

SENIOR CITIZEN RESOURCE DIRECTORY

**Information and Referral Services for
Seniors in Ligonier Valley,
Greater Latrobe, and Derry**





Welcome!



This document has been compiled by **Bethlen Communities** in collaboration with **Laurel Area Faith In Action** in an effort to provide Seniors with a comprehensive resource detailing services and organizations available in the Laurel Area. All information contained in this document has been verified and is accurate as of April, 2010.

You may also wish to view this Directory online at
www.bethlen.com or www.laurelfia.org.
Just click on the link to Senior Resource Directory!

Please e-mail comments, additions and corrections to:
info@bethlen.com or faithinaction@msn.com



Bethlen Communities

Continuing Care Retirement Community located in Ligonier, Pa. is a faith based non-profit organization that has provided service to the community for 90 years. Bethlen Communities continuum of care includes...

- independent living cottages and apartments,
- personal care residences,
- a skilled rehabilitation facility and long term nursing care,
- home health and hospice care, and
- in home companion caregiver services.

Our Mission: “ To provide a healthy and nurturing living environment for individuals, with particular emphasis on those individuals with special needs due to age or infirmity”.

Call 724-238-2613, email at info@bethlen.com or visit www.bethlen.com today!



FAITH
IN ACTION

Laurel Area Faith In Action

Laurel Area Interfaith Volunteer Caregivers, Inc., Faith In Action is an independent 501 c 3 non-profit corporation providing services to the Latrobe, Ligonier and Derry areas. Started in 2002, Laurel Faith In Action is a **COMMUNITY** outreach program for our retired and aging population where volunteers serve several hundred care recipients with a variety of services including transportation, errands, friendly visits and calls, caregiver relief, help with correspondence and bills, yard clean up and handyman and referrals for other services.

Our Mission: “To enhance the quality of life for persons aged 60 and older who reside in the Greater Latrobe, Derry, and Ligonier areas by providing companionship and assistance.” **Our Vision:** “Through the efforts of a dedicated team of professional staff and trained volunteers, Laurel Area Faith in Action is recognized as the organization that provides the opportunity for older adults to continue to live in their home with an overall sense of well-being.”

Call 724-539-4357, email faithinaction@msn.com or visit www.laurelfia.org today!

Printing of this Directory was Sponsored by:

Bethlen Communities

Laurel Area Faith In Action

and

Laurel Area Partnership on Aging

Laurel Area Partnership on Aging

The Laurel Area Partnership on Aging (LAPA) is an organization aimed at addressing specific issues of aging in the Greater Latrobe, Derry and Ligonier Communities. The Mission: “The Laurel area Partnership on Aging is a coalition of community members dedicated to achieving an improved quality of life through the collaboration, education, and leadership of the citizens we serve.”

New members who wish to join to help us address issues and solve problems for our growing senior population may attend the meetings or contact us for more information. Please attend our monthly meeting the second Thursday of each month at 8:00 AM at The Latrobe Senior Center, Latrobe, Pa. or contact Linda Stumpf, PhD, (724) 539-1496.

View the Directory online at

www.bethlen.com or www.laurelfia.org.

Just click on the link to Senior Resource Directory!

Please e-mail comments, additions and corrections to:

info@bethlen.com or faithinaction@msn.com

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SENIOR CITIZEN RESOURCE DIRECTORY

INFORMATION AND REFERRAL SERVICES FOR SENIORS IN THE LAUREL VALLEY AREA

ADULT DAY CARE: Westmoreland County Area Agency on Aging offers well staffed adult day care centers in the area providing services to older adults who are physically or mentally impaired and could benefit from a caring, supervised environment. Benefits include a much needed respite time for the caregiver who can continue to work outside the home while a loved one is in a protected, social environment. Transportation arrangements available when needed.

- **Adult Day Care Program of Westmoreland County Area Agency on Aging**
200 Main Street, Greensburg, PA 15601 724-830-4444 or 1-800-442-8000
www.co.westmoreland.pa.us/aging
- **Bethlen Communities:** Plans to open Adult Day Care Program in their Heritage Center in 2011. 135 Kalassay Drive, Ligonier, PA 15658
724-238-2235 www.bethlen.com
- **Seton Center, Inc.:** 443 Mt. Thor Road, Greensburg, PA 15601
www.setoncenter.com In-home visits also available through their outreach program. 724-837-1264 www.setoncenter.com

ALCOHOL AND DRUG ABUSE TREATMENT AND EDUCATION:

Information, evaluation and treatment of alcohol and drug abuse problems.

- **Comprehensive Substance Abuse Services:** 203 S. Maple Ave., Greensburg, PA 15601 724-832-5880 Contact them to find a treatment program and insurance verification or financial assistance for outpatient and inpatient treatment for drug and alcohol abuse problems.
- **Alcoholics Anonymous:** Support group for recovery from alcohol abuse. For a complete list of meetings in the area call: 412-471-7472 www.aa.org
- **Al Anon/ Alateen:** Support group for family members and friends coping with an alcoholic. For a complete schedule of meetings in the area call: 757-563-1600 www.alanonalateen.org
- **Narcotics Anonymous:** Support group for recovery from drug abuse. For a complete list of meetings in the area call: 412-391-5247 www.na.org

BUDGETING/ ASSISTANCE WITH BILL PAYING TASKS: Budgeting or assistance with the tasks of bill paying at low or no cost.

- **Consumer Credit Counseling:** Northgate Square #1, Greensburg, PA 15601
- **Laurel Area Faith in Action:** Serving Latrobe, Ligonier and Derry
724-539-4357 www.laurelfia.org

(BUDGETING/ ASSISTANCE WITH BILL PAYING TASKS: continued)

- RSVP: (Retired Seniors Volunteer Program) Westmoreland County Community College, 145 Pavilion Lane, Youngwood, PA 15697
724-925-4213 rsvp.wccc.edu
- Westmoreland Community Action: Family Savings Account Program,
226 South Maple Ave. Greensburg, PA 15601 724-834-1260
www.WestmorelandCA.org
- Westmoreland County Area Agency on Aging: 200 Main Street, Greensburg, PA
15601 724-830-4444 or 1-800-442-8000 www.co.westmoreland.pa.us/aging

CLOTHING: Resources for clothing and household necessities at low or no cost.

