

● **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

● **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

Greenway Transit, 464-9444

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

Department of Social Services, 426-8316

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

● **Volunteer Opportunities**

AARP Tax Aide, 336-973-7517

American Red Cross, 754-4161

Home Delivered Meals, 438-6255, Option "0"

Communities In Schools, 759-2852

NC Baptist Aging Ministry (NCBAM), 1-877-506-2226

Caldwell Hospice and Palliative Care, 754-0101

Caldwell UNC Healthcare, 757-5123

Guardian Ad Litem, 759-3521

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.**



Cyndi Akins

650-A Pennton Avenue

P.O. Box 933, Lenoir, NC 28645

cyndi.akers@caldwellseniorcenter.org

(828) 757-8635

To access this brochure online go to:

www.caldwellseniorcenter.org

For additional copies of this brochure,

call Information and Assistance at

(828)757-8635.



Participating Agency

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

Updated August 2017

**“I Just
Don’t
Know
Where
to
Turn”**

(828) 757-8635

**Information & Assistance
for Older Adults in
Caldwell County operates
Monday – Friday,
9:00am - 5:00pm.**



● Adult Protective Services/Abuse Shelters

Investigation into allegations of abuse, neglect, exploitation and interventions in substantiated cases
Department of Social Services, **426-8288**
Women's Shelter Home of Caldwell County, **758-0888**
Lenoir Emergency Outreach Shelter (LEOS), **726-3624**

● Advanced Care and Planning

Caldwell Hospice and Palliative Care, **754-0101**
Advance Directives- Caldwell Senior Center, **758-2883**

● Alzheimer's Services

Information, education and support
Alzheimer's **24-hr HelpLine**, **1-800-272-3900**
Specialized Respite Program, Asheville, NC, **828-259-6945**

● Assisted Living Homes

Personal care and supervision to those who are no longer able to remain in their own homes.
Brockford Inn, **396-3111 (Alzheimers Unit)**
Grandview Villa, **757-0136**
Brookdale Lenoir, **757-7800**
Shaire Center, **728-4673**
Rose Hill Family Care Home, **754-2502**

● Caregiver Programs

Family Caregiver Specialist at WPCOG Area Agency on Aging, Mary Mitchell, **485-4256**
"Caring For Caregivers" Support Group, **757-7800**
NC Baptist Aging Ministry (age 65+) **1-877-506-2226**
Grandparents Raising Grandchildren Support, **485-4256**
Project CARE, **485-4267**

● 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)**

● Emergency Response Devices

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

● Employment Programs

Training and employment/ job readiness programs
Senior Community Service Employment, **438-6255 ext 321**, Caldwell Community College, *Job Link*, **759-4680**
Basic Skills, **726-2230**, Vocational Rehab., **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

Yokefellow, **754-7088**, Lenoir Soup Kitchen, **758-1411**
South Caldwell Christian Ministries, **396-4000**
Crossroads Ministry/Storehouse, **612-6802**
Mountain Grove Church, **728-9557**
Mt. Olive United Methodist, **754-4109**
Whitnel First Baptist, **754-3240**
Fairview Presbyterian/Pay It Forward, **572-4441**
Poovey's Chapel, **728-7210**
Center Grove Baptist, **396-5284**
Gamewell United Methodist, **758-1066**
Whitnel United Methodist, **754-4012**

● Fraud/Scam

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**

● 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 provides physical, occupational and speech therapy and must be prescribed by a physician. Homecare agencies offer in-home aides for bathing, dressing, meal prep, medication reminders and light house-keeping.*
***Advanced Home Care*, **911-0222**
Bayada Nurses Home Care Specialists, **327-3303**
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**
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,Thurs. 11am-1pm)
Western Piedmont Council of Governments Urgent Repair, **485-4281**
Blue Ridge Community Action, **438-6255**
Independent Living Program (for disabled), **322-2921**(Hky.)

● Housing

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**
Legal Aid of North Carolina, **1-800-849-5195**
Clerk of Court Office, **759-3502**
Register of Deeds, **757-1310**

● Long Term Care Assistance

Long Term Care Ombudsman - An Ombudsman is an advocate for resident's rights and is responsible for investigating complaints raised by, or on behalf of, nursing home and adult care home residents, **485-4213**
Local Contact Agency (LCA)- Educates residents in skilled nursing facilities about their options to transition out of the facility and return to community living, **485-4265**

● Medicare, 1-800-633-4227.

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

● Medication Assistance

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

● Mental Health

VayaHealth (Geriatric Adult Mental Health Specialty Team), **759-2160**
Access to Services, **1-800-849-6127**
Emergency Services, **1-888-573-1006** (24/7 assistance)
RHA Health Services, Inc., **1-888-646-0188**