE CENTERS

Daily schedules include recreational, social, leisure activities, nutrition, and personal care services.

#### Ballard County

- **Ballard County Senior Citizens**
  - Ballard County Senior Citizens
  - 307 Lake Street, P.O. Box 508
  - Barlow, KY 42024  **(270) 334-3115**
  - 9:00-3:00 T-W-Th-Fri  ADC Hours

#### Calloway County

- **Shared Care Adult Day Care Weaks Center**
  - 607 Poplar Street, Suite B
  - Murray, KY 42071  **(270) 753-0929**
  - 7:30-4:30 Mon.-Fri.
  - Fax: **(270) 753-2374**
**Fulton County**
Senior Citizens of Fulton Co.
1019 Moscow Avenue
Hickman, KY 42050
(270) 236-2826
9:00-1:00 Mon.-Fri. ADC Hours

Fulton Senior Center
109 Commercial Avenue
Fulton, Kentucky 42041
(270) 472-2900

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**Graves County**
Generations Adult Day Care
2007 Highway 58E, PO Box 933
Mayfield, KY 42066
(270) 247-1311
7:30-5:30 Mon.-Fri.

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**Hickman County**
Hickman Co. Senior Citizens
212 East North Street
Clinton, KY 42031
(270) 653-4314
8:30-2:30 Mon.-Fri. ADC hours

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**McCracken County**
Paducah Active Day Services
2005 Broadway
Paducah, KY 42003
(270) 442-7604 or (866) 925-0191
7:00am-5:00pm Mon.-Fri.

Easter Seals Adult Day Care
2229 Mildred Street
Paducah, KY 42003
(270)442-2001

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**McCracken County**
Easter Seals Adult Day Services
2229 Mildred Street
Paducah, KY 42001
(270) 442-2001
6:30-5:30 Mon.-Fri.
IN-HOME RESPITE
Limited in-home services to provide relief for the caregiver.

**Baptist Home Health Agency**
220 Lone Oak Road
Paducah, KY 42001
*(270) 575-2990*
8:00-4:30 Monday-Friday

**Lourdes**
2855 Jackson Street, Suite 5
Paducah, KY 42003
*Paducah* *(270) 415-3636*
*Mayfield* *(270) 247-3047*
*Wickliffe* *(270) 335-5758*
8:00-4:30 Monday-Friday

**Murray-Calloway County Hospital Homecare**
803 Poplar
Murray, KY 42071
*(270) 762-1537*
8:00-5:00 Monday-Friday

**Intrepid USA**
1616 Highway 121 North
Murray, Kentucky 42071
*Calloway County*
*(270) 753-1434*
*Graves County*
*(270) 251-2001*
*McCracken/Marshall County*
*(270) 527-3144*
8:00-5:00 Monday-Friday

**Regional Home Care, Parkway**
Main Office: 2002 Holiday Lane, Suite 600, Fulton, Kentucky 42041
*Contact:* Fran Crawford, RN
*Phone:* *(270) 472-0070*  *Fax:* *(270) 472-0894*
Mayfield Office:
17 Construction Road, Suite F, Mayfield, Kentucky 42066
*Contact:* Tammy Sims, RN
*Phone:* *(270) 247-3155*  *Fax:* *(270) 247-0803*

**West Kentucky Allied Services**
Kentucky Homecare Respite Program
222 West Water Street, P. O. Box 736, Mayfield, Kentucky 42066
*Phone:* *(270) 247-4046*
8:00 a.m.-4:30 p.m. Monday-Friday
Caring People Services

Services: Non-medical in-home services for the elderly or disabled; community integration and leisure recreation activities; hospital or facility sitters; geriatric care management; and elder advocacy. Services are available 24 hours a day/7 days a week. 
1049 Jefferson Street, P. O. Box 9185, Paducah, KY 42002
Phone: (270) 575-4529 or 1-800-383-7231
9:00-5:00 Monday-Friday (office hours)

Caroline Cares
P.O. Box 9146, Paducah, Kentucky 42002
Phone: (270) 534-2273

ADULT PROTECTION

PROTECTION OF PHYSICAL WELL-BEING

Spouse Abuse Program (Merryman House)
A 24-hour hotline program that provides shelter to victims and their children. 1-800-585-2686

McCracken - (270) 443-6001; Calloway - (270) 759-2373
Graves - (270) 251-2060 ext. 12

Investigates cases of physical abuse, neglect, exploitation, and spouse abuse. To report suspected abuse in Kentucky Call 1-800-752-6200
8:00 – 4:30 Monday-Friday

Ballard County
117 North 4th Street, PO Box 68
Wickliffe, KY 42087
(270) 335-5173

Calloway County
203 South 6th Street, PO Box 5
Murray, KY  42071
(270) 753-5362

Carlisle County
327 Elm Street, PO Box 342
Bardwell, KY  42023
(270) 628-3434

Fulton County
510 Mears Street, PO Box 1266
Fulton, KY  42041
(270) 472-1850
Graves County  
333 Charles Drive  
Mayfield, KY  42066  
(270) 247-4711  

Hickman County  
343 Moss Drive, PO Box 180  
Clinton, KY  42031  
(270) 653-4335  

Marshall County  
211 East 7th Street, PO Box 6  
Benton, KY  42025  
(270) 527-1354  

McCraeven County  
206 North 8th Street, PO Box 1040  
Paducah, KY 42002  
(270) 575-7110  

Rape Crisis Center  
(270) 534-4422 or 1-800-928-7273  
24 Hour Crisis Line. Call the above numbers only.  

Mayfield-Graves Co. Child Advocacy Program  
427 East Broadway, PO Box 5200  
Mayfield, Kentucky  42066  
(270) 251-2060  

PROTECTION OF RIGHTS  

Kentucky Medicare  
www.cms.hhs.gov; 1-800-MEDICARE  

Kentucky Medical Review Organization  
Services: Provides information regarding premature hospital discharges under Medicare. If an individual or family member thinks a patient is not ready for discharge, they can obtain information on their rights from this organization.  
Phone: 1-800-288-1499
Cabinet for Health and Family Services – Ombudsman Services

Services: Investigates questions, complaints, and problems regarding services provided through the Cabinet for Health Services. (For example, medical assistance payments, social service complaints, food stamps, mental health and homecare services.)

1-800-372-2973

Protection and Advocacy Division
Department of Public Advocacy
100 Fair Oaks Lane Suite 302
Frankfort, KY 40601 Phone: (502) 564-8006

Long-Term Care Ombudsman
Services: Investigates complaints on behalf of family members and residents in long-term care facilities.

Purchase Area Ombudsman
Purchase Area Development District
1002 Medical Dr., P.O. Box 588
Mayfield, KY 42066
Phone: (270) 251-6120

State Long-Term Care Ombudsman
Cabinet for Health and Family Services
Office of Ombudsman
275 East Main Street 3 E-E
Frankfort, KY 40621
Phone: 1-800-372-2991

Division of Long Term Care & Disability Services - (502) 564-7540
Crime Stoppers Line
www.crime-stoppers.us
Phone: 1-888-352-3040

Consumer Complaint
Better Business Bureau
844 South 4th Street
Louisville, KY 40203
Phone: (502) 583-6546

Attorney General’s Office –
Consumer Protection Division
Phone: (502) 696-5389

Drug Enforcement
Phone: (502) 582-5908

Insurance Questions
Office of Ombudsman, Frankfort, KY
Phone: 1-800-372-2973

National Domestic Violence Hotline
Phone: 1-800-799-7233

No Call List for Telemarketing
Phone: 1-888-382-1222
Website: http://www.donotcall.gov

ASSISTED LIVING

Ballard County
New Haven Assisted Living
859 Veterans Ave.
Kevil, KY 42053
(270) 462-2400

Calloway County
Glendale Place
905 Glendale Rd.
Murray, KY 42071
(270) 759-1555

Calloway County
Hickory Woods Retirement Center
84 Utterbach Rd.
Murray, KY 42071
(270) 753-5339

Graves County
Morningside Assisted Living
1517 W. Broadway
Mayfield, KY 42066
(270) 251-0233
Marshall County
Stilley House Assisted Living
971 Birch Street
Benton, KY 42025
(270) 527-1700

McCracken County
Morningside Assisted Living           New Haven Assisted Living
1700 Elmdale Road                   1002 North 32nd St.
Paducah, KY 42003                  Paducah, KY 42001
(270) 534-9173                          (270) 443-2332

Culpepper Place of Paducah
2121 New Holt Road
Paducah, KY 42001
(270) 554-6911

DISEASES

AIDS
CDS’s National Prevention Information Network HIV/AIDS; STD; Viral Hepatitis; or TB Prevention
   AIDS.gov; 1-800-458-5231

Cabinet for Health Services
   Department for Health Services AIDS Education Office
   275 East Main Street, Frankfort, KY 40621
   Phone: (502) 564-6539

CDC National AIDS Clearinghouse
   PO Box 6003, Rockville, MD 20849
   Phone: (800) 458-5231
**Heartland Cares**  
619 North 30th Street, Paducah, Kentucky 42001  **Phone:** (270) 444-8183  
**Website:** www.hcares.org  
**Services:** Provides primary care for individuals living with HIV/AIDS and assistance with housing, utilities, food, transportation, and medications.

**National Association of People with AIDS**  
8401 Colesville Road, Silver Spring, Maryland 20910  
**Phone:** (240) 247-0880  **Toll-Free:** (866) 846-9366

**ALZHEIMER’S**

**Alzheimer’s Association**  
**Services:** Information and referrals, Support Groups, Education Opportunities, Safe Return (Wanderer’s Identification Program), Referral listing of Adult Care for persons with Alzheimer’s disease or related disorder.  
**Phone:** 1-800-272-3900

**Alzheimer’s Disease Research Center**  
Sanders-Brown Research Center on Aging  
101 Sanders-Brown Building (Limestone)  
Lexington, KY  40536-0230  
**Phone:** 1-859-323-5550 or 1-859-257-6507

**Alzheimer’s Disease Educational Support Group**  
*Murray Calloway County Hospital*  
803 Poplar Street, Murray, Kentucky 42071  
**Phone:** 270-753-0576  **Meets 2nd Tuesday of every month.**
CANCER

**American Cancer Institute**
**Services:** Surgical dressing for cancer patients, Reach to Recovery counseling, community education/information, voluntary fund raising, reimbursement assistance on travel for chemotherapy. Support groups available.

