



MEDICAL CARE

PATIENT COMMUNITY RESOURCES PACKET

Updated March 2022



Table of Contents

Adult Education	2
Assistance Understanding Medical Materials.....	3
Assistance with child/adolescent	3
Clothing & Toiletries	6
Dental Care	6
Disability Services	7
Domestic/Relationship Violence	9
Employment Assistance.....	10
Eye Care.....	11
Financial Assistance.....	12
Food	13
Government-Issued Cell phone.....	15
Hearing Aids	15
Housing/Home Repair	16
Legal	19
Life Insurance	20
Medicare Website	21
Medication Assistance	21
Mental Health Services/Counseling/Alcohol & Drugs.....	22
Pets	23
Senior Assistance	25
Support Groups	25
Telephone Support	26
TennCare.....	27
Transportation.....	27
Veteran’s Benefits.....	28
Women’s Health Screenings.....	28



Adult Education

Adult education contact information through state of TN

Phone number: 1-844-224-5818

Email: adulthoodeducation@tn.gov

Website: <https://www.tn.gov/workforce/jobs-and-education/ae.html>

AE/GED

Phone number: 423-610-0222 ; Please call to pre-register for an orientation class

Location For Orientation/Assessment Classes [By Registration Only]: Northeast Tennessee Career Center

Monday or Friday 8:00 am – 4:30 pm

Educational Opportunity Center

Phone number: 423-392-8043

website: www.etsu.edu/outreach

The EOC is a FREE program set-up to assist adults in earning a high school diploma or GED and to assist adults with college or vocational school enrollment at the school of their choice. The EOC can help you determine your educational goals, visit area vocational training center and colleges, brush-up on test-taking and study skills, complete financial aid applications, complete college admission applications, explore career options, and adjust to college. Eligibility Criteria: Family Income after taxes falls within the federal income guidelines (income eligible families receive first preference), neither parent has earned a four-year degree, and applicant must reside in Carter, Greene, Hawkins, Johnson, Sullivan, Unicoi, or Washington counties in TN or in Scott or Washington counties in VA. Location: 1501 University Blvd, Kingsport, TN 37660.

Northeast State Workforce

Phone number: 423-354-5520

Address: General Studies Building, 2425 Highway 75 Room C2301, Blountville, TN 37617 (Northeast State Campus)



Assistance Understanding Medical Materials

Medical Care, Care Coordination Department

Phone number: 423-431-0517

Elizabethton Public Library

Phone number: 423-547-6360

Johnson City Public Library

Phone number: 423-434-4450

Smokey Mountain Medical

Phone number: 423-547-0060

Assistance with child/adolescent

Upper East TN Human Development

Phone number: 423-928-7327

Provide childcare services, head start, heating assistance, housing weatherization, major household repair for low-income home owners, HUD housing counseling, and retired

Neighborhood Service Center

Phone number: 423-928-7327

Provide emergency food service, family support program, comprehensive emergency FEMA program, weatherization program, childcare referrals, and educational assistance. In addition, provide assistance with utilities, rent, food, and clothing. Office is located at 300 East Main Street Suite 303 Johnson City. Hours are Monday through Friday 8:00am to 4:30pm.

Head Start

Phone number: 423-926-7821

Provide preschool, health services, and social services for low-income children. The office is located at 101 Dyer Street Johnson City. Hours are Monday - Friday, 8:00am to 4:30pm.

Boys & Girls Clubs

Main Website: www.bgca.org

Provide programs in Character & Leadership Development (Mentor-ship, Community Service Projects, Leadership, Youth Entrepreneurship), Education & Career Development (Homework Assistance, Individual Tutoring, Job Training,



Educational Games, Computer Skills, Internet Safety), Health & Life Skills (Nutrition, Drug & Alcohol Prevention, Environmental Education), Sports, Fitness, & Recreation (Football, Basketball, T-Ball, Soccer, Swimming, Pool Games, Foosball, Sports Leagues), and The Arts (Photography, Digital Arts, Digital Photography, Jewelry Making). Before school, After school, School Holiday, and Summer Programs available. Some fees may apply.

