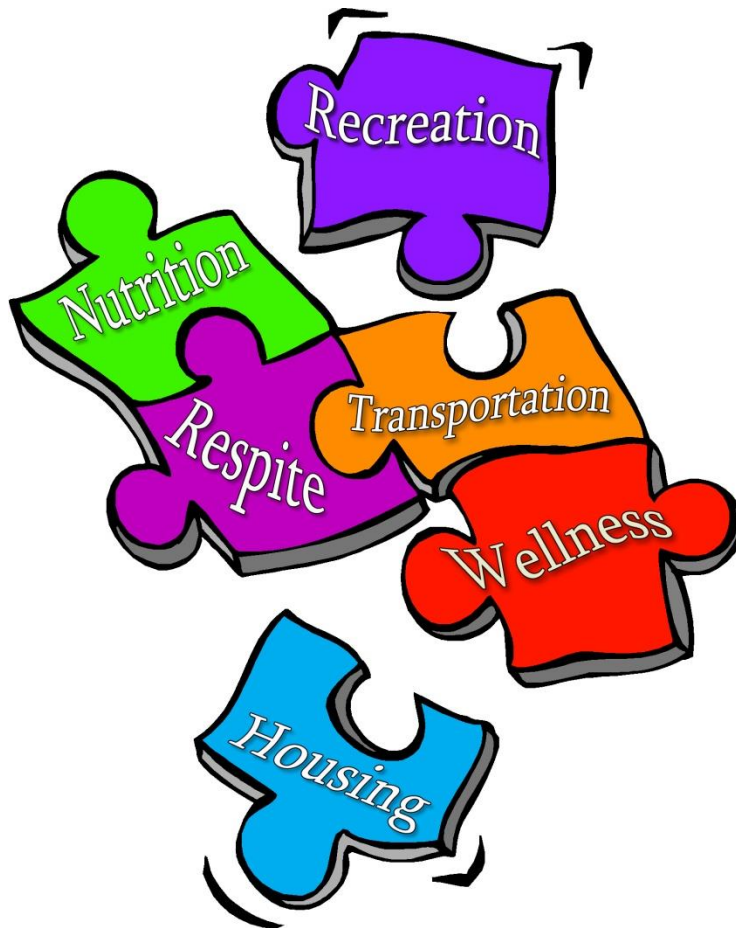


Moore County  
**Resource Guide for Older Adults**  
And Those Who Care for Them



Moore County  
**Department of Aging**

P.O. Box 487  
Carthage, NC 28327  
8040 Hwy 15-501

P: (910) 947-4483 (GIVE)  
F: (910) 215-0278  
[www.moorecountync.gov](http://www.moorecountync.gov)

2 miles North of the Pinehurst Traffic Circle

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Greetings,

I speak with people every day who seek guidance in navigating the world of older adults. I understand how new the terminology can be, and how confusing the services may seem. The Moore County Department of Aging has assembled this resource guide for older adults and those who assist them. It introduces the services available for older adults, defines the common terms, and provides an index of places to contact for more information.

We have worked hard to include a comprehensive listing of resources and services that will interest senior citizens and their families, within the constraints of our time and resources. However, we do not claim that this guide is all-inclusive regarding services for older adults, nor that it is free of errors. **Inclusion in this directory does not constitute an endorsement or recommendation by the Department of Aging, nor does exclusion imply a negative evaluation.** The Department of Aging reserves the right to select the organizations to be included in this directory, based on our mission and space limitation.

Special thanks to Dawn Gartman and Sue Leary for their diligence and dedication in seeing this project through. We hope you will find it helpful. Please contact us with questions or for additional copies of this guide. Also, please notify us of any changes, additions, or deletions to the content of this directory.

Terri Prots  
Director, Moore County Department of Aging  
910-947-4483 (GIVE)  
[tprots@moorecountync.gov](mailto:tprots@moorecountync.gov)

# MOORE COUNTY DEPARTMENT OF AGING

**The Senior Enrichment Center is located 2 miles north of the Pinehurst Traffic Circle.**

**Physical Address:**  
8040 Hwy 15/501  
West End, NC 27376

**Phone:** 910-947-4483 (GIVE)  
**Fax:** 910-215-0278

**Mailing Address:**  
P.O. Box 487  
Carthage, NC 28327

**Website:** [www.moorecountync.gov](http://www.moorecountync.gov)

**Hours:**     **Monday, Wednesday, Friday 7:00am – 5:00pm**  
                  **Tuesday, Thursday 7:00am – 10:00pm**  
                  **Saturday 8:00am – 1:00pm**

## MISSION

The mission of the Moore County Department of Aging is to provide services that promote the well-being of older adults.

### Services Provided by the Department of Aging

#### **Ensure Program**

Adults 60 years of age and older whose income does not exceed 150% of the current year's poverty level can register for this program. Applicants must complete and submit the registration form and attach a copy of the doctor's prescription. Ensure, Ensure Plus, and Glucerna nutritional products (**only**) can be ordered.

#### **Family Caregiver Program**

Targets resources and information to assist those caring for adults 60 years of age and older who are living at home with a chronic illness or disability as well as grandparents who are 55 years and older and are caring for their grandchildren. This program provides information and referral services; evaluates an individual's needs and seeks solutions within the community; offers counseling and educational services to assist with support and training; and provides respite care, allowing caregivers time to meet other responsibilities.

**In-Home Aide Services**

Licensed by the North Carolina Division of Facility Services for Home Care, a Registered Nurse (RN) provides initial and ongoing assessments to determine the appropriate level of care, along with medical counseling and education. In-home care is provided by a Certified Nursing Assistant (CNA) in one of two levels of care.

**Home Management (Level I)**

Includes simple laundering, light housekeeping, grocery shopping, errands, and simple meal preparation.

**Personal Care (Level II)**

Includes assistance with bathing, dressing, feeding, ambulation, and toileting. Respite for caregivers of these clients can be provided when the nursing assessment deems it to be appropriate.

**Nutrition Programs**

Congregate meals or Diners Clubs on a cost-sharing basis

|                                 |                            |
|---------------------------------|----------------------------|
| <b>Senior Enrichment Center</b> | <b>910-947-4483 (GIVE)</b> |
| <b>Robbins</b>                  | <b>910-464-3544</b>        |

Home delivered meals on a cost-sharing basis

Service to homes in the northern part of the county including Carthage, Cameron, Eagle Springs, Robbins, Seven Lakes/West End, Taylortown, Vass, and Whispering Pines.

**Home Improvements/Repair Program**

Provides materials for limited home and safety improvements for older adults which may include handrails, ramps, weatherization, grab bars, smoke alarms, and handheld showers.

**Information and Assistance/Case Management**

Information and referral services to obtain needed services for older adults.

**Legal Assistance**

Limited funds are available for legal services in elderlaw including wills, power of attorney, living wills, and health care proxy through a grant by the Triangle J Area Agency on Aging.

**Newsletter: THE POINT**

Published monthly, The Point provides the latest information on programs and services offered by the Moore County Department of Aging and The Senior Enrichment Center.

**Volunteer Counseling****910-947-4483 (GIVE)**

Connects volunteers age 55 and over with local agencies, institutions, and organizations in the county and matches volunteers' experience and talents with an agency in need.

**Senior Health Insurance Information Program (SHIIP)**

Volunteer counselors, trained by the North Carolina Department of Insurance, provide guidance to people needing assistance with Medicare, supplemental health insurance, and long-term care insurance.

**Transportation**

Medical (in and out of county) can be arranged through Moore County Transportation Services, Inc. (MCTS)

**Other Programs****Good Call Connections – Telephone Reassurance Program**

Friendly phone calls to isolated, home-bound, or at-risk seniors in Moore County for regular “welfare checks” and socialization.

**Operation Fan / Heat Relief**

Provides electric fans to elderly persons who do not have electric fans or air conditioners in their homes. Fans are made possible through a grant provided by Duke Energy Progress.

**Senior Games in the Pines**

Athletic and arts competition held each spring for individuals age 55 years and better promoting fun, fitness, and friendship. Sponsors include local parks and recreation departments. Winners qualify to compete at State Games.

**Speakers and Workshops**

Health, educational and recreational programs on various topics of interest to older adults are scheduled regularly.

## MOORE COUNTY DEPARTMENT OF AGING RESOURCE GUIDE

These agencies provide services that may be helpful to older adults and to those who care for them.

