

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 412-661-1438
 Insurance questions, Medicare

PENNSYLVANIA HOUSING FINANCE 412-429-2842 or 1-855-827-3466
 Foreclosure Counseling; or www.phfa.org
 No-cost home ownership counseling

VETERANS' SERVICES 800-827-1000

MENTAL HEALTH SERVICES

BEHAVIORAL HEALTH EMERGENCY SERVICE 412-350-4456 or 9-1-1
 Drug and Alcohol Services Information 412-350-3328

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

Pittsburgh Pastoral Institute 412-661-1239
 Interfaith counseling

MERCY BEHAVIORAL HEALTH 1-877-637-2924

www.mercybehavioral.org

NAMI Southwestern PA 1-888-264-7972 or 412-366-3788

Mental Health Support groups, courses www.namikeystonepa.org

MEDICAL HEALTH CLINICS

Allegheny County Health Clinics 412-578-8081 www.achd.net

Alma Illery Clinic, Lincoln-Lemington 412-244-4700

Dental services available

East Liberty Health Clinic 412-361-8284

Dental Services available

East End Community Health, 117 N. Negley Ave. 412-404-4000

Squirrel Hill Health Clinic, Brownsville Rd. 412-422-7442

HUNGER SERVICES

East End Cooperative Ministry 412-361-5549

Food Bank, Meals on Wheels, Soup Kitchen

Greater Pittsburgh Food Bank 412-460-3663

Light of Life, North Side 412-258-6100

Squirrel Hill Food Bank 412-421-2708

Lutheran Services Meals on Wheels 412-734-9330

Locate MOW kitchens

Ursaline Services 412-345-0144

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 (Ursuline 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 412-367-2522

www.pittsburghseniornews.com

FURTHER READING

[The Most Common In-Home Injuries for Seniors and How to Prevent Them](#)

[Fire Safety for Elders with Special Health Needs](#)

[Preparing Your Home for a Loved One with Alzheimer's: A Caregiver's Guide](#)

[44 Crime prevention tips for seniors](#)

[Handicap Accessible Modifications That Won't Turn Off Future Homebuyers](#)

[How To Garden Safely When You're A Senior](#)