

●Recreational Opportunities

Lenoir Aquatic & Fitness Center, 757-2196
Quest 4 Life Wellness Center, 758-8753
Lenoir Parks & Recreation Dept., 757-2165
Martin Luther King Center, 757-2170
Unifour Senior Games, 324-1200
Caldwell Senior Center, 758-2883
Chamber of Commerce, 726-0616

●Respite

Provides short-term or temporary relief to caregivers of seniors, sick or disabled.

Rescare HomeCare, 754-4528
Caldwell Hospice, 754-0101

●Retirement Housing

Koinonia Apartments, 758-2617
Lenoir High School Apartments, 754-0680

●Transportation

Transportation for seniors or persons with disabilities to or from medical appointments or other necessary routes.

Greenway Transit, 757-8679
Handi-Care, Inc., (828) 435-9251
MediVan, (828) 441-2000

●Veteran's Services

Assist Veterans and families with medical issues, Veteran's benefits and services.

Lenoir Office, 757-1345
Veteran's Clinic in Hickory, 431-5600
Veteran's Medical Center in Asheville, 828-298-7911
Veteran's Salisbury Facility, 704-638-9000

●Vision Services

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

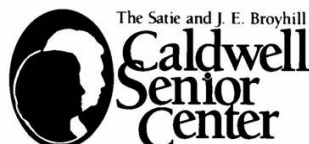
Dept. of Social Services, Gary Smith, 426-8316
Lions Club glasses or exams, 426-8249
N.C. Services for the Blind, 1-800-422-0373

●Volunteer Opportunities

Opportunities for older adults to provide telephone reassurance, insurance counseling, and more.

Appalachian RSVP (Retired and Senior Volunteer Program) 754-3000
NC Baptist Aging Ministry, 1-877-506-2226
Senior Corps, 433-2870
Communities In Schools, 759-2852

Information and Assistance for Older Adults in Caldwell County is a service funded through the Home and Community Care Block Grant and supported by the Satie and J.E. Broyhill Caldwell Senior Center, Western Piedmont Area Agency on Aging and Caldwell County Council on Aging, housed at the



650-A Pennton Avenue
P.O. Box 933
Lenoir, N.C. 28645
cyndi.daulton@charterinternet.com
(828) 757-8635
www.caldwellseniorcenter.org



Participating Agency

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

Updated June 2010

I Just
Don't
Know
Where to
Turn

(828) 757-8635

Information and Assistance
for Older Adults in Caldwell
County



●Adult Protective Services/Abuse

Investigation into allegations of abuse, neglect and exploitation, and interventions in substantiated cases.

Department of Social Services, **426-8288**
Shelter Home of Caldwell County, **758-0888**

●Alzheimer's Services

Provides information, education and support for families affected by dementia-related disorders.

Alzheimer's Specialist, Nicole Rieger-Thomas, **267-3626**

Alzheimer's 24-hr HelpLine, **1-800-888-6671**

The Falls Neurology & Memory Center, **757-5040**

Adult Life Programs Adult Day Care, **758-5855**

Respite Care, Asheville, NC, **828-669-3379**

Geriatric and Adult Specialty Team, **324-1313**

●Assisted Living Homes

Personal care and supervision (24 hrs/day) to those who do not need nursing care, but are no longer able to remain in their own homes.

Brockford Inn, **396-3111**

Carolina Oaks, **754-6106**

Grandview Villa, **757-0136**

Lenoir Park Assisted Living, **757-7800**

Shaire Center, **728-4673**

Rose Hill Family Care Home, **754-2502**

TLC Family Care Home, **758-0013**

●Caregiver Programs

Programs and services for caregivers of older adults.

Caregiver Specialist, WPCOG, **485-4256**

Adult Day Care, "Adult Life Program", **758-5855**

Caldwell Hospice & Palliative Care, **754-0101**

"Powerful Tools of Caregiving," Debbie Cox, **757-1257**

Grandparents Raising Grandchildren Support,

828-308-8560 or **828-465-8151**

Senior Companion Program, **828-438-6547**

NC Baptist Aging Ministry **1-877-506-2226**

●Case Assistance

Assistance for families in assessing the needs of older adults and making arrangements for services to help them remain independent.

