



Community Resource Manual



Baptist Health

KeepOnAmazing

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Introduction

This document was created by Baptist Health to assist patients and their family members locate and access resources within their community. The resources are primarily for the Central Arkansas area, but some of the information is statewide. We truly hope this manual helps you receive all the quality care you need and deserve.

Note: If you discover an error within this document, kindly contact Community Outreach at 501-202-1540 with the page number and a description of the error. Please provide the correct information if you have it.

Abuse & Neglect

Agency	Information	Phone Number
1. Adult Protective Services	An adult is age 18 or older 24 hour toll-free referral line	501-682-2441 1-800-482-8049
2. Child Abuse & Neglect	A child is under 18 24 hour toll-free referral line	1-800-482-5964
3. Women & Children First	Pulaski Country Shelter Supportive Services – 24 hot line www.wcfarkansas.org TEFRA (Insurance for Disabled Children 19 and Under)	501-376-3219 1-800-332-4443 501-682-1001
4. Office of Long Term Care	To report abuse or neglect of nursing home patient	1-800-582-4887
5. Sexual Violence Support Center/Family Service Agency	Pulaski County Hospitals Information support for victims of sexual assault	501-372-4242 www.safeplacelr.org
6. Courage House Arkadelphia	Abuse Women and Children	501-246-3122

Note: Call these numbers for an Arkansas Coalition against Sexual Assault Service Provider in your area.

Adult Day Care Centers

Conway

Unity Adult Care Center, Inc.

223 Locust
Conway, AR 72032
Phone: 501-327-2644

Little Rock

Chenal Adult Day Center

Home Away From Home

805 Kirby Road
Little Rock, AR 72211
Phone: 501-716-9180
Fax: 501-716-9183
E-mail: lssikes@yahoo.com

Deloney's Adult Day Care

8003 Mabelvale Cut-off Road
Little Rock, AR 72103
Phone: 501-562-6613
E-mail: rvdeloney@netzero.com

Helping Hands Respite Center

Pulaski Heights United Methodist Church
4823 Woodlawn Avenue
Little Rock, AR 72205
Phone: 501-664-3600
Hours: Tuesday, 9:30am - 2:30pm
Cost: \$15.00 per day
Website: www.phumc.com

North Little Rock

Complete Health with P.A.C.E.

700 Riverfront Drive
North Little Rock, AR 72119
Phone: 1-888-660-1452
Website: www.care-link.org

St. Luke's Respite Care Center

4106 John F. Kennedy Boulevard
North Little Rock, AR 72116
Phone: 501-753-4281
Hours: Thursday, 9:00am - 3:00pm
Cost: \$15.00 per day

WeCare Adult Daycare Center

603 Cotton Road
North Little Rock, AR 72117
Phone: 501-955-3853

Veterans Administration Adult Day Center

17 Fort Roots Drive, Building 2C
North Little Rock, AR 72114
Phone: 501-257-3340
Fax: 501-257-3329

Note: For Adult Day Health Care not listed above, or to contact the nearest provider in your area, call the Division of Aging and Adult Services at 501-682-2441. Visit www.state.ar.us/dhs/aging or the Area Agency on Aging/CareLink office in your region. See Area Agency on Aging (AAA) listing in this document (pages 10-11).

AIDS/HIV/STD

Arkansas Department of Health

4815 West Markham Street

Little Rock, AR 72205

Phone: 501-661-2000 or 1-800-462-0599

Website: www.healthy.arkansas.gov

Note: For additional information or to locate assistance in your area, call the above number.

Alcohol and Drug Abuse Services

Helpful Numbers

Alcoholics Anonymous (AA) 501-664-7303

Al-Anon 501-372-5234

Cocain Anonymous 501-301-4827

Narcotics Anonymous 501-373-8683

Overeaters Anonymous 505-891-2664

Clark County

Qua Paw House (*Out-Patient*)

401 Crittenden

Arkadelphia, AR 71923

Phone: 501-767-4456

Pulaski County - Little Rock

Arkansas Cares (*Residential Treatment*)

2002 South Fillmore Street

Little Rock, AR 72204

Phone: 501-803-3388 or 1-800-756-3709

Website: www.methodistfamily.org

Catar Clinic (*Out-Patient*)

1401 South University Avenue

Little Rock, AR 72204

Phone: 501-664-7833

Website: www.catarclinic.com

Baptist Health Medical Center-Little Rock

(*In and Out-Patient*)

9601 Baptist Health Drive

Little Rock, AR 72205

Phone: 501-202-2893

Website: www.baptist-health.com

Gyst House (*In and Out-Patient*)

8101 Frenchmans Lane

Little Rock, AR 72209

Phone: 501-568-1682

Hazel Street Recovery Center

(*Long-Term Treatment for Adolescent Males*)

1405 North Pierce, Suite 202

Little Rock, AR 72207

Phone: 501-436-0987

Website: www.hazelstreetrecoverycenter.com

Better Community Developers, Inc. (*Residential*)

3604 West 12th Street

Little Rock, AR 72204

Phone: 501-663-4774

Fax: 501-663-7228

Website: www.bcdinc.org

Hoover Center

(*Residential Treatment And Out-Patient/Drug and Alcohol*)

3604 West 12th Street

Little Rock, AR 72204

Phone: 501-663-4774

Little Rock Community Mental Health Center, Inc.

1000 North University Avenue, Suite 200 in Evergreen Place
Little Rock, AR 72207
Phone: 501-686-9300
Fax: 501-686-9618
Website: www.lrcmhc.com

MADD of Central Arkansas

2300 Andover Court, Suite 500
Little Rock, AR 72227
Phone: 501-246-8810
Email: ar.state@madd.org
Website: www.madd.org

Pinnacle Pointe Behavioral HealthCare System

(In and Out-Patient)
11501 Financial Centre Parkway
Little Rock, AR 72211
Phone: 501-223-3322 Or 1-800-880-3322
Website: www.pinnaclepointehospital.com

Safe Harbor Church of Little Rock

4800 Springer Boulevard
Little Rock, AR 72206
Phone: 501-347-5399
Fax: 501-375-0143

Serenity Park (Residential/Aftercare)

2801 West Roosevest
Little Rock, AR 72204
Phone: 402-817-2534 or 1-866-699-7627
Website: www.serenitypark.org

Sober Living, Inc. (Residential Rehab/Transitional Living)

4201 Barrow Road
Little Rock, AR 72204
Phone: 501-438-0392 or 1-888-590-4556

St. Vincent Behavioral Health (Alcohol Detox)

6101 St. Vincent Circle
Little Rock, AR 72205
Phone: 501-552-5777 or 1-800-272-7374
Website: www.stvincenthealth.com

Step Up Support Center (Out-Patient)

9010 Hilaro Springs Road
Little Rock, AR 72209
Phone: 501-565-1333
Fax: 501-565-1653

UAMS Substance Abuse Treatment Clinic

4301 West Markham, Slot 835
Little Rock, AR 72205
Phone: 501-526-8400 or 1-800-610-4673

Pulaski County – North Little Rock

The BridgeWay Hospital (In and Out-Patient)

21 Bridgeway Road
North Little Rock, AR 72113
Phone: 501-771-1500 or 1-800-245-0011
Website: www.thebridgeway.com

Family Services Agency, Inc.

Counseling & Education Program (Out-Patient)

628 West Broadway, Suite 300
North Little Rock, AR 72114
Phone: 501-372-4242
Website: www.helpingfamiliesfirst.org

Recovery Centers of Arkansas, Inc. – North

(Residential Treatment/Drug and Alcohol)
1201 River Road
North Little Rock, AR 72114
Phone: 501-372-4611
Fax: 501-372-1801
Website: www.rcofa.org

Saline County

Counseling Clinic, Inc.

307 East Sevier Street
Benton, AR 72015
Phone: 501-776-4224
Fax: 501-776-0411
Website: www.counselingclinicinc.org

Rivendell Behavioral Health Services (In and Out-Patient)

100 Rivendell Drive
Benton, AR 72019
Phone: 501-316-1255
1-800-264-5640
Website: www.rivendellofarkansas.com

American Red Cross

Your Red Cross Chapter: American Red Cross of Greater Arkansas

401 South Monroe
Little Rock, AR 72205
Phone: 501-748-1000
Fax: 501-666-5060
Email: careyc@arkansasredcross.org
Website: www.redcross.org/local/arkansas

Your Blood Services Region Greater Ozarks – Arkansas Blood Region

401 South Monroe
Little Rock, AR 72205
Phone: 501-614-4410
Fax: 501-614-4408
Email: rileybar@usa.redcross.org
Website: www.http://chapters.redcross.org/ar/greaterozarksregion/

American Red Cross Blood Services Greater Ozarks-Arkansas Region

Serving Arkansas, Southwest Missouri, and Memphis, Tennessee
www.redcrossblood.org/greaterozarks

To donate blood or plasma, call 1-800-GIVELIFE (1-800-448-3543).

For bone marrow donation, visit <http://www.marow.org>.

To schedule a blood donation online, visit <http://www.givelife.org>.

If you are 17 years of age or older, weigh at least 110 pounds, are in good general health, and have not donated within the past 56 days, you are eligible to donate blood.

If you're unsure about whether you are eligible to give blood at this time,
call 1-800-GIVE-LIFE to find out if you can give the Gift of Life.

American Red Cross Arkansas Blood Donation Centers

Call in advance to make an appointment.

Baxter County

Mountain Home

1041 Highland Circle, Suite 22

Mountain Home AR, 72653

Phone: 1-800-733-2767

Craighead County

Jonesboro

1904 Grant Street, Suite A

Jonesboro, AR 72401

Phone: 1-800-733-2767

Jefferson County

Pine Bluff

1602 West 42nd

Pine Bluff, AR 71603

Phone: 1-800-733-2767

Pope County

Russellville

1608 West Main Street

Russellville, AR 72801

Phone: 1-800-733-2767

Pulaski County

Little Rock

Lowry Blood Center

401 Sound Monroe

Next to Ray Winder Field

Little Rock, AR 72205

Phone: 501-614-4400 or 501-614-4545

North Little Rock

Vali-Hi Shopping Center

4548 John F Kennedy Boulevard

North Little Rock, AR 72118

Phone: 1-800-733-2767

Washington County

Tontitown

250 Industrial Circle East

Springdale, AR 72762

Phone: 1-800-733-2767

White County

Searcy

White County Medical Center – Doctor’s Pavilion

1120 South Main Street

Searcy, AR 72143

Phone: 1-800-733-2767

Arkansas Area on Aging (AAA)

Region I

AAA of Northwest Arkansas

Counties Served: Baxter, Benton, Boone, Carroll, Madison, Marion, Newton, Searcy, and Washington

Northwest AR AAA
1510 Rock Springs Road, P.O. Box 1795
Harrison, AR 72601
Phone: 870-741-1144
Toll free: 1-800-432-9721
TDD: 870-741-1346
Website: www.aaanwar.org

Region II

AAA of White River

Counties Served: Cleburne, Fulton, Independence, Izard, Jackson, Sharp, Stone, Van Buren, White, and Woodruff

White River AR AAA
3998 Harrison Street, P.O. Box 2637
Batesville, AR 72503
Phone: 870-612-3000
Toll free and TDD: 1-800-382-3205
Website: www.wraaa.com

Region III

AAA of East Arkansas

Counties Served: Clay, Craighead, Crittenden, Cross, Greene, Lawrence, Lee, Mississippi, Phillips, Poinsett, Randolph, and St. Francis

East AR AAA
2005 E. Highland Drive, PO Box 5035
Jonesboro, AR 72403
Phone: 870-972-5980
Toll free: 1-800-467-3278
Website: www.e4aonline.com

Region IV

AAA of Southeast Arkansas

Counties Served: Arkansas, Ashley, Bradley, Chicot, Cleveland, Desha, Drew, Grant, Jefferson, and Lincoln

Southeast AR AAA
709 E. 8th, PO Box 8569
Pine Bluff, AR 71611
Phone: 870-543-6300
Toll free and TDD: 1-800-264-3260
Website: www.aaasea.org

Region V

AAA of Central Arkansas

Counties Served: Faulkner, Lonoke, Monroe, Prairie, Pulaski, and Saline

Central AR AAA
706 West 4th Street, P.O. Box 5988
North Little Rock, AR 72119
Phone: 501-372-5300
Fax: 501-688-7437
Toll free and TDD: 1-800-482-6359
Website: www.carelink.org

Region VI

AAA of West Central Arkansas

Counties Served: Clark, Conway, Garland, Hot Spring, Johnson, Montgomery, Perry, Pike, Pope, and Yell

West Central AR AAA
905 West Grand Avenue
Hot Springs, AR 71913
Phone and TDD: 501-321-2811
Toll free: 1-800-467-2170
Hot Springs Fax: 501-321-2650
Russellville Fax: 501-967-2401
Website: www.seniorspecialists.org

Region VII

AAA of Southwest Arkansas

Counties Served: Calhoun, Columbia, Dallas, Hempstead, Howard, Lafayette, Little River, Miller, Nevada, Ouachita, Sevier, and Union

Southwest AR AAA
600 Columbia County Rd 11 E, PO Box 1863
Magnolia, AR 71754-1863
Phone: 870-234-7410
Toll free and TDD: 1-800-272-2127
Website: www.agewithdignity.com

Region VIII

AAA of Western Arkansas

Counties Served: Crawford, Franklin, Logan, Polk, Scott and Sebastian

Western AR AAA
524 Garrison, P.O. Box 1724
Fort Smith, AR 72902
Phone: 479-783-4500
Toll free and TDD: 1-800-320-6667
Website: www.agingwest.org

Aging Services

A number of services are available to individuals through a variety of funding sources. These sources include funding under the Older Americans Act, state general revenue, dedicated state taxes, Medicaid, and individual and community donations.

The following services are available through the Area Agencies on Aging (AAA). Eligibility for these services is determined by those offices. In most cases, clients must be 60 or older (unless otherwise identified).

Priority consideration is given to applicants in greatest economic and social need. A co-payment is not required from individuals who receive these services; however, clients are encouraged to donate if they are able.

Eligibility and payment criteria may change as state and federal regulations are amended or renewed. For the most current information, consult the local AAA or call the Division of Aging and Adult Services.

Not every service is available in every region, and a service available within one region may be available in every location.