- Christian Layman Corps Thrift Store: 258 East Pittsburgh St., Greensburg, PA
15601 724-834-4464
- Goodwill Industries: 149 Donahue Road, Greensburg, PA 15650
724-834-2156
- Ligonier Salvation Army: 724-238-8654 (10:00 am - 2:00 pm)
- Open Hands Ministry: Ligonier, PA 15658 724-238-5780
- Saint Vincent de Paul: 614 Jefferson St., Latrobe, PA 15650 724-737-0411
- Salvation Army Thrift Store: US Route 30 and Monastery Drive, Latrobe, PA
15650 724-539-2080
- YWCA, Greensburg: 221 South Maple Ave., Greensburg, PA 15601
724-834-4339 www.ywcawestmoreland.org
- YELLOW PAGES: Under *Thrift and Second Hand Stores*.
- Your local SALVATION ARMY OFFICE.

COMPUTER ASSISTANCE/ EDUCATION: Computer education and equipment at low or no cost.

- Adams Memorial Library: 1112 Ligonier St., Latrobe, PA 15650
724-537-2821 Computer education and free access to computers and the internet
www.adamslib.org
- Ligonier Valley Library: 128 West Main St. Ligonier, PA 15658 724-238-6451
Computer education and free access to computers and internet service.
www.ligonierlibrary.org
- Senior Centers: See listing: SENIOR CENTERS
- Senior Computer Associates: Computer education and low cost or free
computers. 724-537-6888 or 724-539-7199
www.greaterlatrobe.net/seniorcomputers
- Westmoreland County Community College: 724-925-4000 www.wccc.edu
- YWCA, Greensburg: 221 South Maple Ave., Greensburg, PA 15601
724-834-4339 www.ywcawestmoreland.org

EDUCATION: Where seniors can enroll in or audit classes for academic credit or for fun. Includes organizations that offer periodic lectures and programs.

- Adams Memorial Library: 1112 Ligonier Street, Latrobe, PA 15650
724-537-2821 www.adamslib.org
- Caldwell Memorial Library: 988 N. Chestnut Street Ext., Derry, PA 15627
724-694-5765 www.adamslibrary.org/libraries/caldwell/
- Eastern Westmoreland Career and Technology Center: 4904 Rt. 982, Latrobe, PA 15650 724-539-9788 www.ewctc.net
- Excelsa Health Education Center: 1-877-771-1234 www.excelsahealth.org
- Greensburg Art Center: 230 Todd School Road, Greensburg, PA 15601
724-837-6791 www.greensburgartclub.org
- Latrobe Art Center: 819 Ligonier Street, Latrobe, PA 15650 724-537-7011
www.latrobeartcenter.org
- Ligonier Valley Library: 128 West Main Street, Ligonier, PA 15658
724-238-6451 www.ligonierlibrary.org
- New Florence Community Library: 122 S. Ligonier St., New Florence, PA 15944 724-235-2249
- Penn State Cooperative Extension: Donahue Center, 214 Donahue Road, Greensburg, PA 15601 724-837-1402 www.westmorelandextension.psu.edu
- Powdermill Nature Reserve: 1847 Rt. 381, Rector, PA 15677 724-593-4070
www.powdermill.org
- Senior Computer Associates: Latrobe, PA 15650 724-537-6888 or 724-837-6888 www.greaterlatrobe.net/seniorcomputers/
- Seton Hill University: 1 Seton Hill Drive, Greensburg, PA 15601
724-834-2200 www.setonhill.edu
- Saint Vincent College: 300 Fraser Purchase Road, Latrobe, PA 15650
724-805-2933 or e-mail at: lisaglessner@stvincent.edu
- Southern Alleghenies Museum of Art: Rt 711 S, Ligonier, PA 15658
724-238-6015 www.sama-art.org
- University of Pittsburgh at Greensburg: 150 Finoli Drive, Greensburg, PA 15601 724-837-7040 www.upg.pitt.edu
- Westmoreland County Community College: 724-925-4000 www.wccc.edu
- YMCA, Greensburg: 101 S. Maple Ave., Greensburg, PA 15601
724-834-0150 www.greensburgymca.org
- YMCA, Ligonier Valley: 110 W. Church Street, Ligonier, PA 15658
724-238-7580 www.ligonierymca.org
- YWCA, Greensburg: 221 S. Maple Ave., Greensburg, PA 15601
724-834-9390 www.ywcawestmoreland.org
- Senior Centers: See listing SENIOR CENTERS.

ELDER ABUSE: Behavior that includes doing something or neglecting to do something that puts the elder person at risk of harm. This includes: physical, emotional and sexual abuse; neglecting or deserting an older person under your care; taking or misusing an elderly person's money or property. Call to report if you suspect abuse or neglect and Adult Protective Services will investigate. Callers are kept strictly confidential.

- Westmoreland County Area Agency on Aging: Adult Protective Services, 724-830-4444 or 1-800-442-8000 www.co.westmoreland.pa.us/aging
- Mobile Crisis Intervention Hotline: Elder abuse or neglect requiring immediate response. 1-800-826-6010

EMERGENCY RESPONSE SYSTEMS: Communication system installed in your home so you can push a button for help in case of an emergency.

- Excelsa Health Lifeline: Excelsa Help Line: 1-877-771-1234 www.excelsahealth.org

EMPLOYMENT TRAINING/ EMPLOYMENT COUNSELING: Information and employment opportunities for seniors.

- Westmoreland County Community College Senior Employment Center: Youngwood, PA 15697 724-925-4066 www.wccc.edu/announcements

ENERGY ASSISTANCE: Financial assistance for electricity, gas and heating fuels.

