



APPROVED
SENIOR NETWORK



Brought to you by
TenderHearted Home Care

Call Your Local Experts:

(704) 312-7023

Senior Care Resource Guide for Rowan County

Compiled and Provided to You By

TenderHearted Home Care

(704) 312-7023



Senior Resources

Rufty-Holmes Senior Center

Assistance with Medicare options, IRS Tax preparation, Lunch Club sites, where to turn for assistance with transportation, legal guidance, in-home assistance and much more!

Rufty-Holmes Senior Center

1120 Martin Luther King Jr S

Salisbury, NC 28144

(704) 216-7714

information@ruftyholmes.org

Join Us for Lunch Club!

Lunch Clubs

Looking for an opportunity to share in good food, good fun, and good fellowship? Be sure to join one of our lunch clubs!

Who can come?

Membership is free!! Everyone who is 60 years of age or older has a permanent invitation to come have lunch with us.

When does it take place?

Our Lunch Clubs meet every day, Monday-Friday, at one of six locations throughout Rowan County. Programs begin at 11:15 AM with lunch being served at 12:00 NOON.

RUOK? – Are You Okay? – Program

A Caring Community

When you find yourself alone or in questionable health, a daily telephone call to confirm your well-being can be reassuring. Although you may have friends and relatives occasionally checking on you, the Rowan County “ARE YOU OK?” program will be a consistent and reliable contact — seven days per week.

The equipment and material expenses of the program were donated by the generosity of a private citizen who saw the need for daily safety checks. Therefore, **there is no charge for you to receive this service.**

Who is eligible?

This is a free service for any resident of Rowan County who requests a daily telephone safety check. This could include, but is not limited to older adults, handicapped or home- bound persons of any age, social or economic condition.

How do I request the service?

Simply telephone the Rufty-Holmes Senior Center at 704-216-7704 between the hours of 8:00 AM and 5:00 PM, Monday through Friday. The staff will answer your questions and arrange a home visit to obtain basic confidential information that is needed to begin the service.

Who provides this service?

Rufty-Holmes Senior Center promotes the service and administers to subscribers. The Rowan County Emergency Services Department handles all of the technical operations of the dialing service, and directs a response to any perceived emergency. City and County law enforcement agencies make the home visits when needed.

Here's How It Works

Answer the phone

“Good morning!” the recorded message announces. “ARE YOU OK?” Your response should be your most cheerful “HELLO—I am fine today” which will be heard by the 9-1-1 dispatchers of the Rowan Emergency Communications Center.

If I do not answer the phone?

If your telephone line is busy, or if there is no answer, the system will call back two more times. If there is still no answer; or the line stays busy, an alert notice will flash on a computer screen to signal a possible emergency. Dispatchers will then call your emergency contacts to determine if they know why the subscriber is not answering the telephone. When there is no explanation, law enforcement officers are sent to the home to check on the subscriber.

What if my door is locked?

You will be required to give your house- hold key to the police department or sheriff's office before the telephone checking service begins. This will enable the officers to enter your home in the event of an emergency. If you need transportation to deliver your key, call the Rufty-Holmes Senior Center.

If I have an emergency?

When you have an emergency, dial 9-1-1. However, if you are unable to call for help, you can be assured that the “ARE YOU OK?” program will check on you each

morning. If you do not answer the phone, law enforcement officers will be dispatched to check on you.

When can I be called?

You may select a calling time from 6:00 AM to 11:00 AM Then, seven days a week you will routinely receive your call at approximately the same time each morning.

Stopping the service

If you ever need to temporarily stop the daily safety check, or change the information provided to us, telephone Rufty- Holmes Senior Center at 704-216-7704 to give notice. If you have to reach us on an evening, weekend or holiday, you may call 9-1-1 directly. The 9-1-1 business number is 704-216-8500.

Tax Aide Program

AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you.

AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There's no fee and no sales pitch for other services and AARP membership is not required.

Learn more about the AARP Foundation Tax-Aide Program.

Be sure to bring these important documents to your appointment.

Rufty-Holmes Senior Center 1120 Martin Luther King Jr S Salisbury, NC 28144
(704) 216-7714 information@ruftyholmes.org

Second Harvest (Food Bank)

Rufty-Holmes Senior Center is a Second Harvest Food Bank of Metrolina Partner!

Food Pantry Distribution for eligible applicants at the lunch club sites. Delivery schedules have been posted at each lunch club site.

Please call 704-216-7702 for more information.

REQUESTS! Reusable cloth shopping bags in great condition and non-perishable food items such as canned soups, canned vegetables, tuna, peanut butter, and crackers.

A collection box is in the Lounge area at the Center.

Operation Fan – Heat Relief

Fans Are Here! – Limited Supply!

Rufty-Holmes Senior Center sponsors **Operation Fan – Heat Relief**. We receive generous funding from the Duke Energy Foundation, enabling us to purchase box fans for senior adults who may have health risks associated with the intense heat of summer.

