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

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

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Seems like just yesterday that our first edition was published. Our directory 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 the Forsyth County area. An online 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.

Help Line can help you...

• Understand eligibility and coverage for public programs such as Medicare and Medicaid;
• Explore options to help you stay at home for as long as possible;
• Identify resources that will help you with the challenges of being a caregiver; and
• Find out 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.

We look forward to assisting you,

The Staff of Help Line
About Our Services

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 336-725-0907 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 336-725-0907 for more information.
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ADULT DAY CENTERS

The following organizations provide daytime care, respite, supervision, activities and social contact.

Centenary United Methodist Church
DayBreak Respite Program
336-724-6311 ext. 1345
www.centenary-ws.org/daybreak

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

SENIOR SERVICES–Elizabeth and Tab Williams Adult Day Center
336-724-2155
www.seniorservicesinc.org

ADVOCACY

The following organizations provide support and assistance for interest groups.

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

Solutions for Independence
Center for Independent Living
336-767-7060
www.solutionsforindependencenc.org

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

Division of Health Service Regulation
Complaint Hotline
800-624-3004
www2.ncdhhs.gov/dhsr

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.ptrc.org

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

ALZHEIMER’S AND DEMENTIA RESOURCES

The following organizations provide assessments, counseling and support for caregivers.

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

Duke Family Support Program
Alzheimer’s Support
800-646-2028
http://www.dukefamilysupport.org

Novant Health
Memory Care
336-718-7300
www.novanthealth.org
BLIND AND VISUALLY IMPAIRED

The following organizations provide evaluations, assistive devices and other services.

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

State Library of NC
Library for the Blind and Physically Handicapped
919-733-1376
888-388-2460
http://statelibrary.ncdcr.gov/lbph

Triad Information Reading Service
336-758-6011
www.tirsws.org

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

ANIMAL RESOURCES

The following organizations offer assistance with animal, pet and pest issues.

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

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

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

Forsyth County Animal Control
336-727-2490
www.co.forsyth.nc.us/AnimalControl

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

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

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

Wildlife Rehab, Inc.
Injured and orphaned wildlife
336-785-0912
www.wildliferehabinc.org
CAREGIVER/RESPITE CARE

The following organizations provide short-term breaks for caregivers.

Centenary United Methodist Church
DAYBreak Respite Care
336-724-6311 ext. 1345
www.centenary-ws.org

ComFor Care Home Care
336-759-7207
www.winstonssalem.comforcare.com

Duke Family Support Program
Alzheimer’s Support
800-646-2028
http://www.dukefamilysupport.org

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

Project C.A.R.E.
Western Piedmont Area Agency on Aging
828-485-4267
www.wpcog.org/area-agency-on-aging

SENIOR SERVICES–Elizabeth and Tab Williams Adult Day Center
336-724-2155
www.seniorservicesinc.org

SENIOR SERVICES–Family Caregiver Support Program
336-721-6914
www.seniorservicesinc.org

SENIOR SERVICES–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

The VA Caregiver Support Line
855-260-3274
www.caregiver.va.gov

CHORE AND HOMEMAKER SERVICES

The following organizations provide light housekeeping, meal preparation and may assist with errands/ transportation.

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

SENIOR SERVICES–Help Line
336-724-2040
For a list of home care agencies
www.seniorservicesinc.org

COMPUTER TRAINING

The following organizations provide low-to-no-cost computer classes ranging from basic to advanced programs.

Solutions for Independence
Center for Independent Living
336-767-7060
www.solutionsforindependencenc.org

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

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

The following organizations provide support for victims of unfair business practices or fraudulent activity.

NC Department of Justice
Attorney General’s Office
Consumer Complaint Hotline
877-566-7226
919-716-6400
www.ncdoj.gov

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

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

Mediation Services of Forsyth County
336-724-2870

CONTINUING EDUCATION

The following organizations offer a variety of continuing education opportunities, some offer financial assistance 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 organizations provide mental health treatment that include counseling, therapy, education, support groups and medication. Medicare, Medicaid and other insurance providers may cover services.

