



## Helpful Resources

### Alzheimer's Association

- **Alz.org** is a good resource for assistance with someone who has declining memory. They have support groups for your loved one or yourself/family, online and in-person conferences.
- 24/7 Helpline: 800.272.3900.

### Ashland City Library

- Promotes literacy and community by providing materials, space, and services that serve local needs.
- We offer books, DVDs, audio books and free digital eBooks and audio books through the KS State Library, and free children's books through the Dolly Parton Imagination Library.
- Programming includes Learn and Play, Children's and Adult Art Classes, Piano Lessons, monthly acoustic jam sessions, monthly informational lunches called Lunch and Learn and children's activities and more!
- Public computers and Wi-Fi
- All programming and activities are free. Follow their Facebook page for updated events!

### Ashland Community Center

- John Stegman, Community Center- 620-635-2999
- Meals on Wheels

### Ashland Health Center

- 620-635-2241
- Ashland Health Center (AHC) is a comprehensive, rural community health complex that has been providing care to the greater Ashland community for over 50 years. AHC is proud of our service to the community through our 25-bed critical access hospital (includes 17 Senior Living Unit) and rural health clinic. We are a not-for-profit hospital district that is governed by a board of directors elected by the community.
- Services- Family Medicine, Emergency Services, Lab and Imaging Services, Physical Therapy, Senior Living, Social Services, Specialty Care, Telemedicine, Acute/Swing bed, Pain Management, and more!

### Churches in Ashland (each will vary on what they may be able to assist with)

- Ashland Bible Church (formally known as the Methodist Church)
  - Rick Branson 620-635-2919
- First Christian Church
  - Terry Engler 620-635-2885
- Presbyterian Church
  - 620-635-2338
- First Church of God
  - 620-635-2590
- St. Joseph's Catholic Church
  - Jenny Betschart- 620-826-5026



### **Compass Behavioral Health**

- Dodge City- 620-227-8566
- Realigns individuals towards the right direction to recovery and balance. We offer a wide variety of quality and professional services. Each program is designed to help achieve optimal social and emotional wellbeing for the entire individual. As a leader in helping others discover improved behavioral health, we are constantly evolving with the needs of our supportive community, which expands throughout 13 counties in Southwest Kansas. Compass serves the following 13 counties: Finney, Ford, Grant, Gray, Greeley, Hamilton, Hodgeman, Kearny, Lane, Morton, Scott, Stanton, and Wichita.

**Clark County Sheriff** - 911 for emergencies or 620-635-2802 for non-emergencies

### **D&B Pharmacy and Gifts**

- 620-635-2322
- Prescriptions medications and over the counter medications
- Call to see if your insurance carrier has D&B in-network.

### **Dodge City VA Clinic**

- Main phone: 888-878-6881 x57450, Mental health care: 620-225-7171 x41019
- To provide veterans the world-class benefits and services they have earned — and to do so by adhering to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

### **Food Pantry Ashland**

- Hours- Friday 10am-1pm
- Contacts-Leanne Pike- 620-635-0702, Sherre Harrington- 620-6350176, Haley Walker- 620-635-6600, Sue Chester- 620-635-0628, Millie Fudge- 620-635-0087, Becky Luerman- 620-635-0369, Lindsey Martin- 620-388-7324, Linda Redger- 620-635-5493, Jenny Betschart- 620-826-5026.

### **Grit and Grace Counseling and Consultation**

- Coldwater- Stephanie Salisbury LSCSW, LCAC- 785-580-8698
- Behavioral health treatment for individuals and families. Evening and weekend hours are available as well as in person or online.

### **Hospice of the Prairie**

- Dodge City- 620-227-7209
- Hospice of the Prairie & Prairie Home Health provides compassionate and professional home health, hospice, and bereavement care to the residents of Southwest Kansas.

### **Iroquois Center for Human Development**

- Phone: 620-723-2272, 24-hour crisis line – (888-877-0375) or (620-723-2656)
- A non- profit community mental health center. It has a catchment area of Clark, Comanche, Edwards, and Kiowa counties. Although the home office is in Greensburg, branch offices are also located in Coldwater, Ashland, and Kinsley.



### **KanCare**

- Main home page- <https://www.kancare.ks.gov/home> or call 1-800-792-4884
- KanCare offers basic medical services for eligible members through managed care organizations "MCOs" to coordinate health care for those enrolled. Look online or call to see eligibility.
- MCO options:
  - Aetna- [AetnaBetterHealth.com/Kansas](http://AetnaBetterHealth.com/Kansas) or 1-855-221-5656
  - Sunflower- [SunflowerHealthPlan.com](http://SunflowerHealthPlan.com) or 1-877-644-4623
  - United Health Care- [uhccp.com/Kansas](http://uhccp.com/Kansas) or 1-855-575-0136.

