



the compassion to care, the leadership to conquer

# Directory of Local Resources

For residents of Rutherford County with  
dementia and their caregivers

By the Alzheimer's Association Mid South Chapter  
Local Advisory Council  
Prepared and published February 2009  
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The Local Advisory Council of the Alzheimer's Association Mid South Chapter recognized a need for linking those suffering from Alzheimer's Disease and other dementias and their caregivers with local resources. Our members and support group leaders heard the plea of Rutherford County caregivers for information about where and how to get help. One of our projects for calendar year 2008 was to develop a Directory of Local Resources for our community. We wish to thank Sandy Bragg for her work in researching, developing and coordinating this directory.

It is hoped that The Directory of Local Resources will be of value to physicians and service providers as well as caregivers seeking resources to assist in the care of persons with Dementia including Alzheimer's Disease. Circumstances and facilities change. If you have corrections, changes, additions or suggestions for the directory please E-mail them to Sandy Bragg at [sandy.bragg@att.net](mailto:sandy.bragg@att.net) or Elberta Dyer, the Caregiver Resource Specialist for the St. Clair Street Senior Center and Alzheimer's Association at [edyer@murfreesborotn.gov](mailto:edyer@murfreesborotn.gov). Our Local Advisory Council's goal is to keep an updated and printable version on line that can be accessed from two web sites. Go to either: <http://www.rutherfordcountyttn.gov/rcwc/index.htm> The *Resources* tab will take you to *The Directory of Local Resources for residents of Rutherford County with dementia and their caregivers*. or <http://www.rutherfordcounty-COA.org>

Please note that the Directory index on the next page has topic several sections that list resources and guide you to the area to consult for your particular need.

The Alzheimer's Association Mid-South Chapter for their use in counseling patients and caregivers is providing a copy of the Directory to local physicians along with other information about the disease. Since the directory will be a dynamic and changing tool, we encourage physicians to access one of these web sites and copy the current updated version for this use or to refer Internet users to these sites.

Introduction

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# Caregiver Resource Information Sources

## Caregiver Resource Center

The Caregiver Resource Center is a partnership between the St. Clair Street Senior Center and the Alzheimer's Association located at the St. Clair Street Senior Center at 325 St. Clair Street in Murfreesboro. The office is open Monday through Friday from 9:30 am to 1:30 pm. The phone number is 848-2550. **For information after hours, please call 1-800-272-3900.** Services include: consultation in person and by phone to provide direction, answer questions, and support those caring for another person; information on and referrals to local agencies offering services to support caregivers as they face the challenges of providing care; educational resources including literature, books and videos; registration for the "Medic Alert + Safe Return Program", and an equipment loaner program. This is a good place to check for information about conferences and training programs related to caregiving and Alzheimer's and other dementias.

## a place for mom

A place for mom is a nation wide service with a local Elder Care Advisor and advocate, Claudia Harris, who can be reached at 893-7516; toll free at 866-355-9430 or by e-mail at [claudiah@aplaceformom.com](mailto:claudiah@aplaceformom.com). Families are provided with free eldercare advice and referrals. Clinical, geographic and financial needs are accessed and families are assisted over the phone in finding and accessing needed services including but not limited to assisted living, retirement living, Alzheimer's care, nursing homes, home care, in home services and residential care homes in Rutherford County or other parts of the country. For more information see <http://www.aplaceformom.com/>. Services are also available for dad.

## Voice Inc.

Voice, Inc is a non-profit organization whose entire purpose is to advocate for those with Medicare by providing information on Medicare and Medicare health plan options, as well as providing advocacy services on behalf of the Medicare beneficiary. Mary Beth Best can be reached at 615-772-4288, [MaryBethBest@myvoiceinc.com](mailto:MaryBethBest@myvoiceinc.com) or [www.myvoiceinc.com](http://www.myvoiceinc.com). Her services are free. She will come to you and discuss your needs and questions and changes in the law like the Medicaid waiver program that may be to your benefit.

