

LUTHERAN SENIORLIFE RESOURCE LISTING

One goal of our Health & Wellness Ministry is to connect members of the community to resources available in southwestern Pennsylvania. We are continually finding and adding new resources. If you have trouble finding a resource for your situation, please let us know. Inclusion in this listing does not necessarily imply our endorsement.

Your feedback is important to us! Please let us know how any of these resources worked for you by completing our Inquiry Form, found at <http://www.lutheranseniorlife.org/contact>.

**Please be sure to include the name(s) of the resource(s) on which you are commenting. Thank you!

RESOURCES FOR SENIORS & THEIR CAREGIVERS

MEMORY SUPPORT/ALZHEIMER'S CARE

Lutheran SeniorLife/Passavant Community (Zelienople)

<http://www.lutheranseniorlife.org/senior-living/locations/passavant-community>

Lutheran SeniorLife/RoseCrest Assisted Living (Mars)

<http://lutheranseniorlife.org/senior-living/locations/rosecrest-assisted-living>

Lutheran SeniorLife/St. John Community (Mars)

<http://lutheranseniorlife.org/senior-living/locations/st-john-specialty-care-center>

Alzheimerscaregiver.net

<http://alzheimerscaregiver.net/resources>

ASSISTED LIVING

Designed for those who are able to participate in daily living activities, but require 24-hour supervision and memory support services.

Lutheran SeniorLife/RoseCrest Assisted Living (Mars)

<http://lutheranseniorlife.org/senior-living/locations/rosecrest-assisted-living>

COMMUNITY CENTERS FOR ACTIVE OLDER ADULTS

Lutheran SeniorLife/Lutheran Service Society manages two senior community centers, each offering a variety of programs and activities that promote a healthy lifestyle, including nutritious lunches, classes and workshops, SilverSneakers® and Silver & Fit programs, and additional health and wellness services.

Center at the Mall (Beaver County)

<http://www.CenterAtTheMall.com>

PrimeTime Senior Center (Allegheny County)

<http://www.lutheranseniorlife.org/senior-centers>

AT HOME SERVICES / NURSING HOME ALTERNATIVES

These are supportive services designed to help seniors gain the highest level of independence while living at home.

Lutheran SeniorLife/BeHome Partners™

Providing personal care, light housekeeping, and companionship at home. Also referred to as *private duty* or *in-home services*.

<http://lutheranseniorlife.org/senior-living/services/home-health-hospice>

Lutheran SeniorLife/Home Safe Home

Providing home modifications to make living at home safer and easier for older residents of Allegheny, Beaver, Butler, Lawrence, and Washington Counties.

<http://www.lutheranseniorlife.org/home-safe-home-program>

Lutheran SeniorLife/LIFE Armstrong County

Comprehensive care for low-income, nursing home eligible seniors living in Armstrong County. A full range of medical, social, and rehabilitation services are available at home and in the LIFE Center (transportation to and from the center is provided.)

<http://www.lutheranseniorlife.org/senior-living/locations/life-armstrong-county>

Lutheran SeniorLife/LIFE Beaver County

Comprehensive care for low-income, nursing home eligible seniors living in Beaver County. A full range of medical, social, and rehabilitation services are available at home and in the LIFE Center (transportation to and from the center is provided.)

<http://www.lutheranseniorlife.org/senior-living/locations/life-beaver-county>

Lutheran SeniorLife/LIFE Butler County

Comprehensive care for low-income, nursing home eligible seniors living in Butler County. A full range of medical, social, and rehabilitation services are available at home and in the LIFE Center (transportation to and from the center is provided.)

<http://www.lutheranseniorlife.org/senior-living/locations/life-butler-county>

Lutheran SeniorLife/LIFE Lawrence County

Comprehensive care for low-income, nursing home eligible seniors living in Lawrence County. A full range of medical, social, and rehabilitation services are available at home and in the LIFE Center (transportation to and from the center is provided.)

