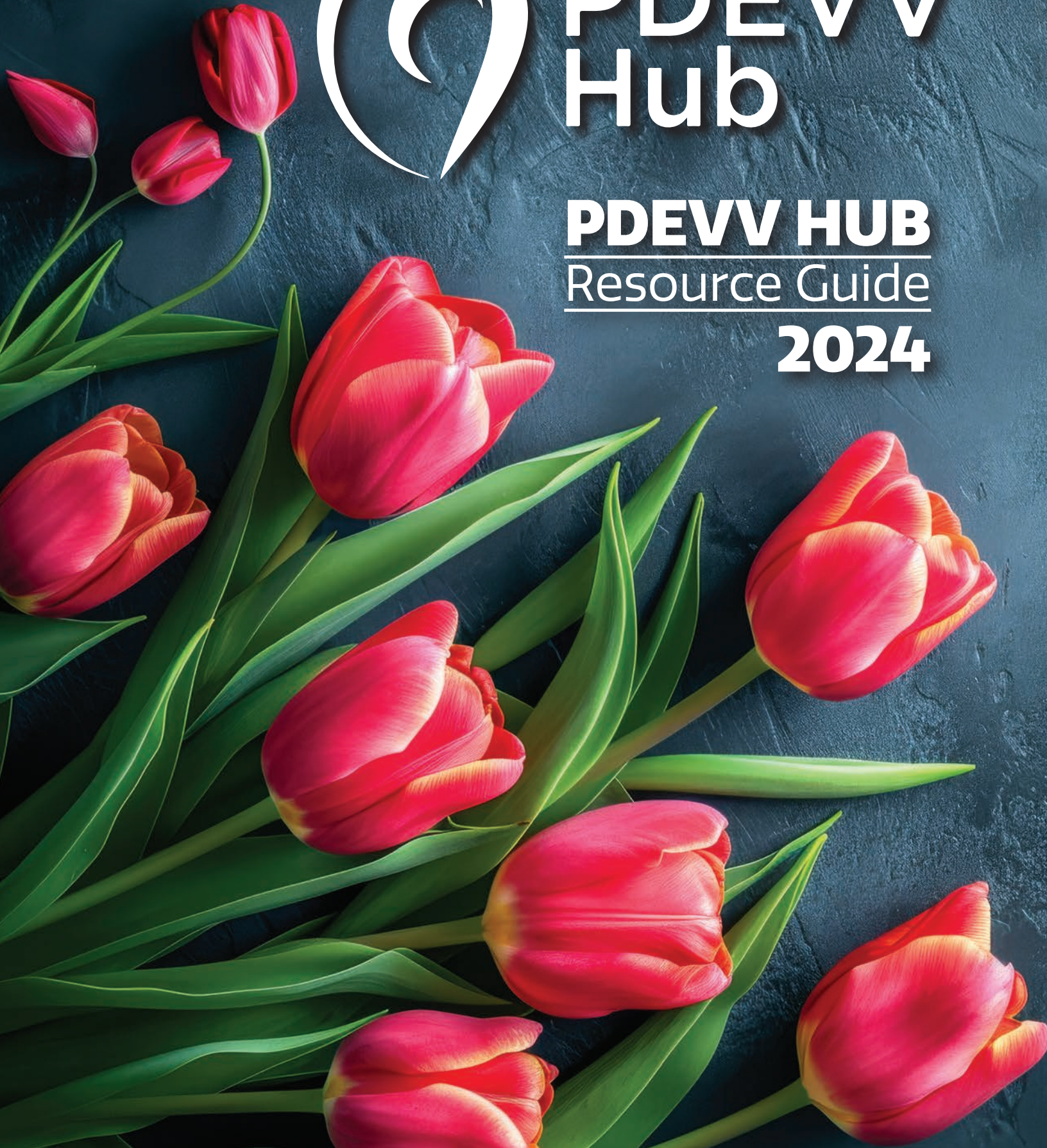




**PDEVV
Hub**

PDEVV HUB
Resource Guide
2024





PDEVV HUB

P.O. Box 631
Evansville, IN 47704

For Content Corrections,
please email pddevvhub@gmail.com

812-297-8658
www.pdevvhub.org



TO THE EVANSVILLE COMMUNITY April 2024

Wow! It has been an amazing year with so much happening in the Parkinson's community both locally and internationally. The most exciting news is that an accurate test for Parkinson's disease is available. Continued research into the folding of alpha synuclein may be a key to unlocking much in the way of treatment or at least earlier diagnosis. Until that time, we must EXERCISE. It continues to be the best prescription to slow down this currently incurable disease. High intensity exercise, where you are working at approximately 80% to 85% of your age-appropriate maximum heart rate, seems to be the best. I don't know if you are like me, but I don't crave exercise. For me this means that I need people to hold me accountable to exercise and to participate in a variety of exercises to combat my boredom. Find what works for you. Try the exercise options that Evansville and Henderson offer, see what you like, see what friends you meet, find YOUR group. We are fortunate to have many choices.

The second biggest area that we as a community need to focus on is STILL education about Parkinson's disease. Everyone diagnosed with Parkinson's and our care partners must learn about our disease and teach anyone that will listen. We need to explain that each Person with Parkinson's is an individual and this disease affects us all uniquely. Our care partners' input MUST be valued as they know us best because they are with us the most. Our medicine and

schedules are unique so if we are in a hospital, rehabilitation center or nursing facility we MUST receive our particular brand and dose of medicine according to what works for us at home. Just like a diabetic needs insulin, we MUST take our medicine on time every time. The Parkinson's Foundation has determined this window of time to be within 15 minutes of our scheduled time. I encourage you to be informed so that you can be an advocate for yourself.