## Greater Nashville Regional Council Area Agency on Aging and Disability

Serving Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson,  
Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson Counties

When you need information about home and community-based services for older adults or adults with disabilities call The Aging and Disability Resource Connection at 225-1010. The Council on Aging publishes a Directory of Services for Seniors in the area that is updated every other year and may be obtained at the Council on Aging Office, Public Library or St. Clair Street Caregiver Resource Center for free. For more information call 615-353-4236, Email [info@councilonaging-midtn.org](mailto:info@councilonaging-midtn.org) or check their web site at [www.councilonaging-midtn.org](http://www.councilonaging-midtn.org).

### 211

211 is a free phone number to call to get information about social services help. This agency is sponsored by the United Way and maintains a current list of services available in Rutherford and other Middle Tennessee counties.

## Medic Alert + Safe Return Registration Sites

The Alzheimer's Association's Medic Alert + Safe Return Program is the only nationwide program that assists in identifying and safely returning individuals with Alzheimer's disease and related dementias who wander from caregivers and become lost.

St. Clair Street Senior Citizens Center  
325 St Clair Street  
Murfreesboro, TN 37130  
Contact: Elberta Dyer, Caregiver Resource Specialist  
848-2550

Reeves Sain Medical  
1809 Memorial  
Murfreesboro, TN 37129  
Contact: Lenee Cannon  
896-5864

Azalea Court of Smyrna  
207 Commerce Dr.  
Smyrna, TN355-9900

# Support Groups

Support groups are free and open to any caregiver in our community. They offer education about dementia, information about resources and strategies, and the support of others who are on the same journey who may have hints that will help you and will certainly have an understanding and appreciation of the challenges you face. Leaders are trained by the Alzheimer's Association and are peers or professionals from a local facility. Research shows that caregiving can have a negative impact on the person who is providing care. Elderly spousal caregivers with a history of chronic illness themselves who are experiencing caregiving related stress have a 63 % higher mortality rate than their non-caregiving peers. Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves. Support Groups are a perfect place to get and give support in a confidential setting and have a positive effect in reducing caregiver stress.

Azalea Court  
207 Commerce Drive  
Smyrna, TN 37167  
Bonnie Gluth, 355-9900  
First Tuesday 6:30pm

For Caregivers

NHC Murfreesboro  
420 N University Blvd  
Murfreesboro, TN 37130  
Mary Ann Hood, 893-2602  
Third Thursday 10:30am

For Caregivers

NHC Murfreesboro  
420 N University Blvd  
Murfreesboro, TN 37130  
Tina O'Brian, 292-4983  
Third Thursday 10:30am

For Early Stage Memory  
Loss Patients

NHC Murfreesboro  
420 N University Blvd  
Murfreesboro, TN 37130  
Melinda Vance, 890-2020 ext. 1111  
Second Tuesday 6:30pm

For Caregivers

Community Care of Rutherford County  
901 E. County Farm Road  
Murfreesboro, TN 37127  
Stephanie Benson, 893-2624  
Third Tuesday 5:00pm

For Caregivers

Section 3: Support Groups

## Adult Day Care

Adult day care is available from one half day to seven full days a week in two types of facilities. Adult day care centers have a strong focus on socialization and recreation activities. Many assisted living facilities provide services on a daily basis to those who live at home along with their residents.

Azalea Court Assisted Living  
207 Commerce Drive  
Smyrna, TN 37167  
355-9900

Limited program available Monday through Friday for persons who are continent, and need minimal physical assistance.

Peachtree Center Nursing  
and Rehabilitation  
202 Enon Springs Road, East  
Smyrna, TN 37167  
459-5600

Monday through Friday 8am to 4pm  
For persons who are continent, ambulatory or can self transfer.

Elders First Adult Day Services  
New Vision Baptist Church  
1750 N Thompson Lane  
Murfreesboro, TN  
542-4371

*A day care center*  
Open 8-5 Monday through Friday  
Participants must be continent and able to self transfer if in a wheelchair.  
eldersfirst@dtccom.net

St. Clair Street Senior Center  
325 St. Clair Street  
Murfreesboro, TN 37130  
848-2550

*A day care center*  
Monday through Friday 7:45am to 5:15pm  
Participants must be continent and able to self-transfers if in a wheelchair.

