

RUFTY-HOLMES
SENIOR CENTER

Serving Rowan County, NC Older Adults

“Adding Life to Years”

Health & Wellness, Lifelong Learning, Social Engagement

Directory of Services
2022

1120 S. MLK Jr. Ave, Salisbury, NC

704-216-7714

www.ruftyholmes.org



| Abuse/Neglect/Domestic Violence | Phone # | Email Address/ Website |
|---|-------------------|---|
| Alternatives Counseling | 704-639-1616 | http://www.alternativescounseling.net |
| Vaya Health | 800-849-6127 | https://www.cardinalinnovations.org |
| Daymark Recovery Services | 704-633-3616 | https://www.daymarkrecovery.org |
| Family Crisis Council (24-hour crisis line) | 704-636-4718 ext1 | http://fccrowan.org |
| Nursing Homes Abuse | | https://nursinghomesabuse.org/ |
| Ombudsman Program | 800-508-5777 | https://centralinaaging.org/what-we-do-services/ombudsman/ |
| Rowan Co. DSS Adult Protective Services | 704-216-8331 | https://www.rowancountync.gov/756/Adult-Protective-Services |
| Salisbury PD Victim Witness Advocate | 704-638-5337 | http://www.salisburyncpd.org |

| Adult Day Care/ Short-term Respite Services/ Rehabilitation/ Family Caregivers | | |
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| Accordius Health at Salisbury | 704-633-7390 | https://accordiushealth.com |
| RHA Health Services Carter House | 704-633-1835 | https://rhahealthservices.org |
| Coltrane LIFE Center Adult Day Care | 704-788-1215 | https://www.coltranelifecenter.org |
| The Citadel at Salisbury - NCHCFA | 704-636-5812 | https://accordiushealth.com |
| The Laurels of Salisbury | 704-637-1182 | https://www.laurelsofsalisbury.com |
| Liberty Commons Nursing & Rehabilitation Center | 704-637-3040 | https://libertyhealthcareandrehab.com |
| Compass Healthcare & Rehab | 704-633-3892 | https://compasshcr.com |
| PACE, Carolina Senior Care | 336-746-3500 | www.ncpace.org |
| Rowan County Social Services | 704-216-8331 | www.rowancountync.gov |
| Trinity At Home | 704-603-2776 | www.trinityathome.net |
| Home Instead Senior Care | 704-636-2010 | www.homeinstead.com |
| Trinity Living Center | 704-637-3940 | www.trinitylivingcenter.net |

| Advocacy | Phone # | Email Address/ Website |
|--|-----------------|--|
| AARP | 1-844-950-2529 | www.aarp.org |
| Alzheimer's Association Western Carolina Chapter | 800-272-3900 | www.alz.org/northcarolina |
| Carter House | 704-633-1835 | |
| Disability Rights NC | 1- 877-235-4210 | www.disabilityrightsn.org |
| Division of Health Service Regulation | 1- 800-624-3004 | |
| Friends of Residents in LTC | 919-782-1530 | friends@forlhc.org |
| NAMI, Nat. Alliance for the Mentally Ill | 704-640-8811 | www.nami.org |
| Nat. Federation of the Blind | 1-410-659-9314 | nfb@nfb.org |
| Ombudsman Program | 1-800-508-5777 | www.Centralina.org |
| Salisbury PD Community Relations Office | 704-638-5270 | |

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| The ARC of Rowan | 704-637-1521 | www.arcnc.org |
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| <u>Blind and Visually Impaired</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Audio Bibles | 1-919-748-3031 | www.audiobiblesfortheblind.org |
| EyeCare America (eye exams) | 1-877-887-6327 | www.eyecareamerica.org |
| Nat. Federation of the Blind | 1-410-659-9314 | nfb@nfb.org |
| NC Assistive Technology Project | 919-850-2787 | www.ncatp.org |
| Buy or sell assistive technology devices | | www.ncexchangepost.org |
| NC Div. of Services for the Blind | 1-866-222-1546 | www.ncdhhs.gov/dsb |
| NC Div. of Services for the Blind at DSS | 704-216-8351 | |
| NC Library, Blind/Handicap | 1-888-388-2460 | www.statelibrary.ncdcr.gov/lbph |
| Rowan Vocational Opportunities | 704-633-6223 | www.rowanvocopp.org |
| Salisbury Lion's Club | 704-647-2153 | www.salisburyslionsclub.com |
| Social Security Admin National | 1-800-772-1213 | www.ssa.gov |
| Local | 1-877-405-3157 | |
| Library of Congress | 1-888-657-7323 | www.loc.gov/nls |