### **AARP SERVICES**

**AARP** **910-295-1582**  
AARP Driver Safety Program 888-227-7669  
[www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety)

**AARP** **888-227-7669**  
AARP Tax-Aide Services  
[www.aarp.org/states/nc](http://www.aarp.org/states/nc)

**AARP Legal Services Network** **800-633-4496**  
[www.aarp.org/money/legalissues](http://www.aarp.org/money/legalissues)

### **ABUSE PREVENTION & PROTECTIVE SERVICES**

**911 / Emergency Communications Center** **910-947-6317**  
**Moore County Public Safety**  
302 South McNeill Street  
Carthage, NC 28327

**Aberdeen Police Department** **910-944-9721**  
804 N Sandhills Boulevard  
Aberdeen, NC 28315

**Carthage Police Department** **910-947-2231**  
4396 US 15-501 Highway  
Carthage, NC 28327

**Foxfire Police Department** **910-295-5959**  
1 Town Hall Drive  
Foxfire Village, NC 27281

**Highway Patrol** **910- 944-3629**  
521 S Sandhills Boulevard  
Aberdeen, NC 28315

|                                                                                                                                                                   |                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Moore County Schools Police</b><br>5277 US 15-501 Highway South<br>Carthage, NC 28327                                                                          | <b>910-947-2976</b>                 |
| <b>Moore County Department of Social Services</b><br><b>Adult Protective Services (APS) *File an APS report</b><br>1036 Carriage Oaks Drive<br>Carthage, NC 28327 | <b>910-947-2436</b><br>910-947-5683 |
| <b>Moore County Sheriff's Office</b><br>302 South McNeill Street<br>Carthage, NC 28327                                                                            | <b>910-947-2931</b>                 |
| <b>Pinebluff Police Department</b><br>325 East Baltimore Avenue<br>Pinebluff, NC 28373                                                                            | <b>910-281-5935</b>                 |
| <b>Pinehurst Police Department</b><br>420 Magnolia Road<br>Pinehurst, NC 28374                                                                                    | <b>910-295-3141</b>                 |
| <b>Robbins Police Department</b><br>101 North Middleton Street<br>Robbins, NC 27325                                                                               | <b>910-948-3549</b>                 |
| <b>Southern Pines Police Department</b><br>450 West Pennsylvania Avenue<br>P.O. Box 330<br>Southern Pines, NC 28387                                               | <b>910-692-2732</b>                 |
| <b>Taylortown Police Department</b><br>8350 Main Street<br>West End, NC 27376                                                                                     | <b>910-295-1392</b>                 |
| <b>Vass Police Department</b><br>140 South Alma Street<br>Vass, NC 28394                                                                                          | <b>910-245-3485</b>                 |
| <b>Whispering Pines</b><br>14 Hardee Lane<br>Whispering Pines, NC 28327                                                                                           | <b>910-949-9961</b>                 |



## **ACCOUNTING SERVICES FOR SENIORS**

**DG Bachtell Tax & Accounting, LLC** **910-725-2016**  
**Donovan Bachtell**  
325 West Pennsylvania Avenue Suite #F  
Southern Pines, NC 28387  
**Services Include:** Elder Care, Estate Planning, Personal Financial Planning.

**Jeremy Wyler, CPA** **910-295-4143**  
109 Arnette Street  
Aberdeen, NC 28315

**Sandhills CPA Accounting** **910- 695-0147**  
675 S Bennett Street # 4  
Southern Pines, NC 28387

## **ADULT COMMUNITIES 55+**

**Bishop's Ridge, Southern Pines** **Call a local agent.**

**Colonial Pines, Southern Pines** **Call a local agent.**

**Southern Pines Gracious Living** **910-684-4570**  
205 SE Service Road  
Southern Pines, NC 28387

**Knollwood Village, Southern Pines** **910-291-5011**

**Midland Country Club** **910-295-3241**  
2205 Midland Road  
Pinehurst, NC 28374

**Middleton Place, Southern Pines** **Call a local agent.**

**Pinehurst Trace, Pinehurst** **910-295-1998**

**Village Green, Southern Pines** **Call a local agent.**

**Village by the Lake, Southern Pines** **Call a local agent.**

**Village in the Woods, Southern Pines** **Call a local agent.**

## **ADULT DAY SERVICES**

**LIFE at Saint Joseph of the Pines** 910-429-7220  
4900 Raeford Road 877-452-2514  
Fayetteville, NC 28304

**Stay Well** 336-628-4211  
809 Curry Drive  
Asheboro, NC 27205

**The Retreat Adult Day Center** 910-722-1035  
165 Shephard Trail  
Aberdeen, NC 28315

## **ADVANCE DIRECTIVES**

**Aging with Dignity – 5 Wishes** 888-594-7437  
P.O. Box 1661  
Tallahassee, FL 32302-1661

**FirstHealth – Clara McLean House** 910-715-4220  
20 1st Village Drive  
Pinehurst, NC 28374

**FirstHealth Hospice & Palliative Care** 910-715-6000  
**Caregiver & Grief Support**  
251 Campground Road  
P.O. Box 1956  
Pinehurst, NC 28370

## **ADVOCACY SUPPORTS**

**Aegis Care Advisors** 910-442-2552  
760-A NW Broad Street  
Southern Pines, NC 28387

**Community Advocacy Council (CAC)** 910-684-8246  
Advocacy for Older Adults in Nursing Home/Assisted Living/  
Adult Care Home/Nursing Rehab Centers.

**Disability Rights North Carolina** **877-235-4210**  
**Carolina Place** **919-856-2195**  
3724 National Drive #100  
Raleigh, NC  
**Advocacy and legal services at no charge for people with disabilities.**

**Friends of Residents in Long Term Care** **919-782-1530**  
6300 Creedmore Road Suite 170 #326  
Raleigh, NC 27612

**Long Term Care Ombudsman** **919-558-9404**  
NC Division of Aging **800-310-9777**  
2101 Mail Service Center  
Raleigh, NC 27699

### **AGING SERVICES**

**Moore County Department of Aging** **910-215-0900**  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**North Carolina Division of Aging** **919-855-3400**  
Taylor Hall  
Raleigh, NC 27699

**Triangle J Area Agency on Aging** **919-558-2711**  
P.O. Box 12276 **800-310-9777**  
Research Triangle Park, NC 27709

### **ALZHEIMER'S CAREGIVER SUPPORT GROUPS**

**Aging Outreach Services** **910-692-0683**  
676 NW Broad Street  
Southern Pines, NC 28387

**Chapel in the Pines** **910-673-5493**  
581 Seven Lakes Drive  
Seven Lakes, NC 27376

**FirstHealth – Clara McLean House** 910-715-4220  
20 First Village Drive  
Pinehurst, NC 28374

**Fox Hollow Senior Living** 910-695-0011  
190 Fox Hollow Court  
Pinehurst, NC 28374

**Given Memorial Library** 910-295-6022  
150 Cherokee Road  
Pinehurst, NC 28374

**Our Savior Lutheran Church** 910-692-2662  
1517 Luther Way  
Southern Pines, NC 28387

**The Village Chapel** 910- 295-6003  
10 Azalea Road  
Pinehurst, NC 28374

### **ALZHEIMER’S ORGANIZATIONS**

**Alzheimer’s Association** 800-272-3900  
**Western Carolina Chapter** 704-532-7390  
4600 Park Road Suite 250  
Charlotte, NC 28209

**Dementia Alliance of North Carolina** 800-228-8738  
9131 Anson Way Suite 206 919-832-3732  
Raleigh, NC 27615

### **APARTMENTS FOR SENIORS**

**Jackson Terrace Apartments** 910-947-3697  
700 Anderson Street  
Carthage, NC 28327

**Pine Hill Apartments** 910-944-2483  
221 Keith Street  
Aberdeen, NC 28315

**Pinehurst Senior Apartments** 910-215-0550  
4180 Murdocksville Road  
West End, NC 27376

**Providence Place – Aberdeen** 910-693-1950  
18 Providence Place  
Aberdeen, NC 28315

**Providence Place – Carthage** 910-947-2710  
305 Rockingham Street  
Carthage, North Carolina 28327

**Providence Place – Robbins** 910-948-2700  
320 South Middleton Street  
Robbins, NC 27325

**ATTORNEYS SPECIALIZING IN ELDER LAW**

**Elder Care Law Firm** 910-692-4444  
**Jason Sutton**  
110 Turnberry Way  
Southern Pines, NC 28387

**Garner Law Firm** 910-693-0043  
**Jennifer Garner**  
125 Applecross Road  
Pinehurst, NC 28374

**Kelli Y. Allen Elder Law** 704-870-0340  
10150 Mallard Creek Road Suite 105  
Charlotte, NC 28262

**Senior Legal Helpline** 877-579-7562  
P.O. Box 26087  
Raleigh, NC 27611  
Please call, if you're 60+. No income limitations.  
Hours: Monday – Friday 9:00am-11:00am and 1:00pm-3:00pm.

