A Message from our President

The Mission of Clark Memorial Hospital is to provide superior health services to the people and communities we serve. To fulfill that promise we must continue to improve our understanding of what our community needs to live a healthy, happy life. Clark Memorial Hospital conducted a Community Health Needs Assessment in 2013 designed to identify the health issues of vulnerable populations and the community as a whole, and to determine how Clark Memorial can help in addressing those issues.

One of the barriers identified by the survey as preventing timely access to needed health services was accurate information about how and where to find health and health-related services in the Southern Indiana area. For example, options for access to affordable healthy food, exercise, housing and preventative health screenings. This community resource directory was created in an effort to aid our community in finding these resources that are key to supporting a healthier Indiana. Some of these services are available at Clark Memorial Hospital and, if not, we have reached out to other leading organizations committed to supporting the health and well-being of our community. The printed version of this directory will be updated annually and made available at various community-focused locations while an online version will be updated frequently and is available on the Community page at www.clarkmemorial.org.

By offering our community cutting edge technology, the region’s leading physicians and clinicians, a caring environment focused on safety and quality, free access to preventative screenings and, now, a resource for our community to find and access a variety of important health resources, Clark Memorial Hospital is committed to fulfilling our promise of providing superior health services to our community.

Thank you for allowing me to serve you,

Martin Padgett, President & CEO
Clark Memorial Hospital
**Behavioral, Mental Health & Counseling Facilities**

**Child Place**  
(812) 282-8248  
2420 East 10th Street  
Jeffersonville, IN 47130  
Fax: 812-282-3291  
www.childplace.org

Provides focused interventions, specialized treatment and a place of hope and healing for children and families; available services include residential care, adoption and foster care and counseling to individuals and families.

**Clark Memorial Hospital Behavioral Health Services**  
(502) 718-2316

Outpatient services include three levels of care, all with weekly medication management, group therapy sessions and free limited transportation within local Southern Indiana; please contact for more info. Inpatient services include the Geriatric Psychiatric Unit, specializing in illness such as Dementia, Alzheimer’s, Depression, Bipolar and Schizophrenia disorders and the Adult Crisis Stabilization Unit specializing in illnesses such as Depression, Bipolar, and Schizophrenia disorders. In either unit, patients who need chemical dependency treatment can receive detoxification services while being medically monitored; patients have access to full medical services if needed. For questions regarding services and admissions, please call the 24-hour Behavioral Health Crisis Line at (812) 283-2811.

**Family Health Center of Southern Indiana**  
(812) 283-2308  
1319 Duncan Avenue  
Jeffersonville, IN 47130  
www.fhccenters.org

Must be established as medical patient first, will then be seen for psychiatric services.

**LifeSpring Mental Health Services**  
(812) 280-2080  
460 Spring Street  
Jeffersonville, IN 47130  
www.lifespr.com

Lifespring offers behavioral health, substance abuse treatment and primary health services for all ages. Lifespring Inc. offers sliding fee scale to help cover the cost of treatment. Payment forms including self payment, Medicaid, Medicare, private insurance, and state insurance (other than Medicaid) are accepted.

**Personal Counseling Services, Inc. A Samaritan Center**  
(812) 283-8383  
1205 Applegate Lane  
Clarksville, IN 47129  
www.pcs-counseling.org

Appointment Hours:  
Monday - Friday, 9:00 am - 7:00 pm;  
Saturday, limited appointments.

Personal Counseling services offers trained clinical staff for marriage and family therapy, social work, pastoral counseling, psychology and psychiatric services.

A standard fee is charged for services and is due at the time services are rendered; adjustments in fees can be made based upon patient’s income and family size; most standard health insurance is accepted, as well as Medicaid, private pay, faith-based support and adjusted fees.

**Wellstone Regional Hospital**  
(812) 284-8000  
(877) 999-WELL  
2700 Vissing Park Road  
Jeffersonville, IN 47130  
www.wellstonehospital.com

Inpatient Services for children, adolescents, adults and geriatric patients; comprehensive outpatient services also available for partial hospitalization and intensive outpatient programs; participates in most insurance plans.

**Private Practice Counseling Offices**

**Alliance of Psychiatry & Neurology**  
(812) 496-4310  
2700 Vissing Park Road  
Jeffersonville, IN 47130

**Dr. Emily Stapp**  
(812) 282-2522  
1572 Plank Road  
Jeffersonville, IN 47130

**Hammerbeck & Associates**  
(812) 288-8622  
2780 Jefferson Center Way  
Jeffersonville, IN 47130

**Parkview Psychiatric Services**  
(812) 282-1888  
510 Spring Street  
Jeffersonville, IN 47130

**The Counsel House**  
(812) 738-3277  
1584 North Old Hwy. 135  
Corydon, IN 47112
Recovery Resources

Token Club
Recovery Center for Drug and Alcohol Addictions.
(812) 282-6546
202 Homestead
Jeffersonville, IN

Meeting Schedule for the Token Club
202 Homestead, Jeffersonville IN
(812) 282-6546

Monday, Tuesday, Wednesday, Friday: 10:30 am
open discussion (AA)

Monday - Friday: 12:00 pm
lunch bunch; speaker meeting
on Wednesdays (AA)

Monday, Wednesday, Friday: 5:00 pm
open discussion (AA)

Monday: 8:00 pm
Al-Anon meeting

Tuesday, Thursday: 5:30 pm
open discussion (AA)

Tuesday, Wednesday: 8:00 pm
speaker meeting (AA)

Thursday, Friday: 7:30 pm
speaker meeting (AA)

Thursday: 10:30 am
Al-Anon meeting

Saturday: 10:00 am
open discussion (AA)

Saturday: 8:00 pm
speaker meeting (AA)

Saturday: 10:30 pm
candlelight discussion (AA)

Sunday: 11:00 am
open speaker meeting (AA)

Sunday: 1:00 pm
NA meeting (narcotics anonymous)

Sunday: 6:00pm
Big Book Study (AA)

Sunday: 8:00pm
speaker meeting (AA)

CRC Health Group
Southern Indiana Treatment Center in Clark County provides medically supervised methadone maintenance
and Suboxone (buprenorphine) detox treatment to individuals who are attempting to overcome an addiction
to or dependence upon heroin or other opioids. To be eligible for this type of treatment at the Southern Indiana
Treatment Center, prospective patients must be at least 18 years old, and must have been addicted to or
dependent upon opiates for a minimum of one year prior to seeking treatment.
(844) 203-2852, (812) 256-4686 (local)
7509 Charlestown Pike
Charlestown, IN

Additional Behavioral & Mental Health Resources

Hosparus of Southern Indiana
(812) 948-4862
Hosparus of Southern Indiana helps people cope with the loss of their loved ones. It is staffed by licensed
mental health professionals who offer individual and family counseling, memorial services and classes and
programs for adults, children and adolescents.