| <u>Caregiver Information</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Alzheimer's Association, Western Carolina Chapter | 800-272-3900 | www.alz.org/northcarolina |
| Alzheimer's Foundation of America | 866-232-8484 | https://alzfdn.org/ |
| Assisted Living Locators | 704-312-3032 | Richard Fielding |
| Caregiver Navigator | 844-728-0191 | caregiver@dhhs.nc.gov |
| Comfort Keepers | 704-630-0370 | www.comfortkeepers.com |
| Community Alternative Program for Disabled Adults | 704-210-5626 | Paid caretakers of family members |
| Dementia Alliance of North Carolina | 1-800-228-8738 | www.dementianc.org/family-services-support/caregiving-resources |
| Elder Care Locator | 1-800-677-1116 | www.eldercare.gov |
| Family Caregiver Support Program | 1-800-508-5777 | www.centralinaaging.org |
| National Alliance for Caregiving | 1-202-918-1013 | www.caregiving.org |
| NC Baptist Aging Ministry (NCBAM) | 1-877-506-2226 | www.ncbam.org |
| NC Division of Aging | 919-855-3400 | www.ncdhhs.gov/divisions/daas |
| NC In-Home Aide Services | 704-216-8331 | www.ncdhhs.gov/assistance/disability-services/in-home-aides |
| NC Senior Care Council | 1-800-989-8137 | www.carenorthcarolina.org |
| PACE, Carolina Senior Care | 336-746-3500 | www.carolinaseniorcare.org |

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| Project C.A.R.E. | 980-314-7801 | www.ncdhhs.gov/assistance/adult-services/project-care |
| Rowan County DSS Adult Services | 704-216-8331 | www.rowancountync.gov |
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| TenderHearted Home Care | 704-612-4132 | www.tenderheartedhomecare.com |
| VA Caregiver Support Line | 1-855-260-3274 | |

| Computer Training | Phone # | Email Address/ Website |
|---|---------------------|--|
| Goodwill Career Connections | 704-637-6673 | www.goodwillnwc.org |
| RCCC North Campus | 704-216-7222 | www.rccc.edu |
| Rowan County Public Library Main Branch | 704-216-8228 | www.rowancountync.gov |
| Rufy-Holmes Senior Center , computer classes | 704-216-7714 | |

| Deaf and Hearing Impaired (see also Disability-Related Services) | | |
|---|----------------|---|
| CapTel (caption phone) | 1-800-233-9130 | www.captel.com |
| Caption Call (caption phone) | 1-877-865-9228 | www.captioncallphone.com ; acox@captioncall.com |
| Clear Captions (caption phone) | 1-866-246-7850 | www.clearcaptions.com |
| Hearing Loss Association Charlotte | 704-568-8558 | www.nchearingloss.org |
| Hearing Solutions of NC | 704-212-2376 | www.hearingsolutionsofnc.com |
| NC Assistive Technology Project | 919-850-2787 | www.ncatp.org |
| Buy or sell assistive technology device | | www.ncexchange.org |
| NC Svcs. for Deaf and Hard of Hearing Charlotte | 704-568-8558 | |
| Relay NC (TTY) | 1-800-735-2962 | www.relaync.com |
| Starkey Hearing Foundation | 1-800-328-8602 | www.starkeyhearingfoundation.org |

| Dental Services | Phone # | Email Address/ Website |
|---------------------------------------|----------------|---|
| Community Care Clinic of Rowan County | 704-636-4523 | www.communitycareofrowan.org |
| ECU Dental School at Davidson College | 336-236-0165 | www.ecu.edu/cs-dhs/dental/pc-davidsoncounty.cfm |
| NC Missions of Mercy | | www.ncdental.org |
| NC State Board of Dental Examiners | 919-678-8223 | www.ncdentalboard.org/filing_complaint.htm |
| School of Dentistry, UNC-Chapel Hill | 919-537-3737 | www.dentistry.unc.edu |
| Disability-Related Services | Phone # | Email Address/ Website |
| CapTel (caption phone) | 1-800-233-9130 | www.captel.com |
| Caption Call (caption phone) | 1-877-865-9228 | www.captioncallphone.com ; acox@captioncall.com |

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| Vaya Health | 800-849-6127 | www.cardinalinnovations.org |
| Carter House (day social program) | 704-633-1835 | |
| ClearCaptions (caption phone) | 1-866-246-7850 | www.clearcaptions.com |
| Disability Rights NC. | 1-877-235-4210 | www.disabilityrightsncc.org |
| NAMI, National Alliance on Mental Illness | 704-640-8811 | www.nami.org |
| Nazareth Child & Family Connection | 704-279-5556 | www.nazcfc.org |
| NC Assistive Technology Project | 919-850-2787 | www.ncatp.org |
| Buy or sell assistive technology devices | | www.ncexchange.org |
| NC Division Services for the Blind | 1-866-222-1546 | www.ncdhhs.gov/dsb |
| NC Division Services for the Blind at DSS | 704-216-8351 | |
| NC Division Services for the Deaf and HOH | 704-568-8558 | |
| NCDS for the Deaf & HOH Equipment | 919-890-0859 | hearing aid, one amplified telephone, or one pocket talker |
| NC Division of Vocational Rehab | 704-639-7575 | |
| NC Independent Living Rehab Program | 704-568-8580 | |
| NC Library, Blind/Handicap | 1-888-388-2460 | www.statelibrary.ncdcr.gov/lbph |
| NC License Tag Agency (handicap) | 704-633-5312 | www.dmv.org/nc-north-carolina/disabled-drivers.php |
| Ro. County Parks/Recreation, Special Populations | 704-216-7783 | |
| Rowan Transit System | 704-216-8899 | |
| Rowan Vocational Opportunities | 704-633-6223 | www.rowanvocopp.org |
| Salisbury City Transit | 704-638-5252 | www.salisburync.gov/Government/Transit |
| Social Security Administration (disability) | 1-800-772-1213 | www.ssa.gov |
| The Arc of North Carolina- Triad Region | 704-637-1521 | www.arcnc.org |