## **BARIATRIC SUPPORT GROUPS**

**FirstHealth Bariatric Program** 910-235-4020  
5 1<sup>st</sup> Village Drive  
Pineshurst, NC 28374

**Rex Bariatric Specialty Center** 919-784-7874  
4207 Lake Boone Trail #210  
Raleigh, NC 27607

## **BEHAVIORAL HEALTH**

**Alcohol & Drug Services (ADS)** 910-997-7135 x3  
200 East Greene Street Suite A  
Rockingham, NC 28379

**Alcoholics Anonymous** 800-496-1742  
AA of Moore County 800-559-9503

**Drug Free Moore County** 910-947-1902  
P.O. Box 4052  
Pinehurst, NC 28374

**FirstHealth Behavioral Services** 910-715-3370  
155 Memorial Drive  
P.O. Box 3000  
Pinehurst, NC 28374

**Monarch Creative Arts & Community Center** 910-692-2936  
1662 Richards Street  
Southern Pines, NC 28387

**National Alliance on Mental Illness Moore County – NAMI** 910-295-1053  
Pinehurst, NC 28374

**Old Vineyard Behavioral Health Services** 336-794-3550  
3637 Old Vineyard Road 855-234-5920  
Winston-Salem, NC 27104

**Prancing Horse, Inc.** 910-246-3202  
Center for Therapeutic Horseback Riding  
P.O. Box 327  
Southern Pines, NC 28388

**Sandhills Center for Mental Health**  
1120 Seven Lakes Dr.  
West End, NC 27376

**910-673-9111**  
800-256-2452  
(hotline)

**Silver Linings for Seniors, Inc.**  
1250 SE Maynard Road Suite 204  
Cary, NC 27511

**919-948-7718**

## **BLIND & VISUALLY IMPAIRED SERVICES**

**National Federation of the Blind**  
200 East Wells Street  
Baltimore, MD 21230

**410-659-9314**

**North Carolina Division of Services for the Blind**  
309 Ashe Avenue  
Raleigh, NC 27699

**800-422-1871**  
919-527-6740

**State Library of North Carolina for the  
Blind & Physically Handicaped**  
1841 Capital Boulevard  
Raleigh, NC 27635

**888-388-2460**  
919-733-4376

**Applicants and his/her doctor must complete and sign application.**

## **CANINE SERVICES FOR INDEPENDENCE**

**Carolina Canines for Service**  
221 Old Dairy Road Unit 1  
Wilmington, NC 28405

**910-362-8181**

**Canine Companions for Independence**  
P.O. Box 446  
Santa Rosa, CA 975402-0446

**800-572-2275**

**Serves people with disabilities in all 50 of the United States.**

## **CAREGIVER RESPITE**

### **LifeSpan**

468 New Market Boulevard  
Boone, NC 28607

**866-219-3643 x139**

**828-265-5434 x139**

### **Moore County Department of Aging Senior Enrichment Center**

8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**910-947-4483**

### **North Carolina Baptist Aging Ministry**

201-A Idol Street  
P.O. Box 338  
Thomasville, NC 27360

**877-506-2226**

### **ProjectCARE**

**Duke Aging Center Family Support**  
40 Duke Medicine Circle Room 3513/Blue Zone  
Durham, NC 27710

**800-646-2028**

**919-660-7510**

## **CAREGIVER SUPPORT GROUP**

### **FirstHealth Hospice & Palliative Care**

251 Campground Road  
Pinehurst, NC 28374

**910-715-6000**

**866-861-7485**

### **Moore County Department of Aging Senior Enrichment Center**

8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**910-947-4483**



## **CAREGIVER SUPPORTS**

|                                                                                                                                                                                                                                                                        |                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>AOS &amp; Friends Care</b><br>230 North Bennett Street<br>Southern Pines, NC 28387<br><b>Services Include:</b> Direct Care Grants; Personalized Music Program;<br>Companion Robo Pets Program; Support Groups; Community<br>Awareness & Education; and Memory Café. | <b>910-585-6757</b> |
| <b>Caregiver Media Group</b><br>3350 Griffin Road<br>Fort Lauderdale, FL 33312                                                                                                                                                                                         | <b>800-829-2734</b> |
| <b>Doctors Making House Calls</b><br>2511 Old Cornwallis Road Suite 200<br>Durham, NC 27713                                                                                                                                                                            | <b>844-932-5700</b> |
| <b>Family Caregiver Alliance</b><br>785 Market Street Suite 750<br>San Francisco, CA 94103                                                                                                                                                                             | <b>800-445-8106</b> |
| <b>FirstHealth – Clara McLean House</b><br>20 1st Village Drive<br>Pinehurst, NC 28374                                                                                                                                                                                 | <b>910-715-4220</b> |
| <b>FirstHealth Hospice &amp; Palliative Care<br/>Caregiver &amp; Grief Support</b><br>251 Campground Road<br>P.O. Box 1956<br>Pinehurst, NC 28370                                                                                                                      | <b>910-715-6000</b> |
| <b>Moore County Department of Aging<br/>Senior Enrichment Center</b><br>8040 US Highway 15-501<br>P.O. Box 487<br>Carthage, NC 28327<br>Provides Family Caregiver Support Group/Caregiver Library/Respite/<br>Individual Caregiver Counseling.                         | <b>910-947-4483</b> |
| <b>National Alliance for Caregiving</b><br>4720 Montgomery Lane Suite 205<br>Bethesda, MD 20814                                                                                                                                                                        | <b>301-718-8444</b> |
| <b>National Caregivers Library</b><br>901 Moorefield Park Drive Suite 100<br>Richmond, VA 23236                                                                                                                                                                        | <b>804-327-1111</b> |

**Well Spouse Association**  
63 West Main Street Suite H  
Freehold, NJ 07728  
[www.wellspouse.org](http://www.wellspouse.org)

**800-838-0879**

## **CARE MANAGEMENT FOR SENIORS**

**Aging Care Solutions**  
230 Maples Road  
Southern Pines, NC 28387

**910-585-1180**

**Aegis Care Advisors**  
760-A NW Broad Street  
Southern Pines, NC 28387

**910-442-2552**

**Aging Outreach Services**  
**AOS At Home Care**  
**AOS Care Management**  
676 NW Broad Street  
Southern Pines, NC 28387

**910-692-0683**

**Community Care of the Sandhills**  
30 Parker Lane  
Pinehurst, NC 28374

**910-246-9806**

**Sandhills Adaptive Living**  
[Adapt4U17@gmail.com](mailto:Adapt4U17@gmail.com)

**910-420-0273**

**Specialized Services & Personnel**  
301 North Sycamore Street  
Aberdeen, NC 28315

**910-944-8125**

## **CELL PHONES FOR SENIORS**

**Assurance Wireless**  
P.O. Box 618  
Charleston, IL 61920-9807  
[www.assurancewireless.com](http://www.assurancewireless.com)

**888-898-4888**  
877-732-3018 (Fax)

**Ask for a North Carolina application.**

**Consumer Cellular**  
[www.consumercellular.com](http://www.consumercellular.com)

**888-345-5509**

## **COGNITIVE DISORDERS CLINICS**

**UNC Memory & Cognitive Disorders Clinic** **919-962-2685**  
194 Finley Golf Course Dr. Suite 200  
Chapel Hill, NC 27517  
**Physician's referral required.**

## **DEAF & HARD OF HEARING SERVICES**

**Avada Hearing Care Center** **910-692-4454**  
160 Pinehurst Avenue Suite G  
Southern Pines, NC 28387

**Beltone Hearing Center** **910-505-9026**  
1701-G North Sandhills Boulevard  
Aberdeen, NC 28315

**CaptionCall** **877-557-2227**  
115 Parkway Office Court Suite #201  
Cary, NC 27518  
**919-851-5636**

**Hearing Aid Helpline** **800-521-5247**  
International Hearing Society  
**734-522-7200**

**North Carolina Division for the Deaf & Hard of Hearing** **919-874-2212**  
1100 Navaho Drive  
Raleigh, NC 27609

## **DENTAL ASSISTANCE PROGRAMS**

**Affordable Dentures & Implants** **919-371-8983**  
5606 Apex Hwy  
Durham, NC 27713  
**1-800-DENTURE**

**Central Carolina Community College (Dental Services)** **919-775-5401**  
1105 Kelly Drive  
Sanford, NC 27330  
**Services Include:** Exams, X-Rays and Cleaning **only**.

**East Carolina University School of Dental Medicine** **910-814-4191**  
80 Autumn Fern Trail  
Lillington, NC 27546

**Moore Free & Charitable Clinic** **910-246-5333**  
211 Trimble Plant Road  
Southern Pines, NC 28387

**North Carolina Missions of Mercy** **800-662-8754**  
**NC Dental Society** **919-677-1396**  
1600 Evans Road  
Cary, NC 27513

**Sexton Dental Clinic, Inc.** **800-827-1560**  
377 West Palmetto St.  
Florence, SC 29501

**Stedman Family Dental Center** **910-483-3150**  
6540 Clinton Road  
P.O. Box 368  
Stedman, NC 28391

## **DIALYSIS CARE**

**DaVita Dialysis Care – Pinehurst** **855-314-4663**  
16 Regional Drive  
Pinehurst, NC 28374

**DaVita Dialysis Center – Southern Pines** **866-544-6741 x5738**  
209 Windstar Place  
Southern Pines, NC 28387

## **DISABILITY SUPPORTIVE SERVICES**

**Disability Rights North Carolina** **877-235-4210**  
**Carolina Place** **919-856-2195**  
3724 National Drive #100  
Raleigh, NC

**Advocacy and legal services at no charge for people with disabilities.**

**Vocational Rehabilitation** **910-295-1530**  
150 Blake Boulevard  
Pinehurst, NC 28374  
**Services Include:** Counseling, training, education, transportation,  
job placement, assistive technology and other support services  
for people with disabilities.

