

**Information in this book is provided as a courtesy and is not guaranteed to be complete and accurate information for this community. For complete listings, consult your local phonebook.**

**CUMBERLAND CO. HEALTH DEPT.  
132 NE Courthouse Sq.  
PO Box 130  
Toledo, IL 62468  
217-849-3211  
Fax# 849-3121  
[www.cumberlandhealth.org](http://www.cumberlandhealth.org)**

# Cumberland County Resource Book 2007

It is not how much we do,  
but how much love we  
put in the doing.  
It is not how much we  
give,  
but how much love we  
put in the giving.  
*Mother Teresa*



No one is use-  
less in this world  
who lightens the  
burden of it to  
anyone else.  
*Charles Dickens*

*When we do the best we  
can, we never know what  
miracle is wrought in  
our life, or in the life of  
another.  
Helen Keller*

We make a living by  
what we get,  
but we make a life by  
what we give.  
*Winston Churchill*

The only ones among  
you who will be really  
happy are those who  
will have sought and  
found how to serve.  
*~Albert Schweitzer*







- **Freedom From Smoking-** Tobacco prevention and control. Promoting healthy, smoke free homes in Cumberland County is a high priority. A wide variety of tobacco free education is available for all ages. We promote and encourage use of the Illinois Smokers Quit-line
  - **1-866-QUIT-YES.**
- **Lead Screening-** Testing blood lead levels of children between the ages of 1-6 provides an opportunity for treatment that can stop or prevent nerve damage that occurs with high lead levels.
- **Teen Parent Services-** Available for pregnant and parenting teens 19years, 9 months or younger and do not have a High School Diploma or GED.
  - **Education Provided:** Family Planning, Parenting & Employment Readiness.
  - **Supportive services available include:**
    - GED testing fees, Transportation Expenses, School Supplies, Child Care Referrals & Registration Fees.

## DENTISTRY:

Accepting Medicaid

### **Tri-County Dental Clinic**

502 Shaw Ave  
Paris, IL 61944  
**217-465-2212**

### **Heartland Dental**

1200 Network Centre Dr.  
Effingham, IL  
217-540-5800

### **Dr. Khin Laij**

1521 Wabash

### **Dr. Lily Laij**

Mattoon, IL

(Accepting Medicaid for children only) 217-235-5496

### **The Dental Office**

605 S. VanBuren St.  
Newton, IL  
618-783-3714

### **Doral Dental Services of Illinois**

Hotline#1-888-286-2447



**Obstetrics-Gynecology:**

**CARLE CLINIC**

Lerna Road  
(Gyne care only)

Mattoon, IL 61938  
**217-258-5900** Fax:258-5926

**St ANTHONY'S MEMORIAL HOSPITAL**

Effingham Obstetrics & Gynecology Assoc., S.C.  
**217-342-3337** Fax: 347-3328

**SARAH BUSH LINCOLN HEALTH SYSTEM**

SBL Medical Office Pavilion  
**217-258 or 348-4030**  
Fax: 258-2353

**Deer Path Medical:**

Charleston, IL  
**217-345-2727** Fax:345-2781

**Houseworth Private Office-Charleston IL**

Buchanan Ave. Charleston, IL 61920  
**217-345-3830** Fax:345-1018

**For other physician listings,  
check your local phonebook.**

**Helpline Numbers:**



CHILD SUPPORT (Assistance collecting)	1-800-447-4278
CRISIS PREGNANCY-(referral line)	1-800-395-4357
Crisis Pregnancy Centers of Eastern Illinois	
Charleston-345-5000	
Paris- 463-7800	
Casey- 932-5900	
DOMESTIC VIOLENCE CRISIS LINE	1-888-345-3990
DCFS HOTLINE (reporting child abuse)	1-800-252-2873
EMERGENCY CONTRACEPTION	1-888-NOT-2-LATE
ILLINOIS TOBACCO QUITLINE	1-866-QUIT-YES
NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN	1-800-826-7653
PARENT HELPLINE	1-888-727-5889
PLANNED PARENTHOOD	1-800-230-PLAN
<b>POISON CONTROL</b>	<b>1-800-942-5969</b>
STD/HIV	1-800-342-2437
YOUTH CRISIS	1-800-448-4663
SUICIDE REGIONAL BEHAVIORAL HEALTH NETWORK (24hour hotline)	1-866-567-2400

**GENERAL ASSISTANCE:**

Toledo Ministerial Alliance-  
Contact Cumberland Co. Health Dept. .  
Assistance can be granted only on an annual basis.  
849-3211  
Ministerial Association of Neoga:  
Lewis Ryder- 895-3805

**DOMESTIC VIOLENCE**

**EVA'S** 1-217-347-2273  
Serves victims of domestic violence in Effingham Co.

**HOPE** 1-888-345-3990  
Housing, Outreach, Prevention,  
Education; provides free legal ad-  
vocacy, emergency shelter, crisis  
counseling, children's programs  
and support groups. Formerly  
Coalition Against Domestic Vio-  
lence.