If you are interested in being on an education team, please reach out to us at pddevvhub@gmail.com.

Kathy McMurray
Board President



Board
Marjorie Bergen
Tom Bodkin
JoAnn Drennen / Secretary
Don Gallucci
Sylvia Hunt
Alison Jones
Harley Martin / Vice-President
Ashley Meredith / Treasurer
Kathy McMurray / President
Paula Stein
Jasmin Street
Marcia Wepsic

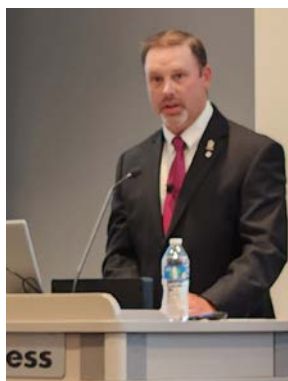


2023 ACOMPLISHMENTS

EXERCISE/ACTIVITY

We held our first annual Tulip Trot for Parkinson's disease awareness in April 2023 with the title sponsor, Mayes Roofing. We had over 260 participants run or walk at Garvin Park in Evansville. We had a memorial table where we remembered Scott Bergen and Barry Waddle. There were nine community organizations present to share their available resources.

In September 2023, we held the Parkinson's Symposium with almost 350 registrations and title sponsor, Envalior. A newly diagnosed patient, Dr. Bill Rouch, described his journey. We also had speakers from the Parkinson's Foundation, The Michael J. Fox Foundation and local speakers from Deaconess, Progressive Health, and Parkview Care Center. Robin Mallery spoke about nutrition and provided a follow-up cooking class demonstration.



COMMUNICATION

Our best source of communication continues to be our monthly e-newsletter, distributed on the third Sunday of every month. Anyone is welcome to sign up for it on our website pdevvhub.org. This pop-up registration allows for anyone to sign up without having to talk to someone in person. If you are part of a group or organization that offers programming or events for people with Parkinson's, make sure to let us know. A reminder is sent the week before publishing and submissions are accepted for free. Email pdevvhub@gmail.com.

The PDEVV Hub website (pdevvhub.org) updated on a monthly basis, describes activities and provides a link to the electronic version of the local PD resource guide. Social media, including Facebook, shares interesting news articles about PD and our most current changes or announcements.

