

●**Medicare, 1-800-633-4227.**

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

●**Medication Assistance**

Helping Hands Clinic (for uninsured), 754-8565

●**Mental Health**

VayaHealth (Geriatric Adult Mental Health Specialty Team), 759-2160

Access to Care, 1-800-849-6127

RHA Mobile Crisis, 1-888-573-1006 (24/7 assistance)

RHA Health Services, Inc., 1-888-646-0188

Suicide and Crisis Lifeline, 988

●**Recreation/Fitness/Wellness**

Lenoir Aquatic & Fitness Center, 757-2196

Quest 4 Life Wellness Center, 758-8753

Lenoir Parks & Recreation Dept., 757-2165

Martin Luther King Jr. Center, 757-2170

Caldwell Senior Center, 758-2883

Granite Falls Recreation Center, 396-1221

Hudson Recreation Department, 726-6305

Unifour Senior Games, 324-1200 (April-May)

Caldwell Pathways,

[www.caldwellcountypathways.com](http://www.caldwellcountypathways.com)

Chamber of Commerce, 726-0616

●**Transportation**

*Transportation to or from medical appointments or other necessary routes*

Blue Ridge Transit LLC, 212-1818

Greenway Transit, 464-9444

Lakeview Transit LLC, 569-2795

Premier Transportation, 446-5418

Specialized Transportation, 438-0447

●**Veteran's Services**

Veteran's Service Office in Lenoir, 757-1345

Veteran's Clinic in Hickory, 431-5600

Veteran's Medical Center in Asheville, 828-298-7911

Veteran's Salisbury Facility, 704-638-9000

●**Vision Services**

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

Dept. of Social Services, Michelle Pennell, 426-8316

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

●**Volunteer Opportunities**

Contact Caldwell Senior Center for a list, 758-2883

**Information and Assistance for Older Adults (age 50+)** is a service that links older adults, families, caregivers and loved ones to appropriate resources. **The Caldwell Senior Center respects the privacy of individuals and keeps all information exchanged confidential.**

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650-A Pennton Ave. SW

PO Box 933

Lenoir, NC 28645

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

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For additional copies of this brochure,  
contact Ingrid Farrar at  
Information & Assistance  
(828) 757-8635 or  
[ingrid@caldwellseniorcenter.org](mailto:ingrid@caldwellseniorcenter.org)

# Don't Know Where To Turn?



**{ (828) 757-8635 }**

**Information & Assistance  
For Older Adults in  
Caldwell County operates**

**Monday 8:00 am—4:30 pm**

**Tuesday 8:00 am—4:40 pm**

**Wednesday 8:00 am—4:30 pm**

**Thursday 8:00 am—4:30 pm**

**Friday 8:00am—2:00pm.**

To access this brochure online go to:  
[www.caldwellseniorcenter.org](http://www.caldwellseniorcenter.org)

**Updated May 2023**

● **Adult Protective Services/Abuse**

*Investigation into allegations of abuse, neglect, exploitation and interventions in substantiated cases.*  
Department of Social Services, **426-8288**

● **Alzheimer's Services**

*Information, education and support*  
Alzheimer's **24-hr HelpLine, 1-800-272-3900**  
Project CARE (Caregiver Alternatives to Running on Empty), **485-4267**  
Caregiver Navigator (Helpline for caregivers caring for those with Alzheimer's or dementia.) **844-728-0191**  
Specialized Respite Program, Asheville, NC, **828-259-6900**

● **Caregiver Programs**

Family Caregiver Specialist at WPCOG Area Agency on Aging, Mary Mitchell, **485-4256**  
Grandparents Raising Grandchildren information, **485-4256**  
NC Baptist Aging Ministry ( 65+) **1-877-506-2226**

● **Case Assistance**

*Assistance for seniors to remain independent at home.*  
(CAP) Community Alternatives Program, **828-471-5230**  
PACE @ Home, **468-3980**

● **Congregate and Home Delivered Meals**

Blue Ridge Community Action, **438-6255 (Option 0)**

● **Domestic Abuse Services**

Women's Shelter Home of Caldwell Co., **758-0888**

● **Emergency Response Devices**

Call the senior center for a list. **758-2883**

● **Employment Programs**

*Training and employment/job readiness programs*  
Caldwell Community College and Technical Institute  
*Job Link*, **759-4680**    *Basic Skills*, **726-2230**  
Vocational Rehabilitation Services, **757-5639**

