

Resource Directory

for Older Adults



Area Agency on Aging

A Publication of the Western Piedmont Council of Governments
Area Agency on Aging



Serving Alexander, Burke, Caldwell and Catawba Counties

WESTERN PIEDMONT COUNCIL OF GOVERNMENTS

AREA AGENCY ON AGING

The Western Piedmont Area Agency on Aging is an organization working within a federal mandate to inform, advocate, and plan for community services on behalf of older adults. The Area Agency on Aging is part of the National Network set in place by the Older Americans Act of 1965.

SERVICES :

- Regional Planning for Aging Services
- Program & Resource Development
- Funds Administration & Quality Assurance
- Resource Information & Demographic Data
- Advocacy Training & Assistance
- Regional LTC Ombudsman Program
- Family Caregiver Support Program
- Project C.A.R.E. (Caregiver Alternatives to Running on Empty) Program
- Technical Assistance to Agencies Serving Older Adults
- Resource Directory for Older Adults
- Senior Tar Heel Legislative Support
- Operation Fan/Heat Relief
- Reverse Mortgage Counseling
- Presentations on Aging Issues
- Living Healthy and Living Healthy with Diabetes Classes
- Matter of Balance Classes
- Tai Chi for Arthritis
- Sponsorship of Unifour Senior Games
- Drafting & Tracking of Legislation Impacting Older Adults

SERVICE AREA: Alexander, Burke, Caldwell, and Catawba Counties

1880 2nd Ave. NW
PO Box 9026
Hickory, NC 28603

(828) 322-9191

Visit us Online at: www.wpcogaaa.org

This Directory is printed using Federal funding from Title III of the Older Americans Act.

For additional copies of the **Resource Directory For Older Adults** or for additional information regarding services for older adults, please contact us.

This Directory can be accessed online.

Disclaimer: While the Western Piedmont Area Agency on Aging strives to provide the most accurate and up-to-date information, this is not a guarantee that the directory is free of error. The Western Piedmont Area Agency on Aging does not endorse the services that are included or make a negative statement towards the services that were excluded.

Content Copyright © 2016 Resource Directory for Older Adults. All rights reserved. Copying or reproduction, in part or in whole, is strictly prohibited.

Printed December 2016

User's Guide

The **Resource Directory For Older Adults** has been developed by the Western Piedmont Council of Governments Area Agency on Aging as a resource for older adults, families, caregivers, and for human services professionals who serve older adults. The Directory highlights services in Alexander, Burke, Caldwell, and Catawba Counties. Each color-coded category is clearly defined with an introduction in user-friendly terms. Each county is color coded for quick access to information: **Alexander**, **Burke**, **Caldwell**, and **Catawba**.

A quick overview:

- Check out the **Table of Contents** on the next page to quickly locate specific categories of information.
- Review the **Main Categories** below to better understand what information is contained in each category.
- Use the **Index** on Page 82 to locate a specific agency or service.
- Use the **County Service Lists for Caregivers** on Page 9-13 for a quick reference guide.

Main Categories

APS/Fraud Prevention p. 6

- Adult Protective Service
- Attorney General Office

Caregiver Resources p. 8

- County Specific Resources

Disability Services p. 14

- Services for blind, deaf & hard of hearing
- Vocational Rehabilitation
- Developmental Disabled Resources

Durable Medical Equipment p. 16

Educational Opportunities p. 18

Emergency Assistance p. 20

- Sheriff and Police
- Christian Crisis, Outreach, Shelters, & Clinics
- Lifeline & Telephone Reassurance Programs
- Red Cross

- Social Services

- Salvation Army

- United Way

Employment Opportunities p. 25

End of Life Planning p. 26

- Living Will & Advance Directives
- Funeral Instructions

Government Agencies p. 34

- County, Town & City
- NC Agencies
- US Agencies

Home Care Agencies p. 40

Hospice & Palliative Care p. 44

Hospitals p. 45

Housing Guide p. 46

- Senior Apartments
- Adult Care Homes
- Nursing Homes

Legal Resources p. 65

Medicare/Medicaid p. 66

Mental Health Resources p. 67

Nutrition Services p. 68

- Home Delivered Meals
- Congregate Nutrition
- Food Pantries

Recreation/Wellness p. 71

Senior Centers p. 73

Senior Organizations p. 74

- Adult Day Care/Health
- County Councils on Aging
- PACE@Home
- Senior Information Resources
- Area Agency on Aging

Support Groups P. 75

Transportation p. 79

Veteran's Services p. 80

Web Sites for Older Adults p. 81

Table of Contents

User's Guide	4
Adult Protective Services (APS)/Fraud Prevention	6
Caregiver Resources	8
Alexander County Caregiver Service List	9
Burke County Caregiver Service List	10
Caldwell County Caregiver Service List	11
Catawba County Caregiver Service List	12
Disability Services	14
Durable Medical Equipment	16
Educational Opportunities	18
Emergency Assistance	20
Employment Opportunities	25
End of Life Planning	26
Government Agencies	34
Home Care Agencies	40
Hospice & Palliative Care	44
Hospitals	45
Housing Guide	46
Senior Apartments	52
Adult Care Homes/Assisted Living	56
Nursing Homes	62
Legal Resources	65
Medicare/Medicaid	66
Mental Health Resources	67
Nutrition Services	68
Recreation/Wellness	71
Senior Centers	73
Senior Organizations	74
Support Groups	75
Transportation	79
Veteran's Services	80
Web Sites for Older Adults	81
Index	82

Neglect of the elderly and people with disabilities wears many faces. Unfortunately, an increasing number of vulnerable adults go unnoticed. They may be in pain, lacking strength, confused, without power, food . . . alone.

How big is the problem? No one really knows, as few cases are identified or reported. Sometimes a caring neighbor or loving family member sees the need and tries to fill it. It's up to us to make a difference!

You can help prevent elder abuse . . . make the call to your local Adult Protective Services agency. Your confidential phone call may save another adult's life!

WHY REPORT? IT'S THE LAW!

Reporters name is confidential. What information is needed when you call:

- Name, address, and age of person you are calling about
- Explain the situation and why you feel the person needs protection
- Mental or physical condition of the adult
- Names of others who may provide information regarding the situation.

To report a concern for an elder adult, or to obtain additional information, contact your county Department of Social Services at the following numbers:

Alexander County Adult Protective Services

(828) 632-1080

Burke County Adult Protective Services

(828) 439-2000

Caldwell County Adult Protective Services

(828) 426-8200

Catawba County Adult Protective Services

(828) 695-5600

YOU CAN STOP ABUSE, NEGLECT, AND EXPLOITATION OF OLDER ADULTS!

SOME SIGNS OF ABUSE

- Bruises, black eyes, welts, lacerations, and rope marks
- Bone fractures, broken bones, skull fractures
- Open wounds, cuts, punctures, untreated injuries in various stages of healing
- Broken eyeglasses, physical signs of being subjected to punishment
- Reports of being hit, slapped, kicked, or mistreated
- An elder's sudden change in behavior
- Threats and intimidation causing mental anguish

MOST FREQUENTLY NAMED PERPETRATORS

- Adult Child
- Spouse, other Relatives
- Non-Relative Caretaker
- Facility Staff

SIGNS OF CARETAKER NEGLECT/SELF NEGLECT

- Pressure Ulcers
- Unsafe and/or unsanitary living conditions
- Lack of medical care
- Malnutrition and/or dehydration
- Hoarding
- Poor hygiene
- Not wearing suitable clothing for the weather
- Confusion

SIGNS OF EXPLOITATION

- Stolen ATM, Debit, or Credit Cards by caregivers or family members
- Signing deeds or real property, loan papers or withdrawal slips through deception or coercion
- Abuse of Power of Attorney authorization
- Telemarketing/sweepstake scams
- Investment fraud

North Carolina's Attorney General's Office is very active in helping consumers avoid fraud and exploitation. Its Consumer Protection Section uses mediation to help consumers resolve complaints in such areas as telemarketing. Its Citizens' Rights Section provides information on victims' rights issues, elder abuse, and other matters important to older consumers. www.ncdoj.com or (919) 716-6400

See Legal section on Page 65 for more resources

The Family Caregiver Support Program

Dedicated to Empowering the Caregiver with Information and Resources to Make Their Caregiving Journey Successful

The Area Agency on Aging's Family Caregiver Support Program Serves Caregivers Who Are:

- Adults caring for someone over the age of 60 or for someone with Alzheimer's disease or related dementia.
- Grandparents age 55+ and other relatives providing care to children under the age of 18.
- Grandparents or relative caregivers who are age 55+ providing care for adult children with a disability who are between 19 and 59.

If You Are a Caregiver, You Might Be Interested in These Services:

- Information about available services and resources
- Assistance to families in gaining access to services and resources
- Support to help families cope with challenges of caregiving
- Temporary respite for the caregiver
- Supplemental services (home modification, nutritional supplements, and personal care supplies)

County's specific Service Lists for Caregivers p. 9-13

For further assistance contact:

Family Caregiver Support Program at (828) 485-4256

Visit our website: www.wpcogaaa.org

Caregiver Resources

ALEXANDER COUNTY SERVICE LIST FOR CAREGIVERS

AARP North Carolina 1-866-389-5650
 Adult Life Programs 326-9120
 Adult Protective Services 632-1080
 Alexander Cty. Council on Aging 632-1717
 Alexander Cty. Dept. of Social Services 632-1080
 Alexander Cty. Local Government 632-9332
 Alexander Cty. Health Department 632-9704
 Alexander Senior Center 632-1717
 ALFA (AIDS Leadership Foothills Alliance) 322-1447
 Alexander County Tax Office 632-4346
 Alzheimer's Association 1-800-272-3900
 American Red Cross 632-1990
 Area Agency on Aging 322-9191
 "Are You OK?" Telephone Reassurance Program 622-4658
 Caregiving Corner - Geriatric Care Mgt. 704-492-0554
 Christian Crisis Center of Alexander Cty. 632-0022
 Emergency Services 911
 Energy Assistance Programs (LIEAP and CRISIS) 632-1080
 Family Caregiver Support Program 485-4256
 Grief/Loss Support 632-5026
 Habitat for Humanity 635-7889
 Hospice & Home Care of Alexander Cty. 632-5026
 Hospitals
 Caldwell UNC HealthCare 757-5100
 Catawba Valley Medical Center 326-3000
 Frye Regional Medical Center 315-5000
 Davis Regional Medical Center 704-873-0281
 Iredell Memorial Hospital 704-873-5661
 Wilkes Regional Medical Center 336-651-8100
 Legal Aid of North Carolina 1-800-849-5195
 Medicaid Programs 632-1080

Medicare Hotline 1-800-633-4227
 Morganton Regional Resource Center for the Deaf and Hard of Hearing 433-2960 TTY 433-2958
 NC Assistive Technology Program 433-2431
 NC Cooperative Extension Service 632-4451
 NC 2-1-1 Dial 211
 NC Baptist Aging Ministry (NCBAM) 1-877-506-2226
 Nursing Homes & Assisted Living Facilities
 Call Regional Ombudsman 485-4213
 Nutrition Programs 632-4133
 PACE@Home 468-3980
 Police Department (Taylorsville) 632-2218
 Project Lifesaver 632-4658
 Project C.A.R.E. (Caregiver Alternatives to Running on Empty) 485-4267
 Senior Health Insurance Info. Program (SHIIP) 1-855-408-1212
 Senior Legal Helpline 1-877-579-7562
 Services for the Blind 632-1080
 Sheriff's Office 632-1111
 Vaya Health 586-5501
 Access to Care 1-800-849-6127
 RHA Health Care Center 848-2515
 Social Security 1-800-772-1213
 Supportive Solutions (Alzheimer's Counseling) 358-1110
 Town of Taylorsville 632-2218
 Transportation
 Greenway Transit 464-9444
 MediVan Transportation Specialists 441-2000
 United Way of Alexander County 632-9565
 Veterans Administration 632-5411
 Vocational Rehabilitation Services 322-2921

Caregiver Resources

BURKE COUNTY SERVICE LIST FOR CAREGIVERS

AARP North Carolina	1-866-389-5650
Adult Protective Services	764-9600
ALFA (AIDS Leadership Foothills Alliance)	322-1447
Alzheimer's Association	1-800-272-3900
American Red Cross	438-8844
Area Agency on Aging	322-9191
Blue Ridge Adult Day Services	438-6255
Blue Ridge Community Action	438-6255
Burke Cty. Council on Aging	430-4147
Burke Cty. Dept. of Social Services	764-9600
Burke Cty. Health Department	764-9150
Burke Cty. Local Government	764-9000
Burke Cty. Senior Services	430-4147
Burke Cty. Tax Office	764-9430
Burke Hospice & Palliative Care	879-1601
Burke United Christian Ministries	433-8075
Caregiving Corner - Geriatric Care Mgt.	704-492-0554
Consumer Credit Counseling	433-1576
East Burke Christian Ministries	397-7074
East Burke Senior Center	397-3397
Emergency Services	911
Energy Assistance Programs (LIEAP and CRISIS)	764-9600
Family Caregiver Support Program	485-4256
Foothills Service Project	879-8400
Good Samaritan Clinic	439-9948
Grief/Loss Support	879-1601
Habitat for Humanity	437-0370
Hospitals	
Broughton Hospital	433-2111
Carolina's HealthCare Blue Ridge	580-5000
Carolina's HealthCare Valdese	874-2251
Independent Living	322-2921
Legal Aid of North Carolina	437-8280
Lifeline (Emergency Telephone Response)	580-6446
Linkup Discount Telephone Service	764-9600

Medicaid Programs	439-2000
Medicare Hotline	1-800-633-4227
Mental Health Partners	439-2535
Morganton Regional Resource Center for the Deaf and Hard of Hearing	433-2960 TTY 433-2958
NC Assistive Technology Program	433-2431
NC Cooperative Extension Service	439-4460
NC 2-1-1	Dial 211
NC Baptist Aging Ministry	1-877-506-2226
Nursing Homes & Assisted Living Facilities	
Call Regional Ombudsman	485-4213
Nutrition Programs	430-4147
Olive Hill Community Economic Corp.	439-8893
PACE@Home	468-3980
Parish Nurse Program	580-6463
Project Lifesaver	879-2109
Project C.A.R.E. (Caregiver Alternatives to Running on Empty)	485-4267
Salvation Army	
Financial Assistance	430-8392
Thrift Store	439-8080
Senior Health Insurance Info. Program (SHIIP)	1-855-408-1212
Senior Legal Helpline	1-877-579-7562
Services for the Blind	764-9704
Sheriff's Office	438-5500
Social Security	1-800-772-1213
Supportive Solutions (Alzheimer's Counseling)	358-1110
Telephone Reassurance for Burke – TAB	430-4147
Transportation	
Greenway Transit	464-9444
Handi-Care	437-8429
Medical Transportation, Inc.	448-1674
United Way	430-8356
Veterans Services	439-4376
Vocational Rehabilitation Services	433-2423

Caregiver Resources

CALDWELL COUNTY SERVICE LIST FOR CAREGIVERS

AARP North Carolina	1-866-389-5650
Adult Life Programs	326-9120
Adult Protective Services	426-8200
ALFA (AIDS Leadership Foothills Alliance)	322-1447
Alzheimer's Association	1-800-272-3900
American Red Cross	754-4161
Area Agency on Aging	322-9191
Blue Ridge Community Action	754-7377
Caldwell Cty. Council on Aging	758-2883
Caldwell Cty. Dept. of Social Services	426-8200
Caldwell Cty. Health Department	426-8400
Caldwell Cty. Local Government	757-1300
Caldwell Cty. Tax Office	757-1340
Caldwell Hospice & Palliative Care	754-0101
Caldwell UNC HealthCare	757-5100
Caldwell Senior Center	758-2883
Crossroads Daily Bread Ministries	757-0262
Diabetes Health Center	757-6450
Emergency Services	911
Ambulance Service, Non-Emergency	758-2324
Energy Assistance Programs (LIEAP and CRISIS)	426-8200
Family Caregiver Support Program	485-4256
Foothills Service Project	879-8400
GRASP – Grandparents/Relative Advocacy Support Partnership	485-4256
Grief/Loss Support	754-0101
Habitat for Humanity	758-8757
Helping Hands Clinic	754-8565
Information & Assistance for Seniors	757-8635
Legal Aid of North Carolina	1-877-579-7562
Lenoir Soup Kitchen	758-1411
Lifeline (Emergency Telephone Response)	324-3025
Medicaid Programs	426-8200
Medicare Hotline	1-800-633-4227

Medication Assistance Program	758-2566
Morganton Regional Resource Center for the Deaf and Hard of Hearing	433-2960 TTY 433-2958
NC Assistive Technology Program	433-2431
NC Cooperative Extension Service	757-1290
NC 2-1-1	Dial 211
NC Baptist Aging Ministry (NCBAM)	1-877-506-2226
Nursing Homes & Assisted Living Facilities	
Call Regional Ombudsman	485-4213
Nutrition Programs	754-7377
PACE@Home	468-3980
Police Department (Lenoir)	757-2121
Project C.A.R.E. (Caregiver Alternatives to Running on Empty)	485-4267
Project Lifesaver	757-1419
Salvation Army	496-2370
Senior Health Insurance Info. Program (SHIIP)	1-855-408-1212
Senior Legal Helpline	1-877-579-7562
Services for the Blind	426-8316
Sheriff's Office	754-2324
Vaya Health	1-888-757-5726
Social Security	1-800-772-1213
South Caldwell Christian Ministries	396-4000
Supportive Solutions (Alzheimer's Counseling)	358-1110
Transportation	
Greenway Transit	464-9444
United Way	758-9300
Veterans Administration	322-6616
Veterans Service Office	757-1345
Vocational Rehabilitation Services	757-5639
Women's Shelter Home	758-0888
Yokefellow	754-7088

Caregiver Resources

CATAWBA COUNTY SERVICE LIST FOR CAREGIVERS

AARP North Carolina	1-866-389-5650
Adult Life Programs	326-9120
Conover	464-0078
Hickory	324-1313
Maiden	428-9010
Adult Protective Services	695-5609
ALFA (AIDS Leadership Foothills Alliance)	322-1447
Alzheimer's Association	1-800-272-3900
American Red Cross	322-4151
Area Agency on Aging	322-9191
"Are You OK?"	
Telephone Reassurance Program	464-4639
Catawba Cty. Council on Aging	328-2269
Catawba Cty. Dept. of Social Services	695-5600
Catawba Cty. Health Dept.	695-5800
Catawba Cty. Local Government	465-8200
Catawba Cty. Tax Office	465-8414
Catawba Regional Hospice	464-0466
Catawba Valley Behavioral Healthcare	695-5900
Christian Community Outreach Ministries	328-1803
Consumer Credit Counseling	322-7161
Eastern Catawba Cooperative Christian	
Ministries (ECCCM)	465-1702
Emergency Services	911
Energy Assistance Programs	
(LIEAP and CRISIS)	695-5600
Family Caregiver Support Program	485-4256
Family Guidance Center	322-1400
Greater Hickory Cooperative Christian	
Ministries (CCM)	327-0979
Grief/Loss Support	466-0466
Habitat for Humanity	328-4663
Here to Home – Transition Specialists	475-4424
Hospitals	
Catawba Valley Medical Center	326-3000
Frye Regional Medical Center	315-5000

Legal Aid of North Carolina	1-877-579-7562
Lifeline (Emergency Telephone Response)	485-2696
Linkup Discount Telephone Service	695-5600
Medicaid Programs	695-5692
Medicare Hotline	1-800-633-4227
Morganton Regional Resource Center for the	
Deaf and Hard of Hearing	1-800-205-9920 TTY
NC Assistive Technology Program	433-2431
NC Baptist Aging Ministry (NCBAM)	1-877-506-2226
NC Cooperative Extension Service	465-8250
NC 2-1-1	Dial 211
Neighbor's Network	464-1111
Nursing Homes & Assisted Living Facilities	
Call Regional Ombudsman	485-4213
Nutrition Programs	695-5610
PACE@Home	468-3980
Project Lifesaver	465-8337
Project C.A.R.E. (Caregiver Alternatives to	
Running on Empty)	485-4267
Re-Nesting Resources	381-7622
Salvation Army	322-8061
Senior Centers	
West Hickory Senior Center	328-2269
Westmont	324-1200
Senior Health Insurance Info. Program (SHIIP)	1-855-408-1212
Senior Legal Helpline	1-877-579-7562
Services for the Blind	695-5605
Sheriff's Office	464-5241
Social Security	1-800-772-1213
Supportive Solutions (Alzheimer's Counseling)	358-1110
Transportation	
Greenway Transit	464-9444
MediVan Transportation Specialists	441-2000

Caregiver Resources

CATAWBA COUNTY CON'T.