**PROJECT HELP** 1-800-252-4124  
Land of Lincoln Legal Assistance

**SWAN** 1-618-392-3556 (anytime)  
*Stopping Woman Abuse Now* is a non-profit or-  
ganization that will shelter you and your children from  
harm.

**SEXUAL ASSAULT COUNSELING  
AND INFORMATION SERVICE**

(217) 348-5033 Bonnie Buckley  
(888) 345-2846 Emergency Phone  
(217) 348-5051 Fax  
[sacisch@consolidated.net](mailto:sacisch@consolidated.net) Email

**We can let circumstances rule us or we can take  
charge and rule our lives from within.**

*~Earl Nightingale*

**Family Medicine:**

Clinics in Cumberland County:  
**(Medicaid accepted at all listed clinics)**

Cumb. County Health Dept.-Family Care Center--  
**217-849-3211** Fax# 849-3121

Neoga Clinic- 650 Oak Ave. Neoga, IL-  
**217-895-2222** Fax# 895-3598

Marshall Clinic-Neoga-  
**217-895-2320** Fax# 895-2350

Cumberland Co. Health Center- 302 N Mill St.  
Greenup IL-  
**217-923-3311** Fax#923-5160

Toledo Clinic- 168 Courthouse Sq. Toledo, IL-  
**217-849-3151** Fax# 849-3123

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**Emergency Care:**

Sarah Bush Lincoln Health Center 1-217-258-2551  
St. Anthony's Memorial Hospital 1-217-347-1212

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**VISION:** IDPA's toll free All Kids hotline can  
provide information on the near-  
est Medicaid vision care provider.  
1-800-226-0768

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**HOSPITALS:**

**St. Anthony's Memorial Hospital**  
503 N. Maple 217-342-2121  
Effingham, IL 62401

**Sarah Bush Lincoln Health Center**  
1000 Health Center Dr. Mattoon, IL 61938  
217-258-2525 OR 217-348-2525

(Other hospitals are available at a distance greater than approx.  
40 miles from our county. See your local phonebook for more  
information.)

## Elderly Care (Cont.)

**Alzheimer's Association** 2027 S. Main St. /Suite 3  
Bloomington, IL 61704  
Website: [www.alzheimers-illinois.org](http://www.alzheimers-illinois.org) **309-827-9508**  
Fax: 309-827-9520

### Assisted Living/Nursing Facilities in Cumberland Co.

Cumberland Rehab & Healthcare Center  
300 N. Marietta Greenup, IL 62428

**217-923-3186**

Heartland Christian Village 101 Trowbridge  
Neoga, IL  
**217-895-2665**

### HOME CARE AGENCIES:

Lincolnland Home Care/

Hospice of Sarah Bush Lincoln

700 Broadway Ave. East Ste.9  
Mattoon, IL 61938-4671  
**Phone: 217-234-4075**

Phone: 800-454-4055 [www.sblhs.org](http://www.sblhs.org)

**ADDUS Healthcare**

1381 Beech Tree Road Charleston, IL 61920  
**(217) 345-5150** Fax: 345-5184

**Carle Home Health Services**

206 A West Anthony Drive 573 Park Dr.  
Champaign IL 61822 Mattoon, IL 61938  
**(217) 383-3488 217-345-4614/ 1-888-240-7744**  
**(800) 239-3620 Fax: 238-5699**

**St Anthony's Memorial Hospital- Home Care**

503 N Maple Effingham, IL **1-800-551-6566** or  
**217-347-1777**

(More Home Care agencies may be available through  
your local phonebook.)