**Phone:** 1-800-227-2345

**American Cancer Society**
3140 Parisa Drive, Paducah, KY 42003
**Phone:** (270) 444-0375

**Cancer Information & Counseling Line**
**Phone:** 1-800-525-3777

**Family Life Medical and Prosthetics**
**Services:** Mastectomy Boutique; Pre/Post products and services
149 South Friendship Road, Paducah, KY 42003
**Phone:** (270) 554-0415

DIABETES

**American Diabetes Association**
**Services:** Information on management and dietary needs
**Phone:** 1-800-DIABETES

HEART

**American Heart Association**
**Services:** Provides educational material, community services, blood pressure screening, and CPR training
**Phone:** 1-800-242-8721

**American Heart Association CPR Training Courses**
Western Baptist Hospital, 2501 Kentucky Avenue, Paducah, KY 42003
**Phone:** 575-2723
Cardiac Rehabilitation

**Services:** Exercise sessions for heart patients

**Eligibility:** Must be referred by physician; fee charged

Western Baptist Hospital
2501 Kentucky Avenue, Paducah, KY 42003
**Phone:** (270) 575-2745

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**KIDNEY**

**American Kidney Fund**

**Services:** Financial aid grants for kidney patients, brochures, organ donor development, fellowship, and conferences (for Professionals)

6110 Executive Blvd., Suite 1010, Rockville, MD 20852
**Phone:** 1-800-638-8299

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**LUPUS**

**Lupus Foundation of Kentuckiana**
1939 Goldsmith Lane, Suite 104, Louisville, Kentucky 40218
**Phone:** (502) 456-5262 or (800) 277-9681

**Lupus Foundation of America-National Office**
2000 L Street, North-West, Suite 710, Washington, DC 20036
**Phone:** (202) 349-1155 **Toll-Free:** (800) 558-0121
Website: www.lupus.org

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**SLEEP DISORDERS**

Sleep Source, Inc.
3125 Parisa Drive
Paducah, KY 42003
**Phone:** (270) 575-0080
EMERGENCY SERVICES

Fire, Police, Ambulance, Disaster, Rescue Emergencies – dial 911

24-Hour Abuse Hotline
Services: Reports of abuse of children and adults.
Phone: 1-800-752-6200

24-Hour Poison Control Center
www.krpc.com
Phone: 1-800-222-1222

Alternative Resources for Kentucky
Route 1, 2004 Bypass, Hickman, Kentucky 42050
Phone: (270) 236-2594
Services: Food, emergency medicine, transportation, and utility assistance

American Red Cross
Services: Military Families; Disaster Preparedness; Single Family Fires/Other Disasters; Classes (First Aid/CPR, Swim, Lifeguard, HIV/AIDS); Referrals

Lakeland Area Chapter Office (Serves Marshall County)
88 Bill Wood Lane, Benton, KY 42025
(270) 527-0740

Murray-Calloway County
607 Poplar Street, Suite 1
Murray, KY 42071
(270) 753-1421

Graves County (Also serves Carlisle, Fulton & Hickman Counties)
120 North 9th Street
Mayfield, KY 42066
(270) 247-3921
McCracken County (Also serves Ballard County)
232 North 8th St.
Paducah, KY 42001
(270) 442-3575

**Angels Attic**

*Services:* Provision of clothing and household items
972 Chestnut Street, Murray, KY 42071
*Phone:* (270) 762-0505

**Annie Gardner Foundation**

*Services:* Clothing, Medical, Utilities, Dental, and Rent Provision
*Eligibility:* Resident Of Mayfield Or Graves County For 5 Years
620 South 6th Street, Mayfield, Kentucky 42066
*Phone:* (270) 247-5803

**Ballard County Cooperative Ministry (HIS HOUSE)**

Clothing /Food Bank; Financial support for imminent needs.
*Phone:* (270) 665-9696

**Broadway United Methodist Church (Community Kitchen)**

*Phone:* (270) 443-2401

**Domestic Violence Hotline**

*Phone:* (800) 799-SAFE

**Family Connections**

213 Seventh Street, Fulton, Kentucky 42041  
*Phone:* (270) 472-6924  
*Services:* Referrals for counseling and job training services

**Family Service Society**

*Services:* Emergency Food and Clothing Provision, Emergency Financial Assistance, Prescription Medicine, and Utilities.
(Open For Clothing Tuesday and Thursday.)
827 Joe Clifton Drive, Paducah, KY 42001  
*Phone:* (270) 443-4838
**First Assembly of God**  
Provides food pantry, furniture, hot meal program, clothing.  
**Phone:** (270) 247-5677

**Fulton County A.R.K.**  
2004 Bypass, Hickman, Kentucky 42050  
**Phone:** (270) 236-3480  
**Services:** Food pantry, clothing and utility assistance, health and educational services, job and service referrals

**Glendale Road Church of Christ**  
1101 Glendale Drive, Murray, Kentucky 42071  
**Services:** Food, clothing, and household items  
**Phone:** (270) 753-3714

**Goodwill Store**  
**Phone:** (270) 554-9298 (McCracken County)  
(270) 251-2500 (Graves County)  
(270) 759-2000 (Calloway County)

**Kentucky Home Place**  
Provides health information and services such as vision care, health education, hearing aids, dental services and medicines. Also provide referrals to agencies or providers of services, arranging transportation.  
**Ballard/McCracken County:** Angelic Carpenter, Ballard County Courthouse, Wickliffe, Kentucky  
**Phone:** (270) 335-3358 or (270) 443-9576  
**Calloway County:** Carla Gray, Calloway Co. Health Department, Murray, Kentucky  
**Phone:** (270) 767-9829

**Carlisle/Fulton/Hickman County:** Donna Hooper, Fulton, Kentucky  
**Phone:** (270) 472-3674  
**Graves County:** Mary Beth Rohrer, Annie Gardner Foundation, Mayfield, Kentucky  
**Phone:** (270) 251-0153  
**Marshall County:** Tessa Vail, Marshall County Courthouse, Benton, Kentucky  
**Phone:** (270) 527-4351
Kevil Korner  
**Phone:** (270) 247-5395  **Contact:** Donna Sullivan  
If fire destroys home then family/person can bring in Fire Department record and get $100 worth of free clothing, household items, etc.

**Lifeline – Western Baptist Hospital**  
**Phone:** (270) 575-2779

**Lone Oak Church of Christ**  
2960 Lone Oak Road, Paducah, Kentucky 42001  
**Phone:** (270) 554-2511

**Lone Oak First Baptist Church**  
**Phone:** (270) 554-1441

**Martha’s Vineyard**  
**Phone:** (270) 575-0021

**Marshall County United Methodist Cooperative**  
**Phone:** (270) 527-5147

**Medical Alert Services**  
**Services:** In emergencies a portable *help* button and electronic equipment in your home connects you immediately with the control center.  
(Small installation fee and monthly charge)

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
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<tbody>
<tr>
<td>Lifeline - Western Baptist Hospital</td>
<td>2501 Kentucky Avenue Paducah, KY 42003</td>
<td>(270) 575-2779</td>
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<tr>
<td>Rescue Alert - Lourdes Hospital</td>
<td>2855 Jackson Street, Suite 5 Paducah, KY 42003</td>
<td>(270) 415-3890</td>
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**Need Line**

**Services:** Emergency funds and food provision, emergency financial assistance, medical, utilities, and rent

<table>
<thead>
<tr>
<th>Calloway County</th>
<th>Graves County</th>
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<tbody>
<tr>
<td>638 South 4\textsuperscript{th} Street</td>
<td>424 South 9\textsuperscript{th} Street</td>
</tr>
<tr>
<td>Murray, KY 42071</td>
<td>Mayfield, Kentucky 42066</td>
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<tr>
<td>(270) 753-6333</td>
<td>(270) 247-6333</td>
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<td>(270)767-9110, Fax</td>
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**Marshall County**

307 Main Street, Benton, KY 42025

(270) 527-0024

**Paducah Cooperative Ministries**

**Services:** Emergency Food, Utilities, Rent Provision, and Emergency Financial Assistance, Homeless Shelter.

402 Legion Drive
Paducah, KY 42003  Phone: (270) 442-6795

**Poison Control**

Phone: (800) 222-1222

**Purchase Area Sexual Assault Center**

Phone: (270) 534-4422

**River City Mission, Inc.**

**Services:** Shelter for newcomers, travelers, and homeless.

- Long-term or short-term, free/subsidized meals – regular meals served on site, job training, personal and family counseling – general

1466 Bechtdolt Rd., Paducah, KY 42002  Phone: (270) 442-7921
Safe Home
   Phone: (270) 527-1333

Saint Mary Food Pantry
   624 Broadway, LaCenter, Kentucky 42066  Phone: (270) 655-5551

Sexual Assault Helpline
   1-800-928-7273

Substance Abuse Crisis Line
   1-800-592-3980

Suicide Intervention
   1-888-630-4357

St. Vincent DePaul Society
   Services: Used clothes for sale (free to needy); household items; other services when funds available;
   Tuesday–Friday – 10 am-3 pm    Saturday – 9 am-1 pm
   2025 Cairo Road, Paducah, Kentucky 42001
   Phone: (270) 442-9351

The Salvation Army
   Services: Emergency Food and Clothing Provision, Emergency Financial Assistance, Personal, Family, and Religious Counseling, Information, and Referral Services
   3100 Irvin Cobb Drive, Paducah, Kentucky 42003
   Phone: (270) 443-2198

West Kentucky Allied Services of McCracken County
   Phone: (270) 444-7380
FAMILY CARE HOMES

These homes are state licensed and undergo an annual inspection by the state of Kentucky and Adult Protection.

