UNIVERSITY OF LOUISVILLE
School of Medicine · Family Medicine Clerkship

Staying Warm & Safe This Winter

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St. Benedict’s Women & Family Services, Owensboro · November 25, 2026

UNIVERSITY OF LOUISVILLE
SCHOOL OF MEDICINE

LET'S START WITH YOU

What's helped you stay warm on the coldest days?

You're the experts here. I'm here to listen and share what I can.

WHITE FLAG NIGHTS IN OWENSBORO

When it’s dangerously cold, there’s a warm bed

32°F

or colder, counting wind chill, is a White Flag night. Season runs Nov. 1 to March 31.

6 PM–7 AM

Daniel Pitino Shelter, 501 Walnut St. Open to men, women & children. 270-688-9000

Free bus

Owensboro Transit, Mon–Fri 4–6 PM on White Flag nights. Tell the driver you’re going to White Flag.

Have a pet? Last winter, pets could stay overnight in a heated space on White Flag nights. Ask staff if it’s running this year.

Not sure if it’s on tonight? Call or text 211, or call the shelter at 270-688-9000.

STAYING WARM & DRY

Wet is the enemy. Dry keeps you warm.

1

Layers beat one big coat

Several thin layers trap heat. Take one off before you sweat from walking.

2

Cover head, hands & feet

A hat, gloves and a scarf over your nose and ears keep in a lot of heat.

3

Keep spare socks dry

Carry a pair in a plastic bag in your backpack. Swap as soon as your feet get damp.

4

Change wet clothes fast

Wet cotton, like jeans and sweatshirts, pulls heat from your body. Dry clothes first.

KNOW THE DANGER SIGNS

Frostbite & hypothermia

Frostbite

SIGNS

- Numb fingers, toes, ears or nose
- Skin turns white, gray or waxy

WHAT TO DO

- Warm slowly: armpits or warm, not hot, water
- Don’t rub it or hold it to a fire or heater

Hypothermia

SIGNS

- Hard shivering, clumsy hands
- Confused, slurred speech, very sleepy

WHAT TO DO

- Get inside and out of wet clothes
- Warm the chest first with blankets

Confused, very sleepy, or shivering suddenly stops? Call 911. You won’t be in trouble for calling.

FOOD & WATER

Your body burns more fuel in the cold

Eat a little, often

Walking all day in the cold burns extra calories. Snacks that need no stove or fridge:

- Peanut butter, nuts, trail mix
- Granola or protein bars
- Pop-top tuna, beans or soup

Drink water through the day

Cold air dries you out, even when you don’t feel thirsty.

- Warm soup, tea or coffee help too
- Alcohol feels warm but lets body heat escape faster, so on cold nights, stay inside or with someone

HELP IN OWENSBORO · 1 OF 5

A safe place to sleep

Daniel Pitino Shelter

Single women & families. White Flag site for everyone.

501 Walnut St.

270-688-9000

CrossRoads Shelter

Women & children, overnight 7 PM–6:30 AM

1631 Breckenridge St.

270-240-2773

My Sister's Keeper

Overnight shelter for women & children

2820 W. 4th St.

270-925-3032

St. Benedict's Day Shelter

Women & families, Mon–Fri 8 AM–noon

905 Hickman Ave.

270-541-1003

St. Gerard Maternal Home

Free housing for pregnant women 18+. Stay up to 3 months after birth.

270-216-5910

Need a bed tonight?

211 can tell you which shelters have open beds

Call or text 211

Sources: The Center Resource Directory (Nov. 13, 2026); St. Benedict's; Diocese of Owensboro. Call ahead: beds and hours change.

HELP IN OWENSBORO · 2 OF 5

Food, clothes & everyday needs

Free hot meals

Churches serve a meal almost every day. Feeding Owensboro on Facebook posts the calendar.

Or call 211

Third Baptist Church

Evening meals & a Blessing Box. Thursdays: showers & daytime rest. Across from the bus station.

270-683-0269

Help Office

Food pantry Mon, Tue, Thu, Fri 9 AM–noon. Clothes, too.

1316 W. 4th St.

270-685-4971

Salvation Army

Food pantry Tue & Thu (bring ID). Clothing help.

Ewing Rd.

270-685-5576

St. Vincent de Paul

Help with basic needs and bills

1205 W. 9th St.

270-683-0062

First Christian Church

Food pantry Mon–Thu, 9–noon & 1–3 PM

700 J.R. Miller Blvd.

270-684-8879

Sources: The Center Resource Directory (Nov. 2026); Owensboro Health Community Engagement; Owensboro Times. Some pantries ask for ID: call first.