## **DRIVER'S LICENSE / LICENSE PLATE AGENCIES**

**Aberdeen Driver's License Office** 910-944-7555  
521 South Sandhills Boulevard  
Aberdeen, NC 28315

**Aberdeen Vehicle & License Plate Office** 910-944-1303  
1313 North Sandhills Boulevard  
Aberdeen, NC 28315

**North Carolina Dept. of Motor Vehicles – Medical Evaluation** 919-861-3809  
3112 Mail Service Center  
Raleigh, NC 27699-3112

**Robbins Vehicle & License Plate Office** 910- 690-6650  
141 South Middleton Street  
Robbins, NC 27325

## **EDUCATION & LITERACY PROGRAMS / WORKSHOPS**

**FirstHealth – Patient Education Department** 910-715-5266  
155 Memorial Drive  
P.O. Box 3000  
Pinehurst, NC 28374

**Moore County Cooperative Extension** 910-947-3188  
**Agricultural Center**  
707 Pinehurst Avenue  
P.O. Box 1149  
Carthage, NC 28327

**Moore County Department of Aging** 910-947-4483  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**Moore County Literacy Council** 910-692-5954  
575 SE Broad Street Suite #10  
Southern Pines, NC 28387

**Sandhills Continuing Education & Center for Creative Retirement** 910-695-3980  
**Sandhills Community College**  
3395 Airport Road, Van Dusen Hall  
Pinehurst, NC 28374

**Southeastern North Carolina Radio Reading Service** **800-313-7007**  
1200 Murchison Road 910-672-1600  
P.O. Box 35029 910-672-2013  
Fayetteville, NC 28303

## **EMERGENCY / CRISIS SERVICES**

**Moore County Department of Social Services** **910-947-2436**  
1036 Carriage Oaks Drive  
Carthage, NC 28327  
**Services Include:** Community Alternative Program (CAP),  
Guardianship Services, Adult Medicaid Eligibility, Food Stamps,  
Emergency Assiatance, Low-Income Energy Assistance Program (LIEAP).

**Salvation Army** **910-725-1054**  
575 SE Broad Street #7  
Southern Pines, NC 28387

**Sandhills/Moore Coalition for Human Care, Inc.** **910-693-1600**  
1500 West Indiana Avenue  
Southern Pines, NC 28387  
**Services Include:** Food, clothing, financial assistance,  
resources & referrals, employment expenses, employment  
counseling, transportation and mentoring.

**United Way of Moore County, NC** **910-692-2413**  
375 SE Broad Street  
Southern Pines, NC 28387

## **EMPLOYMENT SERVICES**

**Employment Security Commission** **910-944-7697**  
245 Shepherd Trail  
Aberdeen, NC 28315

**Sandhills/Moore Coalition for Human Care, Inc.** **910-693-1600**  
1500 West Indiana Avenue  
Southern Pines, NC 28387

**Senior Community Service Employment Program** **910-321-6449**  
707B Executive Place  
Fayetteville, NC 28305-5193

**Vocational Rehabilitation** **910-295-1530**  
150 Blake Boulevard  
Pinehurst, NC 28374

**END-OF-LIFE SERVICES**

**Aging with Dignity – 5 Wishes** **888-594-7437**  
P.O. Box 1661  
Tallahassee, FL 32302-1661

**Amedisys Hospice Care** **910-521-8211**  
56 Three Hunts Drive Building #3  
Pembroke, NC 28372  
**Services Include:** Hospice & Palliative Care.

**Community Home Care & Hospice** **910-684-6476**  
275 SE Broad Street Unit A Office A  
Southern Pines, NC 28387  
**Services Include:** Hospice & Palliative Care.

**FirstHealth Hospice & Palliative Care** **910-715-6000**  
**Caregiver & Grief Support**  
251 Campground Road  
P.O. Box 1956  
Pinehurst, NC 28370  
**Services Include:** Hospice & Palliative Care and grief support.

**Healthkeeperz** **800-309-3784**  
285 Olmsted Blvd # 5  
Pinehurst, NC 28374  
**Services Include:** Hospice & Palliative.

**Liberty Homecare and Hospice** **910-246-9882**  
**Liberty Homecare Group**  
300 West Pennsylvania Avenue  
Southern Pines, NC 28387  
**Services Include:** Hospice & Palliative Care.

## **EYE CARE ASSISTANCE PROGRAMS**

**Aberdeen Lions Club** 910-944-1493  
**Frances Marks**

**Carthage Lions Club** 910-690-6161  
**Ron Kelly**

**Medical Eye Care Program – Moore Social Worker for the Blind** 910-947-4575  
**Sallie Wofford**  
P.O. Box 279  
Carthage, NC 28327  
**Services Include:** Preventative and corrective services like eye surgery/treatment and eye-related medications for residents who do not qualify for Medicaid.

## **FINANCIAL COUNSELING & SUPPORTS**

**American Consumer Credit Counseling, Inc.** 800-769-3571  
[www.consumercredit.com/financial-education/55plus](http://www.consumercredit.com/financial-education/55plus)  
**Helps adults 55+ decide to stay independent or seek specialized care or assistance.**

**Clear Point Credit Counseling** 800-750-2227  
[www.clearpointccs.org](http://www.clearpointccs.org)

**Consumer Credit Counseling Services** 910-246-3288  
235 East Pennsylvania Avenue # 121  
Southern Pines, NC 28387  
**Services Include:** Bankruptcy counseling, credit counseling, housing counseling, debt management programs and financial education.

**Consumer Education Services, Inc. (CESI)** 877-322- 8824  
3700 Barrett Drive  
Raleigh, NC 27609  
**Services Include:** Credit counseling and debt management, reverse Mortgage counseling and representative payee services.

**Durham Regional Financial Center** 919-688-3381  
2634 Durham-Chapel Hill Boulevard #214  
Durham, NC 27707  
**Services Include:** Fee-based services on financial budgeting, credit counseling, credit repair, debt management, homebuyer education, pre/post purchase ownership and reverse mortgage counseling.



**FIRSTHEALTH OF THE CAROLINAS, Inc.**

|                                                                                                                                       |                     |
|---------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>Behavioral Services</b><br>155 Memorial Drive<br>P.O. Box 3000<br>Pinehurst, NC 28374                                              | <b>910-715-3370</b> |
| <b>Cardiac Rehabilitation Program</b><br>Pinehurst, NC 28374                                                                          | <b>910-715-1886</b> |
| <b>Clara McLean House</b><br>20 1 <sup>st</sup> Village Drive<br>Pinehurst, NC 28374                                                  | <b>910-715-4220</b> |
| <b>Community Health Programs</b><br>FirstQuit (Quit Tobacco) Healthy Living Classes                                                   | <b>888-534-5333</b> |
| <b>Diabetes Self-Management Program</b><br>Pinehurst, NC 28374                                                                        | <b>800-364-0499</b> |
| <b>Fitness Center</b><br>170 Memorial Drive<br>Pinehurst, NC 28374                                                                    | <b>910-715-1800</b> |
| <b>Hospice &amp; Palliative Care<br/>Caregiver &amp; Grief Support</b><br>251 Campground Road<br>P.O. Box 1956<br>Pinehurst, NC 28370 | <b>910-715-6000</b> |
| <b>Hospital Elder Life Program (HELP)</b><br>Pinehurst, NC 28374<br><b>For hospitalized patients 70 years or older with delirium.</b> | <b>910-715-2238</b> |
| <b>Moore Regional Hospital</b><br>155 Memorial Drive<br>Pinehurst, NC 28374                                                           | <b>910-715-1000</b> |
| <b>Outpatient Center</b><br>238 Page Road North<br>Pinehurst, NC 28374                                                                | <b>910-715-1000</b> |
| <b>Pulmonary Rehabilitation Program</b><br>205 Davis Road<br>Southern Pines, NC 28387                                                 | <b>910-692-9103</b> |

**Wound Care & Hyperbarics**

35 Memorial Drive  
Pinehurst, NC 28374

**910-715-5901**

**FirstHealth Support Groups**

|                                                        |              |
|--------------------------------------------------------|--------------|
| Bariatric Support Group                                | 910-235-4020 |
| Better Breathers                                       | 910-692-9103 |
| Cancer Support Groups                                  | 910-715-2298 |
| Cancer Survivors Support Group                         | 910-715-2298 |
| Caregiver Group                                        | 910-715-6000 |
| Coping & Adjusting with Suicide (CASL)                 | 910-715-6000 |
| Dementia Caregiver Support Group                       | 910-715-4220 |
| Fibromyalgia                                           | 910-715-5266 |
| FirstQuit                                              | 910-715-1925 |
| Healing Connections with Peers                         | 910-715-6000 |
| Implantable Cardioverter-Defibrillator (ICD)           | 910-715-5266 |
| Meaning Support Groups for Cancer Patients & Survivors | 910-715-6000 |
| Men Grieve Too                                         | 910-715-6000 |
| Music Therapy for Parkinson's Patients                 | 910-715-4230 |
| NAMI-MC Support Group                                  | 910-295-1053 |
| Parkinson's Support Group of the Sandhills             | 910-715-4220 |
| Sandhills Ostomy Association                           | 910-215-8086 |
| Stroke Club                                            | 910-715-5266 |
| The Four T's (Tears, Talk, Touch, Time)                | 910-715-6000 |

**FITNESS PROGRAMS FOR SENIORS**

**Aberdeen Parks & Recreation Department**

301 Lake Park Crossing  
Aberdeen, NC 28315

**910-944-7275**

**Douglass Community Center**

1185 West Pennsylvania Avenue  
Southern Pines, NC 28387

**910-692-7376**

**FirstHealth of the Carolinas, Inc. – Fitness Center**

170 Memorial Drive  
Pinehurst, NC 28374

**910-715-1800**

**FirstHealth of the Carolinas, Inc. – Rock Steady Boxing**

170 Memorial Drive  
Pinehurst, NC 28374

**910-715-1839**

**Moore County Department of Aging** 910-947-4483  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327  
**Must be a Moore County resident and age 50+.**

**Pinehurst Parks & Recreation Department** 910-295-2817  
**Cannon Park Community Center**  
210 Rattlesnake Trail  
Pinehurst, NC 28374