**Fulton County**
*Stroud Family Care Home*
2133 State Route Hwy 781N, Fulton, KY 42041  *(270) 838-6866*

**Graves County**
*Spraggs Family Care Home*
4209 St. Rt. 408 West, Hickory, KY 42051  *(270) 674-6036*

FREESTANDING PERSONAL CARE HOMES

**Calloway County**
*Fern Terrace Lodge of Murray*
1505 Stadium View Drive, Murray, KY 42071  *(270) 753-1883*

**Graves County**
*Autumn Ridge Personal Care*
4880 State Route 121 South, Mayfield, KY 42066  *(270) 345-2116*

*Fern Terrace Lodge of Mayfield*
1227 State Route 45 North, Mayfield, KY 42066  *(270) 247-3259*

**McCracken County**
*Gaither Suites*
4960 Village Square Drive, Paducah, KY 42001  *(270) 442-3999*

*Legacy Care Center*
4747 Alben Barkley Drive, Paducah, KY 42001  *(270) 534-0620*
Client Assistance Program

Services: Advocacy on behalf of clients who are participants in programs through the Office for the Blind or the Office for Vocational Rehabilitation

209 St. Claire Street 5th Floor
Frankfort, KY 40601

Phone: 1-800-633-6283 (V/TDD)

(Assistance to Pay for Long-Term Placement in Nursing Homes.)

Eligibility: Clients must meet income and resource guidelines.

2855 Jackson Street, Paducah, KY Phone: (270) 575-7050
333 Charles Drive, Mayfield, KY Phone: (270) 247-2862
211 East 7th Street, Benton, KY Phone: (270) 527-1395
343 Moss Drive, Clinton, KY Phone: (270) 653-4338
320 Mears Street, Fulton, KY Phone: (270) 472-1638
203 South 6th Street, Murray, KY Phone: (270) 753-1871
115 North 4th Street, Wickliffe, KY Phone: (270) 335-5518
339 Front Street, Bardwell, KY Phone: (270) 628-5442

Department of Veterans Affairs

VA Regional Office
321 West Main Street, Suite 390, Louisville, Kentucky 40202

Phone: 1-800-827-1000 Website: www.va.gov

Region 1 Office
205 South 8th Street, Mayfield, Kentucky 42066

Phone: 270-247-1131 Toll-Free: 877-812-0840 Fax: 270-247-7248
Kentucky Center for Veteran Affairs
Services: Services to veterans of military service, their families, dependents, and/or survivors-Assistance in filing for claims to Veteran Administration, collection and dissemination of information and services, possible direction for employment services, & referral regarding rights and benefits
1111B Louisville Road (NGAKY Bldg.), Frankfort, KY 40601
Phone: (502) 564-9203  Toll-Free: (800) 572-6245
Fax: (502) 564-9240

Social Security Office
Services: Services (mostly financial) to persons over age 62, widows/widowers with dependent children, disabled persons, Medicare, Medicaid & SSI
125 Brett Chase, Paducah, KY 42003
Phone: 1-866-614-7905
Website: www.socialsecurity.gov
Services: Helps With Initial Claim for Benefits (Social Security Retirement, Medicare, Disability Claims & Survivor Benefits)
1526 Cuba Road, Mayfield, KY 42066
Phone: 1-866-931-8366
National Toll Free: 1-800-772-1213
Website: www.socialsecurity.gov

Senior Employment
Services: Job training, skills training, and assistance with job placement

Title V/Senior Community Service Employment Program
Eligibility: Available to seniors (55+) whose income falls within 125% of poverty guidelines
Purchase Area Development District
1002 Medical Drive, P. O. Box 588, Mayfield, KY 42066
Phone: (270) 247-7171
West Kentucky Allied Services
222 West Water Street, P. O. Box 736, Mayfield, KY 42066
Phone: (270) 247-4046

**Community Action Agency**

**Services:** Heating assistance, weatherization, resource referrals, limited rent assistance, homemaker/ personal care and respite.

West Kentucky Allied Services (Main Office)
222 West Water Street, P.O. Box 736, Mayfield, KY 42066
Phone: 247-4046

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**Ballard County**
1138 Barlow Road
Wickliffe, KY 42087
(270) 335-5201

**Calloway County**
607 Poplar, Suite C
Murray, KY 42071
(270) 753-0908

**Carlisle County**
264 Front Street
Bardwell, KY 42023
(270) 628-3941

**Graves County**
222 West Water Street, PO Box 736
Mayfield, KY 42066
(270) 247-4046

**Fulton County**
201 North Highland Drive
Hickman, KY 42050
(270) 236-3797

**Hickman County**
111 West Clay Street
Clinton, KY 42031
(270) 653-4494

**Marshall County**
1107 Poplar Street
Benton, KY 42025
(270) 527-9766

**McCracken County**
800 North 8th Street
Paducah, KY 42002
(270) 444-7380
Consumer Credit Counseling Service  
Services: Non-profit organization offering credit and debt consolidation service for a fee.  
118 Bleich Street, Paducah, Kentucky 42003  
Phone: (270) 575-9684  Corporate Office: (800) 966-3328

HEALTH

DENTAL, HEARING, AND VISUAL SERVICES

Americans with Disabilities Coordinator Office  
Phone: 1-877-423-2933

American Speech, Hearing, and Language  
Phone: 1-800-638-8255

Arc of Kentucky, Inc.  
706 East Main Street, Suite A, Frankfort, KY 40601  
Phone: (502) 875-5225  Toll Free: (800) 281-1272

Centers for Disease Control and Prevention (CDC)  
Information including public health, bioterrorism, AIDS, HIV, STD and immunization.  
1-800-CDC-INFO

Family Service Society  
Phone: (270) 443-4838

Affordable Dentures  
Phone: 1-800-336-8873

Dental Hygiene Program  
Phone: (270) 534-3437
**Denture Access Program**  
Kentucky Dental Association  
**Services:** Low-income persons can receive care and dentures from licensed dentist at a reduced fee  
**Phone:** 1-800-292-1855

**KDA Denture Access Program**  
**Services:** This program is for individuals who are financially incapable of purchasing complete dentures.  
**Phone:** (502) 489-9121

**American Council of the Blind**  
**Phone:** 1-800-424-8666

**American Printing House for the Blind**  
**Phone:** (502) 895-2405   (800) 223-1839

**Department for the Blind**  
P.O. Box 757, Frankfort, Kentucky 40602-0757  
**Phone:** (502) 564-4754 or (502) 564-2929, TTY

**Kentucky Department for the Blind**  
220 North 8th Street, Suite E, Paducah, Kentucky 42001  
**Phone:** (270) 575-7315  or  1-800-334-6945  
**Website:** http://blind.ky.gov

**Prevent Blindness Kentucky**  
**Services:** Anyone who is at 200% of the poverty level, does not have any eyeglass benefit(s), valid prescription less than 2 years old, and hasn’t received services from this program in the past 12 months is eligible for a FREE pair of glasses.  
**Phone:** (502) 254-4973  **Toll-Free:** (800) 828-1179

**Eye Care America & Lions Eye Health Program**  
**Phone:** (800) 222-3937
National Eye Care Project
Services: Medical & surgical eye care for disadvantaged elderly.
Phone: 1-800-222-EYES (3937)

Division of Mental Health
Phone: (502) 564-4456 or 800-374-9146 (Consumers only)

Kentucky Assistive Technology Service Network
Services: Center for Independent Living (Louisville Area ONLY)
Information and referrals for assistive technology products
(wheelchairs, walkers, etc.).
Phone: 1-800-327-5287
Owensboro Office: (270) 689-1738 or Toll Free: 1-800-209-6202

Better Hearing Institute
1444 I Street, Northwest, Suite 700, Washington, DC 20005
Phone: (202) 449-1100

Commission on the Deaf and Hard of Hearing
632 Versaille Road, Frankfort, Kentucky 40601
Phone: 502-573-2604  Toll Free: 1-800-372-2907
Website: www.kcdhh.ky.gov

Kentucky Commission on the Deaf and Hard of Hearing
Phone: 800-372-2907

Kentucky Independent Living Council
Phone: 1- 888-420-9874

Kentucky Organ Donor Affiliates
Phone: 1-800-525-3456

Kentucky Talking Book Library
Phone: 1-800-372-2968
Seniors/Diabetes/Glucoma Eye Care Program

Services:

Seniors – Individuals who are US citizens or legal residents, age 65 or older, who do not have vision insurance through an HMO or the VA, and have not seen an ophthalmologist in three or more years, can receive payment for an eye exam and up to one year of treatment at no out-of-pocket costs.

Diabetes – This program is for people who have diabetes, are 65 and older, are US citizens or legal residents, have no vision insurance and have not seen an ophthalmologist in three or more years.

Glucoma – This program is designed for US citizens or legal residents who have not had an eye exam in 12 months or longer, are determined to be at increased risk for glaucoma (family history, race, age, etc.) and do not have vision insurance.

Phone: (800) 222-3937

DISABILITY SERVICES

American Association on Intellectual and Developmental Disabilities
501 3rd Street, NW, Suite 200
Washington, D.C. 20001
Phone: 1-800-424-3688

ARC of Kentucky
706 East Main Street, Suite A, Frankfort, Kentucky 40601
Phone: (502) 875-5225 Toll-Free: (800) 281-1272

Bluegrass Technology Center
Phone: (859) 294-4343 Toll-Free: (800) 209-7767
Center for Accessible Living
305 West Broadway, Suite 200, Louisville, KY 40202
Phone: (502) 589-6620 or (502) 589-6690 (TTY)
Toll-Free: (888) 813-8497
Local Office: 1051 North 16th Street, Suite C, Murray, KY 42071
Phone: (270) 753-7676 or (270) 767-0549 (TDD)
Toll-Free: 1-888-261-6194

Center for Independent Living
Phone: (270) 796-5992

Consumer Directed Options
A program for Medicaid Waiver eligible consumers of any age who choose to direct their own care.
Phone: (800) 866-4213 or (270) 247-7171

Disabilities Coalition of Northern Kentucky
Phone: (859) 431-7668; TTY Toll-Free: (800) 648-6057

Kentucky Division of Intellectual and Developmental Disabilities
Phone: (502) 564-7702 or (502) 564-5777 (TTY)

Easter Seal West Kentucky, Inc.
Services: Sheltered workshops for adults, speech, hearing therapy and job placement. Adult Day services for the disabled and senior employment services available.
Eligibility: Impairment or handicap
2229 Mildred Street, Paducah, KY 42001
Phone: (270) 444-9680

First Link of the Bluegrass
2480 Fortune Drive, Suite 150, Lexington, Kentucky 40509
Phone: (859) 313-5465, ext. 10