| <u>Educational Opportunities</u> | <u>Phone #</u> | <u>Email Address/ Website</u> |
|---|-----------------------|--|
| NC Co-op. Extension-Rowan | 704-216-8970 | www.rowan.ces.ncsu.edu |
| Road Scholar (travel & learning) | 800-424-5768 | www.roadscholar.org |
| Rowan County Literacy Council | 704-216-8266 | www.rcliteracy.org |
| Rowan County Public Library | 704-216-8243 | |
| South Branch | 704-216-7727 | |
| East Branch | 704-216-7838 | |
| Rufty-Holmes Senior Center | 704-216-7714 | |

| <u>Employment Training</u> | <u>Phone #</u> | <u>Email Address/ Website</u> |
|-----------------------------------|-----------------------|--|
| Goodwill Career Connections | 704-637-6673 | www.goodwillnwc.org |

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| NCWorks Career Center | 704-639-7529 | www.ncworks.gov |
| NC Div. of Vocational Rehabilitation | 704-639-7575 | |
| Rowan Vocational Opportunities | 704-633-6223 | www.rowanvocopp.org |

| <u>Eye Exams</u> | Phone # | Email Address/ Website |
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| EyeCare America (eye exams) | 1-877-887-6327 | www.eyecareamerica.org |
| Salisbury Lion's Club, for possible assistance | 704-647-2153 | www.salisburylionsclub.com |

| <u>Financial Assistance</u> | Phone # | Email Address/ Website |
|--|----------------|---|
| Army Emergency Relief - Red Cross | 877-272-7337 | https://www.redcross.org/get-help/military-families/financial-assistance.html |
| Crisis Intervention Program (CIP) | 800-662-7030 | www.ncdhhs.gov/assistance/low-income-services/crisis-intervention-program |
| HOPE COVID-19 (rent and utility assistance) | 888-892-1162 | https://hopenc.tfaforms.net/3 |
| Low Income Household Water Assistance Program (LIHWAP) | | https://www.acf.hhs.gov/ocs/programs/lihwap |
| NC Homeowner Assistance Fund | 1-855-696-2423 | https://nchaf.gov/ |
| Medicaid Managed Care Plans | 855-245-0179 | |
| Operation Hope (Financial Counseling) | 704-870-7117 | |
| Prosperity Unlimited, Inc. | 704-933-7405 | www.prosperitycdc.org |
| Rowan Co. Social Services (for Medicaid) | 704-216-8330 | |
| Rowan Co. Social Services, LIHEAP, (seasonal) | 704-216-8330 | (January 1- March 31) |
| Rowan Helping Ministries (limited utility assist.) | 704-633-5771 | |
| Salisbury Community Development Corp. | 704-216-2738 | www.salisburycdc.org |
| Salisbury-Rowan Utilities Share 2 Care Program | 704-637-6838 | www.rowanhelpingministries.org |
| Salvation Army (limited utility assistance) | 704-636-6491 | www.salvationarmyrowan.org |
| Social Security Administration | 1-800-772-1213 | www.ssa.gov |

| <u>Food and Nutrition</u> | Phone # | Email Address/ Website |
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| Grateful Heart Community Services | 704-209-2257 | www.gheartcs.org |
| Carolyn's Heart Food Pantry | 1-866-495-3651 | www.shyas.com/food-pantry |
| Main Street Mission x | 704-855-2909 | www.marketandmeeting.org |
| Meals-on-Wheels of Rowan County | 704-633-0352 | www.mowrowan.org |
| NC Co-op. Extension/ Rowan Center | 704-216-8970 | www.rowan.ces.ncsu.edu |
| NC Food and Nutrition Services (Food Stamps) | | www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps |

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| Rowan County Health Department | 704-216-8777 | www.rowancountync.gov/256/Health-Department |
| Rowan County Dept. of Social Services (SNAP) | 704-216-8330 | www.rowancountync.gov/823/Food-Nutrition-Services |
| Rowan Helping Ministries (pantry and soup kitchen) | 704-637-6838 | www.rowanhelpingministries.org |
| Rufty-Holmes Senior Center Senior Lunch Clubs | 704-216-7702 | www.ruftyholmes.org/lunch-clubs |
| Salvation Army (food pantry) | 704-636-6491 | www.salvationarmyrowan.org |
| SNAP | 800-221-5689 | www.fns.usda.gov |
| Unity UMC Mobile Meals | 704-932-7605 | mobilemeals@unity-umc.org |

