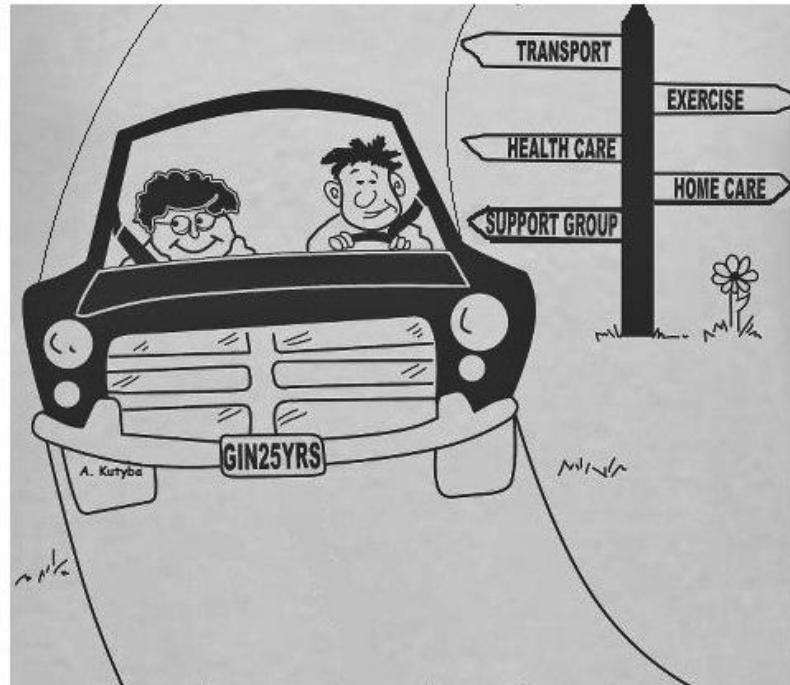


# WHERE TO TURN...

## A Resource Manual for Older Adults Of Blair County



Produced and distributed by the:

**Geriatric Interest Network  
of the Blair County Region**

<http://ginblaircounty.org/>



**Proudly Serving the Blair County Region for 25 Years!!**

Revised: 2012

**VERY IMPORTANT NUMBERS  
EMERGENCY NUMBERS**

<b>Fire</b>	_____	<b>Gas Co.</b>	_____
<b>Police</b>	_____	<b>Electric Co.</b>	_____
<b>Ambulance</b>	_____	<b>Phone Co.</b>	_____
<b>Pharmacy</b>	_____	<b>Water Co.</b>	_____
<b>Other</b>	_____	<b>Cable</b>	_____
<b>Doctor</b>	_____		
<b>Doctor</b>	_____		
<b>Emergency Contact</b>	_____		

**24-HOUR HOT LINES**

-  **BLAIR SENIOR SERVICES, INC.** (Adult Protective Services) **1-800-245-3282**
-  **COMMUNITY CRISIS CENTER** **889-2141 [Press 1 for Crisis Center]**  
**OF ALTOONA REGIONAL HEALTH SYSTEM**

**IMPORTANT NUMBERS/WEB SITES**

- Medicare: [www.medicare.gov](http://www.medicare.gov) Phone: 1-800-633-4227
- Social Security Administration: [www.ssa.gov](http://www.ssa.gov) Phone: 1-888-245-5368 (Altoona Office) or 1-800-772-1213 (National Number)
- Railroad Retirement Board: [www.rrb.gov](http://www.rrb.gov) Phone: 1-877-772-5772
- Blair County Assistance Office: [www.dpw.state.pa.us](http://www.dpw.state.pa.us) Phone: 814-946-7111
- PACE/PACENET: <https://pacecares.magellanhealth.com> Phone: 1-800-225-7223
- Blair County APPRISE Program Phone: 814-946-1235

(APPRISE is a free health insurance counseling program designed to assist Pennsylvanians with Medicare. The Pennsylvania Department of Aging created APPRISE to help Medicare beneficiaries better understand their health insurance options and make sound decisions about what is best for them. APPRISE counselors can answer your questions about original Medicare, Medicaid, supplemental insurance, Medicare Advantage Plans, long-term care insurance, & Medicare prescription plans.)

**My Medicare ID#** \_\_\_\_\_

**My Medicare Supplement or Managed Care Plan Name** \_\_\_\_\_

**My Medicare Supplement or Managed Care ID#** \_\_\_\_\_

**My Prescription Plan Name and Number** \_\_\_\_\_

# **WHERE TO TURN...**

## **A Resource Manual for Older Adults of Blair County**

**CORPORATE SPONSORS  
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**HEALTH SOUTH Rehabilitation Hospital of Altoona  
Altoona Regional Health System  
Blair Senior Services, Inc.  
Catherine S. Spayd, Ph.D., P.C.  
Senior LIFE Inc.**

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**The following individuals have also contributed donations to this effort:**

<b>Linda Ritchey</b>	<b>Janice Penrod</b>	<b>Patricia Defibaugh</b>
<b>Dana Shade</b>	<b>Janice Groskin</b>	<b>Emily Latterner</b>
<b>Blair Co. Unitarian Universalist Fellowship</b>		

**For more information about the Geriatric Interest Network or this manual, please contact:**

<b>Janice Groskin, Blair Senior Services, Inc.</b>	<b>946-1235</b>
<b>Dana Shade, Altoona Regional Health System</b>	<b>889-3123</b>
<b>Emily Latterner, Elmcroft Senior Living</b>	<b>695-8425</b>

**Original publication:** 1992  
**Revised Editions:** 1996; 2001; 2007; 2012

## **ABOUT THE THE GERIATRIC INTEREST NETWORK OF THE BLAIR COUNTY REGION**

In 1988, a small group of service providers met to discuss the possibility of developing a means to get to know other providers who share common interest in the older-adult population. As a result of that meeting, the Geriatric Interest Network of the Blair County Region began. The first program was offered in March, 1989 and educational programs and networking events have continued since then. The original leadership group was expanded to represent the diverse network of providers which emerged. In 1990, reorganization included a new category for general membership. The first resource manual for older adults was prepared in 1992. Throughout 1994-95 strategic planning was completed to prepare the Network for continued growth and development. Annual conferences for professional and family caregivers were added to the Network's offerings. The Network has served the community for almost two decades. The growth of the Network is directly related to the professional support and concern for older adults which has been demonstrated by our leaders and members. The Geriatric Interest Network of the Blair County Region stands as a tribute to the commitment of these community leaders.

### **MISSION STATEMENT**

The mission of the Geriatric Interest Network of the Blair County Region is to maximize the community's awareness of services for older adults and informal caregivers of the region by providing a forum for professional networking among service providers. The ultimate goal of the network is to enhance the quality of services for older adults in the region.

### **VISION STATEMENT**

The Geriatric Interest Network of the Blair County Region is a freestanding organization of providers of diverse geriatric services or products. The Network assumes a leadership role through the provision of regular forums, and other avenues, which offer opportunities for: education, informal support, networking, advocacy, and resource integration. Such activities enhance sensitivity to geriatric issues while providing venues to promote products and services offered in the region.

*Developed:* 12/06/1994  
*Revised:* 12/13/1994  
*Approved:* 04/03/1995

*Revised:* 09/11/2007  
*Revised:* 02/01/2012  
*Approved:* 2/24/12

## ACKNOWLEDGMENTS

This manual was originally developed by Susan Loeb, PhD, RN as she completed her graduate studies at the Pennsylvania State University School of Nursing. Dr. Eleanor Crowder and the Geriatric Interest Network collaborated on the project, which was completed in 1992. Since then, the manual has been updated and revised to accommodate the changing needs of the older adult population.

A number of people have worked diligently on this revised edition of the “Where to Turn” Manual. Special thanks are extended to the service providers who participated in the update and to the members of the Geriatric Interest Network for their commitment to this service project. Geriatric Interest Network Governing Board and Task Force Members assisted with content review, copy revisions, agency contact, and clerical support.

Several agencies, businesses and individuals contributed significant resources to the revision and completion of this manual and deserve a special thank you.

The Network wishes to acknowledge:

**Dr. Cathy Spayd and Charlene O’Dellick**, for the numerous hours they spent editing, revising, and typing of manual update

**Emily Latterner**, for time spent working on updating and gathering information for the manual revision

**Ashlie Kutyba**, for lending her talent to the front cover art work for this manual edition

Invaluable support was also provided by:

**ALTOONA REGIONAL HEALTH SYSTEM  
BLAIR SENIOR SERVICES, INC.**

The hard work, time, interest and resources of these community partners have made the completion of this special project a reality.

## HOW TO USE THIS MANUAL

**VERY IMPORTANT NUMBERS:** Inside the front cover of this manual, you will find a listing of “Very Important Numbers.” Take a minute to fill in this easy reference of your emergency and frequently called phone numbers.

**GENERAL LISTINGS:** The main part of the manual contains service information to help you find the assistance you need. To use the listings, follow these easy steps:

- 1) Think of the general topic you are looking for -- then check the Table of Contents for the closest listing. Please note that specific illnesses are listed under:

**DISEASE/ILLNESS -- SPECIFIC SERVICES.**

- 2) Now turn to the pages listed to find information on your topic. Notice that each listing has general information and a phone number. Feel free to call the agency to see if the services offered match your needs.

**Cannot Find the Right Service?** If you cannot find the service you need, refer to the section: **INFORMATION SERVICES**. Here you will find professionals who know all about services for you. Give them a call with your hard questions!

**Getting Ready to Make the Phone Call:** Always have paper and pencil ready to write notes on the information you receive. Ask for the name of the person giving you information, make sure to mark the date and time you called. Keep notes in your manual for future reference.

**Need a Speaker for Your Group?** Many of the agencies included in this manual provide free speakers for community groups. If you need a speaker, use your manual!

## SPECIAL SECTIONS

In the back of the manual there are two Special Sections that provide more information on topics of importance to you:

**Where to Turn When Independent Living Becomes a Challenge:** This section discusses your options for supportive care. What is the difference between a Nursing Home and a Personal Care Home? How is Acute Hospital care different from Rehabilitation Hospital care? Are there services to help a loved one stay at home and receive necessary services? This important section helps you sort out these difficult questions. We recommend that you review this section now to help you plan for future needs.

**You can Make a Difference -- Communicate With Your Elected Officials:** This section tells you about your power as a registered voter. Do you know how to contact your state and federal legislators? How about the President? Learn this, and more, in the special section on Advocacy.

## VOLUNTEER PROGRAMS

Most of the agencies included in this manual have Volunteer Programs. If you are interested in volunteering, consider what type of agency or service to which you would like to donate time. Then use the Manual's Topic Listing (pages v-viii) or Agency Listing (pages ix-xiii) to find the contact information. Call the Agency and ask them about their volunteer opportunities.

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## **ABUSE/ABANDONMENT/NEGLECT**

Blair Senior Services Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
TDD: (814) 949-4856  
www.blairsenior.org

Protective services provides crisis intervention services to incapacitated older adults 60+ who may be victims or potential victims of abuse, neglect, exploitation or abandonment. Available 24 hours per day 7 days a week. Call (814) 949-4850 or 1-800-245-3282. Collect calls will be accepted.

---

Family Services Inc.  
Domestic Abuse Project  
2022 Broad Avenue  
Altoona PA 16601  
Main Office: (814) 944-3583  
24-Hour Hotline: (814) 944-3585  
Toll Free: 1-800-500-2849  
Fax: (814) 944-8701

- 1) **Emergency Shelter** for victims of domestic violence and their dependent children.
- 2) **24-hour hotline** for crisis intervention, safety and options counseling, information and referral.
- 3) **Supportive/Options Counseling** that is educational and supportive in nature to victims/survivors of domestic violence. Services include individual and group counseling, safety planning, options counseling and accompaniment for medical, welfare systems.

- 4) **Legal/Systems Advocacy** that assists victims of domestic violence with filing Protection From Abuse Orders, information and referrals, assistance with systems, education/supportive counseling in regards to safety and options. Staff of the project are NOT attorneys and DO NOT provide legal advice or referrals to specific attorneys.
  - 5) **Community education/prevention** programs about domestic violence, dating violence, healthy relationships and other related topics to groups in the community and schools.
- 

Family Services Inc.  
Crime Victim Support Services  
2022 Broad Avenue  
Altoona PA 16601

Office: (814) 944-3583

Fax: (814) 944-8701

Hotline: (814) 944-3585

1-800-500-2849

[www.familyservicesinc.net](http://www.familyservicesinc.net)

E-mail: [info@familyservicesinc.net](mailto:info@familyservicesinc.net)

24 hour hotline and crisis intervention services for victims of sexual assault and other violent crime. Supportive counseling, court accompaniment, hospital and medical accompaniment, support group, community education. All services free of charge.

---

## **ADULT DAY CARE**

Allegheny Lutheran Social Ministries  
Senior Daily Living Center  
701 Quail Avenue  
Altoona PA 16602  
(814) 946-4693  
1-800-400-2285  
Fax: (814) 941-9259  
www.alsm.org  
E-mail: [sdlc@alsm.org](mailto:sdlc@alsm.org)

Provides organized, structured activities within a supervised setting including reminiscing, crafts, field trips, and holiday events. Our trained staff, which includes a registered nurse, offers personal care and caregiver support and is licensed by the Pennsylvania Department of Aging.

---

Blair Senior Services, Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 9461235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
www.blairsenior.org

Adult Day Care offers a program of activities in a protective, non-residential setting for impaired older adults (60+) who require supervision and assistance.

---

Crossroads Adult Training Facility  
Central Blair Recreation Commission  
2101 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 949-2282  
Fax: (814) 949-2264

Adult training and day care, specializing in the care of adults with developmental disabilities.

---

Home Nursing Agency  
ACEL Program  
154 Lakemont Park Blvd.  
Altoona PA 16602  
(814) 944-8179  
1-800-475-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Day program for adults with multiple disabilities, cognitive and physical challenges. Promotes independence and functioning through community and center-based activities. Offers in-home support to assist individuals and their families with shopping, menu planning and personal care. Transportation is offered to the day program for clients of Blair County.

---

Home Nursing Agency  
Adult Daycare Center  
5416 Sixth Avenue  
Altoona PA 16602  
(814) 942-6004  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Center-based program that provides daytime assistance to both the physically and/or cognitively impaired individual who is not able to safely remain at home alone during the day. Provides respite and support to caregivers. Clients receive well-balanced

meals and enjoy meaningful daytime activities and socialization in a safe, structured, and homelike environment.

---

Senior CARE Altoona  
1311 12<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-CARE (2273)  
www.seniorlifepa.com  
E-mail: [ggriaciano@seniorlifepa.com](mailto:ggriaciano@seniorlifepa.com)

Adult day care at the Life Center offers a structured program of social, recreational and health-related activities. Our affordable program provides a safe and stimulating environment.

---

**BLIND/VISUALLY IMPAIRED, Services for**

Altoona Area Public Library  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602-3693  
(814) 946-0417  
Fax: (814) 946-3230  
www.altoonalibrary.org  
E-mail: swilliams@altoonalibrary.org

Provides talking book machines and recordings and offers a collection of over 3,000 large print books.

---

Blair/Clearfield County Association for the Blind and Visually Impaired  
300 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-2021  
Fax: (814) 944-3197  
E-mail: bcab@verizon.net

Now serving Blair and Clearfield Counties. Provides transportation to community facilities, medical and dental appointments, banking, shopping and other personal needs. Provides assistance in reading mail and writing letters. Assists in life skills education. Support groups are available. Assistance available to the general public in selecting and purchasing aids and appliances that improve the quality of daily living for the visually impaired. Educational programs available for children and adults. Vision screenings for adults and preschool to include a low cost eyewear program.

---

Blindness and Visual Service  
1130 12<sup>th</sup> Avenue Suite 300  
Altoona PA 16601  
(814) 946-7330

Low vision, rehabilitation teaching, orientation and mobility services for the visually

impaired (legally blind) and blind individuals.