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

Cardinal Innovations Healthcare
ACCESS
800-939-5911
888-581-9988 (Crisis Line)
www.cardinalinnovations.org/centerpoint

CareNet Counseling
Wake Forest Baptist Health
336-716-7339
www.carenetnc.org

Catholic Charities
336-727-0705
www.ccdoc.org

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

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

(This section continues on next page)
The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com

Trellis Supportive Care
Palliative, Hospice & Family Care
336-768-3972
www.trellissupport.org

Trinity Center
336-725-3999
www.trinitycenterinc.com

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

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

COUNSELING—CRISIS

The following organizations offer emergency counseling to victims of domestic violence, sexual assault or other immediate mental health needs.

Cardinal Innovations Healthcare
ACCESS
800-939-5911
888-581-9988 (Crisis Line)
www.cardinalinnovations.org/centerpoint

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

Mobile Crisis Services
(Operated by Daymark 24/7)
866-275-9552
www.mentalhealth.va.gov

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

VA Crisis Hotline
800-273-8255 (Press 1)
www.mentalhealth.va.gov

DEAF AND HEARING IMPAIRED

The following organizations provide assistance with one or more of the following: communication services, assistive devices, sign language interpreters, hearing aid assistance and education.

Hearing Industries Association
202–975-0905
www.hearing.org

Communication Access Partners, Inc.
Interpreters
336-993-4200
www.capincusa.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 organizations address an individual’s dental needs or concerns. Please contact your insurance plan to see if they offer dental services and to obtain a list of network providers.

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

**SENIOR SERVICES—Help Line**
336-724-2040
For lists of Medicaid dentists and low-cost dental options
www.seniorservicesinc.org

**Winston-Salem Rescue Mission**
Free Dental Clinic (extractions only)
710 N. Trade Street
First come, first served
6:30AM–9:00AM 2nd Thursday each month

**DISABILITY-RELATED SERVICES**

The following organizations offer one or more of the following: activities, assistive devices, advocacy, information and education and help with obtaining/maintaining employment.

**Solutions for Independence**
Center for Independent Living
336-767-7060
www.solutionsforindependencenc.org

**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.disabilityrightscnc.org

**Easter Seals UCP of North Carolina**
Local Office..............................336-757-4681
Toll-free .................................800-662-7119
www.easterseals.com/ncva

**Goodwill Industries**
336-724-3621
www.goodwillnwncc.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.ncdhhs.gov

**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 organizations accept various donated items. To donate items such as walkers or wheelchairs, please view Medical Equipment/Loan Closet section of 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
- Walkertown .........................336-595-1425
www.goodwillnwc.org

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

**IFB Solutions**
(Glasses)
336-759-0551
www.wsifb.com

**Salvation Army**
(Clothing, food & housewares)
- 336-722-8721 (drop off)
- 336-723-9552 (pick up)
www.salvationarmyusa.org

**Sunnyside Ministry**
(Clothing, food, & housewares)
336-724-7558
www.sunny sideministry.org

**Winston-Salem Rescue Mission**
(Clothing, furniture & housewares)
336-723-1848
www.wsrescue.org

EMERGENCY ASSISTANCE

The following organizations assist with furniture, clothing, food, shelter and possibly financial assistance for those experiencing emergency situations.

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

**American Red Cross**
336-724-0511
800-733-2767
www.redcross.org

**Catholic Charities**
336-727-0705
www.ccdoc.org

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

**Department of Social Services**
Adult Intake
336-703-3501
www.co.forsyth.nc.us/dss

**Family Services**
Domestic Violence
336-723-8125
www.family servicesforsyth.org

**Lewisville Community Assistance Program**
Lewisville residents only
336-945-3203
www.lewisvilleumc.org

**Salvation Army**
(Zip Code 27105 only)
336-722-8721
www.salvationarmyusa.org
Sunnyside Ministry  
Zip codes 27107 and 27127 only  
336-724-7558  
www.sunnysideministry.org

Winston-Salem Rescue Mission  
(Food and clothing)  
336-723-1848  
www.wsrescue.org

EMPLOYMENT AND TRAINING

The following organizations offer education and skills training for those seeking employment. Some organizations may also offer employment with their agency.