Hot weather is not only uncomfortable, it can aggravate some health conditions. As we age, our bodies lose some ability to adapt to extreme heat. Some medications can increase heat sensitivity. Hot, humid summer weather may worsen many pre-existing medical conditions, such as asthma and COPD.

The Rufty-Holmes Summer Fan Program begins in June. If you qualify for a free box fan for summer heat relief, contact us at: 704-216-7704, or call the Senior Help Line at 704-216-7700.

Eligibility Requirements

The recipient must be at least 60 years of age, or disabled.

The recipient must be a resident of Rowan County.

The program is intended for clients who have financial need, and who do not have air conditioning. **PRIORITY IS GIVEN TO SENIOR ADULTS.**

Eligible senior adults may call to reserve a fan and pick it up at the Rufty-Holmes Senior Center. The information needed is the name, address, phone number, age, and date of birth for the person receiving the fan.

Rufty-Holmes Senior Center 1120 Martin Luther King Jr S Salisbury, NC 28144
(704) 216-7714 information@ruftyholmes.org

**DIRECTORY OF SERVICES FOR
OLDER ADULTS
IN
ROWAN COUNTY**



**The Henry E. Rufty - Haden C. Holmes
Senior Center**
"Adding Life to Years"

**IF YOU NEED MORE INFORMATION PLEASE CALL OR EMAIL
Rufty-Holmes Senior Center
Senior HelpLine
704-216-7700
Email: information@ruftyholmes.org
Website: www.ruftyholmes.org**

January 2018

This directory concentrates on services and resources for older adults. It may not include all services in your area. Rufty-Holmes does not endorse any particular service, agency, or product.

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EMERGENCY NUMBERS

Ambulance Service

| | |
|--------------------------------------|-----|
| Rowan County Emergency Services..... | 911 |
| Business Calls: 704-216-8900 | |
| Rowan County Rescue Squad | 911 |
| Business Calls: 704-633-5405 | |

Fire Assistance

All Departments, EMERGENCIES ONLY.....911

Business Calls:

| | |
|-------------------------------------|--------------|
| Rowan County Fire Marshal..... | 704-216-8916 |
| China Grove Fire Dept..... | 704-857-4300 |
| Cleveland Fire Dept..... | 704-278-4300 |
| East Spencer Fire Dept..... | 704-633-0055 |
| Granite Quarry/Faith Fire Dept..... | 704-279-5596 |
| Kannapolis Emergency Services..... | 704-920-4260 |
| Landis Fire Dept..... | 704-855-1269 |
| Rockwell Fire Dept..... | 704-279-2921 |
| Salisbury Fire Dept..... | 704-638-5351 |
| Spencer Fire Dept..... | 704-637-6135 |

Law Enforcement

All Departments, EMERGENCIES ONLY.....911

Business Calls:

| | |
|---------------------------------------|--------------|
| China Grove Police Dept..... | 704-857-7755 |
| Cleveland Police Dept..... | 704-278-1900 |
| East Spencer Police Dept..... | 704-637-1660 |
| Granite Quarry/Faith Police Dept..... | 704-279-2952 |
| Kannapolis Police Dept..... | 704-920-4000 |
| Landis Police Dept..... | 704-857-2129 |
| Rockwell Police Dept..... | 704-279-3420 |
| Rowan Co. Sheriff's Dept..... | 704-216-8700 |
| Salisbury Police Dept..... | 704-638-5333 |
| Spencer Police Dept..... | 704-633-3574 |

Disaster Services

| | |
|--|--------------|
| American Red Cross, E.H. Dole Chapter..... | 704-633-3854 |
|--|--------------|

Poison Control Hotline.....1-800-222-1222

www.ncpoisoncenter.org

National Suicide Prevention Hotline.....1-800-273-8255

www.suicidepreventionlifeline.org

Veterans Crisis Line.....www.veteranscrisisline.net.....1-800-273-8255

SERVICE NUMBERS

Government

Rowan County...www.rowancountync.gov.....704-216-8180
Salisbury City.....www.salisburync.gov.....704-638-5270

Municipalities

China Grove City Hall.....www.chinagrovecnc.gov.....
704-857-2466
Cleveland Town Hall.....www.clevelandnc.org.....
704-278-4777
East Spencer Town Hall.....www.townofeastspencer.org.....
704-636-7111
Faith Town Hall....www.faithnc.com.....
704-279-7500
Granite Quarry Town Hall....www.granitequarrync.gov.....
704-279-5596
Kannapolis City Clerk...www.kannapolisnc.gov.....704-920-4399
Landis City Hall.....www.townoflandis.com.....
704-857-2411
Rockwell Town Hall....www.rockwellnc.gov.....
704-279-2180
Spencer Town Hall....www.ci.spencer.nc.us.....
704-633-2231