Aging Services include the following:

- Adult Day Care
- Adult Protective Services
- Chore/Home Maker Services
- Client Representation (assistance with application process)
- Congregate Meals
- Home Delivered Meals
- Information and Referral
- Long-Term Care Ombudsman Program
- Material Aid
- Personal Care Services
- Socialization
- Telephone Reassurance
- Transportation

Note: Call your local AAA to determine the actual services offered in your area. Each region is listed with their telephone numbers in this section, pages 10-11.

Note: For support groups or for the foundation/association nearest you, please call the appropriate office below:

Alzheimer's Arkansas

Central Arkansas Office
Phone: 501-224-0021
Website: www.alark.org

American Amputee Foundation

Central Arkansas Office
Phone: 501-835-9290
Website: www.americanamputee.org

American Association of Kidney Patients

Phone: 1-800-749-2257
Website: www.aakp.org

American Cancer Society

Phone: 501-603-5200 or 1-800-227-2345
Website: www.cancer.org

American Chronic Pain Association

Phone: 1-800-533-3231
Website: www.theacpa.org

American Diabetes Association

Central Arkansas Office: 501-221-7444
Phone: 1-800-342-2383
Professional Member: 1-800-232-3472 or 703-549-1500
New Membership: 1-800-806-7801
Website: www.diabetes.org

American Heart Association

Central Arkansas Office
Phone: 501-375-9148 or 1-800-242-8721
Website: www.americanheart.org

American Lung Association of Arkansas

Central Arkansas Office
Phone: 501-975-0758
Website: www.lung.org

**American Parkinson's Disease Association (APDA)
AR Chapter**

National Office: 1-800-223-2732
or 1-800-345-6621 ext. 3990
Website: www.apdaparkinson.org

Amotrophic Lateral Sclerosis (*Lou Gehrig's Disease*)

National: 1-800-782-4747
Arkansas Chapter: 479-621-8700
Website: www.alsa.org

Arkansas Epilepsy Foundation

National Office: 1-800-332-1000
Phone: 501-227-5061
Website: www.epilepsyfoundation.org

Arkansas Spinal Cord Commission

Phone: 1-800-459-1517
Website: www.spinalcord.ar.gov

Arthritis Foundation

National Office: 1-404-872-7100
Phone: 501-664-7242
Website: www.arthritis.org/arkansas/

Crohn's Disease and Colitis Foundation of American

Phone: 1-800-783-8008
Website: www.chrohnscolitisfoundation.org

Depression and Bipolar Support Alliance

Phone: 1-800-826-3632
Crisis Line: 1-800-273-8255
Website: www.dbsalliance.org

American Liver Foundation

Phone: 1-800-223-0179
Website: www.liverfoundation.org

Lupus Foundation of America

Arkansas Chapter
Phone: 501-525-9380 or 1-800-294-8878
Website: www.lupus-arkansas.com

Muscular Dystrophy Association

Arkansas Chapter: 501-227-7098
National Office: 1-800-572-1717
Website: www.mda.org

Myasthenia Gravis Foundation of Arkansas

Central Arkansas Office: 501-753-5974
National Office: 1-800-541-5454
Website: www.myashtenia.org

American Speech-Language Hearing Association

Members: 1-800-498-2071

Non-Members: 1-800-638-8255

Website: www.asha.org

National Kidney Foundation Central Arkansas Office

Phone: 1-800-622-9010

Patient Help Line: 1-855-653-2273

Membership: 1-888-564-6653

Website: www.kidney.org

National Consortium of Breast Centers, Inc.

Phone: 1-574-267-8058

Website: www.breastcare.org

E-mail: ncbc@breastcare.org

National Multiple Sclerosis Society Arkansas Chapter

Phone: 501-663-8104 or 1-800-FIGHT MS (1-800-344-4867)

Website: www.nationalmssociety.org/chapters/arr

National Osteoporosis Foundation

Phone: 1-800-231-4222

E-mail: info@nof.org

Website: www.nof.org

Susan G. Komen for the Cure Arkansas

904 Autumn Road, Suite 500

Little Rock, AR 72211

Phone: 501-202-4399

South West Regional Office: 903-791-9585

Helpline: 1-877-GO KOMEN (1-877-465-6636)

Website: www.komenarkansas.org

Tourette's Syndrome Association

Phone: 1-888-4-TOURET

Website: www.tourette.org

YWCA Encore Plus

Breast and Cervical Cancer Program

Phone: 1-202-467-0801

Website: www.ywca.org

E-mail: Info@ywca.org

Cancer Resources

Baptist Health HealthLine

Phone: 501-227-8478 or 1-888-227-8478

Website: www.baptist-health.com

Baptist Health Medical Center – Little Rock

Women's Resource Center

Phone: 501-202-7386

Website: www.baptist-health.com

American Cancer Society Patient Services

Statewide: 1-800-227-2345

Pulaski County: 501-664-3480

Website: www.cancer.org

AMC Cancer Information and Counseling Line

Phone: 1-800-525-3777

Arkansas Cancer Research

University of AR Medical System

Phone: 501-686-8300 or 1-800-942-8267

Website: www.cancer.wams.edu

Cancer Information Service

University of Iowa

Phone: 1-800-237-1225

Website: www.uihc.org/cancer-information-service

National Cancer Institute Cancer Information Service

Phone: 1-800-422-6237

Website: www.cancer.gov

New Outlook: The Women's Cancer Recovery Center

St. Vincent Hospital

Phone: 501-552-3900 or 1-800-446-7341

Website: www.stvincenthealth.com/newoutlook

United Way First Call for Help

Phone: 501-376-4567

Central Arkansas Radiation Therapy Institute (CARTI)

Pulaski County

Administrative Contact Information

Central Arkansas Radiation Therapy Institute

P.O. Box 55050
Little Rock, AR 72215
Phone: 501-906-3000 or 1-855-552-2784
Website: www.CARTI.com

Facility Contact Information

CARTI/Baptist

9500 Kanis Road
Little Rock, AR 72205
Phone: 501-312-1733 or 1-800-322-9311
Fax: 501-312-1798
Website: www.CARTI.com

CARTI/NLR

3401 Springhill Drive, Suite 130
North Little Rock, AR 72117
Phone: 501-955-2227 or 1-800-342-2863
Fax: 501-955-2883
Website: www.CARTI.com

Faulkner County

CARTI/Conway

2605 College Avenue
Conway, AR 72034
Phone: 501-329-4741 or 1-800-390-5134
Fax: 501-513-9643

Baxter County

CARTI/Mountain Home

622 Hospital Drive
Mountain Home, AR 72653
Phone: 870-424-2200 or 1-800-955-2278
Fax: 870-424-2992
Website: www.CARTI.com

White County

CARTI/Searcy

405 Rodgers Drive
Searcy, AR 72143
Phone: 501-268-7870 or 1-800-242-3362
Fax: 501-268-5814
Website: www.CARTI.com

CARTI/St. Vincent

4 St. Vincent Circle
Little Rock, AR 72205
Phone: 501-664-8573 or 1-800-482-8561
Fax: 501-664-7459
Website: www.CARTI.com

CARTI/UAMS

4130 Shuffield Drive
Little Rock, AR 72205
Phone: 501-664-4568 or 1-800-371-7996
Fax: 501-603-9573
Website: www.CARTI.com

Child & Adolescent Resources

Center for Health Advancement:

- | | |
|------------------------------------|--------------|
| A. Child and Adolescent Health, LR | 501-280-4780 |
| B. WIC, LR | 501-280-3100 |
| C. Immunizations, LR | 501-225-7468 |
| D. AIDS/STD, LR | 501-661-2408 |
| E. Center for Health Protection | 501-661-2243 |

Statewide: 1-800-275-1131 or call your local county health department.

Website: www.healthyarkansas.com

Department of Human Services for:

- A. Economic services
- B. Medical service – if client already has Medicaid, access the Medicaid caseworker
- C. Client assistance

Little Rock: 501-682-9200 or call your local county DHS office

Website: www.state.ar.us/dhs

Division of Children and Family Services (DCFS) for:

- A. Residential Care
- B. Foster Care
- C. Adoptions (lists of agencies available with DCFS)
- D. Family support

Little Rock: 501-682-8462 or call your local county DCFS office.

Website: www.humanservices.arkansas.gov/dcfs/

Help is available through:

- A. Local Community Mental Health Centers
- B. Family Service Agency: 501-372-4242
- C. Private licensed mental health professionals
- D. Myler Boys Recovery, Inc. / Adolescent Counseling Programs (ages 13-25)
Central AR: 501-519-0199

Local County Juvenile Court for:

Family In Need of Services (FINS) petition

3001 West Roosevelt Road, #2

Little Rock, AR 72204

Phone: 501-340-6700

Website: www.pulaskicounty.net/pulaski-county-juvenile-circuit-court/

Community Action Programs

Community Action Programs (CAP) provide the following services:

- Commodities (certain foods such as cheese, honey, etc.)
- Home Energy Assistance Program (HEAP)
- Home Weatherization

Arkansas River Valley Area Council, Inc. (ARVAC)

612 North 5th Street

Dardanelle, AR 72834

Phone: 479-229-4861

Counties served: Conway, Franklin, Johnson, Logan, Perry, Polk, Pope, Scott, and Yell

Central Arkansas Development Council (CADC)

P.O. Box 580

321 Edison Avenue

Benton, AR 72018

Phone: 501-315-1121

Counties served: Clark, Hot Spring, Montgomery, Pike, and Saline

Website: www.cadconline.net/counties

Central Arkansas Development Council (CADC)

PO Box 580

321 Edison Avenue

Benton, AR 72018

Phone: 501-315-1121

Counties served: Lonoke and Pulaski

Website: www.cadconline.net/counties

Community Action Program for Central Arkansas, Inc. (CAPCA)

707 Robins St, #118

Conway, AR 72032

Phone: 501-329-3891

Counties served: Cleburne, Faulkner, and White

Website: www.capcainc.org

Note: If the county in which you live is not listed above, call your local AAA for a listing.

Community Clinics and Wellness Centers —

Little Rock area clinics accepting uninsured and/or underinsured.

Arkansas Health Care Access Foundation, Inc.

P.O. Box 56248

Little Rock, AR 72215

Phone: 501-221-3033 or 1-800-950-8233

Note: This service does not take walk-in patients. Your local DHS office must first approve you before participating in this service. Please call you local DHS office for more information. See page 27 in this document for your local DHS telephone number.

Harmony Health Clinic

201 East Roosevelt Road

Little Rock, AR 72206

Phone: 501-875-4400

Clinic Hours: 9:00am - 3:00pm

Appointments only

Jefferson Comprehensive Care System, Inc.

4206 Frazier Pike

Little Rock, AR 72215

Phone: 501-490-2440

Clinic Hours: Monday, Thursday, and Friday, 8:00am - 6:30pm, Tuesday, 8:00am - 7:00pm, Wednesday, 8:00am - 12:00pm

Walk-ins Welcome

Open Hands Clinic

1225 Dr. Martin Luther King Drive

Little Rock, AR 72202

Phone: 501-244-2121

Clinic Hours: Monday - Friday, 8:00am - 5:00pm

Serving Little Rock's homeless

Shepherd's Hope Neighborhood Health

2404 Tyler Street

Little Rock, AR 72204

Phone: 501-244-2121

Clinic Hours: Weekly 5:30pm - 9:00pm on varying Thursday

Closed: Holidays and any 5th Tuesday or Thursday

Women's Nights for Gynecology: 2nd and 4th Tuesday of every month

Dental Clinic: Tuesday, 5:30pm - 8:30pm

Appointment only

Medical Services are free but a contribution of \$5 is asked is required

St. Francis House Clinic

2701 South Elm Street

Little Rock, AR 72204

Clinic Hours: 8:30am - 4:00pm

Phone: 501-664-5036

Conway Area Wellness Centers

New Hope Baptist Church

1232 Watkins Street

Conway, AR 72034

Hours: 1st Tuesday 4:30pm - 6:30pm

Little Rock Area Wellness Centers

Dunbar Community Center

1001 West 16th Street

Little Rock, AR 72202

Hours: 3rd Friday of every month, 9:00am - 11:00am

East Little Rock Senior Center

2500 East 6th Street

Little Rock, AR 72202

Hours: 3rd Wednesday of every month, 9:30am - 11:30am

First Presbyterian Church – Stewpot

800 Scott Street

Little Rock, AR 72201

Hours: Friday, 12:00pm - 2:00pm

Jim Dailey Fitness and Aquatic Center

300 South Monroe Street

Little Rock, AR 72205

Hours: 1st Monday of every month,
9:00am - 11:00am

Liberty Hill Missionary Baptist Church

1215 South Schiller Street

Little Rock, AR 72204

Hours: 2nd Monday of every month, 3:00pm - 6:00pm

Mosaic Church of Central Arkansas

6420 Colonel Glenn Road

Little Rock, AR 72204

Hours: 1st Tuesday of every month, 2:00pm - 4:00pm

Saint Mark Baptist Church Education Center

5722 West 12th Street

Little Rock, AR 72204

Hours: 2nd Tuesday, 3:00pm - 6:00pm

Second Baptist Church - Downtown

2nd Place Building

721 Cumberland St.

Little Rock, AR 72202

Hours: 2nd Monday of every month, 9:00am - 11:00am

Southwest Community Center

6401 Baseline Road

Little Rock, AR 72209

Hours: 2nd Thursday of every month, 9:30am - 11:30am

St. John Missionary Baptist Church

2501 South Main Street

Little Rock, AR 72206

Hours: Wednesday 3:00pm - 6:00pm

Stephens Community Center

3720 West 18th Street

Little Rock, AR 72204

Hours: 4th Thursday of every month, 10:30am - 12:30pm

The Centre at University Park

6401 West 12th Street

Little Rock, AR 72204

Hours: 1st Tuesday in January and October
10:00am - 12:00pm

West Central Community Center

4521 John Barrow Road

Little Rock, AR 72204

Hours: 2nd Monday of every month, 9:30am - 11:30am

North Little Rock Area Wellness Centers

Bryant Senior Activity Center

6401 Boone Road #3 (Bishop Park)
Bryant, AR 72022
Hours: 2nd Wednesday of every month, 9:00am - 11:00am

Cabot Senior Citizen's Center

600 North Grant Street
Cabot, AR 72023
Hours: Monday, 9:00am - 11:00am

First Assembly of God

4501 Burrow Drive
North Little Rock, AR 72116
Hours: 3rd Thursday of every month, 10:00am - 12:00pm

Heaven's Loft Wellness Center

518 West 26th Street
North Little Rock, AR 72114
Hours: Wednesday, 10:00am - 2:00pm

Park Hill Baptist Church

201 East C Street
North Little Rock, AR 72116
Hours: 1st Thursday of every month, 9:00am - 11:00am

Patrick Henry Hays Senior Citizen Center

401 West Pershing
North Little Rock, AR 72114
Hours: Tuesday, 9:00am - 12:00pm

Sherwood Community Center

2301 Thornhill Drive
Sherwood, AR 72120
Hours: Wednesday, 9am - 11:00am

Ward Wellness Center

405 Hickory (City Hall)
Ward, AR 72176
Hours: Quarterly on Tuesday, 11:00am - 12:30pm

Consumer Credit Counseling Services (CCCS)

Consumer Credit Counseling Service is a private, nonprofit community service that provides money management assistance to individuals and families, assisting them in arranging mutually acceptable debt repayment plans with their creditors. CCCS counselors will help you plan a monthly budget that fits your needs and suggest methods to improve money, management and spending habits.