---

Griswold Special Care  
203 Allegheny Street  
Hollidaysburg PA 16648  
(814) 696-9100  
Fax: (814)696-9120  
Toll Free: 1-888-662-9100  
griswoldspecialcare.com  
E-mail: blaircounty@griswoldspecialcare.com

International homecare and companion service that includes personal care services, housekeeping, laundry, meal preparation, transportation, shopping, writing letters, reading mail, and sighted companions for medical appointments. Caregivers thoroughly screened to include criminal record checks. Hourly, overnight, live-in and weekend service available. Free no obligation visit plus follow up visits for excellent quality service.

---

## **CAREGIVER RELIEF**

Allegheny Lutheran Social Ministries at Home  
915 Hickory Street  
Hollidaysburg PA 16648  
(814) 696-4568  
1-800-400-2285  
Fax: (814) 693-8935  
[www.alsm.org](http://www.alsm.org)  
E-mail: [css@alsm.org](mailto:css@alsm.org)

Provides in-home services for persons who need assistance with daily activities such as bathing or dressing, grocery shopping, household chores, meal preparation, transportation or other routine tasks. Overnight and weekend companion services to provide respite for caregivers are also available.

---

Altoona Regional Health System  
Caregiver's Corner Support Group  
620 Howard Avenue  
Altoona PA 16601-4899  
(814) 889-3123  
1-800-634-8238  
[www.altoonaregional.org](http://www.altoonaregional.org)

Monthly meetings, offering educational information, emotional support and socialization for people who care for loved ones with any chronic disease.

---

Blair Senior Services Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)



Family Caregiver Support Program provides supportive care management services, benefits counseling and financial reimbursement to caregivers of older adults (60+), or adults 18-59 with chronic dementia.

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Blair Senior Services, Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Personal Care provides hands-on help with tasks such as bathing, grooming, oral hygiene and skin care for adults (60+). Services can also include respite for caregivers and assistance with household tasks.

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Elmcroft Senior Living  
170 Red Fox Drive  
Duncansville, PA 16635  
814-695-8425  
FAX 814-695-3400  
[www.elmcrofta:/cp](http://www.elmcrofta:/cp)  
E-mail [elatterner@elmcroftseniorliving.com](mailto:elatterner@elmcroftseniorliving.com)

Offers short-term respite stays for seniors, a helpful option when a caregiver is away or in need of a break, or after a hospitalization. There is no minimum stay and pets are welcome. Respite stays include all care needs, meals, cable, etc. Visit website for pricing and additional information.

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## Griswold Special Care

See page 7 for details.

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### Home Instead Senior Care

1923 Plank Road

Duncansville, PA 16635

(814) 693-2911

Fax: (814) 693-2912

Toll Free: 1-866-637-2912

[www.homeinstead.com](http://www.homeinstead.com)

E-mail: [hisczurilla@verizon.net](mailto:hisczurilla@verizon.net)

Non-Medical Home Care and companion service, including housecleaning, laundry, shopping, assistance with bathing, incidental transportation and respite care to relieve caregiver burden ranging from 1-24 hours/7 days a week. Workers are bonded and insured for liability and injury. Thorough screening and criminal background check is done on each caregiver. Free, no fee/no obligation service and quality control program. PA Waiver approved.

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### Home Nursing Agency

201 Chestnut Avenue

Altoona PA 16601

(814) 946-5411

Toll Free: 1-800-445-6262

[www.homenursingagency.com](http://www.homenursingagency.com)

- 1) Respite care and relief for caregivers of patients receiving home health care. Homemaker/home health aides to provide relief for caregivers of home health care patients.
  - 2) Nursing and nurse aide care is available in 4-hour shifts up to 24 hours a day.
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Home Nursing Agency  
ACEL Program

See page 4 for details.

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Home Nursing Agency  
Adult Daycare Care  
5416 Sixth Avenue  
Altoona PA 16602  
(814) 942-6004  
Toll Free: 1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

See page 4 for details.

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Private Care Resources, Inc.  
125 Maple Hollow Road  
Duncansville PA 16635  
(814) 693-CARE (2273)  
Fax: (814) 693-1191  
E-mail: [abender@privatecareresources.com](mailto:abender@privatecareresources.com)

A state licensed home health and home care agency specializing in private duty care. Nurses, certified nurse aides, home health aides, and companions can be provided in your home/place of residence. Service can be provided for any medical condition or age from one hour to 24 hours a day, seven days a week. Your plan of care will be customized to meet you or your loved one's needs.

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Senior CARE Altoona  
1311 12<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-CARE (2273)  
www.seniorlifepa.com  
E-mail: [info@seniorlifebensburg.com](mailto:info@seniorlifebensburg.com)

See page 5 for details.

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## **CLOTHING-EMERGENCY**

American Rescue Workers  
502 Mulberry Street  
Hollidaysburg PA 16648  
(814) 695-0766  
[www.arwholly.org](http://www.arwholly.org)

Donated clothing and miscellaneous household items available the first Tuesday of each month from 9:15 – 11:15 a.m. and 1:15-3:15 p.m (upstairs in garage-not handicapped accessible). Must be Blair County resident and bring your own tall kitchen bag or equivalent of with you.

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St. Vincent DePaul Society  
2223 Eighth Avenue  
Altoona, PA 16602  
(814)943-1981

Nonprofit agency that provides furniture and clothes to the needy through Altoona and Tyrone thrift shops.

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## **COUNSELING**

Allegheny Lutheran Social Ministries  
915 Hickory Street  
Hollidaysburg PA 16648  
(814) 696-4500  
1-800-400-2285  
Fax: (814) 696-4561  
www.alsm.org  
E-mail: [counseling@alsm.org](mailto:counseling@alsm.org)

Provides professional and confidential assistance including individual, marital, and family counseling. Support groups are also available.

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Catholic Charities  
1300 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 944-9388  
Fax: (814) 941-2677

Counseling for emotional as well as personal and interpersonal problems.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
www.homenursingagency.com

Several programs offered including bereavement, mental health, nutrition, drug and alcohol counseling.

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Home Nursing Agency  
The Healing Patch, A Center for Loss and Hope for Grieving Children and Their Families  
5416 Sixth Avenue  
Altoona, PA 16602  
814-942-6004  
FAX 814-569-1713  
[www.homenursingagency.com](http://www.homenursingagency.com)

Peer support program designed for children and their families who have suffered the loss of a loved one, such as a parent, sibling, grandparent, or other close family member. Offers a safe environment where grieving children and their families can discover they are not alone in their grief by interacting with others who have encountered similar losses. Free service funded by Home Nursing Agency Foundation.

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Southern Care  
206A Falon Lane  
Altoona, PA 16602  
(814) 944-9724  
Fax: (814)944-9727  
[www.southerncarespice.com](http://www.southerncarespice.com)

Provides quality, compassionate end-of-life care to patients in their home, whether in a private setting, skilled nursing facility, independent living or hospital. We have a multidisciplinary approach to provide care through nursing services, aide services, social work, chaplain and volunteer services. Covered by Medicare, Medicaid and many 3<sup>rd</sup> party insurances.

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## **DISABILITIES**

The Arc of Blair County  
431 Jackson Avenue  
Altoona PA 16602  
(814) 946-1011  
Fax: (814) 946-1013  
E-mail: [mail@thearcblair.org](mailto:mail@thearcblair.org)

The mission of the ARC of Blair County is to improve the quality of life for children and adults with cognitive, intellectual or developmental disabilities ( such as Autism, Mental Retardation, specific learning disability, Cerebral Palsy, Down Syndrome, etc.) and their families through education, advocacy, support and socialization.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1234  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Environmental Modifications – focuses on adaptation of the home for older persons (60+) with disabilities, and the removal of health and safety hazards from the home.

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Center for Independent Living of South Central Pennsylvania  
1019 Logan Blvd.  
Altoona PA 16602  
(814) 949-1905  
Fax: (814) 949-1909  
[www.cilscpa.org](http://www.cilscpa.org)  
E-mail: [cilscpa@cilscpa.org](mailto:cilscpa@cilscpa.org)

Federally funded, non-profit agency providing disability services in Bedford, Blair, Cambria, Fulton, Huntingdon, Indiana and Somerset Counties. Core services include advocacy, I and R, skills training and peer counseling. Other services include community transitioning, housing data, voter registration, multimedia resource library



and computer lab, technical assistance and referral. Services are free to people with disabilities and their families.

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Easter Seals Central Pennsylvania  
501 Valley View Blvd  
PO Box 1749  
Altoona PA 16603-1749  
(814) 944-5014  
[www.eastersealscentralpa.org](http://www.eastersealscentralpa.org)

Physical, occupational and speech therapies, including warm water aqua therapy; public education; brace clinic. Information and referral.

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## **DISEASE/ILLNESS - ALZHEIMER'S**

Altoona Regional Health System  
Alzheimer's Association Support Group  
620 Howard Avenue  
Altoona PA 16601-4899  
(814) 889-2141 or (814) 942-5211  
Fax: (814) 889-7999  
[www.altoonaregional.org](http://www.altoonaregional.org)

Caregivers and family members share their concerns and experiences. Meets last Tuesday of the month at 6:30 pm, except in December.

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Alzheimer's Association, Greater Pennsylvania Chapter  
3544 North Progress Avenue, Ste. 205  
Harrisburg, PA 17110  
(717) 651-5020 Ext. 132  
Email: [tiffany.chambers@alz.org](mailto:tiffany.chambers@alz.org)  
[www.alz.org/pa](http://www.alz.org/pa)

Our chapter provides a comprehensive range of essential programs and services to Pennsylvanians with Alzheimer's disease and related dementias and their caregivers.

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Home Nursing Agency  
Adult Daycare Center

See page 4 for details.

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## **DISEASE/ILLNESS - ARTHRITIS**

American Chronic Pain Association

814-944-8238

[www.theacpa.org](http://www.theacpa.org)

Offer telephone support for those suffering with chronic pain.

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Easter Seals Central Pennsylvania

See page 17 for details.

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Hollidaysburg Area YMCA

1111 Hewitt Street

Hollidaysburg PA 16648

(814) 695-4467

Fax: (814) 695-5748

E-mail: [contactus@hollidaysburgareaymca.org](mailto:contactus@hollidaysburgareaymca.org)

Aquatic Arthritis-Low impact exercise incorporating therapeutic water movements to help relieve pain and stiffness of arthritis. Certified by the Arthritis Foundation Program.

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## **DISEASE/ILLNESS - CANCER**

Altoona Regional Health System  
Oncology Services  
620 Howard Avenue  
Altoona PA 16601  
(814) 889-3141  
[www.altoonaregional.org](http://www.altoonaregional.org)

Inpatient oncology services, medical and surgical. Outpatient oncology services: radiation and medical oncology-hematology.

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Altoona Regional Health System  
Breast Cancer Support Group "Stars of Hope"  
Altoona Hospital Campus  
620 Howard Aveune  
Altoona PA 16601  
(814) 674-3708  
[www.altoonaregional.org](http://www.altoonaregional.org)

Provide support information, education and awareness in early detection, treatment modalities and research in breast cancer as it pertains to breast cancer survivors and their families. Meets every first Thursday, 6:00 to 7:30 p.m. Call for meeting location.

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Altoona Regional Health System  
Women's Health and Wellness Center  
Healthy Women Program, Blair Medical Center Suite F-2  
Altoona PA 16601  
(814) 8890-2012  
[www.altoonaregional.org](http://www.altoonaregional.org)

Free cancer screening for income eligible women age 40 years and older. Includes breast exam, mammogram, pelvic exam and pap smear.

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American Cancer Society  
Ostomy Society  
1004 N. Juniata Street  
Hollidaysburg PA 16648  
1-888-227-5445 option 3

Support group for those with an ostomy and their loved ones.

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American Cancer Society  
Reach To Recovery  
1004 N. Juniata Street  
Hollidaysburg PA 16648  
1-888-277-5445 option 3

One-on-one support for women following breast cancer surgery. For a referral call the Blair Unit of the American Cancer Society.

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Easter Seals Central Pennsylvania

See page 17 for details.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Comprehensive multidisciplinary outpatient and day hospital programs to assist patients in maintaining their independence and quality of life. For patients who have experienced a loss or decrease in function as a result of cancer. Patients who develop chronic pain may be offered a continuum of therapies and consultation to pain management program.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16603-0352  
(814) 946-5411  
(800) 445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Oncology nursing for home health patients. Hospice care for patients diagnosed as terminal: bereavement follow-up counseling and support.

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## **DISEASE/ILLNESS - CEREBRAL PALSY**

United Cerebral Palsy, SAR, Inc.

512 Old Route 764

Duncansville, PA 16635

1-877-371-1110

Email: [infoealucp.org](mailto:infoealucp.org)

Web: <http://www.alucp.org>

Personal care including, but not limited to: transfers, bathing, personal hygiene, dressing, grooming, and ancillary services including homemaker type services.

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## **DISEASE/ILLNESS - CHRONIC PAIN**

Tyrone Hospital  
Keystone Headache and Pain Management Center  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-6374  
[www.tyronehospital.org](http://www.tyronehospital.org)

Treatment for most types of chronic pain including back pain, whiplash, shingles, cancer pain, arthritis, chronic joint pain, neck, leg, arm & shoulder pain, and more. Offers patients the option of anesthesia for added comfort when undergoing treatment.

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## **DISEASE/ILLNESS - DIABETES**

Altoona Regional Health System  
Diabetes Education  
620 Howard Avenue  
Altoona PA 16601-4899  
(814) 889-2487  
[www.altoonaregional.org](http://www.altoonaregional.org)

Outpatient diabetes education program. Physician referral required.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Comprehensive amputee physical and occupational rehabilitation both pre-and post-prosthetic fitting. Nutrition counseling, neurological rehabilitation, vision program.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Visiting nurses and health professionals offer in-home medication management, nutrition, education, counseling, rehabilitation therapies and personal care.

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Tyrone Hospital  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-6305 ext. 6305  
[www.tyronehospital.org](http://www.tyronehospital.org)

Individual diabetes education with registered dietitian.

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## **DISEASE/ILLNESS - HEART DISEASE**

American Heart Association  
777 Penn Center Blvd.  
Suite 200  
Pittsburgh, PA 15235  
(800) 264-2789  
[www.americanheart.org](http://www.americanheart.org)

Targets community site, health care site, work site, and school site. Free information on all aspects of cardiovascular disease and stroke.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Cardiac and congestive heart failure education with inpatient and outpatient services.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Visiting nurses and health professionals offer in-home medication management, nutrition education and counseling, rehabilitation therapies and personal care. Telehealth monitoring supports and assists patients with cardiac conditions.

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## **DISEASE/ILLNESS - HIV/AIDS**

Home Nursing Agency  
AIDS Intervention Project  
500 E. Chestnut Avenue  
Altoona PA 16601  
(814) 944-2982  
[www.homenursingagency.com](http://www.homenursingagency.com)

Provides education on HIV/AIDS to the public and high-risk individuals. Case management and financial assistance provided to HIV positive clients in Bedford, Blair and Huntingdon Counties.

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Pennsylvania Department of Health  
615 Howard Avenue, Room 107  
Altoona PA 16601-4868  
(814) 946-7300  
Fax: (814) 941-6838

Free anonymous HIV testing; pre/post-test counseling; prevention education.

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## **DISEASE/ILLNESS - LUNG**

Blair County Respiratory Disease Society  
111 Lakemont Park Blvd  
PO Box 1954  
Altoona PA 16603  
(814) 944-8222  
Fax: (814) 944-8850  
E-mail: [contact@bcrds.org](mailto:contact@bcrds.org)

Educate and support all aspects of lung disease. Provide flu shots.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Multidisciplinary approach to include physical, occupational and respiratory services for people suffering from respiratory problems or concerns such as COPD. Continuous pulse oximetry monitoring and apnea monitoring. Education for energy conservation, stress reduction and proper breathing techniques provided for inpatients & outpatients.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Visiting nurses and health professionals offer in-home medication management, nutrition education and counseling, rehabilitation therapies and personal care.  
Palliative care consultation available for individuals with chronic illness.

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## **DISEASE/ILLNESS - MULTIPLE SCLEROSIS**

Easter Seals Central Pennsylvania

See page 17 for details.