| <u>Fraud Reporting</u> | Phone # | Email Address/ Website |
|--|---------------------|--|
| AARP | 1-844-950-2529 | www.aarp.org |
| Chapter meets at Rufty-Holmes Senior Center | 704-216-7714 | |
| Annual Free Credit Report | | www.annualcreditreport.com |
| Better Business Bureau, Northwest NC | 336-852-4240 | www.bbb.org |
| Do Not Call Registry (national) | | www.donotcall.gov |
| Federal Trade Commission (fraud, identity theft) | 1-877-382-4357 | www.ftc.gov |
| NC Dept. of Justice, Consumer Protection Div. | 202-514-2000 | www.ncdoj.gov/civil/consumer-protection-branch |
| NC Dept. of Secretary of State | 919-814-5400 | www.sosnc.gov |
| Senior Medicare Patrol | 1-877-808-2468 | www.smpresource.org |
| Social Security Administration - Local | 1-877-405-3157 | www.ssa.gov |
| National | 1-800-772-1213 | |

| <u>Home Modification, Rehabilitation and Repairs</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| 101 Mobility (ramps) | 704-310-5964 | www.101mobility.com |
| Forever Living Homes (builds ramps) | 704-617-4333 | |
| NC Baptist Aging Ministry | 1-877-506-2226 | www.ncbam.org |
| NC Independent Living Rehab. Program | 704-568-8580 | www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities |
| Safe Home Pro | 704-850-6443 | https://www.safehomepro.com/ |
| Salisbury Community Development Corporation | 704-216-2738 | www.salisburycdc.org |
| Salisbury Fire Department (smoke detectors) | 704-638-5351 | |
| Salisbury-Rowan Community Action Agency | 704-633-6633 | www.srcaa.com |
| Smoke Detectors: American Red Cross | 704-633-3854 | www.redcross.org |
| Speaks Custom Windows (builds ramps) | 704-637-0700 | www.speakscustomwindow.com |
| U.S.D.A-Rural Development Program | 919-873-2000 | www.rd.usda.gov/nc |

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| Room 2 Improve | 704-749-4699 | Room2improveNC.com |
| Rowan County Weatherization Program | 336-367-3535 | www.rowancountync.gov/DocumentCenter/View/14341/Weatherization-Program?bidId= |

| Housing | Phone # | Email Address/ Website |
|--|----------------|--|
| <i>Independent Living options for older adults, disabled, veterans</i> | | |
| Benchmark Apartments | 704-855-2230 | |
| Carpenters Corner Apartments | 910-895-6874 | info@stognerarchitecture.com |
| Clancy Hills | 704-636-6408 | |
| Crosswinds Senior Apartments | 704-639-9692 | www.livebettercrosswinds.com |
| East Winds Apartments | 704-633-7700 | |
| Fleming Heights | 704-636-5655 | |
| 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 | 980-643-8402 | www.seniorlivinginstyle.com |
| Rowan County Housing Authority | 704-633-8380 | www.affordablehousingonline.com/housing-authority/North-Carolina/Rowan-County-Housing-Authority/NC102 |
| Salisbury Housing Authority | 704-636-1410 | |
| The Gables at Kepley Farm | 704-633-6000 | http://www.gablesatkepleyfarm.com/ |
| Trinity Oaks Retirement Community | 704-633-1002 | www.trinityoaks.net |
| Villas at Hope Crest | 704-637-8700 | |
| Whispering Oaks Apartments | 704-797-0314 | |
| White Rock Garden Apartments | 704-279-6457 | |
| Wiley School Apartments | 704-202-0605 | |
| Yadkin House | 704-633-7981 | |

| Housing, Other | Phone # | Email Address/ Website |
|-----------------------|----------------|---|
| Habitat for Humanity | 704-642-6292 | www.habitatrowan.org ; habitat@habitatrowan.org |
| NC Housing Search | 1-877-428-8844 | https://nchousingsearch.org/ |

| Housing, Temporary | Phone # | Email Address/ Website |
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| American Red Cross (temporary shelter) | 704-633-3854 | www.redcross.org |
| Family Crisis Council (emergency shelter) | 704-636-4718 ext.1 | www.fccrowan.org |

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| Homeless Assistance, Community Link | 704-943-9490 | https://www.communitylinknc.org/ |
| Rowan Helping Ministries (overnight shelter) | 704-637-6838 | www.rowanhelpingministries.org |
| NC Housing Search | 1-877-428-8844 | https://nchousingsearch.org/ |