For more information on CCCS counseling or to schedule an appointment, call the office closest to your home or place of work.

North Little Rock Administrative Office

628 West Broadway, Suite 102
North Little Rock, AR 72114
P.O. Box 16615
Little Rock, AR 72231-6615
Phone: 501-753-0202
Fax: 501-812-4309

Counseling Services

Professional Counseling Associates

2nd and Depot, Lonoke, 501-676-3151

405 North 2nd, Cabot, 501-843-3503

109 North Hazen, Hazen, 870-255-3527

7800 Highway 107, Sherwood, 501-835-4174

4353 Stockton, North Little Rock, 501-955-7600

1109 Burman, Jacksonville, 501-982-7515

9110 Geyer Springs, Little Rock, 501-568-4298

Administration: 3601 Richards Road, North Little Rock, 501-221-1843

Website: www.pca-ar.org

Clark County

Arkadelphia Community Counseling Center

201 North 26th

Arkadelphia, AR 71923

Phone: 870-246-4123

Emergency: 1-800-264-2410

Fax: 870-246-4184

Website: www.communitycounselingservices.org

Dr. Bill Viser

OBU

Arkadelphia, AR

Phone: 870-245-5524

E-mail: viserw@obu.edu

Cleburne County

Health Resources of Arkansas

Heber Springs, AR

Phone: 501-362-7595

Private Counseling Center

Sandra Williams, LCSW

Children, Adolescents, Adults, Couples, or Families

2237 Highway 25B

Heber Springs, AR 72543

Family Counseling Center

Sherry Presley, MS, LPC, LMFT

510 West Main Street, #2

Heber Springs, AR 72543

Phone: 501-362-5525

Lonoke County

Family Counseling & Recovery Centers

Substance and Alcohol Recovery, Out-Patient

105 South 3rd Street

Cabot, AR 72023

Phone: 501-843-1595

Pulaski County - Jacksonville

Professional Counseling Associates

1109 Burman

Jacksonville, AR 72076

Phone: 501-982-7515

Website: www.pca-ar.org

Pulaski County - Little Rock

Arkansas Psychiatric Clinic PA

Adults, Children, Adolescents, and Seniors

28 Rahling Circle

Little Rock, AR 72223

Phone: 501-448-0170

Centers for Youth and Families

Youth and Families

6601 West 12th

Little Rock, AR 72204

Website: www.youthandfamilies.org

Daily Bread Counseling

Community Counseling, Brain Injury Specialty
15524 Chenal Parkway
Little Rock, AR 72211
Phone: 501-847-2229

Family Counseling and Recovery Centers

Substance and Alcohol Recovery, Out-Patient
7509 Cantrell Road
Little Rock, AR 72207

Len Lowman, LCSW, PA Counseling Services

Men's Groups, Sexual Addiction, Marital,
Family, and Individuals
10810 Executive Center Drive, Suite 100
Little Rock, AR 72211
Phone: 501-605-2695

Methodist Family Health Counseling Clinic

Children and Families
1600 Aldersgate Road, Suite 100
Little Rock, AR 72205
Phone: 501-537-3991 or 501-803-3388

Napa Valley Counseling Services

12115 Hinson Road
Little Rock, AR 72212
Phone: 501-224-0318
Website: www.napavalleycounseling.com

Pulaski County - Maumelle**Hass Psychiatric Services, PA**

Christian Based Clinic
Adults and Children
2001 Club Manor Drive
Maumelle, AR 72113
Phone: 501-687-0488
Website: www.haaspsych.com

Pulaski County - North Little Rock**Christian Center for Psychological Services**

Phone: 501-753-2465
Fax: 570-322-8430

Family Service Agency

Individual, Marital, Group, and Family
628 West Broadway, Suite 300
North Little Rock, AR 72114
Phone: 501-372-4242
Website: www.helpingfamiliesfirst.org

Cobb Ruthie – Professional Counseling Services

9110 Geyer Springs Road
Little Rock, AR 72209
Phone: 501-568-4298

Psychological Care Center

Adult, Child, Marriage, and Substance Abuse
1301 Cumberland
Little Rock, AR 72202
Phone: 501-376-2205 or 1-866-211-4520

Richard Miller, LCSW, LMFT, D.Min

Individual, Couples, Youth, and Families
21620 Highway 10
Little Rock, AR 72223
Phone: 501-580-2308

UAMS Phychiatry Research Institute

4301 West Markham
Little Rock, AR 72205
Phone: 501-526-8100
Website: www.uams.edu

Youth Home, Inc.

Teens and Families
20400 Colonel Glenn Road
Phone: 501-954-7470
10 Corporate Hill Drive, #330
Phone: 501-954-7470

Lakewood Behavioral Health Associates

Individual, Marital, Group, and Family
4020 Richards Road, Suite F
North Little Rock, AR 72117
Phone: 501-753-1616
Website: www.lakewoodbehavioralhealth.com

Professional Counseling Associates

4354 Stockton
North Little Rock, AR 72117
Phone: 501-955-7600
Website: www.pca-ar.org

Saline County

Arkansas Counseling

109 West South Street
Benton, AR 72015
Phone: 501-776-1191

Community Counseling

Brain Injury Specialist
200 North Market Street
Benton, AR 72015
Phone: 501-847-2229
Website: www.dailybreadcounseling.com

Kenneth Joe Heard, LPC, CCMHC, NCC

Couples, Divorce Prevention and Recovery, Parent and Child
4717 Boone Road
Benton, AR 72022
Phone: 501-847-0008

Deaf & Hearing Impaired Services ---

Office for the Deaf and Hearing Impaired

District Manager: David McDonald
26 Corporate Hill Drive
Little Rock, AR 72205
Phone: 501-324-9521
Website: www.arsinfar.org

Vocational Rehabilitation Services

Phone: 501-296-1600 or 1-800-330-6032
Website: www.ace.arkansas.gov

Additional Resource

Hear Now

Program Director: Joanita Stetter, MS.Ed
6700 Washington Avenue
Eden Prairie, MN 55344
Phone: 1-800-648-HEAR (4327)
Fax: 1-952-828-6946
www.nonprofir@starkey.com

Dental Care

Dental Care Providers

St. Vincent East End Clinic

2500 East 6th Street
Little Rock, AR 72202
Phone: 501-552-4710

UAMS

Dental Hygiene School
4301 West Markham, Shoray Building
Little Rock, AR 72205
Phone: 501-686-5733
Call for appointment

River City Ministries

1021 East Washington Avenue
North Little Rock, AR 72114-5853
Phone: 501-376-6694
Dental Services offered (Must call Thursday morning at 10:00am to be placed on list)
Call for appointment

Dental Payment Assistance and Clinics

ARKids First A

500 President Clinton Avenue, Suite 400
Little Rock, AR 72201
Phone: 1-888-474-8275, Press Option 4, then Option 2 for ARKids
Services: Medical and Dental; Offers low income families benefits.

Community Health Clinic-College Station

4206 Frazier Pike
Little Rock, AR 72206
Phone: 501-490-2440
Services: Medical, Dental, Wellness, Others
Sliding scale fee based on Income

Harmony Health

201 East Roosevelt Road
Little Rock, AR 72206
Phone: 501-375-4400
Services: Health, RX Assistance, Dental, Eye
Call for appointment

Little Rock Walk-In Clinic

802 North University Avenue
Little Rock, AR 72205
Phone: 501-291-2322
Services: Health and Dental
FREE to children that have NO insurance.
ALL insurances accepted.
Hours: Monday - Friday, 12:00pm - 8:00pm

Ocean Dental

3024 South University Avenue

Little Rock, AR 72205

Phone: 501-565-0606

Services: Dental

Based on income; Children and Young Adults (AR Kids)

FREE to children that have NO insurance; Adults: \$50.00

Hours: Monday - Friday, 8:00am - 5:00pm

UAMS Hygiene Clinic

4301 West Markham Street, #609

Little Rock, AR 72205

Phone: 501-686-5733 or 501-686-5734

Services: Dental

See Application for Cost/Qualifications

Call to make appointment

Westside Medical Clinic

200 Aldersgate Road

Little Rock, AR 72205

Phone: 501-664-0340 ext. 356

Services: Medical and Dental

FREE to medically uninsured

Others: Sliding scale fee for adult patients without full access to full health care in the basic family practice.

Call to make appointment

Note: For Dental Services in your area, consult your yellow pages or call your local Area Agency on Aging (AAA). See pages 10-11 in this document for your local AAA.

Department of Human Services

Website: www.arkansas.gov

DHS County Office Telephone List:

Arkansas (DeWitt)	870-946-4519	Hempstead	870-777-8656	Pike	870-285-3111
Arkansas (Stuttgart)	870-673-3597	Hot Spring	501-332-2718	Poinsett	870-578-5491
Ashley	870-853-9816	Howard	870-845-4334	Polk	479-394-3100
Baxter	870-425-6011	Independence	870-698-1876	Pope	479-968-5596
Benton	479-273-9011	Izard	870-368-4318	Prairie	870-998-2581
Boone	870-741-6107	Jackson	870-523-9828	Pulaski East (LR)	501-371-1300
Bradley	870-226-5878	Jefferson	870-534-4200	Pulaski Jacksonville	501-371-1200
Calhoun	870-798-4201	Johnson	479-754-2355	Pulaski North (NLR)	501-682-0100
Carroll	870-423-3351	Lafayette	870-921-4283	Pulaski South (LR)	501-682-9200
Chicot	870-265-3821	Lawrence	870-886-2408	Pulaski Southwest (LR)	501-371-1100
Clark	870-246-9886	Lee	870-295-2597	Randolph	870-892-4475
Clay	870-598-2282	Lincoln	870-628-4105	Saline (Benton)	501-315-1600
Cleburne	501-362-3298	Little River	870-898-5155	Saline (Bryant)	501-847-6056
Cleveland	870-325-6218	Logan (Paris)	479-963-2783	Scott	479-637-4141
Columbia	870-234-4190	Logan (Booneville)	479-675-3091	Searcy	870-448-3153
Conway	501-354-2418	Lonoke	501-676-5643	Sebastian	479-782-4555
Craighead	870-972-1732	Madison	479-738-2161	Sevier	870-642-2623
Crawford	479-474-7595	Marion	870-449-4058	Sharp	870-856-1053
Crittenden	870-732-5170	Miller	870-773-0563	St. Francis	870-633-1242
Cross	870-238-8553	Mississippi (Blytheville)	870-763-7093	Stone	870-269-4321
Dallas	870-352-5115	Mississippi (Osceola)	870-563-5234	Union	870-862-6631
Desha	870-222-4414	Monroe (Clarendon)	870-747-3329	Van Buren	501-745-4192
Drew	870-367-6835	Monroe (Brinkley)	870-734-1445	Washington	479-521-1270
Faulkner	501-730-9900	Montgomery	870-867-3184	Washington	479-442-4029
Franklin	479-667-2379	Nevada	870-887-6626	White	501-268-8696
Fulton	870-895-3309	Newton	870-446-2237	Woodruff	870-347-2537
Garland	501-321-2583	Ouachita	870-836-8166	Yell	479-495-2723
Grant	870-942-5151	Perry	501-889-5105		
Greene	870-236-8723	Phillips	870-338-8391		

Department of Human Services – Division of Aging and Adult Services

P.O. Box 1437/Slot S530

Little Rock, AR 72203-1437

Phone: 501-682-2441

Fax: 501-682-8155

Note: For information regarding availability of services in any county, please contact the AAA county office or AAA information number listed for that county. For the AAA that serves your county, please refer to pages 10-11 in this document.

Note: Most 800 numbers listed under the regional AAAs are in-state Watts only; if you are calling from out-of-state please contact the AAA office number as the Watts numbers are often for in-state calls only.

Note: For access to the DHS Division of Aging and Adult Services Directory of Aging Programs go to www.state.ar.us/dhs/aging/agedrcty.html or call the above number to have one mailed to your home.

Food Resource & Food Stamps

Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamp Program)

Call your county Department of Human Services office to apply for Food Stamp Assistance. Statewide office listings are on previous page (page 27), or www.state.ar.us/dhs.

Note: For a Soup Kitchen in your area, call your local Area Agency on Aging (AAA). See pages 10-11 in this document for your local AAA office.

Soup Kitchens - Little Rock Area

Stewpot

First Presbyterian Church
800 Scott Street
Little Rock, AR 72201
Phone: 501-372-1804
Hours: Monday - Friday, 12:00pm - 1:00pm

River City Ministry

1021 East Washington Avenue
North Little Rock, AR 72114-5853
Phone: 1-501-376-6694
Hours: Sunday, 9:00am, Closed on holidays

Stone Soup

Quapaw Quarter United Methodist Church
1601 South Louisiana Street
Little Rock, AR 72206
Phone: 501-375-1600
Hours: Sunday, 3:00pm
Food Hours: 1st and 3rd Tuesday of every month, 1:00pm - 3:00pm, Closed in August
Pet Food Hours: 3rd Tuesday of the month, 1:00pm - 3:00pm

Soup Kitchens - Heber Springs Area

Food Pantry

2016 Highway 25B
Heber Springs, AR 72543
Phone: 501-362-8486
Hours: Monday, Wednesday, and Friday, 1:00pm - 3:00pm

Food Pantry - Little Rock Area

CarePack Express Meals from CareLink

Eat Healthy-Stay Healthy, 5 Complimentary Meals

To Order:

Phone: 501-372-5300

Fax: 501-688-7443

E-mail: info@care-link.org

Available free of charge to any patient 60 years old and older upon hospital discharge. A complimentary pack of 5 meals will be delivered to homes in Little Rock, North Little Rock, and Maumelle.

