Directory of Services for Older Adults in Forsyth County

2018–2019

Call Senior Services’ Help Line at 336-724-2040 or e-mail helpline@seniorservicesinc.org
The experience you need.
The peace of mind you deserve.

**CELA**
Certified Elder Law Attorney

Estate Planning
Special Needs Trust
Estate Administration
Guardianship Administration
VA Benefits

*Certified by the National Elder Law Foundation
B. Bailey Liipfert, III (Managing Attorney) • Ben Limehouse (Associate Attorney)
Beth Parker (Paralegal) • Rhonda Nelson (Social Worker)

For more information, call me at (336) 283-4848
or email me at bailey@liipfertlaw.com

380 Knollwood St., Suite 620, Winston-Salem, NC 27103
office: (336) 283-4848  |  fax: (336) 842-5037  |  web: liipfertlaw.com
Greetings!

This 2018–19 edition of the *Directory of Services for Older Adults in Forsyth County* includes a wide variety of telephone numbers and websites for nonprofit human service agencies and organizations, as well as paid advertisers, that offer help and information to older adults in Forsyth County. An online version of the directory is also available on our website. To find the most up-to-date listings, visit it at www.seniorservicesinc.org/resources/directory.

Whether you are a caregiver who is looking after a loved one or are in need of services for yourself, *Senior Services’ Help Line* is the place to contact for information on services offered in Forsyth County for individuals who are 60 years of age or older. For more specific information and education on the resources listed on these pages and to discuss other options for care, please contact *Senior Services’ Help Line* at 336–724–2040 or helpline@seniorservicesinc.org.

**Help Line can help you . . .**

- Understand eligibility and coverage for public programs such as Medicare and Medicaid;
- Explore options to enable you to stay in your home safely;
- Find resources that will help you with the challenges of being a caregiver; and
- Provide information on community resources; transportation, socialization, housing options, long-term care facilities, in-home services, etc.

While Help Line assistance is free for residents of Forsyth County, a tax-deductible contribution toward the cost of our services is always appreciated. You can visit our website and make a secure online donation, if you wish, or you can mail your gift to:

Senior Services
2895 Shorefair Drive
Winston-Salem, NC 27105

Your donations help offset our mailing costs and enable us to extend our services to more consumers in need of help.

Sincerely,

*The Staff of Help Line*
Help Line is the Senior Services program that publishes the annual Directory of Services for Older Adults in Forsyth County, but it is just one of the agency’s programs that help Forsyth County’s elderly age in place. Learn more about our services below:

HELP LINE is an information and referral service that provides community resource information to older adults residing in Forsyth County and their families. Resource information and materials describing topics on aging and current county and regional services for seniors are available. Call 336-724-2040 to speak with an Aging Resources specialist.

The Elizabeth and Tab Williams Adult Day Center is an adult day center that provides supervision and care for older adults who cannot be left alone during the day or for people with Alzheimer’s disease or related disorders. The center operates Monday through Friday, serves nutritious lunches and snacks, and provides scheduled activities and special projects in a supervised setting. Personal care services are available, and there is a registered nurse on staff to administer medications. The center is located at 231 Melrose Street, on the corner of Cloverdale Avenue. Call the Williams Center at 336-724-2155.

Meals-on-Wheels provides a hot, nutritious meal each weekday, Monday through Friday, to homebound older adults who are unable to prepare meals themselves. Volunteers deliver the meals to the recipients of this service. They also bring a cheerful smile to those they serve and provide an important safety check. Call 336-748-5932 for more information.

Living-at-Home, through its case-management teams of nurses and social workers, approves and manages the Community Alternatives Program for Disabled Adults (CAP-DA) for certain Medicaid-eligible individuals in Forsyth County who would otherwise qualify for nursing home placement. The needs of eligible disabled applicants are assessed, and, once accepted into the program, a variety of homecare services are set up and monitored to help these program participants remain safely at home for as long as possible. Call 336-725-0907 and ask for the CAP-DA case manager assistant.

Home Care provides certified nursing aides, who, under the supervision of a registered nurse, deliver personal care and respite services to elderly adults in their homes. These services include primary assistance with personal hygiene and secondary help with light housekeeping, simple meal preparation, and pertinent errands. Caregivers are supported by home visits and on-call telephone assistance. Call 336-725-0907 and ask to speak to a Home Care supervisor.

Senior Lunch operates four sites located throughout Forsyth County. Participants must be 60 years of age or older and reside in Forsyth County. Those attending the Senior Lunch program receive a hot, nutritious meal and can participate in an exciting activity or program prior to the meal. Call 336-748-5932 for more information.
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ADULT DAY CENTERS

The following adult day/day respite centers give older adults a place to go during the day for care, supervision, activities and social contact with others.

Centenary United Methodist Church
DayBreak Respite Program
336–397–1345
www.centenary-ws.org/daybreak

Mt. Zion Baptist Church
Senior Life Enrichment Center
336-721-1842
www.mtzionthejoy.org

Senior Services, Inc.
Elizabeth and Tab Williams Adult Day Center
336-724-2155
www.seniorservicesinc.org

ADVOCACY

The following organizations provide support and assistance for specific interest groups.

AARP
National...........................................888-687-2277
NC Chapter.......................................866-389-5650
www.aarp.org

The Adaptables, Inc.
Center for Independent Living
336-767-7060
www.theadaptables.com

The Arc of Forsyth County
The Enrichment Center
336-777-0076
www.enrichmentarc.org

Division of Health Service Regulation
Complaint Hotline: Home Care/Facility
800-624-3004
www2.ncdhhs.gov/dhsr/index.html

Friends of Residents in Long-Term Care
919-782-1530
www.forltc.org

Lupus Foundation of NC
877-849-8271
www.lupus.org

Mayor’s Council of Persons with Disabilities
336-245-5678
www.ci.winston-salem.nc.us

Mental Health Association
336-768-3880
www.triadmentalhealth.org

Piedmont Triad Regional Council
Area Agency on Aging
336-904-0300
www.pptrc.org

Winston-Salem State University
Grandparenting Program
336-725-8167
www.wssu.edu
ALZHEIMER’S/DEMENTIA RESOURCES

These services provide assessments, counseling and support for persons caring for those with Alzheimer’s disease or other forms of dementia. (See additional related resources under Caregiver/Respite Care.)

Alzheimer’s Association
National ........................................ 800-227-2345
Triad Office ................................. 336-285-5920
www.alz.org

Wake Forest Baptist Health
Memory Counseling Program
336-716-1034
www.wakehealth.edu

Duke Family Support Program
Project C.A.R.E./Alzheimer’s Support
800-646-2028
http://www.dukefamilysupport.org

Novant Health
Memory Care
336-718-7300
www.novanthealth.org

ANIMAL RESOURCES

These agencies and programs offer a variety of assistance with animal, pet and pest issues.

Animal Adoption & Rescue Foundation
AARF
336-768-7387
www.aarfanimals.org

Forsyth Humane Society
Adoption and low-cost spay/neuter
336-721-1303
www.forsythhumane.org

City of Winston-Salem
Dead animal pick up (inside the city)
336-727-8000
www.cityofws.org

Forsyth Spay Neuter Clinic
336-723-7550
www.centralspay.com

Cooperative Extension Service
Forsyth County
336-703-2850
www.co.forsyth.nc.us/CES

NC Wildlife Resource Commission
800-662-7137
www.ncwildlife.org

Forsyth County Animal Control
336-727-2490
www.co.forsyth.nc.us/AnimalControl
Wildlife Rehab, Inc.
Injured and orphaned wildlife
336-785-0912
www.wildliferehabinc.org
The following service providers offer evaluations, assistive devices and other services for persons who are visually impaired or blind.

**Eye Care America—Glaucoma**  
877-887-6327  
www.eyecareamerica.org

**Forsyth County Public Library—Adult Outreach**  
336-703-2903  
www.forsyth.cc/library

**IFB Solutions**  
Low Vision 336-245-5672  
Optical Department 336-245-2687  
www.wsifb.com

**NC Division of Services for the Blind**  
Winston-Salem Office 336-896-2227  
www.ncdhhs.gov/dsb

**Novant Health Rehabilitation Center**  
Low Vision Clinic 336-718-5780  
www.novanthealth.org/forsyth-medical-center.aspx

**State Library of NC Library for the Blind and Physically Handicapped**  
888-388-2460  
http://statelibrary.ncdcr.gov/lbph

**Triad Information Reading Service**  
336-758-6011  
www.tirs.ws

**Wake Forest Baptist Health**  
Low Vision Program 336-716-8097  
www.wakehealth.edu

**Winston-Salem Recreation and Parks**  
City Link 336-727-8000 or 311  
www.cityofws.org

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**CAREGIVER/RESPITE CARE**

The following providers offer relief to caregivers by providing short-term breaks from their regular caregiving responsibilities.

**Centenary United Methodist Church**  
DAYBreak Respite Care 336-397-1345  
www.centenary-ws.org

**Duke Family Support Program**  
Project C.A.R.E./Alzheimer’s Support 800-646-2028  
www.ncdhhs.gov/aging/ncprojectcare.htm

**Mt. Zion Baptist Church**  
Senior Life Enrichment Center 336-721-1842  
www.mtzionthejoy.org

**Senior Services, Inc.**  
Elizabeth and Tab Williams Adult Day Center 336-724-2155  
www.seniorservicesinc.org

**Senior Services, Inc.**  
Family Caregiver Support Program 336-721-6914  
www.seniorservicesinc.org
CAREGIVER/RESPITE CARE (CONTINUED)

Senior Services, Inc.
Home Care
336-725-0907
www.seniorservicesinc.org

The Shepherd’s Center of Greater Winston-Salem
336-748-0217
www.shepherdsccenter.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

CHORE AND HOMEMAKER SERVICES

The following service providers can offer light-meal preparation, light housekeeping and may assist with errands and transportation.

Department of Social Services
In-Home Aide Services
336-703-3501
www.co.forsyth.nc.us/dss

Senior Services, Inc.
Help Line
336-724-2040
For a list of home care agencies
www.seniorservicesinc.org

COMPUTER TRAINING

The following service providers offer low- to no-cost computer classes. Classes range from basic skill instruction to more advanced programs.