Stones River Manor  
205 Haynes Drive  
Murfreesboro, TN 37129  
893-5617

Available 7 days a week 7am to 5pm in a secure setting. Patients must be ambulatory, and able to get out by themselves. Incontinent patients are accepted.

The Waterford in Smyrna  
10540 Cedar Grove Road  
Smyrna, TN 37167  
223-0005

Opening February 2010  
Available 7 days with flexible hours housed in a secure care unit.  
www.waterfordinsmyrna.com

## Respite Care

Respite Care enables the primary caregiver to have occasional time for rest and relaxation so necessary for his or her health and welfare by providing a time limited safe and therapeutic environment and the care needed by the person with dementia.

Respite Care is available in the following Assisted Living Facilities on a bed available basis:

Azalea Court of Smyrna 355-9900

Broadmore Assisted Living at Murfreesboro 867-9777

Parkview Meadows of Murfreesboro 907-5800

Stones River Manor 893-5617

Sunnington Assisted Living 217-6756

The Waterford in Smyrna 223-0005

TVHS York Campus (Veterans Administration): Contact Social Work Service 867-6000

In home respite care is offered by some of the in home services. Trained staff members can come to your home and allow you to get away for a few hours, a few days, a week or two or simply have some time for a good night's sleep, a nap or some personal time knowing your loved one is being cared for. Please see the next page for a listing of In Home Service providers.

The local Alzheimer's Advisory Council is working with the Alzheimer's Association to begin providing respite services free of charge for our community. This is a pilot program that will be staffed by trained volunteers. We hope to have in home and destination services such as a Night Out for caregivers offered from 6PM-10 PM twice a month. A daycare type environment will be provided allowing caregivers an opportunity to go out to dinner a movie or other activity. Please call the Caregiver Resource Center at 848-2550 for current information.

# In Home Services

A Place for Mom 866-355-9430

Aid 7 Assist At Home, Inc 376-4441 [www.assistathome.net](http://www.assistathome.net)

Allcare Health Services 692-1105

Amedisys Home Health of Murfreesboro 893-0214 also 890-6455

Americare Alliance 298-9866 [www.americarealliance.com](http://www.americarealliance.com)

Apria Healthcare 893-4824

Caresouth Homecare Professionals 895-8383

Comfort Keepers 615-302-5131 [www.comfortkeepers.com](http://www.comfortkeepers.com)

Continuous Care Services 263-4425

CSI Elderly Services 848-0114 [www.elderlyservicesinc.com](http://www.elderlyservicesinc.com)

Family Staffing Solutions of Rutherford County 848-6774 [www.familystaffing.com](http://www.familystaffing.com)

Generations Home Care, Inc. 216-0405 [www.genhomecare.com](http://www.genhomecare.com)

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Griswold Special Care 615-453-5353

Guardian Home Care 615-771-2080

Healthcare Staffers, LLC 467-2855 [www.ccshomehealth.net](http://www.ccshomehealth.net)

Home Care Solutions 893-8339

Home Health Care of Middle Tennessee 867-4007

Home Instead Senior Care 867-2205

Intrepid USA Home Health Services 895-2780

Lighthouse Homecare 904-8730

Medi Home Private Care 615-444-4978

Middle Tennessee Home Care 346-5512

NHC Healthcare Inc. 893-0629

NHC HomeCare 896-2300

Right at Home 472-1317

ResCare Home Care 367-2990

Suncrest Home Health 893-7850

Senior Helpers 591-7007

Sitters, etc. 373-3133

TVHS York Campus (Veterans Administration): Contact Social Work Service 867-6000

Whole Care Connections, Inc 298-9201 or [ssmathews@comcast.net](mailto:ssmathews@comcast.net) or [www.WholeCareConnections.com](http://www.WholeCareConnections.com)

# Hospice Services

Hospice is not a place. It is a concept of care focused upon the comfort and dignity of the patient and providing services to support the patient and family, emotionally and spiritually. It can be provided at home, in an assisted living facility, in a nursing home, or a unit within a hospital or a separate facility. Patients referred for hospice care usually have a live expectancy of six months or less but may stay longer after a re-evaluation. Dementia patients are screened based on functional abilities. Hospice does not prolong life nor hasten death. The goal of hospice is to improve the quality of life.