| <u>In-Home Services/Home Care</u> | Phone # | Email Address/ Website |
|--|----------------|--|
| Advanced Home Care | 704-639-1060 | www.advhomework.org |
| Angels at Heart | 704-859-9257 | www.angelsatheartnc.com |
| Bayada Home Health Care | 704-797-8000 | www.bayada.com |
| CAPCare | 704-210-5626 | |
| Carolina Caring (house calls) | 828.466.0466 | www.carolinacaring.org/ |
| Carolina Senior Care (PACE) | 336-746-3500 | www.ncpace.org |
| Comfort Keepers | 704-630-0370 | www.comfortkeepers.com |
| Easter Seals UCP of Salisbury | 704-647-0256 | www.easterseals.com |
| Kindred at Home | 704-636-3334 | www.kindredhealthcare.com/locations/home-health/salisbury-nc-5049 |
| Home Instead Senior Care | 704-788-3399 | www.homeinstead.com |
| Hope Stone Home Care Services | 704-425-1421 | https://hopestoneservices.com/ |
| Glenn A Kiser Hospice House | 704-210-7900 | www.care.novanthealth.org |
| Pathways Palliative Care of Rowan County | 704-924-4305 | http://www.hoic.org/news_display.asp?id=2033 |
| Personal Touch Care Team | 704-630-0088 | |
| Rowan County Dept. of Social Services | 704-216-8331 | www.rowancountync.gov |
| Novant Hospice & Palliative Care Ctr | 704-210-7900 | www.novanthealth.org/rowan-medical-center/services/hospice--palliative-care.aspx |
| Senior Helpers (Regional provider) | 800-760-6389 | www.seniorhelpers.com/contact |
| TenderHearted Home Care | 704-612-4132 | www.tenderheartedhomecare.com |
| Trellis Supportive Care | 704-637-7645 | www.trellissupport.org |
| Trinity At Home | 704-603-2776 | www.trinityathome.net |
| Veterans' Home Care | 704-638-4200 | www.veteranshomecare.com |

| <u>Insurance</u> | Phone # | Email Address/ Website |
|---|---------------------|--|
| Affordable Care Act information | 1-800-318-2596 | www.healthcare.gov |
| NC State Retiree's Health Plan | 1-855-859-0966 | www.shpnc.org |
| SHIP Program Medicare counseling | 704-216-7704 | |
| SHIP statewide | 1-855-408-1212 | www.ncdoi.com/shiip |
| Smart NC | 1-855-408-1212 | www.ncdoi.com/smart |

| Legal Services | Phone # | Email Address/ Website |
|---|----------------|--|
| David Post, Attorney (legal questions) | 704-267-7000 | www.davidpostlaw.com |
| Elder Law Clinic, WFU | 1-336-758-5061 | www.lawhelpnc.org |
| Hospice & Palliative Care | 704-924-4323 | |
| Law Help NC (legal help & information) | | www.lawhelpnc.org |
| Legal Aid of NC | 1-877-579-7562 | www.elder-clinic.law.wfu.edu |
| Marjorie J. Brown, Attorney (elder law) | 704-795-9455 | www.ncestatelawfirm.com/ |
| NC Department of Justice | 919-716-6400 | www.ncdoj.gov |
| NC Human Relations Commission | 919-431-3000 | 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 | |
| Trellis Supportive Care (advance care planning) | 704-637-7645 | www.trellissupport.org |

| Long-Term Care | Phone # | Email Address/ Website |
|---|----------------|---|
| Adult Care Homes (ACH), Family Care (FC), Memory Care (MC) Nursing Homes (NH), Assisted Living (AL), Rehab (R) | | |
| Alston Brook (R, NH) | 336-956-1132 | http://www.alstonbrook.com/default.htm |
| Accordius Health at Lexington (NH,R) | 336-249-7521 | https://accordiushealth.com/locations/north-carolina/central-north-carolina/accordius-health-at-lexington/ |
| Autumn Care of Salisbury (NH, R) | 704-637-5885 | www.saberhealth.com/locations/autumn-care-of-salisbury |
| Best of Care Assisted Living (ACH, FC, AL) | 704-933-4339 | |
| Bethamy Retreat (ACH, FC NH, AL) | 704-633-1985 | |
| Big Elm Retirement and Nursing (AL, NH, R) | 704-932-7277 | www.bigelmnursing.com |
| Brightmoor Nursing Center (NH) | 704-633-2781 | www.brightmoor.com |
| Brookdale Salisbury (AL, MC) | 704-636-0588 | www.brookdale.com |
| Care Patrol (referral & screening service for long-term care) | 704-935-5958 | www.carepatrol.com |
| 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) | 704-216-8330 | |
| Heritage Plantation (ACH, AL) | 704-637-5465 | |

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| Laurels of Salisbury (ACH, NH, R) | 704-637-1182 | www.laurelsofsalisbury.com |
| Libby Family Care (FC) | 704-278-4111 | |
| Mary's Family Care Home | 704-637-5653 | |
| Meadows of Rockwell (NH, AL) | 704-279-5300 | www.rockwellseniors.com |
| North Carolina State Veterans Home (NH) | 704-638-4200 | www.pruitthealth.com/microsite/facilityid367 |
| Oak Park Retirement | 704-636-4600 | |
| Ombudsman Program (Centralina) | 1-800-508-5777 | www.centralina.org |
| TerraBella Salisbury (AL, MC) | 704-456-9527 | www.terrabellasseniorliving.com/terrabella-salisbury/ |
| Transitional Health Services of Kannapolis (NH, R) | 704-933-3781 | https://centers.consultatehealthcare.com/II/US/NC/Kannapolis/1810-Concord-Lake-Rd |
| Trinity At Home Care Management | 704-603-2776 | www.trinityathome.net |
| Trinity Oaks Health & Rehab (NH, R) | 704-637-3784 | www.trinityoaks.net/rehab-for-seniors.php |
| Trinity Oaks Retirement Community (AL) | 704-633-1002 | www.trinityoaks.net |