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Hollidaysburg Area YMCA  
1111 Hewitt Street  
Hollidaysburg PA 16648  
(814) 695-4467  
Fax: (814) 695-5748  
E-mail: [contactus@hollidaysburgareaymca.org](mailto:contactus@hollidaysburgareaymca.org)

MS patients may use the YMCA pool free of charge at any time provided they are eligible through the MS Society. Water exercise has been shown to help improve muscle strength, balance and coordination while reducing stress for those afflicted with MS.

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National Multiple Sclerosis Society-Keystone Branch  
1501 Reedsdale Street, Suite 105  
Pittsburgh, PA 15233  
(412) 261-6347

Information and referral, newly diagnosed support, lending library, newsletter, education, research, medical support, equipment assistance, self-help groups, peer counseling, recreational programs, respite program, advocacy, fundraising. Serving Bedford, Blair, Cambria, Clearfield, Indiana, and Jefferson Counties.

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## **DISEASE/ILLNESS - PARKINSON'S**

Altoona Regional Health System  
Altoona Hospital Campus  
Parkinson's Disease Support Group  
620 Howard Avenue  
Altoona PA 16601-4899  
(814) 889-2141  
Fax: (814) 889-7999  
[www.altoonaregional.org](http://www.altoonaregional.org)

An educational program for individuals with Parkinson's disease and their families. Meets every last Monday of the month at 11:00 a.m. at Hoss's Restaurant on Valley View Blvd.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Parkinson's Disease Accreditation through Parkinson Foundation of the Heartland. Multidisciplinary approach to the treatment of Parkinson's Disease. Physical, occupational and speech therapy offered. Accepting Activia Deep Brain Stimulator Implantation patients for programming and reprogramming.

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Home Nursing Agency  
201 Chestnut Avenue  
PO Box 351  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Visiting nurses and health professionals offer in-home medication management, nutrition education and counseling, rehabilitation therapies and personal care. Palliative care consultation available for individuals with chronic illness.

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## **DISEASE/ILLNESS - STROKE**

HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Boulevard  
Altoona PA 16602  
(814) 944-3535  
Fax: (814) 944-6160  
E-mail: [cynthia.walters@healthsouth.com](mailto:cynthia.walters@healthsouth.com)

Joint commission certified in stroke. New technology only at HealthSouth Altoona to include auto ambulator, RIO, Bioness, H200, L300, savroflex and vital stim. Multidisciplinary approach to include physical, occupational and speech therapy, deep brain stimulator and aquatics. In-patient, out-patient and day hospital.

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## **DRUG AND ALCOHOL**

Altoona Regional Health System  
Outpatient Drug and Alcohol Clinic  
Altoona Hospital Campus  
620 Howard Avenue  
Altoona PA 16601  
(814) 889-2141  
[www.altoonaregional.org](http://www.altoonaregional.org)

The outpatient drug and alcohol clinic provides assessment, referral and treatment services for substance abuse/ dependence problems.

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Cove Forge Behavioral Health Systems  
New Beginnings Road  
Williamsburg PA 16693  
(814) 832-2131, 1-866-769-6822

Confidential, 24 hour assessment and inpatient/outpatient treatment for drug/alcohol problems.

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Home Nursing Agency  
Drug and Alcohol Program  
500 E. Chestnut Avenue  
Altoona PA 16602  
(814) 943-0414  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Partial hospitalization, intensive outpatient, individual outpatient treatment & aftercare to those in need of treatment for chemical dependency and abuse. Group, individual & family sessions provide education regarding addiction, recovery issues and relapse prevention. Twelve step recovery programs are strongly encouraged as an adjunct to treatment.

Pyramid Healthcare  
PO Box 967  
Duncansville, PA 16635  
1-888-694-9996  
[www.pyramidhealthcarepa.com](http://www.pyramidhealthcarepa.com)

Inpatient drug and alcohol detoxification and treatment for adult and adolescent males and females. 24 hour assessments and admissions. Outpatient drug and alcohol treatment.

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Tyrone Hospital  
Alcoholics Anonymous  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-8460 or (814) 632-0072

Tuesday and Thursday from 8:00 p.m.-9:00 p.m. in the basement of the hospital.

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## **DYING/DEATH**

(See also Hospice, beginning on page 60).

E. Merrill Smith Funeral Home, Inc.  
Kevin M. Smith, Supervisor  
Cheryl A. Smith, Aftercare Coordinator  
2309 Broad Avenue  
Altoona PA 16601  
(814) 944-9755  
(814) 943-9991  
Fax: (814) 944-5433  
[www.smithfuneracenter.com](http://www.smithfuneracenter.com)

Providing information, education and assistance on issues relating to death, cremation, pre-planning and aftercare.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Bereaved persons' support group available to all community residents who have experienced the death of a loved one. Bereavement counseling and follow-up provided for family members of hospice patients.

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Home Nursing Agency  
The Healing Patch, A Center for Loss and Hope for Grieving Children and Their Families

See page 15 for details.

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## **EDUCATION SERVICES**

Altoona Regional Health System  
Healthy Living Club  
620 Howard Avenue  
Altoona PA 16601-4899  
(814) 889-2630  
1-888-313-4665  
[www.altoonaregional.org](http://www.altoonaregional.org)

Health and wellness programs and educational newsletter.

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The Arc of Blair County

See page 16 for details.

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Blair/Clearfield County Association for the Blind and  
Visually Impaired

See page 6 for details.

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Blair Senior Services, Inc.  
PrimeTime Health

See page 73 for details.

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Blair Senior Services Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
Fax: (814) 949-4857  
FAX FOR REFERRALS: (814) 296-6302  
[www.blairsenior.org](http://www.blairsenior.org)

Six senior centers throughout Blair County offer group dining, socialization, educational, recreational and health promotion activities for older adults (60+).

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Greater Altoona Career and Technology Center  
Continuing Education  
1500 4<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-8469  
Fax: (814) 941-4690  
[www.gactc.com/cont-ed](http://www.gactc.com/cont-ed)

Provides short term day and evening classes in many areas including computer and internet use. Call for a free brochure.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Blvd  
Altoona PA 16602  
(814) 941-3247

Nutritional counseling and weight management offered for pediatrics to geriatrics.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Various speakers available for health topics. Free blood pressure clinics offered. Call for locations.

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Penn State Altoona  
Adult Center  
3000 Ivyside Park  
Altoona PA 16602-2099  
(814) 949-5046  
[www.aa.psu.edu](http://www.aa.psu.edu)

Provides tuition free enrollment in selected Penn State courses. Fees dependent on number of credits taken. Individuals may sign up if seats available. Must be 60+ and a full time PA resident. Must be retired or work 20 hrs week or less.

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Pittsburgh Poison Center  
UPMC  
200 Lothrop St.  
BIR 010701  
Pittsburgh PA 15213  
1-800-222-1222 (nationwide number)  
[www.mryuk1.com](http://www.mryuk1.com)

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Tyrone Hospital  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-6348  
Fax: (814) 684-6394  
[www.tyronehospital.org](http://www.tyronehospital.org)

A variety of educational programs on various health topics are offered to the community on a complimentary basis. Call for information on upcoming programs or to be added to a mailing list.

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## **EMERGENCY SERVICES**

American Red Cross  
4100 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-6146  
Fax: (814) 944-1753  
Email: [sacodmin@atlanticbb.net](mailto:sacodmin@atlanticbb.net)

Emergency preparedness education and training; helping seniors prepare for disasters; emergency assistance to disaster victims offered.

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Home Nursing Agency  
100 Lakemont Park Blvd  
Altoona PA 16602  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Offering Senior CARE 911, a personal emergency response system for individuals who would benefit from added security and peace of mind at home. Call 1-800-315-4360 for price, installation and other information.

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Salvation Army  
1813 6<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 942-8104

Emergency services for Altoona residents. Appointment needed.

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## **EMPLOYMENT OPPORTUNITIES**

Experience Works  
1-800-854-1578

A national, charitable, community-based organization which helps low-income seniors with multiple barriers to employment get the training they need to find good jobs in their local communities.

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Griswold Special Care  
203 Allegheny Street  
Hollidaysburg PA 16648  
(814) 696-9100  
Toll Free: 1-888-662-9100  
Fax: (814) 696-9120  
[www.GriswoldSpecialCare.com](http://www.GriswoldSpecialCare.com)  
E-mail: [blaircounty@griswoldspecialcare.com](mailto:blaircounty@griswoldspecialcare.com)

Become a member of our Referred Caregivers at Griswold Special Care. It is an international home care and companion, non-medical service that emphasizes quality as its first priority. You make a difference in peoples' lives by providing a caring and compassionate service through personal care, light housekeeping, meal preparation, laundry, transportation and shopping. You name your hours and days. You need to be a reliable, honest, caring and dependable person to become a non-certified caregiver.

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Home Nursing Agency  
Human Resources Department  
201 Chestnut Ave  
Altoona PA 16603  
(800) 992-2554  
(814) 946-5411  
[www.homenursingagency.com](http://www.homenursingagency.com)

Voted best place to work in Pennsylvania for seven consecutive years. Hiring a variety of health care and administrative personnel continuously. Current job postings available online at [www.homenursingagency.com](http://www.homenursingagency.com) or by phone call.

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Home Instead Senior Care  
1923 Plank Road  
Duncansville PA 16635  
(814) 693-2911  
Toll Free: 1-866-637-2912  
Fax: (814) 693-2912  
www.HOMEINSTEAD.com  
E-mail: hisczurilla@verizon.net

JOIN OUR SENIOR CLASS:

Make a Difference in the Lives of Seniors! Home Instead Senior Care is both a national and local company. We provide non-medical companionship and home care services. We are nationally known for the caring and compassionate way we provide these necessary services: companionship, light housework, meal preparation, incidental transportation and elderly related errands.

At Home Instead Senior Care, we offer a flexible work schedule. You decide if you want to work week days, nights and/or weekends. No certification is required. You will be bonded and insured. All that we require is that you be reliable, trustworthy and dependable.

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PA CareerLink Blair County  
3001 Fairway Drive  
Altoona PA 16602  
(814) 940-6201  
Fax: (814) 940-6236  
www.pacareerlink.state.pa.us

The PA Career Link, Blair County serves as the foundation for Blair County's Workforce Delivery System to support local and regional economic development. They provide comprehensive market-driven employment, training, education and economic development system.

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## **EXERCISE/FITNESS**

Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856  
Email: [www.blairsenior.org](http://www.blairsenior.org)

Prime Time Health provides wellness programming designed to assist older persons (60+) in achieving a healthier lifestyle as they age, including Health Steps in Motion exercise classes, the Blair County Golden Games, and programs presented at all six Senior Community Centers.

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Penn State Altoona  
3000 Ivyside Park  
Altoona PA 16601  
(814) 949-5468 (PRESS 0 WHEN PROMPTED)

Opened swim program offered to the public at designated times. There is a \$3.00 fee to participate. Call ahead for times.

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Silver Sneakers  
1-888-423-4632  
[www.silversneakers.com](http://www.silversneakers.com)

The Silver Sneakers program is an innovative health, exercise, and wellness program that helps older adults live healthy, active lifestyles. Call or get on the website to find a provider near you.

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## **FOOD/NUTRITION**

Altoona Food Bank  
2100 Sixth Avenue  
Altoona, PA 16602  
814-942-8415

Open Monday, Wednesday and Friday, 9:30 a.m. to 12:15 p.m.

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American Rescue Workers  
811 Scotch Valley Rd  
Hollidaysburg PA 16648  
(814) 695-0762  
Fax: (814) 695-1593  
[www.ARWHOLLY.org](http://www.ARWHOLLY.org)

Donated food, by appointment. Available to individuals in Hollidaysburg, Duncansville, Newry, East Freedom, Roaring Spring, and Martinsburg. Call for criteria and appointment. No Walk-ins.

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Blair County Assistance Office  
1100 Green Avenue  
Altoona PA 16601  
(814) 946-7111

This agency processes applications for cash assistance, medical assistance, food stamps, and long term care/waivers program for residents of Blair County.

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Blair Senior Services Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Home Delivered Meals provides nutritious meals to Blair County residents age 60 years of age or older who are unable to prepare meals for themselves. A hot meal is delivered Monday, Wednesday and Friday. A frozen meal is delivered on Monday and Wednesday for use on Tuesday and Thursday. When appropriate, cold breakfast and evening meals are also available. Congregate meals are provided at six Senior Centers throughout Blair County for persons age 60+ Monday through Friday.

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Blair Senior Services Inc  
Senior Centers

See page 38 for details.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Staff nutritionist provides meal planning for home health and hospice patients requiring special diets.

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Salvation Army  
1813 6<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 942-8104

Emergency food assistance for eligible persons. Soup kitchen open Saturday and Sunday at 4pm. Appointment needed.

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St. Vincent DePaul Society  
Food for Families Kitchen  
2201 Union Avenue  
Altoona PA 16602  
(814) 944-6302

Free lunch served Monday through Friday at noon.

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St. Vincent DePaul Society  
Assumption Chapel Food Pantry  
1523 Adams Avenue  
Altoona PA 16601  
(814) 943-7962

Groceries available to individuals who meet income eligibility requirements. Open Tuesday and Thursday 8:30 a.m. till 11:30 am.

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## **FRAUD**

Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
Toll Free: 1-800-245-3282  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

To report suspected fraud, contact the Intake Office at Blair Senior Services, Inc.

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Office of Attorney General  
Bureau of Consumer Protection  
444 East College Avenue  
State College, PA 16801  
(814) 836-3900  
[www.attorneygeneral.gov](http://www.attorneygeneral.gov)

Mediates complaints involving any lease, purchase or finance of any personal, family or household goods and investigates and prosecutes acts of fraud and deception that violate the Pennsylvania Consumer Law.

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Social Security Fraud Hotline  
1-800-269-0271  
[www.ssa.gov.org](http://www.ssa.gov.org)

To report suspected misuse of your social security number, or fraud, or waste of Social Security or Medicare benefits call the Social Security Fraud Hotline.

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**FRIENDLY VISITOR/ TELEPHONE REASSURANCE**

CONTACT Altoona  
Administrative Offices  
2729 Eighth Avenue  
Altoona PA 16602  
Office: (814) 946-0531  
Fax: (814) 946-4573  
24 hour helpline: (814) 946-9050  
E-mail: [tgrove@contactaltoona.com](mailto:tgrove@contactaltoona.com)

Free reassurances call daily at a specified time, to elderly, lonely or socially isolated persons, or persons needing a friendly medication reminder.

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Greater Altoona Jewish Federation  
1308 17<sup>th</sup> Street, 2<sup>nd</sup> Floor  
Altoona PA 16601  
(814) 515-1182  
E-mail: [altfed@atlanticbb.net](mailto:altfed@atlanticbb.net)

Visitation to nursing homes and homebound individuals for members of the Greater Altoona Jewish Community.

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Griswold Special Care

See page 7 for details.

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Home Instead Senior Care

See page 10 for details.

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## **FUEL ASSISTANCE**

Blair County Assistance Office  
1100 Green Avenue  
Altoona PA 16601  
(814) 946-7111

Assists persons on low or fixed income with paying their heating bills.

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**HEARING/SPEECH IMPAIRED, Services for**

Altoona Area Public Library  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602-3693  
(814) 946-0417

Offers captioned videotapes and DVD's.

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Altoona Regional Health System  
Speech Therapy *or* Station Medical Center  
Mallory Speech Center Physical Medicine and Rehabilitation Department  
501 Howard Avenue 17<sup>th</sup> Street and 9<sup>th</sup> Avenue  
Bldg A-106 Altoona, PA 16602  
Altoona, PA 16601 (814) 889-3900  
(814) 889-3155

[www.altoonaregional.org](http://www.altoonaregional.org)

Speech and language therapy for those with speech problems following stroke or other causes. Swallowing assessments.

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Easter Seals Central Pennsylvania  
501 Valley View Blvd  
PO Box 1749  
Altoona PA 16603-1749  
(814) 944-5014  
[eastersealscentralpa.org](http://eastersealscentralpa.org)

Speech and swallowing screenings and speech and language therapy services are available.