- Boys & girls club sites in our area:

1. Johnson City/Washington Co.
Phone number: 423-461-4560
Address: 2210 West Market St, JC, TN 37604
Website: www.gokidz.org
2. Elizabethton/Carter Co.
Phone number: 423-543-2946
3. Greater Kingsport
Phone number: 423-230-4160
Address: Eastman Center, 1 Positive Place, Kingsport, Tn, 37662
Website: www.kbgc.org
4. Bristol, TN
Phone number: 423-989-3345
Address: 704 Florida Ave, Bristol, TN, 37620
Website: www.bristolclub.org

YMCA

Phone number: 1-800-872-9622

Provides programs in Youth Development such as Child Care, Education & Leadership, Swim, Sports, Play, and Camp. Some fees may apply. www.ymca.net

- Unicoi County
Phone number: 423-743-3361
601 Love St, Erwin, TN 37650



- Greater Kingsport
Phone number: 423-247-9622
1100 Franklin Sq, Kingsport, TN 37664
- Bristol
Phone number: 423-968-3133
400 M L King Jr. Blvd, Bristol, TN 37620

TN Parent Hotline

Phone number: 1-800-356-6767

Provide 24-hour toll-free assistance including supportive listening, information, and referrals for families experiencing problems or stress. Parents are encouraged to explore solutions to the stresses of parenting and assistance is provided to link families with community support services. Behavior management, child development, and non- physical forms of discipline are discussed.

Families First

Families First, the state's Temporary Assistance for Needy Families (TANF) program, is a workforce development and employment program. The Families First program emphasizes work, training, and personal responsibility. It is temporary and has a primary focus on gaining self-sufficiency through employment. The Families First program helps participants reach this goal by providing temporary cash assistance, transportation, child care assistance, educational supports, job training, employment activities, and other support services.

website: <https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

CARTER COUNTY

Address: 206 Cherokee Park Dr, Elizabethton, TN 37643

Phone: 423-543-3189

WASHINGTON COUNTY

Address: 103 E Walnut St, Johnson City, TN 37601

Phone: 423-929-0171



UNICOI COUNTY

103 E Walnut St, Johnson City, TN 37601

Phone: 423-929-0171

Clothing & Toiletries

God's Corner

Phone number: 423-929-1915

Provide emergency food boxes, assistance with clothing, and assistance with household items. Program operates a thrift store that offers low cost or free items to those in need. Thrift store is located at 1200 East Lakeview Drive, Johnson City. Hours are Monday – Saturday, 9:00am – 3:30pm.

Good Samaritan Ministries

Phone number: 423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Red Legacy Recovery

Phone number: 423-297-1230

413 E Elk Ave., Elizabethton, TN 37643

Salvation Army

Phone number: 423-926-2102

Office is located at 208 Ashe Street, Johnson City. Hours are Monday – Friday, 8:30 am – 4:30 pm.

Dental Care

ETSU Dental Hygiene Clinic

Phone number: 423-439-4514

Provide dental hygiene therapy, oral cancer examination, dental charting,



periodontal assessment, preventive oral health instructions, fluoride, soft tissue management programs, supportive periodontal therapy, occlusal sealants, oral examination, patient education, and dental radiographs. Senior Citizens receive free treatment (there is a charge to copy x-rays to be sent to your dentist). Office is located at 104 Lamb Hall ETSU Campus Johnson City. Hours are by appointment.

Keystone Dental Clinic

Phone number: 423-232-7919

Provide dental care for low-income adults ages 21 and above. Office is located at 603 Bert Street Johnson City. Open for appointments Monday – Friday, 8:00am – 5:00pm. Accepting applications Mondays, Tuesday, and Thursdays.

Healing Hands

Phone number: 423-652-0260

Healing Hands Health Center's Dental Clinic in Bristol provides acute dental care. Primarily fillings, extractions and cleanings, for low-income adults who:

- Do not have personal or employer-provided dental insurance and do not qualify for any government-funded dental insurance (Medicaid or Famis)
- Are not eligible for free/charitable care elsewhere
- Reside in Northeast Tennessee and Southwest Virginia
- You or someone in your household must be employed, unless you are on disability, retired or a student.
- Have an annual household income at or below 200% of the Federal Poverty Guidelines.

Disability Services

There are two ways that you can apply for disability benefits. You can:

1. Apply at www.socialsecurity.gov; or
2. Call Project Access at 1-800-772-1213 to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone. The disability claims interview lasts about one hour. If you schedule an appointment, a Disability Starter Kit will be mailed to you. The Disability Starter Kit will help you get ready for your disability claims interview. If you apply online, the Disability Starter Kit is available at www.socialsecurity.gov/disability.



You should apply for disability benefits as soon as you become disabled. It can take a long time to process an application for disability benefits (three to five months). To apply for disability benefits, you will need to complete an application for Social Security Benefits and the Disability Report. You can complete the Disability Report at www.socialsecurity.gov/disability/3368. You can also print the Disability Report, complete it and return it to your local Social Security office. They may be able to process your application faster if you help them by getting any other information they need.