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

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

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

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

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

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

FINANCIAL MANAGEMENT

The following organizations offer one or more of the following: credit counseling, budgeting, financial education and reverse mortgage counseling.

Chapter 13  
Personal bankruptcy  
336-722-1139

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

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

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

FOOD ASSISTANCE

The following organizations help individuals obtain food or access to food.

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

Catholic Charities  
336-727-0705  
www.cccdoc.org

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

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

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

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

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

SENIOR SERVICES
Meals-on-Wheels (60+) ..........336-725-0907
Senior Lunch (60+) ..............336-725-0907
www.seniorservicesinc.org

Sunnyside Ministry
336-724-7558
www.sunnysideministry.org

HEALTH SUPPORTIVE SERVICES

The following organizations provide education and information on specific health conditions, most services are free though some may require a fee or referral.

Alzheimer’s Association
National ................................. 800-272-3900
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
800-586-4872
www.lung.org

American Red Cross
Northwest NC Chapter ............ 336-724-0511
Toll-free ................................. 800-733-2767
www.redcross.org

Arthritis Foundation
North Carolina Chapter .......... 704-802-7536
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

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
National ............................... 800-344-4867
www.nationalmssociety.org
HISPANIC AND LATINO SERVICES

The following organizations provide counseling, medical care and translation services for persons of Hispanic/Latino heritage.

Bethany Baptist Church Medical Clinic
Free clinic, second Saturday 8AM-Noon
336-767-0760
www.bethany.ws

Catholic Charities
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

The following organizations provide licensing, information or home care assistance. Home Care services may be covered by private pay, long-term care insurance, grant funds, Veterans Administration or Medicaid.

Division of Health Service Regulation
Complaint Hotline
800-624-3004
www2.ncdhhs.gov/dhshr

SENIOR SERVICES
Help Line
336-724-2040
For a list of home care agencies
www.seniorservicesinc.org

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HOME MODIFICATION AND MAJOR REPAIRS

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

**Better Business Bureau of Northwest NC**
(for assistance in connecting to accredited businesses)
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

**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 organizations offer assistance with simple handyman type services such as installation of grab bars or hand rails, replacing light bulbs or air filters at no cost. Some agencies may request a contribution to assistance with 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
336-748-0217
www.shepherdscenter.org

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

**Triad Baptist Church**
Nehemiah’s Few
336-996-7573
www.tbcnow.org
HOUSING

The following organizations offer assistance with home-buying, home ownership counseling, rentals and placement in care facilities.

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

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

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

Springwell Network, Inc.
IDD
336-831-1300
www.grphms.org

Housing Authority of Winston-Salem
336-727-8500
www.haws.org

NC Department of Insurance
919-807-6140

SENIOR SERVICES
Help Line
336-724-2040
For a list of other senior housing options
www.seniorservicesinc.org

HOUSING—TEMPORARY

The following organizations provide temporary housing or housing assistance to those in need. Some may be gender or situation specific housing.

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.familyservicesforsyth.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
ID CARDS/LICENSES/RECORDS

The following organizations provide public records, identification cards, licenses and vehicle tags. The ID cards distributed at WS Recreation and Parks and NC DMV (over 70) are free.

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
FREE Senior Citizen’s ID card (must be 70+)
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.shepherdscenter.org

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

INFORMATION AND REFERRALS

The following organizations assist individuals in understanding and accessing benefits available to specific target populations.

Solutions for Independence
Center for Independent Living (Information for any disability)
336-767-7060
www.solutionsforindependencenc.org

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
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

The following organizations 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
888-245-0179
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.shepherdscenter.org

LEGAL SERVICES/CIVIL RIGHTS/DISCRIMINATION

The following organizations offer services that address individual legal needs or concerns.