The Adaptables, Inc.
Center for Independent Living
336-767-7060
www.theadaptables.com

Forsyth County Public Library
Computer Training Bridge
336-703-3079
www.forsythcomputertraining.org

The Shepherd’s Center of Greater Winston-Salem
336-748-0217
www.shepherdsccenter.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

CONSUMER PROTECTION

The following agencies support consumers who have experienced unfair business practices or have been victims of fraudulent activity.

Attorney General’s Office
Consumer Complaint Hotline
877-566-7226
www.ncdoj.gov/consumer.aspx

Consumer Protection
Legal Aid of NC
336-725-9162
www.legalaidnc.org

Better Business Bureau of Northwest NC
336-725-8348
www.bbb.org/northern-north-carolina

Mediation Services of Forsyth County
336-724-2870
CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)

The following CCRCs offer a full range of retirement living opportunities, including independent living, assisted living and nursing home care.

Arbor Acres*
336-724-7921
www.arboracres.org
*Paid sponsor, see ad on page A-1

Brookridge*
336-759-1044
www.brookridgecommunity.org
*Paid sponsor, see ad on page A-2

NC Department of Insurance
919-807-6140

Salemtowne*
336-767-8130
www.salemtowne.org
*Paid sponsor, see ad on page A-2

CONTINUING EDUCATION

The following colleges and universities offer a variety of options for continuing education. Some may offer a reduced rate for older adults.

Forsyth Technical Community College
Main Campus ......................... 336-723-0371
Small Business Center .............. 336-757-3810
www.forsythtech.edu

Salem College
Fleer Center Adult Continuing Education
336-721-2669
www.salem.edu

Wake Forest University
336-758-5000
www.wfu.edu

Winston-Salem State University
336-750-2000
www.wssu.edu

YMCA
Adult Literacy Initiative
336-727-9850
www.ymcanwnc.org

COUNSELING

The following counseling organizations offer services for depression, anxiety, grief and other mental health concerns. Treatment options may include counseling, therapy sessions, education, support groups and/or medication. Medicare, Medicaid and other forms of insurance may pay for counseling services.

Associates in Christian Counseling
336-896-0065
www.christiancounseling.org

Cardinal Innovations Healthcare
ACCESS
800-939-5911
www.cardinalinnovations.org/centerpoint
COUNSELING—CRISIS

The following service providers offer emergency counseling services for victims of domestic violence, sexual assault and for individuals with immediate mental health needs.

Cardinal Innovations Healthcare
ACCESS
800-939-5911
www.cardinalinnovations.org/centerpoint

Family Services
Domestic Violence (Hotline) .336-723-8125
Sexual Assault (Hotline) ..........336-722-4457
www.fsifamily.org

National Hopeline Network (24/7)
800-784-2433
www.hopeline.com

National Suicide Prevention Lifeline (24/7)
800-273-8255
www.suicidepreventionlifeline.org
DEAF AND HEARING IMPAIRED

The following providers may provide persons with hearing or speech impairments with communication services, assistive devices, sign language interpreters, hearing aid assistance and education on hearing loss.

Beltone Hearing Care Centers*
336-774-1113
www.beltone.com
*Paid sponsor, see ad on page A-4

Better Hearing Institute Consumer Line
800-327-9355
www.betterhearing.org

Communication Access Partners, Inc.
Interpreters
336-993-4200
www.capinusa.com

Division of Services for Deaf and
Hard-of-Hearing
Greensboro Regional Center
888-467-3413
www.ncdhhs.gov/dsdhh

Relay NC (TTY) (24-hour availability)
800-735-2962 or 711
www.relaync.com

Relay NC (voice) (24-hour availability)
877-735-8200 or 711
www.relaync.com

Wake Forest Baptist Health
Department of Hearing and Speech
336-716-4161
www.wakehealth.edu/hearing-and-speech

DENTAL SERVICES

The following providers offer services to address individuals’ dental needs and concerns.

NC State Board of Dental Examiners
Dental complaints
919-678-8223
www.ncdentalboard.org

Winston-Salem Rescue Mission
Free Dental Clinic
Extractions/assessments only
710 N. Trade Street
First come, first served

Senior Services, Inc.
Help Line
336-724-2040
For lists of Medicaid dentists and
low-cost dental options
www.seniorservicesinc.org
DISABILITY-RELATED SERVICES

The following service providers may offer one or more of the following: activities, assistive devices, advocacy for persons with disabilities, information and education, and help in obtaining and maintaining employment.

The Adaptables, Inc.
336-767-7060
www.theadaptables.com

The Arc of Forsyth County
The Enrichment Center
336-777-0076
www.enrichmentarc.org

Cardinal Innovations Healthcare
ACCESS
800-939-5911
www.cardinalinnovations.org/centerpoint

Club Independence
336-716-8007
www.wakehealth.edu

Disability Rights North Carolina
877-235-4210
www.disabilityrightsnc.org

Easter Seals UCP of North Carolina
Local Office………………………….336-757-4681
Toll-free ………………………………..800-662-7119
www.nc.eastersealsucp.com

Goodwill Industries
336-724-3621
www.goodwillnwnc.org

Mayor’s Council of Persons with Disabilities
336-245-5678
www.ci.winston-salem.nc.us

NC Assistive Technology Program
Raleigh……………………………….919-855-3500
Winston-Salem……………………….336-716-8030
www.ncatp.org

Social Security Administration
National………………………………..800-772-1213
Winston-Salem……………………….877-402-0828
www.ssa.gov

Vocational Rehabilitation
Independent Living
Raleigh………………………………..800-689-9090
Winston-Salem……………………….336-784-2700
www.ncdhhs.gov/dvrs

DONATION CENTERS

The following agencies accept a variety of donated items. To find agencies that accept donated medical equipment such as walkers or wheelchairs, please see the Medical Equipment and Loan Closets section of this directory.

Goodwill Industries
University Parkway Store ……..336-725-1203
Peters Creek Parkway Store …..336-201-0800
Waughtown Street Store ………..336-777-0619
Jonestown Road Store……………..336-768-9778
Clemmons Store…………………..336-778-2165
Kernersville Store………………….336-996-3351
www.goodwillnwnc.org

Habitat for Humanity Re-Store
(Building materials & housewares)
336-893-8495
www.habitatforsyth.org

IFB Solutions
(Glasses)
336-759-051
www.wsifb.com
**DONATION CENTERS (CONTINUED)**

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<td><a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></td>
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<tr>
<td>Sunnyside Ministries</td>
<td>(Clothing, food, &amp; housewares)</td>
<td>336-724-7558</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.sunnysideministry.org">www.sunnysideministry.org</a></td>
</tr>
<tr>
<td>Winston-Salem Rescue Mission</td>
<td>(Clothing, furniture &amp; housewares)</td>
<td>336-723-1848</td>
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<td></td>
<td></td>
<td><a href="http://www.wsrescue.org">www.wsrescue.org</a></td>
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**EMERGENCY ASSISTANCE**

The following service providers can assist persons with furniture, clothing, food and shelter in an emergency situation. Some agencies may also provide financial assistance.

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<td>REdress Clothing Boutique</td>
<td>336-744-4004</td>
<td><a href="http://triaddreamcenter.com">http://triaddreamcenter.com</a></td>
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<td>American Red Cross</td>
<td>336-724-0511</td>
<td><a href="http://www.redcross.org">www.redcross.org</a></td>
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<td>Catholic Social Services</td>
<td>336-727-0705</td>
<td><a href="http://www.ccdoc.org">www.ccdoc.org</a></td>
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<td>Lewisville Community Assistance Program</td>
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<td>Lewisville residents only</td>
<td>336-945-3203</td>
<td><a href="http://www.lewisvilleumc.org">www.lewisvilleumc.org</a></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>336-722-8721</td>
<td><a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></td>
</tr>
<tr>
<td>Sunnyside Ministry</td>
<td>Zip codes 27107 and 27127 only</td>
<td>336-724-7558</td>
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<td></td>
<td></td>
<td><a href="http://www.sunnysideministry.org">www.sunnysideministry.org</a></td>
</tr>
<tr>
<td>Winston-Salem Rescue Mission</td>
<td>(Food and clothing)</td>
<td>336-723-1848</td>
</tr>
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<td></td>
<td></td>
<td><a href="http://www.wsrescue.org">www.wsrescue.org</a></td>
</tr>
<tr>
<td>Department of Social Services</td>
<td>Adult Intake</td>
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<td></td>
<td>336-703-3501</td>
<td><a href="http://www.co.forsyth.nc.us/dss">www.co.forsyth.nc.us/dss</a></td>
</tr>
</tbody>
</table>

12
EMPLOYMENT AND TRAINING

The following providers offer education and skills training for persons seeking employment. Some providers offer employment through their agencies.

AARP
Online listing of local job opportunities
http://jobs.aarp.org

IFB Solutions
336-759-0551
www.wsifb.com

Division of Employment Security
Forsyth County Job Link
336-776-6720
www.ncesc.com

Vocational Rehabilitation
336-784-2700
www.ncdhhs.gov/dvrs

Goodwill Industries
336-724-3621
www.goodwillnwnc.org

Winston-Salem Urban League
Senior Employment Program (55+)
336-725-5614
www.wsurban.org

FINANCIAL MANAGEMENT

The following agencies may offer one or more of the following financial assistance services: credit counseling, budgeting, financial education and/or reverse mortgage counseling.

Chapter 13
Personal bankruptcy
336-722-1139

Legal Aid of NC
Bankruptcy and foreclosure assistance
336-725-9162
www.legalaidnc.org

Financial Pathways of the Piedmont
336-896-1191
www.financialpaths.org

Senior Financial Care (60+)
336-896-1328
www.financialpaths.org

FOOD ASSISTANCE

The following providers help individuals or families obtain food or access to food.

Agape Care & Share, Inc.
336-744-4004
http://triaddreamcenter.com/

Lewisville Community Assistance Program
Lewisville residents only
336-945-3203

Crisis Control Ministry
Kernersville..............................336-996-5401
Winston-Salem...........................336-724-7453
www.crisiscontrol.org

Salvation Army
336-722-8721
www.salvationarmyusa.org

Department of Social Services
Food Stamps
336-703-3800
www.co.forsyth.nc.us/dss

Samaritan Ministries Soup Kitchen
336-748-1962
www.samaritanforsyth.org
FOOD ASSISTANCE (CONTINUED)

Senior Services, Inc.
Meals-on-Wheels (60+) ..........336-748-5932
Senior Lunch (60+) ..............336-725-0907
www.seniorservicesinc.org

Sunnyside Ministry
Zip codes 27107 and 27127 only
336-724-7558
www.sunnysideministry.org

HEALTH SUPPORTIVE SERVICES

The following agencies offer information and education on one or more specific diseases or illnesses. Many services are free; however, there may be a fee and/or physician referral needed for some services.