<http://www.lutheranseniorlife.org/senior-living/locations/life-lawrence-county>

For LIFE programs in additional counties (not operated by Lutheran SeniorLife) see the PA Department of Human Services' listing at:

http://www.dhs.pa.gov/cs/groups/webcontent/documents/document/c_221948.pdf

Lutheran SeniorLife/Lutheran Service Society Meals On Wheels

The Meals on Wheels program, operated from kitchens in Rochester and Aliquippa, Beaver County, provides a daily nutritious meal, a friendly smile, and a safety check for eligible seniors to help keep them healthy, safe, and living independently in their own homes.

<http://www.lutheranseniorlife.org/services/meals-wheels>

For Meals on Wheels programs in additional communities (not operated by Lutheran SeniorLife) see Meals on Wheels America's listing at:

<http://www.mealsonwheelsamerica.org/signup/find-programs>

Lutheran SeniorLife/VNA, Western Pennsylvania At-Home and Inpatient Hospice and Palliative Care

Provided for patients experiencing the challenges of a life-limiting illness to control and alleviate pain while promoting comfort, preserving dignity, and optimizing quality of life.

<http://www.lutheranseniorlife.org/senior-living/locations/vna-western-pennsylvania/hospice-and-palliative-care>

ADULT DAY SERVICES

Community centers staffed with health care professionals to serve as a source of socialization, care, and mentally and physically engaging activities for a senior, as well as a source of respite for a caregiver.

Lutheran SeniorLife/LIFE Armstrong County Adult Day Program

Community center located in Kittanning, Armstrong County – round-trip transportation is included.

<http://www.lutheranseniorlife.org/senior-living/locations/life-armstrong-county>

Lutheran SeniorLife/LIFE Beaver County Adult Day Program

Community center located in Center Township, Beaver County – round-trip transportation is included.

<http://www.lutheranseniorlife.org/senior-living/locations/life-beaver-county>

Lutheran SeniorLife/LIFE Butler County Adult Day Program

Community center located in Butler, Butler County – round-trip transportation is included.

<http://www.lutheranseniorlife.org/senior-living/locations/life-butler-county>

Lutheran SeniorLife/LIFE Lawrence County Adult Day Program

Community center located in New Castle, Lawrence County – round-trip transportation is included.

<http://www.lutheranseniorlife.org/senior-living/locations/life-lawrence-county>

For LIFE programs in additional counties (not operated by Lutheran SeniorLife) see the PA Department of Human Services' listing at:

http://www.dhs.pa.gov/cs/groups/webcontent/documents/document/c_221948.pdf

Lutheran SeniorLife/Valley Care Adult Day Services

Community centers located in Moon Township, Allegheny County, and in Ambridge, Beaver County.

<http://www.lutheranseniorlife.org/senior-living/locations/valley-care>

Lutheran SeniorLife/Passavant Community My Day Out Adult Day Care Services

Community center located within the Abundant Life Center of Passavant Community in Zelienople, Butler County.

<http://lutheranseniorlife.org/senior-living/services/my-day-out-adult-day-care-services>

OLDER ADULT PROTECTIVE SERVICES

To report suspected elder abuse, neglect, or exploitation in Pennsylvania, call 1-800-490-8505. This phone answers 24/7.

Lutheran SeniorLife/Lutheran Service Society Older Adult Protective Services

Investigating allegations* of abandonment, abuse, neglect, and exploitation that threaten the health, safety and welfare of older adults living in northern Allegheny County. *As received by the Allegheny County Department of Human Services.

<http://www.lutheranseniorlife.org/older-adult-protective-services>

PERSONAL CARE

Residents in personal care live in their own apartments with private baths. Meals are served in a common dining room and encourage socialization. Assistance can be given with daily living activities such as bathing, dressing, or medication administration.