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

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

Legal Aid of NC
Domestic violence, civil, non-criminal
336-725-9162
877-579-7562 (Senior Legal Help Line)
www.legalaidnc.org

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
Consumer Complaint Hotline
919-716-6400
877-566-7226
www.ncdoj.gov

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

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

NC State Bar
919-828-4620
www.ncbar.gov

(This section continues on next page)
SENIOR SERVICES
Help Line
336-724-2040
For a list of Forsyth Co. elder law attorneys
www.seniorservicesinc.org

Trellis Supportive Care
Palliative, Hospice & Family Care
336-768-3972
www.trellissupport.org

Wake Forest University School of Law
The Elder Law Clinic
336-758-5061
www.elder-clinic.law.wfu.edu

Winston-Salem Human Relations Dept.
Housing discrimination
336-727-8000 or 311
www.cityofws.org

NC Division of Health Service Regulation
Complaint Hotline
800-624-3004
www2.ncdhhs.gov/dhsr

Piedmont Triad Regional Council
Area Agency on Aging (Ombudsman Program)
336-904-0300
www.ptrc.org

SENIOR SERVICES
Help Line
336-724-2040
For a complete list of facilities
www.seniorservicesinc.org

MEDICAL CENTERS
The following organizations 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

LONG-TERM CARE FACILITIES
The following organizations provide information on facility quality, payment options and licensing.

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

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

NC Department of Insurance
919-807-6140
BABCOCK HEATH CARE CENTER
& MASTEN ASSISTED LIVING

We accept direct admissions for the following levels of retirement living:
- Short-term transitional rehabilitation
- Long-term skilled nursing households
- Assisted living memory support household
- Assisted living residences

Contact us to learn more today.
336.767.8130 | salemtowne.org

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Beauty Grows Here
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
Let us help you coordinate your relocation & liquidation!

Special Advertising Section

Hearing loss affects more than 48 million Americans. According to several major studies, older adults with hearing loss are more likely to develop Alzheimer’s disease and dementia, compared to those with normal hearing. Hearing loss develops slowly. Our brain’s own ability to compensate and adjust to gradual hearing changes makes hearing loss difficult to recognize. That’s why it is extremely important to have annual hearing evaluations. Call us today to schedule your FREE hearing screening and take the first steps towards a healthy life!

Call NC Beltone today!
336-790-3650 • NC Beltone.com
751 Bethesda Rd. Suite 100, Winston-Salem, NC 27103

OUR CARE APPROACH

The Memory Counseling Program uses a strengths-based approach to the care we provide you. Programs include:

- **Counseling Services** for couples, families and your loved one with Alzheimer’s disease
- **Support Groups** for care partners, couples and your loved one with Alzheimer’s disease

Memory Counseling Program
Medical Center Boulevard
Winston Salem, NC 27157
336-716-1034

OUR INPATIENT PROGRAMS:
- Adolescents (12-17)
- General Adult Psychiatric
- Seniors

SPECIALTY INPATIENT PROGRAMS:
- Dual Diagnosis with Addiction
- Trauma Recovery
- Mood Disorders

ADULT OUTPATIENT DAY PROGRAMS:
- Partial Hospitalization for Mental Health
- Dual Partial Hospitalization
- Intensive Outpatient Program
Whether your need is immediate or you are preparing for the future, we would be happy to help you make the best choice in senior care!

Call Today!
6601 Yadkinville Road, Pfafftown, NC 27040
(336) 945-5410
www.ViennaVillage.com

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

Contact us today: 336.724.1197
www.piedmonthomehealth.com

TAKING 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

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

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

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
We are always at your service with amenities such as:

- NO ENTRANCE FEE!
- Own your own home
- Age in place with many levels of care
- Abundant arts & cultural activities
- Onsite Wake Forest Baptist Health Clinic
- Gated Country Club Community
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We Provide Peace of Mind

- Light Housekeeping
- Bathing & Dressing Assistance
- Daily Health Reminders
- Transportation/Errands
- Post Surgery/Rehab Care
- Ambulation & Toileting
- Meal Preparation
- Laundry
- Bonded & Insured Caregivers
- Available 24 Hours-a-Day
- Hospital Discharge Assistance/Transportation
- Customized Schedules
- Serving the Piedmont Triad

Services We Provide

- Light Housekeeping
- Bathing & Dressing Assistance
- Daily Health Reminders
- Transportation/Errands
- Post Surgery/Rehab Care
- Ambulation & Toileting
- Meal Preparation
- Laundry
- Bonded & Insured Caregivers
- Available 24 Hours-a-Day
- Hospital Discharge Assistance/Transportation
- Customized Schedules
- Serving the Piedmont Triad
ComForCare

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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HomInstead.com/439
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.