HELP IN OWENSBORO · 3 OF 5

Health care, even without insurance

Audubon Community Care Clinic

Health care for people without stable housing. Insurance or not; fees based on income. A clinic is inside the Pitino Shelter.

270-686-6040

Health First Clinic

Doctor visits & counseling. Uninsured welcome; fees based on income. Walk-ins OK.

2816 Veach Rd., Suite 205

270-926-9821

Health Department

Shots, including flu, & public health services

1501 Breckenridge St.

270-686-7747

Community Dental Clinic

Dental care for low-income families. Help Office has dental vouchers.

2811 New Hartford Rd.

270-691-6205

Free glasses

Audubon Area Community Services. Need an eye exam from the past year.

1800 W. 4th St.

270-852-6506

Medicaid & SNAP

Apply for a medical card and food benefits (DCBS)

3649 Wathen’s Crossing

855-306-8959

Sources: The Center Resource Directory (Nov. 2026); Owensboro Times; HRSA health center listings. Emergency? Call 911 or go to the ER; they treat everyone.

Safety, support & someone to talk to

OASIS

Confidential shelter & help if you're not safe at home or with a partner

270-685-0260

New Beginnings

Sexual assault support. Free & confidential counseling. Office: 270-926-7278

24-hour crisis line:

1-800-226-7273

988 Crisis Line

Free, 24/7, for any emotional crisis. Veterans: press 1.

Call or text 988

RiverValley Behavioral Health

Mental health & substance use care

1100 Walnut St.

270-689-6500

The Gathering Pointe

Drop-in recovery center, peer support. Daily 8 AM–8 PM, walk-ins welcome.

400 E. 4th St.

270-632-0622

Heart & Soul Sisters

Women's support group, snacks provided. 1st & 3rd Mondays, 1 PM.

At The Gathering Pointe

All women welcome

Sources: The Center Resource Directory (Nov. 2026); RiverValley Behavioral Health; KY Assoc. of Sexual Assault Programs. In danger right now? Call 911.

HELP IN OWENSBORO · 5 OF 5

Housing, work & getting back on your feet

Welcome House

Housing help, rent & utility help, case management

400 Crabtree Ave.

270-938-5309

Housing Authority

Public & affordable housing. Ask about the waitlist.

2161 E. 19th St., Suite A

270-683-5365

Kentucky Career Center

Free job search, résumés & training help

3108 Fairview Dr.

270-687-7297

Kentucky Legal Aid

Free civil legal help: housing, benefits, family

117 W. 2nd St.

270-683-4585

Free phone (Lifeline)

Free or low-cost phone service if you get Medicaid or SNAP

Ask 211 how to apply

Free bus passes

Matthew’s Table. 2nd Saturday of each month, 10 AM.

100 W. 23rd St.

270-483-3086

Source: The Center Resource Directory, Nov. 13, 2026. Free GED: KCTCS SkillTrain, 270-686-4454 · Free notary: Daviess County Public Library

STAY WARM, OWENSBORO

Thank you!

Questions? Stories? Anything I missed that would help others?

Not sure where to go? Call or text 211, any time.

You know your situation best. These are options, not orders. Take what helps.

TAKE A PHOTO OF THIS SLIDE

Owensboro help numbers

SHELTER & WARMTH

Any resource: call/text **211**

White Flag / Pitino **270-688-9000**

CrossRoads **270-240-2773**

My Sister's Keeper **270-925-3032**

St. Benedict's **270-541-1003**

St. Gerard (pregnant) **270-216-5910**

FOOD & EVERYDAY NEEDS

Help Office **270-685-4971**

Salvation Army **270-685-5576**

Third Baptist **270-683-0269**

St. Vincent de Paul **270-683-0062**

First Christian pantry **270-684-8879**

HEALTH CARE

Audubon Care Clinic **270-686-6040**

Health First **270-926-9821**

Health Department **270-686-7747**

Community Dental **270-691-6205**

Free glasses **270-852-6506**

Medicaid & SNAP **855-306-8959**

SAFETY & SUPPORT

Emergency **911**

Crisis line, call/text **988**

OASIS (not safe at home) **270-685-0260**

New Beginnings, 24 hr **1-800-226-7273**

RiverValley **270-689-6500**

NEXT STEPS

Welcome House **270-938-5309**

Housing Authority **270-683-5365**

KY Career Center **270-687-7297**

KY Legal Aid **270-683-4585**

Free bus passes **270-483-3086**

Free GED **270-686-4454**

MORE SUPPORT

Gathering Pointe **270-632-0622**

Veterans: VA Clinic **270-684-5034**

Veterans crisis: **988, press 1**

Call ahead: hours and openings change. Sources: The Center Resource Directory (Nov. 2026) and the organizations listed.