

● **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.**



650-A Pennton Avenue
P.O. Box 933, Lenoir, NC 28645
(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.



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

Updated October 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 1321**, 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**