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HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Blvd  
Altoona PA 16602  
(814) 944-3533  
Toll Free: 1-800-873-4220

Certified and licensed Speech Pathologists administer care for a wide range of communication, cognitive/linguistic, and swallowing deficits. A few diagnoses treated include: ADD, CP, neurological diseases, spinal cord injury, stroke, brain injury, dysphagia or problems swallowing.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Speech pathology and swallowing assessments provided for patients receiving home health and hospice care.

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## **HOME CARE**

Blair Senior Services Inc.  
Family Caregiver Support Program

See page 8-9 for details.

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Blair Senior Services Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
Toll Free: 1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Personal Assistance Services provides in-home help with personal care and other daily activities for chronically disabled older persons 60 years of age or older.

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Blair Senior Services Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
[www.blairsenior.org](http://www.blairsenior.org)

Personal Care provides hands-on help with tasks such as bathing, grooming, oral hygiene and skin care for adults (60+). Services can also include respite for caregivers and assistance with household tasks.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Department of Aging Waiver Program provides community-based long term care services as an alternative to nursing home care. Older consumers (60+) must meet medical and financial eligibility requirements. A wide variety of services are available, including traditional in-home services and skilled care services. See page 115 for additional information.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 296-6302  
TDD: (814) 949-4856  
[www.blairsenior.org](http://www.blairsenior.org)

Medical supplies and equipment-provides assistive devices on loan and purchases consumable items such as incontinence supplies and nutritional supplements for eligible care managed adults aged 60 and over.

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Blair Senior Services CHOICES

1320 12<sup>th</sup> Avenue

Altoona PA 16601

(814) 946-1235

FAX (814) 296-6303

TDD: (814) 949-4856

[www.blairsenior.org](http://www.blairsenior.org)

E-mail: [spfister@blairsenior.org](mailto:spfister@blairsenior.org)

From housekeeping and personal care to pet care, CHOICES provides a variety of affordable services that allow you to choose a retirement lifestyle in your own home. By choosing and paying only for services you want, CHOICES enables you to be in control and your personal care manager is just a phone call away to make sure you are satisfied.

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Community Resources for Independence

Gables Office Building

1331 12<sup>th</sup> Avenue, Suite 103

Altoona, PA 16601

(814) 944-2645

Fax: (814) 944-2683

1-866-944-2645

SERVICES OFFERED: Home support, homemaking, companion, respite, grocery shopping, meal preparation, laundry, personal care including but not limited to transfers, bathing, personal hygiene, dressing and grooming.

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Home Instead Senior Care

See page 10 for details.

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Private Care Resources, Inc,  
See Page 11 for details.

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SeniorCARE Altoona  
1311 12<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-CARE (2273)  
www.seniorlifepa.com  
E-mail: info@seniorlifepa.com

SeniorLife Home Care Services may include nursing services, home-delivered meals, physical, speech and occupational therapies, medical services, social services, personal care and chore services.

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The Village at Morrisons Cove  
Aging in Place Services  
429 S. Market Street  
Martinsburg, PA 16662  
814-793-5233  
FAX 814-793-5230  
[www.villageatmorrisoncove.org](http://www.villageatmorrisoncove.org)  
E-Mail [vmcsp@aol.com](mailto:vmcsp@aol.com)

Provides services to individuals in their own homes including bathing, dressing, laundry, housekeeping, and transportation.

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## **HOME HEALTH**

Allegheny Lutheran Social Ministries  
ALSM at Home

See page 8 for details.

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Blair Senior Services CHOICES

See page 55 for details.

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Conemaugh Home Health  
2525 9<sup>th</sup> Avenue Suite 2A  
Puritan Park Medical Center  
Altoona PA 16602  
(814) 949-3973

Conemaugh Home Health is a team of well trained, caring professionals committed to providing quality care to patients of all ages. Services include: Nursing, physical therapy, occupational therapy, speech language pathology, medical social services and home health aides.

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Griswold Special Care

See page 7 for details.

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Home Helpers  
718 Logan Blvd.  
Hollidaysburg, PA 16648  
(814) 944-6790  
Fax: (814) 944-9729  
[www.homehelpers.cc](http://www.homehelpers.cc)

Provides personalized non-medical care services. Home Helpers can help you with all of your needs to include personal care, companionship, help around the house, errands, and transportation to appointments plus more.

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#### Home Instead Senior Care

See page 10 for details.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Medicare-certified home health and hospice care including: nursing; homemaker/home health aides; occupational and speech therapies; mental health nursing; wound, ostomy, cardiac and diabetic care, nutrition; medical social service; private duty; IV therapy; chemotherapy and oncology.

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Nason Hospital  
Home Health Agency  
108 Nason Drive  
Roaring Spring PA 16673  
(814) 224-2141 or (814) 224-6218  
Fax: (814) 224-6218

Home Health Care Services: skilled nursing; physical, occupational and speech therapy; medical social service; home health aide; enterstomal therapy; and Health Beginnings Plus program. Nason Hospital Home Health Agency is accredited by the Joint Commission for Accreditation of Healthcare Organizations and is certified by Medicare and Medicaid.

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Senior CARE Altoona

See page 56 for details.

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United Cerebral Palsy, SAR, Inc.

See page 23 for details.

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The Village at Morrisons Cove  
Aging in Place Services  
429 S. Market Street  
Martinsburg, PA 16662  
814-793-5233  
FAX 814-793-5230  
[www.villageatmorrisoncove.org](http://www.villageatmorrisoncove.org)  
E-Mail [vmcsp@aol.com](mailto:vmcsp@aol.com)

Provides skilled nursing, physical, occupational, and speech therapy, social services and home health aides in patients' homes.

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## **HOSPICE**

AseraCare Hospice  
1015 Logan Boulevard  
Altoona, PA 16601  
814-941-2900  
FAX 814-941-0600  
[www.AseraCare.com](http://www.AseraCare.com)

Provides physical, emotional and spiritual care to terminally ill patients and their families. AseraCare uses a team approach that includes trained hospice physicians, registered nurses, hospice aides, social workers, clergy, therapists, dieticians, and volunteers. Offers consultation and care at home, assisted living, and long-term care facilities and hospitals.

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Grane Hospice Care  
106 Zee Plaza  
Hollidaysburg, PA 16648  
1-800-379-0129  
FAX 814-695-1051  
[www.granehospice.com](http://www.granehospice.com)  
E-mail [adaniels@granehospice.com](mailto:adaniels@granehospice.com)

Provides a higher level of hospice care through a low patient to nurse ratio, allowing for more care time whenever needed. Our focus is to provide comfort and dignity when faced with a terminal illness. We provide a team-oriented approach to care that includes medical, social, emotional, and spiritual support during this difficult time. Our unique Pampered Patient Program is also included in our hospice care.

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Home Nursing Agency  
201 Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
[www.homenursingagency.com](http://www.homenursingagency.com)

Hospice program centers on the emotional, spiritual and physical well-being of the terminally ill and their families. Hospice care is coordinated by teams of experienced health professionals, including HNA's hospice physician, nurses, social workers, home health aides, therapists, nutritionists, trained volunteers and clergy. Medicare-certified hospice care provided to nursing home residents diagnosed with terminal illness.

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Horizons Hospice  
309 E. Plank Road  
Altoona, PA 16602  
814-946-5017  
FAX 814-946-5323  
[www.horizonshospice.org](http://www.horizonshospice.org)  
E-mail: [kevin.deyarmin@horizonshospice.org](mailto:kevin.deyarmin@horizonshospice.org)

Provides medical care to terminally ill patients in private homes, personal care homes, or nursing homes. We have registered nurses, social workers and spiritual care to increase your loved one's quality of life.

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Nason Hospital-  
Hospice  
108 Nason Drive  
Roaring Spring PA 16673  
(814) 224-2141  
(814) 224-6218  
Fax: (814) 224-6248

Nason Hospital Hospice provides Hospice services for terminally ill patients and their families or loved ones. Hospice care is provided by a multi-disciplinary team composed of physicians, nurses, home health aides, social workers, therapists, clergy, trained volunteers, and nutritionists. Compassionate care is provided in the home, inpatient at Nason Hospital, and to residents of skilled nursing facilities. Nason Hospital Hospice is accredited by the JCAHO and is certified by Medicare and Medicaid.

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SouthernCare

See page 15 for details.

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SouthernCare  
206-A Falon Lane  
Altoona, PA 16602  
(814) 944-9724  
Fax: (814) 944-9727  
Toll Free: 1-866-385-9229  
[www.southerncarehospice.com](http://www.southerncarehospice.com)

Provide care for the patients with a life limiting illness. Services include nursing care, medications, medical equipment, incontinent supplies, etc. Services covered by Medicare, Medicaid and many 3<sup>rd</sup> party insurance companies.

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## **HOUSEKEEPING/HOME REPAIRS**

Allegheny Lutheran Social Ministries  
ALSM at Home

See page 8 for details.

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Blair County Redevelopment Authority (COBRAH)  
1407 Blair Street  
PO Box 167  
Hollidaysburg PA 16648-0167  
(814) 695-7548  
(814) 944-1559  
Fax: (814) 695-5102

Grants for home repairs to income eligible persons.

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Blair Senior Services CHOICES

See page 55 for details.

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Community Resources for Independence

See page 55 for details.

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## **HOUSING**

Allegheny Lutheran Social Ministries  
Hillcrest Apartments & Cottages on the Hickory Commons Campus  
916 Hickory Street  
Hollidaysburg PA 16648  
(814) 696-4546  
1-800-400-2285  
Fax: (814) 693-8935  
www.alsm.org  
E-mail: gampem@alsm.org

Two distinct and inviting options in carefree independent living, Hickory Commons offers various sizes of two bedroom cottages and one or two bedroom apartments to select from based on individual preferences. ALSM at Home services and The Lutheran Home at Hollidaysburg are available on the campus.

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Altoona Housing Authority  
2700 Pleasant Valley Blvd  
Altoona PA 16602  
(814) 949-2000  
FAX (814) 949-2025  
[www.altoonahousing.org](http://www.altoonahousing.org)  
Email: cheryl.johns@altoonahousing.org

Elderly and non-elderly accessible apartments for low-income individuals.

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Blair County Housing Authority (COBRAH)  
1407 Blair Street  
PO Box 167  
Hollidaysburg PA 16648  
(814) 695-7548  
(814) 944-1559  
Fax: (814) 695-5102  
E-mail: raf@cobrah.com

Assistance with rent for income eligible persons. Subsidized housing for income eligible persons age 62 or over.

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Blair Senior Services Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
FAX FOR REFERRALS: (814) 946-2655  
www.blairsenior.org

Housing Assistance provides case management and assistance with rent, utilities, security deposits, mortgage foreclosures, temporary shelter, and budget counseling to persons 17 years of age (with documented emancipation) and older.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6303  
www.blairsenior.org

Nursing Home Transition Services identifies individuals residing in nursing homes who could live at home with community-based services and support. Provides assistance to those that wish to transition.

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EMERGENCY SHELTER PROJECT, INC

2700 8<sup>th</sup> Avenue

Altoona PA 16602

(814) 949-3778

Fax: (814) 943-5588

Office Hours: 9:00AM to 5:00PM

The purpose of the Emergency Shelter Project, Inc. is to assist families and individuals who are homeless to achieve a more independent lifestyle by providing emergency/transitional housing and access to an array of effective well-managed services. ESP works cooperatively with other agencies to meet its goal to end homelessness in our community. The staff works with each homeless family or individual, providing assistance to help clients obtain services needed to help them move toward self-sufficiency.

ESP provides emergency shelter for individual and families at 2700 Eight Avenue, Altoona. Each individual or family is assigned a bedroom and has the use of common areas. During their stay, residents will be expected to access local social service agencies to gain the skills, help and resources needed to gain independence. ESP assists single women, women with children, men with children, and intact families. On-site case management provided on a daily basis.

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Home Nursing Agency

500 East Chestnut Avenue

Altoona PA 16601

(814) 946-5411

1-800-445-6262

[www.homenursingagency.com](http://www.homenursingagency.com)

Variety of short and long term housing and personal care homes for individuals with mental illness or special needs.

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Salvation Army  
1813 6<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 942-8104

Emergency rental and utility assistance for eligible persons. Appointment needed.

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**HOUSING, for Seniors, Non-subsidized**

Graystone Bellmeade  
2040 East Pleasant Valley Boulevard  
Altoona, PA 16602  
814-943-6564

Parkview Terrace  
303 Valley View Boulevard  
Altoona, PA 16602  
814-944-0845

Graystone Hollidaysburg  
140 Holliday Hills Drive  
Hollidaysburg, PA 16648  
814-696-9592

Wolfe Court  
1501 11<sup>th</sup> Avenue  
Altoona, PA 16601  
814-946-9055

Graystone Las Villas  
1101 Flamingo Drive  
Altoona, PA 16602  
814-944-2330

Graystone Roaring Spring  
208 June Drive  
Roaring Spring, PA 16679  
814-224-4117

Graystone Tyrone  
1747 Adams Avenue  
Tyrone, PA 16686  
814-686-7464

Keith Hilltop Terrace  
1318 19<sup>th</sup> Avenue  
Altoona, PA 16601  
814-946-0603

**HOUSING for Seniors, Subsidized**

Bell Mansion Apartments  
617 Stadium Drive, Suite 100  
Bellwood, PA 16617  
814-742-1210

Bell Court  
West Cambria Street  
Bellwood, PA 16617  
814-695-7548

Blair Tower  
1600 8<sup>th</sup> Avenue  
Altoona, PA 16602  
946-5453

City Hall Commons  
1130 13<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-6171

Country Manor  
809 Country Manor Drive, Suite 1  
Duncansville, PA 16635  
814-695-6655

Dean House  
231 High Street  
Williamsburg, PA 16693  
814-832-3212

The Fairview  
331 22<sup>nd</sup> Avenue  
Altoona, PA 16601  
814-946-1515

Green Avenue Tower  
911 Green Avenue  
Altoona, PA 16601  
814-949-2009

IDA Tower  
1010 12<sup>th</sup> Street  
Suite 1  
Altoona, PA 16601  
814-944-4055

Liberty Village  
200 Second Street  
Williamsburg, PA 16693  
814-832-3212

Marian House Manor  
1408 4<sup>th</sup> Avenue  
Altoona, PA 16602  
814-942-5018

Pennsylvania House  
2 West 11<sup>th</sup> Street  
Tyrone, PA 16686  
814-684-2817

**HOUSING for Seniors, Subsidized**

Spring Manor Apartments  
300 Spring Street  
Hollidaysburg, PA 16648  
814-695-0388

Spring House  
321 High Street  
Williamsburg, PA 16693  
814-832-3212

Station Square  
807 13<sup>th</sup> Street  
Altoona, PA 16602  
814-943-0267

The Taylor  
1115 13<sup>th</sup> Avenue  
Altoona, PA 16601  
814-946-1515

Tyrone House Apartments  
212 East 12<sup>th</sup> Street  
Tyrone, PA 16686  
814-684-2606

Woodrow Wilson Gardens  
409 Evening Tide Avenue  
Altoona, PA 16602  
814-944-6221

11<sup>th</sup> Street Tower  
1100 11<sup>th</sup> Street  
Altoona, PA 16601  
814-949-2011

## **INFORMATION SERVICES**

Altoona Area Public Library  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602-3693  
(814) 946-0417  
Fax: (814) 946-3230

Free information and referral on a full range of topics. Professional reference staff provide help with information in book, magazine, video, audio and electronic formats.

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Altoona Regional Health System  
Healthy Living Club

See page 37 for details.

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Better Business Bureau  
400 Holiday Drive, Suite 220  
Pittsburgh, PA 15220  
(412) 456-2700  
Fax: (412) 922-8656  
Email: [info@pittsburgh.bbb.org](mailto:info@pittsburgh.bbb.org)

Recorded messages providing pre-purchase and general marketplace information on over 400 topics. Automated system available 24 hours a day and provides information on businesses and charities; offers complaint handling services and general consumer information.

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Blair/Clearfield County Association for the Blind and  
Visually Impaired

See page 6 for details.