Alzheimer’s Association
National ........................................800-227-2345
Triad Office.................................336-285-5920
www.alz.org

American Cancer Society
National ........................................800-227-2345
Triad Office.................................336-834-0844
www.cancer.org

American Diabetes Association
800-342-2383
www.diabetes.org

American Heart Association
336-542-4825
www.heart.org

American Lung Association
800-548-8252
www.lung.org

American Red Cross
Northwest NC Chapter ..........336-724-0511
www.redcross.org

Arthritis Foundation
North Carolina Chapter ..........704-705-1808
www.arthritis.org

Cancer Services, Inc.
Cancer patients only
336-760-9983
www.cancerservicesonline.org

Cystic Fibrosis Foundation
800-344-4823
www.cff.org

Department of Public Health
336-703-3100
www.co.forsyth.nc.us/publichealth

Duke Family Support Program
Project C.A.R.E. /Alzheimer’s Support
800-646-2028
http://www.dukefamilysupport.org

Easter Seals UCP of North Carolina
Local Office.................................336-757-4681
Toll-free .....................................800-662-7119
www.nc.eastersealsucp.com

Hospice & Palliative CareCenter
336-768-3972
www.hospicecarecenter.org

Health Supportive Services
Kidney Foundation
National .....................................800-622-9010
NC Office ..................................704-519-0020
www.kidney.org

Lupus Foundation of NC
877-849-8271
www.lupus.org

Multiple Sclerosis Society
Carolinas Chapter .....................336-299-4136
www.nationalmssociety.org
HEALTH SUPPORTIVE SERVICES (CONTINUED)

NC Brain Injury Association  
800-377-1464  
www.bianc.net

NC Stroke Association  
336-713-5052  
www.ncstroke.org

Novant Health  
Diabetes & Nutrition Center of Forsyth  
336-277-1660  
www.novanthealth.org

Parkinson Association of the Carolinas  
866-903-7275  
www.parkinsonassociation.org

Wake Forest Baptist Health  
Diabetes Care Center  
336-716-8224  
www.wakehealth.edu

Wake Forest Baptist Health  
Epilepsy Information Service  
336-716-2319  
www.wakehealth.edu

HISPANIC/LATINO SERVICES

The following providers offer individuals of Hispanic/Latino heritage a variety of services, such as counseling, medical care and translation assistance.

Bethany Baptist Church Medical Clinic  
Free clinic, second Saturday 9AM-12 Noon  
336-767-0760  
www.bethany.ws

Catholic Social Services  
336-727-0705  
www.ccdoc.org

Communication Access Partners  
Interpreters  
336-993-4200  
www.capincusa.com

Forsyth County Public Library  
Hispanic services  
336-703-2907  
www.forsyth.cc/library

Legal Aid of NC  
Handles civil matters for immigrants  
336-725-9162  
www.legalaidnc.org

Salvation Army Hispanic Services  
International Core  
336-499-1196  
www.salvationarmyusa.org

HOME CARE ASSISTANCE

Home care agencies may provide assistance with daily living activities, such as personal hygiene, dressing, meal preparation, light housekeeping and other household needs. Home care can be paid for privately or by long term care insurance or Medicaid.

ComFor Care Home Care*  
336-759-7207  
https://comforcare.com/north-carolina/  
winston-salem

*Paid sponsor, see ad on page A-5

Division of Health Service Regulation  
Complaint Hotline: Home Care/Facility  
800-624-3004  
www2.ncdhhs.gov/dhsr/index.html
HOME CARE ASSISTANCE (CONTINUED)

Home Instead Senior Care*
336-760-8001
www.homeinstead.com/439/
*Paid sponsor, see ad on page A-5

Home Loving Senior Care*
336-993-1600
https://homeloving.com
*Paid sponsor, see ad on page A-2

Hospice & Palliative CareCenter
336-768-3972
www.hospicecarecenter.org

Mt. Eagle Health Care Home Care*
336-283-5196
http://www.mtecare.com
*Paid sponsor, see ad on page A-4

Piedmont Home Health*
336-724-1197
www.piedmonthomehealth.com
*Paid sponsor, see ad on page A-3

Senior Services, Inc.
Help Line
336-724-2040
For a list of home care agencies
www.seniorservicesinc.org

Senior Services, Inc.
Home Care..............................336-725-0907
Living-at-Home (CAP-DA) ......336-725-0907
www.seniorservicesinc.org

Tender Care, Inc.*
336-765-2273
http://tendercarenc.com
*Paid sponsor, see ad on page A-2

HOME MODIFICATION AND MAJOR REPAIRS

The following agencies provide grants, loans and free home modifications and/or repairs for low-income individuals who meet eligibility requirements.

Better Business Bureau of Northwest NC
336-725-8348
www.bbb.org/northwestern-north-carolina

Forsyth County Housing Program
336-703-2680
www.forsyth.cc/housing

Piedmont Triad Regional Council
Weatherization
336-904-0300
www.ptrc.org

Rising Concepts*
336-998-7123
www.risingconcepts.net
*Paid sponsor, see ad on page A-1

Vocational Rehabilitation
Independent Living
336-784-2700
www.ncdhhs.gov/dvrs

Winston-Salem Community and
Business Development
336-727-8000
www.cityofws.org
HOME REPAIRS—MINOR

The following providers offer minor home repairs. Services may include, but are not limited to, the installation of handrails and grab bars, minor plumbing repairs, and replacement of air filters, smoke detector batteries and light bulbs. These services are provided at no cost to the client; however, clients are asked to contribute to the cost of the materials.

Bethany Baptist Church  
336-767-0760  
www.bethany.ws

NC Baptist Aging Ministry (NCBAM)  
877-506-2226  
www.ncbam.org

Pilot Mountain Baptist Association  
336-830-8189  
www.pmba.org

The Shepherd’s Center of Greater Winston-Salem Handyman Program  
336-996-6696  
www.shepctrkville.com

The Shepherd’s Center of Kernersville Handyman Program  
336-996-7573  
www.tbcnow.org

HOUSING

The following service providers offer home-buyer assistance, home-ownership counseling, placement in care facilities and rentals.

Bermuda Village*  
336-998-6539  
www.bermudavillage.net  
*Paid sponsor, see ad on page A-4

Department of Social Services  
Adult Placement  
336-703-3501  
www.co.forsyth.nc.us/DSS

Community Management Corporation*  
336-765-0424  
Alder’s Point (55+) .................. 336-725-9021  
Assembly Terrace (62+) ............... 336-759-9798  
Azalea Terrace (55+) .................. 336-723-3633  
Cherry Hill (55+) ....................... 336-723-7524  
Country Village (62+) .................. 336-765-4354  
St. Peter’s HeritagePlace (62+) ...... 336-771-9028  
Wachovia Hill (55+) .................... 336-251-1060  
www.cmc-nc.com  
*Paid sponsor, see ad on inside back cover

The Experiment in Self-Reliance, Inc. (ESR)  
336-722-9400  
www.eisr.org

Forsyth County Housing Program  
336-703-2680  
www.forsyth.cc/housing

Group Homes of Forsyth  
IDD  
336-831-1300
HOUSING—TEMPORARY

The following agencies provide temporary housing and/or housing assistance for persons in need. Some are gender specific or specific to the individual's situation.

American Red Cross
336-724-0511 (disaster only)
www.redcross.org

Bethesda Center for Homeless
For men or women
336-722-9951
www.bethesdacenter.org

Family Services
Domestic Violence
336-723-8125
www.fsifamily.org

Fellowship Home
For men—substance abuse
336-727-1084
www.thefellowshiphome.org

Salvation Army
For women or families
336-722-8721
www.salvationarmyusa.org

Samaritan Ministries
For men
336-748-1962
www.samaritanforsyth.org

Winston-Salem Rescue Mission
For men
336-723-1848
www.wsrescue.org

YWCA
Hawley House
For women—substance abuse
336-721-0733
www.ywcaws.org
These agencies provide public records, identification cards, licenses and vehicle tags. The senior citizen identification card received through the Recreation and Parks Department is free, as is the NC identification card provided by the DMV for persons over 70.

Forsyth County Register of Deeds
Public Records
336-703-2700
www.co.forsyth.nc.us/rod

License Plate Agency
Kernersville..............................336-904-0743
Rural Hall ................................336-969-2814
Winston-Salem..........................336-725-2795
www.ncdot.org/dmv

NC Driver’s License Division
Kernersville..............................336-993-5651
North Patterson Avenue..............336-761-2259
Silas Creek Parkway...................336-761-2258
www.ncdot.org/dmv

NC Senior Tarheel Discount Card
Shepherd’s Center of Greater Winston-Salem
336-748-0217
www.shepherdsccenter.org

Winston-Salem Recreation and Parks
Senior Citizen’s ID card (must be 60+)
336-727-8000
www.cityofws.org

INFORMATION AND REFERRALS

The following agencies help individuals understand what services are available for their target population and how to access them.

The Adaptables, Inc.
Information for any disability
336-767-7060
www.theadaptables.com

The Arc of Forsyth County
The Enrichment Center
336-777-0076
www.enrichmentarc.org

Cancer Services, Inc.
336-760-9983
www.cancerservicesonline.org

Easter Seals UCP of North Carolina
Local Office.............................336-757-4681
Toll-free .................................800-662-7119
www.nc.eastersealsucp.com

Mental Health Association
336-768-3880
www.triadmentalhealth.org

NC Baptist Aging Ministry (NCBAM)
877-506-2226
www.ncbam.org

Senior Services, Inc.
Help Line
336-724-2040
Resources for seniors and caregivers
www.seniorservicesinc.org

United Way 211
Triad General Information
Dial 211
www.211.org
INSURANCE INFORMATION

These providers offer free counseling and education related to health insurance options.

