

COMMUNITY RESOURCES

*Local and regional
resources for financial
and housing assistance,
food pantries, medical
care, and other free or
reduced-cost services.*



ROCKCASTLE
REGIONAL
HOSPITAL  RESPIRATORY CARE CENTER

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**For concerns or questions please call Rockcastle
Regional Hospital to speak with the Utilization
Review or Quality Department:**

**Utilization Review: (606) 256-7702
Quality: (606) 256-7968**



HEALTH & SAFETY

How to Prevent Falls

Falls can be a serious health risk, especially for older adults. However, many falls are preventable. Follow these tips to stay safe, keep your body strong, and maintain your independence.

Exercise

Participate in activities such as walking, Tai Chi, yoga, or dancing to help you stay strong and flexible and improve your balance. Make sure to keep up with your exercise program if your doctor or therapist has given you one.

Review Your Medicines

Talk with your healthcare provider about all the medicines you take, including prescriptions, over-the-counter medicines, and supplements. Some combinations of medicines can make you tired or dizzy. These side effects can increase your chance of falling.

Have Your Vision Checked

Have your vision checked by an eye doctor every year. Wearing the correct prescription lenses will make sure you can see clearly. If your vision is poor, your chances of falling are higher.

Wear Supportive Shoes

Choose shoes that fit snugly with non-slip soles and a flat or low, wide heel. Avoid slippers, flip flops, backless shoes, high heels, and shoes with smooth leather soles.

Make Your Living Environment Safe

- Remove tripping hazards, such as loose rugs and clutter
- Add handrails to stairs and bathrooms
- Use non-slip mats in the bathtub and shower
- Add lighting in dark areas

How to Get Up After a Fall

Step 1: Roll to your side and push your upper body off the floor.



Step 2: Crawl to a chair or sturdy piece of furniture.



Step 3: Place your hands on the chair and one foot flat on the floor.



Step 4: Push up from the floor.



Step 5: Turn your body to sit in the chair and rest for a few minutes.



If you have an injury or health condition that makes you more likely to fall at home, it is important to learn how to get up safely. Getting up from a fall correctly can help you avoid making an injury worse.

To get up after a fall:

- First, look for a chair, staircase, or other sturdy piece of furniture that is close to you.
- Roll onto your side by turning your head in the direction you want to roll, then moving your shoulder and arm, followed by your hip and leg.
- Next, slowly push your upper body up. After lifting your head, take a moment to rest. Slowly move to your hands and knees, then crawl to the chair or other sturdy furniture.
- Put your hands on the chair and place one foot forward so it's flat on the floor. Your other leg should be bent with your knee on the floor.
- Slowly push up from the floor. As you rise, turn your body to sit in the chair.
- Sit for a few minutes before trying to do anything else. Even if you feel okay, tell someone what happened. You might not know that you have an injury.



HOUSING STABILITY

Daniel Boone Community Action Agency, Inc.

105 E. Main Street

Mt. Vernon, KY 40456

(606) 256-5315

www.danielboonecaa.org

Comprehensive Home Ownership Services

Applications accepted for Housing Program year round at DBCAA office location: Clay, Jackson, Laurel, Rockcastle

Low Income Rental Assistance

If patient is homeless, DBCAA only assists with security deposit of unit. Must be resident of Rockcastle County.

Ashlee Carter Homeless Shelter CSBG Homeless Program

Coordinator: Leslie Faulkner

- 1. Only 3 rooms available each with 1 queen bed.*
- 2. CANNOT have stayed previously.*
- 3. Is NOT handicap accessible.*
- 4. Must be under DBCAA case management.*

Cumberland Valley Domestic Violence Services (CVDVS)
Comprehensive Care – Rockcastle
(606) 256-2129

**Community-Based Services – Rockcastle Child
Protective Services**

P.O. 2162
London, KY 40456
www.cvdvs.org
(606) 256-2138
(606) 843-2022
or
Toll Free 24-hour Crisis Line
(800) 755-5348

Safe and secure environment with food, clothing, basic necessities, a 20-bed emergency shelter, and advocacy center for victims of domestic violence and their children. All services provided FREE-of-charge for participants and their dependent children. NO income eligibility standards.

Prevention Education: Staff are Certified Domestic Violence Advocated and provide public education and awareness in the form of presentations and training to community agencies, schools, church groups, and other organizations.

