



2022

# Healthcare Directory

*A comprehensive guide to healthcare services in Blount County*

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# 2022 Healthcare Directory

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### **Questions to ask when your doctor prescribes a new medicine**

Prescription drugs prolong lives and help people manage conditions that might otherwise make it difficult to live life to the fullest. The National Institute on Aging advises people to ask their physicians these questions when being prescribed a new medicine.

- What is the name of the medicine, and why am I taking it?
- If the prescription instructions say the medicine must be taken "four times a day," does that mean four times in 24 hours or four times during the daytime?
- Should I take the medicine on its own or with food? Should I avoid certain foods and beverages when taking this medicine?
- How long will it take this medicine to work?
- Will this medicine cause problems if I am taking other medicines?
- Can I safely operate a motor vehicle while taking this medication?
- When should I stop taking the medicine?
- What should I do if I forget to take my medicine?
- Can I expect any side effects? What should I do if I have a problem?



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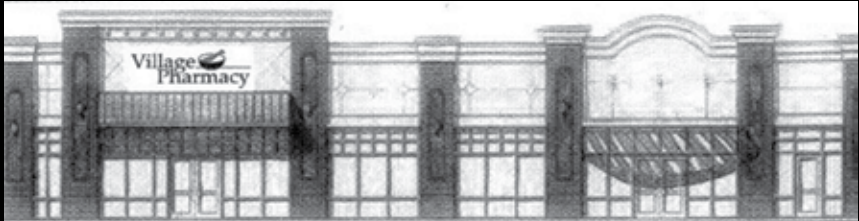
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865.268.4265  
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**Walgreens Healthcare Clinic**  
865.982.2463  
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## Senior Living Centers

**Asbury Place**

865.984.1660  
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Maryville

**Brookdale Brown's Creek**

865.984.3030  
1869 Crest Rd.  
Maryville

**Brookdale Sandy Springs**

865.681.1300  
511 Pearson Springs Rd.  
Maryville

**Clover Hill Senior Living**

865.273.0175  
2317 US-411  
Maryville

**Garden's Residential Senior Living**

865.995.8037  
524 Ivey Vine Dr.  
Maryville

**Morning View Village**

865.980.6000  
2304 E. Lamar Alexander Pkwy.  
Maryville

**Liberty Assisted Living**

865.984.7047  
312 McMaster Pl.  
Maryville

**Life Care Center**

865.984.3146  
1965 Stewart Ln.  
Louisville

**Parkview Senior Living**

865.980.8810  
1413 W. Broadway Ave.  
Maryville

**Quality Care Assisted Living**

865.980.9806  
3917 Miser Station Rd.  
Louisville

**Shannondale**

865.982.4599  
804 Shannondale Way  
Maryville

## Senior Care Services

**Blount Senior Care**

865.980.5200  
252 Cherokee Professional Plaza  
Maryville

**Home Instead**

865.273.2178  
521 W. Lamar Alexander Pkwy.  
Maryville

# Community Resources

AARP .....	865.981.9674
Al-Anon/Alateen .....	865.525.9040
Alcoholics Anonymous Hotline.....	865.522.9667
Alzheimer’s Assoc. ....	865.544.6288
American Cancer Society.....	865.584.1668
American Diabetes Assoc. ....	865.524.7868
American Heart & Stroke Assoc. ....	865.212.6500
American Lung Assoc. ....	800.586.4872
American Red Cross.....	865.983.0821
Amputee Coalition of America.....	865.524.8772
Arthritis Foundation.....	865.470.7909
Blount Co. Office on Aging .....	865.983.8411
Blount Co. Health Department.....	865.983.4582
Blount Co. Dept. Veterans Affairs .....	865.273.5760
Blount Co. Domestic Violence.....	865.273.5116
Blount Memorial Health Line .....	865.981.3983
Blount Memorial Lifeline.....	865.981.2160
CASA.....	865.273.5993
Cerebral Palsy Center.....	865.523.0491
Cherokee Health Systems.....	865.273.1616
COMPASSION Counseling .....	865.724.2325
CONTACT Care Line.....	865.584.4424
Cornerstone of Recovery .....	865.970.7747
Cystic Fibrosis Foundation .....	865.583.0355
Dept. of Children’s Services.....	877.327.5437
Dept. of Human Services .....	865.981.2350
Douglas Cooperative.....	865.983.5522
East TN Kidney Foundation.....	865.288.7351
Epilepsy Foundation/East TN.....	865.522.4991
Haven House (Domestic Violence) .....	865.982.1087
Legal Aid of East TN Blount County .....	865.981.1818
Lupus Foundation .....	877.865.8787
March of Dimes.....	865.694.6003
Maryville Housing Authority .....	865.983.4958
Maryville Lions Club.....	865.305.9625
Mental Health Assoc. of East TN .....	865.584.9125
Muscular Dystrophy Assoc.....	865.588.1632
National Down Syndrome Society.....	800.221.4602
New Hope Children’s Advocacy Center.....	865.981.2000
Pregnancy Resource Center.....	865.977.8378
Senior Citizens Home Assistance.....	865.983.4710
Shriners.....	865.573.1901
Smoky Mtn. Meals on Wheels.....	865.983.8411
Social Security Administration.....	866.331.9091
Spina Bifida Assoc.....	800.621.3141
Teen Challenge .....	865.546.8933
Tennessee Poison Center.....	800.222.1222
United Way .....	865.982.2251

**Aspirin, ibuprofen, or acetaminophen?  
What's the difference...**

**Aspirin**

Aspirin is a nonsteroidal anti-inflammatory drug (NSAID). Aspirin is most often used to relieve minor pain, fever and inflammation, and it is used in the prevention of heart disease. Use with caution if you have the following conditions: bleeding disorders, such as hemophilia, uncontrolled high blood pressure, asthma, peptic or stomach ulcers, liver or kidney disease.

**Acetaminophen**

Acetaminophen is in a class of medications called analgesics (pain relievers) and antipyretics (fever reducers). It works by changing the way the body senses pain and by cooling the body, but it lacks NSAID's anti-inflammatory effect. It can relieve the pain caused by inflammation, but it can't reduce the inflammation itself. Consuming alcohol is NOT recommended when taking acetaminophen in any amount because the liver becomes more susceptible to damage.

**Ibuprofen**

Ibuprofen is also a nonsteroidal anti-inflammatory drug (NSAID). However, ibuprofen is a happy medium on the "stomach-upset scale" between aspirin (more irritating) and acetaminophen (less irritating).

*Always read the dosage instruction on over-the-counter medications and consult your doctor if you have questions.*



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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Email \_\_\_\_\_

Doctor Name \_\_\_\_\_

Doctor Phone Number \_\_\_\_\_

Insurance Carrier \_\_\_\_\_

ID \_\_\_\_\_ Group \_\_\_\_\_

Medical Issues \_\_\_\_\_

\_\_\_\_\_

## Medications

Medicine	Dosage	Frequency
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## In case of Emergency

Contact 1 \_\_\_\_\_ Contact 2 \_\_\_\_\_

Relationship \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

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