Lutheran SeniorLife/Passavant Community

<http://www.lutheranseniorlife.org/senior-living/locations/passavant-community>

Lutheran SeniorLife/St. John Community

<http://lutheranseniorlife.org/senior-living/locations/st-john-specialty-care-center>

Lutheran SeniorLife/VNA, Western Pennsylvania

<http://lutheranseniorlife.org/senior-living/locations/vna-western-pennsylvania>

OUTPATIENT REHABILITATION

Individuals visit a rehabilitation location to address issues such as mobility, balance and fall prevention, memory and communication, and vision changes.

Lutheran SeniorLife Outpatient Rehabilitation Services Locations:

<http://www.lutheranseniorlife.org/senior-living/services/outpatient-rehabilitation>

Center at the Mall

<http://www.CenterAtTheMall.com>

Lutheran SeniorLife/Passavant Community

<http://www.lutheranseniorlife.org/senior-living/locations/passavant-community>

Lutheran SeniorLife/St. John Community St. John Specialty Care Center

<http://lutheranseniorlife.org/senior-living/locations/st-john-specialty-care-center>

RESIDENTIAL LIVING

Also called *Independent Living*, these maintenance-free homes come in a variety of styles including apartments, cottages, villas, and patio homes. When the residence is part of a continuing care retirement community, such as Passavant Community in Zelienople (<http://lutheranseniorlife.org/senior-living/locations/passavant-community-zelienople>) or St. John Community in Mars (<http://lutheranseniorlife.org/st-john-community>), residents can stay on campus and seamlessly receive increased care if their needs would change in the future.

Lutheran SeniorLife’s Residential Living Options:

Crown Pointe at Clearview (Butler County)

<http://lutheranseniorlife.org/senior-living/locations/crown-pointe-clearview>

Lindwood Crest (Westmoreland County)

<http://lutheranseniorlife.org/senior-living/locations/lindwood-crest>

Lutheran Service Society’s Affordable Housing Options for Low-Income Seniors (Allegheny, Beaver, Crawford, Erie, Mercer, Venango Counties)

<http://www.lutheranseniorlife.org/sites/default/files/Affordable%20housing%20list%20web.pdf>

Overbrook Pointe at St. John Community (Butler County)

<http://lutheranseniorlife.org/senior-living/locations/overbrook-pointe>

Residential Living at Passavant Community (Butler County)

<http://www.lutheranseniorlife.org/senior-living/locations/passavant-community>

The Commons at Stonebrook Village (Allegheny County)

<http://lutheranseniorlife.org/senior-living/locations/commons-stonebrook-village>

SKILLED NURSING & SPECIALIZED MEDICAL SERVICES

Skilled nursing is all-inclusive care for those who require regular, continuing assistance. It can be either short- or long-term. The best possible outcomes are achieved through programs such as ventilator services, rehabilitation services, or other specialized medical services.

Lutheran SeniorLife/Passavant Community

<http://www.lutheranseniorlife.org/senior-living/locations/passavant-community>

Lutheran SeniorLife/St. John Community

<http://lutheranseniorlife.org/senior-living/locations/st-john-specialty-care-center>

Lutheran SeniorLife/VNA, Western Pennsylvania

<http://lutheranseniorlife.org/senior-living/locations/vna-western-pennsylvania>

ASSISTIVE TECHNOLOGY

Lutheran SeniorLife SilverSmart™ Program

Assesses a senior's needs and comfort-level with technology to determine what type(s) of devices would be most helpful for the senior stay active, engaged, safe, and healthy. This is a free, professional consultation/assessment service. While nothing is sold through the program, purchasing information can be provided upon request.