Alive Hospice, Inc. 800-327-1085 [www.alivehospice.org](http://www.alivehospice.org)

Caris Healthcare 217-8720 <http://www.carishealthcare.com/>

Willowbrook Home Health Care, Inc. 848-0254 [www.willowbrookhealth.com](http://www.willowbrookhealth.com)

TVHS York Campus (Veterans Administration): Contact Social Work Service 867-6000

## Assisted Living Facilities

State Law requires that all persons living in an assisted living facility be able to exit the building by themselves within thirteen minutes. The atmosphere is home-like with a common dining room and recreation facilities. The bedrooms are usually personalized with the resident's personal furniture and belongings. Laundry service is provided. Based on the needs of the resident several levels of assisted care are provided; one example is medication monitoring or delivery.

Adams Place  
127 Memorial Blvd.  
Murfreesboro, TN  
904-2449

An eight bed facility  
Secure Care Unit Available  
[www.adamsplace.org](http://www.adamsplace.org)

Azalea Court of Smyrna  
207 Commerce Dr.  
Smyrna, TN  
355-9900

A 21 bed unit facility  
A secure care unit will soon be available.

Broadmore Assisted Living  
3211 Memorial Blvd.  
Murfreesboro, TN  
867-9777

Secure Care Unit Available

Parkview Meadows of Murfreesboro  
240 E MTCS Blvd.  
Murfreesboro, TN  
907-5800

Stones River Manor  
205 Haynes Drive  
Murfreesboro, TN 37129  
893-5617

Secure Care Unit Available

Sunnington Assisted Living  
1658 Lascassas Pike  
Murfreesboro, TN  
217-6756

Secure Care Unit Available

The Waterford in Smyrna  
10540 Cedar Grove Road  
Smyrna, TN 37167  
223-0005

A 28 bed facility with secure care unit available  
[www.waterfordinsmyrna.com](http://www.waterfordinsmyrna.com)

# Nursing Homes

Adams Place  
127 Memorial Blvd  
Murfreesboro, TN  
904-9111  
[www.adamsplace.org](http://www.adamsplace.org)

Boulevard Terrace Rehabilitation and Nursing Center  
1530 Middle Tennessee Blvd.  
Murfreesboro, TN  
895-4506

Community Care of Rutherford County  
901 E. County Farm Road  
Murfreesboro, TN 37127  
893-2624

Mayfield Rehab and Special Care  
2000 Mayfield Dr.  
Smyrna, TN  
355-0350

NHC Healthcare  
420 N University St.  
Murfreesboro, TN  
893-2602

Northside Health Center  
202 E MTCS RD  
Murfreesboro, TN  
849-8748

Peachtree Center Nursing and Rehabilitation  
202 Enon Springs Rd East  
Smyrna, TN  
459-5600

## Nursing Homes (Continued)

Tennessee State Veterans Home  
345 Compton Road  
Murfreesboro, TN  
895-8850

Woodbury Nursing Center  
119 W High Street  
Woodbury, TN 37190  
615-563-5939

TVHS York Campus Community Living Centers (Veterans Administration)  
3400 Lebanon Rd  
Murfreesboro, TN 37130  
867-6000

# Specialty Physicians

Specialty physicians have advanced training supervision and experience and national certification in specialized medical practice above and beyond that of a general practitioner. In addition to those listed below the local Alzheimer's Association (292-4938) will have a current list of others in the Nashville area.

## Adult and Geriatric Psychiatry

Mid-South Psychiatric Associates  
Ravi Singh, MD and Ahmed I. Farooque, MD  
1830 Heritage Park Plaza  
Murfreesboro, TN  
895-8104

Sabitha Hudek, MD  
Stones River Hospital Specialty Clinic  
310 Doolittle Rd  
Woodbury, TN 37190  
563-7216

William M Petrie, MD  
Psychiatric Consultants, P.C.  
2014 Quail Hollow Circle  
Franklin, TN 37067  
(615) 897-4024

## Neurology

John C Witt, MD  
Murfreesboro Medical Clinic, Department of Neurology  
1004 Highland Ave  
Murfreesboro, TN 37130  
867-8090 893-4480

Center for Neurological Treatment and Research  
515 Stonecrest Parkway  
Smyrna, TN  
355-5510

## Geriatric Medicine

Arundati Ramesh, MD  
Murfreesboro Medical Clinic  
1004 Highland Ave  
Murfreesboro, TN:.