Please feel free to follow us on Facebook (if you haven't already) or search www.facebook.com/PDEVVHub.

SUPPORT GROUPS

EVANSVILLE, IN

This group meets the second Wednesday of every month at 6 PM at Aldersgate United Methodist Church, 5130 Lincoln Ave., Evansville, IN. The group focuses on community outreach, support, and education based on the group's interests. Focus groups consist of those with PD and Care Partners. The average attendance is 21 people.

HENDERSON, KY

The Henderson group meets the 4th Tuesday of every month at 6 PM at First United Methodist Church – Hosbach Room, 338 Third St., Henderson, KY. This group focuses on community outreach, support and education based on the group's interests. Focus groups consist of those with PD and Care Partners. The average attendance is 12 people.



ANNUAL CALENDAR OF EVENTS

Newly Diagnosed Education Day – **NEW PROGRAM**

Medication Management – **NEW PROGRAM**

Tulip Trot – Last Saturday of April

Parkinson's Symposium – Fall





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SUPPORT

The information in this resource guide is provided “as is” for general information only. PDEVV Hub, Inc. (“PDEVV”) does not offer medical advice or recommendations, and individuals should not rely on the information in this resource guide as a substitute for consultations with qualified health care professionals who are familiar with individual medical conditions and needs. PDEVV strongly recommends that care and treatment decisions related to Parkinson’s disease and any other medical condition be made in consultation with a patient’s physician or other qualified health care professionals who are familiar with the individual’s specific health situation.

PDEVV makes no representations with respect to the information, vendors, providers, services or products (collectively “Information”) in this resource guide and specifically disclaims any other warranties, including but not limited to implied or express warranties of merchantability or fitness for any particular usage, application or purpose. The Information is provided for convenience of reference only and is not intended as an endorsement by PDEVV.

LOCAL SUPPORT GROUPS

PARKINSON’S SUPPORT

1. Parkinson’s & Care Partner Support Group
Meets monthly – 2nd Wednesday - 6:00 PM

Aldersgate United Methodist Church
5130 Lincoln Ave.
Evansville, IN 47715

Marjorie Bergen, Facilitator
marjorie@workingbergen.com

2. Parkinson’s Support Group - Henderson
Meets monthly – 4th Tuesday - 6:00 PM

First United Methodist Church
338 Third St. – Hosbach Room
Henderson, KY 42420

Jim Hunt, Facilitator
papi42420@gmail.com

OTHER PARKINSON’S SUPPORT

PD Chat with Julie

A free 1:1 counseling session for those newly diagnosed with PD and their families.

Julie Monahan, PT

Encompass Health Rehabilitation Hospital
9355 Warrick Trail, Newburgh, IN 47630

To make an appointment call 812-598-2178



NATIONAL ORGANIZATIONS

THE MICHAEL J FOX FOUNDATION FOR PARKINSON'S RESEARCH

212-509-0995

www.michaeljfox.org

The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today

PARKINSON'S FOUNDATION

800-473-4636 PD Help Line

www.parkinson.org

Mission is to make life better for people with Parkinson's disease by improving care and advancing research toward a cure.

AMERICAN PARKINSON DISEASE FOUNDATION

800-223-2732

www.adpaparkinson.org

Every day, we provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest.

DAVIS PHINNEY FOUNDATION

866-358-0285

www.davisphinneyfoundation.org

Mission is to help people with Parkinson's to live well today.

Call to order your Every Victory Counts Manual or Care Partners Manual

BRIAN GRANT FOUNDATION

info@briangrant.org

www.briangrant.org

Empowers people impacted by Parkinson's to lead active and fulfilling lives.