<http://lutheranseniorlife.org/services/technology>

Purchasing Assistive Technology

<https://www.retailmenot.com/blog/assistive-technology-buying-guide.html>

RESOURCE GUIDES / ARTICLES

2017 Allegheny County Senior Resource Guide

<https://issuu.com/pghseniornews/docs/2017guide>

2017-2018 Beaver County Senior Resource Guide

<https://issuu.com/pghseniornews/docs/2017-2018beaverguide>

2017 Butler County Senior Resource Guide

https://issuu.com/pghseniornews/docs/butlerguide_final

National Council on Aging – Healthy Aging Resources

<https://www.ncoa.org/healthy-aging/>

Guide for Newly Disabled Seniors (Article)

<https://www.justgreatlawyers.com/legal-guide-for-newly-disabled-and-disabled-seniors>

Planning for the Future (Article)

<https://www.onereversemortgage.com/blog/2017/03/special-needs-seniors-planning-for-the-future-of-this-vulnerable-population/>

HOME MODIFICATIONS

Lutheran SeniorLife/Valley Care Home Safe Home Program

Our team of fully-insured safety professionals will perform a home safety assessment to find hazards, and then coordinate the installation of recommended safety equipment if necessary including grab bars, railings, ramps, outdoor stairs, and more.

<http://lutheranseniorlife.org/home-safe-home-program>

Selling a Home with Modifications for Older Adults

<https://www.homecity.com/home-modifications-and-selling-your-home>

Organizing a Home for Seniors with Disabilities

<https://www.yourstoragefinder.com/home-organization-for-newly-disabled-seniors>

North Hills Community Outreach Home Safety Inspections

Trained volunteers conduct brief but thorough free home safety assessments, using a written checklist to make recommendations for family members to adjust/remove potential hazards. They install smoke alarms (if needed) and leave seniors with a bag of safety items. After the check has been completed seniors qualify for either a free grab bar or an indoor railing installed at no charge.

<http://nhco.org/get-help/for-seniors/>

TRANSPORTATION / MISCELLANEOUS SUPPORT SERVICES & RESOURCES

Transportation Information for Older Adults (Brochure)

http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Trans_Options_Panels.pdf

North Hills Community Outreach In Service of Seniors Program

Be matched with a volunteer, who can provide rides to medical appointments or the grocery store, rake leaves, shovel snow, do light yard work, make friendly visits or telephone calls, do home safety checks, or help reading and understanding bills.

<http://nhco.org/get-help/for-seniors/>

PA Behavioral Health & Aging Coalition

This organization does outreach/education, provides Medicare counseling specific to behavioral health prescription medications, serves on statewide advisory committees, and advocates at the state and national levels on issues that will help to improve behavioral health services for older adults. Call 717-541-4219 or e-mail

info@olderpa.org.

www.OlderPA.org

Southwestern Pennsylvania Partnership for Aging (SWPPA)

<http://www.swppa.org/news-events/>

AARP – Information for Caregivers

www.aarp.org/SupportCaregivers

SUICIDE & CRISIS RESOURCES

For Someone Contemplating Suicide

Call 9-1-1

Call 800-273-8255 (TALK)

For Any Crisis (Allegheny County Residents)

Resolve Crisis Network

1-888-796-8226 (1-888-7-YOU-CAN)

www.upmc.com/resolvecrisis

Information and Resources for the Opioid Crisis (Pennsylvania)

<https://www.pa.gov/guides/opioid-epidemic/>

For Victims of Domestic Violence and Other Crimes (PA Coalition Against Domestic Violence)

<http://www.pcadv.org/Find-Help/Victim-Resources-PA/>

DEPTS. OF AGING, MENTAL HEALTH, AND DRUG & ALCOHOL

AGING DEPARTMENTS (a.k.a. Area Agencies on Aging, Offices on Aging, AAAs)

Allegheny County – 412-350-4234 (business office); 412-350-5460 (Senior Line)

<http://www.alleghenycounty.us/dhs/olderadults.aspx>

<http://www.alleghenycounty.us/dhs/aaa.aspx>

Armstrong County – 724-548-3290

<http://www.co.armstrong.pa.us/services/aaa>

Beaver County – 724-847-2262

<http://www.beavercountypa.gov/office-aging>

Butler County – 724-282-3008

<http://www.co.butler.pa.us/Area-Agency-on-Aging>

Fayette County – 724-430-4603 (SWPA Area Agency on Aging – Uniontown office), 724-489-8080 (SWPA Area Agency on Aging – Administrative Office, Charleroi)