Department of Social Services
Medicaid
336-703-3502
www.co.forsyth.nc.us/dss

Medicare
800-633-4227
www.medicare.gov

NC Department of Insurance
Consumer Hotline
855-408-1212
www.ncdoi.com

NC Division of Medical Assistance
Medicaid
919-855-4100
www.ncdhhs.gov/dma

Senior Financial Care
SHIIP counselors
336-896-1328
www.financialpaths.org

Seniors’ Health Insurance Information Program (SHIIP)
855-408-1212
www.ncshiip.com

The Shepherd’s Center of Greater Winston-Salem
SHIIP counseling
336-748-0217
www.shepherdscscenter.org

LEGAL SERVICES/CIVIL RIGHTS/DISCRIMINATION

These agencies offer a variety of services that address individual legal needs or concerns.

Clerk of Superior Court
Guardianship
336-779-6307
www.ncfcc.us

Forsyth County Bar Association
Lawyer complaint service
336-760-1232
www.forsythlawyers.org

Forsyth County Register of Deeds Office
336-703-2700
www.co.forsyth.nc.us/rod

Hospice and Palliative Care Center
Health Care Power of Attorney/Living Wills
336-768-3972
www.hospicecarecenter.org

Liipfert Law Group*
336-283-4848
www.liipfertlaw.com
*Paid sponsor, see ad on inside front cover

Magistrates’ Office
336-917-7001
www.co.forsyth.nc.us/sheriff

Mediation Services of Forsyth County
336-724-2870

NC Department of Justice
Attorney General Office
919-716-6000

NC Department of Labor
800-625-2267
www.nclabor.com

NC Lawyer Referral Service
800-662-7660
www.ncbar.org

Legal Aid of NC
Domestic violence, civil, non-criminal
336-725-9162
www.legalaidnc.org

NC Department of Labor
Special Advertising Section

Winston-Salem Men’s Counseling Center

The Winston-Salem Men’s Counseling Center is a special place where men (and women) can talk with a counselor about their day-to-day concerns. We understand the issues and challenges of aging in the modern world.

Offering the professional resources of Dr. John Woodmansee, Ph.D (Director), and Rev. Curtis Patterson, M.Div (Adjunct Counselor).

Willing to do our counseling wherever you call home, or meet in our comfortable office.

(336) 748-8800
www.menscenter ws.com

RISING CONCEPTS INC.

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AND STAIR LIFTS

Let us add beauty and convenience to your home.

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336-998-7123 • www.RisingConcepts.net

Mention this ad when you call and receive a discount.

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A S A LONGTIME AND AVID GARDENER, Jane loves the picturesque natural splendor that helps make Arbor Acres alive with beauty. But you’ll more likely find her planting and tending flowers than simply enjoying them. “I like getting my hands in the dirt. For me, working in a garden is as satisfying as the blooms.” At Arbor Acres, along with unparalleled comfort and security, our residents celebrate the endless variations and possibilities of beauty. What is beautiful to you?

www.arboracres.org

1240 Arbor Road, Winston-Salem, NC 27104 | 336-724-7921
**Home Loving Senior Care, Inc.**

Helping your loved ones to live well at home for as long as possible.

**Our Services**
- Meal Planning & Preparation
- 24-Hour On-Call Service
- Light Housekeeping
- Medication Reminders
- Transportation & Errands
- Alzheimer’s Care
- Companionship
- Assistance with bathing & dressing

Set up a FREE assessment today

We provide the care you need, with the love you want

1011 Masten Drive, Kernersville, NC 27284  •  336-993-1600  •  homeloving.com

---

**Babcock Health Care Center**

We now accept direct admissions for the following levels of retirement living.

- Transitional rehabilitation center specializing in short-stay recovery
- Long-term skilled nursing households
- Assisted living memory support household

Contact us to learn more today.

336.767.8130  |  salemtowne.org

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**Brookridge Community**

A Baptist Retirement Homes Community

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INDEPENDENT LIVING

Apartments with Balconies and Garden Homes

Assisted Living & Memory Enhanced

Nursing Care - Medicare/Medicaid Certified

1199 Hayes Forest Drive, Winston-Salem, NC 27106

336.759.1044  •  www.brookridgecommunity.org

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**Tender Care, Inc.**

Your #1 Home Care Agency
Serving the Triad for Over 25 Years

With Loving Dignity and Trust

Bathing • Walking • Meals

Dressing • Monitor Meds

336-765-2273 (CARE)
We value what you value...

Years of experience, the highest standards of care & a loving atmosphere.

- Family owned and operated
- Wonderful, caring staff
- Beautiful location

(336) 945-5410
6601 Yadkinville Road, Pfafftown, NC 27040
www.viennavillage.com

Specialists in Senior Care & Alzheimer’s Care

We provide:
- Customized, flexible care
- Using certified nurse aides
- Assistance w/daily activity
- Medication assistance
- Light housekeeping
- Transportation
- Meal preparation
- State licensed care

Contact us today: 336.724.1197
www.piedmonthomehealth.com

TAKE IT FROM A TRUSTED SOURCE

“When you need candid, honest advice about senior care for someone you love, reach out to Ridge Care.”

-Austin Caviness

WALNUT RIDGE ASSISTED LIVING
Walnut Cove | (336) 591-7790

KERNER RIDGE ASSISTED LIVING
Kernersville | (336) 993-1881

MALLARD RIDGE ASSISTED LIVING
Clemmons | (336) 775-2205

PRIDDY MANOR ASSISTED LIVING
King | (336) 983-3068

ARBOR RIDGE AT STANLEYVILLE
Winston-Salem | (336) 377-2195

ARBOR RIDGE AT KERNERSVILLE
Kernersville | (336) 993-0160
North Carolina’s Premier Retirement Community

We are always at your service with these amenities:

- NO ENTRANCE FEE!
- Own your own home
- Age in place with many levels of care
  - Abundant arts & cultural activities
  - Gated Country Club Community
  - World class medical minutes away
  - Fitness & indoor aquatic center

336-998-6539
BermudaVillage.net

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Homecare Services

- Nursing care
- Personal and companion care
- Post-operative care
- Respite care
- Medication assistance
- Light housekeeping
- Shopping and errands
- Meal planning and preparation
- Activity planning and participation

Screened, Bonded and Insured Caregivers
Private Pay, Medicaid and Insurance Accepted

336-283-5196 or 336-283-5191
www.mtecare.com
6000 Museum Drive, Winston-Salem
CNA classes and State testing available

QUALITY HEARING CARE IN YOUR COMMUNITY!
SHOP LOCAL

Beltone Hearing Care Centers
Members of the Bedsaul family have been helping this community hear better for over 50 years.

Do you hear but not understand? Does everyone mumble?
We are Here to Help You, and YOU ARE WORTH IT!

- No Charge for Hearing Screenings
- Honest Answers and realistic expectations
- Hearing help for ANY LIFESTYLE and ANY BUDGET
- A Local Spirit of Service backed by 73 Years of Advanced Hearing Technology

If you are tired of retreating from life and are ready to increase your independence and hear better, please call for an honest discussion of your hearing needs.

Beltone Hearing Care Centers
336-774-1113
Dr. Trina Bedsaul, Doctor of Audiology

- Fitness & indoor aquatic center
- Abundant arts & cultural activities
- Gated Country Club Community

Shop Local

Over 50 years of hearing help from members of the Bedsaul family!
751 Bethesda Rd. Suite 100
Winston Salem, NC 27103
(Behind Medical Park Hospital)
Beltone Hearing Care Centers
336-774-1113
Dr. Trina Bedsaul, Doctor of Audiology

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When you or your loved one needs assistance, count on our ComForCare team for reliable, compassionate and personalized home care.

- Personal Care and Hygiene
- Medication Reminders
- Meal Preparation
- Companionship
- Appointment Escorts
- Transportation
- Light Housekeeping
- Fall Prevention
- Respite Care
- Alzheimer’s and Dementia Care

336-759-7207
winstonsalem.comforcare.com

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Rehabilitation & Skilled Nursing Services
849 Waterworks Road • Winston-Salem, NC 27101
(336) 595-2166  www.trinityglen.net

Offering state-of-the-art rehabilitation and short-term or long-term medical care to people of all faiths.

The greatest breakthrough in senior care? Mom’s cozy cottage.

We help aging parents stay at home, whether they’re dealing with Alzheimer’s, arthritis or anything in between.

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HomelInstead.com/439

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Brighten your day and someone else's by engaging with isolated seniors.

VOLUNTEER TODAY!
SENIORSERVICESINC.ORG/VOLUNTEER

PET VISITS, WELLNESS CALLS, PHONE AND HOME VISITS FROM SENIOR SERVICES VOLUNTEERS
WAYS YOU CAN HELP

This Directory of Services is provided at no cost to our community. With your help, Senior Services can continue to deliver the vital services that help Forsyth County’s elderly remain in their own homes for as long as possible, living with dignity.

VOLUNTEER!
Contact our volunteer coordinator by phone at 336-721-6910 or email volunteer@seniorservicesinc.org for more information.

DONATE!
Send a check payable to Senior Services, Inc., to Senior Services, Inc., 2895 Shorefair Drive, Winston-Salem, NC 27105; make an online donation at www.seniorservicesinc.org; or call 336-721-6961 to charge your donation by phone.

SHOP!
Make a gift of food or personal care items needed by our program participants (suggestions at right).

Senior Services Program Participant Wish List

FOOD
☐ Ensure or Boost
☐ Small canned hams
☐ Canned chicken, tuna or salmon
☐ Canned fruit or fruit cups
☐ Peanut butter
☐ Cereal or cereal bars
☐ Jell-O cups
☐ Sugar-free pudding cups

HYGIENE/HEALTH
☐ Adult pull-ups/Poise pads
☐ Moisture lotion
☐ Toothbrushes and toothpaste
☐ Denture cleanser
☐ Mouthwash
☐ Adult washcloth moist disposable wipes
☐ Blue pads/Chux (disposable)
☐ Washable bed pads
☐ Desitin/barrier cream
☐ Shampoo
☐ Hand soap
☐ Body soap
☐ Deodorant

HOUSEHOLD HELPS
☐ Laundry detergent
☐ Paper towels
☐ Toilet paper
☐ Dishwashing liquid
☐ Household cleaning supplies
☐ Kleenex
☐ Trash bags

OTHER
☐ GIFT CARDS in any amount! (grocery, pharmacy, discount or department store)

THANK YOU!
LONG-TERM CARE FACILITIES

The following facilities offer assisted living, nursing home levels of care or information on facility quality, payment options and licensing.