**Rock Steady Boxing Pinehurst** 910-420-0772  
318 Fields Drive  
Aberdeen, NC 28315

**Senior Games in the Pines** 910-944-4572

### **FOOD ASSISTANCE & GROCERY DELIVERY SERVICES**

**Bethesda Presbyterian Church** 910-944-1319  
1002 North Sandhills Boulevard  
Aberdeen, NC 28315  
Wed. 9am – 12pm

**Carthage United Methodist Church** 910-947-2705  
401 McReynolds Sreet  
Carthage, NC 28327

**High Falls United Methodist Church** 910-464-3345  
324 Friesen Road  
High Falls, NC 27259  
2<sup>nd</sup> & 4<sup>th</sup> Sat. 8am – 9:30 am

**Interfaith Food Pantry** 910-944-1093  
**Page Memorial United Methodist Church**  
110 Knight Sreet  
Aberdeen, NC 28315  
M – F 10am - 1pm

**Liberty Church** 910-281-3320  
1810 Quewhiffle Road  
Aberdeen, NC 28315  
Wed. 9am – 12pm & 6pm – 9pm

|                                                                                                                                                                                                                                                                                                                                                              |                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <p><b>Moore Home Services NC</b><br/> 2022 Seven Lakes South<br/> Seven Lakes, NC 27376<br/> <b>Services Include:</b> Grocery Pickup &amp; Delivery; Lunch &amp; Dinner Pickup;<br/> Pet Supplies Pickup; Pickup Online Orders at Major Stores; Parcel<br/> Pickup &amp; Shipping; Laundry &amp; Cleaners Drop-off &amp; Pickup; and<br/> Bank Deposits.</p> | <p><b>910-673-1275</b></p> |
| <p><b>Pinebluff Lions Club</b><br/> 165 West Philadelphia Avenue<br/> Pinebluff, NC 28373<br/> 2<sup>nd</sup> &amp; 4<sup>th</sup> Mondays at 6pm</p>                                                                                                                                                                                                        | <p><b>910-281-4479</b></p> |
| <p><b>Saint Anthony's of Padua Church</b><br/> 160 East Vermont Avenue<br/> Southern Pines, NC 28387<br/> Tues. &amp; Thurs. 9am – 12pm<br/> (On the corner of Ashe St. &amp; Vermont Ave.)</p>                                                                                                                                                              | <p><b>910-692-6613</b></p> |
| <p><b>Sandhills Food Bank</b><br/> 195 Sandy Avenue<br/> Southern Pines, NC 28387<br/> Supplies food to various agencies.</p>                                                                                                                                                                                                                                | <p><b>910-692-5959</b></p> |
| <p><b>Southern Pines United Methodist Church</b><br/> 175 Midland Road<br/> Southern Pines, NC 28387<br/> Mon. 9am – 12pm</p>                                                                                                                                                                                                                                | <p><b>910-692-3518</b></p> |
| <p><b>West End United Methodist Church Food Pantry</b><br/> 4015 NC Highway 73<br/> P.O. Box 276<br/> West End, NC 27376<br/> Every other Wed. 8am – 11am</p>                                                                                                                                                                                                | <p><b>910-673-1371</b></p> |

## **FORECLOSURES & LAND LOSS PREVENTION**

### **Land Loss Prevention Project**

401 North Mangum Street  
Durham, NC 27701

**800-672-5839**  
919- 682-5969

### **Neighborhood Assistance Corporation of America (NACA)**

4112 Pleasant Valley Road Suite 220  
Raleigh, NC 27612

**919-855-8484**

### **North Carolina Foreclosure Prevention**

P.O. Box 28066  
Raleigh, NC 27611-8066

**888-632-8631**

## **FUNERAL HOMES**

### **Boles Funeral Home – Pinehurst**

35 Parker Lane  
Pinehurst, NC 28374

**910-235-0366**

### **Boles Funeral Home – Seven Lakes**

221 MacDougall Drive  
West End, NC 27376

**910-673-7300**

### **Boles Funeral Home – Southern Pines**

425 West Pennsylvania Avenue  
Southern Pines, NC 28387

**910-692-6262**

### **Bostic-Kendrick Funeral Home**

1300 West Pennsylvania Avenue  
Southern Pines, NC 28387

**910-692-8982**

### **Crumpler Funeral Home**

40229 US-1 Highway South  
Aberdeen, NC 28315

**910-944-9400**

### **Fry & Prickett Funeral Home**

402 Saunders Street  
P.O. Box 307  
Carthage, NC 28327

**910-947-2224**

### **Jones & Little Funeral Home**

200 Benjamin Street  
Aberdeen, NC 28315

**910-944-2553**

**Powell Funeral Home & Crematory** 910-692-6161  
160 East New Hampshire Avenue  
Southern Pines, NC 28387

**Pugh & Smith Funeral Home** 910-947-2486  
807 Monroe Street  
Carthage, NC 28327

**Purcell Funeral Home** 910-693-1147  
953 West Pennsylvania Avenue  
Southern Pines, NC 28387

**Simon Funeral Home** 910-692-1147  
151 South Hardin Street  
Southern Pines, NC 28387

## **GRANDPARENTS RAISING GRANDCHILDREN**

**American Bar Association Center on Children & Law** 800-285-2221  
1050 Connecticut Avenue 202-662-1720  
Washington, DC 20036

**Children's Defense Fund** 800-233-1200  
25 East Street NW  
Washington, DC 20001

**Generations United** 202-289-3979  
1331 H Street NW Suite 900  
Washington, DC 20005

**Grandfamilies State Law & Policy Resource Center** Website Only  
[www.grandfamilies.org](http://www.grandfamilies.org)  
**Services Include:** Adoption, Care & Custody, Education,  
Federal Laws, Financial Assistance, Foster Care Licensing,  
Healthcare, Housing, Kinship Navigation Programs,  
National Family Caregiver Support Program,  
Notification of Relatives and Subsidized Guardianship.

**Moore County Department of Social Services** 910-947-2436  
1036 Carriage Oaks Drive  
Carthage, NC 28327  
**Services Include:** Community Alternative Program (CAP),  
Guardianship Services, Adult Medicaid Eligibility, Food Stamps,  
Emergency Assistance, Low-Income Energy Assistance Program (LIEAP).

**National Kinship Alliance for Children** 518-833-0215  
P.O. Box 1560  
Troy, NY 12181

**North Carolina Baptist Aging Ministry** 877-506-2226  
201-A Idol Street  
Thomasville, NC 27360

### **GRIEF SUPPORT GROUPS**

**FirstHealth Hospice and Palliative Care** 910-715-6000  
**Caregiver & Grief Support**  
251 Campground Road  
P.O. Box 1956  
Pinehurst, NC 28370

**Trinity Christian Fellowship** 910-215-5775  
**Grief Support Group**  
425 Magnolia Road  
Pinehurst, NC 28374

### **GUARDIANSHIP OF SENIORS**

**Moore County Clerk of Court** 910-722-5000  
P.O. Box 936  
Carthage, NC 28327  
**Ask for Special Proceedings.**

### **HEALTH CARE ASSISTANCE**

**FirstHealth Moore Regional Hospital** 910-715-1000  
155 Memorial Drive  
Pinehurst, NC 28374

**Moore County Health Department** 910-947-3300  
705 Pinehurst Avenue  
P.O. Box 279  
Carthage, NC 28327

**Moore Free & Charitable Clinic** 910-246-5333  
211 Trimble Plant Road  
Southern Pines, NC 28387

## **HEALTH INSURANCE/BENEFITS INFORMATION & SUPPORT**

**Benefits Check-Up – National Council on Aging** 252-210-9621  
**Regional Office NC**  
112 North Circle Drive Suite D  
Rocky Mount, NC 27804  
[www.benefitscheckup.org](http://www.benefitscheckup.org)

**Medicare** 800-443-9354  
[www.medicare.gov](http://www.medicare.gov)

**Moore County Department of Aging** 910-947-4483  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**Seniors Health Insurance Information Program (SHIIP)** 855-408-1212  
NC Department of Insurance