- Allegheny Power: 800 Cabin Hill Drive, Greensburg, PA 15601 1-800-255-3443 www.alleghenyenergy.com
- Catholic Charities: 711 East Pittsburgh Street, Greensburg, PA 15601 724-837-1840 www.dioceseofgreensburg.org
- Centralized Assistance: Greater Latrobe Ministerial Association (Latrobe Area) 1816 Lincoln Ave., Latrobe, PA 15650 724-532-1084
- Covenant Presbyterian Church: 200 Market St., Ligonier, PA 15658 724-238-3657
- Dollar Energy Fund: Pittsburgh, PA 412-431-6191 www.dollarenergy.org
- LIHEAP: PA energy assistance program. 724-832-5524 www.dpw.state.pa.us/serviceprograms/liheap
- Ligonier Salvation Army: 724-238-8654 (10:00 am to 2:00 pm)
- PA Weatherization Assistance Program: Reduce the energy costs to low income elderly and families with children by making energy efficient improvements to the home at no cost. 724-832-9460 www.paweatherization.org

ENERGY ASSISTANCE, *(continued)*

- People's Gas: Pittsburgh, PA 15221 Assistance Line: 1-877-285-0290
- Saint Michael's of the Valley Episcopal Church: Rector, PA 15677
724-238-9411
- Staying Warm in PA: Additional information about energy assistance programs and furnace repairs. 1-866-550-4355 www.staywarmpa.com
- Westmoreland Community Action: 226 South Maple Ave., Greensburg, PA 15601 724-834-1260 www.WestmorelandCA
- Westmoreland County Area Agency on Aging: 200 S. Main Street, Greensburg, PA 15601 724-830-4444 or 1-800-442-8000
www.co.westmoreland.pa.us/aging
- Your local SALVATION ARMY OFFICE.

FINANCIAL: Information and resources on applying for government financial assistance.

- Department of Public Welfare: For information on government assistance programs. 1-800-692-7462 www.dpwstate.pa.us

FOOD: Information and availability of free or low cost food or home delivered meals.

- Angel Food Ministries: 716 W. 4th Street, Derry, PA 15627 724-694-9901
www.angelfoodministries.com
- Catholic Charities: Greensburg, PA 15601 724-837-1840
- Centralized Assistance: Greater Latrobe Ministerial Association, 1816 Lincoln Ave., Latrobe, PA 15650 724-532-1084 Food bank sign up for Latrobe residents only.
- Covenant Presbyterian Church: 200 N. Market Street, Ligonier, PA 724-238-3657
- Emergency Food Pantry: Provides food to an individual or family in times of crisis. Westmoreland Community Action, 226 South Maple Ave. Greensburg, PA 15601 724-834-1260 www.WestmorelandCA.org
- God's Food Pantry at Heritage Methodist Church: 107 S. Market Street, Ligonier, PA 15658 724-238-2627
- Holy Family Church: 1204 Ligonier Street, Latrobe, PA 15650 Serves a free meal on the 2nd Saturday of each month from 11:00 AM to 2:00 PM.
724-539-9751
- Ligonier First Baptist Church: 326 N. Grant Street, Ligonier, PA 15658
724-238-3001
- Ligonier Food Pantry: 724-593-2437
- Ligonier Salvation Army: 724-238-8654 (open 10am to 2pm)

FOOD, (continued)

- Meals on Wheels: For information on MOW's and home delivered meals in your area. Westmoreland Area Agency on Aging, 724-830-4444 or 1-800-442-8000 www.co.westmoreland.pa.us/aging
- Saint Michael's of the Valley Episcopal Church: Rector, PA 15677 724-238-9411
- SNAP Food Stamp Program: Department of Public Assistance, 587 Sells Lane, Greensburg, PA 15601 724-832-5200 or 1-800-905-5413 www.dpw.state.pa.us
- Westmoreland County Food Bank: For your pick up location call: 724-468-8660 or 1-800-462-2080 www.westmorelandfoodbank
- Your local *SALVATION ARMY OFFICE*.

HEALTH INSURANCE INFORMATION: Information and counseling about health insurance for seniors at no cost.

- Apprise: Free health and prescription insurance counseling for Medicare recipients. 1-800-262-2103 ext. 4213 or 724-925-4213 www.aging.state.pa.us
- Medicare: 1-800-633-4227 www.medicare.gov
- PA Insurance Department: Information about low cost insurance programs for adults and children. 717-787-2317 www.insurance.pa.gov/
- Call the phone number on your own health insurance card for customer service.

HEARING, VISION, AND DENTAL ASSISTANCE: Low cost or free resources.

- Apprise: Free health and prescription insurance counseling for Medicare recipients. 1-800-262-2103 ext. 4213 or 724-925-4213 www.aging.state.pa.us
- Donated Dental Services: Call 1-888-683-9158 for an application
- Hear Now: Assistance with hearing impairment resources. 1-800-648-4327 www.sotheworldmayhear.org
- Lion's International Club of America: Assistance for vision resources. Contact local organization or member.
- National Eye Care Project: Medical eye care for low income seniors. 1-800-222-3937 (11:00 am to 7:00 pm)
- Westmoreland County Area Agency on Aging: Eye exams and eyeglasses at a reduced cost. 724-830-4444 or 1-800-442-8000 www.westmoreland.pa.us/aging

HEARING, VISION AND DENTAL ASISTANCE, (continued)

- Veterans Administration: 2 N. Main Street, Greensburg, PA 15601
724-830-3530
- Westmoreland County Blind Association: 911 S. Main Street, Greensburg, PA
15601 724-837-1250 www.wcbainpa.org
- Westmoreland County Community College Dental Care Program: 724-925-4283
or 1-800-262-2103 ext. 4213 www.wccc.edu.

HOME HEALTH CARE NURSING AGENCIES: In-home skilled nursing and rehabilitation services by doctor referral, generally covered by health insurance.