Little Rock Food Pantries

Arkansas Food Bank

4301 West 65th Street
Little Rock, AR 72209
Phone: 501-565-8121

Arkansas Rice Depot

4301 West 65th Street
Little Rock, AR 72209
Phone: 501-565-8855

Saint Francis House

2701 South Elm Street
Little Rock, AR 72204
Phone: 501-664-5035
Hours: Monday - Friday, 8:30am - 5:00pm

Saint Andrew United Methodist Church

4600 Baseline Road
Little Rock, AR 72209
Phone: 501-862-1891
Driver's license or photo ID required
Hours: 1st, 3rd, and 5th Friday of every month,
10:00am - 11:30am

Quapaw United Methodist Church

1601 South Louisiana Street
Little Rock, AR 72209
Phone: 501-375-1600
Driver's license or photo ID required
Hours: 1st and 3rd Tuesday of every month,
1:00pm - 3:00pm

Promise Land Ministries

8923 Sunset Lane Road
Little Rock, AR 72209
Driver's license or photo ID required
Hours: Monday - Friday, 10:00am - 2:00pm

Otter Creek Assembly

9415 Stagecoach Road
Little Rock, AR 72209
Phone: 501-455-0946
Hours: Monday, 6:00pm - 7:00pm

New Hope Community Outreach

1851 Howard Street
Little Rock, AR 72202
Phone: 501-376-2164
Driver's license or photo ID required
Hours: 4:00pm - 8:00pm

Mosaic Church of Central Arkansas

6420 Colonel Glenn Road
Little Rock, AR 72204
Phone: 501-562-3336
Hours: Tuesday, 2:00pm - 6:00pm

Mount Calvary Missionary Baptist

1901 Simpson Road
Little Rock, AR 72206
Phone: 501-374-8157

Mount Carmel Pentecostal Church

4600 West 23rd Street
Little Rock, AR 72204
501-666-5832
Driver's license or photo ID required

Mount Zion Baptist Church

908 Cross Street
Little Rock, AR 72202
Phone: 501-374-5832
Hours: Wednesday, 11:00am - 12:00pm
Saturday, 11:00am - 1:00pm

MLK Heritage and Enrichment, Inc.

3012 Martin Luther King Drive
Little Rock, AR 72206
Phone: 501-244-0217
Hours: Tuesday, 10:00am - 2:00pm

Mercy Ministries

1900 Nichols Road
Little Rock, AR 72205
Phone: 501-225-8500
Hours: 1st and 4th Sunday of every month
10:00am - 1:00pm

Little Rock Church

10701 West Baseline Road
Little Rock, AR 72209
Phone: 501-455-0900
Hours: 2nd and 4th Monday of every month,
6:00pm - 7:30pm; call for an appointment

Little Rock Compassion Center

3618 West Roosevelt
Little Rock, AR 72204
Phone: 501-296-9114
Hours: Thursday, 1:00pm - 5:00pm

Love/Healing Waters

14036 Sardis Road
 Little Rock, AR 72201
 Phone: 501-416-5455
 Driver's license or photo ID required
 Hours: 8:00am - 4:30pm

Life Unlimited Christian Fellowship

7001 Colonel Glenn Road
 Little Rock, AR 72214
 Phone: 501-568-3600
 Hours: Monday and Thursday, 9:00am - 3:00pm

Lifeline Baptist Church

7601 Baseline Road
 Little Rock, AR 72209
 Phone: 501-565-3469
 Hours: Thursday, 9:30am - 10:30am

Lewis Street Church of Christ

2716 Lewis Street
 Little Rock, AR 72204
 Phone: 501-666-2074

Lakeshore Drive Baptist Church

21 Lakeshore Drive
 Little Rock, AR 72204
 Phone: 501-565-5536
 Hours: 2nd and 4th Tuesday of every month
 10:00am - 2:00pm

Ironton Baptist Church

14718 Ironton Cutoff
 Little Rock, AR 72206
 Phone: 501-888-2693

Jackson Memorial Church of God in Christ

5515 Brown Street
 Little Rock, AR 72206
 Phone: 501-897-1194
 Birth certificate required
 Hours: Friday, 6:30pm - 7:30pm
 Saturday, 12:00pm - 2:00pm

Immanuel Baptist Church of Little Rock

501 North Shackelford Road
 Little Rock, AR 72211
 Driver's license or photo ID and proof of income required
 Hours: Tuesday, 10:00am - 2:00pm

Immanuel Outreach Church

1123 Welch Street
 Little Rock, AR 72202
 Phone: 501-541-3605
 Driver's license or photo ID and proof of income required
 Hours: Saturday, 11:00am - 1:00pm

Immanuel Baptist Church

10500 West Markham Street
 Little Rock, AR 72211
 Phone: 501-376-3071
 Proof of residency required
 Hours: Tuesday 10:00am - 2:00pm

Holy Temple

1322 Pulaski Street
 Little Rock, AR 72202
 Phone: 501-375-5804
 Hours: Tuesday and Thursday, 6:00pm - 8:30pm

His Love Food Pantry

9701 West Markham Street
 Little Rock, AR 72205
 501-376-3071
 Driver's license or photo ID required
 Hours: Tuesday 1:30pm - 4:00pm

Helping Hands Little Rock

1601 Marshall Street
 Little Rock, AR 72216
 Phone: 501-372-4388
 Driver's license or photo ID and Social Security card required
 Hours: Monday and Thursday, 9:00am - 1:00pm

Greater Grace Baptist Church

8819 Lew Drive
 Little Rock, AR 72209
 Phone: 501-565-3579
 Driver's license or photo ID required

Greater Second Care Center

5615 Geyer Springs Road
 Little Rock, AR 72209
 Phone: 501-569-9054
 Hours: Tuesday and Thursday, 10:00am - 12:00pm

Greater South Temple Cogic

2623 South Arch Street
 Little Rock, AR 72206
 Phone: 501-374-7101
 Hours: 2nd and 4th Friday of every month, 4:00am - 6:30pm

Greater Trinity Church of God in Christ

2400 Wright Avenue
Little Rock, AR 72202
Phone: 501-375-4336
Hours: Wednesday, 6:00pm - 8:00pm
Sunday, 3:00pm - 4:00pm

Geyer Springs United Methodist Church

5500 Geyer Springs Road
Little Rock, AR 72209
Phone: 501-565-3175
Driver's License or photo ID required
Hours: 1st and 3rd Thursday of every month
9:00am - 12:00pm

Gaines House

1702 South Gaines Street
Little Rock, AR 72206
Phone: 501-376-4015
Driver's license or photo ID and proof of income required

First Baptist Church – Little Rock

901 Calhoun
Little Rock, AR 72203
Phone: 501-374-5882
Driver's license of photo ID required
Hours: Wednesday, 6:30pm - 8:30pm

First Christian and Faith Lutheran

1500 North Mississippi Street
Little Rock, AR 72207
Phone: 501-225-5656
Driver's license or photo ID and Social Security card required
Hours: Friday, 10:30am - 12:00pm

Evangelist Temple Church of God in Christ

5121 Baseline Road
Little Rock, AR 72209
Hours: Wednesday, 5:30am - 7:00pm
Saturday, 11:00am - 1:00pm

Crystal Hill Baptist Church

18823 Crystal Valley Road
Little Rock, AR 72210
Phone: 501-455-0669
Hours: Monday - Friday, 8:00am - 4:30pm

Christ Temple Outreach Center

1923 South Arch Street
Little Rock, AR 72206
Phone: 501-376-1664
Driver's license or photo ID and proof of income required
Hours: Monday - Friday, 9:00am - 3:30pm
Tuesday - Thursday, 10:00am - 2:00pm

Capitol City Free Will Baptist Church

6724 West 32nd Street
Little Rock, AR 72204
Phone: 501-562-7158
Hours: 2nd Wednesday of every month

Bullock Temple

1513 South Park Street
Little Rock, AR 72202
Phone: 501-375-1581
Driver's license or photo ID required

A Child's Place Preschool

3920 Woodland Heights Road
Little Rock, AR 72212
Phone: 501-227-3600
Hours: Monday and Friday, 8:00am - 4:30pm

Airport Church of Christ

8501 Fourche Dam Pike
Little Rock, AR 72206
Phone: 501-490-9800
Hours: Wednesday and Thursday
10:00am - 2:00pm

Church at Rock Creek

1150 West 36th Street
Little Rock, AR 72211
Phone: 501-490-8684
Photo ID, proof of income, and verification of children living
in home required
Hours: Monday - Friday, 1:00pm - 4:00pm

Cabot Food Pantries

Mountain Springs Baptist Church

15669 Highway 5
Cabot, AR 72023
Phone: 501-847-7132

Loaves and Fishes

899 West Myrtle Street
Cabot, AR 72023
Hours: Monday, 6:30pm - 8:00pm

FirstCare

406 West Pine Street
Cabot, AR 72023
Phone: 501-941-7893
Hours: Monday and Thursday, 10:00am - 2:00pm
Tuesday, 5:00pm - 7:00pm

Cabot Church of Christ

500 North 2nd Street
Cabot, AR 72023
Phone: 501-843-3541

Serves residents of Lonoke County
Photo ID with current address or utility bill with current address required
Must meet low-income requirements
Hours: 2nd and 4th Tuesday of every month
9:00am - 12:00pm

Cabot United Methodist Church

2003 South Pine Street
Cabot, AR 72023
Phone: 501-843-3541
Serves residents of Lonoke County
Hours: Tuesday and Thursday, 9:00am - 2:30pm

Briarwood Baptist Church – Cabot

1872 Willie Ray Drive
Cabot, AR 72023
Phone: 501-941-4551
Hours: 2nd and 4th Monday of every month
9:00am - 11:00am
3rd Wednesday of every month, 8:00pm

North Little Rock, Jacksonville, Sherwood, and Lonoke Food Pantries

North Little Rock

River City Ministries

1021 East Washington Avenue
North Little Rock, AR 72114
Phone: 501-376-6694

Park Hill Christian Church

4400 John F. Kennedy Boulevard
North Little Rock, AR 72116
Phone: 501-753-1109
Driver's license or photo ID and Social Security card required
Hours: Tuesday, 10:00am - 12:00pm

Perfecting New Full Gospel Baptist

1224 Franklin Street
North Little Rock, AR 72114
Phone: 501-372-9000
Driver's license or photo ID required

McCabe Chapel United Methodist

1523 North Pine Street
North Little Rock, AR 72114
Phone: 501-375-8078

Lynchview Baptist Church

800 Page Mill Road
North Little Rock, AR 72117
Phone: 501-945-7157
Driver's license or photo ID required
Hours: Monday, 5:30pm - 7:00pm

Levy United Methodist Church

701 West 47th Street
North Little Rock, AR 72118
Phone: 501-753-6041

Hope Ministry Alliance

14423 Smalling Road
North Little Rock, AR 72118
Phone: 501-851-1515
Driver's license or photo ID required
Hours: Monday and Friday, 10:00am - 12:00pm

Harvest Interde Ministry

1423 Moss Street
North Little Rock, AR 72117
Phone: 501-374-2955

First Pentecostal Church of Jesus Christ

1401 Calvary Road
 North Little Rock, AR 72116
 Phone: 501-758-3090
 Hours: Friday, 1:00pm - 5:00pm

**Gardner Memorial United Methodist Church –
The Benefit Bank**

1723 Schaer Street
 North Little Rock, AR 72114
 Phone: 501-374-9520
 Driver's license or photo ID, Social Security card, and
 referral letter on agency letterhead (such as DHS, United
 Way, or River City Ministry) stating you are in need of
 food and how many adults and children are living in the
 household required
 Hours: Monday and Thursday, 1:00pm - 3:00pm

First Baptist Church – Raven Ministry

3015 Main Street
 North Little Rock, AR 72114
 Phone: 501-758-1525
 Driver's license or photo ID required
 Hours: Monday - Friday, 10:00am - 6:00pm

Divine Truth Ministry

510 East 49th Street
 North Little Rock, AR 72117
 Phone: 501-945-4250
 Driver's license or photo ID required
 Hours: Monday - Friday, 8:00am - 5:00pm

Firm Foundation Ministries

2200 East Broadway Street
 North Little Rock, AR 72117
 Phone: 501-945-7412
 Driver's license or photo ID required
 Hours: Monday - Friday, 9:00am - 2:00pm

Jacksonville**Fishnet Missions**

213 Marshall Road
 Jacksonville, AR 72076
 Phone: 501--241-1211
 Driver's license or photo ID required
 Hours: Tuesday and Thursday, 9:00am - 10:30am

Eastgate Fishing Center

1900 Pine Street
 North Little Rock, AR 72114
 Phone: 501-812-0776
 Driver's license or photo ID required
 Hours: Monday - Friday, 9:00am - 2:00pm

Crystal Hill Assembly of God

6722 Mountain Pine Road
 North Little Rock, AR 72118
 Phone: 501-758-6541
 Driver's license or photo ID required
 Hours: Monday, Wednesday, and Friday, 9:00am - 12:00pm

Calvary Baptist Church

5025 Lynch Drive
 North Little Rock, AR 72117
 Phone: 501-945-4174
 Serves Rose City area
 Hours: 2nd and 4th Tuesday of every month,
 1:00PM - 4:00pm

Amboy Community Food Pantry

100 Auburn Drive
 North Little Rock, AR 72118
 Phone: 501-753-2777
 Serves North Little Rock residents
 Driver's license or photo ID and proof of residency required
 Hours: Monday - Friday, 8:00am - 4:30pm

Potluck – Food Rescue for Arkansas

621 West Broadway
 North Little Rock, AR 72114
 Phone: 501-371-0303
 Serves state of Arkansas
 Kids Pantry serves only Pulaski County
 Hours: Monday - Friday, 8:00am - 4:30pm

First Church of the Nazarene – Jacksonville

1506 North Loop Road
 Jacksonville, AR 72076
 Phone: 501-982-5271
 Driver's license or photo ID required
 Hours: Monday - Friday, 4:00pm - 8:00pm

Jacksonville Care Channel

201 North Elm Street

Jacksonville, AR 72076

Phone: 501-982-4647

Driver's license or photo ID required

Hours: Monday, Wednesday, and Friday, 10:00am - 1:30pm

Sherwood**New Zion Temple Cogic**

8228 Hills Road

Sherwood, AR 72120

Phone: 501-834-8054

Driver's license or photo ID and proof of income required

Hours: Monday, Wednesday, and Friday, 7:00pm

Sunday, 10:00am

First Christian Church Food Pantry

2803 East Kiehl Avenue

Sherwood, AR 72120

Phone: 501-835-5505

Driver's license or photo ID required

Hours: 10:30am - 12:00pm

Central Baptist Church of North Little Rock Food Pantry

8103 Carnegie Drive

Sherwood, AR 72120

Phone: 501-771-1125

Hours: Wednesday, 3:30pm - 5:30pm

Fellowship Christian Church

903 Coulter Road

Sherwood, AR 72120

Phone: 501-833-2627

Driver's license or photo ID required

Hours: Wednesday, 6:15pm

Sunday, 12:30pm

Lonoke**Lonoke Count Care**

316 Jacuzzi Lane

Lonoke, AR 72086

Phone: 501-676-8999

Hours: Monday and Thursday: 9:00am - 3:00pm

Friday, 9:00am - 12:00pm

Brownsville Baptist Church – Lonoke

Highway 31 North and Watson Lane

Lonoke, AR 72086

Phone: 501-676-2460

Angel Food Ministries of Pulaski County, Arkansas

This program provides lower priced groceries. Families can possibly save up to 50% on their food and groceries. All the food and groceries provided are high quality and can include fresh fruits, frozen food, meats, breads, vegetables, and more. There is no cost to sign up, and the program is run by the non-profits in Little Rock and Pulaski referenced below. Some of the locations may also have a food bank or other assistance offered.