PARKINSON'S DISEASE & SYMPTOMS

Parkinson's disease (PD) is a neurodegenerative, progressive disorder that causes a gradual loss of brain cells that produce dopamine, a chemical necessary for movement. Symptoms generally develop over several years. The progression of symptoms is often different from one person to another. People with PD may experience movement-related ("motor") symptoms:

- Tremor, mainly at rest and described as pill rolling tremor in the hands.
- Bradykinesia: slowness of movement
- Limb rigidity: unusual stiffness
- Gait and balance problems: increased falls
- Speech and swallowing problems
- Reduced facial expression: mask-like face
- Dystonia: involuntary movements, cramps

Although there is no cure, treatment options vary and include exercise, medications, and surgery. While PD itself is not fatal, disease complications can be serious. Initial symptoms are often mistaken as signs of aging. The Parkinson's Foundation states that 90,000 people in the United States are diagnosed with PD each year. One million people in the United States and 10 million people worldwide are diagnosed with PD. 19,590 people are diagnosed in the state of Indiana. Statistically, there are 2,500 people with PD in the greater Evansville area.

Parkinson's symptoms may also be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include apathy, depression, constipation, sleep behavior disorders, loss of sense of smell, and cognitive impairment.

It is possible to have a good quality of life with PD. Working with your doctor, exercising, and following recommended therapies are essential in successfully treating symptoms.

NEW information: The presence of phosphorylated alpha-synuclein in a skin biopsy or spinal fluid is a good indicator of the presence of Parkinson's disease. Previously, no specific test existed to diagnose Parkinson's disease. Doctors trained in nervous system conditions (neurologists) diagnosed Parkinson's disease based on medical history, a review of a patient's symptoms, and a neurological and physical examination.

Doctors still may order lab tests, such as blood tests, to rule out other conditions that may be causing symptoms. Imaging tests - such as MRI, CT, ultrasound of the brain, and

PET scans - may also be used to help rule out other disorders.

Doctors may recommend regular follow-up appointments with neurologists trained in movement disorders (Movement Disorder Specialist) to evaluate the conditions and symptoms over time and diagnose Parkinson's disease.

AFTER DIAGNOSIS

Parkinson's disease cannot be cured, but medications can help control the symptoms, often dramatically. Exercise is critical and may be neuroprotective or neuroregenerative.

A doctor may recommend lifestyle changes, especially ongoing aerobic exercise. Physical

therapy that focuses on balance and stretching is important. A speech-language pathologist may help improve speech and swallowing problems. A support group for the person with Parkinson's and their care partner are beneficial to share experiences with others in similar situations.



NOW WHAT?

Seven things you can do:

1. See a Movement Disorder Specialist.

A neurologist who is trained specifically to treat movement disorders, such as Parkinson’s disease. Movement disorder specialists must complete their residency training in neurology and then complete additional training (a fellowship) in movement disorders.

2. Give Yourself Time to Adjust and then get educated. Learn as much as you can about this disease.

3. Be Honest. Don’t hide your diagnosis. You are still the same person.

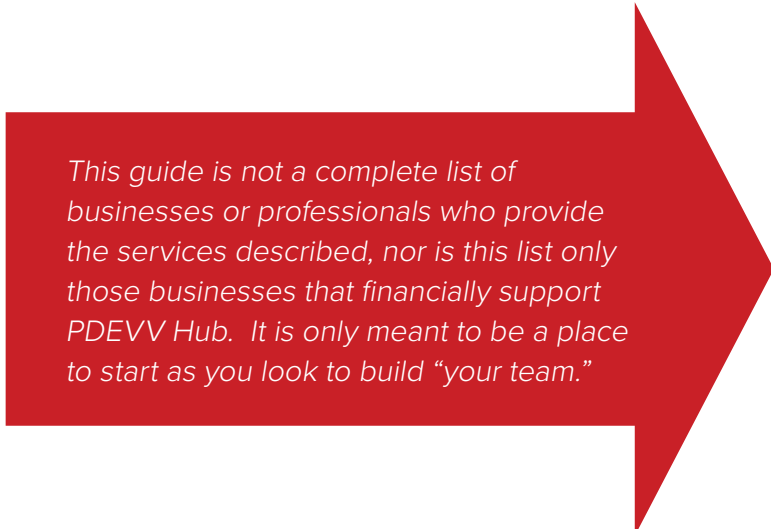
4. Exercise. Find something you like to do and do it.

