

CALVARY EPISCOPAL CHURCH – PASTORAL CARE COMMITTEE
LIST OF RESOURCES

CRISIS HOTLINES All answer 24/7

DOMESTIC VIOLENCE:

Women’s Center and Shelter	412-687-8005
UPMC Crisis Network for Mental Health Re: Solve Mental Health and Substance abuse Counselors	1-888-796-8226
POISON CENTER	1-800-222-1222
UPMC MERCY Detoxification	412-232-4080

Allegheny County information, referral and Information, Referral and Emergency Services	412-350-4457
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ALLEGHENY COUNTY AREA AGENCY ON AGING

SENIORCARELINE: Personal Care,
Housekeeping, other services

412-350-5460
seniorline@dhs.county.allegheny.pa.us
412-562-5353

Transportation: ACCESS

Older Persons Transportation (OPT)

For medical appointments

412-350-5460

Guardianship, Orphans Court Referrals

412-350-4045 or 412-345-0144

Kane Hospitals, admissions

412-422-6800

Meals on Wheels, Lutheran Service Society

To locate area kitchens

412-366-9490

Protective Services, report abuse,
neglect of elderly persons

412-350-6905 or 412-683-0400

Senior Centers:

Jewish Community Center

412-521-8010

Morningside Center

412-665-4342

East Liberty Vintage

412-361-5003

Homewood

412-244-4190

Please call the SeniorcareLine for senior centers in other areas.

FINANCIAL ISSUES

URSALINE SUPPORT SERVICES

412-224-4700

Guardianship services

Bill-paying and representative services

Cart to Heart shopping service,

Also Daily wellness calls, Good Grief Center

SOCIAL SECURITY

800-772-1213

MEDICARE

800-633-4273

APPRISE Insurance questions, Medicare	412-661-1438
PENNSYLVANIA HOUSING FINANCE Foreclosure Counseling; or No-cost home ownership counseling	412-429-2842 or 1-855-827-3466 www.phfa.org
VETERANS' SERVICES	800-827-1000

MENTAL HEALTH SERVICES

BEHAVIORAL HEALTH EMERGENCY SERVICE Drug and Alcohol Services Information	412-350-4456 or 9-1-1 412-350-3328
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GERONTOLOGY EVALUATION, TREATMENT AND INFORMATION

St. Margaret Geriatric Classic Care	412-784-5050
Benedum Geriatric Center	412-6692-4200
Shadyside Hospital Senior Care	412-623-2700

COUSELING SERVICES FOR ALL AGES:

UPMC Crisis Network RE:SOLVE 24-hour HOTLINE	1-888-796-8226
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Pittsburgh Pastoral Institute Interfaith counseling	412-661-1239
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MERCY BEHAVIORAL HEALTH	1-877-637-2924
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www.mercybehavioral.org

NAMI Southwestern PA	1-888-264-7972 or 412-366-3788
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Mental Health Support groups, courses	www.namikeystonepa.org
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MEDICAL HEALTH CLINICS

Allegheny County Health Clinics	412-578-8081 www.achd.net
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Alma Illery Clinic, Lincoln-Lemington	412-244-4700
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Dental services available

East Liberty Health Clinic	412-361-8284
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Dental Services available

East End Community Health, 117 N. Negley Ave.	412-404-4000
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Squirrel Hill Health Clinic, Brownsville Rd.	412-422-7442
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HUNGER SERVICES

East End Cooperative Ministry	412-361-5549
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Food Bank, Meals on Wheels, Soup Kitchen

Greater Pittsburgh Food Bank	412-460-3663
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Light of Life, North Side	412-258-6100
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Squirrel Hill Food Bank	412-421-2708
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Lutheran Services Meals on Wheels	412-734-9330
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Locate MOW kitchens

Ursaline Services	412-345-0144
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Cart to Heart shopping for homebound Seniors

HOME HEALTH CARE

Skilled services covered by insurance (Medicare, Security Blue, etc.)