### **Kansas Department for Children and Families**

- Dodge City: 620-227-8508
- Applications for Child Care Assistance, Child Welfare Programs, Substance abuse and mental health treatment programs as designated by (SAMHSA) federal Substance Abuse and Mental Health Services Administration, Independent Living Services, Food Assistance Programs, Temporary Cash Assistance Programs, Medicaid Programs

### **Kansas Legal Services**

- Landlord and tenant rights and more- 785-233-2068
- <https://www.kansaslegalservices.org/sites/kansaslegalservices.org/files/Kansas%20Landlords%20Handbook%20%282007%29.pdf>

### **KVC Health Systems**

- Kansas locations- Chanute, Hays, Hiawatha, Independence, Kansas City, Lawrence, Olathe, Pittsburg, Topeka, and Wichita
- Services- Family Strengthening and Prevention Programs, Family Reunification, Kinship Care, Foster Care, Adoption, Outpatient Services, inpatient and psychiatric residential services for youth, and Aftercare.

### **Medicare**

- <https://www.medicare.gov/>
- Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).
- Online you can create a Medicare account. Find/change health and drug plans, and find care/providers in and out of networks.

### **National Domestic Violence Hotline**

- Call- 800-799-7233 Text- START to 88788
- Service Locations- Wichita, Topeka, Lawrence, Hays, Liberal, Salina, Kansas City, Newton, Garden City, Hutchison, Atchison, Manhattan, and El Dorado

### **Plan Life Wise Insurance**

- Jessica Edwards- Sr Market Advisor
- 316-262-1550
- Medicare Health & Rx, Life insurance, Long-term care insurance, Dental & Vision, Hospice & Cancer, Retirement Rollovers and more!



### **Prevention and Protection Services**

- 1-800-922-5330 or visit <https://www.dcf.ks.gov/services/PPS/Pages/KIPS/KIPSWebIntake.aspx>
- Reporting Abuse, Neglect and Exploitation of Adults and Children. Reports can be made online and anonymously.

### **Saint Francis Ministries**

- Dodge City- 620-225-1442, other locations available!
- Services- Foster Care, Adoption, Residential Programs, Behavioral Health, Independent Living, and In-Home Prevention Services

### **Salvation Army**

- Dodge City- 620-885-3374, other locations available!
- Services- Disaster Relief, Holiday giving, LGBTQ+ Support, Homeless Shelters, food Pantries, Rent and Utility Assistance, Rehabilitation, Life Skills to Escape Poverty, Job Training, After-School Programs, Spiritual Healing, Responses to Human Trafficking, Veteran Services, Services for the Aging, Help for Domestic Abuse, and Grassroots Services.

### **Southwest Kansas Area Agency on Aging**

- Located in Dodge City, 620-225-8230
- Offers personalized case management, home care services, information and assistance, options counseling, caregiver assistance, Friendship meals, section 8 rent assistance in 28-county area (except Dodge City and Great Bend proper), legal services, technical assistance, and Senior Health Insurance Counseling for Kansas counselors, who can help with your Medicare questions.
- Other locations- Wichita, Kansas City, Chanute, Hiawatha, Arkansas City, Hays, Ottawa, Olathe, Topeka, and Manhattan.

### **Suicide and Crisis Lifeline**

- Dial or text- 988
- Available 24/7

### **Tabitha House**

- Ashland- 620-635-4454
- Can help with gently used home good items, personal need items, food assistance, and bill assistance. Call and ask about an application.

### **VFW (Ashland)**

- Can help with Durable Medical Equipment
- Georgeann Lang- 620-635-0314 or Leanne Pike- 620-635-0702

### **WEPAC**

- Services for person within a physical address in Wilmore, Englewood, Protection, Ashland, Coldwater or Minneola
- Well-Women Exams, Mammograms, Sonograms, Colonoscopies, Skin checks, HPV Vaccines, Low dose lung cancer screening.
- Visit [wepac.thehouse.org](http://wepac.thehouse.org) for additional details on services provided or to donate to the cause.

### **Your Life, Your Choice LLC**

- Ashland- Ev Harmon, Registered Adult Care Home Operator, CRTS, CASP, CCMSCP, CSSD- 620-635-0226
- Services- Patient Advocacy, Friendship visits, Aging in place services, relocation and transitional care, advance care planning, and Notary Services.

*Not seeing what you are looking for, ask for Social Services during your visit to Ashland Health Center or call 620-635-3138.*

*Thank you for choosing AHC!*