

# A Resource Guide for Healthy Living



mayor's  
**HealthyHometown**

GOOD FOR YOUR BODY, GREAT FOR EVERYBODY.

*Resources for our Louisville Community*

In 2014, the Louisville Metro Department of Public Health and Wellness released a city-wide plan to improve all Louisville residents health called Healthy Louisville 2020. This guide was created to help communities find the resources they need that focus on the goals of Healthy Louisville 2020.

To connect with us for additional ways to stay and keep healthy, check us out on the web by searching for Louisville Healthy Hometown or call us at (502) 574-6514 to see what community events are happening now. In this guide, there are resources about;

- Healthy Eating
- Staying Active
- Managing a Chronic Disease (Diabetes, AIDS/HIV, ect.)
- Becoming a Nonsmoker
- Mental Health and Addiction
- Senior Citizens Enrichment

# Healthy Eating

Making healthy food choices is the first step towards living a healthy lifestyle. In this section you'll find resources about food assistance, breastfeeding, and learning to cook nutritious and healthy meals!

**Louisville Women, Infants, Children (WIC)** provides nutrition and education to pregnant, postpartum, and breastfeeding women and children under age 5. Breastfeeding education, assistance, and breast pumps are available. Contact: 574-6676 from 8:00am to 5:00pm or visit [www.louisvillewic.org](http://www.louisvillewic.org)

**Cooking Matters Class**, learn to cook nutritious meals and healthy eating skills. Participants even get to take home bag of groceries after each weekly class! Contact: Family Health Center Portland at 772-8588 or visit 2215 Portland Avenue.

**Jefferson County Cooperative Extension Offices** hosts a variety of classes about cooking, gardening, food preservation, budgeting, home care and family life. Contact: 569-2344 or visit 810 Barret Ave.

**Fresh Stop/New Roots:** local produce that is sold in “shares”, cost varies, can use SNAP/EBT benefits. Contact: <http://www.newrootsproduce.org/fresh-stops.html>

**YMCA Healthy in a Hurry Corner Stores** provide fresh fruits and vegetables in Louisville neighborhoods. Contact: 587-9622 for more information or visit a store in your area;

Berrytown Corner Store: 1300 Heafer Road

Farm Boy Food Mart: 1800 W. Oak Street

Parkway Food Mart: 1201 W. Hill Street

Shawnee Market: 208 Amy Avenue

Webb Market: 944 E. Muhammad Ali Boulevard

Happy Food Mart: 1201 Cecil Avenue

Curtis Market: 2720 Duncan Street

## Staying Active

An active lifestyle will increase your chance of a healthy life. When you make staying active part of your daily life, you have more energy for work and weekend get-togethers with family and friends. It doesn't matter what you do, as long as you keep moving!

**Bike Louisville** is a program in Metro Government that works to create a bicycling environment that is safe, efficient, and enjoyable for riders of all ages and levels of experience. Contact: 574-6473 from 8:00am - 5:30pm, 444 S. 5th Street, 4th Floor.

**YMCA of Greater Louisville** fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength. Contact: 587 9622, <http://www.ymcalsouthern.org/>, 545 South 2nd Street.

**Louisville Metro Parks** and Recreation programs offer something for everyone – breathtaking scenic vistas, nature centers, sports leagues, historic homes, swimming pools, golf courses, community centers, campgrounds, conference centers, and more! Contact: 456-8100, 1297 Trevilian Way.

# Managing a Chronic Disease

Diabetes, arthritis, high blood pressure, heart and lung disease and stroke are chronic conditions that can many people manage every day. Making healthy choices can stabilize conditions and make it easier to have a full and active life.

## Health Insurance

**KY-nect** is Kentucky's Healthcare Connection that provides individuals, families and small businesses with easy, one-stop shopping to find healthcare coverage. Contact: 1-855-4kynect (459-6328) or <https://kyenroll.ky.gov/>

## Asthma

**Healthy Hoops Kentucky: Helping Kids with Asthma** uses basketball to help kids and their families understand how to control asthma. Children participate in medically-supervised health screenings and basketball drills with current and former University of Louisville basketball players and coaches. Parents and guardians receive information about nutrition, exercise, and medication management. Contact: Ryan Burt, [Ryan.burt@passporthealthplan.com](mailto:Ryan.burt@passporthealthplan.com), 588-8574, 5100 Commerce Crossings Drive.

**Passport Health Plan** is available to you to answer asthma related questions. Contact: (toll-free) 1-877-903-0082, [www.passporthealthplan.com/member/eng/health/asthma/](http://www.passporthealthplan.com/member/eng/health/asthma/), 5100 Commerce Crossings Drive.