Arbor Acres Retirement Community*
336-724-7921
www.arboracres.org
*Paid sponsor, see ad on page A-1

Bermuda Village Retirement Community*
336-998-6539
www.bermudavillage.net
*Paid sponsor, see ad on page A-4

Brookridge Retirement Community*
336-759-1044
www.brookridgecommunity.org
*Paid sponsor, see ad on page A-2

Department of Social Services
Medicaid
336-703-3502
www.co.forsyth.nc.us/dss

Division of Health Service Regulation
Complaint Hotline: Home Care/Facility
800-624-3004
www2.ncdhhs.gov/dhsr/index.html

Medicare
Nursing Home Ratings
800-633-4227
www.medicare.gov

Ridge Care Assisted Living*
Kerner Ridge ......................... 336-993-1881
Mallard Ridge ....................... 336-775-2205
Priddy Manor ....................... 336-983-3068
Walnut Ridge ....................... 336-591-7790
www.ridgecare.com
*Paid sponsor, see ad on page A-3

Salemtowne Retirement Community*
336-767-8130
www.salemtowne.org
*Paid sponsor, see ad on page A-2

Senior Services, Inc.
Help Line
336-724-2040
For a complete list of facilities
www.seniorservicesinc.org

Trinity Glen Skilled Nursing*
336-595-2166
http://trinityglen.net
*Paid sponsor, see ad on page A-5

Vienna Village Assisted Living*
336-945-5410
www.viennavillage.com
*Paid sponsor, see ad on page A-3
MEDICAL CENTERS

The following providers provide a full array of medical services.

Kernersville VA Health Care Center
Information
336-515-5000
www.salisbury.va.gov/locations/Kernersville

Novant Health Forsyth Medical Center
Information
336-718-5000
www.novanthealth.org

Novant Health Kernersville Medical Center
Information
336-564-4000
www.novanthealth.org

Wake Forest Baptist Health
Information
336-716-2011
www.wakehealth.edu

MEDICAL CLINICS

The following providers offer low-cost to no-cost medical services for eligible clients.

Bethany Baptist Church Medical Clinic
Free clinic
336-767-0760
www.bethany.ws

Community Care Center
Free clinic
336-723-7904
www.cccforsyth.org

Downtown Health Plaza
336-713-9800
www.wakehealth.edu/dhp

Sunnyside Ministries
Free clinic
336-724-7558
www.sunnysideministry.org

Winston-Salem Rescue Mission
710 North Trade Street
First come, first served
336-723-1848
www.wsrescue.org

MEDICAL COMPLAINTS

The following agencies accept complaints related to medical care in a variety of settings, including home, hospital or care facility.

Medicare Beneficiaries Complaint Hotline
800-633-4227

NC Medical Board
Doctor complaints
800-253-9653
www.ncmedboard.org

NC Division of Health Service Regulation
Complaint Hotline
800-624-3004
www2.ncdhhs.gov/dhsr/index.html
MEDICAL EQUIPMENT AND LOAN CLOSETS

The following service providers loan medical equipment to help persons manage in their homes. Items are loaned based on availability. Loan closet items might include walkers, wheelchairs or tub benches. Items that are medically necessary and ordered by a physician may be covered or partially covered by Medicare or other forms of insurance.

Cancer Services, Inc.
Cancer patients only
336-760-9983
www.cancerservicesonline.org

NC Assistive Technology Project
To try assistive equipment before purchase
336-716-8030
www.ncatp.org

Senior Services, Inc.
Help Line
336-724-2040
For a list of medical equipment companies
www.seniorservicesinc.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

MEDICAL SERVICES

These providers offer education, evaluations, medical care and rehabilitation services.

Dialysis Centers
Wake Forest Baptist Outpatient Dialysis
Administration ...................... 336-748-0575
Miller Street.......................... 336-724-0468
Northside............................. 336-744-0577
Piedmont ............................ 336-721-1360
Salem Kidney........................ 336-761-8808
www.wfopd.com

Forsyth County Department of Public Health
336-703-3100
www.co.forsyth.nc.us/publichealth

Hospice & Palliative CareCenter
336-768-3972
www.hospicecarecenter.org

Novant Health
Health Connections
(doctor referral service)........... 336-718-7000

Martinat Outpatient
Rehabilitation Center ............. 336-718-6700

Maya Angelou Center for Women’s Health
and Wellness ......................... 336-718-0060

Memory Care .......................... 336-718-7300
Whitaker Rehabilitation ........... 336-718-5780
www.novanthealth.org

Wake Forest Baptist Health
Comp Rehab............................ 336-716-8200
Health on Call
(doctor referral service)........... 336-716-2255

J. Paul Sticht Center on Aging
(rehabilitation) ....................... 336-713-8500
Memory Counseling Program... 336-716-1034
www.wakehealth.edu
MENTAL HEALTH SERVICES

The following providers offer a variety of mental health services, including education and referrals for services, counseling and treatment.

Associates in Christian Counseling  
336-896-0065  
www.christiancounseling.org

Cardinal Innovative Healthcare  
ACCESS  
800-939-5911  
www.cardinalinnovations.org/centerpoint

Mental Health Association  
336-768-3880  
www.triadmentalhealth.org

Novant Health  
Behavioral Health Services  
336-718-3550  
www.novanthealth.org

Wake Forest Baptist Health  
Department of Psychiatry  
336-716-4551  
www.wakehealth.edu

NUTRITION EDUCATION

The following providers offer education and care related to dietary needs.

Forsyth County Cooperative Extension  
Nutrition Education Programs  
336-703-2850  
www.co.forsyth.nc.us/CES

Forsyth County Department of Public Health  
336-703-3100  
www.co.forsyth.nc.us/publichealth

Novant Health  
Diabetes and Nutrition Services  
336-277-1660  
www.novanthealth.org

Wake Forest Baptist Health  
Best Health  
336-713-2378  
www.wakehealth.edu/besthealth

Wake Forest Baptist Health  
Diabetes Care Center  
336-716-8224  
www.wakehealth.edu

PRESCRIPTION ASSISTANCE

The following providers offer information and provide eligible individuals with assistance in obtaining prescription medication.

Cancer Services, Inc.  
Cancer patients only  
336-760-9983  
www.cancerservicesonline.org

Community Care Center  
336-723-7904  
www.cccforsyth.org

Crisis Control Ministry  
Kernersville..........................336-996-5401  
Winston-Salem.........................336-724-7453  
www.crisiscontrol.org

Social Security Administration  
877-402-0828  
www.ssa.gov
RECREATION AND SELF-ENRICHMENT

The following providers offer activities, cultural events, and education, exercise and/or socialization opportunities.

The Adaptables, Inc.
336-767-7060
www.theadaptables.com

Arts Council Theatre
336-722-2585
www.intothearts.org

Forsyth County Cooperative Extension
336-703-2850
www.co.forsyth.nc.us/ces

Forsyth County Public Library
Adult Outreach
336-703-2903
www.forsyth.cc/Library

Salvation Army
336-723-6366
www.salvationarmyusa.org

Sawtooth School for Visual Art
336-723-7395
www.sawtooth.org

Senior Services, Inc.
Senior Lunch
336-725-0907
www.seniorservicesinc.org

The Shepherd’s Center of Greater Winston-Salem
336-748-0217
www.shepherdscenter.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

The Stevens Center
336-721-1945
www.uncsa.edu/stevenscenter

Wake Forest Baptist Health
Aquatics Program
336-713-8082
www.wakehealth.edu/aquatic-programs

Wake Forest Baptist Health
Best Health
336-713-2378
www.wakehealth.edu/besthealth

Winston-Salem Recreation and Parks
City Link
336-727-8000 or 311
www.cityofws.org

Winston-Salem Symphony
336-725-1035
www.wssymphony.org

Winston-Salem Urban League
336-725-5614
www.wsurban.org

Winston-Salem Visitor Center
Community events
336-728-4200
www.visitwinstonsalem.com

YMCA
Fulton Family..........................336-661-1093
Kernersville............................336-996-2231
Robinhood Road Family...........336-251-1090
Wells Fargo Express...............336-725-9342
William G. White, Jr..............336-721-2100
Winston Lake Family..............336-724-9205
www.ymcanwnc.org

YWCA Gateway Branch
336-354-1589
www.ywcaws.org
RESPITE CARE

The following providers offer relief to caregivers by providing short-term breaks from their regular caregiving responsibilities.

Centenary United Methodist Church
DAYBreak Respite Care
336-397-1345
www.centenary-ws.org

Duke Family Support Program
Project C.A.R.E./Alzheimer’s Support
800-646-2028
www.ncdhhs.gov/aging/ncprojectcare.htm

Mt. Zion Baptist Church
Senior Life Enrichment Center
336-721-1842
www.mtzionthejoy.org

Senior Services, Inc.
Elizabeth and Tab Williams Adult Day Center
336-724-2155
www.seniorservicesinc.org

Senior Services, Inc.
Family Caregiver Support Program
336-721-6914
www.seniorservicesinc.org

Senior Services, Inc.
Home Care
336-725-0907
www.seniorservicesinc.org

The Shepherd’s Center of Greater Winston-Salem
336-748-0217
www.shepherdscenter.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

SOCIAL SECURITY BENEFITS

The following providers offer assistance in applying for or understanding benefits.

Campbell Disability Center
336-995-5746
www.campbelldc.com

Disability Advocates of NWNC
Disability filing
336-760-9600

Social Security Administration
National ........................................ 800-772-1213
Local Office................................. 877-402-0828
www.ssa.gov

SUBSTANCE ABUSE

The following providers offer support and treatment for persons dependent on drugs and/or alcohol.

Addiction Recovery Care Association
336-784-9470
www.arcanc.org

Associates in Christian Counseling
336-896-0065
www.christiancounseling.org

Cardinal Innovative Healthcare
ACCESS
800-939-5911
www.cardinalinnovations.org/centerpoint

Fellowship Home of Winston-Salem
For men—substance abuse
336-727-1084
www.thefellowshiphome.org
SUPPORT GROUPS

The following providers offer an opportunity to talk with others who are going through similar experiences. In addition, they provide education and a place to develop friendships.