HEARTH Project
Phone: (270) 534-0358
Human Development Institute of Kentucky  
**Services:** HDI was established by federal legislation to promote team-based approaches to provide services for individuals with disabilities and their families. The mission is to promote the independence, productivity and inclusion of people with disabilities and their families throughout the life span.  
126 Mineral Industries Building, Lexington, Kentucky 40506  
**Phone:** (859) 257-1714

J.U. Kevil Memorial Foundation, Inc.  
**Services:** Non-profit sheltered workshops for persons with disabilities, Adult Day Services for education and recreation, job training, and job placement and employment services for adults with disabilities.  
1900 South 10th Street, Mayfield, KY 42066  
**Phone:** (270) 247-5396

KY Assistive Technology Service Network Coordinating Center  
Charles McDowell Center  
8412 Westport Road, Louisville, Kentucky 40242  
**Phone:** (502) 429-4484  
**Toll-Free:** (800) 327-5287

Kentucky Council on Developmental Disabilities  
100 Fair Oaks Lane, 4E-F, Frankfort, Kentucky 40601  
**Phone:** 1-877-367-5332 Voice or (502) 564-9826

Kentucky Housing Corporation  
**Phone:** 1-800-633-8896

Kentucky Office of Vocational Rehabilitation  
**Phone:** 1-800-372-7172 (Frankfort)  
**Services:** **See specific information in financial assistance section.**  
**Eligibility:** Impairment or Handicap  
**Local office:** 2929 Lone Oak Road, Paducah, KY 42001  
**Phone:** (270) 575-7304
Learning Disabilities Association of America
Information and referrals regarding learning disabilities.
**Phone:** 412-341-1515

Lifeline (Western Baptist Hospital)
**Services:** In emergencies a portable help button and electronic equipment in your home connects you immediately with the control center at the hospital.
(Small installation fee and monthly charge)
2501 Kentucky Avenue, Paducah, KY 42003
**Phone:** (270) 575-2779

Redwood Rehabilitation Center
**Services:** Redwood guides children and adults with multiple and severe disabilities to achieve independence and reach their highest potential throughout their lives, by providing enriching educational, therapeutic and vocational services.
71 Orphanage Road, Fort Mitchell, Kentucky 41017
**Phone:** (859) 331-0880

State Services for Kentuckians with Disabilities
ADA Special Advisor to the Governor: *(502) 564-2611*
Client Assistance Program: *(800) 633-6283*

Willow Apartments Group Home
**Services:** Residential living for intellectually and developmentally delayed persons **Phone:** (270) 247-1970
230 East Willow Drive, Mayfield, KY 42066
HEALTH PROMOTION

AIDS Information Service
Phone: (800) HIV-0440

American Alliance for Health & Physical Education
Recreation and Dance for the Handicapped
1900 Association Drive, Reston, Virginia 20191  Phone: (800) 213-7193

American Cancer Society
Phone: (800) 227-2345

American Heart Association
Phone: (270) 247-3267

Baptist Health Line Health Information
Phone: (270) 575-2918

Jackson Purchase Medical Center - Senior Friends Program
Services: Workshops, fitness classes, and information referrals
Phone: (270) 251-4470

Kentucky AIDS Hotline
Phone: (866) 510-0005

Lourdes Center for Healthy Living
Services: Provides support and information to individuals and their families through individual, family and group counseling
1532 Lone Oak Road, Paducah, KY 42003
Phone: (270) 444-2377
Murray-Calloway County Hospital–Center for Health & Wellness

**Services:** Gymnasium, pool, fitness classes, & nutrition counseling
716 Poplar Street, Murray, KY 42071
**Phone:** (270) 762-1FIT

National Health Information Center
Health information referral services that link consumers & health professionals with health questions to organizations able to provide the answers. Provides directories, resource guides & bibliographies on various health topics.
**Phone:** 1-800-336-4797

Paducah Nurses Registry
**Phone:** (270) 554-7344

Purchase Area Health Education Center
**Phone:** (270) 809-4123

Senior Centers
**Services:** Exercise, health screening, & nutrition
- **Ballard Co. Senior Center** (270) 334-3115
- **Calloway Co. Senior Center** (270) 753-0929
- **Carlisle Co. Senior Center** (270) 628-5474
- **Fulton Co. Senior Center** (270) 236-2826
- **Graves Co. Senior Center** (270) 247-2566
- **Hickman Co. Senior Center** (270) 653-4314
- **Marshall Co. Senior Center** (270) 527-9860
- **McCracken Co. Senior Center** (270) 443-8579
HEALTH SCREENINGS

Murray-Calloway County Hospital Health Express

Services: Van that travels to Calloway, Graves, Marshall and Trigg Counties in Kentucky, and Henry and Stewart Counties in Tennessee, to provide health screenings for blood pressure, pulse, diabetes, cholesterol, bone density heel scan for osteoporosis, vision and glaucoma

Phone: (270) 762-1382

MEDICATION

AARP Pharmacy Service

Services: Information on common prescription drugs, side effects, and cost differences between brand name and generic drugs.

Prescription Solutions, P.O. Box 509075, San Diego, California 92150

Phone: 1-800-788-4863  TDHI: 1-800-498-5428

HEART USA

Services: Medication assistance program

Manager: Cheryl Boyd

925 South 15th Street, Mayfield, Kentucky 42066
(Located in the YMCA office)

Office Hours: 9:00-12:00 Mon., Tue., Thurs., Fri.

Phone: (270) 247-7993  Fax: (270) 247-7993

Kentucky Homeplace Program (U.K. Center for Rural Health)

Services: Vision, health education, hearing aids, dental services and medicines

Main Office: 750 Morton Blvd., Hazard, Kentucky 41701

Phone: (606) 439-3557
Local Kentucky Homeplace Offices:

**Ballard County**
- Ballard County Courthouse
- P.O. Box 318
- Wickliffe, KY 42087
- (270) 335-3358

**Calloway County**
- 602 Memory Lane
- Murray, Kentucky 42071
- (270) 767-9829

**Carlisle/Fulton/Hickman County**
- 510 Mears Street, P.O. Box 1198,
  Fulton, Kentucky 42041
- (270) 472-3674

**Graves County**
- P.O. Box 575, 620 South 6th Street
- Mayfield, KY 42066
- (270) 251-0153

**Marshall County**
- 1101 Main Street
- Benton, KY 42025
- (270) 527-4351

**McCracken County**
- 1524 Park Avenue
- Paducah, KY 42003
- (270) 443-9576

**MENTAL HEALTH**

**Behavioral Medicines, Inc.**
- **Phone:** (270) 442-2223

**Center for Adult Services**
*(Four Rivers Behavioral Health Corporate Office)*
- **Services:** Mental Health
- 425 Broadway, Paducah, Kentucky 42001
- **Phone:** (270) 442-7121
- Evenings, Weekends & Holidays: 1-800-592-3980

**Local Offices:**
- 1525 Cuba Road, Mayfield, KY 42066 **Phone:** (270) 247-5346
- 1051 North 16th Street, Murray, KY 42071 **Phone:** (270) 753-6622
Services:  Medical Services  
425 Broadway, Paducah, Kentucky 42001
Phone: (270) 442-1801

Center for Specialized Children’s Services:  
(270) 442-9767

Center for Community Support Services:  
Individuals with intellectual and developmental delays.
Phone: (270) 251-2924

Christian Counseling Center  
Phone: (270) 442-5738

Dana Alliance for Brain Initiatives  
745 Fifth Avenue, Suite 900, New York, NY 10151
Phone: (212) 223-4040  Website: www.dana.org

Easter Seals West Kentucky  
Phone: (270) 444-9680

Family Counseling Services  
Phone: (270) 442-1223

Licensed Clinical Social Worker  
Whitney Cassity-Caywood, Ph.D., L.C.S.W.  
131 Nahm Street, Suite 9, Paducah, Kentucky 42001
Phone: (270) 444-6000

Lourdes Behavioral Health Center  
1530 Lone Oak Road, Paducah, Kentucky 42003
Phone: (270) 444-2250

Mental Health Association of Kentucky  
120 Sears Avenue, Suite 213, Louisville, KY 40207
Phone: (502) 893-0460  Toll-Free: (888) 705-0463
Website: www.mhaky.org

MCCH Geriatric Behavior Health  
Phone: (270) 762-1100
MCCH Grief Counseling
Contact:  (270) 762-1274, Kerry Lambert

Merit Behavioral Associates
229 West Walnut Street, Mayfield, Kentucky 42066
Phone:  (270) 251-3666

National Alliance for the Mentally Ill (NAMI)
3803 North Fairfax Drive, Suite 100, Arlington, Virginia 22201
Phone: (703)524-7600 - Front Desk
Toll Free: (800) 950-6264 (NAMI Helpline) Website: www.NAMI.org

National Association for the Dually Diagnosed
132 Fair Street, Kingston, New York 12401
Phone: (845) 331-4336 or (800) 331-5362

National Health Information Center
PO Box 1133, Washington, DC 20013-1133
Toll Free: (800) 336-4797

National Institute of Mental Health
c/o Science Writing, Press, and Dissemination Branch
6001 Executive Blvd., Room 8184, MSC 9663
Bethesda, MD 20892-9663
Phone: 1-866-615-6464

National Institute of Neurological Disorders & Stroke
BRAIN, P.O. Box 5801, Bethesda, Maryland 20824
Phone: (301) 496-5751       Toll Free: (800) 352-9424

National Institute on Drug Abuse (NIDA)
6001 Executive Blvd., Room 5213, Bethesda, Maryland 20892
Phone: (301) 443-1124
Website: http://www.nida.nih.gov
National Institutes of Health (NIH)
9000 Rockville Pike, Bethesda, Maryland 20892  Phone: (301)496-4000

National Legal Support for Elderly People with Mental Disabilities
Judge David L. Bazelon Center for Mental Health Law
1101 - 15th Street NW, Suite 1212, Washington, DC 20005
Phone: (202) 467-5730

National Long-Term Care Resource Center
Health Policy and Management/
University of Minnesota School of Public Health
420 Delaware Street SE, MMC 729, Minneapolis, MN 55455
Phone: (612) 624-6151