What a difference a day can make!

Are you or is someone you know caring for a loved one living with memory loss? Let us be a partner in their care.

ONE-DAY FREE TRIAL VISIT
at the Williams Adult Day Center for someone living with dementia
New Participants Only • Reservations Required • Mon.–Fri.
CALL 336-724-2155 TODAY

HOME CARE AND PRIVATE PAY

Services Provided:
• Personal Care Services (PCS)
• Community Alternative Program for Disabled Adults (CAP-DA)
• Community Alternative Program for Disabled Children (CAP-C)
  • Respite Care
• Early and Periodic Screening
• Diagnosis and Treatment (EPSDT)
• Veterans Care Program
• Private Pay In-Home Aide Services
  • 24/7/365 Crisis Line

Phone 336-464-3128
Toll Free 1-888-739-1445
www.primaryhealthchoice.org

A PRIMARY CHOICE, INC.
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!
LAST YEAR, DONOR contributions HELPED MAKE THESE BLESSINGS POSSIBLE.

It is your generosity that helps our programs thrive and our community’s older adults in need have a chance at an improved quality of life as they face the challenges of growing older.

LOCAL SENIORS need you NOW!

Please help meet critical community needs and transform lives by mailing a check to Senior Services, 2905 Shorefair Drive, Winston-Salem, NC 27105, giving securely online at https://11496.thankyou4caring.org, or calling 336-724-6909 and charging your gift over the phone.

Every gift matters.

SENIOR SERVICES
MEDICAL CLINICS

The following organizations provide low-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

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

MEDICAL COMPLAINTS

The following organizations accept complaints about medical care for home health, hospital or long-term care facilities.

Medicare Beneficiaries Complaint Hotline
800-633-4227

NC Division of Health Service Regulation Complaint Hotline
800-624-3004
www2.ncdhhs.gov

NC Medical Board
Doctor complaints
800-253-9653 ext. 501
www.ncmedboard.org

MEDICAL EQUIPMENT

AND LOAN CLOSETS

The following organizations loan medical equipment, based on availability, such as walkers, wheelchairs or tub benches to assist a person’s ability to live independently. Equipment that are medically necessary and ordered by a physician may be partially covered by Medicare or other 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.ncdhhs.gov

SENIOR SERVICES

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

The following organizations offer education, evaluations, medical care and rehabilitation services.

Dialysis Centers
Wake Forest Baptist Outpatient Dialysis
Administration .................. 336-716-4650
Miller Street ...................... 336-724-0468
Northside ......................... 336-744-0577
Piedmont ......................... 336-721-1360
Salem Kidney .................... 336-761-8808
www wfopd.com

(This section continues on next page)
Forsyth County Department of Public Health
336-703-3100
www.co.forsyth.nc.us/publichealth

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
Rehabilitation Center and Audiology .......... 336-718-5780
Rehabilitation Hospital, an affiliate of Encompass Health .......... 336-754-3500
www.novanthealth.org

Trellis Supportive Care
Palliative, Hospice & Family Care
336-768-3972
www.trellissupport.org

Wake Forest Baptist Health
Orthopedics & Therapy Services ........ 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 Association
336-768-3880
www.triadmentalhealth.org

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

VA Crisis Hotline
800-273-8255 (Press 1)
www.mentalhealth.va.gov

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

NUTRITION EDUCATION
The following organizations provide 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
336-713-7251
www.wakehealth.edu

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

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

VA Crisis Hotline
800-273-8255 (Press 1)
www.mentalhealth.va.gov

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

NUTRITION EDUCATION
The following organizations provide 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
336-713-7251
www.wakehealth.edu
PRESCRIPTION ASSISTANCE

The following organizations provide information and/or assistance with obtaining prescription medications for eligible individuals.

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
(Ask for “Extra Help Program”)
Local...........................................877-402-0828
National.................................800-722-1213
www.ssa.gov

RECREATION AND SELF-ENRICHMENT

The following organizations offer one or more of the following activities; cultural events, education exercise and socialization.