<http://www.swpa-aaa.org/>

Greene County – 724-852-1510 (SWPA Area Agency on Aging – Waynesburg office), 724-489-8080 (SWPA Area Agency on Aging – Administrative Office, Charleroi)

<http://www.swpa-aaa.org/>

Lawrence County – 724-658-3729

<http://www.ccpgh.org/pages/services/senior-services>

Washington County – 724-228-7080 (SWPA Area Agency on Aging – Washington office),
724-489-8080 (SWPA Area Agency on Aging – Administrative Office, Charleroi)

<http://www.swpa-aaa.org/>

Westmoreland County – 724-830-4444

<http://www.co.westmoreland.pa.us/aging>

MENTAL HEALTH DEPARTMENTS

Allegheny County – 888-796-8226

<http://www.alleghenycounty.us/dhs/mhservices.aspx>

Armstrong County – 724-548-3451 (Armstrong-Indiana Behavioral and Developmental Health Program), 724-543-2941 (Family Counseling Center), 1-877-333-2470 (24-hour crisis intervention, joint with Indiana County)

<http://aibdhp.org/>

Beaver County – 724-847-6225

<http://www.beavercountypa.gov/behavioral-health-and-developmental-services>

Butler County – 724-284-5114

<http://www.co.butler.pa.us/mh-ei-id>

Fayette County – 724-430-1370

<http://fcbha.org/MH.html>

<http://www.swpa-aaa.org/Link/index.html>

Greene County – 724-852-5276

<http://www.co.greene.pa.us/secured/gc2/depts/hs/mhs/mhs.htm>

Lawrence County – 724-658-2538, 724-652-9000 (24-hr mental health crisis service)

<http://www.ccpgh.org/document.doc?id=97> (Lawrence County LINK)

Washington County – 724-228-6832

<http://www.swpa-aaa.org/Link/index.html>

Westmoreland County – 724-830-3617

<http://www.co.westmoreland.pa.us/index.aspx?NID=841>

DRUG & ALCOHOL DEPARTMENTS

Allegheny County – 412-350-3467 (business office); 1-888-796-8226/1-888-7-YOU-CAN
(24-hour drug/alcohol emergency/crisis assistance)

<http://www.alleghenycounty.us/dhs/substanceabuse.aspx>

Armstrong County – 724-354-2746 (joint with Indiana County and Clarion County)

<http://www.aidac.org>

Beaver County – 724-847-6225

<http://www.beavercountypa.gov/behavioral-health-and-developmental-services>

Butler County – 724-284-5114

<http://www.co.butler.pa.us/drug-and-alcohol>

Fayette County – 724-438-3576

<http://fcdaa.org/>

<http://www.swpa-aaa.org/Link/index.html>

Greene County – 724-852-5276

<http://www.co.greene.pa.us/secured/gc2/depts/hs/das/das.htm>

Lawrence County – 724-658-5580

<http://www.lawsca.org/>

Washington County – 724-223-1181

<http://www.swpa-aaa.org/Link/index.html>

Westmoreland County – 724-684-9000 ext. 4446

<http://wedacinc.org/>

STATE & NATIONAL DRUG & ALCOHOL ABUSE RESOURCES

National Institutes of Health (NIH)

The National Institute on Drug Abuse (NIDA) and National Institute on Alcohol Abuse & Alcoholism (NIAAA) are part of the NIH and have websites with addiction resources, as well as information on drugs and the consequences of those drugs.