The Adaptables, Inc.
Disability Peer Support
336-767-7060
www.theadaptables.com

Alzheimer’s Association
Local Chapter.......................... 336-285-5920
National .................................. 800-272-3900
www.alz.org

Cancer Services, Inc.
336-760-9983
www.cancerservicesonline.org

Department of Social Services
Relatives As Parents
336-703-3744
www.co.forsyth.nc.us/dss/

Hospice & Palliative Care Center
Grief Counseling Center
336-768-3972
www.hospicecarecenter.org

Lupus Foundation of NC 24-hour hotline
877-849-8271
www.lupus.org

Mental Health Association
336-768-3880
www.triadmentalhealth.org

Multiple Sclerosis Society
Greater Carolinas Chapter
Local Office ............................. 336-299-4136
National ................................. 800-344-4867
www.nationalmssociety.org

Parkinson Association of the Carolinas
Local ......................................... 336-972-7091
North Carolina ................................ 866-903-7275
www.parkinsonassociation.org

Senior Services, Inc.
Help Line
336-724-2040
For a complete list of support groups
www.seniorservicesinc.org

Senior Services, Inc.
Elizabeth and Tab Williams Adult
Day Center
336-724-2155
www.seniorservicesinc.org

Winston-Salem Recreation and Parks Dept.
City Link.......................... 336-727-8000 or 311
www.cityofws.org

Winston-Salem State University
Grandparenting Program
336-725-8167
www.wssu.edu
**TAXES**

The following providers offer assistance related to local, state and federal taxes.

- **AARP**
  - [www.aarp.org/money/taxes/aarp_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

- The Experiment in Self-Reliance, Inc. (ESR)
  - Volunteer Income Tax Assistance (VITA)
  - 336-722-9400
  - [www.eisr.org](http://www.eisr.org)

- Forsyth County Tax Office
  - 336-703-2300
  - [www.forsyth.cc/tax](http://www.forsyth.cc/tax)

- **IRS**
  - Local Office..........................336-659-2740
  - National ...............................800-829-1040

- NC Department of Revenue
  - State tax information
  - 336-661-6800
  - [www.dornc.com](http://www.dornc.com)

**TELEPHONE REASSURANCE**

The following agencies provide daily phone calls to at-risk individuals to check on their safety and to provide personal contact.

- **Senior Services, Inc.**
  - 336-725-0907
  - [www.seniorservicesinc.org](http://www.seniorservicesinc.org)

- The Shepherd’s Center of Kernersville
  - 336-996-6696
  - [www.shepctrkville.com](http://www.shepctrkville.com)

**TRANSPORTATION**

These volunteer and publicly funded providers work with elderly and disabled individuals to meet transportation needs. Advance notice and/or reservations are required.

- **American Cancer Society**
  - Local Chapter..........................336-834-0844
  - National ...............................800-227-2345
  - [www.cancer.org](http://www.cancer.org)

- **NuCare Carolina**
  - Non-emergency ambulance
  - 800-380-1947
  - [www.nucarecarolina.com](http://www.nucarecarolina.com)

- **Clemmons Transportation Ministry**
  - Groceries, medical (for Clemmons residents)
  - 336-766-6486
  - [www.cfbctoday.org](http://www.cfbctoday.org)

- **The Shepherd’s Center of Greater Winston-Salem**
  - Groceries, medical
  - 336-748-0217
  - [www.shepherdsccenter.org](http://www.shepherdsccenter.org)

- **Lewisville Transportation Ministry**
  - Groceries, medical (for Lewisville residents)
  - 336-945-3203
  - [www.lewisvilleumc.org](http://www.lewisvilleumc.org)

- **The Shepherd’s Center of Kernersville**
  - 336-996-6696 (for Kernersville area residents)
  - [www.shepctrkville.com](http://www.shepctrkville.com)

- **Medicaid Transportation Unit**
  - 336-703-3919
TRANSPORTATION (CONTINUED)

Winston-Salem Transit Authority
PART out-of-region non-emergency
336-662-0002
www.partnc.org

Winston-Salem Transit Authority
Trans-Aid-regional non-emergency
336-727-2000
www.wstransit.com

UTILITY ASSISTANCE

The following providers offer utility assistance with power, phone and/or gas.

Crisis Control Ministry
Kernersville.................................336-996-5401
Winston-Salem.............................336-724-7453
www.crisiscontrol.org

Sunnyside Ministry
Zip codes 27107 and 27127 only
336-724-7558
www.sunnysideministry.org

Department of Social Services
Utility assistance
336-703-3600
www.co.forsyth.nc.us/dss/default.aspx

VETERANS’ SERVICES

The following providers offer education about benefits, as well as advocacy and direct services for veterans and/or their families.

American Legion
336-631-5471
www.legion.org

American Red Cross
336-724-0511
www.redcross.org

AmVets
336-251-0779
www.amvets.org

Disabled American Veterans
336-631-5481
www.dav.org

Division of Veterans Affairs
8th District Office
336-766-1496
www.doa.state.nc.us/vets

Kernersville Health Care Center
Veterans Outpatient Clinic
336-515-5000
www.salisbury.va.gov

U.S. Department of Veterans’ Affairs
Counseling .................................877-927-8387
Health Resources .......................877-222-8387
www.vetcenterva.gov

Veterans of Foreign Wars
336-631-5457
www.vfw.org

Veterans’ Services
Paralyzed Veterans of America
800-795-3622
www.pva.org
VICTIM ASSISTANCE SERVICES

The following providers offer a variety of assistance and supportive services to victims of domestic violence, abuse and neglect and/or other crimes.

Department of Social Services
Adult Protective Services
336-703-3503
www.co.forsyth.nc.us/dss

Family Services
Domestic violence
336-723-8125
www.fsifamily.org

Forsyth County Domestic Violence Unit
Safe on Seven
336-779-6320

Forsyth County Sheriff’s Department
Non-emergency
336-727-2112
www.co.forsyth.nc.us/sheriff

Kernersville Police Department
336-996-3177
www.toknc.com/pd

Legal Aid of NC
Domestic violence
336-725-9162
www.legalaidnc.org

Winston-Salem Police Department
Domestic violence .................... 336-773-7860
Non-emergency ........................ 336-773-7700
www.cityofws.org/departments/police

VOLUNTEER OPPORTUNITIES

The following agencies offer a variety of volunteer opportunities depending on a person’s interests, time and skills. Many of these agencies rely on volunteers for their daily operations and help in carrying out their missions.

The Adaptables, Inc.
336-767-7060
www.theadaptables.com

American Red Cross
Northwest NC Chapter
336-724-0511
www.redcross.org

Centenary United Methodist Church
DayBreak Respite Care
336-397-1345
www.centenary-ws.org

The Children’s Home, Inc.
336-721-7600
www.tchome.org

Crisis Control Ministry
Kernersville ......................... 336-996-5401
Winston-Salem ...................... 336-724-7453
www.crisiscontrol.org

Family Services
336-722-8173
www.fsifamily.org

Forsyth Medical Center
336-718-5738
www.novanthealth.org

Hands on Northwest
Retired Senior Volunteer Program (RSVP)
336-724-2866
www.handsonnwnc.org
VOLUNTEER OPPORTUNITIES (CONTINUED)

Hospice & Palliative Care Center  
336-768-3972  
www.hospicecarecenter.org

Salvation Army  
336-723-6366  
www.salvationarmyusa.org

Samaritan Ministries  
336-748-1962  
www.samaritanforsyth.org

Second Harvest Food Bank  
336-784-5770  
www.hungernwnc.org

Senior Services, Inc.  
336-725-0907  
www.seniorservicesinc.org

Seniors’ Health Insurance Information Program (SHIIP)  
The Shepherd’s Center of Greater Winston-Salem  
336-748-0217  
www.ncshiip.com

The Shepherd’s Center of Kernersville  
336-996-6696  
www.shepctrkville.com

Wake Forest Baptist Health  
336-713-3514  
www.wakehealth.edu/volunteer

Winston-Salem Symphony Encore  
336-725-1035  
www.wssymphony.org

Winston-Salem Urban League  
336-725-5614  
www.wsurban.org

YMCA  
Adult Literacy Initiative  
336-727-9850  
www.ymcanwnc.org

VOTER REGISTRATION

This provider assists persons in registering to vote, identifies individuals’ voting sites and provides information on elections.

Forsyth County Board of Elections  
336-703-2800  
www.co.forsyth.nc.us/elections
Quick Reference

A
AARP – Raleigh, NC .............................................................. 866-389-5650
AARP – Washington, DC ........................................................ 888-687-2277
The Adaptables, Inc., Center for Independent Living .......... 336-767-7060
Adaptive Driving Program, Comp Rehab, Wake Forest Baptist Health .... 336-716-8004
Adaptive Driving Program, Forsyth Medical Center .......... 336-718-5780
Addiction Recovery Care Association ................................ 336-784-9470
Adult Protective Services (abuse & neglect), Forsyth County .... 336-703-3501
Adult Literacy Initiative, YMCA ........................................... 336-727-9850
Adult Placement, Forsyth County Department of Social Services .... 336-703-3501
Adult Protective Services (abuse & neglect), Forsyth County
  Department of Social Services ............................................ 336-703-3503
Agape Care and Share, Inc. ............................................... 336-744-4004
Alzheimer’s Association .................................................. 800-227-3900 or 336-285-5920
American Cancer Society (transportation for cancer patients) .... 800-227-2345
American Cancer Society – Triad Office ......................... 336-834-0844
American Diabetes Association ........................................ 800-342-2383
American Heart Association ............................................. 336-668-0167
American Legion ............................................................. 336-631-5471
American Lung Association ............................................. 800-548-8252
American Red Cross ....................................................... 336-724-0511
AmVets ........................................................................ 336-251-0779
Animal Adoption & Rescue Foundation (AARF) ............... 336-768-7387
AniMeals & Houses for Hounds ...................................... 336-703-2480
*Arbor Acres .................................................................. 336-724-7921
The Arc of Forsyth County .............................................. 336-777-0076
ARCA (Addiction Recovery Care Association) ................... 336-784-9470
Ardmore Transportation Ministry (groceries & medical) ...... 336-722-3695
Area Agency on Aging, Piedmont Triad Regional Council .... 336-904-0300
Arthritis Foundation ..................................................... 800-883-8806
Arthritis Foundation – Carolina Chapter ........................... 800-365-3811
Arts Council .................................................................. 336-722-2585
Associates in Christian Counseling .................................. 336-896-0065