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
Senior Lunch
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

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

Wake Forest Baptist Health
Aquatics Program
336-713-8190
www.wakehealth.edu/aquatic-programs

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

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

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

Winchester-Salem Urban League
336-717-1223
www.wsurban.org

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

YMCA  
Fulton Family............................336-661-1093  
Innovation Quarter ...............336-245-5140  
Kernersville............................336-996-2231  
Robinhood Road Family.........336-251-1090  
Wells Fargo Express.................336-245-7225  
William G. White, Jr. ..............336-721-2100  
Winston Lake Family...............336-724-9205  
www.ymcanwnc.org

YMCA Gateway Branch  
336-354-1589  
www.ywcaws.org

SOCIAL SECURITY BENEFITS  
The following organizations assist with understanding and applying for 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 organizations offer support and treatment for individuals who are 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 Innovations Healthcare ACCESS  
800-939-5911 / 888-581-9988 (Crisis Line)  
www.cardinalinnovations.org/centerpoint

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

Insight Human Services  
336-725-8389  
www.insightnc.org

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

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

YWCA  
Hawley House (for women)  
336-721-0733  
www.ywcaws.org
SUPPORT GROUPS

The following organizations offer education, friendship and opportunities to share with others who are going through similar experiences.

Solutions for Independence
Center for Independent Living
(Disability Peer Support)
336-767-7060
www.solutionsforindependencenc.org

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

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

Family Services
Domestic Violence
336-722-8173
www.familyservicesforsyth.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
Help Line
336-724-2040
For a complete list of support groups
www.seniorservicesinc.org

SENIOR SERVICES
Elizabeth and Tab Williams Adult Day Center
336-724-2155
www.seniorservicesinc.org

The Shepherd's Center of Knersville
336-996-6696
www.shepctrkville.com

Trellis Supportive Care
Palliative, Hospice & Family Care
336-768-3972
www.trellissupport.org

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

TAXES

The following organizations provide assistance related to local, state and federal taxes.

AARP
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

Forsyth County Tax Office
336-703-2300
www.forsyth.cc/tax

(This section continues on next page)
IRS
Local Office.............................. 336-659-2740
National................................. 800-829-1040
www.irs.gov

NC Department of Revenue
State tax information
336-661-6800
877-252-3052
www.ncdor.gov

**TELEPHONE REASSURANCE**

The following organizations offer phone calls to provide personal contact and to check on the safety of at-risk individuals.

**SENIOR SERVICES**

Wellness Program
336-725-0907
www.seniorservicesinc.org

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

**TRANSPORTATION**

The following organizations provide volunteer or publicly funded assistance to elderly or disabled individuals with transportation needs. Advance notice required.

American Cancer Society
Local Chapter.............................. 336-834-0844
National.................................. 800-227-2345
www.cancer.org

Clemmons Transportation Ministry
Groceries, medical (for Clemmons residents)
336-766-6486
www.cfbctoday.org

Lewisville Transportation Ministry
Groceries, medical (for Lewisville residents)
336-945-3203
www.lewisvilleumc.org

Medicaid Transportation Unit
336-703-3919

NuCare Carolina
Non-emergency ambulance
800-380-1947
www.nucaercarolina.com

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

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

Winston-Salem Transit Authority
PART out-of-region non-emergency
336-291-4321
www.partnc.org

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

**UTILITY ASSISTANCE**

The following organizations offer assistance with utilities such as power, phone and gas.

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

The following organizations offer one or more of the following for veterans and/or their families; education about benefits, advocacy and direct services.

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

American Red Cross
336-724-0511
800-733-2767
www.redcross.org

AmVets
336-251-0779
www.amvets.org

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

NC Department of Military & Veterans Affairs
336-766-1496
www.nc.gov/military-and-veterans-affairs-department

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

Veterans’ Services
Paralyzed Veterans of America
336-251-0836
800-795-3622
www.pva.org

VICTIM ASSISTANCE SERVICES

The following organizations provide assistance and support 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.familyservicesforsyth.org

Forsyth County Domestic Violence Unit
Safe on Seven
336-776-3255
336-723-8125 (24 hour crisis line)
The following organizations offer volunteer opportunities for a variety of interests, time and skills. Many of the organizations rely heavily on volunteers for their daily operations and carrying out their mission.