Hope Lutheran Church

1904 McArthur Drive
Jacksonville, AR 72076
Phone: 501-982-1333

Military Road Baptist Church

2101 Old Military Road
Jacksonville, AR 72076
Phone: 501-985-8198

Central Church of Christ

23 West 6th Street
Little Rock, AR 72201
Phone: 501-374-2039

Hebron Baptist Church

18715 Kanis Road
Little Rock, AR 72223
Phone: 501-568-7711

Cedar Heights Baptist Church

14502 Cedar Heights Road
North Little Rock, AR 72118
Phone: 501-351-1180

Toltec Baptist Church

1139 Toltec Road
Scott, AR 72142
Phone: 501-961-2009

Lighthouse Christian Fellowship

5508 MacArthur Drive
North Little Rock, AR 72118
Phone: 501-772-1584

Government Client Assistance

Arkansas Department of Human Services (DHS)

Customer Service: 501-682-8233

Toll Free: 1-800-482-8988

TDD: 501-682-8820

Website: www.state.ar.us/dhs

DHS, Division of Aging and Adult Services

P.O. Box 14737/Slot 530

New Donaghey Building – 7th and Main

Little Rock, AR 72203-2441

Phone: 501-682-2441 or 501-682-2443

Website: www.state.ar.us/dhs/aging

Adult Protective Services Office

Phone: 1-800-482-8049

Note: For more information about abuse and neglect see page 4 in this document.

Note: Most area hospitals have a dedicated DHS employee on staff to assist with applications.

See a complete list of DHS County Offices on page 27 of this document.

Medicaid

Customer Service, Medicaid Service Info: 1-800-482-5431

Customer Service, Eligibility and Enrollment: 1-800-482-8988

Providers Information: 1-800-457-4454

Central Office: 501-682-8292

Eligibility Office: 501-682-8259

Website: www.accessarkansas.org/dhs/webpolicy/index.htm

Note: See a complete list of DHS County Offices on page 27 of this document.

Medicare

Social Security: 1-800-772-1213

National Medicare Hotline: 1-800-Medicare (663-4227)

Phone: 1-800-325-0778

Website: www.medicare.gov

Note: For more information about Medicare see page 49 in this document.

Social Security

Social Security Hotline: 1-800-772-1213

Phone: 1-800-288-7185

Little Rock Office – 700 West Capitol: 1-866-593-0933

North Little Rock Office – 8000 John F. Kennedy Boulevard: 1-877-512-3854

Website: www.ssa.gov

Note: For more complete listings see page 61 in this document.

Veterans Administration

Benefits and Claims Assistance: 1-800-827-1000

Guardianship – Power of Attorney

Living Will – Last Will and Testament

Guardianship

Guardianship is a legal procedure whereby a Probate Court appoints a “guardian” to act on behalf of an “incapacitated person” or ward. An incapacitated person is one who is impaired by reason of a disability. Such a disability may be mental or physical illness, drug or alcohol dependence, or being a minor. The person is considered incapacitated when they lack the ability to make essential decisions concerning their health or safety, or to manage their property.

Any person may file a petition for the appointment of himself or some other qualified person of an incapacitated person. The petition must include, among other things, the name and address of the incapacitated person and of the person seeking the appointment, the nature of the incapacity, a description of the property owned by the incapacitated person and its value, the reason the appointment is sought, the type and scope of guardianship requested, and the interest of the petitioner in the appointment. An evaluation of the incapacitated person by a doctor or other qualified professional will be required by the Court prior to the determination of incapacity.

There are two basic types of guardianship:

- Guardianship of the person
- Guardianship of the estate

The court may appoint a guardian to serve in either or both capacities and may limit the powers and duties of the guardian, depending on the circumstances.

The guardian of the person is appointed by the Court to oversee the care and maintenance of the incapacitated person. This type of guardianship is particularly useful when a person is unable to make decisions concerning health care due to a disabling disease.

A guardian of the estate is appointed by the Court to protect and preserve an incapacitated person’s property, to invest it, and to use it for the benefit of the incapacitated person. In this guardianship, the guardian must make periodic accountings to the Court for all assets and how these assets are used. Likewise, the Court may require that the guardian give a bond to assure the affairs of the incapacitated person are properly administered.

Arkansas law also provides for the appointment of a “temporary” guardian in certain instances. Such a guardian may be appointed when there is imminent danger to the life or health of an incapacitated person or where his/her property is subject to loss, damage, or waste due to the person’s incapacity. A temporary guardianship is short duration, no more than 90 days.

Power of Attorney

A Durable Power of Attorney is a legal document that gives another person, the attorney-in-fact, the right to do certain things for the maker, or principal of the Power of Attorney. A Power of Attorney can be tailored to meet the needs of the individual. It can be written to encompass a broad array of areas, or it can be limited to cover certain acts. This is an important distinction between a General and a Durable Power of Attorney that should be kept in mind. A General Power of Attorney can only be used when the principal is competent. A Durable Power of Attorney is needed in order for the attorney-in-fact to act for an incapacitated person. It is important that the principal knows this distinction and that he/she chooses the one that best meets their current or future needs. Another important item to keep in mind is that the principal must be competent when they sign the Power of Attorney. They must understand the nature and extent of the power of attorney when they sign the document.

The Health Care Power of Attorney is a separate power of attorney that specifically addresses medical issues. A Durable Power of Attorney can be drafted to encompass medical issues; however, medical professionals may be hesitant to honor the attorney-in-fact's instructions. They often feel more comfortable honoring those instructions when the attorney-in-fact presents a Health Care Power of Attorney. If the principal foresees needing another individual to make health care decisions for him/her, it would be beneficial to execute a separate Health Care Power of Attorney.

Living Will

A Living Will reflects an individual's desire as to the termination of life-prolonging treatment or medical procedure when they have been diagnosed as terminally ill or permanently unconscious. This document is known as an "advance health care directive". The Living Will is a legally enforceable method of ensuring his/her wishes are honored in certain situations. If a person becomes unable to understand or unable to communicate with his/her doctors, the Living Will becomes active. A person may also designate a person to make specific treatment decisions as they arise. It is always a good idea to make sure that your primary physician maintains a copy of this document in your medical records.

Last Will and Testament

Every one of legal age that has assets, such as a house or a savings account, should have a will. A well-drafted will ensures that a person's wishes, regarding their personal and real property, will be carried out at the time of their death. This can help alleviate many worries for all parties involved. With or without a will, an estate will most likely be probated. However, if a person dies without a will, the Court process will be much more involved and time consuming. It is also recommended that married couples not have a joint will, but rather that each spouse have his or her own will. Joint wills tend to complicate matters and delay the process. Will should also be reviewed at least every two years to ensure that no major changes need to be made, such as death of a beneficiary. It is also important that the person tell at least one person where they keep their will so that they will be able to locate the original: a copy of a will is typically non-binding in a Court of Law.

Note: For more information about these terms, contact your attorney, or call the following:
Arkansas Legal Services Programs Statewide Helpline: 1-800-9-LAW AID (1-800-952-9243)
Website: arlegalservices.org or www.arkansasfindalawyer.com.

Home Care Services (Private Pay)

CareLink – Central Arkansas Area Agency on Aging

P.O. Box 5988
North Little Rock, AR 72119-5988
Phone: 501-372-5300 or 1-800-482-6359
2 hour minimum
Website: www.care-link.org

Elder Independence

Serving all Central Arkansas
5200 Highway 5 North, Suite 1
Bryant, AR 72022
Phone: 501-847-6102 or 1-888-201-2959
Website: www.elderindependence.com
E-mail: info@elderindependence.com

Home Care Professionals

Serving all Central Arkansas
P.O. Box 96
Sheridan, AR 72150
6 - 24 hours, 7 days a week
Phone: 1-800-780-4009

Home Helpers

Serving Faulkner, Garland, Pulaski,
Saline, and White counties
8 Shackleford Plaza, Suite 101
Little Rock, AR 72211
Phone: 501-663-3900
Website: homehelpers.com
E-mail: s.sellers@homehelpers.cc

Arkansas Department of Health in-Home Services

3915 West 8th Street, 3rd Floor
Little Rock, AR 72204
Phone: 501-280-3386 or 1-800-527-5302

Home Instead Senior Care

3809 McCain Park Drive, Suite 100
North Little Rock, AR 72116
Phone: 501-758-7340 or 1-866-758-7340
Minimum 4 hours per day, maximum one day;
Minimum number of days requirement
Website: homeinstead.com

Home Instead Senior Care – Searcy Office

305 East Race Avenue
Searcy, AR 72143
Phone: 501-305-4472 or 1-866-758-7340
Website: homeinstead.com

Jacksonville Senior Center

100 Victory Circle
Jacksonville, AR 72076
Phone: 501-982-7531
No personal care

Julia In-Home Care

23 Timber Lane Trail
Conway, AR 72032
Phone: 501-327-5045

Quality Senior Care

8641 Steel Bridge Road
Benton, AR 72015
Phone: 1-866-531-0695 or 1-866-653-9337

St. Vincent Home Care

1 Executive Center Court, Suite 110
Little Rock, AR 72211
Phone: 501-664-2313 or 1-800-467-2313

Superior Senior Care

900 North University Avenue, Suite 5
Little Rock, AR 72207
Phone: 501-224-7117 or 1-800-338-5892
Website: www.superiorseniorcare.com

Visiting Angels of Central Arkansas

American's Choice in Homecare
1429 Merrill Drive, Suite 4
Little Rock, AR 72211
Phone: 501-225-5100
Website: www.visitingangels.com
E-mail: mmartin@visitingangels.com

Note: For Home Care providers in your area, call your AAA. See pages 10-11 of this document for your local AAA.

Home Health Care

Please check with your Primary Care Physician for this service. In order to obtain Home Health Care service, a patient must be referred to the appropriate agency by their Primary Care Physician.

Agency Name	Phone Number	Medicare Provider
Amedisys – Batesville	870-793-1483	Yes
Amedisys – Mountain View	870-269-2993	Yes
Amedisys – Searcy	501-268-2292	Yes
Amedisys – Van Buren	479-474-4892	Yes
Arkansas Department of Health-Little Rock	1-800-482-5400	Yes
Baptist Health Home Health Network www.baptist-health.com	501-202-7480 870-245-1040 1-800-304-9450	Yes
Care IV Home Health	501-686-2400	Yes
CareNetwork	501-223-3333 1-800-467-1333	Yes
CareLink	501-372-5300 1-800-482-6359	No
Clark County Home Health Care	870-246-4078	Yes
After Hours	1-800-482-5400	Yes
Conway Regional HomeCare Services	501-329-9377	Yes
Elite Home Health Services	501-223-3333 1-800-444-9756	Yes
Intrepid USA	501-227-0689 1-800-815-5684	Yes
Nat. Park Medical Center Home Touch Health Care	1-800-248-6177	Yes
Petit Jean Home Health	1-800-337-2599	Yes
North Metro Home Health Agency	1-501-982-6115	Yes
Saline Memorial Hospital Home Health Agency	1-501-776-6600	Yes
St. Vincent Home Care	1-501-664-2313	No
Visiting Nurse Association of Arkansas	501-664-4933	Yes
White County Medical Center Home Health	501-279-2777 1-888-268-0414	Yes
Amedisys	870-269-2993	Yes

Hospice Providers

Note: Hospice services require an order from a physician.

Arkansas Hospice

Little Rock Phone: 501-748-3333 or 1-877-257-3400

Hot Springs Phone: 1-888-813-9992

Website: www.arkansashospice.com

Baptist Health – Hospice

Little Rock Phone: 501-202-7474 or 1-800-900-7474

Arkadelphia Phone: 870-245-1040 or 1-800-999-9801

Website: www.baptist-health.com

Clebourne County Hospice

Home Health Personal Care

Phone: 501-362-4602 or 1-800-482-5400

Hospice Home Care, Inc.