The information they need includes:

- Your Social Security number;
- Your birth or baptismal certificate;
- Names, addresses and phone numbers of the doctors, caseworkers, hospitals and clinics that took care of you and dates of your visits;
- Names and dosage of all the medicine you take;
- Medical records from your doctors, therapists, hospitals, clinics and caseworkers that you already have in your possession;
- Laboratory and test results;
- A summary of where you worked and the kind of work you did; and
- A copy of your most recent W-2 Form (Wage and Tax Statement) or, if you are self-employed, your federal tax return for the past year.

In addition to the basic application for disability benefits, there are other forms you will need to fill out. One form collects information about your medical condition and how it affects your ability to work. Other forms give doctors, hospitals and other health care professionals who have treated you permission to send us information about your medical condition.

First Tennessee Area Agency on Aging and Disability

Provides many services for the disabled and elderly, including: Information and Assistance, Service Coordination, Family Caregiver Support Program, Nutrition Program, Legal Services and Transportation.

Washington County

Phone number: 423-928-0224



Sullivan County

Phone number: 423-764-1818

Allsup Social Security Disability Representation

Allsup is an organization that provides a free Disability evaluation for individuals who meet the following criteria:

- You are under your full retirement age (65-67);
- You have a medical condition expected to last at least 12 months; and
- You have worked 5 out of the last 10 years.

Visit <https://www.allsup.com/about-ssdi/free-ssdi-evaluation> for the evaluation form or www.allsup.com for more information about the program.

Area Agency On Aging & Disability

Phone number: 866-836-6678

Address: 3211 N Roan St, Johnson City, TN 37601

Website: <https://www.ftaaad.org/>

Enhanced Support Services

Phone number: 423-631-0336

2882 Boones Creek Rd, Johnson City, TN 37615

Website: <https://www.enhancedtn.com/>

Access To Community Services

Phone number: 423-543-4256

Address: 428 E G St, Elizabethton, TN 37643

Domestic/Relationship Violence

Victim Compensation

Victim/Witness Coordinator of the Sullivan County District Attorney's Office

Phone number: 423-279-3288.

In some cases crime victims may incur expenses such as bills for medical treatment, hospital and doctor's visits, etc. These victims may be eligible for monetary compensation from the Tennessee Victim's Compensation Fund.

Domestic Violence

Phone numbers: 24-hour access; 1-800-987-6499 or 423-764-2287

Website: www.abusealternatives.net



Abuse Alternatives operates a domestic violence shelter that serves victims of domestic violence from Bristol and the surrounding jurisdictions. Their website provides information for victims of domestic violence including information on safety planning.

The Crisis Center

Website: www.crisiscenterinc.org/

Phone number: 24-hour hotline at 276-466-2312.

The Shepherd's Inn; Women's Shelter

Phone number: 423-542-0180

Change is Possible Family Violence Shelter

Phone number: 423-743-0022

Hope House; Maternity Home and Crisis Pregnancy Resource Center

Phone number: 423-239-7994

ETSU Department of Counselling

Phone number: 423-439-7679

Safe House; Johnson city, TN

Contact information: hotline: 423-926-7233 work: 423-232-8920

Legal Aid of East Tennessee; Johnson city, TN

Phone number: 423-928-8311

Abuse alternatives; Bristol, TN

Contact information: hotline: 423-764-2287 work: 423-652-9093

Johnson County Safe Haven

Contact information: Hotline 423-727-1914 Business 423-727-0202

Employment Assistance

Northeast Tennessee Career Centers

Career centers are located around the tri-cities, and will help with job search, resume building, and job skills. Please call the location closest to you for more information.



- **Johnson City Center**
2515 Wesley Center Johnson City, TN 37601
Phone number: 423-610-0222

Elizabethton Center
386 Highway 91, Elizabethton, TN 37644
Phone number: 423-547-7515

Spherion Staffing and Recruiting

Career Center offering temporary, temp-to-perm, and permanent jobs (both full-time and part-time). Areas of expertise include: Accounting & Finance, Engineering & Manufacturing, Human Resources, Legal, Sales & Marketing, and Technology. Hours are from 8:00am to 5:00pm Monday through Friday.

- **Addresses:**
2 Worth Circle, Suite 3, Johnson City, Tennessee 37601
Phone number: 423-283-0607
- **Email:** johnsoncity-tn@spherion.com
701 Bluff City Highway, Bristol, Tennessee 37620
Phone number: 423-764-0077
Email: bristol-tn@spherion.com

Good Samaritan Ministries

Phone numbers: 423-833-2557 or 423-202-8179
Tennessee Reentry Collaborative (TREC).