United Way	327-6851
Veterans Administration	322-6616
Veterans Clinic	431-5600
Vocational Rehabilitation Services	322-2921
Women's Resource Center	322-6333

PROJECT C.A.R.E. PROGRAM

Project C.A.R.E. (**C**aregiver **A**lternatives to **R**unning on **E**mpy) is a state funded dementia-specific support program for family caregivers. The program uses a family consultant to provide comprehensive support to caregivers of those caring for someone at home with Alzheimer's disease or related dementia.

The family consultant assists caregivers with education, resources and access to vouchers to alleviate some of the stress caregiving can create. The family consultant receives referrals to the program and schedules in-home visits to meet with the caregiver and the person with dementia.

For additional information please contact Area Agency on Aging Family Consultant at 485-4267.

GRANDPARENTS RAISING GRANDCHILDREN

The following websites provide resources and information for grandparents:

AARP www.aarp.org/grandparents

North Carolina Cooperative Extension www.ces.ncsu.edu

State's Laws Affecting Grandfamilies www.grandfamilies.org

For additional information please contact Area Agency on Aging Family Caregiver Support Program Specialist at 485-4256.

Disability Resources

DIALYSIS CENTERS

FRESENIUS KIDNEY CARE

1-800-881-5101

www.freseniuskidneycare.com

ALEXANDER COUNTY

175 Commerce Dr.
Taylorsville, NC 28681

BURKE COUNTY

814 W. Union St.
Morganton, NC 28655

CALDWELL COUNTY

322 Mulberry St. SW
Lenoir, NC 28645

CATAWBA COUNTY

301 10th St. NW
Conover, NC 28613

1899 Tate Blvd. SE
Hickory, NC 28602

CapTel – Captioned Telephone

4030 Wake Forest Road, Suite 300
Raleigh, NC 27609
1-866-545-4012 (Toll Free –Voice/TTY)
www.relaync.com

Comserv, Inc.

www.comserve.org
Residential Care, Employment Training and Day Services

BURKE

105 Scroggs Court
Morganton, NC 28680
(828) 438-6026

CALDWELL

2419 Norwood Street SW
Lenoir NC 28645
(828) 728-9288

Disability Rights of NC

2626 Glenwood Avenue, Suite 550
Raleigh, NC 27608
(919) 856-2195
www.disabilityrightsncc.org

J. Iverson Riddle Development Center

300 Enola Road
Morganton, NC 28655
(828) 433-2614
www.jirdc.org

Morganton Regional Resource Center for the Deaf and the Hard of Hearing

North Carolina Division of Services for the Deaf and Hard of Hearing
107 Foothill Drive
Morganton, NC 28655
(828) 430-7185 (voice)
or 1-800-999-8915
(828) 430-7192 (TTY)
or 1-800-205-9920
www.ncdhhs.gov/dsdhh

Disability Resources

NC Department of Health and Human Services

2000 Mail Service Center
Raleigh, NC 27699-2000
(919) 855-4800
www.ncdhhs.gov/disabilities

NC Division of Vocational Rehabilitation Services

www.ncdhhs.gov/dvrs

BURKE

200 Enola Road
Morganton, NC 28655
(828) 433-2423
Fax: (828) 433-2497

CALDWELL

675 Pennton Avenue SW
Lenoir, NC 28645
(828) 757-5639

NC Division of Vocational Rehabilitation Services and Independent Living

ALEXANDER and CATAWBA

1261 10th Ave. Lane SE
Hickory, NC 28601
(828) 322-2921

Services for the Blind

Alexander Department of Social Services

604 7th Street SW
Taylorsville, NC 28681
(828) 632-1080

Burke Department of Social Services

700 East Parker Road
Morganton, NC 28680-0549
(828) 764-9704

Caldwell Department of Social Services

2324 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8316

Catawba Department of Social Services

3030 11th Avenue Drive SE
Hickory, NC 28602
(828) 695-5605

Sign Language Interpreter Information

www.ncdhhs.gov/dsdhh/directories.htm

Disability

www.disability.gov

Disability.gov is the federal government website for comprehensive information on disability programs and services in communities nationwide. The site links to more than 14,000 resources from federal, state and local government agencies; academic institutions; and nonprofit organizations. Find answers to questions about everything from Social Security benefits to employment to affordable and accessible housing.

Durable Medical Equipment

Durable medical equipment is reusable medical equipment such as walkers, wheelchairs, or hospital beds. Anyone who has Medicare Part B can get durable medical equipment as long as the equipment is deemed a medical necessity.

If you have Part B, Original Medicare covers durable medical equipment when your doctor or treating practitioner (such as a nurse practitioner, physician assistant, or clinical nurse specialist) prescribes it for you to use in your home.

Aeroflow Healthcare

920 Tate Blvd. SE
Hickory, NC 28602
(828) 624-1120
1-800-833-2777

www.aeroflowinc.com

All 4 U Home Medical

617 South Green St. Suite 100
Morganton, NC 28655
(828) 437-0684

American HomePatient

1929 Tate Blvd. SE
Hickory, NC 28602
(828) 324-4504
www.ahome.com

Apria Healthcare

1234 Commerce Street SW
Conover, NC 28613
(828) 327-2404
www.apria.com

Bethlehem Pharmacy, Inc.

9471 NC Hwy 127
Hickory, NC 28601
(828) 495-8258
www.bethlehempharmacy.com

Blue Ridge Home Medical Equipment

201 Saint Germain Street
Valdese, NC 28690
(828) 580-6448

Burke Pharmacy

301 West Meeting Street
Morganton, NC 28655
(828) 437-5800
www.burkerx.com

Caldwell Home Services

1822 Hickory Blvd. SW
Lenoir, NC 28645
(828) 728-0168
info@caldwellhomeservices.com

College Discount Drug

721 Malcolm Blvd.
Rutherford College, NC 28671
(828) 874-5100

East Burke Pharmacy, Inc.

300 Old State Hwy 10 W
Hildebran, NC 28637
(828) 397-3420
www.eastburkepharmacy.com

Durable Medical Equipment

Handi-Care, Inc.

304 South Main Street
Drexel, NC 28619
(828) 437-8429
1-800-435-9251
www.handi-careinc.com

Health & Medication At Home

301 10th Street NW
I-40 Business Park/Suite D 104
Conover, NC 28613
(828) 465-0083
www.rotech.com

Health Options Vital Care

510 Central Street
Hudson, NC 28638
(828) 728-3561
www.hudsondrug.com

Lincare, Inc.

1262 25th Street Place SE
Hickory, NC 28602
(828) 304-4441
www.lincare.com

Medi-Home Care

2948 NC Hwy 127
Hickory, NC 28602
(828) 304-4466
www.msa-corp.com

Medical Center Pharmacy

126 North Center Street
Hickory, NC 28601
(828) 322-7717
www.medicalcenterpharmacyhickory.com

Medical Village Pharmacy, Inc.

815 Fairgrove Church Road
Conover, NC 28613
(828) 322-4505
www.medicalvillagepharmacy.com

Piedmont Medical Supply, Inc.

752 4th Street SW
Hickory, NC 28602
(828) 327-6970
www.ncpms.com

The Drug Store, LLC

9576 West NC 10 Hwy.
Vale, NC 28168
(704)-462-0226

The Wheelchair Place

920 Tate Blvd. SE, Suite 104
Hickory, NC 28602
(828) 855-9099
www.thewheelchairplace.com

Total Home Care

312 Sanford Drive
Morganton, NC 28655
(828) 438-6825
www.totalhomecarenc.com

United Medical, Inc.

923 East Union Street
Morganton, NC 28655
(828) 437-0076

Wheelchairs Plus

132 Main Street East
Valdese, NC 28690
(828) 879-9050

Educational Opportunities

Through Continuing Education courses, citizens find opportunities to retrain and prepare themselves for today's job market, develop leadership and civic responsibility, grow in basic knowledge, improve in home and community life, gain knowledge in general education, and develop creativity in the fine arts.

Senior Centers also offer a wide variety of educational programs. See Senior Center listing on Page 73.

ALEXANDER COUNTY

NC Cooperative Extension – Alexander Center

376 First Avenue SW
Taylorsville, NC 28681
(828) 632-4451
Fax: (828) 632-7533
<http://alexander.ces.ncsu.edu>

Catawba Valley Community College

Alexander Center
345 Industrial Blvd.
Taylorsville, NC 28681
(828) 632-8221
www.cvcc.edu

BURKE COUNTY

Appalachian Center at Burke

2128 South Sterling Street
Morganton, NC 28655
(828) 438-6140
www.distance.appstate.edu

NC Cooperative Extension – Burke Center

130 Ammons Drive, Suite 2
Morganton, NC 28655
(828) 439-4460
Fax: (828) 439-4468
TTY (828) 439-4461
<http://burke.ces.ncsu.edu>

Western Piedmont Community College

1001 Burkemont Avenue
Morganton, NC 28655
(828) 438-6000
www.wpcc.edu

CALDWELL COUNTY

Appalachian Center at Caldwell

2855 Hickory Blvd.
Hudson, NC 28638
(828) 759-4650
www.distance.appstate.edu

NC Cooperative Extension – Caldwell Center

120 Hospital Avenue NE, Suite 1
Lenoir, NC 28645
(828) 757-1290
Fax: (828) 757-1251
<http://caldwell.ces.ncsu.edu>

Caldwell Community College and Technical Institute

2855 Hickory Blvd.
Hudson, NC 28638
(828) 726-2200
www.caldwell.cc.nc.us

Educational Opportunities

CATAWBA COUNTY

Appalachian Center at Hickory

2760 Hwy 70 SE
Hickory, NC 28602
(828) 324-6966
www.distance.appstate.edu

NC Cooperative Extension – Catawba Center

1117 S. Brady Avenue
Newton, NC 28658
(828) 465-8250
<http://catawba.ces.ncsu.edu>

Catawba Valley Community College

2550 Hwy. 70 SE
Hickory, NC 28602
(828) 327-7000
www.cvcc.edu

Lenoir Rhyne University

625 7th Avenue NE
Hickory, NC 28601
(828) 328-1741
1-800-277-5721
www.lr.edu

NC Center for Engineering Technologies

1990 Main Avenue SE
Hickory, NC 28602
(828) 328-6183
www.nccet.appstate.edu

Lifelong Learning

Lifelong Learning is the process of keeping your mind and body engaged – at any age – by actively pursuing knowledge and experience.

Benefits of Lifelong Learning for Older Adults

The pursuit of knowledge through lifelong learning has wonderful benefits for older adults:

- Keeps your mind sharp
- Improves memory
- Increases self-confidence
- Builds on skills you already possess
- Gives you a feeling of accomplishment
- Helps you meet people who share your interests
- Offers an opportunity to learn a new skill or trade and increase your income
- Provides a feeling of accomplishment
- Gives you a new interest that you can share with family and friends

Lifelong learning classes (also called continuing education) are offered by most community colleges, trade or technical schools, public universities, senior centers and city/county recreation departments.

Emergency Assistance

In Case of Emergency Call 911

ALEXANDER COUNTY

Sheriff's Office

(828) 632-1111

Highway Patrol

(828) 632-4976

Police

(828) 632-2218

"Are You Okay?" Program for Older Adults

(828) 632-4658

Daily phone contact with older adults

Telephone Reassurance Program

Project Lifesaver

(828) 632-4658

Emergency locator service for seniors who are missing

Christian Crisis Center of Alexander County

215 5th Avenue SW

Taylorsville, NC 28681

(828) 632-0022

Red Cross

PO Box 1329

409 8th Ave. NE

Hickory, NC 28603

(828) 322-4151

Fax: (828) 328-3744

www.catawbavalleyarc.org

Department of Social Services

604 7th Street SW

Taylorsville, NC 28681

(828) 632-1080

www.co.alexander.nc.us/social-services.php

The Salvation Army

www.salvationarmycarolinas.org

750 Third Avenue Place SE

Hickory, NC 28601

(828) 322-3066

United Way

Dial "211" for information and services or

www.nc211.org

PO Box 232 (1567 NC Hwy. 90 West)

Taylorsville, NC 28681

(828) 632-9565

www.unitedwayalexander.org

Emergency Assistance

In Case of Emergency Call 911

BURKE COUNTY

Sheriff's Office

(828) 438-5500

Highway Patrol

(828) 438-6291

Police

Drexel (828) 437-7421

Glen Alpine (828) 584-7279

Morganton (828) 437-1211

Valdese (828) 879-2102

Telephone Reassurance for Burke - TAB

(828) 430-4147

Daily phone contact with older adults

Telephone Reassurance Program

LIFELINE

Blue Ridge Health Care

(828) 580-6446

Project Lifesaver

(828) 879-2109

Emergency locator service for seniors who are missing

Burke United Christian Ministries

305 West Union Street

Morganton, NC 28655

(828) 433-8075

www.bucm.net

Department of Social Services

PO Drawer 549 (700 East Parker Road)

Morganton, NC 28680-0549

(828) 764-9600

www.burkenc.org

East Burke Christian Ministries

PO Box 183 (204 S. Center St)

Hildebran, NC 28637

(828) 397-7074

Good Samaritain Clinic

305 West Union Street

Morganton, NC 28655

(828) 439-9948

Options, Inc./Clifhaven Battered Women's Shelter

PO Box 2512

Morganton, NC 28680

(828) 438-9444

Red Cross

305-A West Union Street

Burke Mission Station

Morganton, NC 28655

(828) 438-8844

Fax: (828) 438-4382

The Outreach Center

PO Box 1003

510 E. Fleming Drive

Morganton, NC 28680

(828) 439-8300

www.theoutreachcenter.org

The Salvation Army

420 B West Fleming Drive

Morganton, NC 28655

(828) 430-8392

United Way

Dial "211" for information and services or

www.nc211.org

301 East Meeting Street

Morganton, NC 28655

(828) 433-0681

www.bcuw.org

Emergency Assistance

In Case of Emergency Call 911

CALDWELL COUNTY

Sheriff's Office

(828) 754-1518

Highway Patrol

(828) 726-2500

Police

Granite Falls (828) 396-3358

Hudson (828) 728-5021

Lenoir (828) 757-2100

LIFELINE

Guardian Health Services

(828) 324-3025

www.guardianhealthservices.com

Project Lifesaver

Caldwell County Office of Emergency Services

(828) 757-1419

Emergency locator service for seniors who are missing

Department of Social Services

2395 Morganton Blvd. SW

Lenoir, NC 28645

(828) 426-8200

www.caldwellcountync.org

Caldwell County Yokefellow

PO Box 2422 (1602 Harper Avenue, NW)

Lenoir, NC 28645

(828) 754-7088

Helping Hands Clinic of Caldwell County

810 Harper Ave. NW

Lenoir, NC 28645

(828) 754-8565

www.helpinghandsclinic.org

Red Cross

1144 Morganton Blvd. SW

PO Box 774

Lenoir, NC 28645

(828) 754-4161

www.catawbavalleyarc.org

South Caldwell Christian Ministries

5 Quarry Road

Granite Falls, NC 28630

(828) 396-4000

The Salvation Army

www.salvationarmycarolinas.org

308 Morganton Blvd. SW

Lenoir, NC 28645

(828) 758-0165

United Way

Dial "211" for information and services or
www.nc211.org

PO Box 1316 (108 Crestline Place NE)

Lenoir, NC 28645

(828) 758-9300

www.caldwell-unitedway.org

Emergency Assistance

In Case of Emergency Call 911

CATAWBA COUNTY

Sheriff's Office

(828) 464-5241

Highway Patrol

(828) 466-5500

Police

Brookford (828) 324-4550

Catawba (828) 241-4888

Claremont (828) 466-7265

Conover (828) 464-4698

Hickory (828) 328-5551

Long View (828) 327-2343

Maiden (828) 428-5005

Newton (828) 465-7430

"Are You Okay?" Program for Older Adults

(828) 465-8337

Daily phone contact with older adults

Telephone Reassurance Program

Project Lifesaver

(828) 464-5241

Emergency locator service for seniors who are missing

LIFELINE

Catawba Valley Medical Center

Health First Center

(828) 485-2696

Guardian Health Services

(828) 324-3025

Department of Social Services

3030 11th Avenue Drive SE

Hickory, NC 28602

(828) 695-5600

www.catawbacountync.gov/dss

Eastern Catawba Cooperative Christian Ministry (ECCCM)

PO Box 31 (245 East N Street)

Newton, NC 28658

(828) 465-1702

www.ecccm.org

Family Care Center

2875 Highland Avenue NE

Hickory, NC 28601

(828) 324-9917

www.familycare-center.com

Greater Hickory Cooperative Christian Ministry

31 1st Avenue SE

Hickory, NC 28602

(828) 327-0979

www.ccmhickory.com

Red Cross

PO Box 1329

409 8th Avenue NE

Hickory, NC 28603

(828) 322-4151

Fax: (828) 328-3744

www.catawbavalleyarc.org

Safe Harbor Rescue Mission

PO Box 5181 (210 2nd St. SE)

Hickory, NC 28603

(828) 326-7233

www.safeharborrescuemission.org

Emergency Assistance

CATAWBA COUNTY CON'T

The Salvation Army

www.salvationarmycarolinas.org
750 Third Avenue Place SE
Hickory, NC 28601
(828) 322-8061

United Way

Dial "211" for information and services
www.nc211.org
PO Box 2425
Hickory, NC 28603
(828) 327-6851
Information and Referral Line:
(828) 324-HELP (4357)
www.ccunitedway.com

Women's Resource Center

125 3rd Street NE
Hickory, NC 28601
(828) 322-6333
Fax: (828) 322-1314
Email: wrc@wrchickory.org
www.wrchickory.org



Help starts here. Dial 2-1-1.