- Bethlen Communities Home Health and Hospice: 135 Kalassay Drive, Ligonier, PA 15658 724-238-2613 www.bethlen.com
- See YELLOW PAGES under *Home Health Care Providers*.

HOSPICE CARE AGENCIES: Registered nurses, nurse's aides, social worker, clergy and trained volunteers work as a team to provide support and comfort for a patient and family throughout a terminal illness. This end of life care is ordered by the patient's doctor and is generally covered by health insurance.

Hospice care can be provided in one's own home or in a care facility.

- Bethlen Communities Home Health and Hospice: 135 Kalassay Drive, Ligonier, PA 15658 724-238-2613 www.bethlen.com
- Excela Health Home Health and Hospice: 134 Industrial Park, Suite 1600, Greensburg, PA 15601 724-689-1800 www.excelahealth.org
- Hospice Resources: 1-202-223-0204 www.americanhospice.org
- See YELLOW PAGES under *Home Health Care Providers*.

HOME MANAGEMENT: Resources for light housekeeping, yard work, and minor repairs at low or no cost.

- Calvary United Methodist Church: Volunteer assistance with minor repairs. Church Street and St. Clair Street, Ligonier, PA 15658 724-238-9840
- Laurel Area Faith in Action: Serving Latrobe, Ligonier, Derry. 724-539-4357 www.laurelfia.org
- Ligonier Valley Chamber of Commerce: For a list of student volunteers 120 East Main Street, Ligonier, PA 15658 724-238-4200

HOME MANAGEMENT, (continued)

- Open Hands Ministry: Volunteer assistance with minor home repairs, Ligonier, PA 15658 724-238-5780 or 724-593-7417
- Residential Resources: Help with modifications to homes for seniors. 412-642-903
- Westmoreland County Area Agency on Aging: 200 N. Main Street, Greensburg, PA 15601 724-830-4444 or 1-800-442-8000
www.co.westmoreland.pa.us/aging
- Westmoreland County Housing Authority: 154 S. Greengate Road, Greensburg, PA 15601 Assistance for major home repairs for low income families. 724-832-7248 or 1-800-WCHA-NOW www.wchaonline.com
- Call your local churches for resources.

HOUSING: Availability of government subsidized housing and low income housing for seniors. For *emergency housing* see listing for SHELTERS.

- Christian Housing, Inc. 620 Reamer Road, Greensburg, PA 15601 724-832-2280 www.christian-housing.org
- Mortgage Foreclosure Assistance: 1-800-342-2397 www.hud.gov/foreclosure
- Rural Housing Loans and Grants: Greensburg, PA 15601 Low interest loans and grants for low income home owners. 724-853-5555 press #4, then press #1.
- State Representative Office: In Ligonier call: Rep. Mike Reese, 120 E. Main St. Ligonier, PA 15658 724-238-2155 In Latrobe call: Rep. Joe Petrarca, 901 Jefferson St., Latrobe, PA 15650 724-539-7560 In Derry call: Rep. Joe Petrarca, 724-539-7560
- Westmoreland Community Action: 226 South Maple Ave., Greensburg, PA 15601 724-834-1260 www.WestmorelandCA.org
- Westmoreland County Housing Authority: 154 S. Greengate Road, Greensburg, PA 15601 724-832-7248 or 1-800-WCHA-NOW www.wchaonline.com

LEGAL SERVICES: Legal services at low or no cost to those who qualify.

- Estate Planning/Asset Preservation Integrity Estate Advisors: 1-877-419-1040
- Guide to Legal Issues for PA Senior Citizens: To order this free state publication call: 1-800-932-0311.
- Laurel Legal Services: 306 S. Pittsburgh Street, Greensburg, PA 15601 724-836-2211 or 1-800-253-9558 www.wpalaw.org
- PA Senior Law Helpline: 1-877-727-7529
- Westmoreland County Bar Association Pro Bono Program: Greensburg, PA 15601 724-837-5539 www.westbar.org
- Westmoreland County Lawyer Referral Service: 724-834-8490

MEDICAL EQUIPMENT: Home medical equipment is usually ordered by your doctor and partially covered by your health insurance. These listings are for those who lack insurance coverage and financial resources for home medical equipment.

- Local Churches are often good resources for used equipment.
- See YELLOW PAGES under *Thrift and Second Hand Stores*

MENTAL HEALTH/ COUNSELING: Help with mental health/ personal problems.

- Excelsa Health Comprehensive Counseling Center: 532 W. Pittsburgh St, Greensburg, PA 15601 724-832-4450 www.westmoreland.pa.us/mhmr
- Mental Health America of Westmoreland County: Help with depression, mental health crisis, suicide prevention, community advocates. 724-834-6351 www.mhawc.org
- Westmoreland Community Action, 226 South Maple Ave., Greensburg, PA 15601 724-834-1260 www.WestmmorelandCA.org
- See YELLOW PAGES under *Counselors* or *Mental Health Services* or

PERSONAL CARE SERVICES: Help in your home with non-medical needs, such as, bathing, grooming, dressing, meals, mobility, medication reminders, etc., on a regular or an as-needed basis.

- accessAbilities: Suite #1, 2904 Seminary Drive, Greensburg, PA 15601 724-832-8272 www.accessabilities.org
- Bethlen Communities In-Home Caregiver Program: 135 Kalassay Drive, Ligonier, PA 15658 724-238-2613 www.bethlen.com
- Westmoreland County Area Agency on Aging: Can provide a list of individuals for hire. 724-830-4444 or 1-800-442-8000 www.co.westmoreland.pa.state.us/aging
- Veterans Administration Personal Care and Attendants Program: 2 N. Main St., Greensburg, Pa 15601 724-830-3530
- See YELLOW PAGES under *Home Health Care Providers*.

PERSONAL CARE HOMES/ ASSISTED LIVING: A room, apartment, or home in a facility where residents receive supervision, meals, and assistance with activities of daily living. These facilities are private pay. Some financial assistance may be available for those who qualify.