Conway Phone: 501-336-9172 or 1-800-479-8233

Hot Springs Phone: 501-321-4014 or 1-800-479-0599

Little Rock Phone: 501-558-4100 or 1-800-479-2503

In-Patient Center Hospice Home Care

2200 South Bowman Road

Little Rock, AR 72211

Phone: 501-221-3338 or 1-877-247-3400

Kaleidoscope Kids

202 South Fillmore Street

Little Rock, AR 72204

Phone: 501-661-0720

Life Touch – Magnolia

1707 Eastridge Drive B

Magnolia, AR 71753

Phone: 870-234-9112

Website: www.lifetouchhospice.org

Little Rock In-Patient Center

2 St. Vincent Circle, 7 West

Little Rock, AR 72205

Phone: 501-552-6274

Gentivia Health Care

1800 Financial Parkway

Little Rock, AR 72211

Phone: 501-407-9127

Website: www.gentivia.com

Hospital, In-Patient

Clark County

Baptist Health Medical Center – Arkadelphia

Specialty: Acute Care
3050 Twin Rivers Drive
Arkadelphia, AR 71923
Phone: 870-245-2622
Website: www.baptist-health.com

Clebourne County

Baptist Health Medical Center – Heber Springs

Specialty: Acute Care
1800 Bypass Road
Heber Springs, AR 72543
Phone: 501-887-3000
Website: www.baptist-health.com

Hot Spring County

Hot Spring County Medical Center – Arkadelphia

Specialty: Acute Care
1001 Schneider Drive
Malvern, AR 72104
Phone: 501-332-1000
Website: www.hscmc.org

Hot Spring County Rehabilitation Center

Specialty: Rehabilitation
1001 Schneider Drive
Malvern, AR 72104
Phone: 501-332-7371
Website: www.hscmc.org

Hot Spring County Psychiatry Health Center

Specialty: Adult Psychiatry
1001 Schneider Drive
Malvern, AR 72104
Phone: 501-332-7360
Website: www.hscmc.org

Pulaski County – Jacksonville

North Metro Medical Center

Specialty: Acute Care
1400 Braden Street
Jacksonville, AR 72076
Phone: 501-985-7000
Website: www.northmetromed.com

Pulaski County – Little Rock

Arkansas Children's Hospital

Specialty: Children
1 Children's Way
Little Rock, AR 72202
Phone: 501-364-1100
Website: www.archildrens.org

Arkansas Heart Hospital

Specialty: Heart
1701 South Shackelford Road
Little Rock, AR 72211
Phone: 501-219-7000
Website: www.arheart.com

Arkansas Hospice

Specialty: Hospice/End of Life Care
14 Parkstone Circle
North Little Rock, AR 72116
Phone: 501-748-3333
Website: www.arkansashospice.org

Arkansas State Hospital

Specialty: Acute Mental Health
305 South Palm Street
Little Rock, AR 72205
Phone: 501-686-9000
Website: www.arkansas.gov/dhhs/dmhs/ar_state_hospital.htm

Baptist Health Extended Care

Specialty: Extended Care
9601 Baptist Health Drive
Little Rock, AR 72202
Phone: 501-202-1070
Website: www.baptist-health.com

Baptist Health Geriatric Behavioral Health

Specialty: Geriatric Psychiatry
11321 Interstate 30
Little Rock, AR 72209
Phone: 501-202-7501
Website: www.baptist-health.com

Baptist Health Medical Center – Little Rock

Specialty: Acute Care
9601 Baptist Health Drive
Little Rock, AR 72205
Phone: 501-202-2000
Website: www.baptist-health.com

Baptist Health Rehabilitation Institute

Specialty: Rehabilitation
9601 Baptist Health Drive
Little Rock, AR 72205
Phone: 501-202-7000
Website: www.baptist-health.com

Pulaski County – North Little Rock**Arkansas Surgical Hospital**

Specialty: Neurological and Orthopedic
5201 Northshore Drive
Maumelle, AR 72113
Phone: 501-748-8000
Website: www.arksurgicalhospital.com

John L. McCellan Memorial Veteran's Hospital

Specialty: Acute Care for Veterans
4300 West 7th Street
Little Rock, AR 72205
Phone: 501-257-1000
Website: www.littlerock.va.gov

Pinnacle Pointe Behavioral HealthCare System

Specialty: Children and Adolescents Behavioral Health
11501 Financial Centre Parkway
Little Rock, AR 72211
Phone: 501-223-3322 or 1-800-880-3322
Website: www.pinnaclepointehospital.com

CHI St. Vincent Behavioral Health

Specialty: Mental and Behavioral Health
2 St. Vincent Circle
Little Rock, AR 72205
Phone: 501-552-5777 or 1-800-552-5777
Website: www.stvincenthealth.com

CHI St. Vincent Infirmary Medical Center

Specialty: Acute Care
2 St. Vincent Circle
Little Rock, AR 72205
Phone: 1-800-552-3000
Website: www.stvincenthealth.com

University of Arkansas Medical Center

Specialty: Acute Care and Research
4301 West Markham Street
Little Rock, AR 72205
Phone: 501-686-7000
Website: www.uams.edu

Baptist Health Medical Center – North Little Rock

Specialty: Acute Care
3333 Springhill Drive
North Little Rock, AR 72117
Phone: 501-202-3000
Website: www.baptist-health.com

Eugene J. Towbin Healthcare Center

Specialty: Mental and Behavioral Health for Veterans
2200 Fort Roots Drive
North Little Rock, AR 72114
Phone: 501-257-1000
Website: www.va.gov

Pulaski County – Sherwood**CHI St. Vincent Medical Center**

Specialty: Acute Care
2215 Wildwood Avenue
Sherwood, AR 72120
Phone: 501-552-7100
Website: www.stvincenthealth.com

Saline County**Rivendell Behavioral Health Services of Arkansas**

Specialty: Mental Health
100 Rivendell Drive
Benton, AR 72019
Phone: 501-316-1255 or 1-800-264-5640
Website: www.rivendellofarkansas.com

Saline Memorial Hospital

Specialty: Acute Care
1 Medical Park Drive
Benton, AR 72115
Phone: 501-776-6100
Website: www.salinememorial.org

Methodist Behavioral Hospital

Specialty: Mental and Behavioral Health for Children and Adolescents
1601 Murphy Drive
Maumelle, AR 72113
Phone: 501-803-3388 or 1-866-813-3388
Website: www.methodistfamily.org

The BridgeWay Hospital

Specialty: Mental Health and Drug and Alcohol Rehabilitation
21 Bridgeway Road
North Little Rock, AR 72113
Phone: 501-771-1500 or 1-800-245-0011
Website: www.thebridgeway.com

CHI St. Vincent Infirmiry Rehabilitation Hospital

Specialty: Rehabilitation
2215 Wildwood Avenue
Sherwood, AR 72120
Phone: 501-834-1800
Website: www.stvincenthealth.com

Saline Memorial Hospital Generations

Specialty: Geriatric Psychiatry
1 Medical Park Drive
Benton, AR 72115
Phone: 501-776-6600
Website: www.salinememorial.org

Saline Memorial Rehabilitation

Specialty: Rehabilitation
1 Medical Park Drive
Benton, AR 72115
Phone: 501-776-6630
Website: www.salinememorial.org

Legal Resources

Arkansas Legal Services Programs

This is a service website sponsored by the Arkansas Legal Services Partnership in conjunction with the Arkansas Access to Justice Commission. This website offers information about: Family Law, Consumer Law, Housing Law and Public Benefits Law. You may also contact the legal services helpline for additional information: 1-800-952-9243.

Access to Justice Commission

303 West Capitol Avenue, Suite 200
Little Rock, AR 72202
Website: www.arkansaslegalservices.com

Elder Law Resources

Website: www.naela.org

Arkansas Bar Association

2224 Cottdale Lane
Little Rock, AR 72202
Phone: 501-375-4605 or 1-800-609-5668
Fax: 1-501-375-4901
Website: www.arkbar.com or www.arkansasfindalawyer.com

Legal Assistance

Statewide Helpline: 1-800-9-LAW AID (1-800-952-9243)
Website: www.arlegalservices.org
Note: For information about legal aid in your area, call the above number.

Center for Arkansas Legal Services (Legal Aid)

303 West Capitol Avenue, Suite 200
Little Rock, AR 72201-3593
Phone: 501-376-3423 or 1-800-950-5817
Website: www.arlegalservices.org
Note: Call the above number for your local Legal Aid Provider.

UALR School of Law – Legal Clinic

1201 McMath Avenue
Little Rock, AR 72202
Phone: 501-324-9441
Note: Law students supervised by attorneys will assist indigent clients with some divorce cases, delinquency, dependency and neglect.

Lifeline (Personal Emergency Response or PERS)

Personal Emergency Response Systems (Unless otherwise noted, the following providers serve only a portion of the state):

Baptist Health Lifeline

Phone: 1-888-B-A-P-T-I-S-T (227-8478)

Website: www.baptist-health.com

Services Statewide

Direct Link

Phone: 501-663-3843

Serving Pulaski and Garland Counties

ProMed Ambulance Service

Phone: 1-800-634-0436

St. Vincent Lifeline

Phone: 1-800-LIFELINE (543-3546)

St. Anthony's Hospital – Morrilton

Phone: 501-977-2352

Conway Regional Medical Hospital

Phone: 501-473-1999

Clebourne County Area on Aging

Phone: 501-362-8615

Jefferson Regional Medical Center Lifeline – Pine Bluff

Phone: 870-541-7217

CareLink – Voicecare

Phone: 1-800-482-6359 or 501-372-5300

Personal Response Systems with Med-Time/Medication Reminder System

Medicaid Programs

The County Department of Human Services Offices will answer questions regarding Medicaid eligibility or Medicaid services. See page 27 for a complete list of DHS County office phone numbers.

Medical Equipment

Used Medical Equipment

ICAN

900 West 7th Street
Little Rock, AR 72201
Phone: 501-666-8868

Medical Equipment and Supplies - Local Provider

All Care Pharmacy – Arkadelphia

3002 Pine Street
Arkadelphia, AR 71923
Phone: 870-246-3044

Alliance Homecare Equipment

620 West South Street
Benton, AR 72015
Phone: 501-778-0448 or 1-800-344-6910

8612 Kanis Road
Little Rock, AR 72204
Phone: 501-221-2244 or 1-800-344-6910

3401 Springhill Road
North Little Rock, AR 72117
Phone: 501-945-3289 or 1-800-344-6910
Website: www.baptist-health.com

American Home Patient

309 Southridge Parkway
Heber Springs, AR 72543
Patient: 1-877-299-2021
Corporate: 1-800-890-7271

Bird and Bear Medical Locations

AeroCare

2101 Ondra Drive
Searcy, AR 72143
Phone: 501-268-4500
Fax: 501-268-8902

Baptist Health Home Infusion

9601 Baptist Health Drive, #109
Little Rock, AR 72205
Phone: 501-202-1388

American Medical Rentals

6701 West 12th Street, #14
Little Rock, AR 72204
Phone: 501-376-6922 or 1-800-388-7246

Apria Healthcare

10303 Colonel Glenn Road, #1B
Little Rock, AR 72204
Phone: 501-227-9020
Website: www.apria.com

Arkansas Home Medical

2201 Brookewood, #11
Little Rock, AR 72202
Phone: 501-227-4390 or 1-877-2298

Attention Medical – Heber Springs

329 West Searcy Street
Heber Springs, AR 72543
Phone: 501-362-2441 or 1-877-362-2400
Fax: 501-362-5485

Conway Office

1810 East Oak Street
Conway, AR 72032
Phone: 501-328-0202
Fax: 501-328-5027

Diamond Medical Equipment and Supply

300 South Rodney Parham Road
Little Rock, AR 72035
Phone: 501-225-3106
Fax: 501-687-0175

Health-Way Medical Supplies

4507 East 43rd Street
North Little Rock, AR 72117
Phone: 501-945-5747 or 1-800-926-0710

Holly's Health Mart – Prescott

1430 West 1st Street North
Prescott, AR 71857
Phone: 870-887-2717
Website: www.healthmart.com

Isokenetics Specialty Equipment

Phone: 1-866-887-6011
Fax: 1-866-809-6502

Lincare, Inc.

10600 Colonel Glenn Road, Suite 300
Phone: 501-221-1123 or 1-800-242-5580
Website: www.lincare.com

Medic Pharmacy and Home Health Care

5001 West 12th Street
Little Rock, AR 72204
Phone: 501-664-6768 or 1-877-232-5877

Orthopedic Appliances**Hanger Prosthetics and Orthotics**

10014 West Markham
Little Rock, AR 72205
Phone: 501-225-4557 or 1-877-442-6437
Fax: 501-225-1771

Horton's Orthotics Lab

5220 West 12th Street
Little Rock, AR 72204
Phone: 501-663-2908 or 1-800-331-2908
Website: www.hortonsoandp.com

Pediatric Specialist

1601 Westpark Drive
Little Rock, AR 72204
Phone: 501-663-3600

Modern Medical

999 Schneider Drive
Malvern, AR 72104
Phone: 501-337-9503

Southern Medical – Arkadelphia

521 South 7th Street
Arkadelphia, AR 71923
Phone: 870-246-5303

Twin Rivers Respiratory Care – Arkadelphia

2607 Caddo Street, #E
Arkadelphia, AR 71923
Phone: 870-230-1518

United Medical Company - Arkadelphia

521 South 7th Street
Arkadelphia, AR 71923
Phone: 870-246-7616

New Hope Prosthetics and Orthotics, Inc.

923 Parkway
Conway, AR 72034
Phone: 501-327-4342 or 1-800-364-2749

Snell's Prosthetics and Orthotics Laboratory

625 North University
Little Rock, AR 72205
Phone: 501-664-2624 or 1-800-364-5541
Website: www.snellpando.com

Medicare

What is it?

Medicare is a federal health insurance program.

Eligibility

1. Social Security beneficiaries who are 65 or older.
2. Social Security disability beneficiaries who have received benefits for 24 months.
3. Social Security beneficiaries and their dependents that need dialysis treatment or a kidney transplant.
4. Most persons who are 65 or older but not Social Security beneficiaries are eligible to pay for Medicare coverage or if they meet the guidelines, are eligible for Medicaid to pay their Medicare premiums through SSI, QMB, or ElderChoices. SMB only pays for Part B.

How to Apply

Contact your local Social Security Office: 1-800-772-1213

Medication Resources

For more information regarding the Medicare Prescription Drug Coverage Program contact your local Social Security Office: 1-800-772-1213.

Arkansas Department of Health - Information only, no medications provided

Health Information Line: 1-800-235-0002

Connect Care: 1-800-275-1131

Women & Children Program: 1-800-235-0002

P.A.L.S. (Prescription Assistance Line for Seniors)

Mission: To help seniors reduce their cost of prescription medications.

Program: The University of Arkansas at Little Rock, Health Sciences Department under the direction of Marshel Davis developed the P.A.L.S. program. P.A.L.S. is a free service for individuals who would like assistance with reducing their prescription expenses.

Enrolling: Individuals needing this service are encouraged to call the P.A.L.S. office at 501-569-3505. Be prepared to supply the appropriate patient information. This will allow P.A.L.S. to search all avenues to find the medications that you are required to take at the least cost to you. P.A.L.S. will process and follow through to confirm that you are receiving your medications free or at the reduced rate available.