This program assists those who were formerly incarcerated with re-entry into the community.

Eye Care

Good Samaritan Ministries

Phone number: 423-928-0288

This is a free clinic. You must call to have your name placed on a waiting list. When they have a clinic, they will call and schedule the appointment with you. Once you have been examined and you have a prescription, they will give you a voucher for a retail store to purchase glasses.



Lions Club

Phone number: 1-630-571-5466

website: <http://www.lionsclubs.org/EN/how-we-serve/health/sight/index.php>

Financial Assistance

ARM

Phone number: 423-542-0919

Address: 714 W C St, Elizabethton, TN 37643

Hours of operation: Tuesday, Wednesday, Thursday; 10am – 5pm (closed for lunch)

Catholic Charities

Phone number: 423-753-3001

This program Provide assistance with utility bills, medicine, and food. Office is located at 703 East Jackson Boulevard, Jonesborough.

Hours of operation are Monday – Friday, 8:30 am – 4:30 pm

Salvation Army

Phone number: 423-926-2102

This program Provides social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street, Johnson City.

Hours of operation are Monday – Friday, 8:30 am – 4:30 pm.

Consumer Credit Counseling Service

Phone number: 423-928-2144

This program offers newlywed budget counseling, debt management, education, and comprehensive housing counseling.

Address: 2700 South Roan Street, Suite 212, Johnson City.

Hours of operation are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday – Friday 7:30 am – 5:00 pm.

Neighborhood Service Center

Phone number: 423-928-7327

This program Provides assistance with utilities, rent, food, and clothing.

Address: 300 East Main Street, Suite 303, Johnson City.

Hours of operation are Monday – Friday 8:00 am – 4:30 pm.



St. Vincent DePaul

Phone number: 423-434-0836 - receives calls only on Monday or Thursday.
Provide financial assistance for rent, utilities, food, and gas for travel to doctors' appointments. Leave a voicemail message.

Upper East Tennessee Human Development Agency

Phone number: 423-246-6180

Provides assistance with utility bills through the Low-Income Home Energy Assistance Program (LIHEAP). Income eligibility ranges from 125% to 200% of the Federal Poverty Level. Priority is given to households with members who are elderly, disabled, and/or under the age of six. Payments are made to the local utility company or energy supplier directly.

Food

ARM

Phone number: 423-542-0919

address: 714 W C St, Elizabethton, TN 37643

Hours of operation: Tuesday, Wednesday, Thursday / 10am – 5pm (closed for lunch)

Department of Human Services (DHS)

Phone number: 423-929-0171

Address: 103 East Walnut Street Johnson City

Provide system of coordinated human services to meet the changing needs of individuals, children, and families. Goal is to protect the vulnerable and enable those in need to achieve self-sufficiency and improve quality of life. Programs include Families First, Food Stamps, TennCare, regulating childcare centers, and managing child support services.

Hours of operation are Monday through Friday, 8:00am to 4:30pm.

Elizabethton Senior Center

Phone number: 423-543-4362

Address: 428 East G Street, Elizabethton, TN 37643

Daily meals at low cost



Hale Community Ministries

Phone number: 423-547-2560

Address: 1301 Arney Street, Elizabethton, TN 37643

Hours of operation: Monday and Wednesday 8am-4pm, Tuesday 8am -12pm

Good Samaritan Ministries

Phone number: 423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Munsey Memorial United Methodist Church

Phone number: 423-461-8070

Address: 201 South Roan Street, Johnson City, TN 37601

- Shepherd's Breakfast – the place to be on Saturday mornings for sausage and eggs, biscuits and gravy, as well as a newspaper and plenty of fellowship.
- Our Daily Bread – a weekday joint ministry between Munsey and Good Samaritan Ministries which coordinates 26 churches to prepare and serve lunches.

River's Edge Dream Center

Phone number: 423-543-4901

Address: 1200 19E Bypass, Elizabethton, TN 37643

Three meal a day kitchen that offers food to anyone that needs a warm meal and a food pantry that is able to give food resources to anyone that is in need of food

Salvation Army

Phone number: 423-926-2102

Address: 208 Ashe Street Johnson City

Provide social service programs including assistance with food, utilities, rent,



housing, clothing, and emergency shelter.