Family Ark
(812) 282-8479
The Family Ark provides foster services, home and community based services and onsite treatment
programs and counseling.

The Next Step
(812) 738-8968
A recovery center for alcohol and drug addictions; meetings held daily Monday through Friday.
Choose to Eat Healthier

Eating for heart health doesn’t mean carrot sticks and chicken breasts are the only foods you can have. Instead, you can choose a variety of foods. Just eat more of the healthier ones, and ease up on less-healthy snacks. How much you put on your plate is also part of healthier eating. Cutting down on portion sizes will help you manage your weight.

Eat More ...

Set a goal to add more of these types of foods to your diet:

- **Fresh fruits and vegetables.** These have many health benefits. Most Americans don’t eat enough.
- **Whole grains,** such as whole-wheat bread and brown rice. These are high in fiber and rich in vitamins.
- **Foods high in unsaturated fat,** such as olive oil, nuts, and fish. In moderate amounts, this type of fat is good for your heart.
- **Non-meat sources of protein,** such as beans and soy products. These supply your body with the protein it needs, just as lean cuts of meat do.

Have Less ...

To improve your heart health, cut back on these types of foods:

- **High-fat animal products,** such as fatty cuts of meat, butter, whole-fat milk and dairy products, and cream sauces. These raise LDL (“bad”) cholesterol.
- **Snack foods and fast food.** These often contain trans fat. This is the worst type of fat for your heart.
- **Foods high in sodium (salt).** This is extra important if you have high blood pressure or heart failure.
- **Alcohol,** if you have high blood pressure. Your doctor or cardiac team can give you specific guidelines to follow.
Reading labels is the best way to keep track of what’s in the food you eat. With a little practice, getting the information you need from labels is easy. The label below shows what you should look for. When reading labels, keep serving size in mind. If you eat twice as much as one serving size, you must double all the other numbers on the label.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 cookie (16g)</th>
<th>Servings Per Container 27</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>Calories from Fat 30</td>
</tr>
<tr>
<td>80</td>
<td></td>
</tr>
<tr>
<td>5% Daily Value</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td></td>
</tr>
<tr>
<td>3.5g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 40mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate 11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein Less than 1g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:** SEMI-SWEET CHOCOLATE CHIPS, ENRICHED BLEACHED WHEAT FLOUR, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OIL SHORTENING, FRUCTOSE, MOLASSES, NONFAT DRY MILK, SALT, EGGS, VANILLA EXTRACT, SODIUM BICARBONATE, CARAMEL COLOR, AND SODIUM ACID PYRO... 

**Serving size.** All values on the label are based on this amount. The serving size listed is often much lower than you’d expect.

**Total fat.** This is the amount of unsaturated, saturated, and trans fat per serving.

**Saturated fat.** This raises cholesterol. Keep your intake to under 10% of daily calories.

**Trans fat.** The higher this number is, the more trans fat the food contains. Keep your intake as low as you can.

**Ingredients.** These are listed from most to least.

**Calories.** This tells you the number of calories per serving. Your body uses these as energy. If you eat more than your body uses, the extra calories are stored as fat.

**Calories from fat.** This tells you how many of the calories per serving come from fat. The closer this number is to the total calories, the more fat the food contains.

**Sodium (salt).** Eat no more than 2,300 mg a day, even less if your healthcare provider so directs.

**Hydrogenated oils.** If the label includes the words “hydrogenated” or “shortening,” avoid the product. These are trans fats, the worst kind of fat for you.

**Community Food Kitchens**

**Community Kitchen**
(812) 283-0808
1611 Spring Street
Jeffersonville IN 47130
Community Meal served Monday - Friday @ 11:30 am - 1:00 pm

**Northside Church of Christ**
(812) 282-0272
2510 E. Hwy. 62
Jeffersonville, IN 47130
Community Meal served the 4th Saturday each month 4:30 pm - 5:30 pm

**The King’s Table at Gilt Edge Church**
(812) 283-6395
1713 Green Street
Jeffersonville, IN 47130
www.info@giltedgebc.com
Community Meal served Monday, Wednesday & Friday 11:30 am - 1:00 pm

**The Lord’s Kitchen:**
(502) 634-1665 – Kitchen
(502) 413-0198 – Office
2732 South 5th Street
Louisville, KY 40208
feeding@thelordskitchen.com – Email

**Lunch:**
Sunday - Saturday
(Open every day): 10:45 am - 11:45 am

**Dinner:**
Wednesday:
5:00 pm - 6:00 pm
Community Food Pantries

**Center for Lay Ministries**  
(812) 282-0063  
211 East Maple Street, Jeffersonville, IN 47130  
www.centerforlayministries.org  
**Food Pantry:** Monday - Friday, 9:00 am - 3:30 pm  
Serving residents who are at or below 165% of poverty; residents can visit pantry one time during each calendar month; must present 2 forms of proof of residency with each visit, such as a piece of mail and a driver’s license or ID.

**Colgate Baptist Church**  
(812) 282-8345  
125 E. Montgomery Ave., Clarksville, IN 47129  
**Food Pantry:** Every Monday 10:00 am - 12:30 pm  
For Jeffersonville and Clarksville residents; please bring ID, SS card and piece of mail with current address.

**Community Care Food Pantry**  
(812) 294-3361  
Hwy. 160, Henryville, IN 47126 (directly across from Marathon)  
**Food Pantry:** 2nd & 4th Saturday each month, 9:30 am - 11:00 am  
For Henryville area residents; please bring ID and piece of mail for proof of residency.

**Gilt Edge Baptist Church**  
(812) 283-6395  
1713 Green Street, Jeffersonville, IN 47130  
www.info@giltedgebc.com  
**Food Pantry:** Wednesday and Thursday 10:00 am - 12:00 pm  
For Clark County residents; please bring ID and piece of mail to verify residency.

**Hope Center at First Baptist Church**  
(812) 256-3421  
930 Market Street, Charlestown, IN 47111  
**Food Pantry:** Mondays and Thursdays 1:00 pm - 3:00 pm  
For Charlestown area residents; please bring ID and piece of mail to verify residency.