5. Stay Engaged. Mental and social engagement is like exercise. Use it or lose it.

6. Track Your Symptoms. Start a journal. Record when you take which medicine and the way your body feels.

7. Consider Research. Participating in research may help you physically or you may feel better helping someone else.

From John’s Hopkins Medicine



This guide is not a complete list of businesses or professionals who provide the services described, nor is this list only those businesses that financially support PDEVV Hub. It is only meant to be a place to start as you look to build “your team.”

LOCAL EXERCISE / ACTIVITY

ACErcise

University of Evansville Physical Therapy Program
Carson Center Small Gym
1900 E Walnut St., Evansville, IN 47714
ACErcise Co-Coordinators:
Gwyn Gorley Email: gg97@evansville.edu
Elizabeth Siverly Email: es320@evansville.edu

Virtual Care Partners Support Group

317-963-7411

Lynnsi Shanklin - IU Health

Parkinson's Foundation Center of Excellence
Social Worker
Email: Ishanklin1@iuhealth.org

Dance for PD - Henderson

270-860-8523
Steve Casey
First United Methodist Church
338 Third St., Henderson, KY 42420

Virtual Parkinson's Exercise Class

Register by contacting **Andee**
at Norton Health Care
andrea.lanham@nortonhealthcare.org
Taught by **Harley Martin**

Parkinson's Exercise Class

Registration is required by calling 812-598-2178
Encompass Health Rehabilitation Hospital
9355 Warrick Trail, Newburgh, IN 47630
Taught by **Julie Monahan**

Pedaling for Parkinson's

812-401-9622
Dunigan Family YMCA
6846 Oak Grove Rd., Evansville, IN 47715

812-423-9622
Ascension St. Vincent YMCA
516 Court St., Evansville, IN 47708

Pickleball for Parkinson's

812-550-8700
Lori Payne
www.projectlori.com/pickleball-coaching

Rock Steady Boxing

812-492-6713
Ascension St. Vincent YMCA
516 Court St., Evansville, IN 47708

270-827-9622
Henderson County Family YMCA
460 Klutzy Park Plaza, Henderson, KY 42420

SongShine of Evansville

812-598-8332 - **Colleen Martin**
Aldersgate United Methodist Church
5130 Lincoln Ave., Evansville, IN 47715
www.facebook.com/SongshineEvansville
www.songshine.com

SWIRCA Parkinson's Exercise

618-708-1208 - **Rachael Howey**
SWIRCA
16 W. Virginia St., Evansville, IN 47710

TRX for Parkinson's

812-401-9622
Dunigan Family YMCA
6846 Oak Grove Rd., Evansville, IN 47715

PERSONAL TRAINERS

(with specialized training for PD)

SWEAT A LITTLE, LLC

812-550-3061
Harley Martin
ACSM Certified, Personal Trainer
harley.wilsoncpt@gmail.com
www.sweatalittle.com

812-454-9932

Don Gallucci

ACE Certified, Personal Trainer
donaldgallucci@gmail.com

Nikki Pritchett

ACSM Certified, Online Personal Trainer
studioontheblvd@gmail.com

MANAGEMENT MEDICATIONS

Medications help manage problems with walking, movement, and tremor. Significant improvement of symptoms may occur after beginning Parkinson’s disease treatment. Over time, however, the benefits of drugs frequently diminish or become less consistent. The following is a partial listing of medications used to treat PD.