Hours of operation are Monday through Friday, 8:30am to 4:30pm

Second Harvest Food Bank of Northeast TN

Phone number: 423-477-4053

Address: 127 Dillon Ct, Johnson City, TN 37615

Government-Issued Cell phone

Safelink:

Website: <https://www.safelinkwireless.com> to complete application

Assurance Wireless:

website: <https://www.assurancewireless.com> to complete application

Hearing Aids

Lion's Club

Johnson City Lion's Club: kdg@accmachprod.com or dpshiple@ftb.com

The East TN branch of the Lion's Club offers help connecting individuals with hearing aids that have been recycled. The program is EXTREMELY limited and can take quite a long time. In order to get connected with this program, you can contact the local Lions Club to work with them on a referral. This program is in collaboration with the Hearing and Speech Foundation in Maryville TN. They serve individuals whose income is at or below 100% of the Federal Poverty Level.

Hearing and Speech Foundation (Maryville, TN)

Phone number: 1-865-977-0981

National Hearing Aid Project

Phone number: 1-816-333-8300

Address: 1912 East Meyer Blvd. Kansas City, MO 64132

Helps connect people across the USA with hearing aids that have been donated or recycled. The National Hearing Aid Project is a unique model and one-of-a-kind collaboration created by Hearing Charities of America (HCOA). It addresses the increased demand for hearing aids by providing hearing aids to low-income individuals on a national scale. The project brings organizations together so that



each fulfills a specific role in providing hearing aids to the individuals that need them. HCOA has partnered with the Department of Speech-Language-Hearing: Sciences & Disorders at the University of Kansas to maintain and track all of the hearing aids in the program.

THE PRIMARY SERVICES INVOLVED IN THIS PROJECT ARE:

- Accepting and reviewing applications
- Refurbishing hearing aids
- Performing hearing health evaluations
- Soliciting support and services from others who can help support the project
Hearing Charities of America

Friends of TN Babies
Phone number: 1-865-579-2500

HEAR Nashville
Phone number: 615-442-8333

The Speech and Hearing Foundation
Phone number: 1-865-977-0981

Housing/Home Repair

Housing Authority

Phone numbers:

423-232-4784 (Wash Co.)

423-392-2507 (Sullivan Co.)

423-543-3571 (Carter Co.)

Provide housing assistance, subsidized housing, and section 8 rental assistance program.

Hours of operation are Monday through Friday, 8:00am to 4:30pm.

Upper East TN Human Development Agency

Contact information: 423-542-5121 or 423-753-3097

Address: 300 East Main Street Johnson City

Hours of operation are Monday through Friday, 8:00am to 4:30pm.

Provides Childcare services, Head Start, Heating assistance, major Household Repair for home owners, HUD Housing Counseling, and Retired/Senior Volunteer



program. Also provides Emergency Assistance, Companionship, Family Support services, Nutrition, Household goods assistance, and Homeless program through a community services block grant.

Good Samaritan Ministries

Phone number: 423-928-0288

Provide shepherds breakfast and lunch program through the melting pot, food pantry, medication assistance, medical equipment assistance, good shepherd day center, rent/utility payments/deposits, agency service coordination/referral, summer food program for families with school children on reduced or free lunches, school supplies for children, holiday assistance, adopt-a-family program, social work case management, phone assistance for medical reasons, message phone for homeless/unemployed, transportation, showers, clothing, job/education assistance, eye exams, and eye glasses.

Salvation Army

Phone number: 423-926-2102

Address: 208 Ashe Street Johnson City.

Hours of operation are: Monday through Friday, 8:30am to 4:30pm

Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter.

Provide social service programs including assistance with food, utilities, rent, housing, clothing, and emergency shelter. Office is located at 208 Ashe Street Johnson City. Hours are Monday through Friday, 8:30am to 4:30pm

Family Promise

Phone number: 423-202-7805

Assistance with housing for families with children.

Appalachian Regional Coalition on Homelessness

Phone number: 423-928-2724

Address: 321 Walnut Street, Johnson City, TN 37604

Johnson City Downtown Day Center

Phone number: 423-439-7371

Hours of operation are Monday thru Friday from 7:00 am - 3:30 pm.



A safe place for homeless individuals to go during the day to receive essential services. These services include: medical and mental health clinics, counseling, Substance Abuse and Trauma groups, case management, washer/dryer services, shower services, and a clothes closet. The JCDDC is open to individuals, families, and youth over the age of 18 years old. Case Managers are on site daily to assist all clients with navigating the homeless services process in Johnson City. These services can include obtaining housing, employment, state ID/birth certificate and applying for SSI/SSDI. The JCDDC is open.