National Institute on Drug Abuse (NIDA)

<https://www.drugabuse.gov/>

National Institute on Alcohol Abuse & Alcoholism (NIAAA)

<https://www.niaaa.nih.gov/>

Information and Resources for the Opioid Crisis in Pennsylvania

<https://www.pa.gov/guides/opioid-epidemic/>

LUTHERAN AGENCIES & ORGANIZATIONS

CHURCH BODIES

Evangelical Lutheran Church in America (ELCA)

<http://www.elca.org/>

Southwestern Pennsylvania Synod, ELCA

<http://www.swpasynod.org/>

SOCIAL MINISTRY ORGANIZATIONS AND CAMPS

Bethesda Lutheran Services

<https://www.bethesda1919.org/>

Camp Agapé

www.campagape.org

Glade Run Lutheran Services

www.gladerun.org

Lutheran SeniorLife

www.lutheranseniorlife.org

Lutheran Service Society (now affiliated with Lutheran SeniorLife)

<http://lutheranseniorlife.org/senior-living/services/lutheran-service-society>

Lutherlyn

www.lutherlyn.com

CAMPUS MINISTRY AND HIGHER LEARNING

United Lutheran Seminary (Lutheran Theological Seminary at Gettysburg and Lutheran Theological Seminary at Philadelphia joined to form United Lutheran Seminary in 2017.)

<https://www.unitedlutheranseminary.edu/>

Lutheran Campus Ministry

www.lucpgh.com

Thiel College

www.thiel.edu

SYNODICALLY-AUTHORIZED WORSHIPPING COMMUNITIES

Abiding Ministries

<https://www.facebook.com/abidingministriespittsburgh/>

Community 3-4-1

<https://www.facebook.com/Community341/>

ADOPTION & FOSTER CARE RESOURCES

ADOPTION AND FOSTER CARE SERVICE PROVIDERS

Lutheran SeniorLife / Lutheran Service Society Adoption & Foster Care Services

<http://www.lutheranseniorlife.org/adoption-and-foster-care-program>

ADOPTION & CHILDREN WITH SPECIAL NEEDS

Children's Hospital of Pittsburgh of UPMC

<http://www.chp.edu/>

Internet Special Education Resources

<http://www.iser.com/>

Pennsylvania Adoption Exchange (a.k.a. PA Statewide Adoption Agency, Statewide Adoption & Permanency Network, SWAN) – 1-800-585-SWAN

<http://www.adoptpakids.org/>

Please remember to request **Lutheran Service Society as your preferred provider.*

National Adoption Exchange

<http://www.adoptuskids.org/>

Disability Resource Guide

<http://medicaresolutions.com/disability-resources.asp>

INTERNATIONAL ADOPTION

Rainbow Kids

<http://www.rainbowkids.com>

Adoption.com

<http://international.adoption.com>

ComeUnity

<http://www.comeunity.com/adoption/listservs.html>

WAITING CHILDREN

AdoptUsKids

<http://www.adoptuskids.org>

The National Adoption Exchange

<http://www.adoptex.org>

Northwest Adoption Exchange

<http://www.nwae.org>

Pennsylvania Adoption Exchange

<http://www.adoptpakids.org>

ADDITIONAL ADOPTION RESOURCES

Joint Council on International Children's Services

<http://www.jcics.org/>

Lutheran Adoption Network

<http://www.lanadopt.org/>

North American Council on Adoptable Children

<http://www.nacac.org/>

Three Rivers Adoption Council

<http://www.3riversadopt.org/>

**SHELTER LOCATIONS & SERVICES
DOMESTIC VIOLENCE AND HOMELESSNESS**

PENNSYLVANIA COALITION AGAINST DOMESTIC VIOLENCE

Lists shelters and provides additional resources for victims of domestic violence and other crimes in Pennsylvania (*searchable by county*).