**Northside Church of Christ**  
(812) 282-6272  
2510 E. Hwy. 62, Jeffersonville, IN 47130  
**Food Pantry:** 4th Saturday of each month, 4:30 pm - 6:00 pm  
Community Meal served on this date each month 4:30 pm - 5:30 pm.

**Oak Park Christian Ministries, Inc. at Sunny Side**  
(812) 283-8355  
3200 Holman Lane, Jeffersonville, IN 47130  
**Food Pantry:** Wednesdays, 9:00 am - 12:00 pm;

**Salvation Army - Clark County Branch**  
(812) 280-7608  
528 Little League Blvd., Clarksville, IN 47129  
**Food Pantry:** Every Monday, Tuesday, Thursday & Friday, 10:00 am - 12:00 pm, 1:00 pm - 3:00 pm  
For Clark County residents; please bring ID, piece of mail with name and address and proof of income.

**Scott Emergency Clearinghouse Food Pantry & Crisis Center**  
(812) 752-0123  
1057 W. Community Way, Scottsburg, IN 47170  
**Food Pantry:** Monday, Tuesday, Wednesday, 1:30 pm - 4:30 pm  
Thursday 9 am - 12:00 pm, 6:00 pm - 8:00 pm, for Scott County residents; please bring ID and piece of stamped mail with name and address for proof of residency.

**Sister of Saving Souls II, Inc.**  
(812) 557-1169  
735 Ewing Lane, Jeffersonville, IN 47130  
By Appointment Only  
ID, proof of residency and social security number required for each family member in household.

**Speed Memorial Church**  
(812) 246-3262  
328 US Hwy. 31, Speed, IN 47172  
**Food Pantry:** Tuesdays 11:00 am - 1:00 pm  
For residents of Sellersburg, Speed and Memphis area; please bring proof of address, income and social security cards for all members in household. (Food pantry located in basement of church on Virginia Street side.)
Food Delivery

Meals on Wheels, Lifespan Resources
(812) 948-8330
PO Box 995,
New Albany, IN 47150
www.ls14.org
Meal service available by private pay; resources also available based on income and level of care/need.

Food Assistance

Clark County Division of Family Resources
(800) 403-0864
(1021 Youngstown Shopping Center,
Jeffersonville, IN 47130)
Office Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
The Division of Family Resources (DFR) is responsible for establishing eligibility for Supplemental Nutrition Assistance Program (SNAP formally known as food stamps) and Temporary Assistance for Needy Families (TANF – cash assistance) benefits. Clark County Division of Family Resources in Jeffersonville is the local county Division of Family Resources (DFR Office). You can get an application at this office for SNAP Food Stamps, TANF Cash Assistance, Medicaid, HHW, Healthy Indiana Plan (HIP).

Summer Feeding Program
Greater Clark Co. Schools
(812) 283-0701
Meals will be available to all children or persons under the age of 18, and persons over 18 years of age who are enrolled in a state approved education program for the mentally and physically disabled.

WIC Program, Clark County-New Hope Services, Inc.
(812) 288-2715
The WIC program of Clark County helps provide supplemental foods, healthcare referrals and nutrition education for low income pregnant, breastfeeding and non-breastfeeding postpartum women.

Homeless Outreach

Exit 0
www.jesuscares@exit0.org
Exit 0 provides warm meals, clothing and resources to prevent and end homelessness.
Meal Times: Monday - Friday @ 6:00 pm
Monday (1st Monday of the month):
Colgate Baptist Church, 125 E Montgomery Avenue, Jeffersonville
Monday (2nd, 3rd & 4th Monday of the month):
West Maple Baptist Church, 403 W Maple Street, Jeffersonville
Tuesday: St. Paul’s Episcopal Church, 321 E. Market Street, Jeffersonville
Wednesday: Grace Family Church, 202 East Maple Street, Jeffersonville
*meal served at 7pm
Thursday: 1st Presbyterian Church, 222 Walnut Street, Jeffersonville
Friday: at Federal & Spring Street
Saturday Lunch: 11:30 am - 12:30 pm:
St Luke’s Church, 329 Walnut Street, Jeffersonville
Saturday & Sunday Dinner: Colgate Baptist Church, 125 East Montgomery Ave, Clarksville
*meal served at 4pm

Grocery Discount Days

Jay C – Senior Day (62+);
Every Tuesday; 5% discount on purchase.

Kroger – Senior Day (60+);
Every Thursday; 5% discount on purchase.

Websites for Healthy Eating Information, Tips and Guidelines

www.wholekidsfoundation.org
www.eatright.org
www.heart.org/nutrition
www.nutrition.gov
www.cdc.gov/nutrition/
**Think you are having a stroke? CALL 9-1-1 IMMEDIATELY!**

**F.A.S.T.** is an easy way to remember the sudden signs of stroke. When you can spot the signs, you’ll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

- **F**ace Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?
- **A**rm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S**peech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?
- **T**ime to call 9-1-1: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

**CPR Training**

**American Red Cross: 1 (800) redcross/ 1 (800) 733-2767 www.redcross.org**

The American Red Cross offers adult and pediatric CPR training, including use of AED, to the community; allows you to competently respond to cardiac and breathing emergencies; contact the Red Cross for local classes and pricing.

**Clark Memorial Hospital: (812) 283-2079**
1220 Missouri Ave., Jeffersonville, IN 47130
www.clarkmemorial.org

Clark Memorial Hospital offers healthcare provider CPR training, including use of AED, to the community; cost is $60 for certification, $45 for recertification.

**Signs & Symptoms of a Heart Attack?**

Some heart attacks are sudden and intense – the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath with or without chest discomfort.**
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives – maybe your own. Don’t wait more than five minutes to call 9-1-1 or your emergency response number.

**Signs & Symptoms of Diabetes:**

<table>
<thead>
<tr>
<th>Pre-Diabetes:</th>
<th>Type 2 Diabetes:</th>
<th>Type 1 Diabetes:</th>
</tr>
</thead>
<tbody>
<tr>
<td>No symptoms</td>
<td>Increased or extreme thirst</td>
<td>Increased thirst</td>
</tr>
<tr>
<td></td>
<td>Increased appetite</td>
<td>Increased appetite</td>
</tr>
<tr>
<td></td>
<td>Increased fatigue</td>
<td>Fatigue</td>
</tr>
<tr>
<td></td>
<td>Increased or frequent urination</td>
<td>Increased urination, especially at night</td>
</tr>
<tr>
<td></td>
<td>Unusual weight loss</td>
<td>Weight loss</td>
</tr>
<tr>
<td></td>
<td>Blurred vision</td>
<td>Blurred vision</td>
</tr>
<tr>
<td></td>
<td>Fruity odor or breath</td>
<td>Sores that do not heal</td>
</tr>
<tr>
<td></td>
<td>In some cases, no symptoms</td>
<td>In some cases, no symptoms</td>
</tr>
</tbody>
</table>
Health Fairs & Health Screenings

YMCA – free health screenings provided by Clark Memorial Hospital on the first Monday of each month from 8:00 am - 11:00 am at the Clark County branch of the YMCA.

