



*Providing support and inspiration to
people living with chronic illness
or disability*

Home Health Care Services

Interim HomeStyle
605 W. Edison Road, Suite H
Mishawaka, IN 46545
(574) 252-5186
www.Interimhealthcare.com/

Memorial Home Care
17390 Douglas Road
South Bend, IN 46635
(574) 273-care
800-874-0990

www.memorialhomecaregallery.com

Alick's Home Medical
17187 SR 23
South Bend, IN 46635 or
Phone: 574-273-6000
1612 W Lexington Ave
Elkhart, IN 46514-1942
(574) 522-2273
www.alicks.com

Insurance:

Page1Benefits

Pat Griffey
4404 Technology Drive
South Bend, IN 46628
574-217-4111
800-736-0504

www.page1benefits.com

Physical Therapy:

Dr. Pat Case
Active Health Wellness Center
3027 Mishawaka Ave
South Bend, IN
Phone: 574-259-9455
www.ActiveHealthCenter.com

Corrective Care
3555 Park Place West, Suite 200
Mishawaka, IN 46545
Phone: 574-271-8646
www.correctivecare.com

McDonald Physical Therapy
1005 North Hickory Rd - South Bend, IN 46615
Phone: 574-233-5754 |
fax: 574-233-7406
www.mcdonaldpt.com

Nutrition

Cindy Cohen, RN
(574) 210-3958
800-245-8917
www.YourHealthConnect.net

Rose Quest Nutrition
410 Lincoln Way East
Mishawaka, IN 46544
574-250-5653

Deloris Carol's House of Herbs & Health Foods
23631 US Hwy 33
Elkhart, IN
Phone: 574-875-7988

Down to Earth
14678 SR 23
Granger, IN 46530
Phone: 574-271-1497

Healthy By Nature
2609 Greenleaf Blvd.
Elkhart, IN
Phone: 574-264-9960

Exercise

Shakti Yogo Studio
Machelle Lee
www.shaktiyogastudio.org

Dhanewantari Center for Yoga & Well Being
117 S. Michigan St.
South Bend, IN 46601
Phone: 288-9642

Memorial Health & Lifestyle
111 W. Jefferson
South Bend, IN 46601
Phone: 674-2650

Massage Therapy:

Kathleen Horvath, C.L.M.T
By Appointment Only
574-273-4729

Pain Management

Preventive Medicine, P.C.
212 W. Edison Rd.
Mishawaka, IN 46545
574-254-1621

www.preventivemedicinepc.com

Pain Management Center
600 E. Blvd.
Elkhat, IN
Phone: 523-3232

Pain Management Group
4455 Edison lakes Parkway
Mishawaka, IN 46545
Phone: 574-251-0498

Psychologists

Dealing w/Chronic Illness

Dr. Paul Macellari
229 Red Coach Drive
Mishawaka, IN 46545
Phone: 574-254-9200

Dr. Timothy Onkka
150 Angela Blvd.
South Bend, IN
Phone: 574-232-5237

Reflexology & Muscle Therapy:

Mary Beth McGrath
Muscle Therapy Center
700 E. Beardsley, Suite 11A
Elkhart, IN 46514
(574) 266-8181

Muscle Therapy Center
700 E. Beardsley, Suite 11A
Elkhart, IN 46514
Phone: 574-266-8181

Supplements

Juice Plus
Sue Loughridge
Certified Health Coach
Phone: 574-272-9241
1-800-942-1260
www.jp4healthinsurance.com

The Vitamin Shoppe
5724 Grape Rd
Mishawaka, IN 46545-1247
(574) 277-3432 www.vitaminshoppe.com

National Information Foundations

National Institute of Neurological Disorders and Stroke
www.ninds.nih.gov

The American Academy of Neurology's patient Web site has great information about neurological conditions, including stroke:
www.TheBrainMatters.org

Alzheimer's Disease

Alzheimer's Foundation of America
www.Alzfdn.org
1-866-232-8484

Alzheimer's Disease Education and Referral Center
www.alzheimers.org
1-800-438-4380

Autism

Autism Society of America
www.autism-society.org
1-800-3AUTISM

Global and Regional Asperger Syndrome Partnership
www.grasp.org
1-888-474-7277

Cerebral Palsy

United Cerebral Palsy

www.ucp.org

1-800-872-5827

Dystonia

Dystonia Foundation

www.dystonia-foundation.org

1-888-445-4588

Epilepsy

Citizens United for Research Epilepsy

www.CUREpilepsy.org

1-312-255-1801

Epilepsy Foundation

www.epilepsyfoundation.org

1-800-332-1000

Headache/Migraine

National Headache Foundation

www.headaches.org

1-888-643-5552

Migraine Research Fdn.

www.migraineresearchfoundation.org

1-212-249-5402

Heart Disease

American Heart Association

www.americanheart.org

1-800-242-8721

Huntington's Disease

Hereditary Disease Foundation

www.hdfoundation.org

1-212-928-2121

Huntington Disease Society

Of America

www.hdsa.org

1-800-345-4372

Lupus

Lupus Foundation of America

www.lupus.org

1-800-948-8806

Multiple Sclerosis

National Multiple Sclerosis Foundation

Local Contact: Mindy Sparling

574-299-1004

www.nationalMSSociety.org

MSFriends

www.msfriends.org

1-877-MSFRIENDS

Multiple Sclerosis Foundation

www.Msfocus.org

1-800-225-6495

Stroke

National Stroke Association

www.stroke.org

1-800-787-6537

Myasthenia Gravis

Myasthenia Gravis Foundation of America

www.myasthenia.org

1-800-541-5454

Neuromuscular Diseases

ALS Association

www.alsa.org

1-800-782-4747

Muscular Dystrophy Assoc.

www.mda.org

1-800-344-4863

National Information Cont.

Neuropathy Association

www.neuropathy.org

1-212-692-0662

Pain

American Pain Foundation

www.painfoundation.org

1-888-615-7246

National Foundation for Treatment of Pain

www.paincare.org

1-713-862-9332

Parkinson's Disease

American Parkinson Disease Association

www.apdaparkinson.org

1-800-223-2732

Michael J. Fox Foundation
For Parkinson's Research

www.michaeljfox.org

1-800-708-7644

National Ataxia Foundation

www.ataxia.org

1-763-553-0020

National Parkinson Foundation

www.parkinson.org

1-800-327-4545