Cumberland Valley District Includes: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley

Pulaski Emergency Relief Ministry

Rental Deposit Assistance

118 Southport Drive
Somerset, KY 42502
(606) 678-8153

Must be resident of Pulaski County.

Lake Cumberland Community Action Agency

Low Income/Subsidized Private Rental Housing

100 Main Street, Suite 302

Somerset, KY 42502

(606) 679-6203

www.lc-caa.org

Provides housing assistance for low-income individuals and families through the Tenant Based Rental Assistance Program (TBRA).

Castle Village Apartments

166 Castle Village Drive

Brodhead, KY 40409

(606) 758-4111

www.castlevillageapartments.com/contactus.aspx

(Application checklist available online)

Livingston Manor Apartments

9316 Main Street

Livingston, KY 40445

(606) 453-4311

Rockcastle Villa Apartment

1030 W. Main Street

Mt. Vernon, KY 40456

(606) 256-4822

Valley View Apartments (52 units)

250 Valley View Lane

Mt. Vernon, KY 40456

(606) 256-5912

Section 8; some or all rent at this community are based on tenant incomes.

Townbranch Apartments (24 units)

70 Crawford Street
Mt. Vernon, KY 40456
(606) 256-3989

Housing Authority of Mt. Vernon

(606) 256-4185

Brodhead Elderly Apartments

48 Bussell Street
Brodhead, KY 40409
(606) 758-4506

Mt. Villa Hotel

455 Richmond Street
Mt. Vernon, KY 40456
(606) 256-2127

Cave Valley Apartments

615 Richmond Street #9
Mt. Vernon, KY 40456
(606) 256-1387
Can be found on Facebook

One person in household must be 55+. Income Criteria: 2BR/1 bath rent \$491 up to \$532 per month depending on annual income. Resident responsible for personal electric service.



FOOD INSECURITY

LINCOLN COUNTY

Double Springs Baptist Church

770 Old Waynesburg Road

Waynesburg, KY 40489

(606) 379-2145

*Third Tuesday of each month. Line up begins at 8am. First come, first serve, serve until they run out. Current ID showing that you live in Lincoln County. *Income guidelines**

Fort Logan Cooperative Ministries

302 Church Street

Stanford, KY 40484

(606) 365-3390

Food pantry located across from the parking lot. Food boxes every Monday with drive through, 12:00 p.m. - 3:00 p.m.

Grace Fellowship Church

2294 US HWY 27

Stanford, KY 40484

(606) 365-0502

Third Thursday starting at 7:30 a.m. Serving those who reside in Stanford, Crab Orchard, and McKinney area zip codes.

Hustonville Baptist Church

9959 KY-78

Hustonville, KY 40437

(606) 346-4931

*Every Thursday - only once a month per household. Thursday pick up a number to be served later, starting at 7:30 a.m. Current ID showing you live in Lincoln County. *Income guidelines**

Pleasant View Baptist Church

13571 KY-1247

Waynesburg, KY 40489

(606) 365-3737

Call to make an appointment, ask for Donna

South Fork Baptist Church

4095 State HWY 1778

Hunstonville, KY 40437

(606) 669-8477

*Every Thursday from 3:30 p.m. - 5 p.m. Can only be served by a God's Pantry once a month. Take a number from the porch - one box per household. Current ID showing you live in Lincoln County. *Income guidelines**

Stanford Christian Church

The Gathering

200 E. Main Street

Stanford, KY 40484

(606) 365-2366

Pastor: Jeremy Johnson

Meal service, offered most Sundays at 5:30 p.m. Check Facebook page for updates each Sunday.

Westside Community United Methodist

2875 US-127

Hustonville, KY 40437

(859) 333-3902

(606) 346-5035

Family meals for pick up on Wednesday nights, please call to reserve a meal before 10 a.m. Wednesday morning of pick up.

MADISON COUNTY

Berea Baptist Church - Food Pantry

310 Chestnut Street

Berea, KY 40403

(859) 986-9391

Berea Faith Community Outreach

108 Parkway Avenue

Berea, KY 40403

(859) 985-1903

Berea Seniors CSFP

214 W. Jefferson Street
Berea, KY 40403
(859) 986-8350

For seniors 60 and older. Food boxes are distributed second Thursday 10:30 a.m. - 1:00 p.m. every month. Bring valid ID to distribution to sign up.