The Shepherd's Inn

Phone number: 423-542-0180

(Women's Shelter)

Weatherization Assistance Program

Phone number: 423-246-6180

Address: 301 Louis St, Kingsport, TN 37662

Website: <http://www.tn.gov/wap/>

Provides energy-reduction assistance to low-income families by weatherizing their homes. Weatherization Assistance Program services are available in all 95 TN counties. Requires an application. Income Guidelines. Eligible households with elderly, disabled, or young children are given priority for service. Funded by the Department of Human Services – Services provided through Upper East TN Human Development Agency

Appalachian Service Project

Phone number: 423-854-8800

Website: <https://www.asphome.org/apply/>

Appalachian Service Project repairs homes free of charge for families in Kentucky, Virginia, West Virginia, and Tennessee. Repair work will be performed by high school volunteers and their adult leaders from church and school groups all over the country. Volunteers work for one week at a time in the spirit of love and commitment to improving our world. If ASP agrees to work on your home, crews of about 7 people at a time will work on your home anywhere from 1 to 8 weeks, depending on the work. An application is required and can be found at the web page provided above.



- Fill out the Home Repair Application as completely as possible. Give detail about the areas in need of repair (what needs to be done, or what the problem is). Include a phone number if possible- if not your own, then the number of someone who can easily contact you.
- Give clear, accurate driving directions to your home, starting from a certain town or intersection. Remember that the staff is arriving in the county maybe for the first time, and may have difficulty with unclear or inaccurate directions. If they cannot find your home, they cannot sign an agreement with you for repairs.
- Reapply every few years. Referrals are kept on file for the staff, but as people often move or may find help with repairs from another organization, they typically only keep referrals dated for the current year and the two previous years.

United States Department of Agriculture: Rural Development

Rural Repair and Rehabilitation Loans and Grants. The Very Low-Income Housing Repair program provides loans and grants to low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards. Must be unable to obtain affordable credit elsewhere. Preference is given to households with a member 62 yrs. old or older.

- Carter County – Elizabethton Service Center 419 West Elk Ave,
Elizabethton, TN 37643-2569
Phone number: 423-542-2341; Fax: 423-547-0149
- Johnson County – Mountain City Service Center 307 College St, Mountain
City, TN 37683-1301
Phone number 423-727-7011 Ext 3; Fax 423-727-6751
- Washington County – Jonesborough Service Center 1105 East Jackson Blvd,
Jonesborough, TN 37659-4775
Phone number 423-753-2192; Fax 423-753-9356

Legal

Consumer Credit Counseling Service

Phone number: 423-332-5960

Address: 2700 South Roan Street, Ste 212, Johnson City

This program offers budget counseling, debt management, educational programs,



and comprehensive housing counseling.

Hours of operation are Monday 7:30 am – 6:00 pm, Tuesday 7:30 am – 4:00 pm, Wednesday-Friday 7:30 am – 5:00 pm.

Legal Services of East Tennessee

Phone number: 423-928-8311; 1-866-408-6573 (Spanish)

Address: 311 West Walnut Street, Johnson City

Free legal assistance to low-income persons. Legal services do not handle criminal matters unless court appointed. Legal assistance is available to seniors which is not income-based. A legal aid representative returns calls during certain office hours.

Appointments can be made Monday – Friday, 9:00 am – 11:00 am.

Good Samaritan Ministries

Phone number: 423-928-0288

Legal Clinic on the 1st Saturday of every month. Attorneys offer free legal advice.

Life Insurance

Widener Insurance Agency

Phone number: 423-926-7151

Website: <http://widenerins.com/>

Independent Insurance Agency in Johnson City. You can contact their office for a free quote.

Trusted Choice

Website: <https://www.trustedchoice.com/>

Independent Insurance Agents you can meet with to help you decide what programs might benefit you.

Globe Life

Phone number: 1-800-742-6786

State Farm

Phone number: 1-833-847-9631



Medicare Website

Website: www.medicare.gov

The official government website for Medicare. Has info about eligibility and how to sign up for Medicare.

Medication Assistance

Prescription Discount Cards.

CoverRx provides discounts on Generic medications.

NeedyMeds Drug Discount Card (**needymeds.org**) you can save up to 75% off the price of your prescription medications not covered by insurance. The card is free and easy to use. Just cut it out. The card is accepted at over 59,000 pharmacies, including major chains such as CVS, Walgreens, and Rite Aid and most regional chains. Everyone is eligible to have a card. There are no fees, no registration, no paperwork, and no restrictions. Your card is active immediately. You can share it with friends and family members.

Patient Assistance Programs.