Information

NC 2-1-1, www.nc211.org, cell phone users call1-888-892-1162
Rowan County Chamber of Commerce.....
704-633-4221
www.rowanchamber.com
Rowan County Convention and Visitors Bureau.....704-638-3100
Visitsalisburync.com
Rowan County Library (Main Branch).....704-216-8243
Rowan County Veterans' Service Officers.....704-216-8138 or 8139
Rufty-Holmes Senior Center, Senior HelpLine.....704-216-7700
United Way of Rowan County.....704-633-1802

Miscellaneous Numbers:

Better Business Bureau of Northwest NC..336-725-8348 or.....1-800-777-8348
Rowan County Board of Elections.....704-216-8140

Rowan County Magistrate.....704-797-3130
 Rowan County Register of Deeds (Birth and Death Certificates).....704-216-8626
 Rowan County Tax Administrator.....704-216-8544
 Rowan County Transit (information).....704-216-8888
 NC Dept. of Motor Vehicles.....www.ncdot.gov/dmv.....704-633-5873
 Vehicle Tags, Registration.....www.ncdot.gov/dmv.....704-633-5312

INFORMATION & MEDICAL HOTLINE NUMBERS

Affordable Care Act....www.healthcare.gov.....1-800-318-2596

Centers for Medicare & Medicaid Services1-800-633-4227
 www.cms.gov TTY 1-877-486-2048

COBRA.....www.dol.gov.....1-866-444-3272

Consumer Services, NC Dept. of Insurance1-855-408-1212

Governor’s Office.....governor.nc.gov/contact.....1-919-814-2000

Joint Commission on Hospitals.....(hospital complaints).....1-630-792-5800
 www.jointcommission.org

Medicaid questions, Dept. of Social Services.....704-216-8330

Medicare....www.medicare.gov.....1-800-633-4227

Medicare Coordination of Benefits.....1-855-798-2627
 www.cms.gov/Medicare/CoordinationofBenefits TTY 1-855-797-2627

Medicare Fraud and Abuse.....1-800-447-8477
 www.stopmedicarefraud.gov TTY 1-800-377-4950

NC Senior Medicare Patrol (Medicare fraud prevention).....1-855-408-1212

NC State Employee’s Health Plan.....www.shpnc.org1-855-859-0966

Railroad Retirement Board.....www.rrb.gov.....1-877-772-5772

Senior’s Health Insurance Information Program-Raleigh.....1-855-408-1212
 www.ncdoi.com Rowan Co. SHIIP office.....704-216-7703 or 7704

Social Security Administration.....1-800-772-1213
 www.ssa.gov Salisbury office 1-877-405-3157

TRICAREwww.tricare.mil.....1-877-444-5445

Veteran's Benefits.....www.va.gov.....1-800-827-1000

Veteran's Service Officers for Rowan County.....704-216-8138 or 8139

Providers of Services for Older Adults in Rowan County

Abuse/Neglect/Domestic Violence

Alternatives Counseling.....704-639-1616

Cardinal Innovations.....704-721-7000 or...1-800-939-5911

Daymark Recovery Services.....704-633-3616

Family Crisis Council...(24-hour crisis line).....704-636-4718

Novant Geriatric Behavioral Health, Rowan Med.Ctr.....704-210-5302

Ombudsman Program.....www.Centralina.org.....1-800-508-5777

Rowan Co. DSS.....Adult Protective Services.....704-216-8331

Salisbury PD Community Relations Officer.....704-638-2092

Adult Day Care/ Short-term Respite Services/ Rehabilitation

Brian Center Nursing and Rehab.....704-633-7390

Carter House.....704-633-1835

Coltrane LIFE Center Adult Day Care.....704-788-1215

Genesis Healthcare.....704-636-5812

The Laurels.....704-637-1182

Liberty Commons.....704-637-3040

Magnolia Garden Extended Care Community.....704-633-3892

PACE, Carolina Senior Care.....336-746-3500

Rowan Co. Social Services (possible daycare funds).....704-216-8331

TenderHearted Home Care.....704-612-4132

Trinity Living Center.....704-637-3940

Advocacy

AARP.....www.aarp.org.....national info...1-888-687-2277
 Local AARP chapter information.....704-216-7714

Alzheimer's Ass'n., Western Carolina Chapter.....1-800-272-3900
 www.alz.org/northcarolina

Carter House.....704-633-1835

Disability Rights NC.....www.disabilityrightsn.org.....1- 877-235-4210
 Division of Health Service Regulation, Complaint Intake Unit.....1- 800-624-3004
 (nursing homes, hospitals, adult care homes, etc.)
 Friends of Residents in LTC... www.forltc.org.....919-782-1530
 NAMI, Nat. Alliance for the Mentally Ill.....www.nami.org.....704-640-8811
 Nat. Federation of the Blind.....www.nfb.org.....1-410-659-9314
 Ombudsman Program.....www.Centralina.org.....1-800-508-5777
 Rowan County Department of Social Services.....704-216-8330
Rufty-Holmes Senior Center/ Senior HelpLine.....704-216-7700
 Salisbury PD Community Relations Office.....704-638-2092
 The ARC of Rowan.....thearcofrowan.org.....704-637-1521