ROCKCASTLE COUNTY

CAP Grateful Bread Food Pantry

3095 Richmond Street
Mt. Vernon, KY 40456
(606) 256-3035

Eligible families in Rockcastle Co. can receive free, nutritious food.

CAP Grateful Bread Food Pantry CSFP

3095 Richmond Street
Mt. Vernon, KY 40456
(606) 308-1921

For seniors 60 and older. Food boxes are distributed second Thursday 9:00 a.m. - 4:15 p.m. every month. Bring valid ID to distribution to sign up.

Brush Creek Church

75 Brush Creek Church Road
Orlando, KY 40460
(606) 256-9550

No requirements, open to anyone. Food boxes provided for pick up (mostly) the third Friday of the month. Check Facebook for public announcements.

Feeding the Flock Ministries

36 Castle Village Drive
Brodhead, KY 40409
(606) 256-4571

Every Wednesday 9 a.m. - 12 noon

Feeding the Flock Ministries CSFP

36 Castle Village Drive
Brodhead, KY 40409
(606) 256-4571

For seniors 60 and older. Food boxes are distributed second Thursday 11:00 a.m. - 1:00 p.m. every month. Bring valid ID to distribution to sign up.

God's Community Food Pantry

7615 HWY 461
Somerset, KY 42503
(606) 271-1038

Call to sign up. Food boxes distributed second Wednesday every month for those who qualify. For seniors 60 and older, food boxes are distributed fourth Wednesday every month. Seniors could qualify for two boxes.

Higher Praise Ministries

Free meals. Check Facebook page for announcements.

Meals on Wheels – Senior Citizens Center

11 Old US HWY 25
Mt. Vernon, KY 40456
(606) 256-4613

For seniors 60 and older.



TRANSPORTATION

Rural Transit Enterprise Coordinated, Inc. (R-TEC)

100 E. Main Street
Mount Vernon, KY 40456
(606) 256-5315

Available in multiple counties. Madison County can be seen on vehicles as "Bluegrass".

LINCOLN COUNTY

Quest Adult Day Health Center

Director: Melissa Smith, RN

619 Danville Avenue
Stanford, KY 40484
(606) 365-3773

Offers in-home care day center activities; trips, transportation finger sticks, medications serve surrounding counties, including Rockcastle.

MADISON COUNTY

Horizon Adult Health Care

Director: Connie Banks

2028 Merrick Drive
Richmond, KY 40475
(859) 623-4080

Offers day supervision, nutrition, socialization, and transportation.

PULASKI COUNTY

Rockcastle Senior Citizens Adult Day Care

1260 S. Wilderness Road
Mt. Vernon, KY 40456
(606) 256-4316

Call center for application.

ROCKCASTLE COUNTY

Rockcastle Regional Home Visits

Provided by Rockcastle Family Wellness providers. For appointments call (606) 256-5176.

Rockcastle Professional Pharmacy Delivery Program

Rockcastle Professional Pharmacy offers free home delivery throughout Rockcastle County if you are unable to pick up the prescription yourself. Service is available Monday – Friday 10 a.m. - 5 p.m. Call (606) 256-4613.

Also, if there is a transportation issue to get prescription medications before discharge from Rockcastle Regional Hospital, service is available to deliver medications to patient before discharge.

Rockcastle Senior Citizens Adult Day Care

1260 S. Wilderness Road

Mt. Vernon, KY 40456

(606) 256-4316

Call center for application.

Wayne Stewart Horizon Adult Health Center

439 Jerri Lane

Mt. Vernon, KY 40456

(606) 256-0595

www.forhorizon.com/locations/rockcastle-county-wayne-stewart-adult-health-center/#

Call center for application. Offering services in: day supervision, nutrition, socialization, and transportation.



UTILITY ASSISTANCE

Berea Faith Community Outreach

Sewer Service Payment Assistance

108 Parkway Avenue

Berea, KY 40403

(859) 985-1903

<http://www.bereaoutreach.org>

Daniel Boone Community Action Agency, Inc.

105 East Main Street

Mt. Vernon, KY 40456

(606) 256-5315

<http://danielboonecaa.org>

LIHEAP (Low Income Home Energy Assistance Program)

1 (800) 456-3452

<https://www.chfs.ky.gov/agencies/dCBS/dfs/pdb/Pages/liheap.aspx>

State benefit program that assists eligible low-income households with their heating and cooling energy costs bill payment assistance, energy crisis assistance, weatherization, and energy-related home repairs.