Within the region there are hundreds of telephone numbers for health and human service programs, government offices, and nonprofit agencies. Sometimes people have difficulty accessing services they need because they do not know whom, or where, to call. This is especially true when people are new to the area, in crisis or have difficulty communicating because of language barriers or disabilities. By dialing the three-digit number 2-1-1, a caller is able to speak with a live operator 24 hours/7 days a week to find services available in the county in which they live. Whether it's help with rent or mortgage, day care, or counseling, 2-1-1 is the link to community services.

Simply dial 2-1-1 or go to www.nc211.org.

Employment Opportunities

NCWORKS CAREER CENTER

ALEXANDER COUNTY CAREER CENTER

604 7th Street SW
Taylorsville, NC 28681
(828) 632-4631
Ncworks.8700@nccommerce.com

NCWORKS CAREER CENTER BURKE COUNTY

720 East Union Street
Morganton, NC 28655
(828) 438-6161
Ncwork.6100@nccommerce.com

NCWORKS CAREER CENTER CALDWELL COUNTY

1909 Hickory Blvd. SE
Lenoir, NC 28645
(828) 759-4680
Ncworks.0560@nccommerce.com

NCWORKS CAREER CENTER CATAWBA COUNTY

403 Conover Station SE, Suite C
Conover, NC 28613
828-466-5535
Ncworks.4400@nccommerce.com

www.ncworks.gov

Employment

Catawba County Workforce Development Ctr.

413 Thornburg Drive
Conover, NC 28613
(828) 465-0371

New Choices at CVCC

2550 Hwy. 70 SE
Hickory, NC 28602
(828) 327-7000 ext. 4408
(A program for displaced homemakers)

Blue Ridge Community Action

Senior Employment Program

(55+ employment)

800 North Green St.
Morganton, NC 28655
(828) 438-6255

NC Division of Vocational Rehabilitation Services

ALEXANDER and CATAWBA

1261 10th Avenue Lane SE
Hickory, NC 28602
(828) 322-2921

BURKE

200 Enola Road
Morganton, NC 28655
(828) 433-2423
Fax: (828) 433-2497

CALDWELL

675 Pennton Avenue SW
Lenoir, NC 28645
(828) 757-56

Listing of Hospice services and contacts can be found on Page 44

LIVING WILL

(See pages 28-31 for form)

A Living Will tells doctors what to do when you are too sick to communicate. It can indicate when medical treatment should stop, or whether you want passive feeding to be withdrawn. The directives are limited only to care which artificially or technologically postpones death—not comfort care. The Living Will must be signed by you, witnessed by a notary or two non-related adults, excluding your physician and nursing home advisor. At the time of determination, your attending and one additional physician must certify terminal condition or permanently unconscious state.

Be Aware:

- If you want food and water withheld if you are in a permanently unconscious state, you must specifically indicate this by initialing a box on the form.
- Health care providers are required to inform you of your right to refuse or accept medical treatment. Always ask up front what the provider's policy is in honoring advance directives.
- A Living Will applies only to situations of terminal illness and permanent unconsciousness—not to those who have Alzheimer's, have had strokes, degenerative disorders or conditions that are not immediately life threatening.
- A Living Will supercedes a Designation of Health Care Surrogate with respect to life sustaining care decisions.
- An oral request to your physician, family member or health care worker revokes the signed document.

Designation of Health Care Surrogate

Everyone should have one! A Designation of Health Care Surrogate designates a person to make medical decisions for you in situations that your Living Will did not anticipate such as mental or physical incompetency.

End of Life Planning

ADVANCE DIRECTIVE FORMS

To obtain a form, call:

**North Carolina Secretary of State
(919) 807-2162**

Hospital adult membership programs may also have these forms.

ADVANCE DIRECTIVE REGISTRY

The North Carolina Secretary of State's office has recently developed the Advance Health Care Directive Registry. The Registry allows people who have advance directives such as Living Wills and Health Care Powers of Attorney to register them in a central place so that they are available when needed.

To register, you must obtain a Registration Form from the Registry and fill in the required information. There is a \$10 fee for each advance directive you wish to register. Send the Registration Form(s) and fee(s) to the Registry at the address below.

Please remember that your advance directives must be notarized in order for the Registry to accept them for filing, including a Declaration of an Anatomical Gift.

You should consult an attorney or agencies that specialize in end-of-life care choices and issues. The North Carolina Secretary of State is only the administrator of the Advance Health Care Directive Registry and is prohibited from giving legal advice.

The Registry staff will register your advance directive by putting it into the Registry database. They will return your advance directive with a Registry card that contains your file number and password (your access information). When you receive your card, you and your health care providers (and anyone else with whom you share your file number and password) will be able to access your advance directives over the Internet.

You can call the Registry at (919) 807-2162, 8:00 A.M. - 5:00 P.M. Mon. – Fri. for information, forms and brochures.

You can also write to the Registry at:

North Carolina Secretary of State,
Advance Health Care Directive Registry,
P. O. Box 29622, Raleigh, NC 27626.
The Registry's website is located at
www.secretary.state.nc.us/ahcdr/

End of Life Planning

STATE OF NORTH CAROLINA

ADVANCE DIRECTIVE FOR A NATURAL DEATH ("LIVING WILL")

COUNTY OF _____

NOTE: YOU SHOULD USE THIS DOCUMENT TO GIVE YOUR HEALTH CARE PROVIDERS INSTRUCTIONS TO WITHHOLD OR WITHDRAW LIFE-PROLONGING MEASURES IN CERTAIN SITUATIONS. THERE IS NO LEGAL REQUIREMENT THAT ANYONE EXECUTE A LIVING WILL.

GENERAL INSTRUCTIONS: You can use this Advance Directive ("Living Will") form to give instructions for the future if you want your health care providers to withhold or withdraw life-prolonging measures in certain situations. You should talk to your doctor about what these terms mean. The Living Will states what choices you would have made for yourself if you were able to communicate. Talk to your family members, friends, and others you trust about your choices. Also, it is a good idea to talk with professionals such as your doctors, clergypersons, and lawyers before you complete and sign this Living Will.

You do not have to use this form to give those instructions, but if you create your own Advance Directive you need to be very careful to ensure that it is consistent with North Carolina law.

This Living Will form is intended to be valid in any jurisdiction in which it is presented, but places outside North Carolina may impose requirements that this form does not meet.

If you want to use this form, you must complete it, sign it, and have your signature witnessed by two qualified witnesses and proved by a notary public. Follow the instructions about which choices you can initial very carefully. Do not sign this form until two witnesses and a notary public are present to watch you sign it. You then should consider giving a copy to your primary physician and/or a trusted relative, and should consider filing it with the Advanced Health Care Directive Registry maintained by the North Carolina Secretary of State: <http://www.nclifelinks.org/ahcdr/>

My Desire for a Natural Death

I, _____, being of sound mind, desire that, as specified below, my life not be prolonged by life-prolonging measures:

1. When My Directives Apply

My directions about prolonging my life shall apply *IF* my attending physician determines that I lack capacity to make or communicate health care decisions and:

NOTE: YOU MAY INITIAL ANY OR ALL OF THESE CHOICES.

_____ (Initial)	I have an incurable or irreversible condition that will result in my death within a relatively short period of time.
_____ (Initial)	I become unconscious and my health care providers determine that, to a high degree of medical certainty, I will never regain my consciousness.
_____ (Initial)	I suffer from advanced dementia or any other condition which results in the substantial loss of my cognitive ability and my health care providers determine that, to a high degree of medical certainty, this loss is not reversible.

End of Life Planning

2. These are My Directives about Prolonging My Life:

In those situations I have initialed in Section 1, I direct that my health care providers:

NOTE: INITIAL ONLY IN ONE PLACE.

_____ (Initial)	may withhold or withdraw life-prolonging measures.
_____ (Initial)	shall withhold or withdraw life-prolonging measures.

3. Exceptions – "Artificial Nutrition or Hydration"

NOTE: INITIAL ONLY IF YOU WANT TO MAKE EXCEPTIONS TO YOUR INSTRUCTIONS IN PARAGRAPH 2.

EVEN THOUGH I do not want my life prolonged in those situations I have initialed in Section 1:

_____ (Initial)	I <i>DO</i> want to receive BOTH artificial hydration AND artificial nutrition (for example, through tubes) in those situations. _____ NOTE: DO NOT INITIAL THIS BLOCK IF ONE OF THE BLOCKS BELOW IS INITIALED.
_____ (Initial)	I <i>DO</i> want to receive ONLY artificial hydration (for example, through tubes) in those situations. _____ NOTE: DO NOT INITIAL THE BLOCK ABOVE OR BELOW IF THIS BLOCK IS INITIALED.
_____ (Initial)	I <i>DO</i> want to receive ONLY artificial nutrition (for example, through tubes) in those situations. _____ NOTE: DO NOT INITIAL EITHER OF THE TWO BLOCKS ABOVE IF THIS BLOCK IS INITIALED.

4. I Wish to be Made as Comfortable as Possible

I direct that my health care providers take reasonable steps to keep me as clean, comfortable, and free of pain as possible so that my dignity is maintained, even though this care may hasten my death.

5. I Understand my Advance Directive

I am aware and understand that this document directs certain life-prolonging measures to be withheld or discontinued in accordance with my advance instructions.

End of Life Planning

6. If I have an Available Health Care Agent

If I have appointed a health care agent by executing a health care power of attorney or similar instrument, and that health care agent is acting and available and gives instructions that differ from this Advance Directive, then I direct that:

<u> </u> (Initial)	<u>Follow Advance Directive:</u> This Advance Directive will override instructions my health care agent gives about prolonging my life.
<u> </u> (Initial)	<u>Follow Health Care Agent:</u> My health care agent has authority to override this Advance Directive.

NOTE: DO NOT INITIAL BOTH BLOCKS. IF YOU DO NOT INITIAL EITHER BOX, THEN YOUR HEALTH CARE PROVIDERS WILL FOLLOW THIS ADVANCE DIRECTIVE AND IGNORE THE INSTRUCTIONS OF YOUR HEALTH CARE AGENT ABOUT PROLONGING YOUR LIFE.

7. My Health Care Providers May Rely on this Directive

My health care providers shall not be liable to me or to my family, my estate, my heirs, or my personal representative for following the instructions I give in this instrument. Following my directions shall not be considered suicide, or the cause of my death, or malpractice or unprofessional conduct. If I have revoked this instrument but my health care providers do not know that I have done so, and they follow the instructions in this instrument in good faith, they shall be entitled to the same protections to which they would have been entitled if the instrument had not been revoked.

8. I Want this Directive to be Effective Anywhere

I intend that this Advance Directive be followed by any health care provider in any place.

9. I have the Right to Revoke this Advance Directive

I understand that at any time I may revoke this Advance Directive in a writing I sign or by communicating in any clear and consistent manner my intent to revoke it to my attending physician. I understand that if I revoke this instrument I should try to destroy all copies of it.

End of Life Planning

This the _____ day of _____, _____.

Signature of Declarant

Type/Print Name

I hereby state that the declarant, _____, being of sound mind, signed (or directed another to sign on declarant's behalf) the foregoing Advance Directive for a Natural Death in my presence, and that I am not related to the declarant by blood or marriage, and I would not be entitled to any portion of the estate of the declarant under any existing will or codicil of the declarant or as an heir under the Intestate Succession Act, if the declarant died on this date without a will. I also state that I am not the declarant's attending physician, nor a licensed health care provider who is (1) an employee of the declarant's attending physician, (2) nor an employee of the health facility in which the declarant is a patient, or (3) an employee of a nursing home or any adult care home where the declarant resides. I further state that I do not have any claim against the declarant or the estate of the declarant.

Date: _____ Witness: _____

Date: _____ Witness: _____

_____ COUNTY, _____ STATE

Sworn to (or affirmed) and subscribed before me this day by

(type/print name of declarant)

(type/print name of witness)

(type/print name of witness)

Date _____

(Official Seal)

Signature of Notary Public

_____, Notary Public
Printed or typed name

My commission expires: _____

End of Life Planning

FUNERAL INSTRUCTIONS

My Personal Information:

First Name: _____ Middle Name: _____

Last Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ County: _____

Phone: _____

Organ Donor: Yes _____ No _____

Vital Statistics:

Marital Status: Married _____ Divorced _____ Widow _____ Widower _____

Date of Birth: _____ Place of Birth: _____

Social Security Number: _____ Spouse's Name: _____

Spouse's Maiden Name: _____

Place of Marriage: _____ Date of Marriage: _____

Father's Name: _____ Mother's Name: _____

Mother's Maiden Name: _____

Work/Education:

Education (0-12): _____

College 1-5+: _____

Occupation: _____

Business: _____

Company: _____

Military Record:

Branch of Service: _____ Serial Number: _____

Date Enlisted: _____ Rank at Discharge: _____

Date Discharge: _____ Discharge on File at: _____

Copy of Discharge Papers: Yes _____ No _____

Name of Wars: _____

Funeral Service Information:

Place of Service: Church ___ Funeral Home ___ Cemetery _____

Funeral Home: _____

Address: _____

Phone: _____

Place of Visitation: _____

Visitation and Service the same day: Yes _____ No _____

Clergy to Officiate: _____

Religious Denomination: _____

Place of Worship: _____

Lodge/Union: _____

End of Life Planning

Special Instructions:

Pallbearers(6): _____

Scripture: _____

Prayers: _____

Favorite Flowers: _____

Music: _____

Poem: _____

Jewelry: _____

Clothing: _____

Glasses: _____

Other: _____

Memorials or Donations: _____

Disposition Request:

I prefer: Earth Burial _____ Mausoleum _____ Cremation _____

Cemetery: _____

Address: _____

Phone: _____

Cemetery Lot Owner: _____

Location: _____

I have made a last will and testament: Yes _____ No _____

Person to Finalize Arrangements:

Name: _____

Address: _____

Email: _____

Phone: _____

Relationship: _____

ALEXANDER COUNTY

County Government Office

621 Liledoun Road
Taylorsville, NC 28681
(828) 632-9332
Fax: (828) 632-0059
www.alexandercountync.gov

Town of Taylorsville

67 Main Avenue Drive SE
Taylorsville, NC 28681
(828) 632-2218
Fax: (828) 632-7964
www.taylorsvillenc.com

Animal Services

(828) 632-1199
www.alexandercountync.gov/animal-services

Board of Elections

370 First Avenue SW
PO Box 326
Taylorsville, NC 28681
(828) 632-2990
Fax: (828) 632-1381
www.alexandercountync.gov/board-of-elections

Chamber of Commerce

16 West Main Avenue
Taylorsville, NC 28681
(828) 632-8141
www.alexandercountychamber.com

NC Cooperative Extension – Alexander Center

376 First Avenue SW
Taylorsville, NC 28681
(828) 632-4451
Fax: (828) 632-7533
<http://alexander.ces.ncsu.edu>

Social Services

604 7th Street SW
Taylorsville, NC 28681
(828) 632-1080
Fax: (828) 632-1092
www.alexandercountync.gov/dss/

Health Department

338 1st Avenue SW, Suite 1
Taylorsville, NC 28681
(828) 632-9704
Fax: (828) 632-9008
www.alexanderhealth.org

Public Library

(828) 632-4058

Tax Office

75 1st Street SW
Courthouse Annex, Suite 2
Taylorsville, NC 28681
(828) 632-4346
www.alexandercountync.gov/tax-office

BURKE COUNTY

County Government Office

PO Box 219 (200 Avery Ave.)
Morganton, NC 28680-0219
(828) 764-9000
Fax: (828) 764-9352
www.burkenc.org

Town of Connelly Springs

PO Box 99 (1030 US 70)
Connelly Springs, NC 28612
(828) 879-2321
Fax: (828) 879-2325

Town of Drexel

PO Box 188 (202 Church St.)
Drexel, NC 28619
(828) 437-7421
Fax: (828) 437-4661
www.ci.drexel.nc.us

Town of Glen Alpine

PO Box 898 (103 Pitts St.)
Glen Alpine, NC 28628
(828) 584-2622
Fax: (828) 584-2113

Town of Hildebran

PO Box 87 (202 S. Center St.)
Hildebran, NC 28637
(828) 397-5801
Fax: (828) 397-7180

City of Morganton

PO Box 3448
(305 E. Union St.)
Morganton, NC 28680
(828) 437-8863
Fax: (828) 432-2669
www.ci.morganton.nc.us

Town of Rutherford College

PO Box 406
(980 Malcolm Blvd.)
Rutherford College, NC
28671
(828) 874-0333
Fax: (828) 874-0022
www.rutherfordcollegenc.us

Town of Valdese

PO Box 339 (121 Faet St.)
Valdese, NC 28690
(828) 879-2120
Fax: (828) 879-2139
www.townofvaldese.com

Animal Control

(828) 438-5465
www.burkesherriff.org/animal.htm

Board of Elections

2128 S. Sterling Street
PO Box 798
Morganton, NC 28680
(828) 764-9010
Fax: (828) 764-9011
www.burkenc.org

Chamber of Commerce

110 E. Meeting Street
Morganton, NC 28655
(828) 437-3021
www.burkecounty.org

NC Cooperative Extension Burke Center

130 Ammons Drive, Suite 2
Morganton, NC 28655
(828) 439-4460
Fax: (828) 439-4468
TTY (828) 439-4461
<http://burke.ces.ncsu.edu>

Social Services

700 East Parker Road
PO Drawer 549
Morganton, NC 28680-0549
(828) 764-9600
Fax: (828) 764-9793
www.burkenc.org

Health Department

700 East Parker Road
Morganton, NC 28655
(828) 764-9150
Fax: (828) 764-9153
www.burkenc.org

Public Library

Hildebran (828) 397-3600
Morganton (828) 764-9260
Valdese (828) 874-2421
www.bcpls.org

Tax Office

110 N. Green Street
Morganton, NC 28680
(828) 764-9430

Government Agencies

CALDWELL COUNTY

County Government Office

PO Box 2200
(905 W. Ave. NW)
Lenoir, NC 28645
(828) 757-1300
Fax: (828) 757-1295
www.caldwellcountync.org

Town of Cahaj's Mountain

1800 Connelly Springs Road
Lenoir, NC 28645
(828) 728-5053
Fax: (828) 728-4166

Village of Cedar Rock

PO Box 1166
(2067 Cedar Rock Estate Dr.)
Lenoir, NC 28645
(828) 757-4545
Fax: (828) 758-9662

Town of Gamewell

2750 Old Morganton Road
Lenoir, NC 28645
(828) 754-1991
Fax: (828) 754-1991

Town of Granite Falls

PO Drawer 10 (30 Park Sq.)
Granite Falls, NC 28630
(828) 396-3131
Fax: (828) 396-3133
www.granitefallsncc.org

Town of Hudson

PO Box 457 (550 Central St.)
Hudson, NC 28638
(828) 728-8272
Fax: (828) 728-2680
www.ci.hudson.nc.us

City of Lenoir

PO Box 958 (801 W. Ave. SW)
Lenoir, NC 28645
(828) 757-2200
Fax: (828) 757-2162
www.cityoflenoir.com