Blind and Visually Impaired (see also p.8, Disability-Related Services)

Audio Bibles.....www.audiobiblesfortheblind.org.....1-941-748-3031
 EyeCare America (eye exams)...www.eyecareamerica.org.....1-877-887-6327
 Nat. Federation of the Blind.....www.nfb.org.....1-410-659-9314
 NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
 Buy or sell assistive technology devices.....www.ncexchangepost.org
 NC Div. of Services for the Blind.....www.ncdhhs.gov/dsb.....704-563-4168
 NC Div. of Services for the Blind...(at DSS).....704-216-8351
 NC Library, Blind/Handicap....statelibrary.ncdcr.gov/lbph.....1-888-388-2460
 Rowan Vocational Opportunities.....704-633-6223
 Salisbury Lion’s Club.....704-642-0505
 Social Security Admin.....www.ssa.gov.....national,1-800-772-1213
 local, 1-877-405-3157

Caregiver Information (see also p.6, Adult Day Care)

Alzheimer’s Association, Western Carolina Chapter.....1-800-272-3900
 www.alz.org/northcarolina.....National Helpline, 24/7.....1-800-272-3900
 Comfort Keepers.....704-630-0370
 Elder Care Locator.....www.eldercare.gov.....1-800-677-1116
 Family Caregiver Support Program.....704-603-2779
 National Alliance for Caregiving.....www.caregiving.org.....1-301-718-8444
 NC Baptist Aging Ministry..www.ncbam.org.....1-877-506-2226
 NC Division of Aging.....www.ncdhhs.gov/aging.....919-855-3400
 NC Senior Care Council.....carenorthcarolina.org.....1-800-989-8137
 PACE, Carolina Senior Care.....www.carolinaseniorcare.org.....336-746-3500
 Rowan County Dept. of Social Services.....704-216-8331
 TenderHearted Home Care.....704-612-4132
 VA Caregiver Support Line.....1-855-260-3274

Computer Training

Goodwill Career Connections.....www.goodwillnwc.org.....704-638-6434
 RCCC.....North Campus.....704-216-7222
 Rowan County Public Library.....(Main Branch)....704-216-8228
Rufty-Holmes Senior Center, computer classes.....704-216-7714

Deaf and Hearing Impaired (see also p.8, Disability-Related Services)

CapTel (caption phone).....www.captel.com.....1-800-233-9130
Caption Call (caption phone).....www.captioncallphone.com.....1-877-863-1196
Clear Captions (caption phone).....1-336-708-2891
Hearing Loss Ass'n., Charlotte.....www.nchearingloss.org.....704-545-5661
NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
Buy or sell assistive technology devices.....www.ncexchangepost.org
NC Svcs. for Deaf and Hard of Hearing.....Charlotte.....704-568-8558
Schedule an appointment at Ruffy-Holmes by calling.....1-800-835-5302
Relay NC.....www.relaync.com.....voice or TTY, 1-866-545-4012
Starkey Hearing Foundation....starkeyhearingfoundation.org.....1-866-354-3254

Dental Services

Community Care Clinic of Rowan County (dental clinic).....704-636-4523
ECU Dental School at Davidson College, Lexington.....1-336-236-0165
NC Missions of Mercy.....www.ncdental.org, or.....www.ncmom.org
NC State Board of Dental Examiners...(dental complaints)919-678-8223
School of Dentistry, UNC-Chapel Hill....www.dentistry.unc.edu.....919-537-3737

Disability-Related Services

CapTel (caption phone).....www.captel.com.....1-800-233-9130
Caption Call (caption phone)...www.captioncallphone.com.....1-877-863-1196
Cardinal Innovations704-721-7000 or 1-800-939-5911
Carter House (day social program).....704-633-1835
ClearCaptions (caption phone).....1-336-708-2891
Disability Rights NC.....www.disabilityrightsn.org.....1- 877-235-4210
Easter Seals/UCP of Salisbury.....704-647-0256
NAMI, National Alliance on Mental Illness....www.nami.org.....704-640-8811
NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
Buy or sell assistive technology devices.....www.ncexchangepost.org
NC Div. Svcs for the Blind.....www.ncdhhs.gov/dsb.....1-866-222-1546
NC Div. Svcs. for the Blind (at DSS).....704-216-8351
NC Div. Svcs. for the Deaf and HOH.....1-800-835-5302
NC Div. of Vocational Rehab.....704-639-7575 or 1-866-760-8282
NC Independent Living Rehab. Program.....704-985-1172 or 1-877-699-7579
NC Library, Blind/Handicap.....statelibrary.ncdcr.gov/lbph.....1-888-388-2460
NC License Tag Agency (handicapped placards).....704-633-5312
Rowan County Parks/Recreation, Special Populations.....704-216-7783
Rowan Transit System (general information).....704-216-8888
Rowan Vocational Opportunities.....704-633-6223
Salisbury City Transit.(Salisbury, Spencer, East Spencer).....704-638-5252
Social Security Administration (disability)...(nat.)1-800-772-1213, 1-877-405-3157
The ARC of Rowan.....thearcofrowan.org.....704-637-1521