B-C
Behavioral Health Resources, Forsyth Medical Center ............ 336-718-3550
*Beltone Hearing Centers ................................................. 336-774-1113
*Bermuda Village ........................................................... 336-998-6539
BestHealth, Wake Forest Baptist Health .............................. 336-713-2378
Bethany Baptist Church Medical Clinic (free) .......................................................... 336-767-0760
Bethesda Center (for homeless men or women) ....................................................... 336-722-9951
Better Business Bureau of Northwest NC, Inc. ...................................................... 336-725-8348
Better Hearing Institute Consumer Help Line ....................................................... 800-327-9355
*Brookridge ............................................................................................................. 336-759-1044
Campbell Disability Center .................................................................................... 336-995-5746
Cancer Services, Inc. (cancer patients only) ............................................................ 336-760-9983
Cardinal Innovations Healthcare .......................................................................... 800-939-5911
CareNet Counseling, Wake Forest Baptist Health ................................................ 336-716-0855
Catholic Charities, Piedmont Triad Regional Office ............................................. 336-727-0705
Centenary United Methodist Church, DAYbreak Respite Care ......................... 336-397-1345
Chapter 13 (personal bankruptcy) ......................................................................... 336-722-1139
The Children's Home, Inc. ..................................................................................... 336-721-7600
*ComFor Care Home Care ..................................................................................... 336-759-7207
City of Winston-Salem (dead-animal pick up inside the city) ............................... 336-727-8000
Clemmons Transportation Ministry (groceries & medical) ................................ 336-766-6486
Clemmons First Baptist Church .............................................................................. 336-779-6300
Clerk of Superior Court ......................................................................................... 336-716-8007
Club Independence ................................................................................................ 336-993-4200
Community Access Partners, Inc. (interpreters) .................................................. 336-723-7904
Community Care Center (free clinic/Med Aid) ..................................................... 336-765-0424
Comp Rehab, Adaptive Driving Program, Wake Forest Baptist Health .............. 336-716-8004
Comp Rehab, Wake Forest Baptist Health ............................................................. 336-716-8200
Cooperative Extension Service, Forsyth County .................................................. 336-703-2850
Crisis Control Ministry, Kernersville ..................................................................... 336-996-5401
Crisis Control Ministry, Winston-Salem ............................................................... 336-724-7453
Cystic Fibrosis Foundation ..................................................................................... 800-344-4823

**D-E**
DAYbreak, Centenary United Methodist Church (respite care) ......................... 336-397-1345
Department of Psychiatry, Wake Forest Baptist Health ....................................... 336-716-4551
Disability Advocates (disability filing) .................................................................. 336-760-9600
Disability Rights North Carolina ............................................................................ 877-235-4210
Disabled American Veterans .................................................................................. 336-631-5481
Division of Employment Security and Forsyth County Job Link ....................... 336-776-6720
Division of Deaf and Hard of Hearing .................................................................. 888-467-3413
Division of Health Service Regulation .................................................................. 800-624-3004
Division of Veterans’ Affairs (8th district office) .................................................. 336-766-1496
Domestic Violence ................................................................................................. 336-723-8125
Downtown Health Center ....................................................................................... 336-713-9800
Duke Family Support Program, Alzheimer’s Program .......................................... 800-646-2028
Easter Seals UCP of North Carolina ................................................................. 336-757-4681
The Elder Law Clinic .................................................................................. 336-758-5061
Elizabeth and Tab Williams Adult Day Center of Senior Services, Inc. ........ 336-724-2155
The Enrichment Center, ARC of Forsyth County ........................................ 336-777-0076
Epilepsy Information Service, Wake Forest Baptist Health ......................... 336-716-2319
The Experiment in Self-Reliance ................................................................. 336-722-9400
Eye Care America ...................................................................................... 877-887-6327

F
Family Caregiver Support Program, Senior Services, Inc. ......................... 336-721-6914
Family Services (counseling) ................................................................. 336-722-8173
Family Services (domestic violence hotline) ............................................. 336-723-8125
Family Services (sexual assault hotline) ................................................... 336-722-4457
Fellowship Home of Winston-Salem, (men—substance abuse) .................. 336-727-1084
Financial Pathways of the Piedmont ......................................................... 336-896-1191
Food Stamps, Forsyth County Department of Social Services .................. 336-703-3800
Forsyth County Animal Control ............................................................... 336-727-2490
Forsyth County Bar Association (lawyer complaint service) ..................... 336-760-1232
Forsyth County Board of Elections ........................................................... 336-703-2800
Forsyth County Cooperative Extension ................................................... 336-703-2850
Forsyth County Dept. of Public Health ...................................................... 336-703-3100
Forsyth County Dept. of Social Services—Adult Protective Services ....... 336-703-3503
Forsyth County Dept. of Social Services—Food Stamps ......................... 336-703-3800
Forsyth County Dept. of Social Services—Heat Assistance ...................... 336-703-3627
Forsyth County Dept. of Social Services—in-Home Services & Placement ... 336-703-3501
Forsyth County Dept. of Social Services—Medicaid ................................. 336-703-3502
Forsyth County Dept. of Social Services—Relatives as Parents ................ 336-703-3744
Forsyth County Dept. of Social Services—Utility Assistance .................... 336-703-3501
Forsyth County Ground Maintenance (dead animal pick up inside county) .. 336-203-2250
Forsyth County Housing Program ............................................................ 336-703-2680
Forsyth County Public Library, Adult Outreach ........................................ 336-703-2903
Forsyth County Public Library, Computer Training Bridge ..................... 336-703-3079
Forsyth County Public Library, Hispanic Services .................................... 336-703-2907
Forsyth County Register of Deeds (public records) ................................ 336-703-2700
Forsyth County Safe on Seven ................................................................. 336-779-6320
Forsyth County Sheriff’s Department (non-emergency) ......................... 336-727-2112
Forsyth County Tax Office ................................................................. 336-703-2300
Forsyth Humane Society ................................................................. 336-721-1303
Forsyth Medical Center ........................................................................ 336-718-5738
Forsyth Spay Neuter Clinic ...................................................................... 336-723-7550
Forsyth Technical Community College, Main Campus ......................... 336-723-0371
Forsyth Technical Community College, Small Business Center .......... 336-757-3810
**G-K**

Goodwill Industries ........................................................................................................ 336-724-3621
Grandparenting Program, Winston-Salem State University .................................. 336-725-8167
Group Homes of Forsyth (mental retardation or developmental disabilities) ........ 336-831-1300
Habitat for Humanity Re-Store .................................................................................. 336-893-8495
Hands on Northwest ................................................................................................... 336-724-2866
Hawley House (women—substance abuse), YWCA ................................................ 336-721-0733
Health Connections (doctor referral service), Forsyth Medical Center ................. 336-718-7000
Health on Call (doctor referral service), Wake Forest Baptist Health ........................ 336-716-2255
Hearing Loss Association of America ....................................................................... 336-768-1177
Helping Hands and Caring Hearts ............................................................................ 336-794-2552

**Help Line of Senior Services, Inc.** ........................................................................ 336-724-2040
Hispanic Services, Forsyth County Public Library .................................................. 336-703-2907
Hispanic Services—International Core, Salvation Army ........................................... 336-499-1196
Home Care Complaint Hotline ................................................................................... 800-624-3004

**Home Care of Senior Services, Inc.** ...................................................................... 336-725-0907
*Home Instead Senior Care ....................................................................................... 336-760-8001
*Home Loving Senior Care ......................................................................................... 336-993-1600
Hospice & Palliative CareCenter .............................................................................. 336-768-3972
Housing Authority of Winston-Salem ....................................................................... 336-727-8500
IFB Solutions ............................................................................................................. 336-245-5672
Insight Human Services .............................................................................................. 336-725-8389
IRS, Winston-Salem Office ......................................................................................... 336-659-2740 or 800-829-1040
J. Paul Sticht Center .................................................................................................... 336-713-8500
Kernersville Police Department .................................................................................. 336-996-3177
Kidney Foundation, NC Office .................................................................................. 704-519-0020

**L**

Legal Aid of NC, Winston-Salem Office .................................................................... 336-725-9162
Lewisville Community Assistance Program
  (transportation, groceries & medical assistance) ...................................................... 336-945-3203
License Plate Agency, Kernersville .......................................................................... 336-904-0743
License Plate Agency, Rural Hall ............................................................................... 336-969-2814
License Plate Agency, Winston-Salem ...................................................................... 336-725-2795
*Liipfert Law Group .................................................................................................. 336-283-4848

**Living-at-Home (CAP-DA) of Senior Services, Inc.** ............................................ 336-725-0907
Lupus Foundation of America .................................................................................... 877-849-8271
M
Magistrates’ Office (civil action) ................................................................. 336-971-7693
Martinaut Outpatient Rehabilitation Center .............................................. 336-718-6700
Maya Angelou Center for Women’s Health & Wellness .......................... 336-718-0060
Mayor’s Council for Persons with Disabilities ......................................... 336-245-5678
**Meals-on-Wheels of Senior Services, Inc.** ........................................... 336-748-5932
Med Aid ........................................................................................................ 336-723-7904
Mediation Services of Forsyth County ...................................................... 336-724-2870
Medicaid, Forsyth County Department of Social Services ....................... 336-703-3803
Medicaid, Transportation ......................................................................... 336-703-3919
Medical Review of NC ............................................................................... 800-722-0468
Medical Supply Ministry (loan closet), Southside Baptist Church .......... 336-723-0395
Medicare Beneficiary Complaint Hotline ............................................... 800-633-4227
Medicare Information ............................................................................... 800-633-4227
Mental Health Association ....................................................................... 336-768-3880
Miller Street Dialysis Center ..................................................................... 336-724-0468
*Mt. Eagle Health Care ........................................................................... 336-283-5196
Mt. Zion Baptist Church Senior Life Enrichment Center (adult day care) .. 336-721-1842
Multiple Sclerosis Society, Central NC Chapter ....................................... 336-299-4136

