



Guide to Community Resources



Schuylkill United Way
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Schuylkill United Way

Surviving Life's Challenges

How do I deal with my feelings?

It is normal to have these feelings, concerns and fears:

- | | |
|----------------|-----------------|
| * Panic | * Blame |
| * Helplessness | * Stress |
| * Guilt | * Scared |
| * Depression | * Anger |
| * Frustration | * Pressure |
| * Betrayal | * Resentment |
| * Denial | * Embarrassment |
| * Isolation | * No Control |

STOP! Change Your Attitude

Recognizing your feelings and dealing with them is the first priority on your road to employment, handling increasing medical bills, and rebuilding a lost home due to fire, etc. It is human nature to feel as if the rug has been pulled out from under you when these circumstances happen. Hiding your feelings and pretending you are not worried or scared only makes things worse for you and those close to you. Here are some ways that may be helpful in dealing with your anxieties:

- Relieve tension by staying physically active
- Volunteer
- Develop hobbies or other interests
- Share your feelings with people who love and support you
- Develop or join a support group



Fast Facts about the Schuylkill United Way

99% of every dollar raised in Schuylkill County stays right here in Schuylkill County.

In the last five decades, the Schuylkill United Way returned over \$28 million to the community through support to our partner agencies that provide programs and services at little or no cost.

Administrative costs for the Schuylkill United Way are 15%, well below the state average of 25%.

The Schuylkill United Way is an independent non-profit organization that is governed by a 30 member Board of Directors.

Schuylkill United Way partner agencies served 88,500 people last year throughout Schuylkill County. That number represents nearly half of the entire county's population.

All prizes used as incentives for the campaign are donated by local community minded companies.

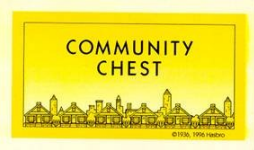
During the 2011 Stuff the Bus promotion, over 950 backpacks were collected and stuffed with school supplies. Those backpacks were then distributed to the 15 agencies and given to local children in need.

The Schuylkill United Way offers a prescription drug discount card that has saved county residences an average of 40% off the cost of prescriptions.



Did You Know?

The Schuylkill United Way started out as a community chest in 1936.



In 2011 Schuylkill United Way Celebrated 75 years of Caring.



The Schuylkill United Way has a prescription drug discount card that saves Schuylkill County residents an average of 40%. For more information please visit www.familywize.com



The 2012 annual campaign raised \$1,060,000 the highest grossing campaign ever!



The Schuylkill United Way serves as the local administrator for the Emergency Food and Shelter Grant. (EFSP)



Unemployment: Where do I start?

There are many life challenges that are addressed in this guide, but one of the most prevalent that we as a society are facing is increased unemployment. When an individual's job is lost there are many emotions that can emerge. Our country is experiencing tremendous change that no one can control.

The first thing to remember is that you are not alone! It is important to understand that you are still a valued member of the community.

To survive unemployment remember to incorporate the following into your new beginning...

Do **NOT** be complacent * Do **NOT** forget to love
Do **NOT** abandon the truth * Do **NOT** lose your sense of humor
Do **NOT** let failure win * Do **NOT** lose confidence in yourself



Recommendations for Financial Obligations



1. Notify your mortgage holder that you are on a lay-off. If you are unable to meet mortgage payments, request a postponement or reduction of payments until you return to work.
2. If you rent, inform your landlord of your situation. Again, if you are unable to pay your rent, ask your landlord to postpone or lower your payments until you return to work.
3. All utilities (phone, gas, electric, and water) should be notified that you are on a layoff. In most cases, payment arrangements can be made if you explain your situation.
4. If you have any accounts with department stores or other creditors (loans, credit cards, medical bills, etc.) you should notify them immediately. Creditors may ask you to pay a small payment each week, month, etc. If this is the case, you are strongly urged to comply with their request. One of the worst things you can do is not live up to the agreements set forth.
5. If you are paying child support or alimony make sure you contact the judge, domestic relations office, or court that issued the degree and inform them about the situation.