Community Alternatives Program, **426-8200**

Special Assistance In the Home Program, **426-8200**

●Emergency Response

LIFELINE, **324-3025, 525-0540** (cell)

One Touch with ResCare, **754-4528**

Caldwell County Sheriff Dept., **758-2324**

Lenoir Police Department, **757-2100**

●Employment Programs

Training and employment/ job readiness programs.

Winston Salem Urban League, **757-5622**

Caldwell Community College and Technical Institute

Job Link, **759-4680** *Basic Skills*, **726-2230**

Vocational Rehab Services, **757-5639**

●Financial Assistance

Counseling on financial management, Social Security benefits, food stamps, energy assistance, and more.

Medicaid, Dept. of Social Services, **426-8200**

Yokefellow Pantry, **754-7088**

Salvation Army, **758-0165**

South Caldwell Christian Ministries, **396-4000**

Consumer Credit Counseling, **322-7161**

Olive Hill Community Economic Corp., **439-8893**

●Hearing Services

Services geared to meet the needs of the deaf or hard of hearing, such as communication support, advocacy and listening devices.

Division of Services for the Deaf and Hard of Hearing

Morganton Regional Center, **1-800-999-8915**

●Home Health Agencies

Help with activities such as skilled nursing visits, medication management, light housekeeping, and assistance with meal preparation.

Caldwell County Health Department, **426-8400**

Dept. of Social Services Personal Care Assistance, **426-8200**

Caldwell Home Services, **728-0168**

Guardian Health Services, **757-9444**

Harmony Home Care, **754-4401**

HomeCare Management, **754-3665**

Home Instead Senior Care, **256-0184**

Intrepid USA, **327-9600**

Maxim Healthcare, **464-5868**

Mountain Home Care, **759-2277**

Premier Home Care, **396-9111**

Rescare HomeCare, **754-4528**

Right At Home, **726-1561**

Total Care, **328-1871**

●Home Repair/Modification

Weatherization, wheel chair ramps, yard work, etc.

Foothills Service Project, R.L. Icard, **397-2484**

Western Piedmont Council of Governments, **485-4281**

Carolina Cross Connection, **758-2883** (June-July)

Caldwell Home Services, **728-0168**

Bethel Colony, **754-3781**

Blue Ridge Community Action, **754-7377 Ext. 202, 203**

Independent Living Program, **294-0338**

USDA of Rural Development, **439-9727 Ext. 4**

●Legal Services

Advice and representation for certain legal matters such as civil (non criminal) matters and consumer problems.

Legal Aid of North Carolina, **1-800-849-5195**

Senior Legal Helpline, **1-877-579-7562**

Better Business Bureau, **1-800-777-8348**

NC Dept. of Secretary of State, **1-800-688-4507**

Consumer Protection Division, **1-877-566-7226**

Telemarketing *Do Not Call Registry*, **1-888-382-1222**

Clerk of Court Office, **759-8402**

●Long Term Care Assistance

Information, assistance and advocacy on long-term care issues. Acts on behalf of residents in nursing homes, assisted living homes and long term care facilities.

Placement Assistance, Dept. Social Services, **426-8351**

Ombudsman, **485-4213**

●Medicare Resources.

Medicare, **1-800-633-4227**

Social Security Administration, **1-800-772-1213**

Social Security Hickory Office, **328-3609**

NC SHIIP (Seniors Health Insurance Information Program), **1-800-443-9354**

Caldwell Senior Center, **758-2883**

●Medication Assistance

Helping Hands Clinic, **754-8565**

Caldwell Senior Center, **758-2566**

●Nursing Homes

Nursing and/or medical care (24 hrs/day), rehabilitation for injured, disabled or sick persons.

Camelot Manor, **396-2387**

Gateway Nursing & Rehab., **754-3888**

Lenoir Healthcare Center, **758-7326**

Shaire Nursing Center, **728-6500**

TLC Family Care Home, **758-0113**

●Nutrition Services

Home-delivered meals for the homebound and congregate meals at sites where seniors can enjoy a meal and socialize with others.

Meals on Wheels, **754-9085 ext. 226**

Nutrition Sites, **754-4290 ext. 212 or 213**

Lenoir Soup Kitchen, **758-1411**

Angel Food Ministries, **758-5476**

Fairview Presbyterian Church, **758-9723**