National Mental Health Association (NMHA)
Mental Health America
2000 North Beauregard Street, 6th Floor, Alexandria, Virginia 22311
Phone: (703) 684-7722 or Toll Free: (800) 969-6642

National Mental Health Consumers' Self-Help Clearinghouse
1211 Chestnut Street, Philadelphia, Pennsylvania 19107
Toll Free: (800) 553-4539  Web site: http://www.mhselfhelp.org

Psychology Associates of Paducah
Phone: (270) 442-8785

Regional Prevention Center
Phone: (270) 442-8039

The Special Class
A non-denominational bible study class for developmentally disabled children and adults
Meeting Place:  Glendale Road Church of Christ
1101 Glendale Road, Murray, KY 42071
Phone: (270) 753-3714
RESPIRATORY

Allergy & Asthma Clinic of West Kentucky
Phone: (270) 753-7451

HOME HEALTH AGENCIES

Skilled Nursing Care To Help Clients Stay In Residence
Services: Skilled Nursing, Physical Therapy, Speech Therapy, Occupational Therapy, Home Health Aide, and/or Homemaker

Baptist Home Health Agency
220 Lone Oak Road, Paducah, Kentucky 42003
Phone: (270) 575-2990

Baptist Memorial Home Care & Hospice
1201 Bishop Street, Union City, Tennessee 38261
Phone: (731) 885-2410

Intrepid USA Home Health
1616 Highway 121 North, Murray, Kentucky 42071
Phone: (270) 753-1434
315 West 5th Street, Benton, Kentucky 42025
Phone: (270) 527-3144
1025 Paducah Road, Mayfield, Kentucky 42066
Phone: (270) 251-2001

Lourdes
2855 Jackson Street, Paducah, Kentucky 42003
Phone: (270) 444-2262

Marshall County Hospital Home Health Agency
501 George McClain Drive, Benton, Kentucky 42025
Phone: (270) 527-8084 Toll-Free: 1-877-832-8368
Murray-Calloway County Hospital Home Health
803 Poplar Street, Murray, Kentucky 42071  Phone: (270) 762-1537

Regional Home Care, Parkway
Main Office: 2002 Holiday Lane, Suite 600, Fulton, Kentucky 42041  
Contact: Fran Crawford, RN  
Phone: (270) 472-0070  Fax: (270) 472-0894  
Mayfield Office:  
17 Construction Road, Suite F, Mayfield, Kentucky 42066  
Contact: Tammy Sims, RN  
Phone: (270) 247-3155  Fax: (270) 247-0803

HOSPICE

Lourdes Homecare/Hospice
2855 Jackson Street, Suite 5  
Paducah, KY 42003  
(270) 415-3636  
1-800-870-7460  

225 West Water, Suite 1  
Mayfield, KY 42066  
(270) 247-3047  
1-800-440-3047  

134 Phillips Drive  
Wickliffe, KY 42087  
(270) 335-5758  
1-800-214-9894

Murray-Calloway County Baptist Memorial  
Hospital Hospice  
Home Care & Hospice  
803 Poplar Street  
1201 Bishop Street  
Murray, Kentucky 42071  
Union City, TN 38261  
(270) 762-3670  
(731) 885-2410
HOSPITALS

CALLOWAY COUNTY
Murray-Calloway County Hospital
803 Poplar Street
Murray, Kentucky  42071
(270) 762-1100

FULTON COUNTY
Parkway Regional Hospital
2000 Holiday Lane
Fulton, Kentucky  42041
(270) 472-2522

GRAVES COUNTY
Jackson Purchase Medical Center
1099 Medical Center Circle
Mayfield, KY 42066
(270) 251-4100

MARSHALL COUNTY
Marshall County Hospital
615 Old Symsonia Road
Benton, KY 42025
(270) 527-4800

McCRACKEN COUNTY
Lourdes Hospital
1530 Lone Oak Rd.
Paducah, KY 42003
(270) 444-2111

Western Baptist Hospital
2501 Kentucky Ave.
Paducah, KY 42003
(270) 575-2100

Obion County Hospital-Union City
Russell and Bishop Street
Union City, TN  38261
(731) 885-2410

Kentucky Regional Poison Center
Phone:  (800) 222-1222  Website:  www.krpc.com
**ELDERLY HOUSING**

**Ballard County Rural Housing**

Ballard Co. Senior Citizens
307 Lake Drive, P. O. Box 508, Barlow, KY  42024  (270) 334-3115

**Graves County**

*Villa Madonna III*  
85 Father Riney St.  
Fancy Farm, KY  42039  
(270) 623-6302

*Eloise Fuller Apartments*  
206 West South Street  
Mayfield, KY  42066  
(270) 247-1848

**Mayfield Housing Authority**

312 Brookside Drive  
Mayfield, KY  42066  
(270) 247-6539

**Marshall County**

*Walnut Court*  
101 Walnut Ct.  
Benton, KY  42025  
(270) 527-3626

*Lakeland Wesley Village*  
1127 Village Road #66  
Benton, KY  42025  
(270) 354-8888

**McCracken County**

*Irvin Cobb Apartments*  
600 Broadway  
Paducah, KY  42001  
(270) 443-4721

*Jackson House Apartments & W. B. Sanders Retirement Center*  
301 South 9th Street  
Paducah, KY  42003  
(270) 442-7591

*Dublin Manor*  
665 McAuley Drive  
Paducah, KY  42003  
(270) 575-0050

*McAuley Manor*  
601 McAuley Dr.  
Paducah, KY  42003  
(270) 575-0050
Mercy Manor
601 McAuley Dr.
Paducah, KY 42003
(270) 415-9166

Calloway County
Wesley at Murray  Glendale Place  Housing Authority of Murray
(270) 753-7735  (270) 759-1555  (270) 753-5000

LOW-INCOME HOUSING

Cobb Apartments
Phone: (270) 443-4721

Dudley Court
Phone: (270) 442-5160

Habitat for Humanity
Phone: (270) 443-6150

Highland Terrace
Phone: (270) 554-7843

HUD Housing
Phone: (270) 444-8542

Jackson House Apartments
Phone: (270) 442-7591

Lone Oak Manor
Phone: (270) 554-0504

Mcauley Village/Mercy Manor/Dublin Manor
Phone: (270) 415-9166 or (270) 575-0050
Ritz Apartments
Phone: (270) 443-3661

Southgate Manor
Phone: (270) 442-6621

W.B. Sanders
Phone: (270) 442-7591

Whittier Apartments
Phone: (270) 443-3809

PUBLIC HOUSING

KY Housing Corporation
Phone: 1-800-633-8896

City of Paducah Section 8 Housing
300 South 5th Street (City Hall), Paducah, KY 42001
Phone: (270) 444-8542

Housing Authority of Benton
101 Walnut Court, Benton, KY 42025
Phone: (270) 527-3626

Housing Authority of Fulton
201 North Highland Drive, P. O. Box 1497, Fulton, KY 42041
Phone: (270) 472-1115

Housing Authority of Hickman
50 Holly Court, Hickman, KY 42050
Phone: (270) 236-2888

Housing Authority of Murray
716 Nash Drive, Murray, KY 42071
Phone: (270) 753-5000
Housing Authority of Paducah
2330 Ohio Street, Paducah, KY 42003
Phone: (270) 443-3634

Mayfield Housing Authority
312 Brookside Drive, Mayfield, KY 42066
Phone: (270) 247-6539

Purchase Area Housing Corporation
1002 Medical Drive, P. O. Box 588, Mayfield, KY 42066
Phone: (270) 247-7171
Serves: Ballard, Calloway, Carlisle, Fulton, Hickman and Marshall Counties

SHELTERS

Gentry House of Murray
629 Broad Street, Murray, Kentucky 42071
Serves: Families with children
Phone: (270) 761-6802 or (270) 753-5000

Lighthouse Shelter of Mayfield
Phone: (270) 247-9226

Marshall County Safe Home
Phone: (270) 527-1333 Serves: Victims of domestic violence

Merryman Domestic Violence Shelter
2304 Ohio Street, Harvey Riley Center for Education, 2nd Floor
P. O. Box 98, Paducah, Kentucky 42001
Phone: (270) 443-6001 or (270) 448-8050
629 Broad Extended, Murray, Kentucky 42071
Phone: (270) 759-2373
427 East Broadway, Mayfield, Kentucky 42066
Phone: (270) 251-2060
Merryman Domestic Violence Shelter (continued)
  Fulton Housing Authority Office Complex, 201 Highland Drive, Fulton, Kentucky 42041
  **Phone:** (270) 472-1115
  Department of Community Based Services Office
  211 East Seventh Street, Benton, Kentucky 42025
  **Phone:** (270) 527-1354
  **Serves:** Victims of domestic violence

**Mission House of Mayfield**
  **Phone:** (270) 247-1142  **Contact:** Sara Hobbs
  **Services:** Emergency shelter for men

**Paducah Cooperative Ministries**
  402 Legion Drive, Paducah, Kentucky 42003
  **Phone:** (270) 442-6795  **Serves:** Men, women, and children

**River City Mission**
  **Phone:** (270) 442-7921
  **Serves:** Men and married families with children

**Transitional Housing Center**
  **Phone:** (270) 444-0705

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**LEGAL SERVICES**

**American Civil Liberties Union of Kentucky**
  315 Guthrie Street, Suite 300, Louisville, Kentucky 40202-3820
  **Phone:** (502) 581-1181
Better Business Bureau
Services: Honest advertising and selling practices and alternative dispute resolution.
1460 Newtown Pike, Lexington, KY 40511
Phone: (859) 259-1008 Toll-Free: 1-800-866-6668
Web site: www.bluegrass.bbb.org

Better Business Bureau
844 South Fourth Street, Louisville, KY 40203
Phone: (502) 583-6546

CHR Ombudsman
Complaint department for the Cabinet for Health and Family Services. Problems relating to Department of Social Services & Department of Social Insurance.
Phone: 1-800-372-2991

Inspector General's Hotline
Reports fraud such as food stamp fraud, etc.
Phone: 1-800-372-2870

Kentucky Legal Aid
1122 Jefferson Street, Paducah, KY 42001 Phone: (270) 442-5518
First Time Callers for Legal Services Phone: 1-866-452-9243

Medicare Quality Improvement
Medicare Hotline 1-800-288-1499; Upon request, we review quality of care concerns that Medicare beneficiaries may have with a hospital, skilled nursing center, HMO, Home Health
Phone: 1-800-288-1499