| Medical Alert Systems | Phone # | Email Address/ Website |
|------------------------------|----------------|--|
| ADT Medical Alert | 1-833-238-8856 | www.adt.com/resources/medical-alert-system |
| Comfort Keepers | 704-322-3240 | www.comfortkeepers.com |
| CVS Medical Alert | | www.medicalalertsystemhq.com |
| Great Call | 866-932-6598 | www.greatcall.com |
| Life Alert | 1-800-360-0329 | www.lifealert.com |
| Medical Alert | 1-800-800-2537 | www.medicalalert.com |
| Ready Response | 1-866-310-9061 | www.walgreensreadyresponse.com |

| Medical Centers | Phone # | Email Address/ Website |
|-------------------------------------|----------------|--|
| Atrium-Northeast | 704-403-3000 | www.atriumhealth.org/locations |
| Novant - Linn Geriatric Health Unit | 704-210-5302 | |
| Novant - Stanback Rehab. Unit | 704-210-5308 | |
| Novant Rowan Medical Center | 704-210-5000 | www.novanthealth.org/rowan |
| VA Medical Center, Salisbury | 1-800-706-9126 | www.salisbury.va.gov |

| Medical Clinics | Phone # | Email Address/ Website |
|-----------------------------|----------------|--|
| China Grove Family Medicine | 704-855-5200 | www.crchc.org |
| Community Care Clinic | 704-636-4523 | www.communitycareofrowan.org |
| Good Shepherd Clinic | 704-636-7200 | |

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| Northern Rowan Medicine | 704-216-2630 | www.crchc.org |
| Rockwell Direct Primary Care | 704-279-2181 | A “discount medical membership” clinic. |
| Salisbury Health Center | 704-519-2366 | |

| Medical Complaints | Phone # | Email Address/ Website |
|--|---------------------|--|
| NC Medical Board (doctor complaints) | 800-253-9653 ext501 | www.ncmedboard.org |
| NC Div. of Health Service Regulation (home care/hospitals/long term care) | 1-919-855-3750 | www.ncdhhs.gov/dhsr |
| Ombudsman Program | 1800-508-5777 | www.CentralinaAging.org |

| Medical Equipment, Medicine Delivery | Phone # | Email Address/ Website |
|---|----------------|--|
| Advanced Home Care (Free Delivery) | 704-639-1060 | www.advhomecare.org |
| American Medical ID | 1-800-363-5985 | www.americanmedical-id.com |
| Assist M.E. | 704-659-1123 | https://www.assistmenc.com/ |
| Cannon Pharmacy (Free Delivery) | 980-892-0700 | www.cannonpharmacies.com |
| Habitat for Humanity RESTORE (used medical equip) | 704-642-1222 | www.habitatrowan.org/restore |
| Home Delivery Incontinent Supplies | 855-892-2104 | |
| Moose Pharmacy (Free Delivery) | 704-636-6340 | www.moosepharmacy.com/locations/salisbury |
| Safe Home Pro | 704-850-6443 | https://www.safehomepro.com/ |
| Penrod Medical Equipment (Free Delivery) | 704-630-1155 | www.penrodmedical.com |
| Ralph Baker Shoes (specialty footwear) | 704-636-1850 | www.ralphbakershoes.com |
| The Medicine Shoppe Pharmacy | 704-637-6120 | www.medicineshoppesalisbury.com |
| 101 Mobility (medical equipment, accessibility) | 704-310-5964 | www.101mobility.com |

| Medical Services, Other | Phone # | Email Address/ Website |
|---|---------------------|--|
| Atrium, Faith Community Health Ministry | 704-631-0718 | www.atriumhealth.org/medical-services/specialty-care/other-specialty-care-services/health-ministry |
| Carolina Caring – House calls | 828-466-0466 | |
| Davita Dialysis Care | 1-866-544-6741 | www.davita.com |
| Doctors Making Housecalls | 844-932-5700 | www.doctorsmakinghousecalls.com |
| Novant Congregational Health Ministries | 704-210-5049 | |
| Rowan County Health Department | 704-216-8777 | www.rowancountync.gov |
| Prescription Drug Disposal at Rufty-Holmes | 704-216-7714 | |