**American Lung Association of Kentucky** offers free asthma information and Camp Superkids, a week long overnight camp for kids age 7-13 with asthma. Contact: 363-2652 or [www.kylung.org](http://www.kylung.org).

## Cancer

**Gilda's Club Louisville** provides a place where people with cancer may join with family and friends for emotional & social support. Contact: 583-0075 or 633 Baxter Avenue.

**American Cancer Society** assists people coping with cancer, provides support, research, early detection, treatment and education. Contact: Paige Vollmer, 560-6035, 584-6782, [Paige.vollmer@cancer.org](mailto:Paige.vollmer@cancer.org), 701 West Muhammad Ali Boulevard.

**Colon Cancer Prevention Project** helps to eliminate and prevent colon cancer deaths, suffering, offers screening, education, advocacy, and health systems improvement. Contact: Andrea Uhde Shepherd, 290-0288, [ashepherd@c2p2ky.org](mailto:ashepherd@c2p2ky.org), 2117 Payne Street, Suite 306.

**Friends for Life Cancer Support Network** is a team of cancer survivors who provide one-on-one emotional support to anyone experiencing a diagnosis of cancer and to their loved ones. Contact: Judy Kasey Houlette, 893-0643 or (toll-free) 866-374-3634, 4003 Kresge Way, Suite 100.

**Kentucky African Americans Against Cancer (KAAAC)** is a group of concerned citizens, health care providers, and cancer survivors seeking to reduce cancer health disparities in Kentucky's African American population through education, outreach, and patient support. Sponsored by the Kentucky Cancer Program at the [University of Louisville](http://University of Louisville). Contact: Virginia Bradford, Brown Cancer Center, 501 E. Broadway, Suite 160, (502) 852-6318 or [vabrad01@louisville.edu](mailto:vabrad01@louisville.edu).

**Susan G. Komen, Louisville Affiliate** attends and hosts breast cancer events to raise money and awareness for battle against breast cancer. Contact: Kristin Blum, [kblum@komenlouisville.org](mailto:kblum@komenlouisville.org), 495-7824, 2301 Hurstbourne Village Drive, Suite 700.

**Norton Center for Prevention & Health & Wellness** offers breast, cervical, cancer, skin, screenings and free blood Pressure & glucose screening; BMI and bone density tests. Contact: 899-6873, 3999 Dutchmans Lane, Suite C.

## Diabetes

**American Diabetes Association** Contact: Helen Overfield at 502-452.6072 ext. 3317 or [hoverfield@diabetes.org](mailto:hoverfield@diabetes.org), 161 St. Matthews Avenue, Suite #3.

**Diabetes Management Class** offered by the Louisville Metro Government's Department of Public Health & Wellness where participants learn how to manage a healthy diet. Contact: Lisa Arnold, 502-574-5284, [Lisa.Arnold@LouisvilleKY.gov](mailto:Lisa.Arnold@LouisvilleKY.gov), 400 East Gray Street.

**Nutrition Basics, Living with Diabetes** group classes on diabetes self-care, meal planning, label reading, living successfully with diabetes Contact: Lisa Arnold, 502-574-5284, [Lisa.Arnold@LouisvilleKY.gov](mailto:Lisa.Arnold@LouisvilleKY.gov), 400 East Gray Street.

**Diabetes Prevention Program** offers classes for people at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight.

- Contact: Ronda Merryman-Valiyi, [ronda.merryman-valiyi@bhsi.com](mailto:ronda.merryman-valiyi@bhsi.com) or 502-897-8831, Baptist Health Louisville, 4000 Kresge Way
- Contact: Ime Okpokho, [iokpokho@ymcalouisville.org](mailto:iokpokho@ymcalouisville.org) or Sasha Belenky, [sbelenky@ymcalouisville.org](mailto:sbelenky@ymcalouisville.org), or 502.523.0283, YMCA of Greater Louisville, 545 S 2nd St.

**Diabetes Self-Management Workshop** a six-week series of workshops that meet for 2 ½ hours, once a week in community settings. Workshops are co-facilitated from a highly detailed manual by two trained leaders, one or both of whom have diabetes themselves. Contact: Sue Johnson, 502 266-5571, KIPDA, 11520 Commonwealth Drive.

## HIV

**HIV/AIDS Prevention** Louisville Metro Public Health & Wellness offers Confidential HIV Testing. Contact: Diane Franconia, 574-6699 or 574-5600.

**Volunteers of America's S.T.O.P.** (Stop The Spread of HIV Through Outreach and Prevention) program serves Metro Louisville and Lexington with HIV/AIDS and Syphilis prevention, testing, and outreach. Contact: [STOP@voaky.org](mailto:STOP@voaky.org), (call) 502-635-4511, (text) 502-930-0222, 2500 West Broadway, Suite 400.