Educational Opportunities

NC Co-op. Extension-Rowanrowan.ces.ncsu.edu.....704-216-8970

Better Business Bureau, Northwest NC.....nwnc.bbb.org.....1-800-777-8348
 Direct Mail Marketing Association.....www.dmachoice.org1-212-768-7277
 (Cuts down on junk mail such as pre-approved credit card offers)
 Do Not Call Registry (national).....www.donotcall.gov.....1-888-382-1222
 Federal Trade Commission.....www.ftc.gov.....1-877-382-4357
 NC Dept. of Justice, Consumer Protection Div.....www.ncdoj.gov
 919-716-6400.....1-877-566-7226
 NC Dept. of Secretary of State1-919-807-2000.....www.sosnc.gov
 Pre-Approved Credit Offers.....www.optoutprescreen.com.....1-888-567-8688
 Senior Medicare Patrol.....www.ncdoi.com.....1-855-408-1212
 Social Security Administration.....www.ssa.gov
 Local 1-877-405-3157.....national..1-800-772-1213

Home Modification, Rehabilitation and Repairs

Community Link.....communitylinknc.org.....704-943-9490
 Forever Living Homes.....(builds ramps).....704-531-1111
 NC Baptist Aging Ministry.....www.ncbam.org.....1-877-506-2226
 NC Independent Living Rehab. Program.....704-985-1172
 Salisbury Community Development Corporation.....704-216-2738
 Salisbury-Rowan Community Action Agency (weatherizing).....704-633-6633
 Smoke Detectors: E.H. Dole Red Cross.....704-633-3854
 NC BAM.....1-877-506-2226
 Speaks Custom Windows.....(builds ramps).....704-639-9897
 U.S.D.A-Rural Development Program.....www.rd.usda.gov.....336-629-4449

Housing

Independent Living options for older adults, disabled, veterans:

Benchmark Apartments.....704-855-2230
 Crosswinds Apartments.....704-754-5733
 East Winds Apartments.....704-633-7700
 Fleming Heights.....704-310-5216
 Good Shepherd Gardens.....704-633-3120
 Housing Authority of East Spencer.....704-637-2284
 Housing Authority of Salisbury.....704-636-1410
 Oak Park Retirement Community.....704-636-4600
 Placid Retirement Apartments (Magnolia Gardens).....704-633-3892
 Rowan County Housing Authority.....704-633-8380
 Trinity Oaks Retirement Community.....704-633-1002
 Villas at Hope Crest.....704-637-8700
 Whispering Oaks.....704-797-0314
 White Rock Garden Apartments.....704-612-7350
 Wiley School Apartments.....704-754-4013
 Yadkin House.....704-636-6486

Housing, Other

The Gables at Kepley Farm (active adult community).....704-633-6000
 Habitat for Humanity.....www.habitatrowan.org.....704-642-6292

Housing, Temporary

Am. Red Cross (temporary shelter).....ehdole.redcross.org.....704-633-3854
 Family Crisis Council (emergency shelter).....704-636-4718
 Homeless Assistance, Community Link.....704-943-9490
 Rowan Helping Ministries (overnight shelter).....704-637-6838

In-Home Services/Home Care

Advanced Home Care.....704-639-1060
 Angels at Heart.....704-762-9364
 Bayada Home Health Care.....704-633-7213
 CAPCare.....704-210-5626
 Comfort Keepers.....704-630-0370
 Easter Seals UCP of Salisbury.....704-647-0256
 Gentiva Health Services.....704-636-3334
 Home Health Connection..(regional provider).....704-334-8141
 Home Health Professionals..(regional provider).....704-633-7213
 Home Instead Senior Care.....704-636-2010
 Homewatch CareGivers..(regional provider).....704-788-2353
 Hospice House.....704-603-3900
 Interim Healthcare...(regional provider).....704-658-0555
 Personal Touch Care Team.....704-630-0088
 Pruitt Health, hospice and respite services.....1-828-682-6118
 Rowan County Dept. of Social Services.....704-216-8331
 Rowan Hospice & Palliative Care Ctr.....1-888-876-3663 or 704-637-7645
 Senior Helpers..(regional provider).....704-490-4673
 TenderHearted Home Care.....704-612-4132
 Trinity At Home.....704-603-2776
 Veterans' Home Care.....www.veteranshomecare.com.....1-888-314-6075
 VG Home Solutions.....336-290-5240