Protection & Advocacy
Legal advocacy for individuals whose rights have been violated due to Disability Toll Free: (800) 372-2988
100 Fair Oaks Lane, Frankfort, KY 40601 Phone: (502) 564-2967
<table>
<thead>
<tr>
<th>County</th>
<th>Nursing Home</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Ballard County</td>
<td>Life Care Center of LaCenter</td>
<td>252 W. 5th St.</td>
<td>(270) 665-5681</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LaCenter, KY 42056</td>
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<td>Calloway County</td>
<td>Spring Creek Health Care</td>
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<td>1401 South 16th Street</td>
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<td></td>
<td></td>
<td>Murray, KY 42071</td>
<td>(270) 752-2900</td>
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<tr>
<td>Carlisle County</td>
<td>Countryside Health Care</td>
<td>47 Margo Avenue</td>
<td>(270) 628-5424</td>
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<td>Bardwell, KY 42023</td>
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<td>Fulton County</td>
<td>Haws Memorial Nursing Home</td>
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<td>1004 Holiday Lane</td>
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<td></td>
<td>Fulton, KY 42041</td>
<td>(270) 472-1971</td>
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<tr>
<td>Graves County</td>
<td>Fern Terrace Lodge</td>
<td>1227 Highway 45 N., P.O. Box 325</td>
<td>(270) 247-3259</td>
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<td></td>
<td></td>
<td>Mayfield, KY 42066</td>
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<td>Green Acres Health Care</td>
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<td>402 W. Farthing, P.O. Box 409</td>
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<td>Mayfield, KY 42066</td>
<td>(270) 247-6477</td>
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<td>Heritage Manor</td>
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<td></td>
<td></td>
<td>401 Indiana Ave.</td>
<td>(270) 247-0200</td>
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<td>Mayfield, KY 42066</td>
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<td>Mills Manor</td>
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<tr>
<td></td>
<td></td>
<td>500 Beck Lane</td>
<td>(270) 247-7890</td>
</tr>
<tr>
<td>Hickman County</td>
<td>Clinton-Hickman Co. ICF</td>
<td>366 South Washington Street</td>
<td>(270) 653-2461</td>
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<tr>
<td></td>
<td></td>
<td>Clinton, KY 42031</td>
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</table>
Marshall County

Lake Way Nursing & Rehab
PO Box 385/2607 Main St.
Benton, KY  42025
(270) 527-3296

Calvert City Convalescent Center
1201 5th Ave. SE
Calvert City, KY  42029
(270) 395-4124

Oakview Nursing & Rehab Center
10456 US HWY  62
Calvert City, KY  42029
(270) 898-6288

McCracken County

Medco Center of Paducah
867 McGuire Ave.
Paducah, KY  42001
(270) 442-6168

Lourdes Transitional Care
1530 Lone Oak Road
Paducah, KY  42003
(270) 444-2649

Parkview Nursing & Rehab Center
544 Lone Oak Road
Paducah, KY  42003
(270) 443-6543

Superior Care Home
3100 Clay Street
Paducah, KY  42001
(270) 442-6884

Western Baptist Hospital Transitional Care
2501 Kentucky Avenue
Paducah, KY  42001
(270) 575-2333

Paducah Center for Health & Rehabilitation
501 North 3rd Street, Paducah, Kentucky 42001
(270) 444-9661
PERSONAL CARE HOMES

Calloway County
Fern Terrace Lodge of Murray
1505 Stadium View Drive
Murray, KY  42071
(270) 753-7109

Graves County
Autumn Ridge Personal Care Home
4880 State Route 121 South
Mayfield, KY  42066
(270) 345-2116

Fern Terrace Lodge of Mayfield
1227 State Route 45 North
Mayfield, KY  42066
(270)247-3259

McCracken County
The Legacy Personal Care Center
4747 Alben Barkley Drive
Paducah, KY 42001
(270) 534-0620

Gaither Suites at West Park
4960 Village Square Drive
Paducah, KY 42001
(270) 442-3999

PUBLIC LIBRARIES

KY Dept. for Libraries & Archives
Phone:  (502) 564-8300

Ballard/Carlisle County
410 Ohio Street
Wickliffe, KY  42087
(270) 335-5059

Calloway County
710 Main Street
Murray, KY  42071
(270) 753-2288
<table>
<thead>
<tr>
<th>County</th>
<th>Library Name</th>
<th>Address</th>
<th>City, State  Zip</th>
<th>Phone Number</th>
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<tr>
<td>Fulton County</td>
<td>Fulton Public Library</td>
<td>312 Main Street</td>
<td>Fulton, KY 42041</td>
<td>(270) 472-3439</td>
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<td></td>
<td>Hickman Public Library</td>
<td>902 Moscow Avenue</td>
<td>Hickman, KY 42050</td>
<td>(270) 236-2464</td>
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<tr>
<td>Graves County</td>
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<td>601 N 17th St.</td>
<td>Mayfield, KY 42066</td>
<td>(270) 247-2911</td>
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<tr>
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<td>Hickman County</td>
<td>209 Mayfield Rd.</td>
<td>Clinton, KY 42031</td>
<td>(270) 653-2225</td>
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<tr>
<td>Marshall County</td>
<td>Benton</td>
<td>1003 Poplar Street</td>
<td>Benton, KY 42025</td>
<td>(270) 527-9969</td>
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<tr>
<td></td>
<td>Calvert City</td>
<td>1315 5th Avenue SE</td>
<td>Calvert City, KY 42029</td>
<td>(270) 395-5745</td>
</tr>
<tr>
<td></td>
<td>Hardin</td>
<td>P.O. Box 12</td>
<td>Hardin, KY 42048</td>
<td>(270) 437-4275</td>
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<tr>
<td></td>
<td></td>
<td>4640 Murray Highway</td>
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<tr>
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<td>McCracken County</td>
<td>555 Washington St.</td>
<td>Paducah, KY 42001</td>
<td>(270) 442-2510</td>
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<tr>
<td></td>
<td>Purchase Regional Library</td>
<td>710 Main Street</td>
<td>Murray, KY 42071</td>
<td>(270) 767-0334</td>
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</table>
SENIOR CITIZEN ORGANIZATIONS

RETIREMENT ORGANIZATIONS

National Association Retired Federal Employees  
Phone: 1-800-456-8410

American Association of Retired Persons  
Phone: 1-888-OUR-AARP or 1-888-687-2277

Kentucky Retired Teachers Association  
Phone: (502) 231-5802 Toll-Free: 1-800-551-7979

National Retired Teachers Association (Division of AARP)  
Phone: 1-888-687-2277

Senior Corporation of Retired Executives (S.C.O.R.E.)  
Website: www.score.org  
Phone: 1-800-634-0245  
Phone: (270) 442-5685

SENIOR CITIZENS CENTERS

Transportation, educational programs, information and assistance, tax returns, trips/tours, meals at site or home delivered, activities/dances, apartments/housing for elderly, telephone reassurance and health promotion.

Ballard Co. Senior Citizens  
307 Lake Street, PO Box 508  
Barlow, KY 42024  
(270) 334-3115

Murray/Calloway Co. Sr. Citizens  
607 Poplar Street  
Murray, KY 42071  
(270) 753-0929
Carlisle Co. Senior Citizens
261 Front Street, PO Box 505
Bardwell, KY  42023
(270) 628-5474

Senior Citizens of Fulton Co.
1404 Liberty
Hickman, KY  42050
(270) 236-2826

Senior Citizens of Fulton Co.
109 Commercial Ave.
Fulton, KY  42041
(270) 472-2900

Mayfield/Graves Co. Sr. Citizens
901 North 15th Street
Mayfield, KY  42066
(270) 247-2566

Hickman Co. Senior Citizens
212 East North Street
Clinton, KY  42031
(270) 653-4314

Marshall Co. Senior Citizens
1713 Golf Course Rd., PO Box 421
Benton, KY  42025
(270) 527-9860

North Marshall Senior Citizens
216 Aspen Street
Calvert City, KY  42029
(270) 395-4470

South Marshall Senior Citizens
112 High School Street
Hardin, KY  42048
(270) 437-4593

Paducah-McCracken Co. Senior Citizens
1400 H. C. Mathis Drive
Paducah, KY  42001
(270) 443-8579
SOCIAL SERVICE ORGANIZATIONS

Access to Justice Foundation
Lexington, Kentucky Phone: (859) 255-9913

Area Agency on Aging and Independent Living
Services: Plans, coordinates, and develops programs for seniors aged 60 or older in the eight counties of the Purchase District: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Marshall and McCracken
Purchase Area Development District
1002 Medical Drive, P. O. Box 588, Mayfield, Kentucky 42066
Phone: (270) 247-7171 or 1-800-866-4213

County Extension Services
Services: Information on home and nutrition, budgeting and education, weight control, gardening, agriculture, soil sampling, etc.

Ballard County Extension Office Phone: (270) 665-9118
Calloway County Extension Office Phone: (270) 753-1452
Carlisle County Extension Office Phone: (270) 628-2231
Fulton County Extension Office Phone: (270) 236-2351
Graves County Extension Office Phone: (270) 247-2334
Hickman County Extension Office Phone: (270) 653-2231
Marshall County Extension Office Phone: (270) 527-3285
McCracken County Extension Office Phone: (270) 554-9520

VOLUNTEER ORGANIZATIONS

Lourdes Hospital
Phone: (270) 444-2444

R.S.V.P. (Retired Senior Volunteer Program)
1400 H. C. Mathis Drive
Paducah, KY 42001
Phone: (270) 442-8993
Senior Friends – Jackson Purchase Medical Center  
**Phone:** (270) 251-4470

Western Baptist  
**Phone:** (270) 575-2100

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**SUBSTANCE ABUSE PROGRAMS**

24-Hour Alcohol Abuse & Crisis Intervention  
1-800-234-0246

Alcohol & Drug Abuse Helpline & Treatment  
1-800-234-0420

Ladies Living Free  
2000 Bloom Avenue, Paducah, Kentucky 42003  
**Phone:** (270) 448-0961

Narcotics Anonymous  
**Phone:** 1-877-708-6614  
**Website:** [www.na.org](http://www.na.org)

National Council on Alcoholism & Drug Dependence  
**Services:** Information and referrals to drug treatment.  
**Phone:** 1-800-622-2255  
**Website:** [www.ncadd.org](http://www.ncadd.org)

Paducah Lifeline Ministries  
2806 Morgan Lane, Paducah, Kentucky 42001  
**Phone:** (270) 443-4743

Western Kentucky Intergroup  
1-800-606-6047  
**Website:** [www.wkintergroup.org](http://www.wkintergroup.org)  
**Services:** Provides a comprehensive listing of substance abuse 12-step meetings with time, place, and location.
SUPPORT GROUPS

Alcoholics Anonymous
Western Kentucky Intergroup  Phone: 1-800-606-6047
Services: Provides a comprehensive listing of area meetings.