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| Renew Health and Wellness | 704-612-0011 | https://renew-hw.com/ |
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| <u>Mental Health Services</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Vaya Health | 800-849-6127 | www.cardinalinnovations.org |
| RHA | 704-636-0454 | www.rhahealthservices.org |
| Atrium - Senior Behavioral Medicine | 1-800-418-2065 | |
| Daymark Recovery Services | 704-633-3616 | www.daymarkrecovery.org |
| NAMI, National Alliance on Mental Illness | 704-640-8811 | www.nami.org |
| Novant - Linn Geriatric Health Unit | 704-210-5302 | |
| One Love Services Community Program | 704-510-4286 | |

| <u>Miscellaneous</u> | Phone # | Email Address/ Website |
|--|----------------|--|
| Pet Services: Humane Society of Rowan Co | 704-636-5700 | www.humanesocietyofrowancountync.org |
| Rollin Delivery & Errands | 704-433-6272 | www.rollindelivery.com |
| Smart Changes Household Move Management | 704-640-6844 | www.smartchanges.net |
| Voter ID Requirements | 919-814-0700 | www.ncsbe.gov/voting/voter-id |

| <u>Prescription Assistance</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Community Care Clinic | 704-636-4523 | www.communitycareofrowan.org |
| Cost Plus Drugs | | https://costplusdrugs.com/ |
| Good Rx | 855-268-2822 | www.goodrx.com |
| Lowest Med | | www.rxsaver.com |
| NC MedAssist, Senior Care Program | 866-331-1348 | www.medassist.org |
| Needy Meds | 800-503-6897 | www.needymeds.org |
| Optimize Rx | | www.optimizerx.com |
| Rx Assist | 877-537-5537 | www.rxassist.org |
| Partnership for Prescription Assistance | 888-477-2669 | www.pparx.org |
| Rowan Helping Ministries | 704-637-6838 | www.rowanhelpingministries.org |
| Salvation Army | 704-636-6491 | www.salvationarmyrowan.org |

| <u>Recreation, Socialization</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| AARP Connecting People to People | 888-281-0145 | www.aarpcommunityconnections.org/friendly-voices |

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|--|---------------------|--|
| Convention and Visitors Bureau (local info) | 704-638-3100 | www.visitsalisburync.com |
| East Rowan (Saleeby-Fisher) YMCA | 704-279-1742 | www.rowanymca.org |
| Friendship Line | 800-971-0016 | www.ioaging.org/services/all-inclusive-health-care/friendship-line |
| Lazy 5 Ranch | 704-663-5100 | www.lazy5ranch.com |
| Lunch Clubs, Rufty-Holmes Senior Center | 704-216-7702 | |
| NCBAM One Hope Outreach | 866-578-4673 | www.ncbam.org/ministry-outreaches |
| NC Transportation Museum | 704-636-2889 | www.nctrans.org |
| NC Co-op. Extension-Rowan | 704-216-8970 | www.rowan.ces.ncsu.edu |
| Road Scholar | 800-424-5768 | www.roadscholar.org |
| Rowan County Parks/Recreation | 704-216-7800 | |
| Rowan County Public Library | 704-216-8243 | www.rowancountync.gov/307/Library |
| (South) | 704-216-7730 | |
| (East) | 704-216-7840 | |
| Rufty-Holmes Senior Center | 704-216-7714 | |
| Salisbury Parks/Rec. Dept | 704-638-5291 | |
| Salisbury/Rowan Senior Games & Silver Arts | 704-216-7780 | www.rowancountync.gov/492/Senior-Games-Arts |
| Salisbury (Hurley) YMCA | 704-636-0111 | www.rowanymca.org |
| South Rowan (Corriher) YMCA | 704-857-7011 | www.rowanymca.org |
| Waterworks Visual Arts Center | 704-636-1882 | www.waterworks.org |

| SHIIP -- Seniors' Health Insurance Information Program | | |
|---|---------------------|--|
| Rufty-Holmes Senior Center | 704-216-7704 | |
| SHIIP statewide office | 855-408-1212 | www.ncdoi.com/SHIIP |

| <u>Social Security</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Social Security Administration National | 1-800-772-1213 | www.socialsecurity.gov |
| Local | 1-877-405-3157 | www.ssa.gov |

| <u>Substance Abuse</u> | Phone # | Email Address/ Website |
|--|----------------|--|
| Alcoholics Anonymous (Statesville closest) | 704-787-6404 | www.aanorthcarolina.org |
| Vaya Health | 800-849-6127 | www.cardinalinnovations.org |
| Daymark Recovery Services | 704-633-3616 | www.daymarkrecovery.org |
| Novant - Linn Geriatric Health Unit | 704-210-5302 | |

| <u>Support Groups</u> | Phone # | Email Address/ Website |
|---|---------------------|---|
| Alcoholics Anonymous (Statesville closest) | 704-787-6404 | www.aanorthcarolina.org |
| Alzheimer's Family Support Group | 704-603-2776 | |
| Better Breathing Club | 704-279-2463 | |
| Breast Cancer Support, Living in Pink | 704-636-4718 | |
| Diabetes Support Group, | 704-640-8811 | www.nami.org |
| Domestic Violence Support Group | 704-640-6488 | |
| Grief Share | | https://www.griefshare.org/ |
| NAMI-National Alliance for the Mentally Ill | 704-633-3181 | |
| Narcotics Anonymous Helpline | 980-622-7732 | |
| Parkinson's Support Group | 800-451-0694 | |
| Rowan Brain Injury Support Group | 704-216-7714 | |
| Rowan Epilepsy Support Group | | |
| TLC support for widows/widowers | 704-279-7241 | Powles Funeral Home |
| TOPS, at Ruffy-Holmes | 704-216-7714 | |