Town of Rhodhiss

PO Box 40 (200 Burke St.)
Rhodhiss, NC 28667
(828) 396-8400
Fax: (828) 396-8405

Town of Sawmills

4076 US Hwy 321-A
Granite Falls, NC 28630
(828) 396-7903
Fax: (828) 396-8955

Animal Control

(828) 757-8625
www.caldwellanimalshelter.org

Board of Elections

905 West Avenue NW
PO Box 564
Lenoir, NC 28645
(828) 757-1342
Fax: (828) 757-1195
www.caldwellcountync.org

Chamber of Commerce

1909 Hickory Blvd. SE
Lenoir, NC 28645
(828) 726-0616
www.caldwellcochamber.org

NC Cooperative Extension

Caldwell Center
120 Hospital Ave. NE, Suite 1
Lenoir, NC 28645
(828) 757-1290
Fax: (828) 757-1251
<http://caldwell.ces.ncsu.edu>

Social Services

2345 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8200
Fax: (828) 426-8398
www.caldwellcountync.org

Health Department

2324 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8400
www.caldwellcountync.org

Public Library

Hudson (828) 728-4207
Lenoir (828) 757-1270
Granite Falls (828) 396-7703

Tax Office

75 1st Street SW
Courthouse Annex, Suite 2
Taylorsville, NC 28681
(828) 632-4346

Government Agencies

CATAWBA COUNTY

County Government Office

PO Box 389
100-A SW Blvd
Newton, NC 28658
(828) 465-8200
Fax: (828) 465-8392
www.catawbacountync.gov

Town of Brookford

1700 S. Center St.
Hickory, NC 28602
(828) 322-4903
Fax: (828) 322-7898

Town of Catawba

PO Box 70 (102 First St. NW)
Catawba, NC 28609
(828) 241-2215
Fax: (828) 241-9968

City of Claremont

PO Box 446 (3288 E. Main St)
Claremont, NC 28610
(828) 459-7009
Fax: (828) 459-0596
www.cityofclaremont.org

City of Conover

PO Box 549 (101 First St. E)
Conover, NC 28613
(828) 464-1191
Fax: (828) 465-5177
www.conovernc.gov

City of Hickory

PO Box 398 (76 N. Center St)
Hickory, NC 28603
(828) 323-7400
Fax: (828) 323-7550
www.hickorygov.com

Town of Long View

2404 1st Avenue SW
Long View, NC 28602
(828) 327-3921
Fax: (828) 322-1567

Town of Maiden

113 West Main Street
Maiden, NC 28650
(828) 428-5000
Fax: (828) 428-5017
www.maidennc.com

City of Newton

PO Box 550 (401 N Main Ave)
Newton, NC 28658
(828) 465-7400
Fax: (828) 465-7405
www.newtonnc.gov

Animal Control

(828) 464-7686
www.catawbacountync.gov

Board of Elections

100A Southwest Blvd.
PO Box 132
Newton, NC 28658
(828) 464-2424
www.catawbacountync.gov

Chamber of Commerce

PO Box 1828
1055 Southgate Corp. Park SW
Hickory, NC 28603-1828
(828) 328-6111
www.catawbachameber.org

NC Cooperative Extension

Catawba Center
1117 S. Brady Avenue
Newton, NC 28658
(828) 465-8250
<http://catawba.ces.ncsu.edu>

Social Services

3030 11th Ave. Dr. SE, Hickory
PO Box 669
Newton, NC 28658
(828) 695-5600
www.catawbacountync.gov/dss

Health Department

3070 11th Avenue Drive SE
Hickory, NC 28602
(828) 695-5800
www.catawbacountync.gov/phealth

Public Library

Newton (828) 465-8664
Claremont (828) 459-9311
Conover (828) 466-5108
Maiden (828) 428-2712
Patrick Beaver (828) 304-0500
Ridgeview (828) 345-6037
Sherrills Ford (828) 478-2729
Southwest (828) 294-2343
St. Stephens (828) 256-3030

Tax Office

PO Box 368 (100 A
Southwest Blvd.)
Newton, NC 28658
(828) 465-8416

Government Agencies

NORTH CAROLINA GOVERNMENT AGENCIES

www.ncgov.com

NC Division of Aging and Adult Services

2101 Mail Service Center
Raleigh, NC 27699-2101
(919) 733-3983
www.ncdhhs.gov/aging

NC Department of Agriculture and Consumer Services

1001 Mail Service Center
Raleigh, NC 27699-1001
(919) 707-3000
www.ncagr.gov

NC Department of Environment and Natural Resources

1601 Mail Service Center
Raleigh, NC 27699-1601
1-877-623-6748
www.ncdenr.gov

NC Department of Health and Human Services

2000 Mail Service Center
Raleigh, NC 27699-2000
(919) 855-4800
www.ncdhhs.gov

NC Department of Insurance

1201 Mail Service Center
Raleigh, NC 27699-1201
800-546-5664
www.ncdoi.com

NC Department of Justice

9001 Mail Service Center
Raleigh, NC 27699-9001
(919) 716-6400
www.ncdoj.gov

NC Department of Labor

1101 Mail Service Center
Raleigh, NC 27699-1101
(919) 807-2796 or 1-800-NC-LABOR
www.nclabor.com

NC Department of Public Schools

301 N. Wilmington Street
Raleigh, NC 27601
(919) 807-3300
www.ncpublicschools.org

NC Department of Public Safety

4201 Mail Service Center
Raleigh, NC 27699-4201
www.ncdps.gov

NC Department of State Treasurer

325 N. Salisbury Street
Raleigh, NC 27603
(919) 508-5176
www.nctreasurer.com

NC Department of Transportation

1501 Mail Service Center
Raleigh, NC 27699-1501
1-877-368-4968
www.ncdot.gov

Government Agencies

UNITED STATES GOVERNMENT AGENCIES

www.usa.gov

US Administration on Aging

One Massachusetts Avenue NW
Washington, DC 20001
(202) 619-0724
www.aoa.gov

US Administration for Community Living

200 Independence Avenue SW
Washington, D.C. 20201
1-877-696-6775
www.hhs.gov/acl

US Department of Health and Human Services

200 Independence Avenue SW
Washington, D.C. 20201
1-877-696-6775
www.hhs.gov

US Environmental Protection Agency

Ariel Rios Building
1200 Pennsylvania Avenue NW
Washington, DC 20460
(202) 272-0167
www.epa.gov

US Department of Justice

950 Pennsylvania Avenue NW
Washington, DC 20530-0001
202-514-2000
www.justice.gov

US Department of Defense

1400 Defense Pentagon
Washington, DC 20301-1400
703-571-3343
www.defense.gov

US Department of Agriculture

1400 Independence Avenue SW
Washington, DC 20250
(202) 720-2791
www.usda.gov

US Federal Trade Commission

600 Pennsylvania Avenue NW
Washington, DC 20580
(202) 326-2222
www.ftc.gov

US Department of Homeland Security

Washington, DC 20528
(202) 282-8000
www.dhs.gov

Home Care Agencies

In-Home Aide Services are intended to assist individuals who have functional/ physical and/or mental impairments with essential daily activities in the areas of home management and personal care. These services assist individuals in remaining at home for as long as possible. The services may also provide assistance and respite to families who are involved with care giving responsibilities.

One type of in-home aide service is **personal care**. Personal care, which is more extensive and complex in nature, is provided by a certified nurse aide employed through a licensed home care agency. Services that are considered personal care in nature can include help with bathing, dressing, toileting, feeding, and ambulation.

Another type of in-home aide services is **home management**. Home management services can include tasks such as cooking, cleaning, laundry, shopping, and other non-personal care activities to keep the individual safe in the home setting.

Abernethy Laurels Home Care Agency

102 Leonard Avenue
Newton, NC 28658
(828) 464-8260
www.abernethylaurels.org/home-care-services.php

Advanced Home Care

2435 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8401
1-800-868-8822
www.advhomocare.org

Alexander County Home Health

338 First Avenue SW, Suite 1
Taylorsville, NC 28681
(828) 632-9704
www.alexandercountync.gov

Bayada Nurses

www.bayada.com
1-888-422-9232
1985 Tate Blvd. SE, Suite 417
Hickory, NC 28602
(828) 327-3300

305 South Green Street, Suite 200
Morganton, NC 28655
(828) 437-5454

Beacon In-Home Care, Inc.

110 Cross Street
Rutherford College, NC 28671
(828) 879-8217

Best of Care Home Health Services

785 Hwy 70 SW, Suite 300
Hickory, NC 28602
(828) 304-8280

Home Care Agencies

Better Living Home Care

114 South Sterling Street, Suite 201
Morganton, NC 28655
(828) 430-0120
www.betterliving-homecare.com

Burke Hospice & Palliative Care, Inc.

1721 Enon Road
Valdese, NC 28690
(828) 879-1601
www.burkehospice.org

Caldwell Hospice & Palliative Care, Inc.

902 Kirkwood Street NW
Lenoir, NC 28645
(828) 754-0101
www.caldwellhospice.org

Caldwell Home Services, Inc.

122 Fairway Shopping Center
Hudson, NC 28638
(828) 728-0168
www.caldwellhomeservices.com

Catawba County DSS

In-Home Services
507 Boundary Street
Conover, NC 28613
(828) 695-5610
www.catawbacountyhomehealth.com

Catawba County Home Health

3070 11th Avenue Drive SE
Hickory, NC 28602
(828) 695-5849
1-800-669-9917
www.catawbacountync.gov

Catawba Regional Hospice

3975 Robinson Road
Newton, NC 28658
(828) 466-0466
www.catawbaregionalhospice.org

Catawba Valley Medical Services

409 B South Sterling Street
Morganton, NC 28655
(828) 437-8808
www.catawbavalleyms.com

Comfort Keepers

415 7th Avenue SW, Suite 7
Hickory, NC 28602
(828) 431-2273
www.comfortkeepers.com

Gentiva

www.gentiva.com
1144 Lenoir Rhyne Blvd. SE
Hickory, NC 28602
(828) 322-6131

720 23rd Street NW
Hickory, NC 28602
(828) 328-1871

Guardian Health Services

1771 Tate Blvd. SE, Suite 101
Hickory, NC 28602
(828) 324-3025
1-800-610-3447
www.guardianhomehealthservices.com

Handi-Care, Inc.

304 South Main Street
Drexel, NC 28619
(828) 437-8429
1-800-435-9251
www.handi-careinc.com

Home Care Agencies

Harmony Home Care

246 Union Square, Suite 306
Hickory, NC 28601
(828) 256-1438

230 Morganton Blvd. SW Suite A
Lenoir, NC 28645
(828) 754-4401

408 West Fleming Drive, Suite C
Morganton, NC 28655
(828) 433-4445

Health and Home Services, Inc.

74 8th St. SE.
Hickory, NC 28602
(828) 322-2710
1-877 610-9980
www.healthandhomeservices.com

Healthy at Home, Blue Ridge Health Care

201 Saint Germain Street
Valdese, NC 28690
(828) 580-6450
1-800-599-5891
www.blueridgehc.com

Homecare Management Corporation

315 Wilkesboro Blvd. NE
Suite 2A
Lenoir, NC 28645
(828) 754-3665
1-800 223-2841
www.homecaremgmt.org

Home Instead Senior Care

835 Second Avenue SW
Hickory, NC 28602
(828) 256-0184
www.homeinstead.com/628

Hospice and Home Care of Alexander Co. Inc.

50 Lucy Echerd Lane
Taylorsville, NC 28681
(828) 632-5026
www.hospiceandhomecarealexander.org

Interim Healthcare, Inc.

858 2nd Street NE, Suite 301
Hickory, NC 28601
(828) 324-2121
1-800-759-9033
www.interimhealthcare.com/hickorync

Maxim Healthcare Services

1940 Third Avenue Lane SE
Hickory, NC 28602
(828) 270-3343
www.maximhealthcare.com

Nursefinders of Charlotte

131 Providence Road, Suite 1
Charlotte, NC 28207
(704) 335-7241
www.nursefinders.com

Premier Home Care, LLC

23 Pinewood Road
Granite Falls, NC 28630
(828) 396-9111

Premier Home Health Care Services

1067 13th Street, SE
Hickory, NC 28602
(828) 327-9600
1-800-848-9601
www.premierhomehealthcare.com

Home Care Agencies

ResCare Home Care

www.rescarehomecare.com
301 10th Street SW, Suite B104
Conover, NC 28613
(828) 353-0587

332 Mulberry Street SW
Lenoir, NC 28645
(828) 754-4528

Restoration Home Care Services, Inc.

410 First Avenue South, Suite 3
Conover, NC 28613
(704) 325-3814

Right At Home

30 Falls Avenue
Granite Falls, NC 28630
(828) 396-7932
www.unifournc.rightathome.net

Unifour Nursing

805 West 25th Street
Newton, NC 28658
(828) 464-0244
www.unifournursing.com

Visiting Angels

1822 Hickory Blvd. SW
Lenoir, NC 28645
(828) 572-4300
www.visitingangels.com

Hiring a home health care provider to care for your loved one can be a daunting and stressful task. To ensure peace of mind with your selection, be sure to ask potential caregivers the following questions:

- How long has the agency been in business?
- Is the agency licensed by the state?
- Are your home health care workers certified or licensed by the state?
- Has the agency personally checked my assigned caregiver's references, and is he or she bonded?
- How long has my assigned caregiver worked in the agency's employ?
- Is there a registered nurse who supervises on a regular basis?
- Is there a trained coordinator available by telephone 24-7? (a requirement for licensed facilities)
- Does the agency conduct criminal background checks on employees?

Hospice & Palliative Care

Hospice is a special healthcare option for patients and families who are faced with a terminal illness. A multi-disciplinary team of physician, nurses, social workers, bereavement counselors and volunteers works together to address the physical, social, emotional and spiritual needs of each patient and family. The hospice team provides care to patients in their own home or a home-like setting regardless of the patient's age or ability to pay.

Palliative care is a medical subspecialty that strives to relieve suffering and improve the quality of life for patients with advanced illness through expert pain and symptom management.

Hospice and Home Care of Alexander Co. Inc.

50 Lucy Echerd Lane
Taylorsville, NC 28681
(828) 632-5026
www.hospiceandhomecarealexander.org

Burke Hospice and Palliative Care, Inc.

PO Box 1029 (1721 Enon Rd.)
Valdese, NC 28690
(828) 879-1601
www.burkehospice.org

Caldwell Hospice and Palliative Care, Inc.

902 Kirkwood Street, NW
Lenoir, NC 28645
(828) 754-0101
www.caldwellhospice.org

Catawba Regional Hospice

3975 Robinson Road
Newton, NC 28658
(828) 466-0466
www.catawbaregionalhospice.org

Broughton Hospital

1000 South Sterling Street
Morganton, NC 28655
(828) 433-2111
www.ncdhhs.gov/hsohf/broughton

Caldwell Memorial Hospital

321 Mulberry Street SW
Lenoir, NC 28645
(828) 757-5100
www.caldwellmemorial.org

Carolina's HealthCare System Blue Ridge

2201 South Sterling Street
Morganton, NC 28655
(828) 580-5000
www.blueridgehealth.org

Carolina's HealthCare System Blue Ridge - Valdese

720 Malcolm Boulevard
PO Box 700
Valdese, NC 28690
(828) 874-2251
www.blueridgehealth.org/valdese-hospital

Catawba Valley Medical Center

810 Fairgrove Church Road SE
Hickory, NC 28602
(828) 326-3000

HealthFirst Center on Tate Blvd.

(828) 485-2300
www.catawbavalleymc.org

Department of Veterans Affairs Medical Center

Asheville Facility

1100 Tunnel Road
Asheville, NC 28805
(828) 298-7911
www.asheville.va.gov

Hickory Community Based Outpatient Clinic

1170 Fairgrove Church Road
Hickory, NC 28602
(828) 431-5600
www.salisbury.va.gov/locations/hickory

Salisbury Facility

1601 Brenner Avenue
Salisbury, NC 28144
(704) 638-9000
www.salisbury.va.gov

Frye Regional Medical Center

420 North Center Street
Hickory, NC 28601
(828) 315-5000
www.fryemedctr.com

Housing Guide

SENIOR LIVING OPTIONS

Aging In Place – Refers to the ability to age in your own home and have your evolving needs met in your own home. Many people can continue to live independently at home; others may need in-home care or support services like meals, healthcare or transportation in order to continue living at home.

Independent Living – Similar to aging in place in that you have the ability to live without outside assistance.

Independent Living with Services – Aging in place with the option to add a service package such as meals, housekeeping or assistance with bathing and dressing. The resident remains living in the same place but has the option of adding services at an additional cost as needs change.

Assisted Living – Provides daily assistance to residents, but not constant care. Residents might be helped with bathing, dressing, taking medication and meals. Assisted Living is a situation somewhere between independent living and nursing care.

Age Restricted/Active Adult Communities – Housing communities that require residents to be a certain age. Active adult communities might be a gated community, an apartment complex, modular home community, condominiums or other. Some are linked to universities and allow unlimited access to classes. Others offer clubs and social opportunities. Most provide access to pools and other leisure activities.

Continuing Care Retirement Communities (CCRC) – Continuing Care Retirement Communities offer different services – independent living, congregate housing, assisted living and skilled nursing. As the resident ages and their needs evolve, they can take advantage of different services within the same community. CCRC's may require buy-in, or an upfront annuity purchase followed by monthly payments covering services, amenities, and needed medical services.

Nursing Care/Nursing Home/Skilled Nursing Facilities – Nursing homes are for older adults who can no longer live independently and need 24 hour nursing care and supervision. It is often used for individuals who are chronically ill and those who need help with MOST activities of daily living – getting out of bed, bathing, dressing, eating, etc.

Reverse Mortgage – A reverse mortgage is a special type of home equity loan designed specifically for older homeowners who are at least 62 years of age. This special type of mortgage enables the homeowner to tap into the equity of their home without repaying the loan as long as he/she occupies the home as his/her primary residence. Typical uses for the reverse mortgage funds are to supplement income, consolidate debt, repayment of small existing mortgage, payment of medical bills and in home health care. There are no restrictions on how you can use money from a reverse mortgage.

Housing Guide

Universal Design – Housing design features and products for homes that make it safer for older adults or for residents that may have a disability.

Relocating Abroad – Retiring in a foreign country is a concept that has gained in popularity. Many retirement communities geared toward retiring Americans exist in exotic locations. Many older adults like the idea of inexpensive housing in a true resort locale.

THINGS TO THINK ABOUT OR ASK WHEN ASSESSING SENIOR LIVING OPTIONS

Lifestyle and Priorities

What is important to you in retirement? Family? Friends? Activities?

What community attributes do you desire/need? Close proximity to medical facilities, shopping, dining, churches, libraries, colleges/universities?

What are your transportation present and future transportation needs? Walkable community? Public transportation options?

Health and Aging

Does your current health status require any special considerations? How might your health status evolve? Would you prefer to age in place/in your own home? Can you afford any support services that you might require?

Independent Living/Current Home

Are you capable of maintaining your residence now and in the future?

If choosing a new home, what size home best meets your needs? One level? Easy maintenance? Maintenance provided? Single or multi-car garage? Desired features -type of flooring, appliances? etc.

Do you have a mortgage payment? Can you pay off your mortgage?