SUPPLEMENTAL RESOURCES

Financial Strain

Cumberland River Behavioral Health

Prescription Expense Assistance

260 Valley View Lane
Mt. Vernon, KY 40456
(606) 256-2129

Mrs. Nancy's Closet

Clothing Assistance

65 Water Plant Road
Mt. Vernon, KY 40456
(859) 302-1012

See Facebook for distribution dates. Limit of one visit per person, per month.

Pulaski Emergency Relief Ministry

Prescription Expense Assistance

118 Southport Drive
Somerset, KY 42502
(606) 678-8153

Employment

Rockcastle County Chamber of Commerce

PO Box 778
Mt. Vernon, KY 40456
(606) 256-0070

Links available for Kentucky employment, Corbin, Richmond, Somerset, and Rockcastle

Domestic Violence

National Domestic Violence Hotline

800-799-SAFE
800-799-7233

Family Life Abuse Center

(606) 256-2724
Mt. Vernon, KY

Hope Wings Domestic Violence Shelter

(859) 623-4095
Richmond, KY

Bethany House

(606) 256-2724
Somerset, KY

Cumberland Valley Domestic Violence Center

(800) 755-5348
London, KY

Lexington Shelter Domestic Violence

(800) 544-2022
Lexington, KY

Family and Community Support

Breastfeeding Support

Lactation Counseling Services • Jenna Upchurch

Rockcastle Regional Outpatient Therapy
(606) 265-7763

Nursing support to new mothers. Referral needed from child's pediatrician.

Freedom From Smoking

Kayla Abney • Rockcastle Regional Hospital

(606) 265-7383

Freedom From Smoking is designed to help individuals quit smoking by providing structured support, education, and practical strategies. This program combines behavioral therapy, nicotine replacement options, and group or individual counseling to address the physical, emotional, and psychological aspects of addiction. Participants learn coping skills, stress management techniques, and how to overcome triggers, while receiving ongoing encouragement to maintain their quit journey. This is a completely free resource offered by Rockcastle Regional Hospital.

Haven Care Center

Executive Director: Tiffany Johnson
464 S. 4th Street
Danville, KY 40422
(859) 236-9282
24-hour hotline: (800) 712-4357
<https://havencarecenter.org>

Services offered, but not limited to: community referrals, adoptions resources, new parent curriculum, post abortion and miscarriage support, self-administered pregnancy test, etc.

Rockcastle County Government Child Support

Assistance/Enforcement

205 Richmond Steet
Mt. Vernon, KY 40456
(606) 256-2730

Provides assistance with locating a non-custodial parent, enforcing existing child support orders, establishing child and medical insurance coverage and establishing paternity for a child born out of wedlock. Enforces court ordered alimony in conjunction with an open child support case in which the child resides with the custodial parent and collecting delinquent child support.

Rockcastle County HANDS Program

Rockcastle County Health Department
Carol Winstead (606) 256-2242

HANDS supports you throughout your pregnancy and up to your child's third birthday. All families receive information and learn about resources available in the community for new parents. Some families receive further support through home visitation. Any new or expectant parent residing in Kentucky is eligible. Families must be enrolled during pregnancy or before a child is 90 days old.

Rockcastle Senior Citizen Program

11 Old US HWY 25
Mt. Vernon, KY 40456
(606) 256-4613 or (606) 877-5763 Whitney (Referrals)

Adult day care service centers are a community-based facility to provide seniors with social activities, therapeutic activities, transportation, personal care and meals that need supervised daily care in a safe place outside the home. While services may vary at different centers, in general, adult day care services are located within a local community and have specified daytime hours of operation.

Rockcastle Recovery Community Center

Angela Mink, Community Outreach Coordinator

(606) 308-4893

Rockcastle Therapy Associates

Lactation Counseling/Postpartum Support • Jade Haddix

310 Richmond Street

Mt. Vernon, KY 40456

(606) 265-3332

www.rockcastle-therapy-a.com

Silver Sneakers® Program

Kayla Abney • Rockcastle Regional Hospital

Rockcastle Regional Hospital Wellness Center

(606) 265-7383

Silver Sneakers® is a fitness program designed specifically for older adults, offering a variety of exercise classes and wellness resources to help improve strength, flexibility, balance, and overall health. Available through participating health insurance plans, the program provides access to in person classes and social events, making fitness accessible and fun for seniors.