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Blair County Human Services Office  
423 Allegheny Street, Suite 443  
Hollidaysburg PA 16648-2022  
(814) 693-3112  
Fax: (814) 693-3144  
www.hso.blairco.org  
E-mail: [ccrum@blairco.info](mailto:ccrum@blairco.info)

Provides answers to requests for information, offering choices in selecting appropriate agencies and/or referral from various agencies, resource people, and the community at large. This office assists in accessing grants for community based projects.

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Blair County Library System  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-0417 ext. 132  
Fax: (814) 946-3230  
[www.blaircountylibraries.org](http://www.blaircountylibraries.org)

Information on how to obtain walk-in or telephone reference service at eight public library locations throughout Blair County. General information on many health, consumer and other topics is available. Internet terminals for public use.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 944-61235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856  
Email: [www.blairsenior.org](http://www.blairsenior.org)

Outreach Services provides home visits to older persons (60+) who may be unaware of



agency services or who are unable to access the agency directly.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856  
Email: [www.blairsenior.org](http://www.blairsenior.org)

Prime Time Health provides wellness programming designed to assist older persons (60+) in achieving a healthier lifestyle as they age, including Health Steps in Motion exercise classes, the Blair County Golden Games, and programs presented at all six Senior Community.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 941-2655  
1-800-245-3183  
TDD: (814) 949-4856

Information and Referral Services links callers with questions and problems to community services and programs that can be of assistance.

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CONTACT Altoona  
Administrative Offices  
2729 Eighth Avenue  
Altoona PA 16602  
(814) 946-0531

24 hour helpline for information and referral: (814) 946-9050

Fax: (814) 946-4573

E-mail: [tgrove@contactaltoona.com](mailto:tgrove@contactaltoona.com)

Confidential help in finding the resources needed to solve problems.

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Department of Veterans Affairs

See page 99 for details.

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Family Resource Center of Blair County

200 E. Crawford Avenue, Room 103

Altoona PA 16602

(814) 941-7711

Fax: (814) 941-7722

E-mail: [Frc.altoona@verizon.net](mailto:Frc.altoona@verizon.net)

Help in accessing human service agencies, schools, health care facilities, housing and other community services.

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United Way of Blair County

5414 6<sup>th</sup> Avenue, Suite C

Altoona PA 16602

(814) 944-0884

Fax: (814) 946-5113

[www.unitedwayofblaircounty.org](http://www.unitedwayofblaircounty.org)

E-mail: [info@unitedway.org](mailto:info@unitedway.org)

Provides referral for individuals not covered by Medicare or other insurance coverage for assistance with Prescription Drug Coverage.

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WTAJ-TV 10  
Call For Action  
PO Box 10  
Altoona PA 16603  
(814) 944-9336

Free and confidential information, referral and action telephone service. Helps people solve problems they have not been able to solve on their own. Ask the Lawyer service 5-9 PM second Wednesday of every other month starting in January.

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## **INSURANCE ASSISTANCE**

Blair Senior Services, Inc.

1320 12<sup>th</sup> Avenue

Altoona PA 16601

(814) 946-1235

1-800-245-3282

Statewide APPRISE Hotline: 1-800-783-7067

TDD: (814) 949-4856

Email: [www.blairsenior.org](http://www.blairsenior.org)

APPRISE is a free health insurance counseling program designed to assist Pennsylvanians with Medicare. The Pennsylvania Department of Aging created APPRISE to help Medicare beneficiaries better understand their health insurance options and make sound decisions about what is best for them. APPRISE counselors can answer your questions about original Medicare, Medicaid, supplemental insurance, Medicare Advantage Plans, long-term care insurance, and Medicare prescription drug plans. Our counselors can:

- Help you decide which Medicare health plan is right for you by explaining how each plan works, its benefits, its coverage amounts and its costs.
- Help you understand your health insurance benefits by reviewing your Medicare Summary Notice or Explanation of Benefits which explain what services have been paid for, what you may owe and what your appeal rights are.
- Explain various assistance programs that may help pay your Medicare deductibles and part B premium and assist you with the necessary applications.
- Explain the Medicare Prescription Drug Benefit (Part D) and the various assistance programs that may help pay the premiums, deductibles and co-pays.

If you or a family member needs assistance with Medicare related issues, please call the APPRISE Program at (814) 946-1235.

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## **LEGAL SERVICES**

Blair County Bar Association  
Lawyer Referral Service  
423 Allegheny Street Law Library  
Court House Suite 227  
Hollidaysburg PA 16648  
(814) 693-3090  
(814) 693-3289

Lawyer referral service provides names and telephone numbers of lawyers who practice in Blair County. The law library is open to the public 8:00AM-12:30PM and 1:30PM-4:00PM Monday through Friday. Closed weekends and holidays. The law librarian cannot assist individuals with legal research. The public may use materials in the law library. A copy machine is available for public use. Copies are \$.25 each.

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Blair County Victim-Witness Program  
District Attorney's Office  
423 Allegheny Street, Suite 421  
Hollidaysburg PA 16648-3018  
(814) 693-3010  
(814) 693-3018  
Phone/Fax with answering machine: (814) 696-3900

To provide victims and witnesses of crime with the assistance and services necessary to support and aid them through the criminal justice process. A support group for families of homicide victims is offered on a monthly basis.

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Blair Senior Services, Inc  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856

Representative Payee, Power of Attorney and Guardianship Services are provided on an as-needed basis for persons 60+ who have no other responsible party to manage their personal and/or financial needs.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856

Provides the preparation of powers of attorney and wills by an attorney for Agency authorized older adults (60+). Living Will forms available by calling Blair Senior Services Intake Worker.

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Bureau of Consumer Protection

See page 48 for details.

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MID PENN Legal Services, Inc.  
171 Lakemont Park Blvd  
Altoona PA 16602  
(814) 943-8139  
Fax: (814) 944-2640

1-800-326-9177

[www.midpenn.org](http://www.midpenn.org)

Makes free legal services available to low income people in a variety of civil matters. Provides community education events and materials to the public and client populations in order to prevent the need for direct representation in a variety of civil matters. Network with local private bar associations to promote pro bono referrals for various civil matters.

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PA Senior Law Helpline

1-877-727-7529

Statewide confidential telephone service that provides free legal advice and information to Pennsylvania residents who are 60 or older.

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## **MENTAL HEALTH**

Altoona Regional Health System  
Access Center  
620 Howard Avenue  
Altoona PA 16601  
(814) 889-2279 option #3  
[www.altoonaregional.org](http://www.altoonaregional.org)

ARHS Access Center is the central point of contact for Blair County residents seeking non-emergent behavioral health services. The Access Center is available Monday through Friday from 8 am to 4 pm. Access Center staff will connect you with the appropriate services at a behavioral health provider of your choice.

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Altoona Regional Health System  
Crisis Center  
620 Howard Ave  
Altoona PA 16601  
(814) 889-2141  
1-800-540-4690  
[www.altoonaregional.org](http://www.altoonaregional.org)

ARHS Crisis Center is an emergency service for behavioral health that is available 24/7 for telephone, walk in, and mobile services. The Crisis Center is located at the Altoona Hospital adjacent to the Emergency Department. This is a confidential service and there is no charge.

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Altoona Regional Health System  
Inpatient Behavioral Health Services  
620 Howard Ave  
Altoona, PA 16601  
(814) 889-4189  
1-800-378-5580  
Email: [www.altoonaregional.org](http://www.altoonaregional.org)

The Inpatient Behavioral Health Unit provides intensive, 24-hour-a-day evaluation and treatment for patients with mental disorders based on the American Psychiatric Association's DSM IV, who meets the criteria for admission. Inpatient services are



provided for individuals who cannot be effectively treated on an outpatient basis. This 34 bed unit offers multi-disciplinary treatment team approach consisting of psychiatrist, nurses, recreation therapy, social services, and mental health workers.

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CONTACT Altoona  
Administrative Offices  
2729 Eighth Ave  
Altoona PA 16602  
(814) 946-0531  
24 Hour Helpline: (814) 946-9050  
Fax: (814) 946-4573  
E-mail: [tgrove@contactaltoona.com](mailto:tgrove@contactaltoona.com)

Contact Altoona provides a free 24-hour helpline to folks just needing someone to talk with at anytime day or night. All services are completely confidential and anonymous. The place for folks to turn when it seems there is nowhere to turn.

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Home Nursing Agency  
500 E. Chestnut Avenue  
Altoona PA 16601  
(814) 946-5411  
1-800-445-6262  
Email: [www.homenursingagency.com](http://www.homenursingagency.com)

Group therapy, activity therapy and individual counseling for individuals diagnosed with chronic mental disorder. Services include partial hospitalization (insight-oriented, skill building and activity therapy) and social rehabilitation. Day and evening group programs. Mental health nursing available for home health and hospice patients.

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National Alliance for the Mentally Ill (NAMI)  
NAMI Blair County  
PO Box 3155  
Altoona PA 16601  
(814) 942-4779 or 943-0414  
E-mail: [mlweller@aol.com](mailto:mlweller@aol.com)  
Web: [www.nami.org](http://www.nami.org)

Educational programs, support information to families and individuals with mental illness and dual diagnosis (Mental Illness/Substance Abuse). Monthly support group to provide information and updates on mental health issues.

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Primary Health Network  
Altoona Behavioral Health Center  
620 Howard Avenue  
Building G  
Altoona, PA 16601  
814-942-5000  
[www.primary-health.net](http://www.primary-health.net)

Outpatient evaluation and treatment of emotional and behavioral changes affecting older adults.

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Tyrone Hospital Outpatient Counseling Service for Older Adults  
221 Hospital Drive, Suite 1  
Tyrone, PA 16676  
814-684-2501  
FAX 814-684-2751  
[www.tyronehospital.org](http://www.tyronehospital.org)

Counseling for adults 55 and over. Services include assessments/evaluations, group, family, and individual therapy, and medication management. Free, confidential, in-home and community assessments available upon request.

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## **MENTAL RETARDATION**

The Arc of Blair County

See page 16 for details.

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Blair County Mental Retardation Services, Inc.  
North Star Support Services  
500 Lakemont Park Blvd  
Altoona PA 16602  
(814) 946-3657  
FAX (814) 946-4032

Support coordination to assist individuals with developmental disabilities to receive services and supports to help them to be safe and healthy and as independent as possible. These services can be provided both in home and in the community.

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Crossroads Adult Training Facility

See page 4 for details.

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Home Nursing Agency  
ACEL Program

See page 4 for details.

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Skills of Central Pennsylvania  
Adult Training Services  
2101 8<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-9522  
Fax: (814) 944-9825  
[www.skillsofcentralpa.org](http://www.skillsofcentralpa.org)

Provides adult day services (adult education, recreation, socialization, activities of daily living and community outreach) to adults with developmental disabilities.

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## **MONEY/FINANCE**

Blair County Housing Authority (COBRAH)

See page 65 for details.

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Catholic Charities  
1300 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 944-9388  
Fax: (814) 941-2677

Financial assistance and budget counseling. Aid is given to assist in meeting emergency needs for those existing on a substandard income.

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Community Action  
2100 6<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-3651  
1-800-238-9763  
Fax: (814) 946-5451  
Email: [bccap@blaircap.org](mailto:bccap@blaircap.org)

- 1) Dollar Energy Fund – helps low income individuals with their gas bills.
  - 2) Project Good Neighbor – helps low income individuals with their Penelec bills.
  - 3) Weatherization is done for qualified households to make homes more energy efficient.
- 

Consumer Credit Counseling Service//Advantage CCS  
917A Logan Blvd, Royal ReMax Plaza  
Altoona PA 16602  
888-511-2227  
Fax: 412-390-1335  
[www.advantageccs.org](http://www.advantageccs.org)  
E-mail: [info@advantageccs.org](mailto:info@advantageccs.org)

CCCS helps people take control of their financial health by providing credit and budget counseling sessions. If appropriate, certified credit counselors may suggest our Debt

Management Program to help consumers get out of debt. In-person and telephone counseling is available. The agency also provides the required counseling for senior citizens who are interested in applying for a reverse mortgage. Further housing counseling is also available to prevent mortgage foreclosure.

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Social Security Administration  
303 Cayuga Avenue  
Altoona, PA 16602  
1-800-772-1213  
(814) 943-5208  
Fax: (814) 943-5365  
[www.SSA.gov](http://www.SSA.gov)

Process claims and answer questions about Social Security, Medicare and Supplemental Security Income programs.

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**NURSING HOMES/PERSONAL CARE HOMES/ASSISTED LIVING (Placement Issues)**

Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856

Placement Services help families with the process of selecting a long term care facility for their 60+ family member.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
Fax: (814) 296-6302  
1-800-245-3182  
TDD: (814) 949-4856

Domiciliary Care offers a protective living arrangement in a family-like setting for eligible individuals 18 years and older. Room, board and help with activities of daily living are provided.

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Blair Senior Services, Inc.  
Department of Aging Waiver Program

See page 54 for details.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6303  
1-800-245-3282  
TDD: (814) 949-4856

Pre-Admission Assessment provides a comprehensive assessment for persons 18 years of age or older who are seeking a level-of-care determination prior to admission to a long term care facility. See page 120 for additional information.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856

The Ombudsman Program investigates and mediates complaints related to the health, safety or rights of older individuals (60+) who are receiving long term care services.

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## **PENSIONS**

US Railroad Retirement Board  
1514 11<sup>th</sup> Avenue  
PO Box 990  
Altoona PA 16603-0990  
1-877-772-5772  
Fax: (814) 946-3620  
E-mail: [altoona@rrb.gov](mailto:altoona@rrb.gov)  
Website: [www.RRB.gov](http://www.RRB.gov)

Railroad Retirement, Railroad Medicare, Railroad Unemployment and Railroad Sickness benefits.

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Social Security Administration

See page 85 for details.

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## **PHYSICIAN REFERRALS**

Altoona Regional Health System  
Physician Finder Service  
620 Howard Avenue  
Altoona PA 16601-4899  
1-800-258-4677  
[www.altoonaregional.org](http://www.altoonaregional.org)

Provides information regarding physicians, specialists, and services affiliated with Altoona Regional Health System.

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Tyrone Hospital  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-6348  
[www.tyronehospital.org](http://www.tyronehospital.org)

Free information regarding the primary care physicians and specialists affiliated with Tyrone Hospital. Information on hospital services, also available.

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## **RECREATION/SOCIALIZATION**

Altoona Public Library  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-0417  
Fax: (814) 946-3230  
[www.altoonalibrary.org](http://www.altoonalibrary.org)  
E-mail: [swilliams@altoonalibrary.org](mailto:swilliams@altoonalibrary.org)

Provides programs on arts and crafts, gardening and other topics. Offers novels, audiotapes, videotapes and other books and materials. Internet terminals for public use. Book delivery to homebound.

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Blair County Library System  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-0417 ext 132  
Fax: (814) 946-3230  
[www.blaircountylibraries.org](http://www.blaircountylibraries.org)  
E-mail: [blacolib@aasdc.com](mailto:blacolib@aasdc.com)

Information on how to obtain access to over 400,00 leisure reading, listening and viewing materials at eight public library locations throughout Blair County. Materials include books, video, audio books, and internet terminals for public use.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
Fax: (814) 296-6302  
1-800-245-3282  
TDD: (814) 949-4856

- 1) Six senior centers—see page 38 for details.
  - 2) Healthy Steps in Motion (HSIM), a peer-led strength and conditioning program, is offered, free of charge, at a variety of locations throughout Blair County.
  - 3) The Blair County Golden Games, a Senior Olympic event, offers athletes (50+) the opportunity to compete in a wide variety of physical and intellectual events.
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Home Nursing Agency  
ACEL Program

See page 4 for details.

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Home Nursing Agency  
Adult Daycare Center

See page 4 for details.

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Senior CARE Altoona  
1311 12<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-CARE (2273)  
[www.seniorlifepa.com](http://www.seniorlifepa.com)  
E-mail: [info@seniorlifepa.com](mailto:info@seniorlifepa.com)

Provides activities and socialization at the Life Center. Meals and transportation are provided to our members.