Section 10: Specialty Physicians

# Caregiver Counseling Services

Caregivers are faced with seeing and dealing with the daily and progressive losses in their loved one's functioning. This often has a devastating effect on the caregiver and can precipitate grieving, anxiety, depression and/or spiritual dilemmas, needs, questions or searching. These signs of caregiver stress can lead to devastating physical, emotional effects. Help is available through support groups listed in Section 3 and individual counseling and direction as listed below.

## Grief Counseling:

Barkley and Associates  
509 Crossway Ave  
Murfreesboro, TN 37120  
895-3977

Pastoral Counseling Center of Murfreesboro  
129 East Main Street  
Murfreesboro, TN 37130  
904-8624

Jerry Redditt, LCSW  
1850 Memorial Blvd., Suite 202  
Murfreesboro, TN 37130  
354-8700  
[JerryReditt@bellsouth.net](mailto:JerryReditt@bellsouth.net)

## Anxiety and/or Depression Counseling Services:

Barkley and Associates  
509 Crossway Ave  
Murfreesboro, TN 37120  
895-3977

The Guidance Center  
Several Rutherford County sites  
895-6051

## Anxiety and/or Depression Counseling Services (Continued):

Pastoral Counseling Center of Murfreesboro  
129 East Main Street  
Murfreesboro, TN 37130

Riverside Reflections  
352 West Northfield Blvd.  
Murfreesboro, TN 37129  
895-6977

## Spiritual Direction:

Jerry Redditt, LCSW  
1850 Memorial Blvd., Suite 202  
Murfreesboro, TN 37130  
354-8700  
[JerryReditt@bellsouth.net](mailto:JerryReditt@bellsouth.net)

# Geriatric and Mental Health Services and Facilities

## Geriatric and Mental Health Clinics

TVHS York Campus (Veterans Administration)  
3400 Lebanon Rd.  
Murfreesboro, TN  
867-6000

## Mental Health Services

Riverside Reflections  
352 West Northfield Blvd.  
Murfreesboro, TN 37129  
895-6977

TVHS York Campus (Veterans Administration)  
3400 Lebanon Pike  
Murfreesboro, TN  
867-6000

## Mental Health Facilities

Riverside at Stones River Hospital  
324 Doolittle Road  
Woodbury, TN 37190  
563-4001

Parthenon Pavilion at Centennial Medical Center  
2401 Parman Place  
Nashville, TN 37203  
800-724-2345 or 615-342-1450  
[www.parthenonpavilion.com](http://www.parthenonpavilion.com)

TVHS York Campus (Veterans Administration)  
3400 Lebanon Highway  
Murfreesboro, TN 37129  
867-6000 or 1-800-875-4240

Rolling Hills Hospital  
2014 Quail Hollow Circle  
Franklin, TN 37067  
1-800-832-0388

# Elder Law Attorneys

According to the National Association of Elder Law Attorneys, [www.naela.org](http://www.naela.org), "Elder Law" is the legal practice of counseling and representing older persons and their representatives about the legal aspects of health and long-term care planning, public benefits, surrogate decision-making, older persons' legal capacity, the conservation, disposition and administration of older persons' estates and the implementation of their decisions concerning such matters, giving due consideration to the applicable tax consequences of the action, or the need for more sophisticated tax expertise.

In addition, attorneys certified in elder law must be capable of recognizing issues of concern that arise during counseling and representation of older persons, or their representatives, with respect to abuse, neglect, or exploitation of the older person, insurance, housing, long-term care, employment, and retirement. The certified elder law attorney must also be familiar with professional and non-legal resources and services publicly and privately available to meet the needs of the older persons, and be capable of recognizing the professional conduct and ethical issues that arise during representation.