An asterisk (*) indicates those facilities with a secured dementia unit.

- Barnes House: 2021 James Street, Latrobe, PA 15650 724-537-8005 www.alcco.com
- Cindy's Personal Care Home: 521 South Bank Street, Derry, PA 15627 724-694-8869

PERSONAL CARE HOMES/ ASSISTED LIVING, (continued)

- Country Cottage: Unity Cemetery Road, Latrobe, PA 15650 724-537-5694
- Green Meadows: 500 Bowers Road, Latrobe, PA 15650 724-537-5525
www.emeritus.com
- Harmon House: Amber House, 601 Church Street, Mount Pleasant, PA 15666 724-547-1890 www.grane.com
- Hilltop Manor: Route 31, Donegal PA 15628 724-593-2461
- Homestead Personal Care Home: 117 Loyalhanna Ave., Loyalhanna, PA 15661 724-593-0374
- Keeper of the Flame: 101 Morewood Ave., Blairsville, PA 15717 724-459-4700
- Latrobe Care Center: 510 Alexandria Street, Latrobe, PA 15650 724-537-3334
- Ligonier Gardens Personal Care: A part of Bethlen Communities. 2018 Route 30 East, Ligonier, PA 15658 724-238-3517 www.bethlen.com
- New Haven Court: 100 Freedom Way, Greensburg, PA 15601 724-853-2501
- Sunset Ridge: 436 High Street, Derry, PA 15627 724-694-3105
- Walnut Ridge: 711 Star Route 119, Greensburg, PA 15601 724-834-5711
- Weatherwood Manor: 896 Weatherwood Lane, Greensburg, PA 15601 724-853-2984

PHYSICAL FITNESS/ EXERCISE: Fitness and exercise programs for seniors.

- YMCA of Ligonier Valley: 110 W. Church Street, Ligonier, Pa 15658 724-238-7580 www.ligonierymca.org
- YMCA of Greensburg, 101 S. Maple Ave., Greensburg, PA 15601 724-834-0150 www.greensburgymca.org
- YWCA of Greensburg: 424 N. Main Street, Greensburg, PA 15601 www.ywcawestmoreland.org
- Latrobe Parks and Recreation: 901 Jefferson Street, Latrobe, PA 15650 724-537-4331 www.latroberecreation.org
- Silver Sneakers Fitness Program: Fitness programs for seniors partially covered by Medicare. For a program in your location call: 1-888-423-4642 www.silversneakers.com
- See listing SENIOR CENTERS

PRESCRIPTION ASSISTANCE: Information and help for those having difficulty affording their prescription medications.

- Apprise: Free health and prescription insurance counseling program for seniors. 1-800-262-2103 ext. 4213. www.state.pa.us/

PRESCRIPTION ASSISTANCE, (continued)

- Department of Public Assistance: 587 Sells Lane, Greensburg, PA 15601
724-832-5200 or 1-800-692-7462 www.dpw.state.pa.us
- Governor's Veterans Outreach Program: 1-800-827-1000
- NEEDYMEDS.COM: A website where you can find information about patient assistance programs through the pharmaceutical company that makes the drug. Assistance may be available to those who qualify.
www.needymeds.com
- PACE AND PACENET: PA state financial assistance program for prescriptions for low income seniors. 1-800-225-7223 www.state.pa.us/
- Veterans Administration: 2 N. Main Street, Greensburg, PA 15601
724-830-3530
- Talk to your family doctor if you are having difficulty affording medications.
- Local pharmacies offer discounts on certain medications.

RESPIRE CARE: Agencies that can provide a caregiver to stay with your loved one while the primary caregiver is out of the home or to give the caregiver a much needed break. These agencies are fee for service.

- See listing for PERSONAL CARE SERVICES.

RESPIRE CARE AT LOW OR NO COST: A caregiver stays with your loved one at low or no cost while the primary caregiver is out of the home or to give the primary caregiver a much needed break. Averages 2-4 hours a week.

- Westmoreland County Area Agency on Aging: 200 N. Main Street, Greensburg, PA 15601 724-830-4444 or 1-800-442-800
www.co.westmoreland.pa.us/aging
- Faith in Action: 1412 Ligonier Street, Latrobe, PA 15650 724-539-4357
www.laurelfia.org
- Veterans Administration: 2 N. Main Street, Greensburg, PA 15601
724-830-3530

RESPIRE CARE IN A FACILITY: Overnight stay for your loved one in a care facility while the primary caregiver is temporarily out of the home or to give the caregiver a much needed break. There is a fee for this service.

- See listing PERSONAL CARE HOMES
- See listing SKILLED CARE FACILITIES

RETIREMENT COMMUNITIES/ INDEPENDENT LIVING FOR SENIORS:

A residence in a compact, easy to maintain, private apartment or house within a community of seniors.

- Bethlen Communities Cottages and Apartments: 125 Kalassay Drive, Ligonier, PA 15658 724-238-2235 www.bethlen.com
- Redstone Highlands: 4 Garden Center, Greensburg, PA 15601 724-832-8400 www.redstonehighlands.com
- Villa Angela at St. Anne's Home: 685 Angela Drive, Greensburg, PA 15601 724-837-6070 www.stannhhome.com

SENIOR CENTERS: Educational, social and recreational centers for seniors.

- Latrobe Senior Center: Fifth Ward School Building, Avenue C, Latrobe, PA 15650 724-539-0237
- Laurel Valley Senior Center in Ligonier: 135 Kalassay Drive, Ligonier, PA 15658 724-238-7942
- Mount Pleasant Senior Center: 424 Washington Street, Mt. Pleasant, PA 724-547-4593
- New Alexandria Senior Center: Community Center Building, New Alexandria, PA 724-668-6105
- New Florence Senior Center: Ligonier Street, New Florence, PA 15944 724-235-2800

SHELTERS: Emergency temporary housing.