---

## **SUPPORT GROUPS**

### **Alcohol**

Alcoholics Anonymous  
Several Locations Available  
(814) 946-9002  
www.aa.org

Meetings offered daily and at various times to accommodate any schedule. Contact like also offers to ability to speak directly to a recovering alcoholic. Call for location and time.

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Tyrone Hospital  
Alcoholics Anonymous

See page 35 for details.

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### **Alzheimer's Disease**

Altoona Regional Health System  
Alzheimer's Association Support Group

See page 18 for details

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### **Blindness/Visual Impairment**

Blair/Clearfield County Association for the Blind and  
Visually Impaired  
300 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-2021  
Fax: (814) 944-3197  
E-mail: bcab@verizon.net

Support group available.

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## **Breast Cancer**

Altoona Regional Health System  
"Stars of Hope" Support Group

See page 20 for details.

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## **Cancer**

American Cancer Society  
General Support Group  
1004 N. Juniata Street  
Hollidaysburg PA 16648  
1-888-227-5445  
FAX 1-814-695-8986  
[www.cancer.org](http://www.cancer.org)

General support. Held at St. James Catholic Church. Call Donna Moyer at 814-942-8689 for times and details.

---

I Can Cope  
1004 N. Juniata Street  
Hollidaysburg PA 16648  
1-888-333-5129 option 3  
[www.cancer.org](http://www.cancer.org)

I Can Cope is a free program offered to give facts, encouragement, and practical hints, through presentations and discussions. Two locations in Blair County.

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American Cancer Society  
Ostomy Society

See page 21 for details.

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## **Cardiac Issues**

AseraCare Hospice  
1015 Logan Boulevard  
Altoona, PA 16602  
814-941-2900  
FAX 814-941-0600  
[www.aseracarehospice.com](http://www.aseracarehospice.com)

Cardiac Support Group. See ad.

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## **Caregivers**

Altoona Regional Health System  
Caregiver's Corner Support Group  
See page 8 for details.

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## **Depression and Bipolar Disorder**

Altoona Regional Health System  
Depression and Bipolar Self-Help Group  
620 Howard Avenue  
Altoona PA 16601  
(814) 889-2141  
[www.altoonaregional.org](http://www.altoonaregional.org)

Meetings held every Wednesday at 7 p.m. Meetings held in the Allegheny room.

---

## **Grief/Bereavement**

Altoona Regional Health System  
Grief/Bereavement Support Group  
Altoona Hospital Campus  
620 Howard Avenue  
Altoona PA 16601  
(814) 889-4323  
[www.altoonaregional.org](http://www.altoonaregional.org)  
Meetings held every first and third Wednesday evening at 6 p.m. Call for meeting location.

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AseraCare Hospice  
1015 Logan Boulevard  
Altoona, PA 16602  
814-941-2900  
FAX 814-941-0600  
[www.aseracarehospice.com](http://www.aseracarehospice.com)

Lost Loved One and Grief Support Group. See ad.

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E. Merrill Smith Funeral Home, Inc.  
Kevin M. Smith, Supervisor  
Cheryl A. Smith, Aftercare Coordinator  
E. Merrill Smith, Funeral Home, Inc.  
Grief Support Group  
2309 Broad Avenue  
Altoona PA 16601  
(814) 944-9755  
(814) 943-9991  
Fax: (814) 944-5433  
[www.smithfuneralcenter.com](http://www.smithfuneralcenter.com)

Please call for current schedule.

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Home Nursing Agency  
201 Chestnut Avenue  
PO Box 352  
Altoona PA 16603-0352  
(814) 946-5411

Bereaved persons' support group to all community residents who have experienced the death of a loved one. Bereavement counseling and follow-up provided for family members of hospice patients.

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## **Head Trauma**

HealthSouth Rehabilitation Hospital of Altoona  
2005 Valley View Blvd  
Altoona PA 16602  
(814) 944-3535  
1-800-873-4220

Support and education for head trauma patients and their families/friends.  
Support group meets 2<sup>nd</sup> Thursday of each month.

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## **Mental Retardation**

The ARC of Blair County

See page 16 for details.

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## **Parkinson's Disease**

Altoona Regional Health System  
Parkinson's Disease Support Group

See page 31 for details.

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## **Stroke**

Altoona Regional Health System  
Stroke Support Group  
Station Medical Center classroom  
17<sup>th</sup> Street and 9<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 889-2356  
[www.altoonaregional.org](http://www.altoonaregional.org)

To encourage, share and help cope with lifestyle changes after a stroke. Meets every second Tuesday from noon to 2 p.m.

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## **TRANSPORTATION**

Allegheny Lutheran Social Ministries  
ALSM at Home

See page 8 for details.

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Altoona Metro Transit (Amtran)  
3301 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-4074  
Fax: (814) 941-2733  
[www.amtran.org](http://www.amtran.org)

Free transit to persons over 65 all day every day. Free transit ID cards available at office. Call 944-4074 for schedule and route information.

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AMED Authority  
1012 7<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 943-8993  
[www.amedems.org](http://www.amedems.org)

AMED proudly provides Emergency Medical Services to Altoona, Logan Township, Tyrone and the surrounding areas. We also provide non-emergency transportation for people using wheel chairs or needing a stretcher.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
1-800-245-3282  
TDD: (814) 949-4856

Provides accessible, door-to-door shared-ride van service throughout Blair County. Call 695-3560 or 1-800-458-5552 for reservations.

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Med-Van Transport  
Non Emergency Ambulance Service  
1311 Philadelphia Avenue  
Northern Cambria PA 15714  
(814) 948-6170  
FAX: (814) 948-6184  
Email: [jimsmith@med-van.com](mailto:jimsmith@med-van.com), [www.med-van.com](http://www.med-van.com)

Transportation Service – Elderly, Handicapped to Doctor visits, Dialysis, Radiation, etc.

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Med-Call  
1-877-521-7433

Non-emergency transportation for UPMC health insurance customers.

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Senior CARE Altoona  
1311 12<sup>th</sup> Avenue  
Altoona, PA 16601  
814-943-CARE (2273)  
[www.seniorlifepa.com](http://www.seniorlifepa.com)  
E-mail: [info@seniorlifebensburg.com](mailto:info@seniorlifebensburg.com)

SeniorLife provides transportation for its members to and from the Life Center and to and from any medical appointments.

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TransCare  
1-800-822-5479

Non-emergency transportation for Security Blue, Keystone Blue and Select Blue insurance customers.

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Tyrone Hospital Care Car  
187 Hospital Drive  
Tyrone PA 16686  
(814) 684-1255

Free transportation to hospital, physician offices and pharmacies within Tyrone Area School District.

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## **VETERAN SERVICES**

American Red Cross Southern Alleghenies Chapter  
4100 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 944-6146  
Fax: (814) 944-1753

Provides financial assistance for eligible veterans.

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Department of Veterans Affairs  
423 Allegheny Street Suite 112  
Hollidaysburg PA 16648-2022  
(814) 693-3160

Pensions, VA medical benefits, death benefits, military discharges, VA life insurance, etc.

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Hollidaysburg Veterans Home  
PO Box 319  
Hollidaysburg PA 16648  
(814) 696-5356  
Fax: (814) 696-5260

Long term care for Pennsylvania veterans and spouses. Services include: nursing care, personal care, domiciliary care, dementia and Alzheimer's care. Licensed by Commonwealth of PA as nursing home and as personal care home.

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James E. Van Zandt VA Medical Center  
2907 Pleasant Valley Blvd  
Altoona PA 16602  
(814) 943-8164  
Fax: (814) 940-7524

Assessment and evaluation of the geriatric veteran who desires to remain at home as long as possible. Provides for referrals for services and equipment needed to reach that goal. See ad for list of contacts.

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James E. Van Zandt Medical Center  
2907 Pleasant Valley Blvd  
Altoona PA 16602  
(814) 943-8164  
Fax: (814) 940-7893

Provides referrals to community agencies for eligible veterans in need of the following services: Adult Day Health Care, In- Home Respite, Homemaker/Home Health Aide, and Hospice. See ad for list of contacts.

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## **VOLUNTEER PROGRAMS**

Altoona Regional Health System  
Altoona Hospital Campus  
620 Howard Avenue  
Altoona PA 16601  
Altoona Hospital Campus (814) 889-2151  
[www.altoonaregional.org](http://www.altoonaregional.org)

There are many volunteer opportunities available. Assignments are based on individual interests, skills and current needs of Altoona Regional. Morning, afternoon, evening and weekend positions are available.

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Big Brothers/Big Sisters of Blair County  
891 23<sup>rd</sup> Street  
Altoona PA 16601  
(814) 944-6129  
Fax: (814) 944-9094  
E-mail: [blairbbbsdirect@aol.com](mailto:blairbbbsdirect@aol.com)  
[www.bbbsblaircounty.org](http://www.bbbsblaircounty.org)

Volunteers needed to mentor at-risk children. The children we serve need adult guidance and friendship. It only takes four (4) hours a month to make a life-changing difference in the life of a child.

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Blair County Literacy Council  
Altoona Area Public Library  
1600 5<sup>th</sup> Avenue  
Altoona PA 16602  
(814) 946-1544  
(814) 942-1234  
Fax: (814) 946-3230  
E-mail: [literacy@altoonalibrary.org](mailto:literacy@altoonalibrary.org)

Provides free, confidential, personalized reading and writing instruction to adults 17 years and over. Adult learners are matched with a trained tutor and work in a one-on-one teaching situation. The program provides free adult English as a Second Language instruction.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 941-2655  
1-800-245-3282  
TDD: (814) 949-4856

The Senior Companion Program (SCP) provides stipend volunteer opportunities to low income persons aged 55 and over who help other older persons remain independent in their own homes.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 941-2655  
1-800-245-3282  
TDD: (814) 949-4856

Foster Grandparent Program (FGP) provides stipend volunteer opportunities to low income older persons (60+) who offer supportive services to children with special needs.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 941-2655  
1-800-245-3282  
TDD: (814) 949-4856

VOICE (Volunteer Opportunities Involving Community Empowerment): allows individuals to volunteer their time and efforts in a number of vital services provided directly by Blair Senior Services Inc. Trained volunteers participate in such areas as meal delivery, VITA tax preparation, APPRISE health insurance counseling, Ombudsman, Health Steps in Motion, telephone reassurance, senior centers, and clerical functions.

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Blair Senior Services, Inc.  
1320 12<sup>th</sup> Avenue  
Altoona PA 16601  
(814) 946-1235  
FAX FOR REFERRALS: (814) 941-2655  
1-800-245-3282  
TDD: (814) 949-4856

Home Delivered Meals, also known as Meals on Wheels, recruits volunteers to assist with meal deliveries to homebound older adults. Deliveries are made around noon time on Mondays, Wednesdays and Fridays. The average volunteer schedule is one day per week for two hours, with approximately 20 stops per route. Volunteers can work with the HDM Coordinator to determine the most suitable schedule.

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CONTACT Altoona  
Administrative Offices  
2729 Eighth Avenue  
Altoona PA 16602  
(814) 946-0531  
Fax: (814) 946-4573  
24 hour helpline: (814) 946-9059  
E-mail: [tgrove@contactaltoona.com](mailto:tgrove@contactaltoona.com)

All volunteer telephone helpline service. Everyone needs someone to talk with who can answer questions, lend a caring ear and help to point them in the right direction. CONTACT Altoona is the service for people to turn to when it seems there is nowhere to turn. Free training is provided to anyone interested in becoming a volunteer. CONTACT Altoona makes a difference in the lives of many in the community.

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Easter Seals Central Pennsylvania  
501 Valley View Boulevard  
P.O. Box 1749  
Atloona, PA 16601  
814-944-5014  
[www.eastersealscentralpa.org](http://www.eastersealscentralpa.org)

Welcomes volunteers for clerical, maintenance or fundraising projects.

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Hollidaysburg Area YMCA  
1111 Hewitt Street  
Hollidaysburg PA 16648  
(814) 695-4467  
E-mail: [contactus@hollidaysburgareaymca.org](mailto:contactus@hollidaysburgareaymca.org)

As a YMCA volunteer, you can lead a program, serve as a role model for young people, help out in the office with special projects, raise money as a campaigner, or be a part of a group like the Y Women's Auxiliary. No matter how you help, you will make a difference in the community.

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Tyrone Hospital  
187 Hospital Drive  
Tyrone, PA 16686  
814-684-1255  
FAX 814-684-6395  
[www.tyronehospital.org](http://www.tyronehospital.org)

Adults age 18 or older may volunteer to assist with clerical and other tasks. Orientation and training are provided. Volunteers must provide their own transportation.

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## **WOMEN'S SERVICES**

Altoona Regional Health System  
Women's Health and Wellness Center

See page 20 for details.

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## WHERE TO TURN WHEN INDEPENDENT LIVING BECOMES A CHALLENGE

What is the difference between a Nursing Home and a Personal Care Home? How is Acute Hospital care different from Rehabilitation Hospital care? Are there services to help my loved one stay at home and receive necessary care? This section discusses your options for supportive care.

The world of health care is changing. There is a wide variety of care providers available to you as you face health concerns in your later years. This network of providers is often called the “continuum of care.” As the name implies, care is available to address multiple health needs -- from intermittent examinations and treatments in your home to 24 hour per day supervision and medical care.

As this system has developed, it has become more complex. Each level of care serves specific clientele. How do you know where to turn? What level is appropriate for you or your loved one? How do you make such decisions? Choices can be overwhelming and confusing. So, where do you turn when independent living becomes a challenge?

The **first step is information**, and that is what this special section is all about. This section highlights the various levels of special care to help you manage life’s challenges. Each discussion of a level of care includes a scenario describing when the services offered would be appropriate and more general information that will help you determine if the care is right for you. **So first, read the entire section to get a feel for the range of services available to assist you.**

**Next, consider the options which appear to meet your needs.** There are options available for almost every situation. You must weigh these options in light of your own needs, personal and financial resources, insurance coverage, and other factors. This is where the work comes in. This decision-making process is often laden with emotions. Our best recommendation is to think **ahead... nobody likes to think about needing these services, but most of us will use these services at some time in our lives. Plan for your future! Remember**, it is never too early to discuss your options or preferences for future care needs.

Finally, take action! Maybe you need assistance with your decision-making, or need clarification of certain options. Or maybe you have made your decision and want to pursue that level of care. **Use the phone numbers listed with each option to help**

**find out more about that level of care.** Remember, **take notes on your conversation** -- record who you spoke with, details of your conversation, and jot down any appointments or follow-up activities.

**Be a good consumer, ask all of your difficult questions!**

If this process does not work for you or if you are just too overwhelmed to “do it alone” don’t despair. You can get more **assistance from sources listed under “INFORMATION SERVICES”** in this manual, or you can call **Blair Senior Services, Inc., at 946-1235.**

**You are not alone in your situation... there are people, professionals in the field of aging, who will help you.**

## **ACUTE CARE AND REHABILITATION CARE HOSPITALS**

Mr. Jackson is a 65-year-old retired businessman who lives alone in a third-story apartment. One night during the winter, he slips on the ice while carrying groceries up the front steps of his building and breaks his hip. A neighbor calls the 911 emergency #, and an ambulance arrives. The ambulance takes Mr. Jackson to the emergency room of the nearest acute-care hospital where he is admitted and surgery is performed on his fractured hip the next day.

After the surgery, Mr. Jackson spends 4-5 days in the hospital during which time he receives rehabilitation therapy. Mr. Jackson's progress in rehabilitation therapy will determine where he goes next. If he does extremely well and is able to walk independently with a walker, he could return home and receive supportive services. If it is determined that Mr. Jackson would benefit from additional rehabilitative therapy he may transfer directly from the acute-care hospital to a Rehabilitation Hospital where he can continue to receive rehabilitative therapy and gain strength. If Mr. Jackson responds well to therapy, he will stay at the Rehabilitation Hospital approximately 2 weeks before returning home.