CLASS	MEDICATION	FUNCTION	SIDE EFFECTS
CARBIDOPA	Lodosyn	Protects levodopa from early conversion to dopamine outside the brain.	Nausea
LEVODOPA	Carbidopa-levodopa (Sinemet®), Carbidopa-levodopa easy to break tablet (Dhivy®), Carbidopa-levodopa orally disintegrating tablet (Parcopa®), Carbidopa-levodopa-Entacapone (Stalevo®), Carbidopa-levodopa infusion (Duopa™), Extended-release Carbidopa-levodopa (Rytary®) Inhaled Levodopa (Inbrija®)	Natural chemical that passes into the brain and converts to dopamine.	Lightheadedness (orthostatic hypotension), dyskinesia
ADENOSINE RECEPTOR ANTAGONIST	Istradefylline (Nourianz®)	The drug blocks the brain chemical adenosine to boost the signaling of dopamine.	Similar side effects of carbidopa-levodopa. Constipation, nausea, hallucinations, and insomnia.
DOPAMINE AGONISTS	Pramipexole (Mirapex®, Mirapex ER®), Ropinirole (Requip®, Requip XL®), Rotigotine Patch (Neupro®), Injectable apomorphine (Apokyn®)	Does not change into dopamine. Mimics dopamine effects in the brain.	Similar side effects of carbidopa-levodopa. Hallucinations, sleepiness, and compulsive behaviors such as hyper-sexuality, gambling and eating.
MAO-B INHIBITORS	Selegiline (Eldepryl®, Zelapar®), Rasagiline (Azilect®), Safinamide (Xadago®)	Prevents the breakdown of dopamine by inhibiting the brain enzyme monoamine oxidase B (MAO-B). This enzyme metabolizes brain dopamine.	Nausea, insomnia



CLASS	MEDICATION	FUNCTION	SIDE EFFECTS
Catechol O-methyltransferase (COMT) inhibitors	Entacapone (Comtan®), Tolcapone (Tasmar®) Opicapone (Ongentys®)	Prolongs the effect of levodopa therapy by blocking an enzyme that breaks down dopamine.	Increased risk of involuntary movements (dyskinesia), diarrhea or other enhanced levodopa side effects.
ANTICHOLINERGICS	Benzotropine (Cogentin®), Trihexyphenidyl (Artane®)	Controls tremors associated with Parkinson's disease also dystonia & drooling.	Impaired memory, confusion, hallucinations, constipation, dry mouth, impaired urination.
AMANTADINE	Immediate release, Extended release (Gocovri® & Osmolex ER®)	Prescribed to control involuntary movements (dyskinesia) induced by carbidopa-levodopa and "off" time.	A purple mottling of the skin, falling asleep, ankle swelling, hallucinations.
HALLUCINATIONS OR DELUSIONS	Pimavanserin (Nuplazid®)	Controls hallucinations and delusions induced by Parkinson's disease medications.	Swelling in the legs or arms, nausea, confusion, hallucinations, constipation, and changes to normal walking.
ORTHOSTATIC HYPOTENSION	Droxidopa, (Northera®)	Neurogenic orthostatic hypotension (nOH)	Supine hypertension, neuroleptic malignant syndrome, headache, dizziness, nausea, and high blood pressure.

Table Source: michaeljfox.org

LOCALLY OWNED PHARMACY

PAUL'S PHARMACY EAST

812-962-3500
1150 S. Green River Rd.
Evansville, IN 47715

PAUL'S PHARMACY WEST

812-425-4364
2345 W. Franklin St.
Evansville, IN 47712

WWW.PAULSRX.COM

compliance packaging, patient/pharmacist medicine conferences available

SURGICAL TREATMENTS

DEEP BRAIN STIMULATION

In deep brain stimulation (DBS), surgeons implant electrodes into a specific part of the brain. The electrodes are connected to a generator implanted near your collarbone that sends electrical pulses to your brain and may reduce your Parkinson's disease symptoms.

Your doctor adjusts the settings as necessary to treat your condition. As with all surgeries, there is risk associated with DBS. Please contact your doctor for more information.