Jay C Stores – Free Blood Pressure screenings at the Jay C stores in Sellersburg and Charlestown, the first Thursday of each month from 2:00 pm - 4:00 pm at both locations.

Kroger Stores – Free Blood Pressure screenings at the Kroger store in Jeffersonville the second Thursday of each month from 2:00 pm - 4:00 pm; the Kroger in Clarksville on the first Thursday of each month from 2:00 pm - 4:00 pm.

CMH Baby Fair – March 14, 2015; Clark Memorial Hospital, 1220 Missouri Ave., Jeffersonville, IN 47130 www.clarkmemorial.org
Education and information on pregnancy, childbirth, early childhood development, gestational diabetes, post-partum depression and breastfeeding. Giveaways, free literature and prizes are distributed throughout the fair.

CMH Men’s Health Fair & Car Show – May 30, 2015 at Clark Memorial Hospital, 1220 Missouri Ave., Jeffersonville, IN 47130 www.clarkmemorial.org
This event is free to the community and offers numerous health screenings, information, giveaways, food and a parking lot full of award-worthy cars!

Charlestown Founder's Day – June 26-27, 2015; located on the square in Charlestown, IN 47111

Clark County 4-H Fair – July 13-17, 2015; Highway 62, Charlestown, IN 47111

Sellersburg Celebrates – August 27-29, 2015; Silver Creek Little League Park, Sellersburg, IN 47172

Autumn on the River – October 17-18, 2015; Bethlehem, IN 47104

CMH Women’s Health Fair – November 7, 2015; 9:00 am - 12:00 pm at Clark Memorial Hospital 1220 Missouri Ave., Jeffersonville, IN 47130
Education & information on women’s health, free health screenings including cholesterol screenings, skin cancer screenings, hearing & vision screenings; door prizes.

Flu Shot Clinic
Flu shots provided by Clark Memorial Hospital at the YMCA in Clark County, Thursday, October 1, 4:00 - 7:00 pm; for adults and children 12 & older (parent/guardian must be present); $15 cash only, no registration required. Visit www.clarkmemorial.org or call (812) 283-2101 for more info.

Heart Aware Program at Clark Memorial Hospital
This is a free on-line health assessment to determine risk factors for heart disease. Once the assessment is completed, those at risk for heart disease will be invited to participate in a free health consultation at the hospital. This consultation will include free screenings such as a full cholesterol profile, blood sugar screening, body fat analysis, body mass index, height, weight and waist circumference. Personalized one-on-one education will be provided to give you the knowledge and tools needed to improve your individual screening results and overall health. Please call (812) 283-2433 for more info or visit: https://ha.healthawareservices.com/ra/1283 to take the heart aware assessment.

Lung Aware Program at Clark Memorial Hospital
This is a free on-line risk assessment to determine risk factors and the need for further screening to detect lung disease or cancer. Once the assessment is complete, those participants at risk will be offered a Lung CT Scan at a cost of $99 if further testing is indicated, as well as resources and education on smoking cessation, if appropriate. Please call (812) 283-2116 for more info or visit: https://ha.healthawareservices.com/ra/1111.

Visit the Wellness Coalition of Southern Indiana Website for Calendar of Community Events and Support Groups: http://wellnesscsi.com/
**Know your Numbers:**

**TOTAL CHOLESTEROL**
GOAL: Less than 200 mg/dL

**LDL (bad cholesterol)**
People who are at low risk for heart disease:
GOAL: Less than 160 mg/dL
People at intermediate risk for heart disease:
GOAL: Less than 130 mg/dL
People at high risk for heart disease including those who have heart disease or diabetes:
GOAL: Less than 100 mg/dL
People at very high risk for heart disease:
GOAL: Less than 70 mg/dL

**HDL (good cholesterol)**
GOAL: Women: 50 mg/dL or higher
GOAL: Men: 40 mg/dL or higher

**Triglycerides**
GOAL: Less than 150 mg/dL

**Blood Pressure**
GOAL: Less than 120/80 mmHg

**Fasting Blood Sugar**
GOAL: Less than 100 mg/dL

**Body Mass Index (BMI)**
GOAL: Less than 25 kg/m²

**Waist Circumference**
GOAL: Women: 35 inches or less
GOAL: Men: 40 inches or less

**Smoking Cessation**

Clark Memorial’s Smoking Cessation Program, in conjunction with the Clark County Tobacco Prevention and Cessation Coalition, can help you every step of the way. Through our partnership with the Coalition, quit coaches will help you create the cessation plan that’s right for you, whether you want to quit cigarettes or spit tobacco. The program, which includes counseling and patches, is free. We also offer free educational programs for schools, businesses, faith-based organizations and other groups.

**Don’t wait. A better, healthier life can start today.**
**Call 1 800-QUIT-NOW for more information.**

**Support Groups**

**Diabetes Support Group:** 3rd Monday of each month, 6:30 pm; Clark Memorial Hospital, Lower Level Conference Center; topics are peer driven and selected to improve self management skills for diabetes; please call **(812) 283-2101** for more info.

**Mended Hearts Support Group:** 4th Monday of each month, 6:00 pm; Clark Memorial Hospital, Lower Level Conference Center; topics are peer driven and selected to improve self management skills of CHF and post heart events; please call **(812) 283-2208** for more info.

**Healthy Living Support Group at YMCA:** held weekly and supported by CMH 1st Monday of each month, 11:00 am; Clark County Branch, conference room; topics selected by CMH are peer driven and target various chronic disease states and risk factors, such as high cholesterol, high blood pressure, arthritis, diabetes, heart disease; view list of topics and dates at **www.ymcasi.org.**

**Better Breathers Support Group:** 2nd Tuesday of the month in March, April & May; September, October & November, 10:30 am; (coordinated with Clark Memorial Hospital and Southern Indiana Rehab Hospital to share host dates/sites); topics are selected to improve self management skills of Chronic Lower Respiratory Disease, such as COPD, and improve quality of life; please call **(812) 941-6159** for location.