**Social Security Administration – National** 800-772-1213

**Social Security Administration – Rockingham** 877-405-7673  
220 East Green Street  
Rockingham, NC 28379

**Social Security Administration – Sanford** 877-319-5774  
401 Tiffany Drive  
Sanford, NC 27330

## **HOME CARE AGENCIES & SPECIAL ASSISTANCE**

**Aegis Home Care** 910-442-2552  
760-A NW Broad Street  
Southern Pines, NC 28387

**Bright Horizons Home Care** 910-246-0586  
110-B Applecross Road  
Pinehurst, NC 28374

**Caring Hands Adult Care** 910-986-2099  
**Sherry Jones**



|                                                                                                                                                                                                             |                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| <b>Comfort Keepers</b><br>170 South Page Street<br>Southern Pines, NC 28387                                                                                                                                 | <b>910-246-8000</b> |
| <b>Gentle Touch Home Care, LLC</b><br>4475 US Highway 15-501<br>Carthage, NC 28327                                                                                                                          | <b>910-947-3805</b> |
| <b>HOMEChoice Network</b><br>260 Magnolia Square Court<br>Aberdeen, NC 28315                                                                                                                                | <b>910-944-1116</b> |
| <b>Healthkeeperz</b><br>285 Olmsted Blvd # 5<br>Pinehurst, NC 28374                                                                                                                                         | <b>800-309-3784</b> |
| <b>Home Instead Senior Care</b><br>293 Olmsted Blvd Suite 11-1<br>Pinehurst, NC 28374                                                                                                                       | <b>910-484-7200</b> |
| <b>Moore County Department of Aging – In-Home Aide<br/>Senior Enrichment Center</b><br>8040 US Highway 15-501<br>P.O. Box 487<br>Carthage, NC 28327<br><b>Must be a Moore County resident and ages 60+.</b> | <b>910-947-4174</b> |
| <b>Penick Village</b><br>500 East Rhode Island Avenue<br>Southern Pines, NC 28387                                                                                                                           | <b>910-692-0300</b> |
| <b>Right at Home In-Home &amp; Assistance</b><br>115 East Pennsylvania Avenue<br>Southern Pines, NC 28387                                                                                                   | <b>910-684-6400</b> |
| <b>Saint Joseph’s of the Pines Home Care</b><br>105 Gossman Drive<br>Southern Pines, NC 28387                                                                                                               | <b>910-246-1011</b> |
| <b>Sandhills Home Care Services</b><br>114 North Bennett Avenue<br>Southern Pines, NC 28387                                                                                                                 | <b>910-725-0208</b> |
| <b>SENIORS Helping SENIORS</b><br>100 Pavillion Way Suite E-5<br>Southern Pines, NC 28387                                                                                                                   | <b>910-687-6417</b> |

**Special Assistance In-Home Program for Adults** **910-947-2436**  
**Moore County Department of Social Services**  
Carriage Oaks Shopping Plaza  
P.O. Box 938  
Carthage, NC 28327

## **HOME DELIVERED MEALS**

**Archdale Senior Center** **336-431-1938**  
108 Park Drive  
Archdale, NC 27263  
**Serves Seagrove residents only.**

**Meals on Wheels of the Sandhills, Inc.** **910-691-1517**  
**Penick Village**  
500 East Rhode Island Avenue  
Southern Pines, NC 28387  
Hours: Mon. – Fri. 9am – 12pm

**Moore County Department of Aging** **910-947-4483**  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327  
**Must be a Moore County resident, homebound and ages 60+.**

**Moore County Department of Aging** **910-464-3544**  
**Westmoore Senior Center**  
2332 NC Hwy 705  
Robbins, NC 27325  
**Must be a Moore County resident, homebound and ages 60+.**

## **HOME HEALTH AGENCIES**

**Angel Home Health Care** **984-302-1373**  
**Services Include:** Assistance with feeding; bathing/grooming; light meal prep; errands; light house cleaning; medication reminders; toileting; laundry; turning/positioning clients. Private duty.

**Amedisys Hospice Care** **910-521-8211**  
56 Three Hunts Drive Building #3  
Pembroke, NC 28372  
**Serves Moore County residents.**

|                                                                                                                                      |                                            |
|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| <b>Bayada Home Health Care</b><br>731 North Second Street, Suite C<br>Albermarle, NC 28001<br><b>Serves Moore County residents.</b>  | <b>704-982-7070</b>                        |
| <b>Community Home Care &amp; Hospice</b><br>275 South Broad Street Unit A, Office 2<br>Southern Pines, NC 28387                      | <b>910-684-6476</b>                        |
| <b>Doctors Making House Calls</b><br>2511 Old Cornwallis Road Suite 200<br>Durham, NC 27713<br><b>Serves Moore County residents.</b> | <b>844-932-5700</b>                        |
| <b>FirstHealth – Home Care Services</b><br>181-A Westgate Drive<br>West End, NC 27376                                                | <b>910-295-2211</b><br><b>800-876-2212</b> |
| <b>FirstHealth Hospice &amp; Palliative Care</b><br>251 Campground Road<br>P.O. Box 1956<br>Pinehurst, NC 28370                      | <b>910-715-6000</b>                        |
| <b>Healthkeeperz</b><br>285 Olmsted Blvd # 5<br>Pinehurst, NC 28374                                                                  | <b>800-309-3784</b>                        |
| <b>Interim Healthcare</b><br>206 Commerce Avenue<br>Southern Pines, NC 28327                                                         | <b>910-695-5898</b>                        |
| <b>Kindred at Home</b><br>87 West Cornelius Harnett Boulevard<br>Lillington, NC 27546<br><b>Serves Moore County residents.</b>       | <b>910-808-4556</b>                        |
| <b>Liberty Homecare &amp; Hospice</b><br>300 West Pennsylvania Avenue<br>Southern Pines, NC 28387                                    | <b>910-246-9882</b>                        |

## **HOMELESSNESS**

**Family Promise of Moore County** **910-944-7149**

400 Saunders Boulevard  
Aberdeen, NC 28315

Provides shelter, food and opportunity to homeless women and their children.

**Friend to Friend** **910-947-3333**

103 Monroe Street #102  
Carthage, NC 28327

Provides shelter for women and children who are victims of domestic violence.

**Gospel Services Hope Center** **910-920-4729**

913 Person Street  
Fayetteville, NC 28301

Provides shelter for single men.

**Janeth's Center for Women in Crisis** **910-802-7794**

135 North Main Street  
Red Springs, NC 28377

Janeth's Center for Women in Crisis is a safe haven for women in need. They serve homeless women who are victims of domestic violence and were recently incarcerated. They provide transitional housing, help the women get enrolled into school or find a job, and help them find permanent housing.

**New Life Mission Men's Shelter** **910-864-4678**

303 Maloney Avenue  
Fayetteville, NC 28301

Provides shelter for men.

**Place of Grace** **910-206-2339**

Rockingham, NC 28379

The Place of Grace is a tent city. There are 25 acres of land with several portable toilets, an outdoor movie screen and a 250-gallon tank for supplying fresh water for the homeless. They service men, women, children and victims of domestic violence.

**Robin's Meadow Transitional Housing** **910-321-6582**

503 Old Wilmington Road  
Fayetteville, NC 28301

Provides homeless transitional housing for men, women and families.

**Second Chance House** **910-215-0642**

Provides shelter for women with substance abuse issues.

**Sophia's Haven of Hope Transitional Home****910-973-8094**

1860 Torrey Drive  
Fayetteville, NC 28301

Sophia's Haven of Hope is a Non-Profit-501(c)3 organization that was established in June 2010 and provides a 6-24 month program that is directed towards training, servicing and encouraging homeless men and women that have just had a difficult time dealing with life changing events.

**Team Workz****910-315-0262**

P.O. Box 3614  
Pinehurst, NC 28374  
[www.teamworkz.org](http://www.teamworkz.org)

Provides lasting resources that will educate / empower and create sustainable and successful pathways to independence for homeless individuals and families.

**True Vine Ministries' Hope Center****910-364-2981**

913 Person Street  
Fayetteville, NC 28301

The Hope Center is a City of Fayetteville-owned facility to address the needs of the homeless, female population. The Hope Center will provide meals, shelter, a computer lab and referral services to homeless women.

**HOME MODIFICATION & REPAIR PROGRAMS****Action Pathways****910-223-0116**

321 Dick Street  
P.O. Box 2009  
Fayetteville, NC 28302

**Services Include:** Weatherization Assistance Program.

**Habitat for Humanity Repair Ministry****910-295-1934**

2268 NC Highway 5  
Aberdeen, NC 28315

**Services Include:** Installation/repairs of ramps, roofs, porches, step repairs, vinyl siding, and window replacement. Must be ages 65+.

**Mark Stewart Construction & Development Co.****910-673-1929****Certified Aging in Place Specialist (CAPS)**

150 McDonald Street  
P.O. Box 716  
Seven Lakes, NC 27376

**Services Include:** Prevention/assistance of trip hazards, slick or uneven floors, tub or shower accessibility, toilet accessibility, kitchen cabinets accessibility, widening of doorways, lighting, and home entranceway accessibility.

**Moore County Planning & Community Development** 910-947-5010  
1048 Carriage Oaks Drive  
Carthage, NC 28327

**North Carolina Baptist Aging Ministry** 877-506-2226  
201-A Idol Street  
P.O. Box 338  
Thomasville, NC 27360  
**Services Include:** Ramp installations.