Al-Anon & Ala-Teen
Phone: 1-888-425-2666 (Monday – Friday; 8am-6pm EST)
Website: www.kyal-anon.org

ALS (Lou Gehrig Disease)
Kentucky Chapter  Phone: 1-800-406-7702

The ALS Association
1275 K Street NW, Suite 1050, Washington, DC 20005
Phone: 1-800-782-4747  Website: www.alsa.org

Alzheimer’s Caregivers Group
The Legacy Personal Care Home  Phone: (270) 534-0620
Lourdes Hospital Marshall Nemer, Borders Room (3rd Thurs at Noon)
Phone: (270) 534-9173
Graves County Public Library (1st Wednesday at Noon)
Phone: (270) 247-7959, Sue Adams or (270) 564-4498, Joe Evanko

Alzheimer's Disease Support Group
Shared Care of Murray (2nd Tuesday)  Phone: (270) 762-0576
American Cancer Society Look Good, Feel Better  
**Phone:** (270) 444-0384  **National:** 1-800-227-2345  
**Services:** Experienced cosmetologists teach beauty tips to help minimize the appearance-related side effects of chemotherapy and radiation.

American Diabetes Association  
**Phone:** 1-800-342-2383  **Website:** www.diabetes.org  
Purchase District Health Department – Diabetes Education  
**Phone:** (270) 444-9625 x 106  
Lone Oak Church of Christ Support Group (3rd Tuesday @ 7pm)

American Lung Association of Kentucky  
**Phone:** 1-800-548-8252 (Helpline)

Bariatric Support Group  
Community Conference Room, Jackson Purchase Medical Center  
4th Tuesday @ 6pm  **Phone:** (270) 251-4169

Brain Injury of Kentucky Support Group  
Western Baptist Hospital, Conference Room A  
**Contact:** Brenda Bradford  **Phone:** (270) 575-2799 or (270) 554-0452

Breast Cancer Support Group  
Second Tuesday of each month at 6:00pm  
**Phone:** 270-442-1310

Cancerport  
Women’s Health and Wellness Center @ Lourdes Medical Pavilion  
**Contact:** Kentucky Cancer Program  **Phone:** (270) 442-1310  
**Serves:** Survivors of breast cancer.

Cancer Support Group  
First Christian Church, Paducah, Kentucky  **Phone:** (270) 443-8251
Celebrate Recovery
Heartland Worship Center’s Youth Building, Fridays @ 7pm
“Are you struggling with hurts, habits and hang-ups such as depression, insecurity, anger, overeating or chemical dependency? Open the door to change and find freedom from addictive, compulsive and dysfunctional behaviors.” Phone: 270-534-1400x260

Cocaine Anonymous
Phone: (270) 210-2565, Paducah Website: www.ca.org

Christian Support Group Meeting
New Life Tabernacle, Paducah, Kentucky
Phone: 270-444-8073 or 270-554-5977
For friends and family of the chemically dependent.

Christopher Reeves Paralysis Foundation
Clearinghouse of free information on paralysis and treatments, funds research and sponsors public & professional education seminars nationwide.
Phone: 1-800-225-0292

Circle of Hope Cancer Support Group
First Monday of the month at 6pm
Jackson Purchase Medical Center, Private Dining Room
Services: Special guests are planned to provide information on pain management, depression, nutrition, and many other related topics.
Phone: 270-382-3940 or 270-247-6546

Compassionate Friends (Murray)
Pastoral Care; Fourth Thursday each month at 7:30pm
Murray Calloway County Hospital, 803 Poplar Street, Murray, KY
Phone: (270) 762-1274

Crohn’s and Colitis Foundation of America Support Group
First Thursday of the month Phone: (646) 623-2620
Marshall Nemer Building,(Lourdes) 2nd Floor Rosenthal Room @ 7pm
Diabetes Support Group – Jackson Purchase Medical Center
First Monday of the month at 6pm; Community Conference Room
Services: Participants share in a diabetic-friendly potluck meal.
Phone: (270) 251-4372, The Diabetes Care Center (for information)
(270) 251-4580 or 1-877-554-JPMC (to register)

Diabetes Support Group – Western Baptist Hospital
Third Tuesdays @ 7pm; Lone Oak Church of Christ
Phone: (270) 575-2229 (Western Baptist Hospital) or
(270) 444-9625 (Purchase District Health Department)

Family Caregiver Support Program
Purchase Area Development District
1002 Medical Drive, P. O. Box 588, Mayfield, KY 42066
Phone: (270) 247-7171
Graves County: Mayfield/Graves Counter Senior Citizens Center
Second Wednesday of every month @ 1pm Phone: (270) 247-2566
Calloway County: Murray/Calloway County Senior Citizens Center
Third Monday every other month @ 12:30pm Phone: (270) 753-0929

Fibromyalgia Support Group
Phone: (270) 575-9570
Fibromyalgia Network: P.O. Box 31750, Tucson, Arizona 85751
Phone: 1-800-853-2929
National Fibromyalgia Association – www.fmaware.org

Fibromyalgia Support Group for Women
Third Thursday of every month at 6pm
Birk Grove Life Centre, 5150 Village Square Drive, Paducah, Kentucky
Phone: (270) 415-9575

Grandparents Rearing Grandchildren Support Group
Murray & Calloway County FRYSC
Phone: (270) 759-9592 or (270) 762-7333
**Grief Support Lunch**  
Luke’s Truck Stop, Arlington. Call for more information.  
**Phone:** (270) 415-3607

**Hopeful Hearts Cancer Support Group**  
Second Thursday of each month at 6:30pm  
Lourdes Women’s Health and Wellness Center  
Board Room, 2nd Floor  
**Services:** A support group for women with cancer led by Dr. Lisa Chaney Lasher  
**Phone:** (270) 538-5723

**Hot Shots**  
**Services:** A support group for children with type 1 diabetes and their families.  
**Email Contact:** ronda.cartwright@mccracken.kyschools.us  
**Phone:** (270) 217-2548, (270) 519-4155, or (270) 210-3047

**Kentucky Branch of the Arthritis Foundation**  
**Phone:** 1-800-633-5335  
**Website:** www.arthritis.org

**Kentucky Cancer Program**  
**Phone:** (270) 442-1310

**L.I.F.E Community L.I.F.E-Saver Class**  
523 North 12th Street, Paducah, Kentucky on Tuesdays at 11:30am  
**Services:** This class allows individuals to talk about any life-controlling issues and get support from the group. All are welcome.  
**Phone:** (270) 575-3823

**Lourdes Hospital Meetings & Groups**  
Childbirth, Breastfeeding, ALS Support, Breast Cancer, Cervical Cancer, Driving, Eating Disorders, Epilepsy, Fibromyalgia, Heart Issues, Parkinson’s Disease, etc.  
**Phone:** 270-444-2444

**Lupus Support Group**  
Lourdes Hospital, Classroom 4 at 6pm on first Monday of every month  
**Phone:** (270) 210-9247
MADD (Mother’s Against Drunk Driving)
Phone: 1-800-438-6233  Kentucky Association: 1-800-944-6233
Website: www.madd.org

Merryman House Domestic Crisis Line
Phone: (270) 443-6001 or 1-800-585-2686

“Metamorphosis”: Lourdes Bariatric Program Support Group
Services: For those who are interested or who have undergone the gastric bypass procedure.  Phone: (270) 444-2444

Murray Calloway County Hospital Support Groups
Arthritis               (270) 762-1348
Bereavement            (270) 762-1274
Cancer                 (270) 762-1389
Cardiac                (270) 762-1170
Grief Recovery         (270) 762-1274
Stroke/Head Injury     (270) 762-1557

Nar-Anon Family Support Group
Tuesdays at 6:30pm; Lourdes Hospital Classroom 4
Services: Join in on a weekly hour of anonymous friendship, support and information for people with family members and/or friends struggling with drug addiction.  Phone: (270) 444-6718

National Alliance for the Mentally Ill
Phone: (270) 442-1229 or (270) 443-3448

National Organization for Rare Disorders, Inc.
100 Route 37, PO Box 8923
New Fairfield, CT 06812-8923
Phone: (203) 744-0100
Website: http://www.rarediseases.org
Ostomy Association – Western Baptist Hospital
First Mondays, April through December at 7pm
Phone: (270) 575-2303

Overeaters Anonymous
Mondays at 7-9pm located at various members’ homes
Services: OA offers a fellowship of men and women who seek recovery through a Twelve-Step program. No public, private, ideological, or religious affiliation. No dues, fees, or weigh-ins. Everyone welcome! Regional: 1-866-465-8367
Phone: (270) 556-8873, Paducah; (270) 247-7414, Mayfield

Paducah Area Amputees in Action Support Group
Lourdes Hospital, Borders Community Room, at 5:30pm, on 3rd Thurs
Services: If you or a loved one would like a hospital or nursing home visit from an amputee for support or encouragement, please call for information. Phone: (270) 488-3020, Terri Ross

Parkinson’s Support Group
Murray/Calloway County Senior Center Phone: (270) 762-1573
Contact: Dixie Hopkins, Group Leader
Meets 2nd/4th Tuesday of each month at noon.