- Blackburn Center: Emergency housing for women and children who are seeking shelter as victims of domestic abuse. 724-836-1122 (24 hour hotline) or 1-888-832-2272 www.blackburncenter.org
- Pathways Homeless Shelter: 127 Grant Street, Black Lick, PA 15716 724-248-9555
- Union Mission: Emergency temporary housing for men only. 2217 Harrison Ave., Latrobe, PA 15650 724-539-3550 www.unionmission.latrobe.org
- Welcome Home: Emergency temporary housing for women and children only. 218 S. Maple Ave., Greensburg, PA 15601 724-838-9133

SKILLED CARE/ SHORT TERM REHABILITATION/ LONG TERM

NURSING HOMES: Inpatient short term rehabilitation and long term residential nursing care.

An asterisk (*) indicates the facility has a secured dementia unit.

- Bethlen Communities Rehabilitation and Nursing Home: 66 Carey School Rd, Ligonier, PA 15658 724-238-6711 www.bethlen.com *

SKILLED CARE/ SHORT TERM REHABILITATION/ LONG TERM NURSING HOMES, (continued)

- Greensburg Care Center: George's Station Road, Greensburg, PA 15601
724-836-2480 www.grane.com *
- Harmon House: 601 S. Church Street, Mount Pleasant, PA 724-547-1890
www.grane.com
- Hempfield Manor, 1118 Woodward Drive, Greensburg, PA 15601
724-836-4424 www.hempfieldmanor.com
- Latrobe Health : 576 Fred Rogers Drive, Latrobe PA 15650
724-537-4441 www.extendicare.com
- Loyalhanna Care Center: 535 McFarland Road, Latrobe PA 15650
724-537-5500 www.loyalhannacare.com
- Mountain View Specialty Care: 249 Sand Hill Road, Greensburg, PA 15601
724-837-6499 www
- Oak Hill Nursing and Rehabilitation Center: 763 State Run Road, Greensburg, PA 15601 724-837-7100 www.extendicare.com
- Redstone Highlands: 6 Garden Center Drive, Greensburg, PA 15601
724-832-8400 www.redstonehighlands.org
- Saint Anne's Home: 685 Angela Drive, Greensburg, PA 15601
724-837-6070 www.stannehome.org *
- Westmoreland Manor: 2480 S. Grande Blvd., Greensburg, PA 15601
724-830-4000 www.co.westmoreland.pa.us *

SUPPORT GROUPS: A group of people, sometimes led by a therapist, who provide each other moral support, information and advice relating to some shared experience.

Alcohol Abuse

Alcoholics Anonymous (AA): Support group for recovery from alcohol abuse.

For a complete list of meetings in your area call: 412-471-7472

www.aa.org

- Al Anon/ Alateen: Support group for family members and friends coping with an alcoholic. For a list of meetings in your area: 1-800-628-8920
www.alanonalateen.org
- AA - Sunday Serenity Group - Sunday alcohol recovery support group.
Excelsa Health Helpline --1-877-771-1234

Alzheimer's:

- Alzheimer's Support. For those diagnosed with Alzheimer's- Excelsa Health Helpline 1-877-771-1234
- Alzheimer's Support-Jeanette, PA- Contact Alicia Hart--724-527-9153
- Alzheimer's Association HELP LINE: 1-800-272-3900 www.alz.org

Autism:

- Autism Support Group--Scottdale, PA --724-887-7742

SUPPORT GROUPS, (continued)

Anger Management:

- Men's Anger Management Group - Catholic Charities, Greensburg, PA
724-837-1840
- Women's Anger Group - Catholic Charities, Greensburg, Pa 724-837-1840

Arthritis:

- Arthritis Support Group - For those diagnosed with arthritis - Excelsa Health
Helpline: 1-877-771-1234

Bariatric/Weight Loss:

- Bariatric Education and Support - For those who have had gastric bypass
surgery or are planning this surgery - Excelsa Health - 1-877-771-1234

Brain Injury:

- Brain Injury Support Group - Trinity Lutheran Church, 139 S. Main Street,
Greensburg, PA 15601 724-838-1312

Bereavement Support

- AARP Foundation Grief and Loss Program: An on-line grief support group.
www.aarp.com
- Bereavement Support Group - Blessed Sacrament Cathedral, Greensburg, PA
724-834-3710
- Bereavement Support Group - Saint Vincent Parish, Latrobe, PA 15650
724-539-8629
- Caring Place for Children: grief support program for children and parents.
Pittsburgh, PA - 1-888-224-4673
- Compassionate Friends Help to Heal - For families who have experienced
the death of a child--Excelsa Health Helpline - 1-877-771-1234
- Coping with Loss/Grief: For those dealing with any type of loss. Excelsa Health
Helpline - 1-877-771-1234
- Grief Support Group for Adults, Bethlen Communities, Ligonier, PA 15658
Meets the 2nd and 4th Tuesdays of each month from 6:30 to 8:00 PM at the Holy
Trinity Church, 342 W. Main Street, Ligonier, PA 724-238-2812
Pittsburgh, PA -1-888-224-4673
- Help to Heal - Bereavement support group for adults and children:
Excelsa Health Helpline - 1-877-771-1234
- Pregnancy Loss Support Group: For parents who have survived pregnancy loss
through miscarriage, stillbirth, ectopic pregnancy, or newborn death.
Excelsa Health - 1-877-771-1234
- Suicide Loss: For those whose loved ones were stolen by suicide--Excelsa Health
Helpline - 1-877-771-1234

SUPPORT GROUPS, (continued)

Cancer Support:

- American Cancer Society - 1-888-227-5445
- Breast Cancer Education and Support Group--For those recovering from breast cancer - Excelsa Health Helpline - 1-877-771-1234
- Breast Cancer Support Group--For those newly diagnosed with breast cancer-- Excelsa Health Helpline - 1-877-771-1234
- Cancer Education and Support Group - For those diagnosed with any form of cancer and their support persons. Excelsa Health Helpline - 1-877-771-1234
- Look Good-Feel Better - Women undergoing cancer treatment cope with appearance. Excelsa Health Helpline - 1-877-771-1234
- Reach to Recovery - Visits from trained breast cancer survivors for information and support - 1-800-227-2345
- Us Too Prostate-(for men diagnosed with prostate cancer and their support persons). Excelsa Health Helpline - 1-877-771-1234

Caregiver Support: For those who are caregivers for another person.