Family Home Health	1- 800-245-0084 or 412-572-8800
Heartland Home Health	412-919-5699
Landmark Home Health	412-781-4713
Medi Home Health	412-283-5800

SELF-PAY HOME CARE SERVICES

Care Registry*	412-421-5202
Care Management Services available	
Comfort Keepers*	412-457-0880
Home Instead	412-264-4700 or 412-517-8337
Silver Linings Senior Care*	412-708-9888
Interfaith Volunteer Caregivers	412-345-7420
Services free of charge	
Helping Hands	412-561-8181
Care Connections	412-963-6737
ResCare (recommended by Forbes Hospice)	412-937-8791

HOSPICE AND END OF LIFE ISSUES

Allegheny Health Network Hospice	412-325-7200 or 800-381-8080
Formerly Forbes Hospice	
Bethany Hospice	412-921-2209
Good Grief Center (Ursaline Services)	412-224-4700
For bereavement support	
Our Clubhouse (Gilda's Place)	412-338-1919
2816 Smallman St., 15222	
Cancer support	

PERSONAL RESPONSE SYSTEMS

America's Peace of Mind	1-877-343-0461
Life Alert	1-800-805-6589
Medical Alert	1-800-320-0586

DURABLE MEDICAL EQUIPMENT

wheelchairs, walkers, portable commodes, etc. (often covered by insurance with a doctor's prescription)	
Blackburn's Pharmacy	800-472-2440
(very good, esp. for special orders)	
Klingensmith	412-781-2444
(also good for special orders)	
Mosso Medical Supply	412-242-4223

*Recommended by other parishioners

OTHER CONDITIONS OR ILLNESSES

AIDS/HIV HEALTH AND SUPPORT

Persad Center, 5150 Penn Ave. Services for LGBT people	412-441-9786
Pittsburgh AIDS Task Force, 5913 Penn Ave.	412-345-7456
Shepherd Wellness Community 4800 Sciota St.	412-683-4477
Alzheimers Association Also other dementias	412-261-5040 or 800-272-3900
Arthritis Foundation	412-566-1645
American Cancer Society	412-919-1100
American Diabetes Association	412-824-1181
American Heart Association	412-208-3550
American Kidney Foundation	800-653-227

BLINDNESS AND LOW VISION

Blind & Vision Rehab Services	412-368-4400
Carnegie Library, 4724 Baum Blvd. Recorded Books & magazines, large print books	412-687-2440

DENTAL CLINICS

Free or reduced fees for dental care See also Medical Health Clinics	
Allegheny County Health Dept., Hill District and South Side	412-578-8378
Alma Illery Clinic	412-244-4700
East Liberty Family Health	412-345-7845
Catholic Charities	412-456-6911
University Of Pittsburgh Dental Medicine	412-648-8616

HEARING

Center for Hearing & Deaf Services	412-281-1375
Hear Now (provides hearing aids)	1- 800-328-8602
National Multiple Sclerosis Society	800-542-2413 or 412-261-6347
American Stroke	412-824-3122 or 888-478-7653
Parkinsons Disease	412-441-4100 or 800-908-2732
United Ostomy Association	412-261-3937

CHILDREN'S ISSUES

Children's Hospital	412-687-5902
POISON CENTER	1-800-222-1222
Children's Institute	412-420-2400
Child Protection: Report child abuse or neglect	412-473-2400
Allegheny County Health Clinics	412-687-2243
Lead Poisoning Prevention	412-350-4048
Penna Children's Health Insurance	1-800-986-5437
Easter Seals Programs and services for children and adults With special needs; Adult Day Care	412-281-7244 or 412-652-9015

Watson Institute

Schools & guidance for special needs children
Psychiatric, psychology, medical and other services
Provided during the school day

Friendship Academy	412-361-2801
Sewickley	412-741-1800
Friendship Circle	412-224-4440

5872 Northumberland St., 15217
Free programs for special needs children and young adults
With disabilities

ADDITIONAL RESOURCES

Lutheran Service Society	412-734-9330
Pittsburgh Senior News www.pittsburghseniornews.com	412-367-2522

FURTHER READING

The Most Common In-Home Injuries for Seniors and How to Prevent Them

<https://www.homeadvisor.com/r/senior-home-injuries-and-prevention/>

Fire Safety for Elders with Special Health Needs

<https://www.agingcare.com/articles/fire-safety-for-elderly-148990.htm>

Preparing Your Home for a Loved One with Alzheimer's: A Caregiver's Guide

<https://www.redfin.com/blog/2016/09/preparing-your-home-for-a-loved-one-with-alzheimers-a-caregivers-guide.html>

44 Crime prevention tips for seniors

<https://roodepoortrecord.co.za/2016/11/11/44-crime-prevention-tips-for-seniors/>

Handicap Accessible Modifications That Won't Turn Off Future Homebuyers

<https://www.angieslist.com/articles/handicap-accessible-modifications-won-t-turn-future-homebuyers.htm>

How To Garden Safely When You're A Senior

<https://howdoesyourgardenmow.com/garden-safety-for-seniors/>