Insurance

Affordable Care Act info.....www.healthcare.gov.....1-800-318-2596
 NC State Retiree'sHealth Plan.....www.shpnc.org.....1-855-859-0966
SHIIP Program, Rufty-Holmes.....Medicare counseling.....704-216-7703/7704
SHIIP statewide.....www.ncdoi.com/shiip.....1-855-408-1212
 Smart NC.....www.ncdoi.com/smart.....1-855-408-1212

Legal Services

David Post, Attorney....(legal questions).....704-216-1600
 Elder Law Clinic, WFU.....elder-clinic.law.wfu.edu.....1-336-758-5061
 Law Help.....legal help & information.....www.lawhelpnc.org

| | |
|--|---------------------------------------|
| Legal Aid of NC..... holds appointments at Rufty-Holmes | 1-877-579-7562 |
| (state that you are an older adult in Rowan County) | |
| Legal Aid of NC Helpline..... | www.legalaidnc.org.....1-866-219-5262 |
| Marjorie J. Brown, Attorney | (elder law).....704-795-9455 |
| NC Department of Justice..... | www.ncdoj.gov.....919-716-6400 |
| NC Human Relations Commission, Fair Housing Board..... | 919-807-4420 |
| (landlord-tenant disputes) | |
| Rowan County Clerk of Court (Civil)..... | 704-797-3003 |
| Rowan County Clerk of Court (Criminal)..... | 704-797-3001 |
| Rowan County Magistrate..... | 704-797-3130 |

Long-Term Care

Adult Care Homes, Family Care, Nursing Homes, Assisted Living, Rehab

| | |
|--|----------------|
| Autumn Care of Salisbury (NH, R)..... | 704-637-5885 |
| Best of Care Assisted Living (ACH,FC, AL)..... | 704-933-4339 |
| Bethamy Retirement Center (ACH, FC NH, AL)..... | 704-633-1985 |
| Big Elm Retirement and Nursing Ctr. (AL, NH, R)..... | 704-932-0000 |
| Brian Center Health and Rehabilitation (NH, R)..... | 704-633-7390 |
| Brightmoor Nursing Center (NH)..... | 704-633-2781 |
| Brookdale Salisbury (AL).... | 704-636-0588 |
| Care Patrol (referral & screening service for long-term care)..... | 704-248-7901 |
| Carillon Assisted Living (AL, R)..... | 704-633-4666 |
| China Grove Retirement Center (ACH, AL)..... | 704-855-3180 |
| CuJo Family Care (FC, NH)..... | 704-278-4913 |
| Deal Care Inn (ACH, AL)..... | 704-857-2817 |
| DSS Adult Care Home Specialist (monitors facilities)..... | 704-216-8331 |
| Genesis Healthcare (NH, AL, R)..... | 704-636-5812 |
| Heritage Plantation (ACH, AL)..... | 704-637-5465 |
| Kannon Creek Assisted Living (ACH, AL)..... | 704-932-5517 |
| Laurels of Salisbury (ACH, NH, R)..... | 704-637-1182 |
| Libby's Family Care Home (FC)..... | 704-278-4111 |
| Liberty Commons Nursing Center (NH, R)..... | 704-637-3040 |
| Magnolia Gardens Extended Care (ACH, NH, AL, R)..... | 704-633-3892 |
| Meadows of Rockwell (NH, AL)..... | 704-279-5300 |
| North Carolina State Veterans Home (NH)..... | 704-638-4200 |
| Ombudsman Program (Centralina Area Agency on Aging)..... | 1-800-508-5777 |
| Trinity At Home Care Management.....(advice and referral)..... | 704-603-2776 |
| Trinity Oaks Health & Rehab (NH, R)..... | 704-637-3784 |
| Trinity Oaks Retirement Community (AL)..... | 704-633-1002 |

Medical Alert Systems

(This is a representative selection from many similar products.)

| | |
|------------------------|---|
| ADT Medical Alert..... | www.adt.com/medical/alert.....1-800-588-1934 |
| Comfort Keepers..... | www.comfortkeepers.com.....704-630-0370 |
| CVS Medical Alert..... | www.medicalalertsystem.com.....1-800-283-2300 |
| Life Alert..... | www.lifealert.com.....1-800-360-0329 |

Medical Alert.....www.medicalalert.com.....1-800-800-2537
Ready Response.....walgreensreadyresponse.com.....1-866-310-9061

Medical Centers

CMC-Northeast.....www.carolinashealthcare.org/northeast.....704-403-3000
Novant, Linn Geriatric Health Unit.....704-210-5302
Novant, Stanback Rehab. Unit.....704-210-5308
Rowan Medical Ctr.....www.novanthealth.org/rowan.....704-210-5000
VA Medical Center, Salisbury.....www.salisbury.va.gov.....704-638-9000

Medical Clinics

China Grove Family Medicine.....704-855-5200
Community Care Clinicwww.communitycareofrowan.org.....704-636-4523
Good Shepherd Clinic.....704-636-7200
Rockwell Direct Primary Care.....704-279-2181
A “discount medical membership” clinic.