**Sandhills Community Action Program, Inc.** 910-947-5675  
340 Commerce Avenue Suite 20  
Southern Pines, NC 28387

## **HOSPITALS**

**Fayetteville VA Medical Center – Veterans Hospital** 910-488-2120  
2300 Ramsey Street  
Fayetteville, NC 28301

**FirstHealth of the Carolinas – Moore Regional Hospital** 910-715-1000  
155 Memorial Drive  
Pinehurst, NC 28374

**Old Vineyard Behavioral Health Services – Inpatient Hospital** 336-794-3550  
3637 Old Vineyard Road 855-234-5920  
Winston-Salem, NC 27104

**Rex Bariatric Specialty Center** 919-784-7874  
4207 Lake Boone, Suite 210  
Raleigh, NC 27607

## **HOUSING – LOW-INCOME / SUBSIDIZED APARTMENTS**

**Brookside Apartments** 910-692-7013  
1113 Richards Street  
Southern Pines, NC 28387

**Creston Commons Apartments** 910-692-7626  
555 Talmadge Way  
Southern Pines, NC 28387

|                                                                                               |                     |
|-----------------------------------------------------------------------------------------------|---------------------|
| <b>Greenmont Apartments</b><br>100 Dean Avenue # 36<br>Southern Pines, NC 28387               | <b>910-692-5257</b> |
| <b>Highland Apartments</b><br>1650 Richards Street # 21A<br>Southern Pines, NC 28387          | <b>910-692-3243</b> |
| <b>Holiday Town Apartments</b><br>1113 Richards Street<br>Southern Pines, NC 28387            | <b>910-692-7013</b> |
| <b>Hunter's Glen Apartments</b><br>1655 Central Drive<br>Southern Pines, NC 28387             | <b>910-692-4081</b> |
| <b>Jackson Terrace Apartments</b><br>700 Anderson Street<br>Carthage, NC 28327                | <b>910-947-3697</b> |
| <b>Pinebrooke Apartments</b><br>325 SE Service Road<br>Southern Pines, NC 28387               | <b>910-692-4261</b> |
| <b>Pine Hill Apartments</b><br>221 Keith Street<br>Aberdeen, NC 28315                         | <b>910-944-2483</b> |
| <b>Pinehurst Senior Apartment Community</b><br>4176 Murdocksville Road<br>West End, NC 27376  | <b>910-215-0550</b> |
| <b>Providence Place – Aberdeen</b><br>18 Providence Place<br>Aberdeen, NC 28315               | <b>910-693-1950</b> |
| <b>Providence Place – Carthage</b><br>305 Rockingham Street<br>Carthage, North Carolina 28327 | <b>910-947-2710</b> |
| <b>Providence Place – Robbins</b><br>320 South Middleton Street<br>Robbins, NC 27325          | <b>910-948-2700</b> |

**Random Woods Apartments** 910-948-3645  
240 Salisbury Street  
Robbins, NC 27325

**Southern Pines Housing Authority** 910-692-2042  
801 S Mechanic Street  
Southern Pines, NC 28387

**Timberlane Apartments** 910-692-0999  
188 Murray Hill Road # 188 F  
Southern Pines, NC 28387

**Woodlawn Apartments** 910-944-2767  
700 Magnolia Drive  
Aberdeen, NC 28315

## **INFORMATION & REFERRAL AGENCIES**

### **2-1-1**

**Services Include:** Referral to various services providers across NC.

**Eldercare Locator** 800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

**Moore County Department of Aging** 910-947-4483  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**United Way of Moore County, NC** 910-692-2413  
375 SE Broad Street  
Southern Pines, NC 28387



## **INTELLECTUAL & DEVELOPMENT PROGRAMS**

**Monarch Creative Arts & Community Center** **910-692-2936**  
1662 Richards Street  
Southern Pines, NC 28387

**The ARC of Moore County** **910-692-8272**  
673 South Bennett Street  
P.O. Box 773  
Southern Pines, NC 28387

## **LEGAL SERVICES**

**Advance Health Care Directive Registry – NC Secretary of State** **919-814-5400**  
2 South Salisbury Street  
P.O. Box 29622  
Raleigh, NC 27601

**Consumer Protection Services – NC Department of Justice** **919-716-6000**  
114 West Edenton Street  
Raleigh, NC 27603  
**877-566-7226**

**Disability Rights North Carolina** **877-235-4210**  
Carolina Place  
3724 National Drive #100  
Raleigh, NC  
**919-856-2195**

**Advocacy and legal services at no charge for people with disabilities.**

**LawHelpNC.org** **Website Only**  
[www.lawhelpnc.org](http://www.lawhelpnc.org)  
Helps people with low and moderate incomes find free legal aid programs in their communities and answers questions about their legal rights.

**Legal Aid of North Carolina Helpline** **866-219-5262**  
959 East Street - Suite A & B  
P.O. Box 1728  
Pittsboro, NC 27312  
**800-672-5834**

**North Carolina Bar Association** **919-677-0561**  
P.O. Box 3688  
Cary, NC 27519  
**Services Include:** List of certified attorneys, online pamphlets for seniors, Senior Citizens Handbook Laws & Programs Affecting Senior Citizens in NC.

**NC Lawyer Referral Service**  
[www.ncfindalawyer.com](http://www.ncfindalawyer.com)

**919-677-8574**  
800-662-7660

**Senior Legal Helpline**

P.O. Box 26087

Raleigh, NC 27611

Please call, if you're 60+. No income limitations.

Hours: Mon. – Fri. 9am – 11am & 1pm – 3pm

**877-579-7562**

**LIBRARIES**

**Carthage Library**

101 Saunders Street

P.O. Box 400

Carthage, NC 28327

**910-947-5335**

**Given Memorial Library**

150 Cherokee Road

Pinehurst, NC 28370

**910-295-6022**

**Page Memorial Library**

100 South Poplar Street

Aberdeen, NC 28315

**910-944-1200**

**Pinebluff Library**

305 East Baltimore Avenue

Pinebluff, NC 28373

**910-281-3004**

**Robbins Library**

161 Magnolia Drive

P.O. Box 159

Robbins, NC 27235

**910-948-4000**

**Sandhills Community College Library – Boyd Library**

3395 Airport Road

Southern Pines, NC 28387

**910-695-3819**

**Southern Pines Public Library**

170 West Connecticut Avenue

Southern Pines, NC 28387

**910-692-8235**

**State Library of North Carolina for the  
Blind & Physically Handicaped** 888-388-2460  
1841 Capital Boulevard 919-733-4376  
Raleigh, NC 27635

**Applicant and his/her doctor must complete, sign and mail in application.**

**Vass Library** 910-245-2200  
128 Seaboard Street  
P.O. Box 1349  
Vass, NC 28394

**LONG-TERM CARE FACILITIES – ASSISTED LIVING**

**Brookdale Senior Living** 910-235-0700  
17 Regional Drive  
Pinehurst, NC 28374

**Elmcroft of Southern Pines  
Alzheimer’s Residential Care** 910-692-4928  
101 Brucewood Road 910-695-1277  
Southern Pines, NC 28387

**Fox Hollow Assisted Living** 910-695-0011  
190 Fox Hollow Court  
Pinehurst, NC 28374

**Magnolia Gardens** 910-692-6311  
594 Murray Hill Road  
Southern Pines, NC 28387

**Penick Village** 910-692-0300  
500 East Rhode Island Avenue  
Southern Pines, NC 28387

**Seven Lakes Assisted Living and Memory Care** 910-673-2045  
292 MacDougal Drive  
West End, NC 27376

**Sandy Ridge Memory Care & Assisted Living** 910-974-4162  
326 Bowman Road  
Candor, NC 27229

**Tara Plantation of Carthage, LLC** 910-947-5888  
820 South McNeil Street  
Carthage, NC 28327

**The Coventry at Saint Joseph of the Pines** 910-246-1039  
105 Gossman Drive  
Southern Pines, NC 28387

**The Crossings at Hope Mills** 910-635-0555  
7051 Rockfish Road  
Fayetteville, NC 28306

**The Crossings at Wayside** 910-683-6805  
8398 Fayetteville Road  
Raeford, NC 28376

### **LONG-TERM CARE FACILITIES – NURSING**

**Accordius Health at Aberdeen** 910-944-8999  
915 Pee Dee Road  
Aberdeen, NC 28315

**Peak Resources – Pinelake Health & Rehabilitation Center** 910-947-5155  
801 Pinehurst Avenue  
Carthage, NC 28327

**Penick Village** 910-692-0300  
500 East Rhode Island Avenue  
Southern Pines, NC 28387

**Pinehurst Healthcare and Rehabilitation Center** 910-295-6158  
300 Blake Boulevard  
Pinehurst, NC 28374

**Sanford Health & Rehabilitation** 919-776-9602  
2702 Farrell Road  
Sanford, NC 27330

**The Greens at Pinehurst Rehabilitation & Living Center** 910-295-1781  
205 Rattlesnake Trail  
Pinehurst, NC 28374

**The Health Center at Saint Joseph of the Pines** 910-246-1000  
103 Gossman Drive  
Southern Pines, NC 28387

**The Inn at Quail Haven Village** 910-295-2294  
155 Blake Boulevard  
Pinehurst, NC 28374

**The Laurels of Chatham** 919-542-6677  
72 ChathamBuisness Park Drive  
Pittsboro, NC 27312

**Westfield Rehabilitation & Health Center** 919-775-5404  
3100 Tramway Road  
Sanford, NC 27332

### **LONG-TERM CARE FACILITIES – RESOURCE DATABASE**

**Assisted Living** 800-622-3915  
P.O. Box 45829  
Seattle, WA 98145-0826  
[www.aboutassistedliving.org](http://www.aboutassistedliving.org)