N-Q
NAACP – Winston-Salem – Forsyth County Branch .................................. 336-767-3470
National Hopeline ...................................................................................... 800-784-2433
National Suicide Prevention ...................................................................... 800-273-8255
NC Assistive Technology Program and Loan Closet ............................... 919-855-3564 or 716-8030
NC (BAM) Baptist Aging Ministry ............................................................... 877-506-2226
NC Brain Injury Association ..................................................................... 800-377-1464
NC Department of Insurance ................................................................... 855-408-1212
NC Department of Labor ........................................................................... 800-625-2267
NC Department of Revenue (state tax information) .................................. 336-661-6800
NC Department of Veterans’ Affairs .......................................................... 336-725-8781
NC Division of Health Services Regulation .............................................. 800-624-3004
NC Division of Medical Assistance .......................................................... 919-855-4100
NC Division of Services for the Blind ....................................................... 336-896-2227
NC Division of Services for Deaf and Hard-of-Hearing ............................ 888-467-3413
NC Division of Services for Deaf and Hard-of-Hearing (Relay NC Voice/TTY) .............................................................................................................. 711
NC Driver’s License Division, Kernersville .............................................. 336-993-5651
NC Driver’s License Division, North Patterson Avenue ......................... 336-761-2259
NC Driver’s License Division, Silas Creek Parkway .................................. 336-761-2258
NC Lawyer Referral Service .................................................................... 800-662-7660
NC Library for the Blind and Physically Handicapped ............................. 888-388-2460
NC Medical Board (doctor complaints) .............................................. 800-253-9653
NC State Bar .................................................................................. 919-828-4620
NC State Board of Dental Examiners (dental complaints) .... 919-678-8223
NC Stroke Association ................................................................. 336-713-5052
NC Wildlife Resource Commission ................................................................. 800-662-7137
Nehemiah’s Few, Triad Baptist Church ................................................................. 336-996-7573
Northside Dialysis ........................................................................ 336-744-0577
Novant Health (information) ................................................................. 336-718-5000
Novant Health, Behavioral Health ..................................................... 336-718-3550
Novant Health, Diabetes and Nutrition ................................................ 336-277-1660
Novant Health, Health Connections (doctor referral) ............. 336-718-7000
Novant Health, Kernersville Medical Center ........................................ 336-564-4000
Novant Health, Low-Vision Clinic ..................................................... 336-718-5780
Novant Health, Memory Care ......................................................... 336-718-7300
Novant Health, Volunteer Services ..................................................... 336-718-5738
NuCare Carolina (fee charged) .............................................................. 800-380-1947
Nursing Home Complaint Hotline .............................................. 800-624-3004
Nutrition Education Programs, Forsyth Cooperative Extension Service ..... 336-703-2850
Paralyzed Veterans of America................................................................. 800-795-3622
Parkinson Association of the Carolinas .............................................. 866-903-7275
PART Out-of-Region Non-Emergency Medical, Winston-Salem Transit Authority ................................. 336-662-0002
Piedmont Dialysis Center ................................................................. 336-721-1360
*Piedmont Home Health ........................................................................ 336-724-1197
Piedmont Triad Regional Council, Area Agency on Aging ............... 336-904-0300
Pilot Mountain Baptist Association ..................................................... 336-830-8189
Project C.A.R.E. ........................................................................ 800-646-2028

R-S
RAPP (Relatives as Parents) ................................................................. 336-703-3744
Regional Non-Emergency Medical Transportation, Winston-Salem Transit Authority ................................................................. 336-727-2000
Relay NC (TTY) ........................................................................ 800-735-2962 or 711
Relay NC (voice) .......................................................................... 800-735-8200 or 711
Rescue Mission ........................................................................... 710 North Trade Street, Winston-Salem
Retired Senior Volunteer Program (RSVP) ............................................. 336-724-2866
*Ridge Care ................................................................................. 336-993-7555
*Rising Concepts ........................................................................ 336-998-7123
Salem College, Fleer Center, Adult Continuing Education Programs ........................................ 336-721-2669
Salem Kidney Center .................................................................. 336-761-8808
*Salem Law ................................................................................. 336-406-6735
*Salemtowne ............................................................................. 336-767-8130
Salvation Army Church, Broad Street location—senior programs.................. 336-725-9923
Salvation Army, Hispanic Services—International Core............................ 336-499-1196
Salvation Army, North Trade Street location .............................................. 336-722-8721
Salvation Army, Volunteer Opportunities .................................................. 336-723-6366
Samaritan Ministries ................................................................................... 336-748-1962
Sara Lee Center for Women’s Health, Forsyth Medical Center .................. 336-718-3780
Sawtooth School for Visual Art ................................................................. 336-723-7395
Second Harvest Food Bank ....................................................................... 336-784-5770
Senior Financial Care ................................................................................ 336-896-1328
Senior Life Enrichment Center (adult day care/caregiver support)
  Mt. Zion Baptist Church ....................................................................... 336-721-1842
Senior Lunch of Senior Services, Inc. .......................................................... 336-725-0907
Senior Services, Inc. .................................................................................. 336-725-0907
Senior Services, Inc., Elizabeth and Tab Williams Adult Day Center .......... 336-724-2155
Senior Services, Inc., Help Line ................................................................. 336-724-2040
Senior Services, Inc., Home Care ............................................................... 336-725-0907
Senior Services, Inc., Living-at-Home (CAP-DA) ...................................... 336-725-0907
Senior Services, Inc., Meals-on-Wheels ................................................... 336-748-5932
Senior Services, Inc., Senior Lunch ............................................................ 336-725-0907
Senior Services, Inc., Telephone Reassurance .......................................... 336-725-0907
Seniors’ Health Insurance Information Program—Raleigh (SHIIP) ............ 855-408-1212
The Shepherd’s Center of Greater Winston-Salem ..................................... 336-748-0217
The Shepherd’s Center of Kernersville ..................................................... 336-996-6696
Social Security Administration ................................................................ 800-772-1213
Social Security Administration, Winston-Salem Office ............................ 877-402-0828
Southside Baptist Church, Medical Supply Ministry (loan closet) ............ 336-723-0395
State Library of NC for Blind and Physically Handicapped ....................... 888-388-2460
The Stevens Center .................................................................................... 336-721-1945
J. Paul Sticht Center on Aging (geriatric assessment) ............................... 336-713-8250
J. Paul Sticht Center on Aging (rehabilitation) .......................................... 336-713-8500
Substance Abuse Treatment Program, Wake Forest Baptist Health .......... 336-716-4551
Sunnyside Ministry, Adult Literacy/Emergency Assistance ..................... 336-724-7558

T-V
*Tender Care, Inc. ....................................................................................... 336-765-2273
Trans-Aid, Winston-Salem Transit Authority ............................................ 336-727-2000
Triad Baptist Church .................................................................................. 336-996-7573
Triad General Information ........................................................................ 211
Triad Information Reading Service ............................................................ 336-758-6011
Trinity Center ............................................................................................ 336-725-3999
*Trinity Glen .............................................................................................. 336-595-2166
United Way ................................................................................................. 211
USDA Service Center, Rural Development Program ............................................................ 336-767-0720
U.S. Department of Veteran’s Affairs (information & help with VA claims) . 877-927-8387
Vet Center (counseling & transition) .................................................................................. 336-333-5366
Veterans of Foreign Wars .................................................................................................. 336-631-5457
Veterans Outpatient Clinic (all services) ......................................................................... 336-515-5000
*Vienna Village .................................................................................................................. 336-945-5410
Vocational Rehabilitation ................................................................................................ 336-784-2700

**W-X**

Wake Forest Baptist Health (information) ................................................................. 336-716-2011
Wake Forest Baptist Health, Aquatics .......................................................................... 336-713-8082
Wake Forest Baptist Health, BestHealth ....................................................................... 336-713-2378
Wake Forest Baptist Health, Cardiac Rehabilitation Program .............................. 336-758-5395
Wake Forest Baptist Health, Cleveland Avenue Dental Center .......................... 336-631-2330
Wake Forest Baptist Health, Comp Rehab .................................................................... 336-716-8400
Wake Forest Baptist Health, Dept. of Hearing & Speech Center ......................... 336-716-3103
Wake Forest Baptist Health, Department of Psychiatry ...................................... 336-716-4551
Wake Forest Baptist Health, Diabetes Care Center .................................................... 336-716-8224
Wake Forest Baptist Health, Epilepsy Information. ................................................... 336-716-2319
Wake Forest Baptist Health, Health on Call (doctor referral) .................................. 336-716-2255
Wake Forest Baptist Health, IMPACT ............................................................................ 336-713-8190
Wake Forest Baptist Health, Low-Vision Program .................................................... 336-716-8097
Wake Forest Baptist Health, Memory Care ................................................................. 336-716-1034
Wake Forest Baptist Health, Volunteer Office ............................................................. 336-713-3514
Wake Forest University (information) .......................................................................... 336-758-5000
Wake Forest University School of Law ......................................................................... 336-758-5061
Weatherization Program, Piedmont Triad Regional Council .................................... 336-904-0338
Whitaker Rehabilitation Center, Forsyth Medical Center ......................................... 336-718-5780
Wildlife Rehab, Inc. ........................................................................................................ 336-785-0912
Winston-Salem Community and Business Development ........................................ 336-727-8000
Winston-Salem Human Relations Dept. (housing discrimination) ....................... 336-727-8000
*Winston-Salem Men’s Counseling Center .................................................................. 336-748-8900
Winston-Salem Police Department, Domestic Violence and Victim Assistance .... 336-773-7860
Winston-Salem Police Department, Non-Emergency .............................................. 336-773-7700
Winston-Salem Recreation and Parks (City Link) ....................................................... 336-727-8000
Winston-Salem Rescue Mission .................................................................................... 336-723-1848
Winston-Salem State University (information) ........................................................... 336-750-2000
Winston-Salem Symphony ............................................................................................. 336-725-1035
Winston-Salem Transit Authority, PART Out-of-Region
  Non-Emergency Medical .............................................................................................. 336-662-0002
Winston-Salem Transit Authority, Regional
  Non-Emergency Medical Transportation ............................................................ 336-727-2000
Winston-Salem Urban League .................................................................................. 336-725-5614
Winston-Salem Visitors’ Center ................................................................................ 336-728-4200
Woman Wise (women’s health & wellness) ............................................................... 336-703-3196

Y-Z
YMCA, Adult Literacy Initiative .............................................................................. 336-727-9850
YMCA, Fulton Family ............................................................................................... 336-661-1093
YMCA, Jerry Long Family ....................................................................................... 336-712-2000
YMCA, Kernersville ................................................................................................. 336-996-2231
YMCA, Robinhood Road Family ............................................................................ 336-251-1090
YMCA, William G. White ....................................................................................... 336-721-2100
YMCA, Winston Lake Family .................................................................................. 336-724-9205
YWCA, Gateway Branch ......................................................................................... 336-354-1589
YWCA, Hawley House (women—substance abuse) ................................................. 336-721-0733

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