Medical Complaints

NC Medical Board (doctor complaints) www.ncmedboard.org.....1-800-253-9653
NC Div. of Health Service Regulation, complaints.....1-919-855-4500
(home care/hospitals/long term care).....www.ncdhhs.gov/dhsr
Ombudsman Program.....www.CentralinaAging.org.....1-800-508-5777

Medical Equipment, Medicine Delivery

Advanced Home Care (Free Delivery).....704-639-1060
American Medical ID.....www.americanmedical-id.com.....1-800-363-5985
Comfort Keepers.....www.comfortkeepers.com.....704-630-0370
Davie Medical Equipment.....1-336-751-4288
Habitat for Humanity RESTORE (used medical equipment).....704-642-1222
HDIS (incontinence & medical products)....www.hdis.com.....1-800-269-4663
Home Care of the Carolinas.....704-982-2273
Hospital Equipment Recycled 4-U.....704-642-0067
Innes Street Drug, S. Main St (Free Delivery).....704-633-4521
Innes Street Drug, W. Innes St (Free Delivery).....704-636-1712
Med Express/Salisbury Pharmacy (Free Delivery).....704-633-3113
Moose Pharmacy (Free Delivery).....704-636-6340
Penrod Medical Equipment (Free Delivery).....704-630-1155
Ralph Baker Shoes (specialty footwear).....704-636-1850
101 Mobility (medical equipment, accessibility products).....704-251-2767

Medical Services, Other

CMC-Northeast, Faith Community Health Ministry.....704-631-0718
Davita Dialysis Care.....1-800-424-6589, or 704-637-2107
Novant Congregational Health Ministries.....704-210-5049
Rowan County Health Department.....704-216-8777

Mental Health Services

Cardinal Innovations.....704-721-7000 or 1-800-939-5911
Carter House.....704-633-1835
CMC-Northeast, Senior Behavioral Medicine.....704-720-1201
Daymark Recovery Services.....704-633-3616
NAMI, National Alliance for the Mentally Ill.....704-640-8811
Novant, Linn Geriatric Health Unit.....704-210-5302

Miscellaneous

Are You Okay? (daily phone check, Rufty-Holmes).....704-216-7704
Genia’s Food Delivery (mainly groceries).....980-234-1330
Pet Services: Humane Society of Rowan Co.....704-636-5700
 Donated pet food, Low-cost Spay & Neuter services
Rollin Delivery & Errands.....www.rollindelivery.com.....704-433-6272
Smart Changes Household Move Management.....704-640-6844
Voter ID Requirements (State Board of Elections).....1-919-733-7173

Prescription Assistance

Community Care Clinic.....communitycareofrowan.org.....704-636-4523
 Blink Health.....www.blinkhealth.com
 Good Rx.....www.goodrx.com
 Lowest Med.....www.lowestmed.com
 Needy Meds.....www.needymeds.org
 Optimize Rx.....www.optimizerx.com
 Rx Assist.....www.rxassist.org
 4 Dollar Drugs....www.4dollar drugs.com
NC MedAssist, Senior Care Program....www.medassist.org.....1-866-331-1348
Partnership for Prescription Assistance.....www.pparx.org
Rowan Helping Ministries.....704-637-6838
Salvation Army.....704-636-6491

Recreation, Socialization

AARP (local chapter at Rufty-Holmes Senior Center).....704-216-7714
CLUBS, Rufty-Holmes Senior Center.....704-216-7714
Convention and Visitors Bureau (local information).....704-638-3100
East Rowan YMCA.....www.rowanymca.org.....704-279-1742
Friday Nights Out.....704-637-7814
Lazy 5 Ranch.....www.lazy5ranch.com.....704-663-5100
Lunch Clubs, Rufty-Holmes Senior Center.....704-216-7702
NC Transportation Museum.....www.nctrans.org.....704-636-2889
NC Co-op. Extension-Rowan.....rowan.ces.ncsu.edu.....704-216-8970
Road Scholar.....www.roadscholar.org.....1-800-454-5768
Rowan County Parks/Recreation.....704-216-7783
Rowan County Public Library.....(Main)....704-216-8228
 (South) 704-216-7727 (East) 704-216-7838

Rufty-Holmes Senior Center.....**704-216-7714**
 Salisbury Parks/Rec. Dept.....704-638-5291
 Salisbury/Rowan Newcomers Club.....salisburynewcomers.com
 Salisbury/Rowan Senior Games & Silver Arts.....704-216-7780
 Salisbury YMCA.....www.rowanymca.org.....704-636-0111
 South Rowan YMCA.....www.rowanymca.org.....704-857-7011
 Waterworks Visual Arts Center.....www.waterworks.org.....704-636-1882

SHIP -- Seniors' Health Insurance Information Program

Rufty-Holmes Senior Center.....**704-216-7704 or 7703**
 SHIP statewide office.....www.ncdoi.com/SHIP.....1-855-408-1212