**Depression and Bipolar Support Alliance:** meets every Monday, 7:30 pm - 8:30 pm; Clark Memorial Hospital, Room 1941 (13th St. entrance); please call **(502) 635-6142** or email info@dbsalouisville.org for more info.

**Additional Support Resources**

- Alzheimer’s Association, Helpline: **1 (800) 272-3900**
- Caregiver Homes: **1 (866) 797-2333**
  [www.caregiverhomes.com](http://www.caregiverhomes.com)
- Family Caregiver Support, Lifespan Resources: **(812) 948-8330**
Healthcare Services

Where to Go for Healthcare Services

Walk-in Clinics: These centers offer treatment for minor medical problems, such as ear infections, sore throat, allergies, bronchitis, etc at a low cost option, most insurance is accepted; they are found inside local pharmacies and stores, and are usually open evenings and weekends with no appointments necessary.

Urgent Care Centers: These centers offer treatment for more serious medical problems, such as sprains, burns, minor cuts and fevers. These services cost more than walk-in clinics, but much less than ER visits. Many centers offer extended hours through the evening and weekends, including holidays and no appointment necessary.

Hospital ERs: These services should be used for life-threatening emergencies, such as chest pain, trouble breathing, severe bleeding or injuries.

Family Health Center: services offered include -
- Internal Medicine and Family Practice
- Acute Care – Cough, Flu, Strep throat
- Immunizations
- Chronic Illnesses such as diabetes and hypertension
- Women’s preventative health screenings
- Men’s preventative health screenings
- Office based gynecology procedures
- Dental services
- Limited optometry services
- Case management
- Part-Time Behavioral Health Services
- Pregnancy tests
- Strep tests
- Discounted prescription drug assistance programs

Physician Offices: You should see your physician in their office during routine hours for minor illness such as colds, fevers, or allergies, as well as for routine check-ups and assessment or worsening of chronic illnesses. You should see your family physician or specialist for follow-up assessments and visits as recommended once seen in the urgent care or ER settings.

Walk-in Clinics

Minute Clinic at CVS Pharmacy
www.minuteclinic.com
(812) 282-2256
1002 Spring Street, Jeffersonville, IN 47130
Hours: Monday- Friday 8:00 am - 7:00 pm; Sat. 9:00 am - 5:30 pm; Sun. 10:00 am - 5:30 pm

Take Care Clinic at Walgreens
www.walgreens.com
(812) 288-9287
2811 Holmans Lane, Jeffersonville, IN 47130
Hours: Monday - Friday 9:00 am - 7:00 pm; Sat. & Sun. 9:30 am - 5:00 pm

(812) 944-4466
220 Lewis & Clark Blvd., Clarksville, IN 47129
Hours: Monday - Friday 9:00 am - 7:00 pm; Sat. & Sun. 9:30 am - 5:00 pm

(812) 738-1078
1716 Highway 337 NW, Corydon, IN 47112
Hours: Monday - Friday 9:00 am - 6:30 pm; Sat. & Sun. 9:30 am - 5:00 pm
**Family Health Center of Southern Indiana**

1319 Duncan Avenue, Jeffersonville, IN  
www.fhcenters.org  
(812) 283-2308 phone  
(812) 283-2309 fax

You may stop by any of the sites in order to complete a registration packet. You may request assistance from the clinic staff to complete the information. You will be asked for documentation to determine your income, insurance status and county of residence. After all supporting documentation is received, you will be called to schedule your first appointment. The first appointment is called an “intake” appointment and usually takes a little more time than a regular office visit. This extra time allows our providers a chance to get to know a little more about you and your medical history. Fees for services are based on a discounted/sliding scale schedule.

**Clark County Health Department**

1320 Duncan Avenue, Jeffersonville, IN 47130  
http://www.clarkhealth.net/  
(812) 282-7521

The Clark County Health Department offers services on health and wellness, including smoking cessation, prenatal programs, and HIV/AIDS testing and counseling.

The Public Health Nurse will provide childhood immunizations and TB testing at the office located at:  
1301 Akers Avenue, Jeffersonville, Indiana 47130  
(812) 288-2708 / (812) 283-2841

Immunizations are provided free of charge, however a small donation of $5 is requested.

Office Hours are 8:00 am to 4:00 pm Monday through Friday, except legal holidays, childhood immunizations are by appointment only.

TB testing fee is $10 and is by appointment only.

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**Urgent Care Centers**

**Clark Memorial Urgent Care - Sellersburg**  
www.clarkmemorial.org

(812) 246-4808  
130 Hunter Station Way, Sellersburg, IN 47172  
Open weekdays 10:00 am - 8:30 pm;  
Open weekends 10:00 am - 7:00 pm

**Norton Healthcare Immediate Care Center**  
www.nortonhealthcare.com

(812) 280-9355  
3118 E. 10th Street, (Hwy 62) Jeffersonville, IN 47130

(812) 282-1720  
2051 Clevelence Blvd., Suite A Clarksville, IN 47129  
Hours: 9:00 am - 9:00 pm, both locations

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**Hospital Emergency Rooms**

**Clark Memorial Hospital**  
Emergency Department  
(812) 283-6631  
1220 Missouri Avenue, Jeffersonville, IN 47130

**Floyd Memorial Hospital**  
Emergency Department  
(812) 944-7701  
1850 State Street, New Albany, IN 47150

**Harrison County Hospital**  
Emergency Department  
(812) 738-4251  
1141 Hospital Drive NW, Corydon, IN 47112

**Scott Memorial Hospital**  
Emergency Department  
(812) 752-3456  
1451 N. Gardner Street, Scottsburg, IN 47170

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**Indiana Poison Control Center:**  
1 (800) 222-1222

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For all other local providers, please call our Dr. Find information line at  
(812) 283-1355  
or visit our website at  
www.clarkmemorial.org
Where to go for help finding Health Insurance

**Medicare**
1 (800) Medicare/1 (800) 633-4227
www.medicare.gov

Medicaid/Hoosier Healthwise,
Clark County Division of
Family Resources
1 (800) 403-0864
http: //member.indianamedicaid.com

**Health Insurance Marketplace**
https://www.healthcare.gov/
Open enrollment is October 15 - December 7, 2014; individuals who lose coverage or have a life changing event (marriage, divorce, birth of a child, etc) may enroll/change their status outside of the open enrollment period.

**Clark Memorial Hospital**
(812) 283-2101
1220 Missouri Avenue, Jeffersonville, IN 47130
www.clarkmemorial.org
Clark Memorial Hospital has certified Indiana Navigators who are available to assist the community in navigating the Marketplace website and Medicaid; please call for more info.