**Solutions for Independence**
Center for Independent Living
336-767-7060
www.solutionsforindependencenc.org

**American Red Cross**
Northwest NC Chapter
Local ........................................ 336-679-7225
National ................................... 800-733-2767
www.redcross.org

**Centenary United Methodist Church**
DayBreak Respite Program
336-724-6311 ext. 1345
www.centenary-ws.org

**Crossnore School & Children’s Home**
336-721-7600
www.crossnore.org

**Novant Health**
336-718-5738
www.novanthealth.org.

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

**Family Services**
336-722-8173
www.familyservicesforsyth.org

**Hands on Northwest**
Retired Senior Volunteer Program (RSVP)
336-724-2866
www.handsonnwnc.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**
336–725–0907
www.seniorservicesinc.org

**Seniors’ Health Insurance Information Program (SHIIP)**
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

**Sunnyside Ministry**
336-724-7558
www.sunnysideministry.org
SPECIAL ADVERTISING SECTION INDEX

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VOTER REGISTRATION

The following organization assists individuals with registering to vote, identifying voting sites and information on elections.

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

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

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

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

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

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

Winston-Salem Urban League
336-717-1223
www.wsurban.org
AARP – Raleigh, NC ................................................................. 866-389-5650
AARP – Washington, DC .......................................................... 888-687-2277
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 Literary 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
Adaptive Driving Program, Forsyth Medical Center .......................................................... 336-718-5780
Addiction Recovery Care Association ................................................................................... 336-784-9470
Adult Literary 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
Alzheimer’s Association ........................................................................................................... 800-272-3900 or 336-285-5920
Alzheimer’s Program, Duke Family Support Program .......................................................... 800-646-2028
American Cancer Society (transportation for cancer patients) ................................................. 800-227-2345
American Cancer Society – Triad Office .................................................................................. 336-285-5920
American Diabetes Association .............................................................................................. 800-342-2383
American Heart Association .................................................................................................. 336-668-0167
American Legion ................................................................................................................... 336-631-5471
American Lung Association ...................................................................................................... 800-586-4872
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
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 .................................................................................. 704-802-7536
Arts Council .............................................................................................................................. 336-722-2585
Associates in Christian Counseling .......................................................................................... 336-896-0065
B-C
Behavioral Health Resources, Forsyth Medical Center ................................................. 336-718-3550
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
Campbell Disability Center ......................................................................................... 336-995-5746
Cancer Services, Inc. (cancer patients only) ................................................................. 336-760-9983
Cardinal Innovations Healthcare ................................................................................... 800-939-5911
Cardinal Innovations Healthcare – Crisis Line ......................................................... 888-581-9988
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 ................................ 336-724-6311 ext. 1345
Chapter 13 (personal bankruptcy) ............................................................................... 336-722-1139
The Children’s Home, Inc. ......................................................................................... 336-721-7600
City of Winston-Salem (dead-animal pick up inside the city) ..................................... 336-727-8000
Clemmons Transportation Ministry (groceries & medical)
  Clemmons First Baptist Church .................................................................................... 336-766-6486
Clerk of Superior Court ............................................................................................... 336-779-6300
Club Independence ..................................................................................................... 336-716-8007
Communication Access Partners, Inc. (interpreters) ................................................... 336-993-4200
Community Care Center (free clinic/Med Aid) ........................................................... 336-723-7904
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) ............................... 336-724-6311 ext. 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 .......... 336-724-2155
The Enrichment Center, ARC of Forsyth County ......................................... 336-777-0076
Epilepsy Information Service, Wake Forest Baptist Health ......................... 336-716-4101
The Experiment in Self-Reliance ................................................................... 336-722-9400
Eye Care America ........................................................................................... 877-887-6327

F

Family Caregiver Support Program, SENIOR SERVICES ............................. 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 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 ................................. 336-703-3503
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—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 ..................................................................................... 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 .................................................................................... 336-725-0907
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
Living-at-Home (CAP-DA) of SENIOR SERVICES ..................................... 336-725-0907
Lupus Foundation of America ................................................................. 877-849-8271