MOVEMENT DISORDER SPECIALISTS

Tanaporn Rasameesoraj, MD
Deaconess Downtown Neurology
812-450-6565
120 SE 4th St., Evansville, IN 47708

Indiana University Health
For an appointment call: 317-948-5450
Indianapolis, IN

Norton Neuroscience Institute
For an appointment call: 502-446-4664
Louisville, KY

**University of Louisville Physician's/
Parkinson's Disease Clinic**
For an appointment call: 502-588-6000
Louisville, KY

**Vanderbilt University Movement
Disorders Clinic**
For an appointment call: 615-936-0060
Nashville, TN

SLUCare Movement Disorders Clinic
For an appointment call: 314-977-6082
St. Louis, MO

**Washington University Movement
Disorders Clinic**
For an appointment call: 314-362-3577
St. Louis, MO

NEUROLOGISTS

Deaconess Neurology
MOB 1 Neurology
812-477-1560
4233 Gateway Blvd., Newburgh, IN 47630

DC Gateway Neurology
812-490-4570
4011 Gateway Blvd., Newburgh, IN 47630

Deaconess Neurology Henderson
270-831-7937
1413 N. Elm St., Henderson, KY 42420

Ascension Medical Group Neurology
812-476-7523
1312 Professional Blvd #201
Evansville, IN 47714

Deaconess Sleep Center
812-450-3852
Dr. Manaf Zawahreh
7307 E. Columbia St., #101
Evansville, IN 47715

OTHER HEALTH PROFESSIONALS

Active Chiropractic & Rehabilitation Clinic

812-423-9146
915 Main St. Suite 300, Evansville, IN 47708

Gilkey Chiropractic Clinic

812-853-2997
Dr. Nathan Gilkey
7580 Peachwood Dr., Newburgh, IN 47630
www.gilkeychiropractic.com

Integrative Wellness & Energy Therapies

812-480-6296
Dana Darnell, CMT, Therapeutic Structural
Integration Therapist
4911 State Route 261 Unit B
Newburgh, IN 47630
www.iwellnesstherapies.com

Massage for Your Health

812-449-1722
Kelly Endsley, LMT
8177 Robin Hill Rd., Newburgh, IN 47630

Lori & Co Massage Studio & Spa

270-724-9866
13 S Main St., Henderson, KY 42420
www.loriandco.massagetherapy.com

Thrive Therapy & Wellness, LLC

812-717-3731
Jill Howery, PT
Mobile Physical Therapy

PARKINSON'S SPECIFIC THERAPY

LSVT BIG

www.lsvtglobal.com/LSVTBig

LSVT BIG trains people with Parkinson's disease (PD) to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble getting around, getting dressed and with other activities of daily living. Because LSVT BIG treatment is customized to each person's specific needs and goals, it can help regardless of the stage or severity of your condition.

LSVT LOUD

www.lsvtglobal.com/LSVTLoud

LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. Named for Mrs. Lee Silverman (Lee Silverman Voice Treatment), a woman living with PD, it was developed by Dr. Lorraine Ramig and has been scientifically studied for over 25 years with support from the National Institute for Deafness and other Communication Disorders within the National Institutes of Health (NIH) and other funding organizations. LSVT LOUD trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community.



PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY

EASTERSEALS REHABILITATION CENTER

812-479-1411
3701 Bellemeade Ave., Evansville, IN 47714

- Augmentative & Alternative Communication Treatment
- Warm Water Therapy & Exercise

PROGRESSIVE HEALTH @ DEACONESS

812-450-8585
4233 Gateway Blvd. Suite 201
Newburgh, IN 47630

- LSVT Big & Loud Therapists
- PWR! Moves Therapists
- SPEAK OUT! Therapists

PROREHAB

812-476-0409
See locations at www.prorehab.com/locations

- LSVT Big Therapists

REHAB FOR LIFE

812-401-5210
6215 E. Florida St.
Evansville, IN 47715

- Warm Water Therapy & Exercise
- LSVT Big Therapists

ASCENSION ST. VINCENT YMCA REHABILITATION

812-485-2100
516 Court Street Ste A
Evansville, IN 47708

- LSVT Big Therapists, only 2 Outpatient Board Certified Neurologic Physical Therapists in the Tri-State area