Forms are available on the website of your medication manufacturer. There are Patient Sections for you to complete, sign & date. There are Provider Sections for your provider to complete, sign & date. Make sure you read all instructions, follow all directions, and attach any requested documentation. Please return and have your healthcare provider submit them on your behalf. Keep a copy for your records. If you need assistance finding forms, please call Medical Care's Care Coordination Department at 423-431-0517.

ETSU Charitable Pharmacy

Phone number: 423-926-2500.

This program provides medications to patients who:

- Do not have insurance
- Are a resident of Washington County
- Are below 200% of the National Poverty level

The pharmacy has limited stock so some medications may not be available.

Medicare Extra Help Program: Apply at the Social Security office.



Project Access

Phone number: 423-232-6700

Assistance in applying for insurance coverage

Donut Hole Help

Phone number: 1-888-344-8915

Pan Foundation – Help with Basaglar

Phone number: 1-866-316-7263

Lilly Diabetes Solutions – Help with savings cards and discounts

Phone number: 1-833-808-1234

Low Income Subsidy (LIS) for United Healthcare Patients

Phone number: 1-866-842-4968

Mental Health Services/Counseling/Alcohol & Drugs

ETSU Community Counseling Clinic

Phone number: 423-439-7679

This clinic offers free counseling for individuals, couples, families and groups.

Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D. They help patients apply for the Mental Health Services only part of TennCare.

Contact information:

- Johnson City – 423-232-2600, 423-232-2719
- Elizabethton – 423-547-5950
- Bristol- 423-989-4500
- Erwin- 423-743-1470
- Kingsport- 423-224-1300
- Hawkins- 423-272-9239



Catholic Charities

Phone number: 423-328-0070

This facility offers Individual and Family Counseling. Sliding fee scale based on income.

Red Legacy Recovery

Phone number: 423-297-1230

Address: 413 E Elk Ave., Elizabethton, TN 37643

This program is a recovery support program for women battling addiction and substance abuse.

Pets

Holly Help Memorial Spay Fund

Phone number: 276-466-5375

Address: P. O. Box 1264, Bristol, VA 24203

The Holly Help Memorial Spay Fund is a Bristol based organization which focuses on sterilization surgeries for dogs and cats. They rely mainly on the money received from recycling aluminum cans to finance surgeries.

Important note: When you call, please be aware that you may get a machine and before the machine picks up the phone will ring MANY TIMES. The message will come on, and then there is a LONG PAUSE and then a beep...you can leave a message after you hear the beep.

Washington County TN Humane Society

Phone number: 423-926-8533

Must be a resident of Washington County, TN. Offers financial aid for pet spaying or neutering.

East TN Spay and Neuter -

Phone number: 423-289-5548

Email: info@etnspay-neuter.org

Address: P.O. Box 2171, Elizabethton, TN 37644

Transport from (and return to) local drop-off points to a regional low-cost spay-neuter clinic. Currently, we run weekly trips from Elizabethton, TN to Margaret B. Mitchell Spay/Neuter Clinic (MBM). Trips to Animal Medical Center of



Greeneville (AMCG) leave from Johnson City and start in October. Frequency will depend on number of interested pet owners.

Margaret B. Mitchell Spay/Neuter Clinic Surgery: All Dogs: \$60; Female Cats: \$55; Male Cats: \$40

Margaret B. Mitchell Spay/Neuter Clinic TRIPS: CALL 423-289-5548 TO SCHEDULE

Margaret B. Mitchell Spay/Neuter Clinic also offers Home Again microchip: \$20

Margaret B. Mitchell Spay/Neuter Clinic keeps the animals overnight; AMCG releases animals the same day. Drop-off is generally about 7:30 am. Same day return can be as early as 2:30 pm. Return from MBM is generally about 10 a.m. the next morning.

Animal Medical Center of Greeneville Surgery: All Dogs: \$50; All Cats: \$40

Animal Medical Center of Greeneville TRIPS: CALL 423-202-7741 TO SCHEDULE Both Locations Shots: \$10 each (rabies, distemper/Parvo, kennel cough, feline leukemia) (by state law, every animal must have a current rabies vaccination; if you do not have a certificate of proof of vaccination, a vaccination will be given at time of surgery.) Pain Medication (for 24 hrs. after surgery): \$2 Flea/Tick treatment: \$10 Transport fee: \$15 for first animal, \$10 each additional animal from same family on same trip.

Low-income pet owners who live in Carter County may qualify for vouchers through the Carter County Humane Society and/or the Elizabethton-Carter County Community Foundation.

All animals must be in a travel crate for transport. Drop-off and return is at the same location, regardless of clinic used. Drop-off locations are centrally located business parking lots, as convenient as possible to those using the service. For example, the old Raceway gas station parking lot in Elizabethton is currently a drop-off/pick-up site.