**Wellness Wednesdays**, Walgreens staff provides confidential testing, counseling, and supplies. Anyone receiving an HIV test receives free blood pressure, blood sugar, and body composition testing. Free HIV testing available at 4 Louisville locations: 3410 W Broadway, 200 East Broadway (Brook & Broadway), 1475 Dixie Highway, or 990 Baxter Avenue.

## Sickle Cell

**Sickle Cell Association** of Kentucky offers a wide variety of programs to address the needs of SCAK patients by offering services, health fair initiatives, forums/panels, events and support groups. Contact: Tyra Sadler, (main) 569-2070, (mobile) 386-4344, [tarasdlr@yahoo.com](mailto:tarasdlr@yahoo.com), 201 East Jefferson Street, Suite 120.

**Sickle Cell Anemia Support Group** Contact: Daphne Matthews, 583-6798 ext. 6782, [dmatte23@yahoo.com](mailto:dmatte23@yahoo.com), St. Stephen Baptist Church, Family Life Center, Room 309, 1018 South 15 Street.

## Stroke

**Kentucky & Southern Indiana Stroke Association** Contact: Carrie Orman, 499-5757,  
[www.strokeyin.org](http://www.strokeyin.org), [KsiStrokeAssoc@aol.com](mailto:KsiStrokeAssoc@aol.com).

# Mental Health & Addiction

Mental health is a state of well-being where a person knows their abilities, can cope with stress, and work productively and fruitfully, and can contribute to their community. Emotional and mental well-being is a cornerstone of a healthy life and community.

**Hope Now Hotline** provides counseling and referrals for mental health, suicide, alcohol and substance abuse. Contact: 589-4313 or (toll free) 1-800-221-0446.

**Crisis & Information Center** provides counseling and referrals for mental health, suicide, alcohol and substance abuse. Contact: 1-800-221-0446

**University of Louisville Psychiatry** is a full-service mental health practice that provides complete life-cycle services, from infancy to the elderly. The practice includes psychiatrists, psychologists, psychiatric social workers and addiction counselors. Contact: 588-6000 or <http://www.uoflphysicians.com/psychiatry>.

**YMCA Safe Place** when youth, teens and young adults in crisis need somewhere to stay, someone to trust or someone to listen, YMCA Safe Place Services of Louisville is here to help. Contact: 635-5233, 2400 Crittenden Drive.

**Family & Children's Place** strengthens our community through healing the trauma of abuse, violence and neglect and promoting safe, healthy and stable families through research based services. Contact: 893-3900, 525 Zane Street

**Seven Counties Services** provides community-based treatment and support services for persons with behavioral health problems. Contact: 589.8600, (toll free) 800.221.0446, <http://www.sevencounties.org/>, 101 West Muhammad Ali Blvd

**Jefferson Alcohol/Drug Abuse Center (JADAC)** is an 80-bed facility that treats adults with addictions and their families. Since its inception in 1975 as Louisville's first specialty hospital dedicated to the treatment of alcoholism and other drug addictions. Contact: 589-1100, (toll free) 1-800-264-8799, [www.jadac.org](http://www.jadac.org), 600 South Preston Street.

**M.O.R.E. Center** provides medically monitored drug treatment and related counseling services to patients who are physiologically dependent upon a narcotic drug such as heroin, morphine, and OxyContin. Contact: 574-6414.

# Becoming a Nonsmoker

Smoking is the leading cause of preventable disease, disability and death in the United States. The fastest way to improve your overall health is to not smoke, the benefits start within 20 minutes!

**Cooper Clayton Method to Stop Smoking** a 12-week class that uses group support and nicotine replacement therapy to help participants stop smoking and remain smoke free for the rest of their lives. Contact: Louisville Metro Department of Public Health & Wellness, 502-574-STOP, [StopSmoking@LouisvilleKY.gov](mailto:StopSmoking@LouisvilleKY.gov), 400 East Gray Street.

**Kentucky QuitNow** is a multi-language telephone program to help support your effort to stop smoking. Contact: 1-800-QUIT NOW or 1-800-784-8669.

**American Lung Association** offers resources for stopping smoking and maintaining healthy lungs. Contact: 263-2652, [bgottschalk@midlandlung.org](mailto:bgottschalk@midlandlung.org), 4100 Churchman Avenue.