Western Baptist Hospital; 2nd floor Meetings are every other week - Atrium Conference Room at 9:30am or Lourdes Hospital, Basement, Classroom 4 at 10:00am
Phone: (270) 898-8031

Postpartum Depression Support Group
First Monday of each month at Hope Unlimited headquarters Phone: (270) 442-1166

Stroke and Brain Injury Survivors Support Group
Meets weekly on Mondays at 11:00am; Second floor conference room at Jackson Purchase Medical Pavilion Phone: (270) 251-4121
**Support & Education for Families**

**Services:** Serves families with a loved one who has a severe mental illness by providing basic information about medications, the recovery process, communication skills, and problem solving. Meetings are weekly. **Phone:** (270) 554-1915

**Survivors of Suicide**

United Church of Paducah, 4600 Buckner Lane, Paducah, Kentucky
First (1st) Tuesday of the month **Phone:** (270) 442-3722

**Survivors of Suicide**

Western Baptist Hospital Heart Center, Paducah, KY
Fourth (4th) Thursday of the month **Phone:** (270)559-3480 or (618)-319-0324

**T.O.P.S. (Take Off Pounds Sensibly) Support Group**

Lebanon Methodist Church, 4620 At Massa Drive
Tuesdays at 6:30pm **Phone:** (270) 443-1980 or (270) 217-1182

**Services:** These meetings are to encourage healthy lifestyles through weight management support groups and to sponsor obesity research. The first meeting is free; yearly membership is $25; monthly chapter dues are $5

**TOPS KY 0212:** Mission is to offer support and encouragement for weight loss. 1526 Margaret Hank Presbyterian Community Center
Every Wednesday morning @ 9:30am. The first meeting is free; yearly membership is $26; monthly chapter dues are $4.

**Phone:** (270) 331-0318, Tina **Coordinator:** 270-527-8158

**Area Captain:** Carol Dublin, 270-804-7259

**United Methodist Mission Society**

**Phone:** (270) 442-0077

**United Ostomy Association – Western Baptist Hospital**
Weight Watchers  
Phone: 1-800-651-6000

Western Baptist Hospital 55 Plus  
Phone: (270) 575-2851

Western Baptist Hospital Support Groups  
2501 Kentucky Avenue, Paducah, Kentucky 42003  
Diabetes (270) 575-2282  
KIPWAC (HIV/AIDS) (270) 575-2723  
Multiple Sclerosis (270) 575-2723  
Paducah Area Mastectomy Association (270) 442-1310  
Parkinson’s (270) 575-2723  
Stroke Support (270) 575-2723

TRANSITIONAL CARE UNITS

Designed to ensure the coordination and continuity of health care during the movement between health care practitioners and settings as their condition and care needs change during the course of a chronic or acute illness.

Lourdes Hospital  
1530 Lone Oak Road  
Paducah, KY 42001  
Phone: (270) 444-2649  
(270) 444-2444

Western Baptist Hospital  
2501 Kentucky Avenue  
Paducah, KY 42001  
Phone: (270) 575-2880
TRANSPORTATION

*NOTE-Please call transit authorities 24 hours in advance

Fulton County Transit Authority
Phone: (270) 472-0662

Murray/Calloway County Transit Authority
Phone: (270) 753-9725

Paducah Area Transit System (PATS)
Phone: (270) 444-8700

Purchase Area Regional Transportation (PART)
Phone: (877) 828-7287
www.ridepart.com
help@ridepart.com

West Kentucky Easter Seals
Phone: (866) 673-3565

Homecare Escort
Services: One-on-one assisted transportation of eligible clients to medical appointments.
Calloway Co. Senior Center (270) 753-0929
Graves Co. Senior Center (270) 247-2566
Hickman Co. Senior Center (270) 653-4314
McCracken Co. Senior Center (270) 443-8579

Chiz Taxi Cab (pronounced Keys)
Services available 24 hours a day. Located in Paducah, but available for services to surrounding counties as long as the destination is McCracken County. Call for charge information.
Phone: (270) 575-0707
**Fibromyalgia Network**  
P.O. Box 31750, Tucson, Arizona 85751  
**Phone:** 1-(800) 853-2929

**Immunodeficiency Foundation**  
40 West Chesapeake Avenue, Suite 308  
Towson, Maryland 21204  
**Phone:** 800-296-4433

**Kentucky Commission on Women**  
**Phone:** (502) 564-2611

**Merryman House Domestic Crisis Center**  
Paducah: **Phone:** (270) 443-6001  **Hotline:** (800) 585-2686  
Murray: **Phone:** (270) 759-2373

**Polychondritis Educational Society, Ltd.**  
2581 W. Co. 18th St.  
Somerton, AZ. USA 85350  
**Website:** www.polychondritis.com

**The Raynaud's Association**  
94 Mercer Avenue, Hartsdale, New York 10530  
**Phone:** 1-800-280-8055

**Sjögren's Syndrome Foundation**  
6707 Democracy Boulevard, Suite 325, Bethesda, Maryland 20817  
**Phone:** 1-800-475-6473

**Society for the Advancement of Women's Health Research**  
Web site: http://www.womenshealthresearch.org


**GENERAL**

**Eldercare Locator**
- **Services:** Provide nationwide assistance in the location of local support resources for aging Americans.
- **Phone:** 1-800-677-1116
- **Website:** www.eldercare.org

**Federal Citizen Information Center**
- Assistance regarding questions about the federal government and common consumer issues. P.O. Box 100, Pueblo, CO 81002
- **Phone:** 1-888-878-3256
- **Website:** www.pueblo.gsa.gov

**National Self-Help Clearinghouse**
- 365 Fifth Avenue, Suite 3300, New York, NY 10016
- **Website:** http://www.selfhelpweb.org
- **Phone:** (212) 817-1822
- **Email:** info@selfhelpweb.org

**National Stroke Association**
- 9707 East Easter Lane, Suite B, Centennial, Colorado 80112
- **Phone:** 1-800-787-6537
- **Website:** www.stroke.org

**National Tuberous Sclerosis Alliance**
- Tuberous Sclerosis Alliance
- 801 Roeder Road, Suite 750, Silver Spring, Maryland 20910
- **Phone:** (301) 562-9890
- **Fax:** (301) 562-9870
- **Website:** www.tsalliance.org
Skills Enhancement Center  
(West Kentucky Community & Technical College)  
**Services:** Helps adults of all ages obtain a high school equivalency diploma, improve reading skills, assists adults in writing skills and preparing resumes, special interest subjects for adults, para-educator exams, and computer training. **Phone:** (270) 534-3451  
**Website:** [http://www.westkentucky.kctcs.edu](http://www.westkentucky.kctcs.edu)  
4810 Alben Barkley Drive, Paducah, Kentucky 42001

University of Kentucky Cooperative Extension Service Offices  
**Services:** Extension, a part of the land grant system, provides educational programs that help Kentuckians increase agricultural efficiency, home economics skills, youth leadership and community development.  
**Website:** [http://www.co.uky.edu/ces](http://www.co.uky.edu/ces)

<table>
<thead>
<tr>
<th>Ballard County</th>
<th>Calloway County</th>
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<tbody>
<tr>
<td>110 Broadway, P. O. Box 237</td>
<td>310 South 4th Street</td>
</tr>
<tr>
<td>LaCenter, KY 42056</td>
<td>Murray, KY 42071</td>
</tr>
<tr>
<td><strong>(270) 665-9118</strong></td>
<td><strong>(270) 753-1452</strong></td>
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<tr>
<th>Carlisle County</th>
<th>Fulton County</th>
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<tbody>
<tr>
<td>140 State Route 123, Suite B</td>
<td>2114 South 7th Street</td>
</tr>
<tr>
<td>P. O. Box 518</td>
<td>Hickman, KY 42050</td>
</tr>
<tr>
<td>Bardwell, KY 42023</td>
<td><strong>(270) 236-2351</strong></td>
</tr>
<tr>
<td><strong>(270) 628-5458</strong></td>
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<tr>
<th>Graves County</th>
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<tbody>
<tr>
<td>251 Housman Street</td>
<td>116 South Jefferson Street</td>
</tr>
<tr>
<td>Mayfield, KY 42066</td>
<td>Courthouse Square</td>
</tr>
<tr>
<td><strong>(270) 247-2334</strong></td>
<td>Clinton, KY 42031</td>
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<tr>
<td></td>
<td><strong>(270) 653-2231</strong></td>
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<tr>
<th>Marshall County</th>
<th>McCracken County</th>
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<tbody>
<tr>
<td>1933 Mayfield Highway</td>
<td>2705 Olivet Church Road</td>
</tr>
<tr>
<td>Benton, KY 42025</td>
<td>Paducah, KY 42001</td>
</tr>
<tr>
<td><strong>(270) 527-3285</strong></td>
<td><strong>(270) 554-9520</strong></td>
</tr>
</tbody>
</table>
UTILITIES

Electric

Benton Electric System
   Phone: (270) 527-3666

Jackson Purchase Energy
   Phone: (270) 442-7321

Kentucky Utility
   Phone: (800) 981-0600

Paducah Power
   Phone: (270) 575-4000
   Service Department – Outages: (270)575-4010

West Kentucky Rural Electric
   Phone: (877) 495-7322

Gas

Atmos Energy
   Phone: (270) 443-7235

Benton Gas System
   Phone: (270) 527-3717

Hardin Water, Sewer & Gas
   Phone: (270) 437-4361

New Commonwealth Gas
   Phone: (270) 335-3116

Water

Benton Water & Sewer System
   Phone: (270) 527-8677

Calvert City Water & Sewer
   Phone: (270) 395-7138

Hardin Water, Sewer & Gas
   Phone: (270) 437-4361

Jonathon Creek Water District
   Phone: (270) 354-9174 or (270) 354-8474
North Marshall Water District  
Phone: (270) 527-3208

Paducah Water Works  
Phone: (270) 442-2746

Riedland Water District  
Phone: (270) 898-2443

West McCracken County Water  
Phone: (270) 442-3337

Phone

Bellsouth/AT&T  
Phone: (270) 444-6657  Toll-Free: (800) 288-2020

West Kentucky Rural Telephone  
Phone: (270) 437-1000 or (270) 354-1000

Cable

Comcast Cable  
Phone: (270) 443-0844

Mediacom  
Phone: 1-877-442-5188
“This project is funded, in part, under a contract with the Kentucky Cabinet for Health and Family Services with funds from the U.S. Department of Health and Human Services.”

- - 2011 Edition - -
Serving the counties of:

Ballard  Calloway  Carlisle  Fulton  Graves  Hickman  Marshall  McCracken