● **Financial Assistance and Counseling**

*Counseling on financial management, Social Security benefits, food stamps, energy assistance, etc.*  
Department of Social Services, **426-8200**  
Yokefellow, **754-7088**  
Salvation Army, **496-2370**  
South Caldwell Christian Ministries, **396-4000**  
Consumer Credit Counseling, **322-7161**  
Olive Hill Community Economic Corp., **522-4051**

● **Food Resources/Pantries**

Covenant Fellowship Food Pantry, **396-9670**  
Crossroads Ministry/Storehouse, **612-6802**  
Dry Ponds Baptist (Wed. evening meal at 6:15)  
Dulatown Presbyterian Food Pantry, **758-5826**  
Fairview Presbyterian/Pay It Forward, **572-4441**  
Lenoir Soup Kitchen (daily meal), **758-1411**  
Mountain Grove Church, **728-9557**  
Mountainview Baptist Church, **320-9345**  
Mt. Olivet United Methodist, **754-4109**  
Pay it Forward Food Pantry, **572-4441**  
Poovey's Chapel, **728-7210**  
Room at the Table (Saturday meal), **754-4922**  
Salvation Army Food Pantry, **496-2370**  
South Caldwell Christian Ministries, **396-4000**  
Storehouse Daily Bread, **612-6802**  
Whitnel First Baptist, **754-3240**  
Whitnel United Methodist, **754-4012**  
Yokefellow, **754-7088**

● **Hearing Services**

*Communication support, advocacy and listening devices for the deaf and/ or hard of hearing.*  
Division of Services for the Deaf and Hard of Hearing  
Morganton Center, **1-800-999-8915** or **828-432-5355**

● **Homecare and Home Health Agencies**

*Home Health agencies provide physical, occupational and speech therapy & nursing services. Home Health must be prescribed by a physician. Homecare agencies offer in-home aides for bathing, dressing, meal prep, errands medication reminders and light house-keeping.*  
Advanced Home Health, **991-0222**  
All Ways Caring, **754-4528**  
Bayada Nurses Home Care Specialists, **327-3300**  
Caregivers by Design, LLC, **850-9971**  
Gentiva Home Health, **328-1871**  
Guardian Health Services, **324-3025**  
Harmony Home Care, **754-4401**  
Home Care Management, **754-3665**  
Home Instead, **256-0184**  
Just in Time Health Care Services, **781-9585**  
Premier Home Health Services, **327-9600**  
Quality Home Staffing, **754-3665**  
Maxim Healthcare, **270-3343**  
Visiting Angels, **572-4300**

● **Home Repair/Modification**

*Weatherization, wheelchair ramps, yard work, etc.*  
Foothills Service Project, **879-8400** (Tu, 10-12 & 1-3:00)

*Home Repair continued ➡*

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

Blue Ridge Community Action, **438-6255**  
Independent Living Program (for disabled), **322-2921**  
NC Baptist Aging Ministry (NCBAM), **1-877-506-2226**

● **Housing**

Arbor Glen, **572-5553**  
Koinonia Apartments, **758-2617**  
Lenoir High School Apartments, **754-0680**  
Lenoir Housing Authority, **758-5536**  
Partnership Property Management, **1-336-544-2300 ext.353**  
(Call for information about Caldwell County apartments)

● **Legal Services**

*Advice and representation for certain legal matters such as civil (non criminal) matters and consumer problems.*  
Senior Legal Helpline, **1-877-579-7562**  
Legal Aid of North Carolina, **1-800-849-5195**  
Better Business Bureau, **1-800-777-8348**  
NC Secretary of State, **1-800-688-4507**  
Attorney General's Office, **1-877-566-7226**  
Telemarketing *Do Not Call Registry*, **1-888-382-1222**  
Clerk of Court Office, **759-3503**

● **Long Term Care Assistance**

*Information, assistance and advocacy on long-term care issues. Acts on behalf of residents in nursing homes, assisted living homes and long term care facilities.*  
Placement Assistance, Dept. Social Services, **426-8351**  
Ombudsman, **485-4213**

● **Long Term Care Facilities**

**Assisted Living Homes:**  
*Personal care and supervision to those who are no longer able to remain in their own homes.*  
Brockford Inn, **396-3111 (Special Care Unit)**  
Grace Village, **212-5121**  
Grandview Villa, **757-0136**  
Brookdale Lenoir, **757-7800**  
Shaire Center, **728-4673 (Special Care Unit)**  
**Nursing Homes:**  
*Nursing and/or medical care (24/7), rehabilitation for injured, disabled or sick persons.*  
Hickory Falls Health & Rehab, **396-2387**  
Gateway Nursing & Rehabilitation., **754-3888**  
Lenoir Healthcare Center, **758-7326**  
Shaire Nursing Center, **728-6500**