**Tobacco and Smoke-Free Homes** supports healthy communities by advocating for laws that limit or prohibit smoking in and around multi-family housing, such as maintaining non-smoking units and non-smoking common areas. More information at [http://www.epa.gov/smokefree/pdfs/community\\_action\\_kit.pdf](http://www.epa.gov/smokefree/pdfs/community_action_kit.pdf) or <http://portal.hud.gov/hudportal/documents/huddoc?id=pdfresidents.pdf> (Page 16-17).

# Senior Citizens Enrichment

Senior citizens offer the next generation a wealth of knowledge, stories and their unique history of our communities. Senior citizens can maintain an active and social lifestyle throughout their golden years.

## Caring for Family and Friends

**Kentuckiana Regional Planning & Development Agency (KIPDA)** promotes and ensures meaningful and timely services for all older adults and persons with disabilities to improve their health, safety and overall well-being, and to provide leadership to the aging network through planning and coordination. Resources for Caregivers, as well as Senior Center and Adult Day Center information. Contact: 266-5571 or [http://www.kipda.org/Aging\\_Social\\_Services/](http://www.kipda.org/Aging_Social_Services/)

**Alzheimer's Association** provides service and education to the more than 80,000 residents with Alzheimer's Disease who live in counties across Kentucky and southern Indiana. Services provided include education programs for persons with dementia, caregivers, professionals and the general community as well as support groups and a 24/7 Helpline. Contact: 451-4266 or <http://www.alz.org/kyin/>.

**Elderserve Inc.** empowers older adults to live independently with dignity by offering a variety of programs and services including Geriatric Care Management, TeleCare, HomeCare, Crime Victim Services, Adult Day, Friendly Visitor, Senior Companions, CATCH Healthy Habits and our Senior Center. Contact: 587-8673 or [www.elderserveinc.org/](http://www.elderserveinc.org/).

**Hosparus** provides hospice care for patients who choose to have the best quality of life possible till the end of life. Patients and families receive care and counseling from a dedicated team of professionals and volunteers. Contact: 456-6200 or <http://www.hosparus.org/>.

**Louisville Metro Office for Aging & Disabled Citizens** provides information on community resources to aging and disabled citizens and the community at large. Contact: 574-5092 or <http://www.louisvilleky.gov/CSR/Community+Services/OfficeforAging-DisabledCitizens.htm>.

**Senior Care Experts** helps seniors remain independent and aging in place. Contact: 896-2316 or [www.srcareexperts.org](http://www.srcareexperts.org).

## Community Engagement and Lifelong Learning

**University of Louisville Delphi Center** offers fun and affordable classes covering hobbies and crafts, languages, food and wine, fitness, gardening and more. Contact: 852-6456 or [www.ed2go.com/uofloptions/about\\_us.html](http://www.ed2go.com/uofloptions/about_us.html)

**Veritas at Bellarmine University** offers learning experience to people over age 54 with a mission to keep minds active, open and growing. Contact: 272-8374 or <http://www.bellarmino.edu/ce/veritas/>

## LGBT Resources

**Fairness Campaign** seeks to dismantle oppression and build an inclusive community where all individuals are valued and empowered to reach their full potential. Contact: 893-0788 or <http://www.fairness.org/>.

**National Resource Center on LGBT Aging** technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. Contact: 212-741-2247 or <http://www.lgbtagingcenter.org/>.

**PFLAG Louisville** gathers parents, families, friends, and allies united with people who are lesbian, gay, bisexual, and transgender with a commitment to advancing equality and full societal affirmation of LGBT people through its threefold mission of support, education, and advocacy. Contact: 329-0229 or <http://pflag.home.insightbb.com/>.

**SAGE** (Services and Advocacy for GLBT Elders) is the largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults. Contact: 212-741-2247 or <http://sageusa.org/>.

## Volunteering

**AARP Create the Good** connects individuals with volunteer opportunities to share their life experiences, skills and passions for their community. Contact: 1-866-740-7719 or <http://www.createthegood.org/>.

**Louisville Metro Retired and Senior Volunteer Program (RSVP)** recruits, supports, and promotes recognition of adult volunteers for their volunteer service with local agencies. Contact: 574-1530 or

<http://www.louisvilleky.gov/CSR/Community+Services/Retired+Senior+Volunteer+Program.htm>

**Metro United Way (MUW) Volunteer Connection** improves lives and our community by engaging people to give, advocate and volunteer. Contact: 583-2821 or <https://volunteer.truist.com/muw-3/volunteer/>

### **Food Assistance**

**Dare to Care Food Bank** partners with local social service agencies to distribute food to those community members who need it. Contact: 966-3821 or <http://daretocare.org/>.