Can your present home be modified to meet your needs as you age? What type of features would make your home more comfortable/safer?

Have you considered all costs associated with owning your home?

- Mortgage and Association fees
- Taxes
- Maintenance
- Repairs
- Home owner's insurance
- Fire, theft and liability insurance
- Utilities
- Meals
- Transportation
- Car ownership
- Housekeeping
- Travel Expenditures
- Etc.

Housing Guide

Retirement-Specific Housing or Nursing Care

Admissions contract?

Are there any expenses not covered?

Pets allowed?

Can you bring your own furniture?

Can special dietary needs be accommodated?

What is the staff to resident ratio?

What training does the staff have and receive?

Is the facility financially sound?

What about telephone, internet, and telephone service?

Rules regarding visitors?

What happens in case of a disaster?

What happens if your needs change and can no longer be met by the facility?

Long Term Care

Do you have Long Term Care Insurance? If so, does your policy fund in-home care?

If not, how will you fund a potential need for care?

Using Home Equity for Retirement Expenses

Do you have equity in your home? Should you tap your home equity for retirement?

Have you considered a Reverse Mortgage? Do you qualify for a Reverse Mortgage?

Evaluating Options

How do the costs compare for your various options – staying in the current home, purchasing new home, retirement living, assisted living or other – now and in the future?

What are the social, medical or lifestyle advantages or disadvantages of these options?

Have you involved family members in your decision making? Some children of retirees opt to fund long term care policies for their parents. Others have room in their homes to house and care for their aging parents. Would you consider renting your home to create extra income?

Could providing room and board to a caregiver be an option?

Are you eligible for any public or government assistance that might help with housing or long term care?

Have you considered whether you might want to talk with an attorney about any legal issues?

Housing Guide

HOUSING ASSISTANCE AND PROGRAMS AVAILABLE THROUGH WESTERN PIEDMONT COUNCIL OF GOVERNEMENTS

Foreclosure Prevention

HUD-approved housing counselors are available to provide you with the information and assistance you need to avoid foreclosure. Some homeowners who are struggling to make their mortgage payments due to job loss or temporary financial hardship may qualify for assistance through the Mortgage Payment Program. Others may qualify for assistance through a loan modification or refinance, to reduce your monthly payments and help you keep your home.

Pre-Purchase Counseling/Assistance

This program provides counseling and financial down payment assistance to qualified individuals who are seeking to purchase their first home.

Reverse Mortgage Counseling

Before you can get a Reverse Mortgage - you are required to receive counseling. The Western Piedmont Area Agency on Aging provides this service. Counseling sessions are available for residents of Alexander, Burke, Caldwell, and Catawba Counties.

Section 8 Rental Assistance

Utilizes privately-owned properties that are leased to residents with the Authority paying a portion of the monthly rent to the landlord. The balance is paid by the resident renting the units.

Single-Family Rehabilitation Program

This program makes major repairs to low- or moderate-income homeowners' homes through a deferred-loan program.

Urgent Repair Program

This program corrects housing conditions that threaten the life or safety of special needs (elderly and/or disabled) homeowners who are low-income. Some examples of emergency repairs are replacing roofs, replacing rotten floors, providing ramps and accessibility modifications.

Western Piedmont Council of Governments

1880 2nd Avenue NW
PO Box 9026
Hickory, NC 28603
(828) 322-9191
Fax: (828) 322-5991
www.wpcog.org

Housing Guide

NC HOUSING FINANCE AGENCY

The North Carolina Housing Finance Agency (NCHFA) is a self-supporting public agency. The Agency's mission is to create affordable housing opportunities for North Carolinians whose needs are not met by the market. NCHFA offers programs to assist home buyers; helps governments, nonprofit groups and private developers create affordable homes, apartments and supportive housing; and provides funding for rehabilitation and repair for low-income homeowners through local groups. So whether you are trying to buy a home, maintain and keep the home you have, or find an affordable apartment, they may be able to help.

3508 Bush Street
P.O. Box 28066
Raleigh, NC 27611-8066
(919) 877-5700
1-(800) 393-0988
www.nchfa.com

PROPERTY TAX RELIEF

North Carolina offers three property tax relief programs for the permanent residence of qualified homeowners.

Elderly or Disabled Exclusion: Applicants must be 65 years of age or totally and permanently disabled. In addition, the previous year's total income for both an applicant and spouse cannot exceed \$29,500. For unmarried joint property owners, each owner must apply separately and benefit limitations may apply based on the percent of ownership.

Circuit Breaker Tax Deferment Program: Applicants must be 65 years of age or totally and permanently disabled. The previous year's total income for both an applicant and spouse cannot exceed \$44,250. For unmarried joint property owners, each owner must apply and qualify separately. In addition, all owners must have owned and occupied the residence for the previous five years.

Disabled Veteran Exclusion: Honorably discharged disabled veterans or their unmarried surviving spouse may be eligible for a reduction in property tax. There is no age or income limitation on this program.

Contact local Tax Office for applications for the programs listed above:

ALEXANDER (828) 632-4346

BURKE (828) 764-9430

CALDWELL (828) 757-1340

CATAWBA (828) 465-8414

Housing Guide

PUBLIC HOUSING

A type of federally supported subsidized housing administered by local public housing authorities where tenants pay 30% of their incomes in rent. Units may or may not be designated as elderly apartments.

HOUSING AUTHORITY

A non-profit public corporation created to develop, manage, and maintain low-rent housing and assistance for low income families and elderly citizens.

ALEXANDER COUNTY

Alexander Section 8 Housing

c/o Western Piedmont Council of Governments
1880 2nd Avenue NW
Hickory, NC 2860
(828) 322-9191
Fax: (828) 322-5991

BURKE COUNTY

Morganton Housing Authority

644 1st St., PO Box 1053
Morganton, NC 28680-1053
(828) 437-9101
(828) 397-7879

Valdese Housing Authority

PO Box 310
1402 Lydia Avenue
Valdese, NC 28690
(828) 874-0098
Fax: (828) 874-4352

CALDWELL COUNTY

Lenoir Housing Authority

431 Vance Street NW
Lenoir, NC 28645
(828) 758-5536
Fax: (828) 758-5696

CATAWBA COUNTY

Hickory Public Housing Authority

841 South Center Street
Hickory, NC 28601
(828) 328-5373
(828) 327-7495

BURKE COUNTY

Agape Retirement Apartments

212 Church Street
Valdese, NC 28690
(828) 874-3463

Buena Vista Apartments

3M Reese Street
Drexel, NC 28619
(828) 437-2312

Grace Ridge

500 Lenoir Road
Morganton, NC 28655
(828) 580-7300

Green Acres Apartments

710 N. Green Street
Morganton, NC 28655
(828) 437-9101

Millside Manor Apartments

411 East Union Street
Morganton, NC 28655
(828) 439-9989

Southmont Apartments

408 West Concord Street
Morganton, NC 28655
(828) 437-2323

The Willows Apartments

405 Old NC 18
Morganton, NC 28655
(828) 438-3690

CALDWELL COUNTY

Arbor Glen Apartments

104 Abington Rd.
Lenoir, NC 28645
336-544-2300

Koinonia Apartments

318 Main Street NW
Lenoir, NC 28645
(828) 758-2617

LHS Apartments

102 Willow Street
Lenoir, NC 28645
(828) 754-0680

Pinewood Plaza Apartments

10 Pinewood Plaza Drive
Granite Falls, NC 28630
(828) 396-4067

CATAWBA COUNTY

Abernethy Laurels

102 Leonard Avenue
Newton, NC 28658
(828) 464-8260

Abingdon Glen Village - Townhomes

501 26th Avenue NE
Hickory, NC 28601
(828) 267-5694

Cedar Glen Apartments

210 3rd Avenue NE
Conover, NC 28613
(828) 464-6323

Heritage Village Apartments

2693 Old Conover/Startown
Newton, NC 28658
(828) 464-5924

CATAWBA COUNTY CON'T.

Kenworth Hall Retirement Community

426 2nd Avenue SE
Hickory, NC 28602
(828) 325-0975

Kingston Residence of Hickory

904 2nd Street NE
Hickory, NC 28601
(828) 327-9955

Legacy Place of Catawba Valley

1127 2nd Street NE
Conover, NC 28613
(828) 466-5430

Lutherhaus Apartments

720 7th Avenue NE
Hickory, NC 28601
(828) 327-0393

Maples on Main - Townhomes

808 East Main Street
Maiden, NC 28650
(704) 400-7497

The Park at Cline Village

1810 Edgewater Drive
Conover, NC 28613
(828) 464-5418

Pinecrest Retirement Residence

915 29th Avenue NE
Hickory, NC 28601
(828) 325-4795

Villas at Northview

415 26th Avenue Drive NE
Hickory, NC 28601
(828) 324-6933

Villas at Twin Cedars

1830 20th Avenue Drive NE
Hickory, NC 28601
(828) 322-4759

West Hickory Apartments

300 17th Street SW
Hickory, NC 28602
(828) 328-5373

Woodland Manor Apartments

1790 3rd Avenue NW
Hickory, NC 28601
(828) 304-4891

Housing Guide

WHEN LONG TERM CARE IS NEEDED.....

In North Carolina, facilities that provide 24-hour residential care and supervision to 2 or more aged and disabled adults and those with mental illness, developmental disabilities including traumatic brain injury, or substance abuse disorders are licensed and regulated by the N.C. Division of Health Service Regulation. When round-the-clock nursing care is not needed but supervision and support services are required, the following residential options are available to those persons who meet eligibility criteria:

According to North Carolina General Statute 131-D, **Assisted Living Facilities** provide group housing for 2 or more unrelated adults along with services including meals, housekeeping, and personal care services provided directly or through written agreement with a licensed home care agency.

Option #1 – Adult Care Homes. Seven or more Aged or Disabled Adults who require 24-hour supervision and/or assistance with personal care needs live in a group residence where there is a common dining area and common areas for social and recreational activities. Staff is hired to provide personal care and supervision and health care service coordination (medication administration, scheduling appointments, and providing transportation to medical appointments). Other services include three meals per day, laundry and housekeeping services, and a program of individual and group activities. Some facilities provide special units for persons with Alzheimer’s Disease and other related disorders. This unit is usually housed in a secure part of the facility and has a care and activities program specifically designed for persons with dementia. *Adult care homes differ from nursing homes in the level of care and qualifications of staff.* They may provide occasional nursing care as needed but they do not provide 24-hour skilled nursing care.

Housing Guide

Option #2 – Family Care Homes. Six or fewer individuals live in the home of an unrelated family or individual homeowner. These homes provide many of the same basic services provided in Adult Care Homes.

Option #3 – Multi-Unit Housing with Services which is not licensed and for which residents do not require 24-hour supervision. Individuals typically live in their own apartment within a multi-unit complex with protective oversight. If personal care or nursing services are needed by any of the residents, these services **MUST** be provided by a licensed home health or hospice agency. This type of housing is also referred to as **Independent Living Facilities**. These are listed with Senior Apartments on Page 52-53.

Option #4 – Nursing Homes are licensed by the Division of Health Service Regulation. Admission to a nursing home requires completion of an FL-2 medical form by your doctor confirming that you need nursing facility level of care. The Department of Social Services in your county can provide you with this form and assistance in locating a placement. Nursing Homes provide services and supports to people who need round-the-clock nursing care or supervision. They provide a standard set of core services that include: room and board, personal care, nursing services, dietary services, social services, activities, housekeeping and maintenance. Nursing homes must also provide or arrange for therapy, such as physical therapy, occupational therapy or speech/language therapy; dental care; podiatry services; optometry services and transportation to medical appointments. Some nursing homes provide skilled nursing care and rehabilitation therapy after an injury or hospital stay. Others may have a special unit for residents with Alzheimer's disease or another form of dementia. These units may be referred to as "memory care," dementia," "Alzheimer's" or "behavioral" units.

ALEXANDER COUNTY

A New Outlook of Taylorsville

360 Wood Road, PO Box 208
Taylorsville, NC 28681
(828) 635-8350
Bed Capacity – 34

Alexander Assisted Living

3032 NC Highway 16 South
Taylorsville, NC 28681
(828) 632-4443
Bed Capacity – 32

Sarah's House

415 7th Street SW
Taylorsville, NC 28681
(828) 635-1300
Bed Capacity – 6

Taylorsville House

350 School Drive
Taylorsville, NC 28681
(828) 635-8989
Bed Capacity – 60

BURKE COUNTY

Autumn Care of Drexel

307 Oakland Avenue
Drexel, NC 28619
(828) 433-6180
Adult Care – 20
Nursing Home – 100

Burke Long Term Care Facility

125 Camellia Garden Street
Morganton, NC 28655
(828) 433-5875
Bed Capacity – 24

Cambridge House

114 Tenth Street NE
Hildebran, NC 28637
(828) 325-4980
Bed Capacity – 60

Chesterfield Family Care Home

2630 Pax Hill Road
Morganton, NC 28655
(828) 437-5164
Bed Capacity – 6

Clara's Cottage #1

5820 Holland Street
Morganton, NC 28655
(828) 391-1929
Bed Capacity – 6

Clara's Cottage #2

5824 Holland Street
Morganton, NC 28655
(828) 443-7684
Bed Capacity – 6

College Pines Health & Rehab

95 Locust Street
Valdese, NC 28690
(828) 874-6800
Adult Care – 4
Nursing Home – 100

BURKE COUNTY CON'T.

Country Pines Family Care II

5415 Rob Carswell Street
Morganton, NC 28655
(828) 438-2886
Bed Capacity – 6

BURKE COUNTY CON'T.

Days of Comfort Family Care

3421 Piney Road
Morganton, NC 28655
(828) 437-6116
Bed Capacity – 6

East View Family Care

3208 Tex's Fish Camp Road
Connelly Springs, NC 28612
(828) 397-6090
Bed Capacity – 6

Glen Alpine Family Care

405 Linville Street
Glen Alpine, NC 28628
(828) 584-3970
Bed Capacity – 6

Grace Ridge

500 Lenoir Road
Morganton, NC 28655
(828) 580-7300
Special Needs – 12
Adult Care – 35
Nursing Home – 25

Jonas Ridge Rest Home, Inc.

9051 Hwy. 181
Jonas Ridge, NC 28641
(828) 733-2224
Bed Capacity – 57

Longview Assisted Living

2001 Bristol Creek Avenue
PO Box 548
Morganton, NC 28655
(828) 437-6846
Bed Capacity – 63

McAlpine Adult Care, Inc.

3806 Kathy Road
Morganton, NC 28655
(828) 584-4513
Bed Capacity – 60

McCurry Family Care Home

3351 Brandon Road
Morganton, NC 28655
(828) 437-2108
Bed Capacity – 6

Morganton LTC Facility

1300 East Union Street
PO Box 1261
Morganton, NC 28680
(828) 433-7056
Bed Capacity – 20

Morganton LTC Southview Facility

151 Southview Street
PO Box 1261
Morganton, NC 28680
(828) 433-5069
Bed Capacity – 64

BURKE COUNTY CON'T.

Patterson Family Care Home

5415 Rob Carswell Street
Morganton, NC 28655
(828) 437-6544
Bed Capacity – 6

Peaceful Living

5816 Willow Point Drive
Morganton, NC 28655
(828) 391-8012
Bed Capacity – 6

Taylor Family Care Home

2572 Ridgeview Drive
Valdese, NC 28690
(828) 437-2512
Bed Capacity – 6

Walker Family Care Home

361 Settlemyer Road
Morganton, NC 28655
(828) 437-1964
Bed Capacity – 6

CALDWELL COUNTY

Brockford Inn, Inc.

56 North Highland Avenue
PO Box 58
Granite Falls, NC 28630
(828) 396-3111
Bed Capacity – 67

Carolina Oaks Enhanced Care Center

229 Wilson Street
PO Box 487
Lenoir, NC 28645
(828) 754-6106
Bed Capacity – 60

Gateway Rehab. & Healthcare

2030 Harper Avenue NW
Lenoir, NC 28645
(828) 754-3888
Adult Care – 18
Nursing Home – 100

Grandview Villa Assisted Living

2544 Grandview Circle SW
Lenoir, NC 28645
(828) 757-0136
Bed Capacity – 40

Brookdale Lenoir

1145 Powell Road NE
Lenoir, NC 28645
(828) 757-7800
Bed Capacity – 82

Rose Hill Family Care Home

208 Broadway Street
Lenoir, NC 28645
(828) 754-2502
Bed Capacity – 6

Shaire Center

1450 Shaire Center Drive
Lenoir, NC 28645
(828) 728-6500
Bed Capacity – 82

CALDWELL COUNTY CON'T.

TLC Family Care

1221 Connelly Springs Road
Lenoir, NC 28645
(828) 758-0013
Bed Capacity – 6

CATAWBA COUNTY

Abernethy Laurels

102 Leonard Avenue
Newton, NC 28658
(828) 464-8260
Adult Care – 18
Nursing Home – 174

Austin Adult Care

511 Bumgarner 2nd Drive
Conover, NC 28613
(828) 466-0300
Bed Capacity – 29

Brian Center Health & Rehabilitation/Hickory East

3031 Tate Blvd. SE
Hickory, NC 28602
(828) 322-3343
Adult Care – 20
Nursing Home – 150

Brookdale Falling Creek

910 29th Avenue NE
Hickory, NC 28601
(828) 328-6090
Bed Capacity – 20

Carillon Assisted Living

1088 Radio Station Road
Newton, NC 28658
(828) 466-7474
Bed Capacity – 96

Brookdale Hickory

2530 16th Street NE
Hickory, NC 28601
(828) 324-5400
Bed Capacity – 56

Catawba Valley Living at Rock Barn

4174 Shook Road
Claremont, NC 28610
PO Box 1599
Conover, NC 28613
(828) 459-0008
Bed Capacity – 80

Heritage Care

3430 Lester Street
PO Box 129
Conover, NC 28613
(828) 256-9868
Bed Capacity – 60

Hickory Village

427 3rd Avenue SE
Hickory, NC 28602
(828) 322-2230
Bed Capacity – 56

Piedmont Villages, Inc.

1345 Chapman Lane
PO Box 1138
Newton, NC 28658
(828) 464-6490
Bed Capacity – 40

CATAWBA COUNTY CON'T.

Piedmont Villages, Inc.

1345 Chapman Lane
PO Box 1138
Newton, NC 28658
(828) 464-6490
Bed Capacity – 40

Professional Family Care, Inc.