ASCENSION ST. VINCENT WASHINGTON SQUARE REHABILITATION

812-485-5200
1144 Washington Square, Evansville, IN 47714

- LSVT Loud Therapists





MANAGEMENT

MENTAL HEALTH

TREE OF LIFE COUNSELING

812-389-0182

Andrea Lantz, LCSW

Certified Respecting Choices® Advance Care
Planning Facilitator and Instructor

LantzCCM@gmail.com

www.tolcounseling.com

MEDICAL EQUIPMENT

EASTERSEALS REHABILITATION CENTER

812-492-0645

3701 Bellemeade Ave., Evansville, IN 47714

- Portable & Stationary Aluminum Ramps
- U-Step walkers
- Driving Assessments

MOBILITY PLUS EVANSVILLE

812-550-1444

525 N. Green River Rd., Evansville, IN 47715

www.mobilityplus.com/evansville

HELPFUL BUSINESSES

IN-STEP MOBILITY PRODUCTS, INC.

800-558-7837

www.ustep.com

Walking aids designed specifically
for neurological conditions.

LIFTWARE

415-894-5438

www.google.com/liftware

*Stabilizing and leveling handles and
attachments.*

OASIS SENIOR ADVISORS EVANSVILLE & THE TRI-STATE

Lynn Maserejian, CSA, RN, BSN

812-714-0670

LMaserejian@YourOasisAdvisor.com

www.oasissenioradvisors.com/evansville-tri-state

*FREE assistance in finding the “right” senior
living community*

LASTING ORDER

812-858-2457

Organizing Your Life.

info@lastingorder.net

www.lastingorder.net

LEGAL

SHEETS, CHARLES & CHARLES, ELDER LAW ATTORNEYS

812-476-2762

4828 Lincoln Ave., Evansville, IN 47715

ADULT DAY CARE

RIVERWALK COMMUNITIES LLC

812-425-1041 x136

401 SE 6th St., Evansville, IN 47713

ADULT PROTECTIVE SERVICES

INDIANA ELDER ABUSE HOTLINE

1-800-992-6978

AREA AGING AGENCY & SENIOR CENTER

MEALS ON WHEELS OF EVANSVILLE

812-476-6521

SWIRCA & MORE

812-464-7800

16 W. Virginia St., Evansville, IN 47710

SENIOR RESOURCE GUIDE OF SOUTHERN INDIANA

www.resources.swirca.org

Available in English & Spanish

THE GATHERING PLACE – HENDERSON SENIOR CENTER

270-827-2948

SENIOR COMMUNITY CENTER OF OWENSBORO-DAVISS COUNTY

270-687-4640

GREEN RIVER AREA AGENCY ON AGING AND INDEPENDENT LIVING

270-926-4433

CARE FACILITIES

PARKVIEW CARE CENTER

812-424-2941

2819 N. St Joseph Ave., Evansville, IN 47720

Parkinson's Foundation member



TRANSPORTATION

METS - METROPOLITAN EVANSVILLE TRANSIT SYSTEM (CITY BUS)

www.bit.ly/METSbus
Adults - \$0.75 per ride
812-435-6166

METS MOBILITY

For those 65 years or older or those with a documented disability that limits the use of the METS regular route system.

METS MICRO

METS Micro is an on-demand public rideshare service. \$2 per ride.
www.city.ridewithvia.com/metsmicro

WATS - WARRICK AREA TRANSIT SYSTEM

WATS bus routes connect with the Evansville METS transportation system. The fare is \$1.00 per person and \$0.50 per person for riders 60 and over.
812-254-3225

SUPERIOR VAN & MOBILITY

812-402-8267
3414 Interstate Drive, Evansville IN 47715

- Sells wheelchair vans, wheelchair lifts, mobility products

HANDICAPPED PARKING PERMITS

FOR INDIANA:

888-692-6841
www.in.gov/bmv/2455.htm

FOR KENTUCKY:

502-564-1257
www.dmv.org/ky-kentucky/disabled-drivers.php

FOR ILLINOIS:

217-782-2709
Illinois Secretary of State
Persons with Disabilities License Plates/
Placard Unit
501 S. Second St. Rm. 541
Springfield, IL 62756







Design &
Printing by



go new places.®