And in the end, it's not the years in your life that  
count. It's the life in your years. ~ Abraham Lincoln

## GOVERNMENT ASSISTANCE

**ILLINOIS DEPARTMENT OF HUMAN  
SERVICES PUBLIC AID**



200 South Indiana St PO Box 188  
Toledo, IL 62468 217-849-3541

**GOVERNMENT HOUSING OF CUMBERLAND CO.**

206 E. Washington  
Toledo, IL 62468 217-849-2071

**EMBARRAS RIVER BASIN AGENCY**

Heating assistance 923-3599  
Food/Shelter 923-3599  
Fax: 923-5155 115 S. Kentucky  
Fax: 923-9214 Greenup, IL 62468

**Health Benefits for persons with Disabilities:**

HFS Medical Benefit-

[www.health.illinois.gov/medicalbenefits.cfm](http://www.health.illinois.gov/medicalbenefits.cfm)

Health Benefits for workers with Disabilities ages 16-64.

<http://www.hbwdivillinois.com> 1-800-226-0768  
(TTY 1-866-675-8440)

**ILLINOIS CARES RX-** [www.illinoiscaresrx.com](http://www.illinoiscaresrx.com)  
1-800-252-8966, 1-888-206-1327 (TTY)

**I-SAVE-RX-** <http://www.i-saverx.net> 1-866-ISAVE-33

**Illinois Rx Buying Club:**

[www.illinoisrxbuyingclub.com](http://www.illinoisrxbuyingclub.com)  
1-866-215-3462 (Not the same as Illinois Cares RX)

**Catholic Charities-Effingham—1-217-857-1458**

**DEPARTMENT OF HUMAN SERVICES-**  
**OFFICE OF REHABILITATION SERVICES- 1-**  
**800-843-6154 (TTY 1-800-447-6404)**

**IBCCP-Illinois Breast and Cervical Cancer Program-**

Lisa Carlen, RN,BSN Case Manager  
Sarah Bush Lincoln Health Center  
1-800-331-1689 or  
217-238-4781 or 217-348-4781

**Veterans Care—1-877-483-8779**  
[www.illinoisveteranscare.com](http://www.illinoisveteranscare.com)

## CLOTHING AND FOOD BANKS

### CLOTHING:

Faith Fellowship Church and Mission  
1 mi. S. Hidalgo on 130  
And ¼ mi. on County Rd. 2000  
217-932-4251 or 1-618-793-2047  
Open 1<sup>st</sup> and 3<sup>rd</sup> Saturday. 9a.m. to noon



Catholic Charities  
1502 E. Fayette  
Effingham, IL 62401  
217-857-1458  
Mailing Address: PO Box 1017  
Effingham, IL 62401

4217 Dewitt Ave.  
Mattoon, IL 61938  
217-235-0420

Salvation Army Thrift Store  
1300 Richmond Ave  
Mattoon, IL 61938  
217-234-8223

Maternity and Baby Clothing  
Crisis Pregnancy Center Casey- 932-5900

### FOOD:

Embarras River Basin Agency 923-3598  
115 S. Kentucky  
Greenup, IL 62428

Neoga Community Food Bank  
Bob Schwindt- 895-2468  
Mary Wilson- 895-3542

Hidalgo Baptist Church 618-793-2433  
Karen Jones ———2<sup>nd</sup> Sat of every month @ 10am

## Support (Cont..)

### **In The Pink**

Thrifty Home Medical——Mastectomy supplies.  
226 E. Main St. Olney, IL 62450  
1-866-551-4505 (618) 395-4505

### **Medication Assist.**

Life Center of Cumberland Co.  
Karen Sweitzer- 849-3965

### Children :

#### **Child Support Division**

313 S. Mattis Dr. Suite 218  
Champaign, IL  
**217-244-0235**

208 West Cook  
Springfield, IL  
**217-785-3456**  
**1-800-447-4278**

#### **Baby Fold**————— **309-454-1770**

Adoption and Guardianship  
(Offered to families who have Support Program  
adopted or are in the process of adopting.)  
612 Oglesby Ave Normal, IL 61761

#### **Child Care**

Child Care Resource and Referral  
600 Lincoln Ave  
107 Klehm Hall  
Charleston, IL 61920  
**217-581-6698 or 1-800-643-1026**

#### **Elderly Care**

Cumb. Assoc. Senior Program 120 Courthouse Sq.  
Toledo, IL **217-849-3065**  
**1-800-626-7911** Fax:849-3804

Community Care Program —  
Community Care Systems, Inc. Illinois Dept. on Aging  
1604 W. Main Suite #100 — 421 East Capitol Ave. #100  
Shelbyville, IL 62565 Springfield, IL 62701  
**1-217-774-7885 217-785-4477**

Website: [www.state.il.us/aging/](http://www.state.il.us/aging/)

Life Center of Cumberland County  
507 E. Main St Toledo, IL 217-849-3965  
LIFELINE—————1-217-348-3011