906 3rd Street SE
Conover, NC 28613
(828) 464-3430
Bed Capacity – 6

Raveica Assisted Living

5276 Olde School Road
Hickory, NC 28602
(828) 294-3894
Bed Capacity – 6

Serenity Family Care

2415 South Center Street
Hickory, NC 28602
(828) 322-8890
Bed Capacity – 6

Serenity Family Care #2

2415-B South Center Street
Hickory, NC 28602
(828) 322-8890
Bed Capacity – 6

Springs of Catawba

2010 29th Avenue Drive NE
Hickory, NC 28601
(828) 326-7200
Bed Capacity – 66

The Alberta House

807 4th Street SW
Conover, NC 28613
(828) 464-3715
Bed Capacity – 20

Trinity Ridge

2140 Medical Park Drive
Hickory, NC 28602
(828) 322-6995
Bed Capacity – 120

Trinity Village

1265 21st Street NE
Hickory, NC 28601
(828) 328-2006
Adult Care – 90
Nursing Home – 104

Housing Guide

North Carolina Star Rating Scale for Adult & Family Care Homes

The Star Rating system is just one of the resources you should use when looking for placement for yourself or a loved one in a N.C. adult care home. Because ratings are based on once-a-year inspections that typically last two or three days, the ratings may not reflect changes in the facility's care and services that have occurred since the inspection date. In other words, after a rating is given, things in the facility could improve or worsen. The Star Rated Certificate program is based on a point scale and ranges from zero to four stars. The scale used to determine a facility's star rating is as follows:

 (4 stars) = 100 or greater points on two consecutive annual surveys

 (3 stars) = 90.0-99.9 points, *or for any facility whose score is 100 points or greater on one annual inspection

 (2 stars) = 80.0-89.9 points

 (1 star) = 70.0-79.9 points

(ZERO STAR) (0 stars) = 69.9 points or lower

All star rating certificates are posted in every Adult Care Home. These certificates can also be viewed at the NC Division of Health Service Regulation website

<http://www.ncdhhs.gov/dhsr/acls/star/search.asp>

ALEXANDER COUNTY

Valley Nursing Center

581 NC Hwy 16 South
Taylorsville, NC 28681
(828) 632-8146
Bed Capacity – 183

BURKE COUNTY

Autumn Care of Drexel

307 Oakland Avenue
PO Box 1278
Drexel, NC 28619
(828) 433-6180
Adult Care – 20
Nursing Home – 100

Magnolia Lane Nursing & Rehabilitation Center

107 Magnolia Drive
Morganton, NC 28655
(828) 437-8760
Bed Capacity – 121

Carolina Rehab of Burke

3647 Miller Bridge Road
Connelly Springs, NC 28612
(828) 397-3144
Bed Capacity – 90

College Pines Health and Rehabilitation Ctr.

95 Locust Street
PO Box 250
Valdese, NC 28690
(828) 874-6800
Adult Care – 4
Nursing Home – 100

Grace Heights Health & Rehabilitation Center

109 Foothills Drive
Morganton, NC 28655
(828) 580-7000
Bed Capacity – 120

Grace Ridge

500 Lenoir Road
Morganton, NC 28655
(828) 580-7300
Adult Care – 47
Nursing Home – 25

CALDWELL COUNTY

Camelot Manor Nursing Care Facility, Inc.

PO Box 448, 100 Sunset Street
Granite Falls, NC 28630-0448
(828) 396-2387
Bed Capacity – 120

Gateway Rehab. & Healthcare

2030 Harper Avenue NW
Lenoir, NC 28645
(828) 754-3888
Adult Care – 18
Nursing Home – 100

Lenoir HealthCare Center

322 Nu Way Circle
Lenoir, NC 28645
(828) 758-7326
Bed Capacity – 120

Shaire Nursing Center

1450 Shaire Center Drive
PO Box 668
Hudson, NC 28638
(828) 728-4673
Bed Capacity – 60

CATAWBA COUNTY

Abernethy Laurels

102 Leonard Avenue
Newton, NC 28658
(828) 464-8260
Adult Care – 18
Nursing Home – 174

Brian Center Health & Rehabilitation/Hickory East

3031 Tate Blvd. SE
Hickory, NC 28602
(828) 322-3343
Adult Care – 20
Nursing Home – 150

Brian Center Nursing Care Hickory, Inc./Viewmont

220 13th Avenue Place NW
Hickory, NC 28601
(828) 328-5646
Bed Capacity – 104

Conover Nursing & Rehab Center

920 4th Street SW
PO Box 1718
Conover, NC 28613
(828) 695-8282
Bed Capacity – 90

Trinity Ridge

2140 Medical Park Drive
Hickory, NC 28602
(828) 322-6995
Bed Capacity – 120

Trinity Village

1265 21st Street NE
Hickory, NC 28601
(828) 328-2006
Adult Care – 90
Nursing Home – 104

Federal Star Rating Scale for Nursing Homes

Five-Star Quality Rating: This rating system is based on continued efforts as a result of the Omnibus Reconciliation Act of 1987 (OBRA '87), a nursing home reform law, and more recent quality improvement campaigns such as the Advancing Excellence in America's Nursing Homes, a coalition of consumers, health care providers, and nursing home professionals. Nursing home ratings come from Health Inspections, Staffing, and Quality Measures. A star rating is provided for each of these three sources, in case some areas are more important to you than others. Then, these three ratings are combined to calculate an overall rating.

Nursing homes vary in the quality of care and services they provide to their residents. Reviewing health inspection results, staffing data, and quality measure data are three important ways to measure nursing home quality. This information gives you a "snap shot" of the care individual nursing homes give. The Five Star Quality Rating System is not a substitute for visiting the nursing home. This system can give you important information, help you compare nursing homes by topics you consider most important, and help you think of questions to ask when you visit the nursing home. Use the Five-Star ratings together with other sources of information. For additional information, visit www.medicare.gov/nursinghomecompare/

Housing Guide

LONG-TERM CARE OMBUDSMAN PROGRAM

The Older Americans Act (federal law) requires that each state establish and maintain a Long-Term Care Ombudsman Program to advocate on behalf of residents in nursing and adult care homes (rest homes). The major responsibilities of this program include: receiving and resolving complaints made by or on behalf of residents in long-term care facilities, providing information to the general public on long-term care issues, promoting community involvement with long-term care facilities and residents. The Ombudsman also works with long-term care providers regarding staff training (particularly on resident's rights), trains and assists community advisory committees, provides information to public agencies, legislators, and others on problems impacting the rights of residents and making recommendations for resolution of issues identified.

The Ombudsman Program has been in existence in North Carolina since 1978. In 1989, the North Carolina General Assembly enacted legislation for the Long-Term Care Ombudsman Program (G.S. 143B-181.15-25) which incorporated federal mandates in the Older Americans Act for the Program and clearly defined the roles and responsibilities of the state and regional long-term care ombudsmen. In North Carolina, the State Long-Term Care Ombudsman Program is located in the Department of Human Resources, Division of Aging and Adult Services. The Regional Long-Term Care Ombudsman Programs are housed in the 16 Area Agencies on Aging.

Community Advisory Committee volunteers are appointed by the county commissioners to serve in each county (G.S. 131E-128 and 131D-31). There are over 1,500 such volunteers statewide. The committee focuses on ensuring that the intent of the resident's bill of rights is maintained and promotes community involvement in long-term care facilities. These volunteers are trained and assisted by the regional ombudsmen.

**Regional Ombudsman
Area Agency on Aging
Western Piedmont
Council of Governments
(828) 485-4213
Fax: (828) 322-5991**

**PO Box 9026
Hickory, NC 28603**

**To contact the NC State Office of the Long-Term Care Ombudsman Program
call (919) 855-3433
or
1-800-662-7030
www.ncdhhs.gov**

**Friends of Residents in Long-Term Care
(Advocacy)
(919) 782-1530
1-888-411-7571
www.forltc.org**

**NC Division of Health Service Regulation
(919) 733-7461
www.ncdhhs.gov/dhsr**

Legal Resources

Older people sometimes need legal assistance. For those who cannot afford to pay privately for this assistance, **Legal Aid of North Carolina**, Inc. is a possible resource for civil (not criminal) matters. This network of non-profit law offices serves eligible citizens across the state. Some private attorneys also volunteer time through pro bono programs, often in cooperation with Legal Services offices. Information available from the **North Carolina Bar Association** may help in identifying and working with an attorney.

The Young Lawyers Division of the NC Bar Association publishes a **Senior Citizens Handbook** in both English and Spanish. This handbook provides basic information about the rights of and opportunities for NC older adults and gives cautions related to some concerns confronting seniors. Copies of the handbook can be obtained at local senior centers.

The **North Carolina Lawyer Referral Service** is a program of the North Carolina Bar Association Foundation which provides the name of an attorney in a particular area of law based on the callers geographic location. Clients are offered a 30 minute consultation with an attorney at a cost of no more than \$30. If it is more convenient to contact them by telephone, you can call during the hours of 9:30 a.m. to 4:30 p.m. Monday through Friday 1-800-662-7660. Some attorneys do not charge for brief consultations. Some attorneys do. Callers should clarify the consultation fee in advance with the attorney.

Contact the **Pro Bono Project** of the North Carolina Bar Association at 1-800-662-7407 for a referral to a pro bono program.

The **National Academy of Elder Law Attorneys**, Inc. (NAELA) is a professional association of attorneys who are dedicated to improving the quality of legal services provided to the elderly. Some of the issues NAELA members assist their clients with include, but are not limited to: public benefits, probate and estate planning, guardianship/conservatorship, and health and long-term care planning. For more information or for help locating an Elder law Attorney in your area, go to the NAELA web site at: www.naela.com/public

Legal Aid of North Carolina

211 East Union Street
Morganton, NC 28655
(828) 437-8280
1-800-849-5195
Fax: (828) 437-9397

Attorney General, Citizens Rights

(919) 716-6400
www.ncdoj.com

NC Bar Association

1-800-662-7407
www.ncbar.org

NC Bar Lawyer Referral Service

(919) 828-4620 or
1-800-662-7660
www.ncbar.gov

NC Department of Justice

(919) 716-6400
www.ncdoj.com

Medicare/Medicaid

Medicare is our country's health insurance program for people age 65 or older. Certain people younger than age 65 can qualify for Medicare, too, including those who have disabilities and those who have permanent kidney failure. The program helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care. Contact the *Social Security Administration* to apply for Medicare:

Social Security Administration

1040 Southgate Corporate
Park SW
Hickory, NC 28602
1-800-877-1615 (Local)
1-800-772-1213 (National)
www.ssa.gov

NC Department of Insurance

1-800-546-5664
www.ncdoi.com

For help with Medicare:

Website: www.medicare.gov
1-800-MEDICARE(633-4227)

S.H.I.I.P. (Senior's Health Insurance Information Program)

1-855-408-1212
www.ncshiip.com

Medicaid is a health insurance program for low-income individuals and families who cannot afford health care costs. Medicaid serves low-income parents, children, seniors, and people with disabilities.

1-800-662-7030
www.dhhs.state.nc.us

Or contact your local **Department of Social Services**

ALEXANDER COUNTY

604 7th Street SW
Taylorsville, NC 28681
(828) 632-1080
Fax: (828) 632-1092
www.alexandercountync.gov/dss/

CALDWELL COUNTY

2345 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8200
Fax: (828) 426-8398
www.caldwellcountync.org

BURKE COUNTY

700 East Parker Road
PO Drawer 549
Morganton, NC 28680-0549
(828) 764-9600
Fax: (828) 764-9793
www.burkenc.org

CATAWBA COUNTY

3030 11th Avenue Drive SE, Hickory
PO Box 669
Newton, NC 28658
(828) 695-5600
Fax: (828) 695-2497
www.catawbacountync.gov/dss

Mental Health Resources

ALEXANDER COUNTY

RHA Behavioral Health

397 3rd Avenue SW
Taylorsville, NC 28681
(828) 632-7005
1-888-646-0188

www.rhabebehavioralhealth.org

Vaya Health (Formally known as Smoky Mountain)

825 Wilkesboro Blvd. SE
Lenoir, NC 28658
(828) 759-2160
1-800-849-6127
www.vayahealth.com

BURKE COUNTY

Catawba Valley Behavioral Health

500 East Parker Road, Suite 100
Morganton, NC 28655
(828) 438-6226
1-877-327-2593
www.cvbh.org

Mental Health Partners

Trading Company Building
305 East Union Street, Suite A135
Morganton, NC 28655
(828) 439-2535
1-877-430-2595
www.mentalhealthpartners.org

Universal Mental Health Services

301 East Meeting Street, Suite 3
Morganton, NC 28655
(828) 438-0006
www.umhs.net

CALDWELL COUNTY

RHA Behavioral Health

2415 Morganton Blvd. SW
Lenoir, NC 28645
(828) 757-5685
1-888-646-0188

www.rhabebehavioralhealth.org

Vaya Health (Formally known as Smoky Mountain)

825 Wilkesboro Blvd. SE
Lenoir, NC 28658
(828) 759-2160
1-800-849-6127
www.vayahealth.com

CATAWBA COUNTY

Catawba Valley Behavioral Health

327 First Avenue NW
Hickory, NC 28601
(828) 695-5900
www.cvbh.org

Exodus Homes

(recovering addicts/alcoholics)
122 8th Avenue Drive SW
Hickory, NC 28602
(828) 324-4870/7226
Fax: (828) 324-7983
www.exodushomes.com

Family Net of Catawba County

1985 Tate Blvd. SE
Hickory, NC 28602
(828) 695-6500
www.familynetofcatawba.org

Mental Health Partners

1985 Tate Blvd. SE, Suite 529
Hickory, NC 28602
(828) 325-9826
1-877-484-2595
www.mentalhealthpartners.org

Universal Mental Health Services

930 Tate Blvd. SE
Hickory, NC 28602
(828) 322-3503
www.umhs.net

Nutrition Services

Nutrition

Congregate nutrition provides a hot meal at a social setting to seniors age 60+. The meal meets 1/3 of the daily RDA requirement for nutrition and is typically prepared by a food catering service. Congregate sites include senior centers, churches and community centers. Transportation to and from the sites is usually available.

Home delivered meals provide a nutritious meal to vulnerable seniors age 60+ in their home. Vulnerable seniors are defined as those who are not able to get out of their house, due to various physical or mental limitations.

HOME DELIVERED MEALS

ALEXANDER COUNTY

Department of Social Services (828) 632-1080

BURKE COUNTY

Burke Senior Services (828) 430-4147

CALDWELL COUNTY

Blue Ridge Community Action (828) 754-7377

CATAWBA COUNTY

Department of Social Services (828) 695-5610

CONGREGATE MEAL SITES

ALEXANDER COUNTY

Friendship Lutheran Church

(828) 632-4133

New Salem Presbyterian Church

(704) 585-6646

BURKE COUNTY

Old Rock School – Teacher’s Cottage

(828) 874-0690

CALDWELL COUNTY

Kings Creek Baptist Church

(828) 754-6682

Granite Falls Recreation Center

(828) 396-1221

Koinonia Retirement Complex

(828) 758-2617 ext. 109

Martin Luther King Center

(828) 757-2170

CATAWBA COUNTY

Center United Methodist Church

(828) 320-0434

First Presbyterian Church, Newton

(828) 464-0648

East Hickory – Huntington Hills Church of God

(828) 320-5963

Maiden Community Center

(828) 320-5966

West Hickory Senior Center

(828) 323-8746

Nutrition Services

FOOD PANTRIES

ALEXANDER COUNTY

The Salvation Army

750 Third Avenue Place SE
Hickory, NC 28601
(828) 322-8061
www.salvationarmycarolinas.org

BURKE COUNTY

Burke United Christian Ministries

305 West Union Street
Morganton, NC 28655
(828) 433-8075
www.bucm.net

East Burke Christian Ministries

PO Box 183 (204 S. Center St.)
Hildebran, NC 28637
(828) 397-7074

Good Samaritan Clinic

305 West Union Street
Morganton, NC 28655
(828) 439-9948

The Outreach Center

PO Box 1003 (510 E. Fleming Dr.)
Morganton, NC 28680
(828) 439-8300
www.theoutreachcenter.org

The Salvation Army

420 B West Fleming Drive
Morganton, NC 28655
(828) 430-8392
www.salvationarmycarolinas.org

CALDWELL COUNTY

Helping Hands Clinic of Caldwell County

810 Harper Avenue NW
Lenoir, NC 28645
(828) 754-8565
www.helpinghandsclinic.org

Lenoir Soup Kitchen

1113 College Avenue
Lenoir, NC 28645
(828) 758-1411

South Caldwell Christian Ministries

5 Quarry Road
Granite Falls, NC 28630
(828) 396-4000

The Salvation Army

308 Morganton Blvd. SW
Lenoir, NC 28645
(828) 758-0165
www.salvationarmycarolinas.org

CATAWBA COUNTY

Eastern Catawba Cooperative Christian Ministry (ECCCM)

PO Box 31 (245 East N Street)
Newton, NC 28658
(828) 465-1702
www.ecccm.org

Greater Hickory Cooperative Christian Ministry

31 1st Avenue SE
Hickory, NC 28602
(828) 327-0979
www.ccmhickory.com

Nutrition Services

CATAWBA COUNTY FOOD PANTRIES CON'T.

Hickory Soup Kitchen

PO Box 1431 (131 Main Ave NE)
Hickory, NC 28603
(828) 327-4828

Mt. Pisgah Good Samaritan Food Pantry

Mt. Pisgah Lutheran Church
9379 NC Hwy 127
Hickory, NC 28601
(828) 495-8251

Safe Harbor Rescue Mission

PO Box 5181 (615 2nd Ave. SW)
Hickory, NC 28603
828) 326-7233
www.safeharborrescuemission.org

The Corner Table

Soup Kitchen
122 N. Main Avenue
Newton, NC 28658
(828) 464-0355

The Salvation Army

750 Third Avenue Place SE
Hickory, NC 28601
(828) 322-8061
www.salvationarmycarolinas.org

Food and Nutrition Services (FNS) is a federal food assistance program that helps low-income families. In North Carolina monthly allotments of FNS benefits are issued via Electronic Benefit Transfer cards (EBT cards). The purpose of Food and Nutrition Services is to end hunger and improve nutrition and health. It helps eligible low-income households buy the food they need for a nutritionally adequate diet. Food and Nutrition Services is an entitlement program, so all eligible individuals and households can receive assistance. Benefits may be used to purchase most foods at participating stores. They may not be used to purchase tobacco, pet food, paper products, soap products, or alcoholic beverages.

To apply for Food and Nutrition Services contact your local Department of Social Services:

ALEXANDER COUNTY

604 7th Street, SW
Taylorsville, NC 28681
(828) 632-1080
Fax: (828) 632-1092
www.alexandercountync.gov/dss

BURKE COUNTY

700 East Parker Road
PO Drawer 549
Morganton, NC 28680-0549
(828) 764-9600
Fax: (828) 764-9793
www.burkenc.org

CALDWELL COUNTY

2345 Morganton Blvd. SW
Lenoir, NC 28645
(828) 426-8200
Fax: (828) 426-8398
www.caldwellcountync.org

CATAWBA COUNTY

3030 11th Avenue Drive SE, Hickory
PO Box 669
Newton, NC 28658
(828) 695-5600
Fax: (828) 695-2497
www.catawbacountync.gov/dss

Staying fit is key to healthy aging. Exercise and good health can lead to a longer and healthier life. The Unifour area has a variety of options for seniors who are interested in recreation opportunities and wellness programs.

For information about hiking paths and greenways contact recreation departments listed below or city planners listed in the Government Agencies section starting on Page 34.

Senior Centers also offer a wide variety of wellness programs. See Senior Center listing on Page 73.

ALEXANDER COUNTY

Alexander Parks & Recreation Dept.