Education

Rockcastle Skills U Adult Education Center Community

955 W. Main Street

Mt. Vernon, KY 40456

(606) 256-0218

Rockcastle County Extension Services

1050 W. Main Street

Mt. Vernon, KY 40456

(606) 256-2403

Rockcastle County Public Library

60 Ford Drive

Mt. Vernon, KY 40456

(606) 256-2388

<https://rockcastlelibrary.org>

Must be a resident of Rockcastle County in order to check out books with a library card. No fee for card, just a valid driver's license. Can be a guest to use technology available.

Physical Activity

Telford Community Center YMCA

1100 E. Main Street

Richmond, KY 40475

(859) 623-9356

<http://www.ymcatelford.org/visit-for-the-day.html>

Rock Strength and Fitness

160 Williams Street

Mt. Vernon, KY 40456

(606) 655-1012

Can be found on Facebook.

Berea Fitness Open 24/7

501 Mt. Vernon Road

Berea, KY 40403

(859) 985-2584

Can be found on Facebook.

New Energy Fitness

217 Pauline Drive

Berea, KY 40403

(859) 228-0115

Can be found on Facebook. Near Madison Central High School.

Atomic Gym and Supplements

109 Lily Drive

Stanford, KY 40484

(606) 365-2002

Can be found on Facebook.

Can call for rates, special accommodations, and services.

Substance Use

Celebrate Recovery – Brodhead Community Outreach Center

36 Castle Village Drive

Brodhead, KY 40409

(859) 230-9590 • (606) 308-3099 • (606) 219-5653

Every Monday 6 p.m.

Every Thursday 6 p.m. WOMEN only

Celebrate Recovery – Northside Baptist Church

777 Faith Mountain Road

Mt. Vernon, KY 40456

(606) 256-5577 • (859) 314-7828 • (606) 386-0646

Every Tuesday 6 p.m.

Every Sunday 6 p.m. MEN Only

Drug and Alcohol Referral Help Line

(800)-662-HELP

Confidential free help, from public health agencies, to find substance use treatment and information.

Recovery Community Center

75 East Main Street
Mt. Vernon, KY 40456
(606) 308-8900

Medication Assisted Recovery Anonymous (MARA)

Every Tuesday 2 p.m.

All in Recovery (AIR)

Every Wednesday 12 p.m.

Alcoholics Anonymous (AA)

Thursdays 7 p.m. (Park in Coffey & Ford law firm parking lot)

Rockcastle County Health Department – Narcan Program

120 Richmond Street
Mt. Vernon, KY 40456
(606) 256-1841

Each person is able to receive 1 box at a time. There are initial instructions given when picking up box for the first time, no instructions will be provided for subsequent pickups.

Additional On-line Resources

Addiction Treatment Facilities

Find addiction treatment facilities in Kentucky open for new clients.
www.FindHelpNowKY.org

Recovery Housing

Help for individuals in recovery to find safe, quality, and available recovery housing in Kentucky.
www.FindRecoveryHousingNowKY.org

Mental Health

Cumberland River Behavioral Health

260 Valley View Road
Mt. Vernon, KY 40456
(606) 256-2129

Also in Bell, Clay, Harlan, Jackson, Knox, Laurel, and Whitley counties. Outpatient services only are provided at Mt. Vernon location. In-patient services are offered at other locations. If person does not have insurance, lowest rate is \$35 per session (must provide proof of income). Services offered for adults and children include: mental health counseling, substances abuse, psychiatric services, and intellectual disabilities.

Rockcastle Family Wellness Behavioral Health Services

140B Newcomb Avenue
Mt. Vernon, KY 40456
(606) 256-7466

Psychiatrist and licensed counselors available. Services also provided in Rockcastle County school system.

Rockcastle Therapy Associates

310 Richmond Street
Mt. Vernon, KY 40456
(606) 265-3332
www.rockcastle-therapy-a.com

Rockcastle Therapy Associates offers mental health services, occupational therapy, community support and targeted case management. We work with clients of all ages and stages of life.

Somerset Mental Health

Main Office:

149 Enterprise Drive
Somerset, KY 42501
(606) 679-6995

Rockcastle Office:

70 School Street
Mt Vernon, KY 40456
(606) 256-0501

Locations in Pulaski, Rockcastle, and Casey Counties. Services provided in Rockcastle County school system.

Suicide and Crisis Lifeline

If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**.



NOTES

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