## SUPPORT



### MENTAL HEALTH:

#### Cumberland Associates

N. Courthouse Sq. Toledo, IL 62468

**217-849-3803** Fax:849-3804

#### Central East Alcoholism and Drug Council -

PO Box 435 Charleston, IL 61920—**348-8108**

#### Sexual Assault Counseling-

Lawson Hall and Information Service Eastern Illinois

University Charleston, IL

**217-348-5033**

**1-888-345-2846**

#### Heartland Human Services-

1200 N. 4th Street PO Box 1047

Effingham, IL 62401

**217-347-7179**

Hotline: **217-342-5504**

TTY/TTD 217-3426863

#### Coles Co. Mental Health—Mattoon: **217-234-6405**

Charleston: **217-348-7666**

TTY: 217-234-6421

#### **DOULA-** (pronounced DOO-Lah)

Pregnancy & Postpartum Support

Karen Edwards- 217-849-2884 cell# 549-0337

Provides hands-on support, education, pain control techniques and constant attention throughout your labor & delivery (fee required).

Ounce of Prevention Fund

33 W. Monroe St., Suite 2400

Chicago, IL 60603-5400

1-312-922-3863 fax: 312-922-3337

[info@ounceofprevention.org](mailto:info@ounceofprevention.org)

#### **Legal assistance:**

Land of Lincoln Legal Assist. Foundation, INC.

1817 S. Neil Suite 203 Champaign, IL 61820

1-800-747-5523

## **PARENTING CLASSES**

#### Central East Alcoholism and Drug Council

635 Division St.

Charleston, IL 61920

(217) 348-8108 Fax: 345-6794

#### Sarah Bush Lincoln Hospital-

217-258-2229

Prenatal and Postnatal Education Program

#### East Central Illinois Crisis Pregnancy Center

Charleston-345-5000

Paris- 463-7800

Casey- 932-5900

One on one or group parenting and Life Choices education are available.

#### Step Into Parenting (**SIP**)

217-345-5000

217-234-3312

#### **PALS** Pregnancy and Labor Support- (217) 345-5000

*Charleston*

(217) 234-3312

*Mattoon*

(217) 463-7800 *Paris*

#### Birth-Five Interagency Coordinating Council

217-465-4118

Human Resource Center –Developmental Intervention

#### Educational Opportunities for Expectant Parents

St. Anthony's Memorial Hospital

Effingham, IL 61401

217-347-1453

#### Mattoon Area Adult Education Center-

1617 Lake Land Blvd.

Mattoon, IL

217-235-0361

**Love begins at home and it is not how much we do...  
but how much love we put into that action.**



*~Mother Teresa~*

## Testing

### Pregnancy:

Crisis Pregnancy Center  
Charleston-345-5000      Paris- 463-7800  
                                         Casey- 932-5900

Cumberland Co. Health Dept.      217-849-3211

Coles Co. Health Dept.      217-348-0547  
                                         217-258-0547

Effingham Co. Health Dept.      217-342-9237

### Paternity:

DNA Diagnostics      1-800-362-2368

### Contraception:

Cumberland Co. Health Dept.      217-849-3211

Coles County Health Dept.      217-348-0547

Effingham Co. Health Dept.      217-342-9237

Emergency Contraceptive Pill Hotline-1-888-NOT-2-LATE  
(Will call prescription to local pharmacy)

### Laboratory Testing can be completed at the Health Department

Private Pay, Medicare and Medicaid is accepted.  
Other insurances must be billed by the patient.

Pessimism never won any battle. ~Dwight D. Eisenhower~

## EDUCATION



### ADULT:

Adult Education:      Lake Land College  
                                         Mattoon, IL 61938  
                                         217-235-2222  
                                         1-800-879-7122 ext. 322

### Even Start Family Literacy Program

*Combines early childhood education, adult literacy and basic skills instruction and parenting education.*

### Mattoon Area Adult Education Center

1617 Lake Land Blvd. Mattoon, IL 61938  
217-235-0361

Pathways to Education:      923-3989

CEFS      1-217-235-2222

305 Richmond Ave. East  
Mattoon, IL

Assisting with job training, college tuition, and mileage reimbursement to those who qualify.

### CHILDREN:

Head Start      E.R.B.A.  
                                         217-923-5141  
                                         (800) 526-0844 TTD  
                                         Fax: 217-923-5155  
EIASE      Mattoon, IL  
                                         217-235-0551

\*Preschool Screening \*Project Help \*Special Education

"An investment in knowledge pays the best interest."  
~~Benjamin Franklin~~