| <u>Taxes</u> | Phone # | Email Address/ Website |
|-----------------------------------|---------------------|--|
| IRS | 1-800-829-1040 | www.irs.gov |
| NC Dept. of Revenue | 1-877-252-3052 | www.dor.state.nc.us |
| Rowan Co. Tax Admin. | 704-216-8544 | www.rowancountync.gov/201/Tax-Collector |
| Tax Assistance for Seniors | 704-216-7714 | |

| <u>Telephone Reassurance</u> | Phone # | Email Address/ Website |
|-------------------------------------|----------------|-------------------------------|
| Are You OK? Program | 704-216-7704 | |

| <u>Telephone Service Plans, Etc.</u> | Phone # | Email Address/ Website |
|---|----------------|--|
| Assurance Wireless (free) | 1-888-321-5880 | www.assurancewireless.com |
| Consumer Cellular | 1-888-345-5509 | www.consumercellular.com |
| Great Call (Jitterbug phone) | 1-800-733-6632 | www.greatcall.com |
| LinkUp/LifeLine | 1-800-662-7030 | www.ncdhs.gov/divisions/social-services/other-programs/lifeline-and-link-programs |
| SafeLink Wireless (free) | 1-800-378-1684 | www.safelinkwireless.com |

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|-------------------------------|--|
| National Do Not Call Registry | www.donotcall.gov |
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| Transportation | Phone # | Email Address/ Website |
|---|---------------------|---|
| Cancer Appointment Transportation | 1-800-227-2345 | |
| Care Transport Group | 704-209-7884 | |
| CARS Program at Rufty-Holmes | 704-216-7703 | http://www.ruftyholmes.org/cars/ |
| DAV Transportation for Veterans | 704-819-1960 | https://www.dav.org/veterans/i-need-a-ride/ |
| Helping Hands Specialized Transportation | 704-855-5485 | www.helpinghandstransportnc.com |
| Latino Express (taxi) | 704-642-2020 | www.latino-express.edan.io |
| Nabella Transportation | 704-495-1619 | http://nabellatransportation.com/ |
| Non-Emergency Medical Transportation | | https://medicaid.ncdhhs.gov/blog/2021/07/20/non-emergency-transportation-nc-medicaid-managed-care |
| Quality Transport (medical) | 704-201-5595 | |
| Rowan Transit System | 704-216-8899 | www.rowancountync.gov/231/Rowan-Transit-System |
| Safety Taxi | 704-633-7217 | |
| Shining Star | 980-234-9451 | |
| City of Salisbury Transit Division/Para-Transit | 704-638-5252 | www.salisburync.gov/Government/Transit/ADA |
| Secure Comfort and Transportation (medical) | 704-701-7392 | www.securecomfortcare.com |

| Utility Assistance | Phone # | Email Address/ Website |
|---|----------------|--|
| LifeLine, telephone credit through DSS | 704-216-8330 | Assurance Wireless – Apply Online |
| Rowan Helping Ministries | 704-637-6838 | www.rowanhelpingministries.org |
| Rowan Co. Social Services, LIEAP assistance | 704-216-8330 | www.salvationarmyrowan.org |
| Salvation Army | 704-636-6491 | |
| HOPE COVID-19 | 211 | rent and utility assistance |

| Veterans' Services | Phone # | Email Address/ Website |
|--|----------------|-------------------------------|
| American Legion Posts - Harold B. Jarrett Post | 704-637-1722 | |
| Joseph C. Price Post | 704-638-0160 | |
| Samuel C. Hart Post | 704-856-8865 | |
| Kennedy-Hall Post | 704-278-2493 | |
| Faith Post | 704-279-1430 | |
| Miller-Russell Post, Rockwell | 704-433-6412 | |

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|---|---------------------------|--|
| Freeze-Seymore Post, C. Grove | 704-857-7320 | |
| American Red Cross, Service to Armed Forces | 1-877-272-7337 | www.redcross.org |
| AMVETS Post 460 | 704-633-5018 | |
| DAV Transportation for Veterans | 704-819-1960 | www.va.gov |
| Department of Veteran Affairs | 1-800-698-2411 | |
| VA Caregiver Support Line | 1-855-260-3274 | |
| Veterans Crisis Line | 1-800-273-8255 | www.veteranscrisisline.net |
| Homeless Vets | 1-877-424-3838 | www.va.gov/homeless |
| Hefner VA Medical Center | 800-706-9126 | |
| Patient Advocates | 704-638-9000 ext.13747 | |
| MOAA, Military Officers' Assoc | 1-800-234-6622 | www.moaa.org |
| NC State Veterans Home, Salisbury | 704-638-4200 | |
| Rowan Co. Tax Admin. (veterans property tax exempt) | 704-216-8544 | |
| Rowan Co. Veterans Service Officers | 704-216-8138 | www.rowancountync.gov/335/Veterans-Services |
| RTS, RITA Van (transportation to Veterans Services) | 704-216-8899 | |
| VFW Post 3006, Salisbury | 704-636-2104 | |
| VFW Post 8989, Kannapolis | 704-933-6186 | www.vwf8989.org |