

**●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](http://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](mailto:ingrid@caldwellseniorcenter.org)



**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](http://www.caldwellseniorcenter.org)

**Updated August 2018**

### ● **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**  
"Caring For Caregivers" Support Group, **757-7800**  
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**

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. 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**

### ● **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**  
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, **728-7803**

#### **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**