

● Mental Health

VayaHealth (Geriatric Adult Mental Health Specialty Team), 759-2160

Access to Care, 1-800-849-6127

RHA Mobile Crisis, 1-888-573-1006 (24/7 assistance)

RHA Health Services, Inc., 1-888-646-0188

● Recreation/Fitness/Wellness

Lenoir Aquatic & Fitness Center, 757-2196

Quest 4 Life Wellness Center, 758-8753

Lenoir Parks & Recreation Dept., 757-2165

Martin Luther King Jr. Center, 757-2170

Caldwell Senior Center, 758-2883

Granite Falls Recreation Center, 396-1221

Hudson Recreation Department, 726-6305

Unifour Senior Games, 324-1200 (April-May)

Caldwell Pathways, www.caldwellcountypathways.com

Chamber of Commerce, 726-0616

● Transportation

Transportation to or from medical appointments or other necessary routes

Blue Ridge Transit LLC, 212-1818

Greenway Transit, 464-9444

Lakeview Transit LLC, 569-2795

Premier Transportation, 446-5418

Specialized Transportation, 438-0447

● Veteran's Services

Veteran's Service Office in Lenoir, 757-1345

Veteran's Clinic in Hickory, 431-5600

Veteran's Medical Center in Asheville, 828-298-7911

Veteran's Salisbury Facility, 704-638-9000

● Vision Services

Helps those who are blind or visually impaired by providing classes, advocacy and support

Dept. of Social Services, Michelle Pennell, 426-8316

N.C. Services for the Blind, 1-800-422-0373

● Volunteer Opportunities

Contact Caldwell Senior Center for a list, 758-2883

Information and Assistance for Older Adults (age 60+) is a service that links older adults, families, caregivers and loved ones to appropriate resources. **The Caldwell Senior Center respects the privacy of individuals and keeps all information exchanged confidential.**



650-A Pennton Ave.

PO Box 933

Lenoir, NC 28645

Voluntary contributions to the Information and Assistance Program help extend services to more seniors. Donations are graciously accepted.

For additional copies of this brochure, contact Ingrid Farrar at Information & Assistance (828) 757-8635 or ingrid@caldwellseniorcenter.org



Participating Agency

Don't Know Where To Turn?



{ (828) 757-8635 }

Information & Assistance For Older Adults in Caldwell County operates Monday—Friday 9:00am—5:00pm.

To access this brochure online go to: www.caldwellseniorcenter.org

Updated February 2019

● **Adult Protective Services/Abuse**

Investigation into allegations of abuse, neglect, exploitation and interventions in substantiated cases.
Department of Social Services, **426-8288**

● **Alzheimer's Services**

Information, education and support
Alzheimer's **24-hr HelpLine, 1-800-272-3900**
Project CARE (Caregiver Alternatives to Running on Empty), **485-4267**
Specialized Respite Program, Asheville, NC, **828-259-6900**

● **Caregiver Programs**

Family Caregiver Specialist at WPCOG Area Agency on Aging, Mary Mitchell, **485-4256**
Grandparents Raising Grandchildren information, **485-4256**
NC Baptist Aging Ministry (age 65+) **1-877-506-2226**

● **Case Assistance**

Assistance to help seniors remain independent at home.
(CAP) Community Alternatives Program, **426-8200**
PACE @ Home (zip codes 28630, 28638), **468-3980**
Loyal Duke Concierge, **292-9480**

● **Congregate and Home Delivered Meals**

Blue Ridge Community Action, **438-6255 (Option 0)**

● **Domestic Abuse Services**

Women's Shelter Home of Caldwell County, **758-0888**

● **Emergency Response Devices**

Lifeline, **Carol Robinson, 485-2696** or **828-244-3532**
One Touch with ResCare, **754-4528**
Help Personal Response System, **1-866-672-4852**

● **Employment Programs**

Training and employment/ job readiness programs
Caldwell Community College and Technical Institute
Job Link, 759-4680 Basic Skills, 726-2230
Vocational Rehabilitation Services, **757-5639**

● **Financial Assistance and Counseling**

Counseling on financial management, Social Security benefits, food stamps, energy assistance and more.
Department of Social Services, **426-8200**
Yokefellow, **754-7088** Salvation Army, **496-2370**
South Caldwell Christian Ministries, **396-4000**
Consumer Credit Counseling, **322-7161**
Olive Hill Community Economic Corp., **522-4051**