**Community Action Partnership of Southern Indiana**
(812) 288-6451
1613 East 8th Street, Jeffersonville, IN 47130
mshirclife@casi1.org
Certified Indiana Navigators available to help community members sign up for Marketplace Health insurance or Medicaid; they will set up private appointments or come to your home to ensure everyone gets the medical care they need.

**Family Health Center of Southern Indiana**
(812) 283-2308
1319 Duncan Avenue, Jeffersonville, IN 47130
www.fhcenters.org
The Family Health Center has certified Indiana Navigators to assist community members in navigating the Marketplace website and Medicaid; please call for an appointment.

**Healthcare Navigation Seminars**

Clark Memorial will host multiple educational seminars throughout 2015 on navigating the Health Insurance Marketplace, Medicaid and the new Hip 2.0 program; Certified Indiana Navigators will provide education and information about changes in healthcare coverage in Indiana, answer questions about signing up for coverage and offer assistance with the enrollment process.

**Where:** Clark Memorial Hospital
1220 Missouri Avenue, Jeffersonville, IN 47130

Please call (812) 283-2101 or visit www.clarkmemorial.org for seminar dates and times.
Crisis Resources

Adult Protective Services, Southern Indiana
(812) 285-6364

Child Protective Services, Clark County
(812) 288-5444

Childhelp National Child Abuse Hotline
1 (800) 422-4453

Clark County Sheriff
(812) 283-4471

Clark County Youth Shelter
(812) 284-5229

Domestic Violence/Rape Crisis, Indiana
(Center for Women & Families)
(812) 944-6743

Police & Emergency
911

Suicide/Crisis & Information Center,
Seven Counties
(502) 589-4313

Crisis Shelters

Center for Women and Families
(877) 803-7577
PO Box 248, Sellersburg, IN 47172

Hoosier Hills PACT
(Domestic Violence Shelter)
(812) 883-1959 Salem, IN

Southern Indiana Halfway Houses

Male Halfway Houses:

Freed From Within
(812) 738-7779
700 Highway 62 West, Corydon, IN 47122

House of New Beginnings
(812) 283-3474
(812) 738-3179
545 Floyd Street, Corydon, IN 47122

Jerry’s House
(812) 283-3474
1001 E. 8th Street, Jeffersonville, IN 47130

Serenity House
(812) 283-9407
100 Homestead Avenue, Jeffersonville IN 47130

Towne’s House
(812) 752-2399
232 N. 2nd Street, Scottsburg, IN 47170

Female Halfway Houses:

Bliss House
(812) 280-7533
211 E Maple Street, Jeffersonville, IN 47130

Hope House
(812) 752-9975
190 N. 2nd Street, Scottsburg, IN 47170

Ruth Haven
(812) 274-2907
PO Box 611, Madison, IN 47240

Southern Indiana Homeless Shelters

Male Homeless Shelters:

Haven House
(812) 285-1197 (accepts children & families)
1727 Green Street, Jeffersonville, IN 47130

Salvation Army
(812) 280-7608
528 Hallmark Blvd., Clarksville, IN

Female Homeless Shelters:

Haven House
(812) 285-1197 (accepts children & families)
1727 Green Street, Jeffersonville, IN 47130

St. Elizabeth’s Catholic Charities
(812) 949-7305 (accepts children & families)
601 E. Market Street, New Albany IN, 47150

Salvation Army
(812) 280-7608
528 Hallmark Blvd., Clarksville, IN 47130

Utility Assistance

Emergency Financial Assistance,
The Salvation Army, Clark County
(812) 280-7608

Helping Hand, Duke Energy
(317) 838-1485

LIHEAP Energy Assistance, CASI
(812) 288-6451

Township Assistance, Jeffersonville/
Clarksville Township Trustee,
Clark County
(812) 285-6240
Physical Activity & Weight Management

AHA Recommendation for Physical Activity

For Overall Cardiovascular Health:
• At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes

OR

• At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity.

AND

• Moderate-to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

For Lowering Blood Pressure and Cholesterol:
• An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week.

(American Heart Association, www.heart.org)

Community Walking Paths

Charlestown State Park Hiking Trails:
Highway 62, Charlestown, IN; hiking trails from moderate to rugged, from 1.4 miles to 2.9 miles; open 7:00 am - dusk; vehicle pass is $4 per carload, or $22 annual pass; golden Hoosier pass available to Indiana seniors over age of 65 for $11.

Clark Heritage Trail: Clark County; Trail end points are Colgate Park at E. Montgomery Ave. and Marriott Drive to Clarksville Levee Trail south of Brown’s Station Way/Old Indian 62; length: 1.6 miles; walking, bike, inline skating, wheelchair accessible www.traillink.com.

Clark Memorial Hospital Heart Path: Paved walking path around the hospital campus, route is identified with red hearts; length: 1 mile loop.

Clark State Forest Hiking Trails: US 31, Henryville, IN; open year round, no entrance fee Clarksville Levee Trail: Clark County; Trail end points are Falls of the Ohio Park on E. Riverslide Drive, just west of Woerner Ave. to Midway Park at Brown’s station Way/ Old Indian 62; length: 2.7 miles; walking, bike, inline skating, wheelchair accessible www.traillink.com.

Deam Lake State Recreational Area Hiking Trails: Highway 60, Borden, IN; three trails, all under 3 miles; walking, hiking, horseback riding; open March through November, entrance fee charged Memorial Day through Labor Day.

Jeffersonville Parks & Recreation Walking Trails: Surfaces paved or crushed limestone; Allison Brook Park, .75 mile, loop; Jeff Aquatic Park, .4 mile, loop; Bob Hedge Park, .15 mile, loop; Henry Lansden Park, .2 mile, loop; Lottie Oglesby Park, .25 mile, loop; Richard L Vissing Park, 2 miles, loop; Shirley Hall Park, .4 mile, loop; walking, bike, rollerblading permitted; horseback and motorized vehicles not permitted; please keep all pets on leash.

Lapping Park Walking & Hiking Trails: Greentree Blvd, Clarksville, IN; open dawn to dusk, no entrance fee.

Little League Park: Clarksville, IN; .5 mile paved walking trail; wheelchair accessible; open dawn to dusk, no entrance fee.