Finally, if Mr. Jackson is progressing more slowly in rehabilitative therapy while in the hospital, he may require a longer convalescent period. In this case, he may enter a nursing home (nursing facility) where the physical therapy that began in the hospital will be continued but at a slower pace than in a Rehabilitation Hospital. If Mr. Jackson responds well to therapy, his stay in the nursing facility may be short term ranging from 6-8 weeks before returning home. If Mr. Jackson does not respond well to rehabilitative therapy, his stay in the nursing facility may be long term.

### **WHAT IS AN ACUTE CARE HOSPITAL?**

Acute care hospitals provide specialized diagnostic medical services (that cannot be provided in any other setting). Acute Care hospitals provide these medical services in an attempt to alleviate, cure or correct an acute medical condition. The length of stay in an acute care hospital is usually of relatively short duration (less than 7 days). Once the patient's acute medical problem has stabilized, they no longer require the services of an acute care hospital. The patient's condition at discharge from the acute care facility will determine where they are discharged to and what services they may require.

It should be noted that acute care hospitals also provide many diagnostic and medical services on an out-patient basis.

### **WHAT IS A REHABILITATION HOSPITAL?**

Rehabilitation Hospitals assist persons with disabilities resulting from injury or disease to achieve their maximum level of independence and functioning by providing extensive rehabilitation services such as physical, occupational and speech therapy. Dependent upon the individual, the length of stay at a rehabilitation hospital could average from 1 week to 1 month. It should be noted that rehabilitation hospitals also provide many services on an outpatient basis.

For more information see Hospital Listings page 124.

## **CARE MANAGEMENT SERVICES**

Mrs. Harrison is a 65 year-old female who is in the hospital following a heart attack. She is to be discharged soon to return home to her 70-year-old husband. She is not eligible to receive Medicare covered in-home services. A referral is being made to the local Area Agency on Aging, Blair Senior Services, Inc., because Mrs. Harrison has restricted activities and will need assistance with personal care and meals. A care management worker from Blair Senior Services visits Mrs. Harrison to assess her needs once she has returned home. Arrangements are made to have personal care visits three times a week and home delivered meals. The care management worker will continue to monitor the situation and will reassess Mrs. Harrison in 6 months.

## **WHAT IS CARE MANAGEMENT?**

Care Management is the process through which client needs are met in the most appropriate, least-restrictive setting. The process focuses on assessing the client's needs. The Care Manager, along with the client, develops a care plan matching the client's needs to available services or supports. The Care Manager further monitors the services provided and reassesses the client's condition. Blair Senior Services Care Managers can authorize such services as Meals on Wheels, Personal Care, Personal Assistance, Adult Day Care or Medical Equipment and Supplies.

For more information, contact Blair Senior Services at 946-1235 or Toll Free 1-800-245-3282.

## **ADULT DAY CARE**

Mrs. Walters is 72 years old. She lives with her daughter and son-in-law. They both work and are concerned about her spending so much time alone. Mrs. Walters' physical health is good; however, she sometimes has problems with walking due to arthritis. She is also showing some short-term memory loss such as not always recognizing the paperboy, whom she dearly loves, forgetting to deposit her retirement checks and to pay her bills. She sometimes forgets to eat lunch and is becoming disoriented to time. The old neighborhood no longer looks familiar to her. The last time she left the house by herself, she could not find her way home and had to be helped by a neighbor. The family feels the situation is becoming unsafe for her to be home alone. However, they want her to continue to live with them as long as possible. Adult Day Care has been suggested as an alternative to the care offered in a personal care or skilled nursing facility. The family has decided to enroll Mrs. Walters in a day program five days a week.

### **WHAT IS ADULT DAY CARE?**

Adult Day Care provides personal care, supervision and organized, meaningful activities in a secure setting. Staff members are specially trained to handle the needs of participants with a variety of health problems. For example, people with Alzheimer's disease, Parkinson's Disease, stroke-related disabilities, incontinence, dementia and diabetes often use adult day care services. Adult Day Care also provides participants with a family-like atmosphere where they can enjoy the company of others. Caregivers may become overwhelmed with trying to balance caring for an aging loved one with other demands, such as young children in the home, jobs, or their own health problems. The staff members do not replace the family caregiver - but they can help share in the caring. Participants benefit from the program in many ways: by postponing the need for admission to a more costly personal care or nursing care facility; by remaining in their own home with their family; by the opportunity to socialize with others and enjoy group and individual activities; and by staying mentally and socially active. A comprehensive care plan is developed to address each person's physical, mental, social and emotional needs. Adult Day Care Programs are licensed by the Pennsylvania Department of Aging. Days and hours of operation vary among adult day care providers.

For more information see Adult Day Care pages 3 - 5.

## **HOME HEALTH CARE**

Mr. Smith is 68 years old and was recently diagnosed with a brain tumor which led to paralysis on his right side as well as some changes in his judgment and thinking skills. He was admitted to the hospital for surgery to remove the tumor. Following surgery, he was discharged from the hospital with doctor's orders to have home health care services.

Mrs. Jones, is 72 years old, and was recently hospitalized when her heart condition worsened. Her condition stabilized after several days in the hospital, although she was much weaker and required continuous oxygen. She was discharged to her home and prescribed home health care. Her only caregiver is her daughter, who works full time outside the home.

### **WHAT IS HOME HEALTH CARE?**

Home Health Agencies differ in the types of services they provide. Those offering the most comprehensive services offer skilled nursing care; physical, occupational and speech therapy; and psychiatric nursing. The nursing staff may include nurses with special training to care for individuals with specific health problems, such as wound care, nutritional problems, oncology or IV therapy. Such services focus on stabilizing or improving an individual's physical condition or ability to function with new limitations. Most home health agencies also have homemaker/home health aides who provide assistance with the tasks of daily living, from basic home chores to personal hygiene. Home health social workers may be available to provide assistance when it is necessary to consider alternatives for continuing care. Hospice care may also be available, providing a wide range of medical, emotional, social and spiritual services for individuals who are dying and their families.

Home care staff also takes time to teach the caregivers and family members how to care for the patient at home. Many insurance plans, Medicare and Medicaid include home health care as a covered service. Private duty home care is also available.

For more information see Home Care and Home Health, pages 53 – 59.



## **DOMICILIARY CARE**

Mrs. Campbell, who is 77 years old, lives with her daughter and son-in-law who both work full time. Mrs. Campbell is a diabetic, has high blood pressure and retinal neuropathy (poor eyesight). She also has some difficulty with her hearing. She does not like to be with very many people. She is quiet and reserved. She requires supervision with her insulin, medication and her special diet. Her blood sugar needs to be monitored daily. Her family is unable to stay home 24 hours a day to supervise and monitor her care. The family may want to consider DOMICILIARY CARE for their mother.

### **WHAT IS DOMICILIARY CARE? (DOM CARE)**

Dom Care provides supervised care within a private residential home in Blair County that has been certified by Blair Senior Services. Dom Care offers assistance with daily living activities to the consumer. It allows the individual personal freedom, along with the security of living with someone. A consumer is someone 18 years of age or older who is unable to live independently due to an age-related problem, a physical disability or a mental disability. They are able to perform some degree of personal care and do not require a nursing home level of care.

When an individual is interested in Dom Care, he/she meets with the Dom Care Program Coordinator at Blair Senior Services, Inc., to discuss his/her needs and the feasibility of placement. If the consumer meets the requirements for Dom Care, the Dom Care Program Coordinator takes him/her to visit available certified Dom Care homes. The first visit usually lasts 2 - 4 hours. If, after the initial visit, the consumer is still interested, an overnight visit is arranged. Then, if both parties (the consumer and the Dom Care provider) are satisfied, the consumer will be placed in the Dom Care home.

There is a standard set rate for room and board. The consumer may be private pay or on the SSI supplement. (Please see Pre-Admission Assessment requirements when seeking financial assistance for the SSI Supplement on page 120.) Regardless of income, the consumer will have personal spending money each month.

For more information, see Blair Senior Services, page 86.

## **PERSONAL CARE HOME**

Mr. Henry is 85 years old and has been living alone since his wife died six months ago. He has no other family or supports available. Mr. Henry has a history of heart problems and uses a cane for ambulation. With medications, his physical condition is stable although he has been losing weight and his appearance has deteriorated since he has been living alone. He has difficulty preparing meals, doing housekeeping and laundry and he worries about living alone. He currently rents an apartment, but is considering moving to a Personal Care Home.

### **WHAT IS A PERSONAL CARE HOME?**

A Personal Care Home provides assistance or supervision on a 24-hour basis for persons in matters such as dressing, bathing, nutrition, financial management, evacuation of a residence in the event of an emergency, or medication prescribed for self-administration. Residents of a Personal Care Home have stable medical conditions.

### **THE PROCESS FOR APPLYING TO A PERSONAL CARE HOME**

Contact each or any Personal Care Administrator for information such as: Can your needs be met by the particular home, location, costs and availability of beds. Ask all the questions to which you would like answers including if and when you may tour the home.

If you are at home and need a list of personal care homes and telephone numbers, Blair Senior Services can provide you with such a list. If you are in the hospital, ask for assistance from a hospital social worker. Discuss your plans with your family and personal physician who will then need to fill out an MA-51 (medical evaluation form) for you to enter a personal care home.

(Please see Pre-Admission Assessment requirements when seeking information concerning the Personal Care Home supplement on page 120.)

For a listing of Personal Care Homes in Blair County, see pages 121-122.

## **PENNSYLVANIA DEPARTMENT OF AGING (PDA) WAIVER PROGRAM**

Mrs. Smith, a 62-year old woman with multiple medical problems, lives with her husband who is now retired and is an adequate, devoted caregiver. Mrs. Smith is on a variety of medications, ordered by her physician, who assesses Mrs. Smith's condition regularly. She is bed bound, incontinent, and totally dependent on her spouse and daughter, who works full time, to meet all her personal care and home support needs. Mrs. Smith's husband and daughter also monitor her medical condition daily, and provide adequate safety and comfort measures, as well as administer her medications and observe any side effects, as instructed by her physician. Mrs. Smith is eligible for nursing home level of care; however, with her family's assistance and some formal services, she is able to remain in her home. A personal care worker is scheduled five times a week to assist with bathing and other personal care needs. In addition, eight hours of respite care are available to Mr. Smith. The personal care and respite workers are provided through the PDA Waiver Program.

### **WHAT IS THE PDA WAIVER PROGRAM?**

The PDA Waiver Program provides home and community based long term care services as an alternative to Nursing Home care. Services are funded through a special waiver of certain Medicaid restrictions, allowing payments typically used for nursing home care to be used for home care services.

Blair County residents, age 60 and older, who meet financial requirements and who require nursing home level of care, but can be cared for safely in the community, and who choose community-based services rather than a nursing home, are eligible.

Consumers may receive a variety of services such as adult day living services, community transition services, companion services, counseling services, environmental modifications, financial management services, home delivered meals, home health services, home support services, non-medical transportation services, participant-directed goods and services, participant directed community supports, personal assistance services, personal care services, personal emergency response services, respite services, specialized medical equipment and supplies and telehealth.

For more information, see Blair Senior Services on page 54.

## **NURSING HOME AND SUB-ACUTE NURSING FACILITIES**

### **SKILLED NURSING CARE**

Mrs. Smith is a 78-year-old diabetic hospitalized with pain, redness, inflammation and several open areas of the left leg which were diagnosed as cellulitis.

Her diabetes was controlled at home with diet but, on admission to the hospital, her blood sugars were uncontrolled and she is now receiving insulin in addition to an 1,800 calorie diabetic diet and blood sugar monitoring four times daily. She is also on sliding scale insulin coverage.

Her cellulitis was treated with intravenous antibiotics and her temperature has returned to normal. The pain and redness of the left leg have also decreased. She continues to receive sterile wet-to-dry dressings three times a day to the left leg. Her appetite has been poor and her blood sugars remain erratic.

Mrs. Smith lives alone and does not have any family supports to assist her. The visiting nurse who had attended to Mrs. Smith previously had noticed Mrs. Smith becoming more confused in the past weeks, and was concerned about her safety at home.

Plans are being made to transfer Mrs. Smith to a skilled nursing facility for daily treatment to the left leg and further assessment to monitor for signs of recurrent infection and response to treatment. In addition, Mrs. Smith will require ongoing assessment of her diabetic management to monitor blood sugars, appetite, and response to insulin therapy.

### **SUB-ACUTE SKILLED NURSING CARE**

Mrs. Thomas is a 69-year-old woman who lives alone in her home. She has two children who live near her and they are a close family. Her past medical history included; mild heart disease, "blocked arteries" (which she had surgically corrected), and high blood pressure. She is admitted to the hospital for some complaints of chest pain and a cough. Testing and blood studies conclude that her heart is fine and that

she has pneumonia. Treatment is started with intravenous (IV) antibiotics and respiratory therapy. Once the diagnosis was known and her treatment started, she did not need acute hospital care but she felt she could not return home yet. Her doctor also agreed and wanted to continue the IV antibiotics, do follow-up chest x-ray and have Mrs. Thomas receive more respiratory treatments. Her Doctor suggested a stay in a skilled nursing facility that provides for this level of care needs. She was glad not to have to ask her children for assistance and she now realized that a Skilled Nursing Facility stay that provides these “sub-acute” services was a good transition from the hospital to her home. She did not feel like she was “kicked out” too early from the hospital but that her care was given in an appropriate place, and helped her to return home.

## **INTERMEDIATE NURSING CARE**

Mr. Harris is an 88-year-old gentleman who has resided in a personal care home for the last 10 years. While at the personal care home Mr. Harris has required assistance with bathing and dressing. Until recently, he had been able to get in and out of a chair on his own and to ambulate with the assistance of a walker.

Recently, Mr. Harris has been unable to get out of bed to a chair on his own. In addition, he is experiencing difficulty getting around with his walker and can only shuffle a few steps before having to sit down. He is becoming increasingly dependent on staff to assist him and slowly has become more and more forgetful. Mr. Harris was taken to his physician for an evaluation of these problems. His physician feels that due to Mr. Harris’ advanced arthritis, poor circulation and advanced age that his condition will only continue to deteriorate. Mr. Harris’ physician has recommended that Mr. Harris transfer to the intermediate care unit of a nursing home.

## **WHAT IS A NURSING CARE FACILITY?**

Nursing Care Facilities provide skilled, “sub-acute” skilled, or intermediate nursing care on a 24-hour basis. **Skilled Care** is provided in a Licensed Nursing Facility. Skilled Nursing Care in a Nursing Home is covered by Medicare Part A, at 100% of the cost for twenty days. Medicare Part A will also pay for an additional eighty days, at 80% of the cost, with other insurances providing the coverage for the remaining 20%. Before

Medicare Part A covers a skilled nursing stay, it is required that the person has to have been hospitalized for at least three days prior to going to the Skilled Nursing Facility. The person will need to show continued eligibility for Medicare coverage in order to qualify.

**Sub-Acute Skilled Care** is also provided in a Licensed Nursing Facility. Also, known as “transitional care,” sub-acute skilled care units can be found in both nursing homes and hospitals. Sub-acute skilled care is intended to be short-term care for the person who is not yet able to return to their normal living environment and requires less than acute hospital level of care to restore them to their normal level of functioning.

To qualify for a “skilled” or a “sub-acute” skilled stay, the client requires specialized care needs such as IV’s, special dressings, post-operative care, physical or occupational therapy, or teaching the patient about their newly-diagnosed condition such as Diabetes. These care needs are referred to as “skilled qualifiers.”

**Intermediate Nursing Care** is offered in most nursing homes and is intended for persons who are no longer able to function independently and require more care than can be provided in a personal care home. For example, residents of an intermediate nursing care unit or facility may be bedfast or wheelchair bound, incontinent and confused or disoriented. They require the care of certified nurse’s aides with the supervision of LPN’s and RN’s. Their medical conditions require ongoing assessment by the nursing home. However, they do not require the specialized care needs (for example IV’S) that would qualify them for a skilled level of care in a nursing home.

## **THE PROCESS OF APPLYING TO A NURSING HOME**

- 1) Discuss your needs with your Doctor and obtain his/her opinion that a Nursing Home level of care is appropriate.
  