- Caregivers Support Group - Westmoreland County Area Agency on Aging -724-830-4444 or 1-800-442-8000
- Caregivers Support Group--Family or friends caring for another's child - Greensburg - 724-837-5410 ext. 702 or 704
- National Family Caregivers Association: 1-800-896-3650
www.thefamilycaregiver.org

Crohn's & Colitis Support Group:

- Crohn's & Colitis Support Group: For those dealing with Crohn's and ulcerative colitis--Excelsa Health Helpline -1-877-771-1234

Divorce/Separation:

- Divorce Support Group - Prince of Peace Lutheran Church, 1325 Mission Rd. Latrobe, PA 15650 724-539-0896

Fibromyalgia

- Fibromyalgia Support Group - Excelsa Health Helpline - 1-877-771-1234

Gambling

- Gambler's Anonymous (GA) - For those dealing with gambling addiction - Excelsa Health Helpline - 1-877-771-1234

Hearing Loss

- Hearing Loss Support Group--For those with any type of hearing loss - Excelsa Health Helpline - 1-877-771-1234

SUPPORT GROUPS (continued)

Heart Health

- Helping Hearts--For patients with cardiac disease and their support person
Excelsa Health Helpline - 1-877-771-1234
- ICD Support Group - For those with implantable cardiac defibrillators and their support persons - Excelsa Health Helpline - 1-877-771-1234
- Living with Congestive Heart Failure - Excelsa Health Helpline - 1-877-771-1234 - Excelsa Health---1-877-771-1234

Huntingdon's Disease Society of America - 1-800-345-4372

Liver Disease---Living with liver disease - 724-423-5948

Lupus:

- Lupus Support Group--For those diagnosed with Lupus. Excelsa Health Helpline - 1-877-771-1234
- Lupus Foundation of America, Western PA chapter - 412-261-5886

Multiple Sclerosis Association of America - Support groups in your area - 1-800-LEARN MS

Myasthenia Gravis Foundation of America - Support groups in your area - 1-800-541-5454

Narcotic Abuse:

- Narcotics Anonymous (NA): Support group for recovery from drug abuse.
For a complete list of meetings in your area call: 412-391-5247 www.na.org

Osteoporosis:

- Osteoporosis Support Group: For those diagnosed with osteoporosis.
Excelsa Health Helpline - 1-877-771-1234

Ostomy:

- Living with and Ostomy Education & Support - For ostomy patients and their support persons. Excelsa Health Helpline - 1-877-771-1234

Parkinson Disease:

- Parkinson's Disease Support Group---For those diagnosed with Parkinson's and their support persons. Excelsa Health Helpline -1-877-771-1234
- Parkinson's Support Group meets 2nd Tuesday of the month at 1:30 at Good Shepherd Lutheran Church, Greensburg, PA (Westpoint); call Becky 834-5268.

Pregnancy Loss:

- Pregnancy Loss Support Group: For parents who have experienced a pregnancy loss through miscarriage, stillbirth, ectopic pregnancy, or newborn death. Excelsa Health Helpline - 1-877-771-1234

SUPPORT GROUPS (continued)

Singles:

- Singles Groups--For anyone who is single, following a separation or divorce. Our Lady of Grace Church, Greensburg PA 15601 - 724-600-0884
- Singles Adult Ministry Group - Trinity Evangelical Lutheran Church, Fellowship Hall, 331 Weldon Street, Latrobe, PA 15650 724-539-0896
- Singles Group: Christian Missionary Alliance Church, Indiana, PA 15701 724-465-4002

Smoking Cessation

- Stay Smart Smoking Cessation Group - Open to anyone who has quit or is trying to quit smoking - Excelsa Health Helpline - 1-877-771-1234
- Telephone Counseling to Stop Smoking---1-800-422-6237 or 1-800-4-CANCER

Stress/Emotions:

- Emotions Anonymous--for those dealing with difficult emotions-- Excelsa Health Helpline - 1-877-771-1234
- Learn to Manage Stress - Excelsa Health Helpline - 1-877-771-1234

Stroke

- Stroke Support Group: Open to anyone who has experienced a stroke. Excelsa Health Helpline - 1-877-771-1234

Suicide:

- Survivors of Suicide - For families and friends of those who have committed suicide - Greensburg - 724-834-6351 ext. 115 or 118

TAX PREP ASSISTANCE: Free tax preparation assistance for seniors.

- RSVP: (Retired Seniors Volunteer Program) Westmoreland County Community College, Youngwood, PA 15697 724-925-4213 www.rsvp.wccc.edu
- Senior Centers: See listing, SENIOR CENTERS.
- Westmoreland Community Action: 226 South Maple Ave, Greensburg, PA 15601 724-834-1260 Free tax prep for low income persons, seniors, and disabled residents of Westmoreland County. www.WestmorelandCA.org
- Your local State Representative: *In Ligonier:* Rep. Mike Reese, 120 E. Main Street, Ligonier, PA 15658 724-238-2155 *In Latrobe:* Rep. Joe Petrarca, 901 Jefferson St., Latrobe PA 15650 724-539-7856 *In Derry:* Rep. Joe Petrarca, 620 No. Chestnut Street, Derry, PA 15627 724-694-5298

TRANSPORTATION: Low cost or free transportation services for seniors.