Partner Agencies



American Red Cross in Schuylkill County

www.infionline.net/~redcross/
redcrossed@comcast.net

Avenues, Founded as UCP in 1952

www.avenuesofpa.org
pkeitsock@avenuesofpa.org

Big Brothers, Big Sisters of Schuylkill County

www.bbbs.org
bbbs.doug@comcast.net

Boy Scouts of America/Hawk Mountain Council

www.hmc-bsa.org/
dahorton@bsamail.org

Child Development Inc.

www.childdevelop.org
madevlin@childdevelop.org

Girl Scouts in the Heart of PA

www.gshpa.org
unitedways@gshpa.org

Salvation Army/Pottsville Corps

www.salvationarmyusa.org
ahench@use.salvationarmy.org

Salvation Army/Tamaqua Corps

www.salvationarmyusa.org
swhispell@use.salvationarmy.org

Schuylkill Co. Society for Crippled Children

skimmel4@verizon.net

Schuylkill Wellness Services

www.cocountywellnessservices.org
cbazik@cocountywellnessservices.org

Schuylkill Women in Crisis

www.s-wic.org
swicexdir@comcast.net

Schuylkill YMCA

www.schuylkillymca.com
ymcaceo@comcast.net

Sexual Assault Resource & Counseling Center of Sch. Co.

www.sarcclebanon.com
jshifflet@sarcclebanon.com

Tamaqua Meals on Wheels, Inc.

sammieann648@aol.com

Tamaqua YMCA

www.ymca-berkscounty.org
nzigmant@tamaqua-ymca.org

622-9550

622-7920

622-0174

610-926-3406

544-8959

800-692-7816

622-5252

668-0410

622-7170

622-3980

622-3991

622-7850

628-2965

668-6954

668-2903

Assistance

Pregnancy Counseling/Maternity & Child Support

Angel Baby Ministries, Inc.	366-8676
Birthright (Frackville)	874-2621
Care Net Pregnancy Center of Schuylkill County	624-7244
Catholic Charities	628-0466
Child Care Information Services of Schuylkill County	1-800-216-1938
Children & Youth Services of Schuylkill County	1-800-722-8341
Pregnancy Care Center	648-2600
Healthy Baby Helpline	1-800-986-2229

Senior Services

AARP	1-888-687-2277
Apprise Health Insurance Counseling	1-800-621-6325
Diakon Community Services for Seniors	624-3020
Eldercare Locator	800-677-1116
Schuylkill County Meals on Wheels	624-3015
PACE	1-800-225-7223
Retired Senior Volunteer Program (RSVP)	622-3103
Schuylkill Co. Senior Services (Area on Aging)	622-3103
Solutions for Better Aging	1-888-405-4242
Tamaqua Meals on Wheels	668-6954
Office of Protective Services (Ombudsmen)	628-3931

Assistance

Employment/Unemployment Services

Advanced Medical Staffing	628-2800
Advance Personnel Temporary Services	624-7550
AHEDD	622-9711
American Staffing Solutions	622-0300
Career Link	622-5253
Civil Service Commission	717-787-7811
Goodwill Industries	628-9090
Office of Vocational Rehabilitation	610-621-5800
ReDCo Group Workforce Investment Network	622-5241
Service Access & Management, Inc.	621-2700
Unemployment Compensation	888-313-7284
Workforce Resources	622-8060



Assistance

Health Services

American Cancer Society	800-ACS-2345
American Diabetes Association	717-657-4310
American Heart Association	610-867-0583
American Lung Association	570-346-1784
Cystic Fibrosis Foundation	800-344-4823
Department of Health	621-3112
Maternal & Family Health Services	800-367-6347
Medicare	800-633-4227
Partnership for Prescription Assistance	888-477-2669
Schuylkill Alliance for Health Care Access	628-5515
Schuylkill Wellness Services	622-3980

Hospitals

Blue Mountain Health System	610-377-1300
Geisinger Medical Center	570-271-6211
Lehigh Valley Hospital	610-402-CARE
Penn State Hershey Medical Center	717-531-8521
Reading Hospital & Medical Center	610-988-8000
Saint Catherine Medical Center—Fountain Springs	875-2000
Schuylkill Medical Center-South Jackson Street	621-5000
Schuylkill Medical Center-East Norwegian Street	621-4000
Shamokin Area Community Hospital	570-644-4200
St. Luke's Miners Memorial Hospital	570-645-2131

Assistance

Housing/Rent

EMERGENCY HOUSING

Schuylkill Community Action	622-1995
Schuylkill County Assistance Office	877-306-5439
Catholic Charities	628-0466

HOUSING SERVICES

Pottsville Housing Authority	628-2702
Schuylkill Housing Authority	385-3400

TEMPORARY SHELTER

American Red Cross (Fire & Disaster Aid)	622-9550
Catholic Charities	628-0466
Schuylkill Women in Crisis (Domestic Violence)	800-282-0634
Salvation Army, Pottsville Corps	622-5252
Salvations Army, Tamaqua Corps	668-0410
Schuylkill Community Action	622-1995

Legal Help

MidPenn Legal Services	628-3931
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Assistance