**Louisville Metro Senior Nutrition Services** provides nutritional lunchtime meals to active senior citizens at Congregate Meal Sites and delivers to homebound seniors through the Meals on Wheels Program, throughout the Louisville Metro area. Contact: 574-MEAL (6325) or <http://www.louisvilleky.gov/CSR/Community+Services/Senior+Nutrition>

**Supplemental Nutrition Assistance Program (SNAP)** offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. Contact DCBS at 1-855-306-8959 or <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>.

### **Health and Wellness**

**Kentucky Safety and Prevention Alignment Network (KSPAN)** is a coalition of public and private organizations, and individuals, dedicated to promoting safety and preventing injuries throughout the Commonwealth of Kentucky. Contact: (859) 257-9484 or <http://safekentucky.org/>.

**Senior Medicare Patrol (SMP)** empowers and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. Contact: 574-6960 or [www.SMPResource.org](http://www.SMPResource.org).

## Depression/Mental Health

**Norton Healthcare** offers comprehensive inpatient and outpatient care. Contact: 629-1234 or <http://www.nortonhealthcare.com/mentalhealth>

**Our Lady of Peace** offers adult psychiatric and substance abuse treatment programs designed to help individuals who have short term and/or acute care mental health and/or substance abuse needs. Programs at every level of care for adults and seniors needing care for any disorder they may experience, from a single episode of depression to complex and persistent dual diagnosis illnesses. Contact: 451-3330 or <http://www.jhsmh.org/Health-Services/Mental-Health-Services/Adult-Psychiatric-Treatment.aspx>.

**The Brook Hospital, KMI** offers highly structured services to meet the needs of older adults who are experiencing problems with psychiatric illnesses, emotional problems, and/or substance abuse. Contact: 426-6380 or <http://www.thebrookhospitals.com/Programs/seniors.stml>.

**University of Louisville Hospital, Inpatient Psychiatry Unit** treats acutely ill adult and geriatric patients by offering a wide range of services aimed at working collaboratively with people who have psychiatric disorders such as bipolar disorder, psychosis, depression and schizophrenia, as well as treating suicidal patients and those with substance abuse problems. Contact: 562-4680 or <http://university-hospital.org/programs-services/psychiatric-services/>.

## Health Insurance

**State Health Insurance Assistance Program (SHIP)** offers free benefits counseling and assistance to people with Medicare and their families. Contact: KIPDA 266-5571 or [http://www.kipda.org/Aging\\_Social\\_Services/](http://www.kipda.org/Aging_Social_Services/).

## Home Resources

**Catholic Charities – Choices** is a comprehensive guide that lists descriptions of apartments, assisted living, rehabilitation, short and long-term care facilities in Louisville and surrounding area. Copies are free and available at Catholic Charities. Contact: 873-2566, ext. 107 or <http://cclou.org/senior-services/>.

**Center For Accessible Living** is an innovative leader in empowering all people to achieve their goal of independent living while involving the entire community. The Rampbuilders program manages the ramp construction for people with mobility impairments in the Louisville Metro area. Contact: 589-6620 or <http://www.calky.org/>.

**New Directions Housing Corporation** develops and maintains affordable housing and helps to create vital communities in partnership with neighborhoods and other stakeholders. Through Repair Affair, volunteers assist with the home repair needs of economically disadvantaged elderly and disabled homeowners. Contact: 589-2272 or <http://www.ndhc.org/>.

**Project Warm** provides free weatherization services for home owners and renters who meet eligibility criteria; Energy Management Workshops; and annual Blitz service project to winterize homes of seniors and disabled residents. Contact: 636-9276 or <http://www.projectwarm.org/>.

## Legal and Financial

**Community Ministries** 15 Community Ministries serve residents from every zip code. Each community ministry is supported by member churches and faith-based groups residing in their service area. Visit the Association of Community Ministries website for locations and services: <http://www.louisvilleministries.org/>.

**Legal Aid Society** provides free legal services to seniors. Contact: 584-1254 or [www.Laslou.org](http://www.Laslou.org).

## Transportation

**American Red Cross Wheels** provides transportation services for disabled persons and senior citizens 60 years of age and older going to nutrition sites, senior centers, medical appointments and other essential services in Jefferson county. Contact: 561-3690 or <http://www.louisville-redcross.org/>.

**Catholic Charities Driver-Escort Program** volunteers drive their own cars and transport frail seniors to medical or other important appointments. Clients offer monetary donations to cover costs. Contact: 873-2566, Ext. 107 or <http://cclou.org/senior-services/>.

**TARC3 Paratransit Service** provides public transportation for people with disabilities who cannot use regular fixed-route bus service. Contact: 213-3217 or <http://www.ridetarc.org/tarc3-paratransit-forms/>.