621 Liledoun Road, Box 4
Taylorsville, NC 28681
(828) 632-1104

YMCA

260 Black Oak Ridge Road
Taylorsville, NC 28681
(828) 632-9699
<http://ymcanwnc.org/locations/alexander/>

BURKE COUNTY

Morganton Parks & Recreation Dept.

300 Collett Street
Morganton, NC 28655
(828) 438-5350
www.ci.morganton.nc.us/index.php/departments/parks-recreation

Phifer Wellness Center

2165 S. Sterling Street
Morganton, NC 28655
(828) 580-6600
www.blueridgehealth.org/phifer.html

Valdese Recreation Center

PO Box 339 (312 Massel Avenue)
Valdese, NC 28690
(828) 879-2132
<http://townofvaldese.com/pages/recreation/>

CALDWELL COUNTY

Lenoir Parks & Recreation Dept.

1031 Jim Barger Court
Lenoir, NC 28645
(828) 757-2196
www.cityoflenoir.com

Granite Fall Recreation

55 Pinewood Road
Granite Falls, NC 28630
(828) 396-1221
www.granitefallsnc.com/recreation.html

Quest4Life Wellness Center

1031 SW Morganton Blvd.
Lenoir, NC 28645
(828) 758-8753
www.caldwellmemorial.org/offices.php

CATAWBA COUNTY

Catawba Valley Medical Center's Fitness Plus

810 Fairgrove Church RD. SE
Hickory, NC 28602
828-326-3680
www.catabwavalleymedicalcenter.org/fitness-plus

Hickory Parks & Recreation Dept.

1451 8th Street Drive NE
Hickory, NC 28601
(828) 322-7046
www.hickorygov.com

Maiden Recreation Center

207 East Klutz Street
Maiden, NC 28650
(828) 428-5022
www.maidennc.com/RecCenter.aspx

Newton Parks & Recreation Dept.

23 South Brady Avenue
Newton, NC 28658
(828) 695-4317
www.newtonnc.gov/dept/recreation/

Westmont Senior Center

1316 Main Avenue Drive NW
Hickory, NC 28601
(828) 324-1200
www.hickorygov.com

YMCA of Catawba Valley

www.ymcacv.org

Hickory Foundation

701 1st Street NW
Hickory, NC 28601
(828) 324-2858
Fax: (828) 324-2249

Adrian L. Shuford Jr.

1104 Conover Blvd.
Conover, NC 28613
(828) 464-6130
Fax: (828) 464-1663

Valley Connection

2254 Hwy. 70 SE
Hickory, NC 28602
(828) 322-7690
Fax: (828) 322-7724



**UNIFOUR
SENIOR
GAMES**

Unifour Senior Games

Athletic and artist competition for Seniors age 50+ in Alexander, Burke, Caldwell, and Catawba counties.

Coordinated by:

City of Hickory Parks & Recreation Department
(828) 324-1200

www.unifourseniorgames.org

Senior Centers

A **multipurpose senior center** is a community facility where older adults come together for services and activities that reflect their skills and interests and respond to their diverse needs. Centers are a resource for the entire community, providing services and information on aging, and assisting family and friends who care for older persons. For older persons at risk of losing their self-sufficiency, senior centers are the entry point to an array of services that may help them maintain their independence. Any variety of services to individuals or groups may be accessed depending on local community circumstances. Persons of differing backgrounds share and learn from each other.

Examples of individual services at senior centers are information and referral, case assistance, in-home assistance, home-delivered meals, employment opportunities, legal assistance, health insurance counseling and claims assistance, transportation, and volunteer opportunities. Examples of group services are educational sessions, cultural events, health education sessions and wellness activities, retirement planning, self-help peer groups, community service projects, intergenerational programs, volunteer opportunities, and recreational trips.

Alexander Senior Center

730 7th Street SW
Taylorsville, NC 28681
(828) 632-1717
Fax: (828) 632-1102
www.alexandercountync.gov/senior-center

Burke County Senior Services

www.burkenc.org/departments/senior-services

East Burke Senior Center

Currently meeting at Hildebran United
Methodist Church
New Center to Open Summer 2017:
101 Main Ave. West
Hildebran, NC 28637
(828) 397-3397

Morganton/Burke Senior Center

501 North Green Street
Morganton, NC 28655
(828) 430-4147
Fax: (828) 430-4151

Caldwell Senior Center, Inc.

PO Box 933
650 Pennton Avenue SW
Lenoir, NC 28645
(828) 758-2883
Fax: (828) 758-2348
www.caldwellseniorcenter.org

Catawba Council on Aging

West Hickory Senior Center

400 17th Street SW
PO Box 835
Hickory, NC 28603
(828) 328-2269
Fax: (828) 328-8885
www.catawbacoa

Senior Organizations

Adult Children of Aging Parent

(ACAP)

1-877-599-2227

www.acapcommunity.org

Adult Life Programs, Inc.

Adult Day/Health Care

Central Office

PO Box 807

Hickory, NC 28603

(828) 326-9120

www.adultlifeprograms.com

Conover (828) 464-0078

Hickory (828) 326-9120

Maiden (828) 428-9010

Alexander County Council on Aging

c/o Alexander Senior Center

730 7th Street SW

Taylorsville, NC 28681

(828) 632-1717

Alzheimer's Association, Inc.

Western Carolina Chapter

PO Box 2565

Hickory, NC 28603

(828) 514-3124

1-800-272-3900

www.alz.org/northcarolina

American Association of Retired Persons

(AARP)

1-866-389-5650

www.aarp.org

Blue Ridge Community Action – Generations Adult Day/Health Center

800 North Green Street

Morganton, NC 28655

(828) 438-6255

Burke County Council on Aging

c/o Burke County Senior Services

501 N. Green Street

Morganton, NC 28655

(828) 430-4147

www.co.burke.nc.us

Caldwell County Council on Aging

c/o Caldwell Senior Center

PO Box 933

650 Pennton Avenue SW

Lenoir, NC 28645

(828) 758-2883

(828) 758-2566

www.caldwellseniorcenter.org

Catawba County Aging Coalition

c/o WPCOG Area Agency on Aging

PO Box 9026

Hickory, NC 28603

(828) 485-4212

www.wpcogaaa.org

Foster Grandparent Program

J. Iverson Riddle

Development Center

300 Enola Road

Morganton, NC 28655

(828) 433-2870

NC Baptist Aging Ministry (NCBAM)

1-877-506-2226

www.ncbam.org

Neighbor's Network

706 1st Avenue South

Conover, NC 28613

(828) 464-1111

www.neighborsnetwork.org

Program of All Inclusive Care for the Elderly PACE @ Home

1915 Fairgrove Church Rd. SE

Newton, NC 28658

(828) 468-3980

www.pace-at-home.org

See Page 84 for more

information

Senior Information Resources (SIR)

(828) 256-0184

WPCOG Area Agency on Aging

PO Box 9026

1880 2nd Avenue NW

Hickory, NC 28603

(828) 322-9191

www.wpcogaaa.org

Support Groups

Call to confirm meeting times, dates, and locations.

Alcohol & Drug Information

Alexander County

(828) 632-7005

Burke County

(828) 433-1221

Caldwell County

(828) 757-5685

Catawba County

(828) 695-5900

Alcoholics Anonymous

Catawba Valley Behavior Health

(828) 695-5900

Meets Fridays – 8:00pm

ALS (Lou Gehrig's Disease) Support Group

Granite Falls

Contact (828) 496-8699 for meeting times

Alzheimer's Support Group

Alexander County

Alexander Senior Center

(828) 632-1717

Meets 3rd Tuesday – 9:00am

Burke County

Blue Ridge Community Action

(828) 438-6255 ext. 230

Meets 2nd Tuesday – 3:00pm

Grace Ridge Retire. Comm.

(828) 580-7300

Meets 3rd Tuesday – 4:30pm

Caldwell County

Camelot Manor

(828) 396-3935

Meets 4th Tuesday – 7:00pm

Catawba County

Lutheran Home

(828) 879-1601

Meets 3rd Tuesday – 5:30pm

Alzheimer's Support Groups Con't

Carillon Assisted Living

(828) 466-7474

Meets 3rd Thursday – 6:00pm

Conover Nursing & Rehab

(828) 695-8282

Meets 3rd Monday

Aids Leadership Foothills-Area Alliance (ALFA)

1120 Fairgrove Church Rd. SE, Suite 28

Hickory, NC 28602

(828) 322-1447

Arthritis Support Group

(828) 754-7560

Better Breathers Club

(828) 315-3563

Hickory YMCA

Meets 1st Tuesday – 12:00pm

Brain Injury Support Groups

(828) 304-9096

Meets quarterly – 6:00pm

Caldwell Memorial Hospital

321 Mulberry Street SW

Lenoir, NC 28645

(828) 757-5443

Arm in Arm Breast Cancer Support Group

Meets 3rd Monday – 6:00

Reach to Recovery (Mastectomy)

Look Good – Feel Better (Female cancer patients)

Futures Unlimited Group

(828) 757-5443

Meets 1st Thursday

Support Groups

Caregiver Support Group

(828) 430-4147

Morganton/Burke Senior Center

Meets 3rd Tuesday – 5:30

(828) 758-7326

Lenoir Healthcare Center

Meets 3rd Thursday – 5:00

ACAP (Adult Children of Aging Parents)

Mt. Olive Lutheran Church, Hickory

Meets 2nd Tuesday – 5:30 – 7:00pm

Grandparents Raising Grandchildren

Burke County

Hildebran Elementary

(828) 502-9786

Mondays 5:30 – 7:30pm

Catawba County

Oak Hill Elementary

(828) 502-9786

Thursdays 5:00 – 7:00pm

Neighborhood Network, Conover

(828) 465-8151

Meets 3rd Saturday – 11:00 – 1:00pm

Carolina's HealthCare – Blue Ridge

2101 South Sterling Street

Morganton, NC 28655

(828) 580-5000

Diabetes Support Group

(828) 580-6782

Meets Quarterly

Hope Cancer Support Group

(828) 580-6703

Meets 2nd Monday – 6:00pm

Lymphedema Support Group

(828) 580-6816

Meets 1st Thursday – 2:00pm

Stroke Support Group

(828) 580-6816

Catawba Valley Medical Center

Area Health Education Center (AHEC)

810 Fairgrove Church Road

Hickory, NC 28602

(828) 326-3386

Cancer Support Group

(828) 485-2792

Meets 3rd Monday – 6:30pm

Gastric Bypass Support Group

(828) 326-2082

Health First Center

Meets 1st Tuesday – 6:30pm

Hearts of Hope (Breast Cancer Support Group)

(828) 326-2716

Meets last Tuesday – 7:00pm

Life Goes On (Cancer Support Group)

(828) 485-2792

Meets quarterly

Look Good – Feel Better (Female cancer patients)

(828) 326-2176

New Voice Club of the Unifour

(828) 324-2269

Meets last Sunday – 3:00pm

Reach to Recovery (Mastectomy)

(828) 326-2176

Health First Center

(828) 485-2300

Compassionate Friends

(828) 879-1601

Diabetes Support Group

Burke County

(828) 580-6784

1:00pm and 7:00pm

Valdese Hospital

Meet 2nd – Tuesday

Caldwell County

(828) 757-6450

Quest 4 Life Wellness Center

Meets Quarterly

Support Groups

Fibromyalgia Self-Help Group

(828) 758-2156
Quest 4 Life Wellness Center

Frye Regional Medical Center

420 North Center Street
Hickory, NC 28601
(828) 322-6070

Better Breathers

(828) 315-3563
Meets 1st Tuesday – 12:00pm

Breast Friends

(828) 315-3596
Meets 2nd Monday – 6:00pm

Diabetes Support Group

(828) 315-3536
Meets 3rd Monday – 6:30pm

Heart Helpers Support Group

(828) 315-3798
Meets Wednesdays – 5:30pm

Spinal Cord Injury Support Group

(828) 315-3706
Meets every other month

Stroke/Head Injury Support Group

(828) 315-5558
Meets 3rd Thursday – 5:30pm

Surgical Weight Loss

(828) 328-5101
Meets 3rd Thursday – 7:00pm

Healing Hearts Support Group

(Loss of Children)

(828) 754-0101
Caldwell County Hospice
Meets 1st Thursday – 6:00pm

Hospice (Bereavement) Support Group

(828) 879-1061
Meets Mondays – 7:00pm

Inter Cardiac Defibrillator Group

(704) 608-3098

MADD (Mothers Against Drunk Drivers)

1-800-248-6233

Man to Man

American Cancer Society
1-800-227-2345
Meets 2nd Tuesday – 6:00pm

Mental Health Support Groups

NAMI (National Alliance for Mental Illness)
(828) 464-2417

Serenity Group

(828) 464-2417

Organ Transplant Support Group

(828) 327-9541

Parkinson's Disease Support Group

Burke County

(828) 580-7300
Grace Ridge Retire. Community
Meets 3rd Saturday – 10:00 a.m.

Catawba County

(828) 396-5449
Viewmont Baptist Church
Meets 2nd Sunday – 2:30

Visually Impaired Support Group

Catawba County Association for the Blind

(828) 304-2655
Graystone
Meets 1st Tuesday – 6:30pm

St. John's

(828) 256-7620
St. John's Lutheran, Conover
Meets 4th Thursday – 5:30pm

VIP Blind Support Group

(828) 695-5605
Catawba County DSS
Meets 4th Friday – 1:00pm

West Hickory Lions Club

(828) 328-9239
Meets 2nd Friday – 1:00pm

Support Groups

Weight Loss Support Group

“TOPS” (Take Off Pounds Sensibly)

Caldwell County Library

Meets Thursdays 6:00 pm

Widow Support Group

Burke County

(828) 397-3397

Meets 4th Wednesday

Widowed Persons Organization

Catawba County

Pathways

(828) 464-3031

Meets 4th Thursday – 6:30pm

Bereavement Support Group

Caldwell County

“Good Grief Lunch Group”

(828) 754-0101

“LIFT” (Living Information For Today)

Bereavement Support Group

Burke County

(828) 874-2117

Caldwell County

(828) 754-3441

Women’s Resource Center

125 3rd Street NE

Hickory, NC 28601

www.wrchickory.org

(828) 322-6333

How Can I Benefit From a Support Group?

Support Groups offer caregivers and family members the opportunity to ask questions, share stories/experiences, and give and receive comfort and advice. Support group members learn more about a particular disease or illness (including what to expect, caregiving strategies, relevant legal advice, care options, local care contacts and resources and more).

For many caregivers, a support group is a place to exhale. Fellow group members have “been there”. They may be more likely to listen compassionately to your expressions of guilt, frustration, anxiety and to stories about challenging situations you’ve faced.

A confidential, positive setting for sharing your experiences and releasing your emotions is known to be a tremendously important factor in how well one copes with caregiver stress.

For more information on support groups in your area or how to start a support group, contact the Area Agency on Aging’s **Family Caregiver Support Specialist at 485-4256.**

Transportation

Many older adults and younger adults with disabilities are able to provide their own transportation and often drive many volunteer miles for family and friends who need rides to the grocery store or doctor. For all drivers, however, there comes a day when transportation alternatives are needed.

In most counties, the transportation system serves both the general public and the county's human service agencies. In many cases, these agencies have programs to help people get to services when they do not have access to a vehicle.

For non-Medicaid sponsored transportation alternatives, there are many agencies across the region that provide general and medical transportation funded through the Home and Community Care Block Grant for Older Adults. Riders are given the opportunity to contribute towards the cost of the service. Eligibility for this program is limited to people who are age 60 and older.

Foothills Regional Airport

(828) 437-9834

Greenway Public Transportation

1515 4th Street SW

Conover, NC 28613

(828) 464-9444

www.mygreenway.org

Handi-Care, Inc.

PO Box 1778

304 S. Main Street

Drexel, NC 28619

(828) 437-8429

www.handi-careinc.com

Medical Transportation, Inc.

113 W. McDowell Street

Morganton, NC 28655

(828) 448-1674

MediVan Transportation Specialists, Inc.

1595 Rosa Propes Drive

Conover, NC 28613

(828) 441-2000

Veteran's Services

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the Veterans Administration. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime.

VA administers a variety of benefits and services that provide financial and other forms of assistance to Veterans, their dependents, and survivors. Major benefits include Veterans' compensation, Veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage. Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family members. Service includes interment, headstones and markers, and Presidential memorial certificates.

For information about the Veteran's Medical Centers see Hospitals listing on Page 45.

US Department of Veterans Affairs

1-800-827-1000

www.va.gov

North Carolina Department of Veterans Affairs

(919) 807-4250

www.doa.nc.gov/vets

VETERANS ADMINISTRATION

ALEXANDER COUNTY

621 Liledoun Road
Taylorsville, NC 28681
(828) 632-5411

BURKE COUNTY

PO Box 219
501 N. Green Street
Morganton, NC 28680
(828) 439-4376

CALDWELL COUNTY

PO Box 2200
905 West Avenue NW
Lenoir, NC 28645
(828) 757-1345

CATAWBA COUNTY

PO Box 389
100 A Southwest Blvd.
Newton, NC 28658
(828) 465-8255

Web Sites for Older Adults

Administration on Aging

www.aoa.gov

Administration on Community Living

www.acl.gov

American Association of Retired Persons
(AARP)

www.aarp.org

Alzheimer's Association

www.alz.org

Centers for Medicare & Medicaid Services

www.cms.gov

Environmental Protection Agency
Aging Initiative

www.epa.gov/aging

Department of Veterans Affairs

www.va.gov

Duke Long Term Care Resources Program

www.ltc.duke.edu

FirstGov for Seniors

www.usa.gov/Topics/Seniors.shtml

Mesothelioma Cancer Resource

www.asbestos.com

National Council on Aging

www.ncoa.org

North Carolina Baptist Aging Ministry

www.ncbam.org

North Carolina Division of Aging and Adult
Services

www.ncdhhs.gov/aging

North Carolina Senior Games

www.ncseniorgames.org

Nursing Home Abuse Center

www.nursinghomeabusecenter.org

Seniornet

www.seniornet.org

Social Security Administration

www.ssa.gov

UNC Institute on Aging

www.aging.unc.edu

Western Piedmont Council of Governments
Area Agency on Aging

www.wpcogaaa.org

Western Piedmont Council of Governments

www.wpcog.org

Disclaimer: References from this Resource Directory to any entity, product, service or information does not constitute an endorsement or recommendation by the Western Piedmont Area Agency on Aging. The Area Agency on Aging is not responsible for the contents of any "off site" web pages referenced from this publication. Although this publication includes links to sites including or referencing good collections of information, the Western Piedmont Area Agency on Aging does not endorse ANY specific products or services provided by public or private organizations.