Emergency Food/ Food Programs

Board of Assistance of Schuylkill Co. (Food Stamps)	621-3000
Catholic Charities	628-0466
Four Square Gospel Church (Soup Kitchen)	622-7323
Schuylkill County Meals on Wheels	624-3015
National Hunger Hotline	1-866-348-6479
Orwigsburg Food Pantry	366-2255
Pottsville Area Soup Kitchen	628-5119
Schuylkill County Assistance Office	877-306-5439
Salvation Army, Pottsville Corps	622-5252
Salvation Army, Tamaqua Corps	668-0410
Schuylkill Community Action	622-1995
Schuylkill County Area Aging Office	622-3103
Tamaqua Meals on Wheels	668-6954
WIC (Women Infants and Children)	622-1244

Emergency Fuel

Schuylkill County Assistance Office	877-306-5439
Schuylkill Community Action	622-1995
Catholic Charities	628-0466



Assistance

Crisis Intervention/Counselors/Emergency Hotline

Safe Haven Crisis Facility	628-0152
Advocacy Alliance	1-877-315-6855
Child Abuse	1-800-932-0313
Clinical Outcomes Group, Inc.	628-6990
Pennsylvania Coalition Against Rape	1-888-772-7227
Schuylkill Medical Center-Pathways Counseling	621-5910
Northwestern Human Services	628-3323
Poison Control	800-222-1222
Sexual Assault Resource & Counseling Center (SARCC)	628-2965
ReDCo Group Behavior Services	628-5234
Schuylkill Women in Crisis	800-282-0634
Service Access & Management, Inc.	621-2700
Suicide Hotline	1-800-784-2433

Electric/Utilities

On-Track/Operation Help (Schuylkill Community Action)	622-1995
Public Utility Commission	1-800-692-7380
Salvation Army, Pottsville Corps	622-5252
Salvation Army, Tamaqua Corps	668-0410
PPL Utilities	1-800-342-5775

Assistance

Home Health/Hospice Care/Nursing Homes

Broad Mountain Nursing & Rehabilitation Center	874-0696
Covenant Home Care	385-5522
Schuylkill Home Health	621-5050
Ombudsman (Nursing Home Complaints/Issues)	628-3931
Pinnacle Health Home Care/Hospice	628-4455
Schuylkill Nursing Association	385-2818
Senior Centers:	
Mahanoy City	773-0738
Minersville	544-5121
Pottsville	628-3513
Schuylkill Haven	385-5611
Shenandoah	462-3155
Tremont	695-3500
Shenandoah Manor Nursing Center	462-1908
St. Luke's Miners Memorial	645-2131
Tremont Health & Rehabilitation Center	695-3141
Volunteer Home Care	621-7254
York Terrace Nursing Center	622-3982
Seton Manor	366-0400
Rest Haven	385-0331

Veterans' Services

Schuylkill Co. Veterans' Affairs	628-1400
Lebanon VA	800-409-8771
VA Outpatient Clinic	877-470-0920
Dept. of Veterans' Affairs Scranton Mobile Center	570-344-2676
Pottsville VA Outpatient Clinic	621-4115
Transportation	
Schuylkill County Transportation Authority	800-832-3322

Assistance

Libraries

Ashland Public Library	875-3175
Frackville Free Public Library	874-3382
Mahanoy City Public Library	773-1610
Minersville Public Library	544-5196
Orwigsburg Free Public Library	366-1638
Pottsville Free Public Library	622-8880
Ringtown Area Library	889-5503
Schuylkill Haven Free Library	385-0542
Shenandoah Library	462-9829
Tamaqua Public Library	668-4660
Tremont Area Public Library	695-3325

Lifelong Learning Centers

Alvernia University	385-2382
Empire Beauty School	429-4321
Lifelong Learning Center	874-0137
Literacy Council for Schuylkill County	622-9500
McCann School of Business	622-7622
Penn State Schuylkill Campus	385-6000
Schuylkill Technology Center South	544-4748
Schuylkill Technology Center North	874-1034
St. Joseph Center for Special Learning	622-4638

Assistance

Abuse/Victims' Services

Child Help USA National Crisis Hotline	800-4-A-CHILD
National Center for Missing & Exploited Children	800-843-5678
National Center for Victims of Crime, Abuse & Domestic Violence, Rape	800-394-2255
National Child Abuse and Neglect	800-422-4453
National Domestic Violence Hotline	800-799-7233
Schuylkill Women in Crisis	800-282-0634
Sexual Assault Resource and Counseling Center (SARCC)	628-2965

Children/Youth Services

Big Brothers, Big Sisters of Schuylkill Co.	622-0174
Child Care Information Services of Schuylkill County	624-7950
Child Development, Inc.—Head Start of Schuylkill County	544-8959
Healthy Kids Helpline	800-986-5437
National Hotline for Missing Children	800-843-5678
Schuylkill Co. Children & Youth	628-1050
Schuylkill Intermediate Unit 29	544-9131
Schuylkill YMCA	622-7850
Tamaqua YMCA	668-2903