Please note: You must sign up and pre-pay at least two weeks prior to your scheduled transport date. NO WALK-INS!



GET A VOUCHER IF YOU ADOPT AN ELIZABETHTON SHELTER ANIMAL

Initial veterinary exam, fecal test, deworming, first set of 6-in-1 & rabies shots, and Spay/Neuter Surgery! This voucher cannot be combined with other vouchers or discounts.

Elizabethton Animal Shelter Voucher Prices:

Female dog: \$88 Male dog: \$73

Female cat: \$68 Male cat: \$58

Contact East TN Spay and Neuter within 24 hours of adopting.

Senior Assistance

Neighborhood Service Center - Senior volunteer program

Phone number: 423-928-7327

Provides emergency assistance, companionship, family support services, nutrition, household goods assistance, and homeless program through a community services block grant. Office is located at 300 East Main Street Johnson City. Hours are Monday through Friday, 8:00am to 4:30pm.

Support Groups

Various support groups

Phone number: 423-915-5200

Website: <https://www.mountainstateshealth.com/classes-and-programs/health-resources-center>

Various support groups are available through the Health Resources Center in the Johnson City Mall.

Frontier Health

This clinic offers Individual & Group Psychotherapy, Marital & Family Therapy, Pharmacotherapy, Crisis Services, Case Management, Education & Consultation Services, Parenting Classes, Psychiatric Consultation, and Intensive Outpatient A&D. They help patients apply for the Mental Health Services Only part of TennCare.



Johnson City-

Phone numbers: 423-232-2600, 423-232-2719, 423-952-3210

Elizabethton-

Phone number: 423-547-5950

Bristol-

Phone number: 423-989-4500

Erwin-

Phone number: 423-743-1470

Kingsport-

Phone number: 423-224-1300

Hawkins-

Phone number: 423-272-9239

Mountain City-

Phone number: 423-727-2100

Greenville-

Phone numbers: 423-638-4540, 423-639-1104

Telephone Support

National -

1-800-273-8255 (TALK) or 1-800-784-2433 (SUICIDE)

Provide Telephone Consultations, Crisis Intervention, Assessments, Social Support, and Information/Referral

Tennessee

- Send a Text to 741741 for the Crisis Text Line

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Here's how it works:

Text "TN" to 741741 anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly.



The volunteer Crisis Counselor

This program will help you move from a hot moment to a cool moment
[Tennessee]

Phone number: 1-877-928-9062

(Serving Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington Counties)

[NE Tennessee] CONTACT-CONCERN

423-246-2273

A Christian-based telephone helpline. Hours of operation 8am to 11pm, 365 days a year. Serving Sullivan, Johnson, Hancock, and Hawkins counties.

Tennessee Tobacco Quitline

1-800-QUIT NOW (1-800-784-8669) Free Tobacco Quit Kit; Free Quit Coach

TennCare

Website: healthcare.gov.

The Health Insurance Marketplace is now the main application for TennCare eligibility. When Open Enrollment is closed, the only way you can apply on the Health Insurance Marketplace is if you qualify for a Special Enrollment Period (major life change such as birth, marriage, divorce, relocation, etc) or if you have young children in the home.

Transportation

Johnson City Transit

Phone number: 423-929-7119

Address: 137 West Market St., Johnson city, TN

Fares: Adults \$1.00; Senior, Disabled, Medicare, Students (Grade K-5) \$.50; Age 5 & Under, Transfers, ETSU Students/Staff Free; Express (Unlimited for 1 Month) \$25.00, Multi-Ride (25 One-way Trips) \$20.00, Half-Fare Convenience (25 One-way Trips Disabled) \$12.50

Southeast Trans

Phone number: 1-866-473-7563

Good Samaritan:

Phone number: 423-928-0288



Transportation Vouchers Tennessee Carriers

Phone number: 1-866-680-0633

Veteran's Benefits

Website: www.va.gov

Visit your local VA in order to learn about what benefits may be available to you.

Mountain Home VA:

Phone: 423-926-1171

Website: <http://www.mountainhome.va.gov/>

Address: 809 Lamont St, Mountain Home, TN 37684

Women's Health Screenings

For routine Mammograms and Pap smears, please contact your local Health Department and request an appointment.

Washington County / Johnson City Health Center

Phone number: 423-975-2200

Carter County

Phone number: 423-543-2521

Johnson County

Phone number: 423-727-9731

Unicoi County

Phone number: 423-743-9103

Greene County

Phone number: 423-798-1749