● **Food Resources/Pantries**

Lenoir Soup Kitchen, **758-1411**
South Caldwell Christian Ministries, **396-4000**
Crossroads Ministry/Storehouse, **612-6802**
Mountain Grove Church, **728-9557**
Mt. Olivet United Methodist, **754-4109**
Whitnel First Baptist, **754-3240**
Fairview Presbyterian/Pay It Forward, **572-4441**
Poovey's Chapel, **728-7210**
Whitnel United Methodist, **754-4012**
Yokefellow, **754-7088**

● **Hearing Services**

Communication support, advocacy and listening devices for the deaf and/ or hard of hearing.
Division of Services for the Deaf and Hard of Hearing
Morganton Center, **1-800-999-8915** or **828-432-5355**

● **Homecare and Home Health Agencies**

Home Health agencies provide physical, occupational and speech therapy & nursing services. Home Health must be prescribed by a physician. Homecare agencies offer in-home aides for bathing, dressing, meal prep, errands medication reminders and light house-keeping.
Advanced Home Care, **991-0222**
Bayada Nurses Home Care Specialists, **327-3300**
Caregivers by Design, LLC, **850-9971**
Gentiva Home Health, **328-1871**
Guardian Health Services, **324-3025**
Harmony Home Care, **754-4401**
HomeCare Management, **754-3665**
Home Instead Senior Care, **256-0184**
Just in Time Health Care Services, **781-9585**
Premier Home Health Services, **327-9600**
Maxim Healthcare, **270-3343**
ResCare HomeCare, **754-4528**
Visiting Angels, **572-4300**

● **Home Repair/Modification**

Weatherization, wheelchair ramps, yard work, etc.
Foothills Service Project, **879-8400** (Tu, 10-12 & 1-3:00)
Western Piedmont Council of Governments Urgent Repair, **485-4281**
Blue Ridge Community Action, **438-6255**
Independent Living Program (for disabled), **322-2921** (Hky.)
NC Baptist Aging Ministry (NCBAM), **1-877-506-2226**

● **Housing**

Arbor Glen, **572-5553**
Koinonia Apartments, **758-2617**
Lenoir High School Apartments, **754-0680**
Lenoir Housing Authority, **758-5536**
Partnership Property Management, **1-336-544-2300 ext.353**
(Call for information about Caldwell County apartments)

● **Legal Services**

Advice and representation for certain legal matters such as civil (non criminal) matters and consumer problems.
Senior Legal Helpline, **1-877-579-7562 (M-F, 9-11am, 1-3pm)**
Legal Aid of North Carolina, **1-800-849-5195**
Better Business Bureau, **1-800-777-8348**
NC Secretary of State, **1-800-688-4507**
Attorney General's Office, **1-877-566-7226**
Telemarketing Do Not Call Registry, **1-888-382-1222**
Clerk of Court Office, **759-3503**

● **Long Term Care Assistance**

Information, assistance and advocacy on long-term care issues. Acts on behalf of residents in nursing homes, assisted living homes and long term care facilities.
Placement Assistance, Dept. Social Services, **426-8351**
Ombudsman, **485-4213**

● **Long Term Care Facilities**

Assisted Living Homes:

Personal care and supervision to those who are no longer able to remain in their own homes.
Brockford Inn, **396-3111 (Special Care Unit)**
Grandview Villa, **757-0136**
Brookdale Lenoir, **757-7800**
Shaire Center, **728-4673 (Special Care Unit)**

Nursing Homes:

Nursing and/or medical care (24/7), rehabilitation for injured, disabled or sick persons.
Hickory Falls, **396-2387**
Gateway Nursing & Rehabilitation., **754-3888**
Lenoir Healthcare Center, **758-7326**
Shaire Nursing Center, **728-6500**

● **Medicare, 1-800-633-4227.**

Social Security Administration, **1-800-772-1213**
Social Security Hickory Office, **1-888-877-1615**
NC SHIP (North Carolina Seniors Health Insurance Information Program), **1-855-408-1212** or **758-2883**

● **Medication Assistance**

Helping Hands Clinic (for uninsured), **754-8565**