Perrin Park: Perrin Lane off Middle Road in Jeffersonville, IN. Open: April 1 thru October 31. April - Sept. hours are 7:30 am to 8:00 pm. October hours are 8:00 am to 7:00 pm. The walking trail is open all year so long as there is no ice or snow on the trail. Winter hours are 8:00 am to 6:00 pm. Shelter houses may be reserved for a nominal fee. Call (812) 288-8068 or visit www.perrinfamilypark.org.

The Big Four Bridge: Clark and Jefferson Counties; Trail end points are W. Riverslide Drive in Jeffersonville and the Riverwalk at River Road in Louisville; length: 0.75 miles each way; Walking, bike, wheelchair accessible; Motorized vehicles, skateboards, in-line skates and pets (excepting service animals) are prohibited on the bridge.
Physical Activity and Weight Management

**Exercise Facilities**

**Greentree Mall**  
(812) 283-0741  
757 E. Lewis & Clark Blvd., Clarksville, IN 47129  
Walking Club inside Mall; doors open 7:00 am Monday - Friday, 8:00 am Saturday; no fee.

**Jazzercise Jeffersonville Fitness Center**  
(812) 282-1060  
1710 East Tenth Street, Jeffersonville, IN 47130  
jenilynjazzercise@gmail.com  
$38.00 monthly, $50.00 joining fee,  
12-month minimum, $43.00 monthly, $75.00 joining fee,  
6-month minimum.  
$12.00 single visit price. (Pay at Facility)  
Call for additional pricing.

**Planet Fitness**  
(812) 284-4000  
516 R. Lewis & Clark Parkway, Clarksville, IN 47129  
www.planetfitness.com  
Open and staffed 24 hours/day, seven days a week; memberships are $10 month with no commitment – can cancel anytime.

**Wellness Gym**  
Clark Memorial Hospital’s Lois Kratz Health & Wellness Center  
(812) 283-2600  
1319 Missouri Avenue, Jeffersonville, IN 47130  
www.clarkmemorial.org  
Hours: Monday - Friday, 8:00 am - 4:30 pm;  
$30 per month, or $75 for 3 months, no contract; services include blood pressure checks, weigh-ins and body fat analysis; Arthritis friendly exercise classes and Zumba classes also offered; for more info, please call or visit our website.

**YMCA – Clark County Branch**  
(812) 283-9622  
4812 Hamburg Pike  
Jeffersonville, IN 47130  
www.ymcasi.org  
Hours: Monday - Friday  
5:00 am - 10:00 pm,  
Saturday - Sunday  
8:00 am - 6:00 pm  
Affordable membership rates are available based on your household income; for more information about YMCA memberships and programs or financial assistance call or visit our website.

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**Weight Management**

**INShape Indiana**  
On July 13, 2005 the INShape Indiana program was launched statewide. This program was Governor Daniel’s charge to the citizens of Indiana to make healthy choices in order to improve their health and quality of life. By being more active, eating better, and avoiding tobacco, Hoosiers will greatly reduce the risk of serious illness.

INShape Indiana’s website [www.inshape.IN.gov](http://www.inshape.IN.gov) connects citizens with existing programs, services, and events in their area of the state that will help them to reach their wellness goals. So don’t wait, join others in the state and begin your healthy lifestyle today!

**The Lifestyle & Weight Management Program** at Clark Memorial Hospital  
1220 Missouri Avenue, Jeffersonville, IN  
Receive one-on-one counseling and coaching session with a Registered Nurse, body fat analysis and measurements, weigh-ins and food and exercise journals, all for one low fee. Call (812) 283-2087 for more info on the weight management program, free seminars or to find out more about surgical weight loss options including the lap band procedure or visit [www.clarkmemorial.org](http://www.clarkmemorial.org).

**Weight Watchers Store**  
1 800 526-3535  
1401 Veteran’s Parkway, Suite 700, Clarksville, IN  
Visit [www.weightwatchers.com](http://www.weightwatchers.com) for hours, meeting times, pricing and special offers.
Boys & Girls Club
(812) 218-9581
1423 Bates-Bowyer, Jeffersonville, IN 47130,
http://www.bgckyana.org/
BGCK offers a variety of programs throughout the year including sports, art, education, health and nutrition.
Hours: Monday - Friday, during the school year, 2:30 pm - 8:00 pm; Summer/Holiday Breaks, 8:00 am - 6:00 pm
Fee: $15 annual fee.

City of Jeffersonville Parks & Recreation
(812) 285-6440
Offers a variety of activities for youth including sewing clubs, cooking clubs, outdoor movie nights in the parks, as well as swimming lessons at the Jeffersonville Aquatic Center. Also offers a variety of adult programs including Zumba, line dancing, belly dancing and softball. For more information on programming, please visit the website below: www.jeffparks.org.

Clarksville Family Aquatic Center
(812) 280-2095
800 S. Clark Blvd., Clarksville, IN 47129
www.aquatics@clarksvilleparks.com
Hours: Open Daily, 12:00 pm - 6:00 pm, June 3 - July 28; open weekends August 1 - 2 and August 8 - 9
Fee: daily fee $5; seasonal passes and senior discounts available.

Jeffersonville Aquatic Center
(812) 282-SWIM
2107 Middle Road, Jeffersonville, IN 47130
www.jeffparks.org
Hours: Monday - Thursday, Noon - 6:00 pm; Friday, Noon - 8:00 pm; Saturday Noon - 6:00 pm; Sunday, 1:00 pm - 6:00 pm
Fee: daily fee $5 for Jeffersonville residents, $6 for Indiana residents; seasonal and family passes available.

Jeffersonville Main Street’s Concerts in the Park Series
Mid May - Mid September, 2015. All concerts begin at 7:00 pm; visit http://www.jeffmainstreet.org/events/concerts.html for more info.

Jeffersonville River Stage Twilight Cinema Series
Saturdays, May 24 - August 30, 2014; 7:30 pm, movies start at dark; Riverfront at Spring St. & Riverside; visit http://www.jeffmainstreet.org/events/concerts.html for more info.