TIPS

- Ask your physician for samples
- Ask your pharmacy if they deliver or locate one that delivers
- It is best to use one pharmacy for all your drug purchases to reduce the risk of possible negative drug interactions

Mental Health Resources

Greater Little Rock Community Health Resources

Arkansas State Hospital Admissions Office

305 South Palm Street
Little Rock, AR 72205
Phone: 501-686-9000

Centers for Youth and Families – Youth Emergency Shelter Services for 18 years old and under

6501 West 12th
Little Rock, AR 72205
Phone: 501-666-8686
Website: www.centersforyouthandfamilies.org

Clinical Child Study Center – Arkansas Children’s Hospital

1 Children’s Way
Little Rock, AR 72202
Phone: 501-364-1202

Family Service Agency of Central Arkansas

628 West Broadway
North Little Rock, AR 72114
Phone: 501-372-4242

Little Rock Community Mental Health Center

110 North University, Evergreen Place, Suite 200
Little Rock, AR 72207
Phone: 501-686-9300

Professional Counseling Associates – North Little Rock

3601 Richards Road
North Little Rock, AR 72117
Phone: 501-221-1843

Therapeutic Foster Care

Phone: 501-660-6817

UAMS Adult Psychiatric Clinic

Phone: 501-526-8200
Website: www.centersforyouthandfamilies.org

Note: For local providers, refer to the yellow pages or call one of the above numbers for a corresponding provider in your area. For Alcohol and Drug Abuse see pages 6-7 in this document. For Counseling Services see pages 20-23.

Nursing Homes

Nursing Home – Long Term Care Medicine Website: www.medicare.gov

Clark County

Courtyard Gardens

2701 Twin Rivers Drive
Arkadelphia, AR 71923
Phone: 870-246-5566
Fax: 870-245-3005

Twin Rivers Health and Rehab

3021 Twin Rivers Drive
Arkadelphia, AR 71923
Phone: 870-246-6337
Fax: 870-246-6348

Cleburne County

Golden Living Center

1040 Weddingford Road
Heber Springs, AR 72543
Phone: 870-362-8137

Southridge Village Nursing and Rehab

401 Southridge Parkway
Heber Springs, AR 72543
Phone: 501-632-7023

Grant County

Sheridan Nursing and Rehab

113 South Briarwood
Sheridan, AR 72150
Phone: 870-842-2183

Hot Springs County

Arbor Oaks Healthcare and Rehab

105 Russelville Road
Malvern, AR 72104
Phone: 501-332-5251
Website: www.arboroakshc.com

Malvern Nursing Home

829 Cloud Road
Malvern, AR 72104
Website: www.encoreatmalvern.org

Lonoke County

Cabot Nursing and Rehab

200 Northport Drive
Cabot, AR 72023
Phone: 501-843-6181

Golden Years Manor

1010 Barnes Street
Lonoke, AR 72086
Phone: 501-676-3103

Chambers Nursing Home

1001 East Park Street
Carlisle, AR 72024
Phone: 870-552-7150
Fax: 870-552-7601

Lonoke Nursing and Rehab

1501 Lincoln Street
Lonoke, AR 72086
Phone: 501-676-2600

England Manor Nursing Home

400 Stuttgart Highway
England, AR 72046
Phone: 501-842-2771
Fax: 870-842-2709

Spring Creek Nursing and Rehab

804 North 2nd Street
Cabot, AR 72023
Phone: 501-843-3100

Nevada County

Hillcrest Care and Rehab

1421 West 2nd Street
Prescott, AR 71857
Phone: 870-887-3811
Fax: 870-887-6019

Prescott Manor Nursing and Rehab

700 Manor Drive
Prescott, AR 71857
Phone: 870-455-1086

Pike County

Glenwood Nursing and Rehab

615 Mountain View Road
Glenwood, AR 71943
Phone: 870-356-3953
Fax: 870-356-4314

Prairie County

Des Arc Nursing and Rehab Center

2216 Main Street
Des Arc, AR 72040
Phone: 870-256-4194
Fax: 870-256-3314

Springbook Health and Rehab

92 Maple Street
Hazen, AR 72064
Phone: 870-255-4323
Fax: 870-255-4190

Pulaski County - Jacksonville

Woodland Hills – Jacksonville

1320 West Barden
Jacksonville, AR 72076
Phone: 501-241-2191
Fax: 501-241-2197

Pulaski County - Little Rock

Abington Place Health and Rehab

1516 South Cumberland
Little Rock, AR 72202
Phone: 501-374-7565
Fax: 501-374-4316
www.cancinc.com/facilities.htm

Chenal Rehab and Healthcare Center

3115 Bowman Road
Little Rock, AR 72211
Phone: 501-228-4848

Sundalwood Healthcare

2600 John Barrow Road
Little Rock, AR 72204
Phone: 501-224-4173

Madison Health and Rehab, LLC

2821 West Dixon Road
Little Rock, AR 72206
Phone: 501-888-4200

Briarwood Nursing and Rehab Center

516 South Rodney Parham Road
Little Rock, AR 72205
Phone: 501-224-9000
Fax: 501-224-3941

Nursing and Rehab at Good Shepherd

3001 Aldersgate Road
Little Rock, AR 72205
Phone: 501-217-9774
Fax: 501-217-9781

Hickory Heights Health and Rehab, LLC

#3 Chenal Heights Drive
Little Rock, AR 72223
Phone: 501-830-2273

Parkway Health Center

Private pay only
14321 Chenal Parkway
Little Rock, AR 72211
Phone: 501-202-1645
Fax: 501-202-1693

Pleasant Valley Living Center

12111 Hinson Road
Little Rock, AR 72212
Phone: 501-225-8888
Fax: 501-225-0849

Presbyterian Village, Inc.

Private pay only
510 Brookside Drive
Little Rock, AR 72205
Phone: 501-225-1615
Fax: 501-225-0849

Pulaski County - Maumelle**Maumelle Health and Rehab**

103 Alexandria Drive
Maumelle, AR 72113
Phone: 501-734-1400
Fax: 501-734-1411

Pulaski County - North Little Rock**Lakewood Nursing and Rehab**

2323 McCain Boulevard
North Little Rock, AR 72116
Phone: 501-791-2323
Fax: 501-791-7160

Northridge Healthcare Center

2501 John Ashley Drive
North Little Rock, AR 72114
Phone: 501-758-3800
Fax: 501-753-3893

Premier Health and Rehab Center

3600 Richards Road
North Little Rock, AR 72117
Phone: 501-955-2108
Fax: 501-753-9146

Saline County**Arkansas Health Care Center**

6701 Highway 67
Benton, AR 72015
Phone: 501-860-0500
Fax: 501-860-0568

Heartland Rehabilitation Care Center

19701 Interstate 30
Benton, AR 72015
Phone: 501-778-8200
Fax: 501-778-9650

Valley Ranch Nursing and Rehab

6411 Valley Ranch Drive
Little Rock, AR 72223
Phone: 501-868-8857
Fax: 501-868-8103

Woodland Hills – Little Rock

8701 Riley Drive
Little Rock, AR 72205
Phone: 501-224-2700
Fax: 501-224-5009 or 501-907-0629

Robinson Nursing and Rehab

519 Donovan Briley Boulevard
North Little Rock, AR 72118
Phone: 501-753-9003
Fax: 501-753-9146

Sherwood Nursing and Rehab

245 Indian Bay Drive
Sherwood, AR 72120
Phone: 501-834-9960
Fax: 501-834-5644

Southern Trace Rehabilitation Care Center

2515 Interstate 30
Bryant, AR 72022
Phone: 501-847-0777
Fax: 501-847-5276

White County

Beebe Retirement Center

709 McAfee Lane
Beebe, AR 72012
Phone: 501-882-3313
Fax: 501-882-5739

Oakdale Nursing Home

101 Cynthia Street
Judsonia, AR 72081
Phone: 501-729-3823
Fax: 501-729-3621

Byrd Haven Nursing Home

2500 East Moore Avenue
Searcy, AR 72143
Phone: 501-279-3041

Searcy Healthcare Center

1205 Skyline Drive
Searcy, AR 72143
Phone: 501-268-6188
Fax: 501-279-3842

For a Nursing Home in your area that is not listed above, consult your local telephone directory.

Ramps

- Arkansas Conversion Center: 501-316-2466
- Area High School Shop Departments
- Area Home Improvement Centers
- Community Development Agency: 501-340-5342 (North Little Rock only)
- Community Development Agency: 501-982-0026 (Jacksonville only)
- Mainstream Living: 501-280-0012 (Little Rock only)
- Spinal Cord Commision: 501-296-1788
- Telephone Yellow pages under Carpenters listing

Rehabilitation Hospitals

Pages 42-44 in this document.

Retirement Centers and Residential Care Facilities/RCF

Little Rock

Albert Pike Residential Hotel

701 Scott
Little Rock, AR 72201
Phone: 501-372-5211

Andover Place Retirement Residence

2601 Andover Court
Little Rock, AR 72207
Phone: 501-593-4023 or 1-800-322-0999

Buffington Towers Apartments

224 East 7th Street
Little Rock, AR 72202
Phone: 501-372-6434

Brookdale Chenal Heights

#1 Chenal Heights Drive
Little Rock, AR 72223
Phone: 816-337-4238

The Cloverdale Estates

7009 Baseline Road
Little Rock, AR 72209
Phone: 501-570-0814 or 1-800-466-7722 Ext. 295

The Cottages at Otter Creek

101 Quail Run Circle
Little Rock, AR 72210
Phone: 501-455-5549

Good Shepherd Ecumenical Retirement Center

2701 Aldersgate Road
Little Rock, AR 72205
Phone: 501-224-7200

1. Good Shepherd High-Rise – HUD
2. Rinehart Building
3. Shepherds Cove
4. *Roberts Building

***Greenbriar on Stagecoach**

5201 Stagecoach
Little Rock, AR 72204
Phone: 501-400-0652

Hidden Creek Senior Apartments

10905 West Markham
Little Rock, AR 72211
Phone: 501-221-1024

Hogan Home

Veterans only
13316 Frazier Pike
Little Rock, AR 72206
Phone: 1-866-653-9337

***Magnolia Retirement Center**

3601 West Roosevelt Road
Little Rock, AR 72206
Phone: 501-664-4048

Parkview Towers

1200 Commence Street, #101
Little Rock, AR 72202
Phone: 501-372-3610

***Parkway Heights**

14328 Chenal Parkway
Little Rock, AR 72211
Phone: 501-202-1669 or 501-202-1600

Parkway Village

14300 Chenal Parkway
Little Rock, AR 72211
Phone: 501-202-1600

***Brookdale Pleasant Hills Retirement**

800 Napa Valley Drive
Little Rock, AR 72211
Phone: 816-337-4236

***Presbyterian Village Retirement Center**

500 Brookside Drive
Little Rock, AR 72205
Phone: 501-225-1615
www.presbyvillage.com

***Southwest Residential Care**

2821 Dixon Road
Little Rock, AR 72206
Phone: 501-888-4200

Woodland Heights

8700 Riley Drive
Little Rock, AR 72205
Phone: 727-258-2057

North Little Rock

Audubon Pointe

100 Audubon Drive
North Little Rock, AR 72113
Phone: 501-851-1821

Christopher Homes of Arkansas

22 Retirement Centers Around Arkansas
Contact: Saint John's Center
Phone: 501-664-1881 or 1-866-486-2136

***Elmcroft of Maumelle**

100 Bringer Drive
Maumelle, AR 72113
Phone: 501-850-0400

***Elmcroft of Sherwood**

*9880 Brockington Road
Sherwood, AR 72120
Phone: 501-835-6000

Parkstone Place Retirement Center

1 Parkstone Place Retirement Center
North Little Rock, AR 72116
Phone: 501-771-1228

Benton

Benton Residential Care Center

2408 Military Road
Benton, AR 72015
Phone: 501-778-2838

Fox Ridge Estate

4216 Fox Ridge Estate
Bryant, AR 72089
Phone: 501-847-3400 or 501-653-0113

Sheridan

Crown Point Retirement Living

510 South Rose Street
Sheridan, AR 72150
Phone: 870-942-4623

Jacksonville

Jacksonville Towers, Inc.

200 S Hospital Drive
Jacksonville, AR 72076
Phone: 501-982-5949

RCF - Cleburne County

Pine Mountain Retirement Home

1089 Bivins Road
Quitman, AR 72131
Phone: 501-589-3529

***Retirement Centers of Arkansas, Inc.**

8900 Highway 107
Sherwood, AR 72120
Phone: 501-835-5931

Sarah Daisy Garden Courts, Inc.

2600 Pershing Boulevard
North Little Rock, AR 72114
Phone: 501-758-5961

***Greenbriar, Inc.**

1500 Graham Road
Jacksonville, AR 72076
Phone: 501-982-5545

Senior Residencies of Sherwood

201 Teague Lane
Sherwood, AR 72120
Phone: 501-835-3434

Stonehaven Assisted Living

101 Olympic Drive
Maumelle, AR 72113
Phone: 501-803-3335

Waverly Heights – Independent Living Center

3400 Alcoa Road
Benton, AR 72015
Phone: 501-315-7820

Senior Residents – Jacksonville

818 East Martin Street
Jacksonville, AR 72076
Phone: 501-982-3928

Southridge Village Assisted Living Center

401 Southridge Parkway
Heber Springs, AR 72543
Phone: 501-362-7023

Note: For a complete list of RCFs in your area, call your local Area Agency on Aging. See pages 10-11 in this document.

