

| RESOURCE | DESCRIPTION | CONTACT INFORMATION |
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| EASTERN PENNSYLVANIA RESIDENTS | | |
| PRESCRIPTION ASSISTANCE | | |
| Partnership for Prescription Assistance – Pennsylvania (PPA) | Organization helps low-income, uninsured residents of PA obtain access to patient assistance programs for which they may qualify for free or reduced-rate prescription medications. | Website: http://www.pparxpa.org/ Telephone: 888-477-2669 |
| HOME HEALTH CARE | | |
| Visiting Nurse Association (VNA) of Philadelphia | Servicing Philadelphia and surrounding counties, the VNA provides high-quality, comprehensive home health and end-of-life care to all people <i>irrespective of their ability to pay</i> . VNA is licensed by the State of Pennsylvania, Medicare Certified, and accredited by the Community Health Accreditation Program (CHAP). | Website: http://www.vnaphilly.org/ Telephone: 215-473-0772 Address: Monroe Office Center, One Winding Drive, Philadelphia, PA, 19131 |
| UTILITY ASSISTANCE PROGRAMS | | |
| Pennsylvania Public Utility Commission Energy Assistance Programs | <p><u>Hardship Funds</u>- Provide monetary assistance to help customers experiencing hardship pay their utility bills. Fund payments are made directly to companies on behalf of eligible customers.</p> <p><u>Customer Assistance Referral and Evaluation Program (CARES)</u>- Program that assists special-needs customers with finding ways to pay their utility bills.</p> <p><u>Low-Income Usage Reduction Program (LIURP)</u>- Offers low-income customers with assistance lowering the electricity or natural gas used each month. Company may install energy saving features in customers' homes to help reduce bills. (Telephone: 1-866-857-7095)</p> | <p>Website: http://www.puc.state.pa.us/consumer_info/electricity/energy_assistance_programs.aspx</p> <p><i>Note:</i> An extensive listing of energy assistance telephone numbers, by county, are available at the Web address listed above.</p> |
| HEAT Hotline | Heating assistance for residents of Philadelphia County. | Telephone: 215-626-2590 |
| Pennsylvania American Water (H2O-Help to Others) | Water utility assistance program administered by the Dollar Energy Fund. | Website: http://www.amwater.com/paaw/customer-service/low-income-program.html |

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| LEGAL AID | | Telephone: 888-282-6816 |
| Legal Clinic for the Disabled (LCD) | Legal clinic providing <u>free</u> , high-quality legal services to low-income individuals with physical disabilities in the Philadelphia, Bucks, Chester, Delaware, and Montgomery Counties. | Website: http://www.lcdphila.org/ Telephone: 215-587-3350 Address: 1513 Race Street, Philadelphia, PA 19102 |
| VOCATIONAL REHABILITATION | | |
| The Pennsylvania Office of Vocational Rehabilitation (OVR) | Offer services to individuals with disabilities who need assistance to “prepare for, enter, engage in, or retain employment.” | Website: http://www.dli.state.pa.us/portal/server.pt/community/vocational_rehabilitation/10356 Telephone: 717-787-5244 Address: Search for your local office via the organization’s online directory |
| TRANSPORTATION ASSISTANCE & DISCOUNTS | | |
| SEPTA City Lines | Offers half-price fares for those with handicaps during non-peak hours, weekends and holidays. | Website: www.septa.org Telephone: 215-580-7800 |
| SEPTA Regional Rail Lines | Offers disabled passengers one-way rides for \$1 during off-peak hours. | Website: www.septa.org Telephone: 215-580-7800 |
| ADA Paratransit Program | Offers transportation to people with disabilities who cannot use SEPTA’s regular, accessible, fixed-route bus service. | Website: http://www.pcacares.org/ServiceDetail.aspx?service=SEPTA++ADA+Paratransit+Program Telephone: 215-580-7145 Address: 1234 Market Street, 4th Fl., Philadelphia, PA 19107 |

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| <p align="center">Transportation Assistance Program (TAP)</p> | <p>Free service provided by volunteers who donate their time and vehicle to transport individuals to medical appointments. To be eligible for TAP, individuals must live in the Upper Perkiomen Valley area and have no other means of transportation. They must also be able to get into and out of the vehicle without assistance.</p> <p>Hours: Mon./Wed./Thurs./Fri., 8:00 am – 4:00 pm; Tues 8:00am – 7:00pm (Additional hours by appointment.)</p> | <p>Telephone: 215–679-4112</p> <p>E-mail: doriss@upvtheopenline.org</p> <p>Address: 452 Penn Street, Pennsburg, PA, 18073</p> |
| <p align="center">Medical Assistance Transportation Program (MATP)</p> <p>[Agency: Chester County Department of Community Development]</p> | <p>In order to be eligible for this service, you must have Medical Assistance through the Pennsylvania Department of Public Welfare. Eligible individuals can use MATP to get to and from any health care or treatment provider who is covered by Medical Assistance. MATP can also be used to go to the pharmacy closest to your home to pick up prescriptions or to get medical equipment provided that Medical Assistance pays for these services.</p> <p>Transportation is available Monday through Friday from 7:00 AM to 5:30 PM.</p> <p>Area served: Chester County, PA</p> | <p>Telephone: 877–873–8415</p> <p>E-mail: ccdcd@chesco.org</p> <p>Address: 601 Westtown Road, Suite 365, West Chester, PA 19380</p> |
| <p align="center">Pottstown Area Rapid Transit Inc.</p> | <p>Bus Service in Pottstown and the surrounding area offers special discount rates for the disabled. A Curb-to-curb service is offered for those persons who have a disability and are unable to ride the bus.</p> | <p>Telephone: 610–326–5413</p> <p>Website: http://www.pottstownarearapidtransit.com</p> <p>Address: 902 Farmington Avenue, Pottstown, PA, 19464</p> |
| <p align="center">GROCERY HOME DELIVERY SERVICE</p> | | |