Kentucky Science Center
(502) 561-6100
727 West Main Street, Louisville, KY 40202
“5 after 5” program; Friday & Saturday nights from 5:00 pm - 9:00 pm, admission is $5.00.
Public Library

Clarksville Public Library
(812) 285-5640
1312 Eastern Blvd., Clarksville, IN 47129

Jeffersonville Public Library
(812) 285-5630
211 East Court Ave., Jeffersonville, IN 47130
www.jefferson.lib.in.us
Hours: Monday - Thursday 9:00 am - 8:00 pm; Friday 9:00 am - 5:30 pm; Saturday 9:00 am - 5:00 pm.
Both branches offer a variety of programs and activities to encourage reading and learning for all ages, please see website below for schedule of programs and activities: http://jefflibrary.evanced.info

Charlestown Public Library
(812) 256-3337
51 Clark Road, Charlestown, IN 47111
www.clarkco.lib.in.us
Hours: Monday - Thursday 9:00 am - 8:00 pm, Friday & Saturday 9:00 am - 5:00 pm

Henryville Public Library
(812) 294-4246
214 East Main Street, Henryville, IN 47126
www.clarkco.lib.in.us
Hours: Monday 9:00 am - 6:00 pm; Tuesday 10:00 am - 8:00 pm; Wednesday 12:00 pm - 6:00 pm; Thursday 10:00 am - 8:00 pm; Friday 9:00 am - 5:00 pm; Saturday 10:00 am - 2:00 pm
Please visit the website below for schedule of programs and activities: http://host.evanced.info/clarkco/evanced/eventcalendar.asp?lib=ALL

Sellersburg Public Library
(812) 246-4493
430 N. Indiana Avenue, Sellersburg, IN 47172
www.clarkco.lib.in.us
Hours: Monday - Thursday 9:00 am - 8:00 pm, Friday & Saturday 9:00 am - 5:00 pm
Please visit the website below for schedule of programs and activities: http://host.evanced.info/clarkco/evanced/eventcalendar.asp?lib=ALL

River Stage Summer Concert Series
Fridays, May 22 - August 28, 2015; Riverfront at Spring Street & Riverside; enjoy music, food & fun; visit www.jeffparks.org for more info.

YMCA – Clark County Branch
(812) 283-9622
4812 Hamburg Pike, Jeffersonville, IN 47130
Hours: Monday - Friday 5:00 am - 10:00 pm, Saturday - Sunday 8:00 am - 6:00 pm
Affordable membership rates are available based on your household income; for more information about YMCA memberships and programs or financial assistance call (812) 283-9622 or visit online at www.ymcasi.org.
For Youth Programs, visit http://www.ymcasi.org/youth-development
For Adult and Family Programs, visit http://www.ymcasi.org/healthy-living

Additional Clark County Community Resources

AARP, Clark County Chapter
(812) 282-6195

Adult Day Services, Lifespan Resources
(812) 948-8330

After School Child Care - YMCA Southern Indiana
(812) 283-9622

Employment Services, Goodwill BridgePoint
(812) 283-7908

Environmental Program, Clark County Health Dept
(812) 282-7521

Hispanic Connection of Southern Indiana, Inc.
(812) 944-1292

New Hope Services
(812) 288-8248

One Southern Indiana
(812) 945-0266
Assisting Transport  
(502) 643-6005 or (812) 748-9123  
Services Clark & Floyd Counties; Medicaid & private pay; provides non-emergency medical transport; Monday - Friday, Saturday hours by special request.

Checker Yellow & Cardinal Cab Co.  
(502) 636-5511  
www.goloucab.com  
Services Louisville and surrounding areas, including Clark County; Medicaid, Major Credit Card, Cash; provides transportation to/from any doctor’s office or medical center; can also deliver prescriptions and medical supplies to your home if needed; wheelchair accessible vans.

iTransport W/C Van  
(812) 406-6041  
Services Floyd County, Downtown Louisville and Clark County including Sellersburg; Medicaid (non-ambulatory, medical necessity only); private pay $50 one way/$80 round trip.

LifeSpan Resources  
(812) 948-9701  
Services Clark & Floyd County; Medicaid, private pay; wheelchair accessible.

New Chapel EMS  
(812) 283-3911  
Very broad service area; Medicare/Medicaid & most insurance providers; non-emergent transportation covered if MD signs required paperwork stating that ambulance transport is necessary.

The Transit Authority of River City (TARC)  
(502) 585-1234  
www.ridetarc.org  
TARC provides public transportation in the Greater Louisville area with bus routes in Jefferson, Bullitt and Oldham counties in Kentucky and Clark and Floyd counties in Indiana. All TARC buses accommodate wheelchairs and are equipped with bike racks. For route and schedule information: (502) 585-1234 TTY (502) 213-3240 or visit www.ridetarc.org  
Cash Fair $1.75; $0.80 for students, seniors and citizens with disabilities; children 5 & under- free; one month pass $15.00.

PARK & TARC - Southern Indiana

<table>
<thead>
<tr>
<th>Route 71</th>
<th>Jeffersonville-Louisville-New Albany</th>
<th>2750 Allison Lane, Jeffersonville</th>
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</thead>
<tbody>
<tr>
<td>Meijer</td>
<td>(Routes #71, #82)</td>
<td>8204 Indiana 311, Sellersburg</td>
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<tr>
<td>Ivy Tech Park and Ride</td>
<td>(Route 65x)</td>
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Route 71 Jeffersonville-Louisville-New Albany  
This route operates from the Meijer store on Allison Lane at Highway 62 in Jeffersonville Indiana, through downtown Louisville to New Albany, Indiana and then to Indiana University Southeast on Grant Line Road. Alternating trips in Jeffersonville operate over either Middle Road or 10th Street. Select trips during morning and afternoon peak hours on weekdays only also serve the New Albany Industrial Park. Service operates seven days a week on this route. Selected trips now serve Clark Maritime Center along Centennial Blvd., and River Ridge along Patrol Road as far as the Amazon Fulfillment Center.

Route 82 New Albany-Clarksville-Jeffersonville Crosstown  
Travels from Knobs View Apartments to downtown New Albany, through the retail center in Clarksville to the Meijer complex in Jeffersonville, via State Street (New Albany); Lewis and Clark Parkway (Clarksville); Greentree Boulevard (Clarksville), Veterans Parkway (Clarksville-Jeffersonville) and Holmans Lane (Jeffersonville). Specific peak hour trips will serve Jeffersonville Towne Center. Saturdays, service will operate between Knobs View Apartments and Sam Gwin Drive (Sam’s/Wal-Mart) in Clarksville only.  

SCHEDULE NOTES: # - There will be no service on Sundays and Holidays. This trip does not pull into Greentree Mall, but stops on Greentree Blvd. at the shelter near Sears Auto Center.

Route 65X Sellersburg Express  
This route operates commuter express service between the Ivy Tech Park and Ride on Charlestown Road in Sellersburg and downtown Louisville. Downtown stops include both the Central Business District and University of Louisville Medical Center.
Our Mission:

"The mission of Clark Memorial Hospital is to provide superior health services to the people and communities we serve."