Index

211	9, 10, 11, 12, 24
Abernethy Laurels	52, 59, 63
Abernethy Laurels Home Care Agency...	40
Abingdon Glen Village	52
Aeroflow Healthcare	16
Advance Directive Forms.....	22
Adult Care Homes.....	56
Adult Life Programs	9, 11, 12, 74
Adult Protective Services	6, 9, 10, 11, 12
Advanced Home Care	1, 40
Agape Retirement Apartments	52
Aids Leadership Foothills Area Alliance (ALFA)	9, 10, 11, 12, 75
Alexander Assisted Living	56
Alexander County Council on Aging	9, 74
Alexander County Government	34
Alexander County Department of Social Services	9, 20, 34, 66, 68, 70
Alexander County Health Department... 9, 34	
Alexander County Home Health.....	40
Alexander Cty. Parks & Recreation Dept..	71
Alexander County Sheriff's Office	9, 20
Alexander Senior Center	9, 73
All 4 U Home	16
Alzheimer's Association.....	9, 10, 11, 12, 70
American Association of Retired People (AARP)	9, 10, 11, 12, 74
American Homepatient	16
American Red Cross... 9, 10, 11, 12, 20, 21, 22, 23	
Animal Control	
Alexander County	34
Burke County	35
Caldwell County.....	36
Catawba County	37
Apartments.....	52
Appalachian Center	
Burke	18
Caldwell	18
Hickory.....	19
Apria Healthcare.....	16
Area Agency on Aging	2, 9, 10, 11, 12, 74

“Are You Okay?”	
Alexander County.....	9, 20
Catawba County	12, 23
Attorney General.....	7, 65
Austin Adult Care	59
Autumn Care of Drexel.....	56, 62
Bayada Nurses.....	40
Beacon In-Home Care, Inc.....	40
Best of Care Home Health Services.....	40
Bethlehem Pharmacy, inc.	16
Better Living Home Care	41
Blue Ridge Adult Day Services.....	10, 74
Blue Ridge Community Action	10, 11, 25, 68
Blue Ridge Health Care.....	40
Blue Ridge Medical Equipment	16
Board of Elections	
Alexander County.....	34
Burke County.....	35
Caldwell County	36
Catawba County	37
Brian Ctr. Health & Rehab./Hickory East ..	59, 63
Brian Center Nursing Care Hickory, Inc..	63
Brockford Inn, Inc.....	58
Brookdale Falling Creek	59
Brookdale Hickory	59
Brookdale Lenoir	58
Broughton Hospital	10, 45
Buena Vista Apartments	52
Burke County Council on Aging.....	10, 74
Burke County Department of Social Services	10, 21, 35, 66, 70
Burke County Government	35
Burke County Health Department	10, 35
Burke County Sheriff's Office	10, 21
Burke Long Term Care Facility.....	56
Burke Hospice & Palliative Care	10, 41, 44
Burke Pharmacy	16
Burke County Senior Services	10, 68, 73
Burke United Christian Ministries	10, 21, 69
Caldwell Com. College & Technical Inst.....	18

Index

Index

Caldwell County Council on Aging.....	11, 74
Caldwell County Department of Social Services	11, 22, 36, 66, 70
Caldwell County Government	36
Caldwell County Health Department	11, 36
Caldwell County Sheriff's Office	11, 22
Caldwell County Yokefellow	11, 22
Caldwell Home Services	16, 41
Caldwell Hospice & Palliative Care.....	11, 41, 44
Caldwell Memorial Hospital	9, 11, 45, 75
Caldwell Senior Center, Inc.	11, 73
Cambridge House	56
Camelot Manor Nursing Care Facility, Inc...62	
CapTel.....	14
Caregiver Resources	8
Caregiving Corner	9, 10
Carillon Assisted Living	59
Carolina Oaks Enhanced Care Center.....	58
Carolina Rehab of Burke.....	62
Carolina's HealthCare – Blue Ridge.....	10, 45, 76
Carolina's HealthCare – Blue Ridge.....	10, 45, 76
Catawba County Aging Coalition	74
Catawba Council on Aging.....	12, 73
Catawba County Department of Social Services	12, 23, 37, 41, 66, 68, 70
Catawba County Government.....	37
Catawba County Home Health Agency ..	41
Catawba County Health Department.....	41
Catawba County Sheriff's Department ..	12, 23
Catawba County Workforce Dev. Ctr.	25
Catawba Regional Hospice	12, 41, 44
Catawba Valley Behavioral Health	12, 67
Catawba Valley Community College	18, 19
Catawba Valley Living at Rock Barn	59
Catawba Valley Medical Center	9, 12, 45,76
Catawba Valley Medical Services	41
Cedar Glen Apartments.....	52
Chesterfield Family Care Home.....	56
Christian Com. Outreach Ministries	12

Chamber of Commerce	
Alexander County.....	34
Burke County.....	35
Caldwell County	36
Catawba County	37
Chesterfield Family Care Home.....	56
Christian Com. Outreach Ministries.....	12
Christian Crisis Center of Alex Cty.....	9, 20
City of Claremont	37
City of Conover.....	37
City of Hickory	37
City of Lenoir	36
City of Morganton	35
City of Newton	37
Clara's Cottage 1 & 2.....	56
College Discount Drug.....	16
College Pines Health and Rehab. Ctr.....	56, 62
Comfort Keepers	41
Community College	18, 19
Concilio Hispano.....	11
Congregate Meal Sites	68
Conover Nursing & Rehab Center	63
Consumer Credit Counseling.....	10, 12
Cooperative Extension Service	
Alexander County.....	9, 18, 34
Burke County.....	10, 18, 35
Caldwell County	11, 18, 36
Catawba County	12, 19, 37
Corner Table, The	70
Country Pines Family Care II	57
Crossroads Daily Bread Ministries	11
Davis Regional Medical Center	9
Days of Comfort Family Care	57
Dept. of Veteran Affairs Medical Ctr.....	45
Diabetes Health Center	11
Dialysis Centers	14
Disability Resources	14
Disability Rights of NC	14
Durable Medical Equipment	16
East Burke Christian Ministries	10,21, 69

Index

East Burke Pharmacy	16
East Burke Senior Center.....	10, 73
Eastern Catawba Coop. Christian Ministry (ECCCM)	12, 23, 69
East View Family Care	57
Educational Opportunities	18
Emergency Assistance	
Alexander County	20
Burke County	21
Caldwell County.....	22
Catawba County	23
Employment Opportunities.....	25
Employment Security Commission.....	25
End of Life Planning.....	26
Energy Assistance Programs	9, 10, 11, 12
Exodus Homes	67
Family Care Center	23
Family Caregiver Support Prog... 2, 8, 9, 10, 11, 12	
Family Guidance Center	12
Family Net of Catawba County.....	67
Food Pantries.....	69
Food & Nutrition Services	70
Foothills Regional Airport.....	79
Foothills Service Project	10, 11
Foster Grandparent Program	74
Friends of Residents in Long-Term Care .. 64	
Frye Regional Medical Center	9, 12, 45, 77
Funeral Instructions.....	32
Gateway Rehab & Healthcare	58, 62
Gentiva	41
Glen Alpine Family Care	57
Good Samaritan Clinic	10, 21, 69
Government Agencies	
Alexander County	34
Burke County	35
Caldwell County.....	36
Catawba County	37
North Carolina	38
United States	39
Grace Heights Health and Rehab. Ctr. ...	62
Grace Ridge	52, 57, 62
Grandparents Raising Grandchildren.....	11, 13, 76
Grandview Villa Assisted Living.....	58
Granite Falls Recreation	71
Greater Hickory Cooperative Christian Ministry	12, 23, 69
Green Acres Apartments.....	52
Greenway Public Transportation ..9, 10, 11, 13, 79	
Grief/Loss Support	9, 10, 11, 12, 78
Guardian Health Services.....	41
Habitat for Humanity	9, 10, 11, 12
Handi-Care, Inc.....	10, 17, 41, 79
Harmony Home Care.....	42
Health and Home Services, Inc.	42
Health and Medication At Home	17
Health Departments	
Alexander County.....	9, 34
Burke County.....	10, 35
Caldwell County	11, 36
Catawba County	12, 37
Healthy at Home Health Care	42
Helping Hands Clinic of Caldwell Cty.....	11, 22, 69
Here to Home.....	12
Heritage Care	59
Heritage Village Apartments	52
Hickory Parks & Recreation Dept.....	72
Hickory Soup Kitchen	69
Hickory Village.....	59
Highway Patrol	20, 21, 22, 23
Homecare Management Corporation....	42
Home Care Agencies	40
Home Delivered Meals.....	68
Home Instead Senior Care	42
Hospice.....	44
Hospice & Homecare of Alexander Cty. ...9, 42, 44	
Hospitals.....	45
Housing Authorities.....	51
Housing Guide	46

Index

Hudson Discount Drug	17
Independent Living	15
Information & Assistance for Seniors	11
Interim Healthcare, Inc.	42
Iredell Memorial Hospital	9
J. Iverson Riddle Development Center ..	14
JobLink Career Centers	25
Jonas Ridge Rest Home, Inc.	57
Kenworth Hall Retirement Community	53
Kingston Residence of Hickory.....	53
Koinonia Apartments	52
Legacy Place of Catawba Valley	53
Legal Aid of North Carolina, Inc.	9, 10, 11, 12, 65
Legal Resources.....	65
Lenoir HealthCare Center	62
Lenoir Parks & Recreation Dept.....	71
Lenoir Rhyne University	19
Lenoir Soup Kitchen	11, 69
LHS Apartments	52
Libraries	
Alexander County.....	34
Burke County.....	35
Caldwell County	36
Catawba County.....	37
LifeLine.....	10, 11, 12, 21, 22, 23
Lincare, Inc.	17
Living Will	26
Link Up Discount Telephone Service.....	10, 12
Local Governments	
Alexander County.....	9, 34
Burke County.....	10, 35
Caldwell County	11, 36
Catawba County	12, 37
Long-term Care	46
Long-term Care Ombudsman Program..	64
Longview Assisted Living.....	57
Lutherhaus Apartments	53
Magnolia Lane Nursing & Rehab. Ctr.....	62
Maiden Recreation Center.....	72

Maples on Main	53
Maxim Healthcare Services.....	42
McAlpine Adult Care, Inc.....	57
McCurry Family Care Home	57
Medicaid Information	9, 10, 11, 12, 66
Medical Center Pharmacy	17
Medical Equipment	16
Medical Transportation Services	10, 79
Medical Village Pharmacy, Inc.	17
Medicare Hotline.....	9, 10, 11, 12
Medicare Information	66
Medication Assistance Program	11
Medi-Home Care	17
MediVan Transp. Specialists, Inc.....	9, 13, 79
Mental Health Partners.....	10, 67
Mental Health Resources.....	67
Millside Manor Apartments.....	52
Morganton/Burke Senior Center	10, 73
Morganton LTC Facility	57
Morganton LTC Southview Facility	57
Morganton Parks & Recreation Dept.....	71
Morganton Regional Resource Center for the Deaf & Hard of Hearing	9, 10, 11, 12, 14
Mt. Pisgah Good Samaritan Food Pantry....	70
NC Assistive Technology Program...9, 10, 11, 12	
NC Attorney General's Office.....	7, 65
NC Baptist Aging Ministry	9, 10, 11, 12, 74
NC Bar Association	65
NC Bar Lawyer Referral Service.....	65
NC Center for Engineering Tech.....	19
NC Cooperative Extension Service	
Alexander County.....	9, 18, 34
Burke County.....	10, 18, 35
Caldwell County	11, 18, 36
Catawba County	12, 19, 37
NC Dept. of Agr. & Consumer Services	38
NC Dept. of Envir. & Natural Resources....	38

Index

NC Dept. of Health & Human Services ...	15, 38
NC Dept. of Insurance	38
NC Dept. of Justice	38, 61
NC Dept. of Labor	38
NC Dept. of Public Schools	38
NC Dept. of Public Safety	38
NC Dept. of State Treasurer	38
NC Dept. of Transportation	38
NC Division of Aging & Adult Services....	38
NC Division of Health Service Reg.	64
NC Division of Veteran Affairs.....	80
NC Division of Voc. Rehab. Services	15, 25
NC Housing Finance Agency	50
NC State Office of LTC Ombudsman.....	64
Neighbor's Network	12, 74
New Choices (CVCC)	25
A New Outlook of Taylorsville	56
Newton Parks & Recreation Dept.	72
Next Step Geriatric Care Mgt.	10, 11, 12
Nursefinders of Charlotte.....	42
Nursing Homes	62
Nutrition Services	9, 10, 11, 12, 68
Olive Hill Community Econ. Dev. Corp. ...	10
Ombudsman	9, 10, 11, 12, 64
Options Inc. /Clifhaven.....	21
Outreach Center, The.....	21, 69
Oxygen Suppliers.....	16
PACE@Home	9, 10, 11, 12, 74, 88
Parish Nursing Program.....	10
Park at Cline Village, The	53
Patterson FCH	57
Peaceful Living.....	58
Phifer Wellness Center	71
Piedmont Medical Supply, Inc.....	17
Piedmont Villages, Inc.	60
Pinecrest Retirement Residence	53
Pinewood Plaza Apartments	52

Police Departments	
Alexander County.....	9, 20
Burke County.....	21
Caldwell County	11, 22
Catawba County	23
Premier Home Care.....	42
Premier Home Health Care Services	42
Professional Family Care, Inc.	60
Project Life Saver.....	9, 10, 11, 12, 20, 21, 22, 23
Project C.A.R.E. Program.....	2, 9, 10, 11, 12, 13
Property Tax Relief.....	50
Public Housing.....	51
Quest4Life Wellness Center	71
Raveica Assisted Living 1.....	60
Recreation Centers.....	71
Recreation/Wellness	71
Re-Nesting Resources	12
ResCare Home Care.....	43
Restoration Home Care Services.....	43
Reverse Mortgage	46, 49
RHA Behavioral Health	67
Right At Home	43
Rose Hill Family Care Home	58
Safe Harbor Rescue Mission.....	24, 70
Salvation Army	
Alexander County.....	20, 69
Burke County.....	10, 21, 69
Caldwell County	11, 22, 69
Catawba County	12, 24, 70
Sarah House	56
Section 8 Rental Assistance.....	49, 51
Senior Centers	73
Senior Health Insurance Info. Program (SHIIP)	9, 10, 11, 12, 66
Senior Information Resources (SIR)	74
Senior Legal Helpline.....	9, 10, 11, 12
Senior Living Options	46
Senior Organizations	74
Serenity Family Care Home 1 & 2	60
Services for the Blind	9, 10, 11, 12, 15

Index

Shaire Center.....	58
Shaire Nursing Center.....	62
Sheriff's Office	
Alexander County.....	9, 20
Burke County.....	10, 21
Caldwell County.....	11, 22
Catawba County.....	12, 23
Sign Language Interpreter.....	15
Vaya Health.....	9, 11, 67
Social Security Admin.....	9, 10, 11, 12, 66
Social Services	
Alexander County.....	9, 20, 34, 66, 70
Burke County.....	10, 21, 35, 66, 70
Caldwell County.....	11, 22, 36, 66, 70
Catawba County.....	12, 23, 37, 42, 66, 70
South Caldwell Christian Ministries ...	11, 22, 69
Southmont Apartments.....	52
Springs of Catawba.....	60
Support Groups.....	75-78
Supportive Solutions.....	9, 10, 11, 12
Taylor Family Care Home.....	58
Taylorsville House.....	56
Tax Office	
Alexander County.....	9, 34, 50
Burke County.....	10, 35, 50
Caldwell County.....	11, 36, 50
Catawba County.....	12, 37, 50
Telephone Reassurance for Burke.....	10, 21
The Alberta House.....	60
The Drug Store.....	17
The Wheelchair Place.....	17
TLC Family Care.....	59
Total Home Care.....	17
Town of Brookford.....	37
Town of Cahaj's Mountain.....	36
Town of Catawba.....	37
Town of Connelly Springs.....	35
Town of Drexel.....	35
Town of Gamewell.....	36
Town of Glen Alpine.....	35

Town of Granite Falls.....	36
Town of Hildebran.....	35
Town of Hudson.....	36
Town of Long View.....	37
Town of Maiden.....	37
Town of Rhodhiss.....	36
Town of Rutherford College.....	35
Town of Sawmills.....	36
Town of Taylorsville.....	9, 34
Town of Valdese.....	35
Transportation.....	79
Trinity Ridge.....	60, 63
Trinity Village.....	60, 63
Unifour Nursing.....	43
Unifour Senior Games.....	72
United Way Agencies.....	9, 10, 11, 13
Universal Mental Health.....	67
US Administration on Aging.....	39
US Administration for Comm. Living.....	39
US Dept. of Agriculture.....	39
US Dept. of Defense.....	39
US Dept. of Health & Human Services ...	39
US Dept. of Homeland Security.....	39
US Dept. of Justice.....	39
US Dept. of Veteran's Services.....	80
US Environmental Protection Agency....	39
US Federal Trade Commission.....	39
Valdese Recreation Center.....	71
Valley Nursing Center.....	62
Vaya Health.....	9, 11, 67
Veteran's Administration.....	9, 10, 11, 13, 80
Veteran's Services.....	80
Village of Cedar Rock.....	36
Villas at Northview.....	53
Villas at Twin Cedars.....	53
Visiting Angels.....	43
Vocational Rehabilitation Services	
.....	9, 10, 11, 13, 15, 25
Walker Family Care Home.....	58

Web Sites for Older Adults	81
Western Piedmont Community College...	18
Western Piedmont Council of Govts.	2, 3, 49, 74
West Hickory Apartments	53
West Hickory Senior Center	12, 73
Westmont Senior Center.....	12, 72, 73
Wilkes Regional Medical Center.....	9

Willows Apartments, The.....	52
Woodland Manor Apartments.....	53
Women’s Resource Center	13, 24, 78
Women’s Shelter Home	11
WPCOG Housing Assistance.....	49
YMCA.....	71, 72



Program of All-Inclusive Care for the Elderly

PACE@Home is designed to provide the seniors comprehensive and holistic care options. The focus is on enhancing life by increasing daily capacities to allow seniors to remain in their homes.

The Program of All-Inclusive Care for the Elderly (PACE) utilizes a plan of care that is innovative and individualized in providing healthcare and social services to qualified seniors aged 55 and older.

Each PACE@Home participant benefits from access to an adult day center as well as ongoing care and monitoring from a team of doctors, nurses, social workers, therapists, personal care workers and other dedicated staff.

PACE@Home is designed to help people with long term care needs remain in their own homes while providing and coordinating all health and healthcare services. PACE@Home encourages independence and promotes wellness of each individual.

PACE@Home serves individuals who are:

- Aged 55 and older
- Determined by the state of North Carolina to be in need of nursing home care
- Have the ability to live safely in the community at the time of enrollment with PACE@Home services

PACE@Home

1915 Fairgrove Church Road SE

Newton, NC 28658

(828) 468-3980

www.pace-at-home.org

PERSONAL INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Business Address _____

City _____ State _____ Zip _____

Phone _____

MEDICATION LIST

MEDICAL INFORMATION

Physician _____

Phone _____

Dentist _____

Phone _____

Allergies _____

INSURANCE

Health Policy # _____ Broker _____ Phone _____

Medicare # _____

Medicaid # _____

Auto Policy # _____ Broker _____ Phone _____

Homeowners Policy # _____ Broker _____ Phone _____

IN CASE OF EMERGENCY NOTIFY

Name _____

Address _____

City _____ State _____ Zip _____

Relationship _____

Phone _____

Drug costs hard to swallow?

If you're on Medicare, call 855-408-1212.



Western Piedmont
Council of Governments
— Area Agency on Aging

 **North Carolina**
DEPARTMENT OF INSURANCE
Seniors' Health Insurance Information Program