Social Security

Social Security Administration.....national.....1-800-772-1213
 www.socialsecurity.gov or www.ssa.gov local.....1-877-405-3157

Substance Abuse

Alcoholics Anonymouswww.district-21-aa.com
 Cardinal Innovations.....1-800-939-5911
 Daymark Recovery Services.....704-633-3616
 Novant, Linn Geriatric Behavioral Unit.....704-210-5302

Support Groups

Alcoholics Anonymous.....www.district-21-aa.com
 Alzheimer's Family Support Group.....704-603-2778 or 704-603-2779
 Better Breathing Club.....704-216-7714
 Breast Cancer Support, Living in Pink.....704-210-5000
 Cardiac Support Group.....704-210-5412
 Colon Cancer Support Group.....704-636-3431
 Coping With Grief Group.....704-637-7645
 Diabetes Support Group, Faith Baptist Church.....704-279-2463
 Domestic Violence Support Group.....704-636-4718
 Journey Cancer Support.....704-433-0882
 NAMI-National Alliance for the Mentally Ill.....www.nami.org.....704-640-8811
 Narcotics Anonymous Helpline.....704-640-6488
 Parkinson's Support Group.....704-633-3181
 Rowan Brain Injury Support Group.....980-622-7732
 Rowan Epilepsy Support Group.....704-639-0847
 TOPS, at Rufty-Holmes.....704-216-7714
 US TOO! Prostate Support Group.....704-642-2471

Taxes

IRS.....www.irs.gov.....1-800-829-1040
 NC Dept. of Revenue.....www.dor.state.nc.us.....1-877-252-3052
 Rowan Co. Tax Admin.....(property & vet tax exemptions).....704-216-8544
Tax Assistance for Seniors, by AARP, at Rufty-Holmes.....**704-216-7714**

Telephone Reassurance

Are You OK? Program, Ruffy-Holmes Senior Center.....704-216-7704

Telephone Service Plans, Etc.

Assurance Wireless.....www.assurancewireless.com..... 1-888-321-5880
Consumer Cellular.....www.consumercellular.com..... 1-888-345-5509
Great Call (Jitterbug phone).....www.greatcall.com..... 1-800-733-6632
LinkUp/LifeLine.....www.lifelinesupport.org, or call your local phone company
SafeLink Wireless.....www.safelinkwireless.com..... 1-800-378-1684
National Do Not Call Registry.....www.donotcall.gov..... 1-888-382-1222

Transportation

Cancer Appmt. transportation, American Cancer Society..... 1-800-227-2345
DAV Transportation for Veterans..... 704-819-1960
Helping Hands Specialized Transportation (medical)..... 704-855-5485
Latino Express (taxi)..... 704-642-2020
Quality Transport (medical)..... 704-201-5595
Rowan Transit System..... 704-216-8888
Safety Taxi..... 704-633-7217
Salisbury City Transit/Para-Transit..... 704-638-5252
Secure Comfort and Transportation (medical)..... 704-701-7392

Utility Assistance

LifeLine, telephone credit through DSS..... 704-216-8330
Rowan Helping Ministries..... 704-637-6838
Rowan Co. Social Services, LIEAP assistance (seasonal)..... 704-216-8331
Salvation Army..... 704-636-6491

Veterans' Services

American Legion Posts.....Harold B. Jarrett Post 704-855-2580
Joseph C. Price Post..... 704-636-2950
Samuel C. Hart Post..... 704-636-8084
Faith Post..... 704-279-1430
Miller-Russell Post, Rockwell..... 704-279-2184
Freeze-Seymore Post, C. Grove..... 704-857-7320
American Red Cross, Service to Armed Forces..... 1-877-272-7337
AMVETS Post 460..... 704-633-5018
DAV Transportation for Veterans..... 704-819-1960
Department of Veteran Affairs.....www.va.gov..... 1-800-827-1000
VA Caregiver Support Line..... 1-855-260-3274
Veterans Crisis Line..... 1-800-273-8255
Homeless Vets.....www.va.gov/homeless..... 1-877-424-3838
Hefner VA Medical Center..... 704-638-9000
Patient Advocates..... 704-638-9000, ext. 3602 or 3747
MOAA, Military Officers' Assoc..... 704-636-6650
NC State Veterans Home, Salisbury..... 704-638-4200

Rowan Co. Tax Admin...(veterans property tax exemptions).....704-216-8544
Rowan Co. Veterans Service Officers.....704-216-8138 or 704-216-8139
RTS, RITA Van (transportation to Veterans Services Ofc.).....704-216-8888
VFW Post 3006, Salisbury.....704-857-3005
VFW Post 8989, Kannapolis.....704-933-6186

If you need more information, please call Rufty–Holmes Senior Center
Senior HelpLine at **704-216-7700** or visit us on the web at:
www.ruftyholmes.org