M
Magistrates’ Office (civil action) ................................................................. 336-971-7693
Martinat 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 ............................................... 336-725-0907
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. 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
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
Salem College, Fleer Center, Adult Continuing Education Programs .................................................................................................................. 336-721-2669
Salem Kidney Center ........................................................................................................... 336-761-8808
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 Legal Helpline (Legal Aid) ....................................................................................... 877-579-7562
Senior Life Enrichment Center (adult day care/caregiver support)
  Mt. Zion Baptist Church ..................................................................................................... 336-721-1842
Senior Lunch of SENIOR SERVICES ...................................................................................... 336-725-0907
SENIOR SERVICES ............................................................................................................. 336-725-0907
SENIOR SERVICES, Elizabeth and Tab Williams Adult Day Center .................................. 336-724-2155
SENIOR SERVICES, Help Line .......................................................................................... 336-724-2040
SENIOR SERVICES, Home Care ....................................................................................... 336-725-0907
SENIOR SERVICES, Living-at-Home (CAP-DA) .................................................................. 336-725-0907
SENIOR SERVICES, Meals-on-Wheels .............................................................................. 336-725-0907
SENIOR SERVICES, Senior Lunch .................................................................................... 336-725-0907
SENIOR SERVICES, Wellness Program ................................................................................ 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
Solutions for Independence Center for Independent Living ................................................ 336-767-7060
State Library of NC for Blind and Physically Handicapped .................................................. 888-388-2460
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 ................................. 336-713-7251
Wake Forest Baptist Health, Epilepsy Information .................................... 336-716-4101
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 Police Department, Domestic Violence and Victim Assistance .... 336-773-7860
Winston-Salem Police Department, Non-Emergency .................................. 336-773-2800
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 ............................................................................... 336-717-1223
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, Innovation Quarter ................................................................................... 336-245-5140
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
YMCA, Wells Fargo Express .................................................................................. 336-245-7225
YWCA, Gateway Branch ....................................................................................... 336-354-1589
YWCA, Hawley House (women—substance abuse) .............................................. 336-721-0733

Although we make every effort to be accurate in listing the names of organizations, programs and phone numbers, we would appreciate your bringing to our attention any errors in this directory by calling 336-724-2040. Thank you!
AFFORDABLE SENIOR COMMUNITIES

RENTS BASED ON INCOME* | MANAGED BY COMMUNITY MANAGEMENT CORPORATION

Spacious One-Bedroom Apartments for Seniors

WINSTON-SALEM
For Seniors 55+
Alder's Point
590 Mock Street
336-725-9021
Azalea Terrace
100 Azalea Terrace Court
336-723-3633
Cherry Hill
840 West 14th Street
336-723-7524
Spring Hill
618 N Spring Street
336-251-1060
Wachovia Hill
100 S. Spruce Street
336-251-1060

WINSTON-SALEM
For Seniors 62+
Assembly Terrace
3731 University Parkway
336-759-9798
Country Village
201 Park Ridge Circle
336-765-4354
St. Peter's Heritage Place
3727 Old Lexington Road
336-771-9028

STOKES & SURRY COUNTY
For Seniors 62+
The Carolina Apartments
540 Ingram Drive
336-983-5323
Garden Terrace
100 Garden Terrace Lane
Mt. Airy
336-789-0300
Shamrock Terrace
100 Shamrock Terrace Lane
Dobson
336-386-4502

Community Management Corporation takes pride in offering affordable and professionally managed apartment communities for seniors.
*Rental Assistance Available
Emergency Numbers

Ambulance / Police / Sheriff / Fire ........................................... 911
Mental Health ................................................................. 800-939-5911
Duke Power (power outage) ............................................. 800-769-3766

If you need more information, please call Senior Services’ Help Line at 336-724-2040 or visit www.seniorservicesinc.org.

Senior Services is a nonprofit agency in Winston-Salem, NC. Our mission is to enable seniors to live with dignity and independence.

2895 SHOREFAIR DRIVE • WINSTON-SALEM, NC 27105

ELIZABETH AND TAB WILLIAMS ADULT DAY CENTER • MEALS-ON-WHEELS • HELP LINE HOME CARE • LIVING-AT-HOME • SENIOR LUNCH • ELDER CARE CHOICES