- 2) You can obtain a list of Medicare and Medicaid approved Nursing Homes from the referring Social Workers, Blair Senior Services, or the Regional Office of the State Department of Health.

- 3) Visit or ask someone else to visit on your behalf several Nursing Homes. Make an appointment. Tour the facilities and ask questions which are important for you to consider. Discuss cost, insurance coverage, and request help with the Medical Assistance form application if necessary.
- 4) You can be admitted from a hospital or directly from your own home. Ask the Nursing Home for an application. Your doctor will need to provide medical information, current bloodwork, and a chest x-ray prior to your admission.
- 5) Length of Stay can be either short term for rehabilitation and restorative care or long term for continuing care. The nursing home social worker will assist you in your discharge to your own home or to a lesser level of care when it becomes appropriate.
- 6) Please see the section of this manual regarding Pre-Admission Assessment requirements on page 120 when seeking financial assistance for Nursing Facility Care Medical Assistance (MA). If financially eligible, you can choose whether to enter the nursing facility or receive community services (PDA Waiver Program).

For a listing of Nursing Homes in Blair County, see page 123.

For more information on nursing care facilities contact Blair Senior Services, Inc., at (814) 946-1235 or 1-800-245-3282.

## **WHAT IS PRE-ADMISSION ASSESSMENT?**

Any individual, 18 years of age or older, seeking nursing home placement AND applying for Medical Assistance (MA) must be assessed by Blair Senior Services' Pre-Admission Assessment Program. Other reasons for requesting a Pre-Admission Assessment include enrolling in the PDA Waiver Program, nursing home spend downs, applications for the Personal Care Home or Domiciliary Care Supplement and annual recertification for the Supplement and level-of-care determination.

Referral to Blair Senior Services, Inc., is made through submission of a completed Medical Evaluation form (MA-51), signed and dated by the patient's physician, and a completed PASARR-ID form. (For nursing home placement only.)

The client or client's responsible party must provide informed consent for the assessment by signing the MA 51.

Blair Senior Services, Inc., makes every attempt to issue a level-of-care determination within three working days of receipt of a hospital referral and five working days for any other referral.

Blair Senior Service, Inc., authorizes medical eligibility for nursing facility services while the County Assistance Office authorizes financial eligibility for MA payment.

Any individual who has been assessed, or their representative, has the right to appeal the level of care determination if they disagree. This is done through the Department of Public Welfare, Office of Hearings and Appeals.

For more information see Blair Senior Services, page 86, 87.



## **BLAIR COUNTY PERSONAL CARE/ASSISTED LIVING AND NURSING HOME REGISTRY**

This list of Blair County Personal Care Homes and Nursing Facilities was compiled from information provided by the homes to Blair Senior Services, Inc. This list is current as of 03/01/12. For the most current information on personal care and nursing homes in our area contact the Long-Term Care Ombudsman at Blair Senior Services, Inc. (814) 946-1235 or 1-800-245-3282.

### **PERSONAL CARE/ASSISTED LIVING HOMES**

AMBER TERRACE AT ALTOONA  
CENTER FOR NURSING CARE  
1020 Green Avenue  
Altoona, PA 16601-4623  
(814) 946-2700

AUTUMN ESTATE  
RR 1, Box 605  
Hollidaysburg, PA 16648-9519  
(814) 695-0536

BELLMEADE MANOR  
Cornerstone Senior Community  
1929 E. Pleasant Valley Boulevard  
Altoona, PA 16602-7599  
(814) 942-2423

BLAIR CHALET  
Box 379, Reservoir Road  
Hollidaysburg, PA 16648-9516  
(814) 695-9569

ELMCROFT SENIOR LIVING  
170 Red Fox Drive  
Duncansville, PA 16635-8338  
(814) 695-8425

EPWORTH MANOR  
Wesley Affiliated Services, Inc.  
925 S. Lincoln Avenue  
Tyrone, PA 16686-1497  
(814) 684-0320

GOLDEN LIVING CENTER  
HILLVIEW CHATEAU  
700 S. Cayuga Avenue  
Altoona, PA 16602-4388  
(814) 944-6561

GRAHAM'S PERSONAL  
CARE HOME  
1808 15th Avenue  
Altoona, PA 16601-2445  
(814) 942-8613

HOLLIDAYSBURG  
VETERAN'S HOME  
PO Box 319  
Hollidaysburg, PA 16648  
(814) 696-5201

HOMEWOOD AT  
MARTINSBURG PA, INC.  
430 South Market Street  
Martinsburg, PA 16662  
(814) 793-3728

OLIVIA VILLAGE ASSIST-  
ED LIVING RESIDENCE  
1452 Bald Eagle Valley Rd  
Tyrone, PA 16686  
(814) 684-1005

## PERSONAL CARE/ASSISTED LIVING HOMES CONTINUED

OUR LADY OF THE  
THE ALLEGHENIES RESIDENCE  
The Assisted Living Facility at Garvey Manor  
128 Logan Boulevard  
Hollidaysburg, PA 16648  
(814) 695-5571

THE WINDS AT MATTERN ORCHARD  
590 Newry Lane  
Duncansville, PA 16635  
(814) 693-7675

ST. LEONARD'S HOME  
601 N. Montgomery Street  
Hollidaysburg, PA 16648-1499  
(814) 695-9581

DOROTHY M. TARTAGLIO HOME  
1911 Twelfth Avenue  
Altoona, PA 16601  
(814) 946-5411

TYRONE COLONIAL COURTYARD  
RR 4, Box 29 B (Old Rt. 220)  
Tyrone, PA 16686-8814  
(814) 686-5970

UNITED PRESBYTERIAN HOME  
220 Newry Street  
Hollidaysburg, PA 16648-1699  
(814) 695-5095

THE VILLAGE AT MORRISONS  
COVE  
429 S. Market Street  
Martinsburg, PA 16662-1098  
(814) 793-2104

WESNER'S CLAYSBURG MANOR  
PO Box 471 Bedford Street  
Claysburg, PA 16625-0471  
(814) 239-5926

WILLIAMSBURG COVE MANOR  
120 E. First Street  
Williamsburg, PA 16693-1054  
(814) 832-2311

## NURSING HOME FACILITIES

ALLEGHENY LUTHERAN  
SOCIAL MINISTRIES  
916 Hickory Street  
Hollidaysburg, PA 16648  
(814) 696-4527

UNITED PRESBYTERIAN HOME  
220 Newry Street  
Hollidaysburg, PA 16648  
(814) 695-5095

ALTOONA CENTER FOR  
NURSING CARE  
1020 Green Avenue  
Altoona, PA 16601  
(814) 946-2700

VALLEY VIEW HOME  
301 Valley View Boulevard  
Altoona, PA 16602  
(814) 944-0845

EPWORTH MANOR  
951 Washington Avenue  
Tyrone, PA 16686  
(814) 684-0320

THE VILLAGE AT MORRISONS  
COVE  
429 S. Market Street  
Martinsburg, PA 16662  
(814) 793-2104

GARVEY MANOR  
128 Logan Blvd.  
Hollidaysburg, PA 16648  
(814) 695-5571

GOLDEN LIVING CENTER-HILLVIEW  
700 S. Cayuga Avenue  
(814) 946-0471

HOLLIDAYSBURG VETERAN'S  
HOME  
PO Box 319  
Hollidaysburg, PA 16648  
(814) 696-5201

HOMEWOOD AT MARTINSBURG PA, INC.  
430 S. Market Street  
Martinsburg, PA 16662  
(814) 793-3728

## AREA HOSPITAL LISTING\*

Hospital	City	Phone	Website
Altoona Regional Health System	Altoona	(814) 889-2011	<a href="http://www.altoonaregional.org">www.altoonaregional.org</a>
Health South Rehab Hospital	Altoona	(814) 944-3535	<a href="http://www.healthsouth.com">www.healthsouth.com</a>
James E. Van Zandt VA Medical Center	Altoona	(814) 943-8164	<a href="http://www.va.gov/altoona">www.va.gov/altoona</a>
Nason Hospital	Roaring Spring	(814) 224-2141	<a href="http://www.nasonhospital.com">www.nasonhospital.com</a>
Tyrone Hospital	Tyrone	(814) 684-1255	<a href="http://www.tyronehospital.org">www.tyronehospital.org</a>

\*Some hospitals listed above also provide rehabilitative and subacute care or transitional care.

## **YOU CAN MAKE A DIFFERENCE**

### **Communicate with Your Elected Officials**

Being an effective advocate on legislative issues that affect you and your loved ones means knowing where and when to exert your influence. And you do have influence!

There are various means to communicate with and influence your legislators. These include:

➤ **The Telephone Call**

A phone call is a good way to let your Member of Congress know how you or your organization feels about a particular issue. Calls are especially effective if you have already established a relationship with your representative.

Be sure to identify yourself as a constituent when you call. Be concise, clearly identify the issue you wish to discuss and state your position. Ask that your Senator or Representative be informed of your call if you speak with a staff person.

➤ **The Letter**

Here are some guidelines to follow when writing to your Federal and State Legislators.

- Spell your legislator's name correctly. If you know your legislator even marginally, use a first name. Your letter will receive more attention.
- Write legibly or type your letters.
- Use your own words. Personal letters are more effective than postcards or petitions.
- Make the topic you are writing about, and your position on it, clear in the opening sentences.
- Stay on one topic and don't ramble.
- Be thoughtful and give reasons for your position. Use personal experience, illustration or fact or make your case.
- Refer to a bill by name or number whenever possible.
- Raise questions. A well-formulated question can get a personal response.
- Keep it short. One page is best.
- Be polite, positive and constructive. Don't plead and never threaten.
- Be timely. Write before decisions are made and action is taken.
- Address your legislator properly:

**Federal**

President (insert name)  
 White House  
 1600 Pennsylvania Avenue, NW  
 Washington, DC 20500  
 [Dear President (name): ]

**State**

Governor (insert name)  
 The Capitol  
 225 Main Capitol Building  
 Harrisburg, PA 17120  
 [ Dear Governor (name): ]

**Senators**

The Honorable (insert name)  
 U.S. Senate  
 Washington, DC 20510  
 [Dear Senator (name): ]

**Senators**

Senator (insert name)  
 Main Capitol Bldg  
 Harrisburg, PA 17120  
 [Dear Senator (name): ]

**Representatives**

The Honorable (insert name)  
 U.S. House of Representatives  
 Washington, DC 20515  
 [Dear Representative (name): ]

**Representatives**

The Honorable (insert name)  
 House of Representatives  
 Main Capitol Bldg  
 Harrisburg, PA 17120  
 [Dear Representative (name): ]

- Use your name and address on both the envelope and the letter. This helps staff in replying and identifies you as a constituent.
- Keep writing!

➤ **Personal Meetings**

Make an appointment to meet with your Congressperson or Senator, or a staff member to discuss the issues important to you. Consider coordinating with others in your community for a group meeting, as there is always strength in numbers.

➤ **Media**

Contact local media, alerting them to this important issue and the representative's role in it. Be aware that radio talk shows generate a lot of public awareness and are a GREAT method to produce support. Local newspaper clippings are sent to Washington offices usually on a daily basis.

➤ **E-mail**

When using Electronic Mail, follow the letter writing guidelines.

## **E-mail to the President**

You can send an email to the President through the official White House website.

Although it's not possible to send the President a direct email, you can communicate with him/her through the online form on the official White House website.

Instructions:

- 1 . Go to the official government website [www.whitehouse.gov/contact](http://www.whitehouse.gov/contact).
- 2 . Fill out the online form with the requested information. Add your name and contact information in the top spaces. Provide a reliable email address on the form so that the President or a staff member can send you a response.
3. Scroll down the form to the provided message box. Choose the appropriate subject for your message to the President from the three options available in the subject box. Write your message in the message box, and limit it to 2,500 characters. Proofread your message to make sure there are no spelling or grammatical errors.
4. Check the "Contact Me" box on the bottom of the form if you wish to receive a response to your email message.
5. Click on the "Submit" button in the lower right hand corner of the form when you're ready to send your message to the President.

## **E-mail to your congressman or representative:**

The House of Representatives comprises the men and women who are elected from each congressional district every two years. The House of Representatives makes up half of the legislative branch in the U.S. federal government. Its members are referred to as representatives or congressmen and congresswomen. When an issue arises, you are entitled to voice your opinion on the matter to your representative by writing to him. To find his office address, you need to know your nine-digit ZIP code.

1. Go to [www.Congress.org](http://www.Congress.org) and enter your ZIP code with your four-digit extension in the "Get Involved" box on the right side of the page next to "Find your lawmakers, tell them what you think." For example, you might enter "60614-5117."
2. Find your representative under the "President and Congress" list and click on the name.
3. Click the "Contact" tab from list of tabs below the name of the representative you have selected.

4. Click "Web Form" to send an email to the selected representative or address a letter to one of the offices.

### **E-mail to your Senator**

Congress is made up of the House of Representatives and the Senate. You are represented by member of the House and by two senators. Unlike representatives, senators are the same for everyone within a state. When you have an opinion on an issue or proposed legislation, you can email your senators to let them know what you think.

1. Compose your message in a word processing document. Keep it short, concise and polite. Type it up and save it for your records.

2. Go to the U.S. Senate website, [www.senate.gov](http://www.senate.gov). Select your state from the drop-down list at the top of the page. Click "go."

3. Click on the contact link for one of your senators.

4. Provide your name, address, phone, email address and any other required information. Copy and paste your previously composed message into the message space. Click "submit." You have successfully made your voice heard to one of your senators.

5. Repeat process to email your other senator.

➤ **Thank You**

Once you have received a letter, e-mail or phone call from, or a personal meeting with your representative or senator, write them a thank you note. If you also had contact with a staff member thank him or her as well. It may serve you in the future. It's surprising how few letters of thanks are received on Capitol Hill.

➤ **How to Get Copies of Bills and Committee Reports**

You can ask your Member's office to get the information you need. Always identify the bill or committee report you want by name and number.

In the House, bills are identified as H.R. \_\_\_\_\_. In the Senate, they are identified as S. \_\_\_\_\_

Committee reports include the number of Congress in their numbers: House committee reports issued during the 104th Congress will be identified as H.Rept. 104\_\_\_\_; Senate reports, as S.Rept. 104

You can also write the Document Room, U.S. Senate, Washington, DC 20510 or Document Room, U.S. House of Representatives,



Room H226  
Capitol, Washington, DC 20515. Be sure to enclose a self-addressed envelope with your request.

**IMPORTANT NUMBERS FOR FEDERAL  
AND  
STATE LAWMAKERS**

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**FEDERAL**

**WHITE HOUSE**

Switchboard	1-202-456-1414
Comment Line	1-202-456-1111
Comment Fax	1-202-456-2461

**US HOUSE OF REPRESENTATIVES**

Switchboard	1-202-224-3121
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**US SENATE**

Switchboard	1-202-224-3121
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**JUSTICES FOR THE SUPREME COURT OF THE U.S.**  
1-202-419-3000

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**STATE**

<b>GOVERNOR'S OFFICE</b>	1-717-787-2500
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<b>Secretary of the Pennsylvania Senate</b>	1-717-787-5920
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<b>Chief Clerk of the Pennsylvania House</b>	1-717-787-2372
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# **We Make House Calls**

## **HEALTHSOUTH**

### **In-Hospital and In-Home Evaluations of Your Condition**

Getting the most out of life isn't always easy. Following an injury or illness, you or a loved one may not receive the right amount of specialized care and rehabilitation. We can help maximize your recovery to get you back to the rewards of a full, active lifestyle.

- **Inpatient Hospital**
  - **Day Hospital**
- **Outpatient Programs**

For a FREE "House Call" and rehabilitation evaluation of your circumstance or more information, please call (814) 941-3230 or (800) 873-4220.

**HEALTHSOUTH** Rehabilitation Hospital of Altoona

*With Convenient Locations in Four Counties to Serve You*

**The only Rehabilitation Hospital in  
Pennsylvania with Quadruple Certification by  
Joint Commission in Stroke, Brain Injury,  
Spinal Injury & Cardiac**