Senior Centers

*indicates where congregate meals are provided

Greater Little Rock

***Camp Aldersgate**

2000 Aldersgate Road

Little Rock, AR 72205

Phone: 501-224-1444

Thursdays 9:00am - 1:00pm

Annual fee: \$20.00

Website: www.campaldersgate.net

***Patrick Henry Hayes Senior Citizens Center**

All Arkansas residents welcome

401 West Pershing

North Little Rock, AR 72114

Phone: 501-975-4297

Monday - Friday, 8:00am - 4:30pm

Saturday, 9:00am - 1:00pm

Sunday, 2:00pm - 5:00pm

Website: www.northlr.org/departments/senior-citizens.asp

***Willow House Senior Center**

2500 Willow Street

North Little Rock, AR 72114

Phone: 501-758-3670

Jack Evans Senior Citizens Center

Sherwood residents age 50+ no fee

2301 Thornhill Drive

Sherwood, AR 72120

Phone: 501-834-5770

Website: www.cisherwood.ar.us/living/seniorsprogram.htm

Clark County

CADC/Arkadelphia Senior Center

1305 North 10th Street

Arkadelphia, AR 71923

Phone: 870-246-9871

CADC/Gurdon Senior Center

410 East Main Street

Gurdon, AR 71743

Phone: 870-353-2095

Waychoff Senior Center

PO Box 831

320 Trailwood

Heber Springs, AR 72543

Phone: 501-362-2413

*Forever Young Activity Center

Shelters/Subsidized Housing

Shelters for Women Only

ABBA House

Women 18 and older;
Women with children can stay longer than 3 weeks
1002 South Oak
Little Rock, AR 72204
Phone: 501-663-9718

Barb's House

Alcohol and Drug Rehab for pregnant and parenting women
276 Linden Street
Hot Springs, AR 71901
Phone: 501-624-6185

Cleburne County Margie's Haven House

P.O. Box 954
Heber Springs, AR 72543
Phone: 501-362-6757

Dorcas House

Christian shelter for homeless or battered women and children; participation in full programs is required
823 South Park
Little Rock, AR 72202
Phone: 501-374-4022

Shelters for Men Only

Little Rock Compassion Center for Men

3618 West Roosevelt
Little Rock, AR 72204
Phone: 501-296-9144

Substance Abuse Only

BCD Hoover Treatment Center

Hoover Multipurpose Center

3604 West 12th Street
Little Rock, AR 72201
Phone: 501-663-4774
Fax: 501-663-7228

Little Rock Compassion Center for Women

3618 West Roosevelt Road
Little Rock, AR 72204
Phone: 501-296-9114

Our House Shelter

Homeless shelter
302 East Roosevelt
Little Rock, AR 72206
Phone: 501-375-2416

Potter's Clay

Women's and Children's Shelter
110 Crescent Ave
Hot Springs, AR 71901
Phone: 501-624-1366

Women and Children First

Battered Women and Children shelter
Phone: 501-376-3219

Union Rescue Mission Transient Lodge and Substance Abuse

3001 Confederate Boulevard
Little Rock, AR 72204
Phone: 501-374-1108
Website: www.urmission.org

Temporary Shelter

Our House – Shelter 1

Long term housing up to 2 years for homeless men and women.
302 East Roosevelt Rd.
Little Rock, AR 72206
Phone: 501-374-7383
www.ourhouseshelter.org

Salvation Army

Shelter for men, women, and families.
Can provide assistance with finding a job.
Clients cannot stay during the day.
111 West Markham Street
Little Rock, AR 72201
Phone: 501-374-9296
www.salvationarmy.com

Housing Authority

Pulaski County

Metropolitan Housing Alliance Leasing Office
100 South Arch
Little Rock, AR 72201
Administration: 501-340-4821
www.lrhousing.org

Clark County

Housing Authority - Arkadelphia
670 South 6th Street
Arkadelphia, AR 71923
Phone: 870-246-4632

Youth Emergency Shelter

Children only; ages 8 to 17
6425 West 12th Street
Little Rock, AR 72204
Phone: 501-666-7233

Veterans Administration

Chronically mentally ill homeless program
1000 South Main Street
Little Rock, AR 72201
Phone: 501-257-4499
www.va.gov

Cleburne County

Housing Authority - Heber Springs
400 West Spring Street
Heber Springs, AR 72543
Phone: 501-362-6108

Note: For subsidized housing in your area, call your local housing authority office.

Social Security Benefits and Offices

Subscribe to the Social Security Electronic Newsletter (e-News) at www.socialsecurity.gov/enews.

Arkansas County Social Security Office

3511 Market Street
Pine Bluff, AR 71601
Phone: 866-563-9693

Hot Springs Social Security Office

112 Corporate Terrace
Hot Springs, AR 71913
Phone: 855-531-1685

Sherwood Social Security Office

3608 East Kiehl
Sherwood, AR 72120
Phone: 877-512-3854
www.ssa.gov

Searcy Social Security Office

701 Airport Loop
Searcy, AR 72143
Phone: 855-686-146

Little Rock Social Security Office

Federal Building
700 West Capitol, Room 1201
Little Rock, AR 72201
Phone: 866-593-0933

Note: For the social security office in your area, call 1-800-772-1213.

Spinal Cord Disability Referral

Call any Spinal Cord Commission Office

Little Rock Central Office
1501 North University, #470
Little Rock, AR 72207
Phone: 501-296-1788

Substance Abuse

See pages 6-7 of this document.

Support Groups

See pages 13-14 of this document.

Therapy Centers - Free Standing

Baptist Health Therapy Center-Arkadelphia

312 Professional Park Drive, Suite A
Arkadelphia, AR 71923
Phone: 870-245-3650

Baptist Health Therapy Center-Beebe

47 Highway 64 West
Beebe, AR 72012
Phone: 501-268-2250

Baptist Health Therapy Center-Benton

819 West Carpenter
Benton, AR 72015
Phone: 501-315-1803

Baptist Health Therapy Center-Bowman Curve

200 North Bowman Road
Little Rock, AR 72211
Phone: 501-228-0107

Baptist Health Therapy Center-Bryant

612 Office Park Drive, #5
Bryant, AR 72022
Phone: 501-847-5978

Baptist Health Therapy Center-Cabot

205 Westport Drive, Suite 2
Cabot, AR 72023
Phone: 501-843-9893

Baptist Health Therapy Center-Conway

815 Hogan Lane, Suite 5
Conway, AR 72034
Phone: 501-329-1888

Baptist Health Therapy Center-Heber Springs

2102 Highway 25 North
Heber Springs, AR 72543
Phone: 501-206-2482

Baptist Health Therapy Center-Heights

5618 R Street
Little Rock, AR 72207
Phone: 501-661-1555

Baptist Health Therapy Center-Jacksonville

117 TP White Drive
Jacksonville, AR 72076
Phone: 501-241-1193

Baptist Health Therapy Center-Lonoke

1306 North Center Street
Lonoke, AR 72086
Phone: 501-676-9466

Baptist Health Therapy Center-Maumelle

1701 Club Manor, Suite 3
Maumelle, AR 72113
Phone: 501-851-8504

Baptist Health Therapy Center-North Rodney Parham

4200 North Rodney Parham Road
Little Rock, AR 72212
Phone: 501-202-6767

Baptist Health Therapy Center-Otter Creek

11401 I-30
Little Rock, AR 72209
Phone: 501-202-6690

Baptist Health Therapy Center-Saddle Creek

6020 Ranch Drive, Suite 5
Little Rock, AR 72223
Phone: 501-868-9694

Baptist Health Therapy Center-Sheridan

1409 South Rock Street, Suite D
Sheridan, AR 72150
Phone: 70-942-7911

Baptist Health Therapy Center-Sherwood

Sherwood Oaks Shopping Center
2001 East Kiehl, #7
Sherwood, AR 72116
Phone: 501-835-7543

Baptist Health Therapy Center-Sherwood Family Medical Center

1308 East Kiehl Avenue
Sherwood, AR 72120
Phone: 501-835-0703

Baptist Health Therapy Center-Stuttgart

2118 South Buerkle
Stuttgart, AR 72160
Phone: 870-673-8775

Tips on Caring for Aging Parents

Caring For Your Aging Parents 101: Checklists for Planning
Website: www.caring.com/checklists

Transportation Resources

Pulaski County

Autumn Age Bus II: 501-758-9941

- Service from Heritage House and Bowker complexes
- Must be over age 60 and use walker or wheelchair
- Must have MD letter stating transportation is needed
- No fee; has wheelchair lift; medical appoints and community shopping
- Call for scheduled times

Baptist Health Rehabilitation Institute: 501-202-7000

- Transportation for their patients only
- Wheelchair lift; no fee

Website: www.baptist-health.com

Links (Central Arkansas Transit): 501-375-9607

- Limited service in Pulaski County
- Service for aged and disabled; must apply for card and be certified in advance
- \$2.50/one way; wheelchair lift available

Jacksonville Senior Citizens Center: 501-982-7531

- Services Jacksonville and North Pulaski/Sherwood
- Call for scheduled times; wheelchair lift available
- Serves of this center only available to members

SCAT: 501-374-2833

- Little Rock: Cumberland Towers, Paris Towers, and Jessie Powell
- \$5 annual membership fee; medical appointments; wheelchair lift available; call for schedule

LifeQuest of Arkansas (Caring Wheels): 501-225-6073

- This is a volunteer service and is for medical appointments only
- Transport only from zip codes: 72113, 72202, 72205, 72207, 72227, 72211, 72212, and part of 72223 (Note: the western boundary for 72211 is from the HWY 10 and Chenal Parkway intersection south along the Parkway to Kanis).
- Wheelchairs cannot be accommodated as private cars are used
- Clients must apply for this service. Please call for application

Sherwood Senior Citizen Center: 501-834-5770

- Call to schedule 24-48 hours in advance
- Initial information card will be kept on file in the office
- Nominal fee to local area and Little Rock clinics/MD offices
- Van has wheelchair lift available
- Closed on legal holidays

St. Vincent North Rehab Hospital: 501-834-1800

- Transport for their inpatient or outpatients only; no fee; wheelchair lift available
- 15 mile radius from their office

Baptist Health Med Flight Van

- Clinic personnel must arrange ride
- Provides transportation for patients with clinic appointments at Cardiac Rehab, BHMC-LR, BHMC-NLR, BH Eye Center, and BH Outpatient Center

Website: www.baptist-health.com

Statewide Transportation

MEMS Non Emergency Transport:

Phone: 501-868-1033 or 501-301-1475

or 1-800-236-8316

Wheelchair lift; cash/check/credit card accepted

Note: For transportation in your area, call your local Area Agency on Aging. See pages 10-11 in this document for your local AAA office.

Utility Assistance

GAS

Center Point Energy/ARKLA: 1-800-992-7552

- Alternate date payment plan for elderly and disabled
- Physician's certificate of Medical Emergency - they will not turn gas off

ELECTRICITY

Entergy: 1-800-968-8243 or 501-954-5163

- Delayed termination of service
- Life Support Program for elderly, handicapped, and seriously ill persons
- Sales Tax exemption for customers whose annual income is \$12,000 or less

WATER

Central Arkansas Water: 501-372-5161 or toll free 1-855-742-0309

- Help to Others Customer Assistance Fund - Financial Assistance and payment to income qualified individuals

TELEPHONE

Arkansas Lifeline (ATT): 1-877-677-0250

- Lifeline is a federal benefit
- To qualify, you must receive benefits from an approved program or your income must be at or below the guidelines
- This is not a Lifeline Personal Emergency Response System (PERS) but a bill payment assistance program

Link Up Lifeline: 1-800-482-8988

- The Lifeline and Link Up programs are government assistance programs supported by the Universal Service Fund to provide discounts to low-income households for landline and wireless telephone service and equipment.
- This is for persons receiving DHS administered assistance through the public service commission.

COMMUNITY RESOURCES OFFERING ASSISTANCE WITH UTILITIES

Arkadelphia Area

Low Income Home Energy Assistant Program (LIHEAP) provides seasonal assistance with Gas/Electricity/Butane/Propane
Phone: 501-682-1001

Little Rock Area

Community Action Programs will help with utilities two times per year. Contact the office serving your county.

Helping Hand

1601 Marshall Street
Little Rock, AR 72202
Phone: 501-372-4388
Hours: Monday - Thursday, 9:00am - 12:30pm

Watershed Human and Community Development

3701 Springer Boulevard
Little Rock, AR 72206
Phone: 501-378-0176

Visually Impaired Resources

Eye Care

Baptist Health Eye Center

Low Vision Clinic
9800 Baptist Health Drive
Little Rock, AR 72205
Phone: 501-202-7150 or 1-888-BAPTIST (227-8478)
Website: www.baptist-health.com

Arkansas Lions State Office

Local Lion's Clubs will sometimes help with glasses/exams.
Call the state office to obtain the number of the Lion's Club in your area.
Closed on Fridays.
Phone: 501-834-5111

Jones Eye Clinic

UAMS
4301 West Markham Street
Outpatient Circle
Little Rock, AR 72205
Phone: 501-686-5822
Will arrange payment plans.
Website: www.uams.edu

National Eye Care Project

Provides medical and surgical eye care to disadvantaged senior adults.
Does NOT pay for glasses.
Phone: 1-800-222-3937 or 1-877-577-6327

Note: Medicaid will pay for one (1) vision exam and one (1) pair of glasses every 24 months (2 years). Check with your ophthalmologist.

Eye Care Services For The Visually Impaired

Arkansas Department of Human Services- Division of Services for the Blind

700 Main Street, P.O. Box 3237
Little Rock, AR 72203
Phone: 501-682-5463 or 1-800-960-9270
TDD: 501-682-0093

The Division of Services for the Blind (DSB) is a state agency serving blind and severely visually impaired persons of all ages within the state of Arkansas. DSB operates under and Order of Selection giving service priority to the most severely disabled blind persons. Vocational Rehabilitation Counselors will evaluate patients in their homes and provide training or services if appropriate.

Website: www.humanservices.arkansas.gov

Note: For the DSB office closet to you, call 1-800-960-9270.

Library for the Blind and Physically Handicapped

1 Capitol Mall
Little Rock, AR 72201
Phone: 501-682-1155 or 1-866-660-0885
No charge; cassette machine and catalog of tapes provided.
Website: www.afb.org
Note: For a library closer to you, call the above number.

Arkansas Lighthouse for the Blind

6818 Murray Street
Little Rock, AR 72209
Phone: 501-562-2222
Website: <http://ifbsolutions.org>
Manufacturing plant that hires blind people.

Arkansas School for the Blind

2600 West Markham Street

Little Rock, AR 72205

Phone: 501-296-1810

Website: www.arkansasschoolfortheblind.org

Lions World Services for the Blind

2811 Fair Park Boulevard

Little Rock, AR 72204

Phone: 501-664-7100

Rehabilitation Center – trains individual for employment; personal adjustment program for newly blind.

Website: www.wsblind.org

LS&S

Phone: 1-800-468-4789

Fax: 1-877-498-1482

Toll-Free: 1-866-317-8533

Magazine/catalog specializing in products for visually and hearing impaired.

Baptist Health is the state's most comprehensive healthcare system. With more than 175 access points — including major medical centers, family clinics and therapy and wellness centers — Baptist Health is committed to delivering all our best in healthcare to the people of Arkansas.

Locations:

Baptist Health Medical Centers -

- Arkadelphia
- Conway
- Heber Springs
- Hot Spring County
- Little Rock
- North Little Rock
- Stuttgart

Baptist Health Extended Care Hospital-Little Rock

Baptist Health Rehabilitation Institute

Arkansas Health Group Clinics

Practice Plus Clinics