There are two Elder Law Attorneys certified by the National Elder Law Foundation within 50 miles of Murfreesboro. They are:

Colleen MacLean, Attorney at Law  
PO Box 12439  
Nashville, TN 37122  
Phone: (615) 726-1614  
Email: comaclean@aol.com

Elder Law Practice of Timothy L. Takacs  
210 Walton Ferry Road  
P.O. Box 364  
Hendersonville, TN 37077-0364  
(615) 824-2571

## Incontinence and self help care supplies

Incontinence can be managed at home but for those who have not dealt with it, it can seem overwhelming. When you are prepared and have the necessary supplies it becomes manageable.

It helps to remember that the person with dementia may forget to go to the bathroom or may forget how to find or to use the bathroom. Considering these three possibilities you may wish to set up a schedule that allows you or another caregiver to take him/her to the bathroom at least every two hours. You are cueing the person to what is needed, showing the way (come on I'll go with you) and you will then be there to remind and or assist with the process. Sometimes they forget to pull their pants down before sitting down, sometimes they forget to wipe and they may have trouble reassembling their clothing. You are there to remind and assist if needed. As time goes by more and more help will be needed. Eventually your loved one will no longer be able to control his/her urine and will soil clothes. They will still probably have bowel control for a good time.

At the stage when toileting becomes an issue a wardrobe change is in order. If you have not already started using sweat or leisure suits with elastic waist pull up pants it is time. They are much easier to manage and both of you will appreciate them. Plus they can be mixed and matched and easily laundered. You will find them at Sam's, Wal-Mart, Target, K-mart, etc. Slip on shoes like loafers help when a change is necessary, or you can use rubber ties in tennis shoes and make them slip-ons. You can find them at a specialty shoe or foot care store like Charlie's Foot Care.

Now for setting up the house to be convenient for both of you: Check Bed Bath and Beyond for waterproof mattress pads. The pillowed type with a layer of plastic next to the mattress and cotton next to the sheet is comfortable and serviceable. It is helpful to have two so when a change is necessary there is one available while the other is laundered. Medical Supply Stores like Reeves Sain have washable protective pads that can be used on chairs, sofas, car seats and beds. They make life so much easier. While you are at the medical supply store ask for an odor/stain remover. They should have one in a spray bottle and it is great for clean-ups. Disposable protective pads are also available. One bag can last a couple of years. You can find protective/disposable underwear on the diaper aisles of most large grocery stores, as well as Wal-Mart, Target and K-Mart. They come in a variety of sizes and styles. Purchasing in bulk at Sam's can save money and time.

To make your bathroom safe and convenient, you might consider having grab bars mounted for extra support getting in and out of the tub and on and off the commode. These can be found at Lowes and Home Depot. It is helpful to have the following supplies available: A box of medium or large garbage can liners, a box of baby wipes, extra toilet paper, a package of disposable underwear, and a box of disposable gloves and a box of sanitary wipes for the commode or spills.

Bathing is made safer and easier with the use of an anti slip mat, a shower bench, a hand held shower head and grab bars All of these can be purchased at a home improvement store like Lowe's or Home Depot.

Keep up with receipts for these safety, comfort and convenience items. They are tax deductible as medical expenses and they add up enough to help at Income Tax time if you itemize.

## Education

The St. Clair Street Senior Center and Alzheimer's Association Caregiver's Resource Center has a variety of audio visual, and written material to help families and caregivers understand the disease process, diagnosis, signs and symptoms, stages and care issues of dementia.

The St. Clair Street Senior Center and Alzheimer's Association Caregiver's Resource Center provides a monthly "Lunch and Learn" for caregivers on a variety of topics.

The St. Clair Street Senior Center sponsors an annual Baby Boomers Seminar that focuses on a caregiving issue and is open to all caregivers in the community.

The Rutherford County Council on Aging meets at the St. Clair Street Senior Center the third Friday of the month at 12 Noon and presents topics of interest to elders and caregivers. Membership is open to any interested community member for a small annual fee. The COA is also a good place to meet representatives of local agencies that provide services for the elderly. For more information go to <http://www.rutherfordcounty-COA.org> or email the Rutherford County Council on Aging at [rccoa.info@gmail.com](mailto:rccoa.info@gmail.com)

Call 848-2550 for dates and specific information regarding any of the above educational resources.