| RESOURCE | DESCRIPTION | CONTACT INFORMATION |
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| <p>Peapod Online Grocery Shopping and Home Delivery Service</p> <p>(by Giant Supermarket)</p> | <p>Shop for your groceries online and have them delivered right to your doorstep! After you've completed your first grocery list, it will be saved in the online ordering system so that you can alter it (rather than building it from scratch) the next time you place an order. Specially trained staff members will shop the aisles for you to guarantee top quality and freshness of all grocery items. You may use your bonus card and coupons via the online system, just as you would in the store. Choose from delivery times that are most convenient to you. See website for complete listing of areas served.</p> | <p>Website: http://www.peapod.com/site/gateway/gateway.jsp?requestid=1063311</p> |
| MEDITATION | | |
| <p>Jefferson University Hospital Mindfulness Institute</p> | <p>Offers an 8 week Mindfulness-Based Stress Reduction (MBSR) course taught by certified teachers, several of whom have trained under nationally renowned mindfulness meditation teachers Jon Kabat-Zinn and Saki Santorelli. Classes are offered at varying sites in PA and NJ and at different times of the day/evening. Each class is 2.5 hours in duration. Included in the cost of the course are meditation CDs and a workbook for home practice. Graduates of the 8 week program are able to attend monthly "drop-in" meditation sessions free of charge. The course is open to any interested member of the public. A limited number of full and partial scholarships are available to participants who could otherwise not afford the cost of the course. Contact the program administrators via telephone or e-mail for further details.</p> | <p>Telephone: 215-955-1376</p> <p>E-mail: mbsr@jefferson.edu</p> <p>Address: 1015 Chestnut Street, Suite 1212, Philadelphia, PA 19107</p> |
| <p>"Philadelphia Meditation" (Sri Chinmoy Center of Philadelphia)</p> | <p>Offers a series of <u>free</u> meditation classes to the public. You will never be asked for a donation, as classes are offered as a free public service. The Sri Chinmoy Centre is "a group of individuals from all faiths and walks of life who follow the path of meditation taught by Sri Chinmoy. Through meditation, [they] strive to cultivate peace and harmony within [themselves]...and in the world at large." Their meditation practice is not tied to any religion practice.</p> | <p>Website: http://www.philameditation.org/</p> <p>Telephone: 215-425-3300</p> |
| LEISURE | | |
| <p>Free Library of Philadelphia Homebound Services Program</p> | <p>Service offers free home delivery of library materials for Philadelphia residents who cannot leave home because of unique circumstances. Applications for a homebound library card are conducted over the telephone. The homebound library card has an extended library loan period of up to 6 weeks for materials. No fines are levied on overdue library materials.</p> | <p>Website: http://www.freelibrary.org/libserv/homeserv.htm</p> <p>Telephone: 215-686-5411</p> <p>Address: Central Library, 1901 Vine Street,</p> |

| RESOURCE | DESCRIPTION | CONTACT INFORMATION |
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| <p>Montgomery County – Norristown Public Library “Books by Mail” Program</p> | <p>Mail delivery service for residents of Montgomery County who are short or long-term convalescent, or permanently housebound. Library patrons may order up to ten items per request.</p> | <p>Philadelphia, PA, 19103</p> <p>Website: http://mnl.mclinc.org/Bookmobile/IndexBM.html</p> <p>Telephone: 610–275–100 Ext. 5</p> <p>Address: 1001 Powell Street, Norristown, PA 19401</p> |
| <p>ASSISTIVE TECHNOLOGY</p> | | |
| <p>Assistive Technology (AT) Services</p> <p><i>Agency: Easter Seals of Southeastern PA</i></p> | <p>Assistive technology (AT) services and devices are offered to children and adults with disabilities. An AT device is as "any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that increases, maintains, or improves functional capabilities of individuals with disabilities." Children and their families are served through evaluations, training and support on the effective use of AT applications and devices. Easter Seals provides essential job training skills through the aid of specialized evaluation and training by AT Specialists and the use of adaptive computer hardware and software.</p> | <p>Website: http://sepa.easterseals.com/site/PageServer?pagename=PASE_assistive_technology</p> <p>Telephone: 610–873–3900</p> <p>Address: 797 E. Lancaster Ave., Suite 2, Downingtown, PA 19335</p> <p>Other Locations:</p> <p>Address: 797 E. Lancaster Avenue, Suite 2, Downingtown, PA, 19335 Telephone: 610–873–3990</p> <p>Address: 2400 Trenton Road, Levittown, PA, 19056 Telephone: 215–945–7200</p> <p>Address: 3975 Conshohocken Avenue, Philadelphia, PA, 19131 Telephone: 215–879–1000</p> <p>Address: 1161 Forty Foot Road, Kulpsville, PA, 19443 Telephone: 215–368–7000</p> <p>Address: 468 N. Middletown Road, Media,</p> |

| RESOURCE | DESCRIPTION | CONTACT INFORMATION |
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| | | PA, 19063 Telephone: 610-565-2353 |