<http://www.pcadv.org/Find-Help/Pennsylvania/>

HOMELESS SHELTERS & SUPPORTIVE SERVICES

Directory of Homeless Shelters (and Support Agencies) Based on Zip Code

<https://www.homelesshelterdirectory.org/pennsylvania.html>

Allegheny County

Abiding Ministries – 412-481-1161

<https://www.facebook.com/abidingministriespittsburgh/>

Light of Life (men, women, children) – 412-258-6100

<https://www.lightoflife.org/>

Beaver County

Crossroads Shelter, Beaver Falls (men) – 724-480-6667

This number serves as the County's Homeless Helpline from 4PM-9AM, Monday-Friday and all 24 hours Saturday-Sunday.

The Cornerstone, Beaver Falls – 724-846-6400

Not a shelter, but the Cornerstone provides help with subsidized housing, utilities, and supportive services for families of veterans. This number serves as the County's Homeless Helpline from 9AM-4PM, Monday-Friday.

Women's Center, Beaver (women and children) – 24-hour hotline: 724-775-0131; office: 724-775-2032

<http://womenscenterbc.org/>

Lawrence County

City Rescue Mission, New Castle (men) – 724-652-4321

<http://www.cityrescuemission.org/>

Covenant House of City Rescue Mission, New Castle (women & children) – 724-662-4349

<http://www.cityrescuemission.org/>

Washington County

Washington City Mission (men, women, children) – 724-222-8530

<http://www.citymission.org/>

Other

Rescue Mission of the Mahoning Valley, Youngstown, Ohio (men, women, children) – 330-744-5486

Couples/families can reside together; marriage license required

<http://www.rescuemissionmv.org/>

Warren Family Mission, Warren, Ohio (men, women, children) – 330-394-5437 (L-O-V-E)

<https://warrenfamilymission.com/>

HEALTH & WELLNESS RESOURCES

SUPPORTS/RESOURCES FOR CONGREGATIONAL HEALTH MINISTRY

Southwestern Pennsylvania Synod/Lutheran SeniorLife Health & Wellness Ministry

<http://www.swpasynod.org/resources/health-and-wellness>

Pittsburgh Mercy Parish Nurse & Health Ministry Program

<https://www.pittsburghmercy.org/faith-communities/pittsburgh-mercy-parish-nurse-health-ministry-program/>

Speakers Bureau

Lutheran SeniorLife employs experts on a variety of topics, including specific health concerns, navigating health care options, grief, or any other wellness topic of interest.

<http://lutheranseniorlife.org/about/speakers-bureau>

Health-Related Observances

<http://www.healthfinder.gov/nho/default.aspx>

Finding Demographics for Your Community

<http://www.factfinder.census.gov>

<http://quickfacts.census.gov/qfd/index.html>

Find Health Trends in Your County

<http://www.countyhealthrankings.org/>

“Healthy People 2020” Initiative

<http://www.healthypeople.gov>

SUPPORTS/RESOURCES FOR INDIVIDUAL HEALTH CONCERNS

Find an organization/support group for a specific disease

<http://www.geneticalliance.org>

Immunization/Vaccine Information

<http://nip-it.org>

Resources for Diabetics

<http://www.lillyforbetterhealth.com>

Draw a Genogram to look for patterns of health issues in family history

<http://www.smartdraw.com/specials/genealogy.asp>

Regional Health Literacy Coalition (RHLC)

This group of organizations promotes an understanding between health care providers and their patients. Their website offers questions to ask your doctor, provides advice for how to approach health care visits, and links you to respected advice.

www.ahealthyunderstanding.org

MEDITATION / RELAXATION / SLEEP RESOURCES

Free Meditation App

<https://www.headspace.com/>

Free App to Reinforce Positive Thinking

<https://happify.com/>

Free App with Guided Meditation for Different Age Groups and Environments

<https://www.smilingmind.com.au/>

Relaxing Melodies (Create Your Own Mix or Choose from a Catalog of Titles)

<https://www.ipnos.com/>

*Also find relaxing melodies on a variety of other music apps.

Sleep Health Articles & Resources

<https://www.tuck.com/sleep-health/>

Corporate Meditation Program

www.journeymeditation.com

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