- Westmoreland County Area Agency on Aging: 200 S. Main Street, Greensburg, PA 15601 724-830-4444 or 1-800-442-8000
www.co.westmoreland.pa.us/aging

Through the PA lottery seniors are eligible for reduced cab fare regardless of their income. Available at age 60 for medical appointments and at age 65 for any purpose. Call the Area Agency on Aging for an eligibility card and pre-register with your local cab company. This is a shared ride program. Must make reservations 24 hours in advance.

- Excelsa Health Care-a-Van: Free van transportation to and from Excelsa Health Care providers. This is a shared ride program. Call 24 hours in advance. Excelsa Health Helpline - 1-877-771-1234
- Laurel Area Faith in Action: Serving Latrobe, Ligonier, Derry. 724-539-4357 www.laurelfia.org
- Ligonier Valley Ambulance: Wheelchair van or ambulance transportation for those with medical need. 724-238-4357
- Mutual Aid Ambulance: Wheelchair van or ambulance transportation for those with medical need. 724-834-1565
- Valley Transportation, Inc.: Serves Bolivar, Ligonier, New Florence, Laurel Mt. Boro, Seward, and the townships of Cook, Fairfield and Saint Clair. 724-238-3222 or 724-235-2700
- Veterans Cab Co.: Serves Latrobe, Derry, Youngstown, New Alexandria, Mt. Pleasant, Donegal, Loyalhanna and Unity. 724-537-7708 or 1-877-818-0806
- Westmoreland County Transit Authority: Fixed route bus services. 1-800-489-0880 www.westmorelandtransit.com
- Some local churches may be able to help with transportation needs.

VETERANS SERVICES: Information on services and benefits and long term care available to veterans and their spouses.

- Governor's Veteran's Outreach Program: 1-800-827-1000
- Veterans Administration: 2 N. Main Street, Greensburg, PA 15601 724-830-3532
- Call your local *VFW (Veterans of Foreign Wars)* or *American Legion*.

VOLUNTEERING: Opportunities to volunteer in the Laurel area.

Animal Shelters

- Action for Animals: 386 Star Route 217, Latrobe, PA 15650 724-539-2544
- Animal Angels No-kill Rescue: 419 Three Mile Hill, Mount Pleasant, PA 15666 724-542-9242 www.animalangelsrescue.org
- Humane Society of Westmoreland: Greensburg, PA 724-837-3779

Art

- Latrobe Art Center: 819 Ligonier Street, Latrobe, PA 15650 724-537-7011 www.latrobeartcenter.org
- Southern Alleghenies Museum of Art: Rt. 711 South, Ligonier, PA 15658 724-238-6015 www.sama-art.org

Food

- Ligonier Food Pantry: call 724-593-2437
- Westmoreland County Food Bank: 724-468-8660 or 1-800-462-2080 www.westmorelandfoodbank.org

Health Care

- Bethlen Communities: 125 Kalassay Drive, Ligonier, PA 15658 724-238-2235 www.bethlen.com
- Excelsa Health: Volunteering opportunities at Excelsa Health - 1-877-771-1234
- See listing - SKILLED CARE FACILITIES/ NURSING HOMES

Hospice

- Bethlen Communities Hospice: 135 Kalassay Drive, Ligonier, PA 15658 724-238-2613

History

- Derry Area Historical Society: 357 Pittsburgh Street, Derry, PA 15627 724-694-8808
 - Latrobe Historical Society: 1501 Ligonier Street, Latrobe, PA 15650 724-539-8889
 - Ligonier Valley Historical Society: Laughlintown, PA 724-238-6818
- Libraries
- Adams Memorial Library: 1112 Ligonier Street, Latrobe, PA 15650 724-537-2821 www.adamslib.org
 - Ligonier Valley Library: 128 W. Main Street, Ligonier, PA 15658 724-238-6451 www.ligonierlibrary.org

VOLUNTEERING (continued)

Nature/ Outdoors

- Powdermill Nature Reserve: 1847 Rt. 381, Rector, PA 15677 724-593-4070
www.powdermill.org

YMCA/ YWCA

- YMCA of Greensburg: 101 S. Maple Ave., Greensburg, PA 15601
724-834-0150 www.greensburgymca.org
- YWCA of Greensburg: 221 S. Maple Ave., Greensburg, PA 15601
724-834-9390 www.ywcawestmoreland.org
- YMCA of Ligonier Valley: 110 W. Church Street, Ligonier, PA 15658
724-238-7580 www.ligonierymca.org

Miscellaneous Opportunities

- Blackburn Center: Services and emergency shelter for women and children who are victims of domestic abuse/ sexual assault. 724-837-9540
- Laurel Area Faith in Action: Serving Latrobe, Ligonier, Derry.
724-539-4357 www.laurelfia.org
- RSVP (Retired Seniors Volunteer Program) Westmoreland County Community College, Youngwood, PA 15697 724-925-4213 www.rsvp.wccc.edu
- Craig's List, Pittsburgh.org: On-line site to find volunteering opportunities in your area. www.craigslist
- S.C.O.R.E.: (retired business executives) Saint Vincent College, 300 Fraser Purchase Road, Latrobe, PA 15650 724-539-7505
- Volunteers.com: On-line site to find volunteering opportunities in your area. www.volunteers.com
- Volunteer Match: On-line site to find volunteering opportunities in your area. www.volunteermatch.org

WELLNESS AND ALTERNATIVE THERAPIES: Local resources for alternative therapies, such as Massage, Acupuncture, Nutrition Counseling, Herbalism, etc.

- Ligonier Valley Wholistic Practitioners Association, Ligonier, PA 15658
724-433-1847
- Health and Wellness Counseling Services, Ruth Ann Valentine, 5927
Route 981, Suite 5, Latrobe, PA 15650 412-372-1465
- Earth Lotus Yoga, Ligonier, PA 15658 724-259-3405
- YMCA of Ligonier Valley, 110 West Church Street, Ligonier, PA 15658
724-238-7580 www.ligonierymca.org
- YMCA of Greensburg, 221 South Maple Ave., Greensburg, PA 15601
724-834-9390 www.greensburgymca.org
- See *Yellow Pages*