### **LONG-TERM CARE FACILITIES – RETIREMENT/CONTINUING CARE**

**Belle Meade at Saint Joseph of the Pines** 910-246-1008  
100 Waters Drive  
Southern Pines, NC 28387

**Penick Village** 910-692-0300  
500 East Rhode Island Avenue  
Southern Pines, NC 28387

**Pine Knoll at Saint Joseph of the Pines** 910-246-1008  
590 Central Drive  
Southern Pines, NC 28387

**Southern Pines Gracious Living** 910-692-3367  
205 SE Service Road  
Southern Pines, NC 28387

**Saint Joseph of the Pines** 910-246-1000  
100 Waters Drive  
Southern Pines, NC 28387

**The Bayberry Retirement Inn** 800-552-8785  
2002 Woodland Avenue  
Sanford, NC 27330

**The Inn at Quail Haven Village** 910-295-2294  
155 Blake Boulevard  
Pinehurst, NC 28374

**LONG-TERM CARE FACILITIES – SECURED MEMORY CARE**

**Brookdale Senior Living** 910-235-0700  
17 Regional Drive  
Pinehurst, NC 28374

**Elmcroft of Southern Pines Alzheimer’s Residential Care** 910-695-1277  
101 Brucewood Road  
Southern Pines, NC 28387

**Magnolia Gardens** 910-692-6311  
594 Murray Hill Road  
Southern Pines, NC 28387

**Fox Hollow Assisted Living** 910-695-0011  
190 Fox Hollow Court  
Pinehurst, NC 28374

**Seven Lakes Assisted Living & Memory Care** 910-673-2045  
292 MacDougal Drive  
West End, NC 27376

**Sandy Ridge Memory Care & Assisted Living** 910-974-4162  
326 Bowman Road  
Candor, NC 27229

**Tara Plantation of Carthage, LLC** 910-947-5888  
820 South McNeil Street  
Carthage, NC 28327

**LONG-TERM CARE FACILITIES – SHORT-TERM RESPITE**

**Accordius Health at Aberdeen** 910-944-8999  
915 Pee Dee Road  
Aberdeen, NC 28315

**Brookdale Senior Living** 910-235-0700  
17 Regional Drive  
Pinehurst, NC 28374

|                                                                                                                               |                                             |
|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <p><b>Elmcroft of Southern Pines<br/>Alzheimer’s Residential Care</b><br/>101 Brucewood Road<br/>Southern Pines, NC 28387</p> | <p><b>910-692-4928</b><br/>910-695-1277</p> |
| <p><b>Fox Hollow Assisted Living</b><br/>190 Fox Hollow Court<br/>Pinehurst, NC 28374</p>                                     | <p><b>910-695-0011</b></p>                  |
| <p><b>Magnolia Gardens</b><br/>594 Murray Hill Road<br/>Southern Pines, NC 28387</p>                                          | <p><b>910-692-6311</b></p>                  |
| <p><b>Peak Resources – Pinelake Health &amp; Rehabilitation Center</b><br/>801 Pinehurst Avenue<br/>Carthage, NC 28327</p>    | <p><b>910-947-5155</b></p>                  |
| <p><b>Penick Village</b><br/>500 East Rhode Island Avenue<br/>Southern Pines, NC 28387</p>                                    | <p><b>910-692-0300</b></p>                  |
| <p><b>Pinehurst Healthcare and Rehabilitation Center</b><br/>300 Blake Boulevard<br/>Pinehurst, NC 28374</p>                  | <p><b>910-295-6158</b></p>                  |
| <p><b>Seven Lakes Assisted Living &amp; Memory Care</b><br/>292 MacDougal Drive<br/>West End, NC 27376</p>                    | <p><b>910-673-2045</b></p>                  |
| <p><b>The Greens at Pinehurst Rehabilitation &amp; Living Center</b><br/>205 Rattlesnake Trail<br/>Pinehurst, NC 28374</p>    | <p><b>910-295-1781</b></p>                  |
| <p><b>The Health Center at Saint Joseph of the Pines</b><br/>103 Gossman Drive<br/>Southern Pines, NC 28387</p>               | <p><b>910-246-1000</b></p>                  |
| <p><b>The Inn at Quail Haven Village</b><br/>155 Blake Boulevard<br/>Pinehurst, NC 28374</p>                                  | <p><b>910-295-2294</b></p>                  |

## **LONG-TERM CARE FACILITIES – SKILLED MEMORY CARE**

**Accordius Health at Aberdeen** **910-944-8999**  
915 Pee Dee Road  
Aberdeen, NC 28315

**Peak Resources – Pinelake Health & Rehab Center** **910-947-5155**  
801 Pinehurst Avenue  
Carthage, NC 28327

**Serenity Gardens at Carver** **919-471-3558**  
303 East Carver Street  
Durham, NC 27704

**Skilled Memory Care:** 24-hour per day long-term, individualized skilled nursing care for Dementia patients suffering hallucinations, delusions and fluctuating attention.

## **MEDICAL ALERT SYSTEMS**

**5 Star Medical Alert** **800-918-8543**  
**NATIONWIDE**

**Life Alert Emergency Response** **800-338-9090**  
**NATIONWIDE**

**Rescue Alert** **800-688-9576**  
10321 Beckstead Lane  
South Jordan, UT 84095

**Walgreens Ready Response** **866-310-9061**  
[www.walgreensreadyresponse.com](http://www.walgreensreadyresponse.com)

## **MEDICAL EQUIPMENT & SUPPLIES**

**180° Medical** **919-634-0609**  
**Services Include:** Adult diapers, bed/charis pads, liquid nutritional supplements, bibs, and cost-free on-call nurses to support Ostomy patients. Medicaid & CAP-DA accepted. **866-576-7228**



|                                                                                                                                                                                                                                                                                                                                                                                                             |                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <p><b>AdaptHealth</b><br/> 1231 NE Maynard Road<br/> Cary, NC 27513<br/> <b>Services Include:</b> Durable medical equipment, walkers, beds, wheelchairs, etc. Accepts Medicaid, Medicare &amp; Private Insurance. Serves Moore County residents.</p>                                                                                                                                                        | <p><b>800-868-8822</b></p> |
| <p><b>Apria Healthcare, Inc.</b><br/> 295 Pinehurst Avenue Unit 3E<br/> Southern Pines, NC 28387<br/> <b>Services Include:</b> Durable medical equipment, respiratory therapy, tube feedings, IV infusion therapy. Accepts Medicaid, Medicare, and Private Insurance.</p>                                                                                                                                   | <p><b>910-295-3175</b></p> |
| <p><b>Family Medical Supply</b><br/> 1680 NC Highway 5 #160<br/> Aberdeen, NC 28315<br/> <b>Services Include:</b> Durable medical equipment, walkers, beds, wheelchairs, and respiratory therapy. Accepts Medicaid &amp; Medicare.</p>                                                                                                                                                                      | <p><b>910-255-0005</b></p> |
| <p><b>Health Innovations Pharmacy</b><br/> 295 Pinehurst Avenue<br/> Southern Pines, NC 28387<br/> <b>Services Include:</b> Lift chairs, scooters, wheelchairs, walkers, hospital beds, compression stockings, orthopedic supports, hernia belts, bathroom safety items, ostomy supplies 3-in-1 commodes, arthritis aids, blood pressure cuffs, crutches, aids for daily living, and diabetic supplies.</p> | <p><b>910-246-5155</b></p> |
| <p><b>Home Delivery Incontinent Supplies, Inc.</b><br/> 9385 Dielman Industrial Drive<br/> Olivette, MO 63132<br/> <b>Services Include:</b> Accepts North Carolina Medicaid and waiver that provides incontinence and urological products, nutritional supplements and gloves. Free samples, free shipping on all orders, discreet packaging, and a personalized delivery plan.</p>                         | <p><b>855-805-2102</b></p> |
| <p><b>Orthotics &amp; Prosthetics of Pinehurst</b><br/> 95 Avimore Drive Suite A<br/> Pinehurst, NC 28374</p>                                                                                                                                                                                                                                                                                               | <p><b>910-295-4489</b></p> |
| <p><b>Sandhills Orthotics &amp; Prosthetics</b><br/> 325 Page Road<br/> Pinehurst, NC 28374</p>                                                                                                                                                                                                                                                                                                             | <p><b>910-295-2828</b></p> |

**SCOTT'S Medical Equipment Services & Sales** **910-986-0575**  
P.O. Box 5151  
Pinehurst, NC 28374

**Totally Committed** **910-690-2608**  
340 Commerce Avenue Suite #B  
Southern Pines, NC 28387  
**Services Include:** Diabetic supplies – shoes, strips, glucometers,  
and syringes. **844-253-4800**

## **MEDICAL NON-PROFIT ORGANIZATIONS**

**ALS Association** **800-782-4747**  
1275 K Street NW Suite 250  
Washington, DC 20005

**American Cancer Society** **800-227-2345**  
8300 Health Park Suite 10  
Raleigh, NC 27615 **919-334-5218**

**American Diabetes Association** **800-342-2383**  
2418 Blue Ridge Road Suite 206  
Raleigh, NC 27607 **919-743-5400**

**American Heart Association** **910-323-9387**  
2711 Breezewood - Suite A  
Fayetteville, NC 28303 **800-242-8721**

**American Kidney Fund** **800-638-8299**  
[www.kidneyfund.org](http://www.kidneyfund.org) **866-300-2900**

**American Lung Association** **800-586-4872**  
514 Daniels Street Suite 109  
Raleigh, NC 27605 **919-424-6069**

**American Red Cross - Moore County Chapter** **910-692-8571**  
115 East Pennsylvania Avenue  
Southern Pines, NC 28387

**Amputee Coalition** **888-267-5669**  
900 East Hill Avenue Suite 390  
Knoxville, TN 37915

|                                                                                                                                         |                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Arthritis Foundation – Carolina Chapter</b><br>4530 Park Road Suite 230<br>Charlotte, NC 28209                                       | <b>800-365-3811</b>                 |
| <b>Brain Injury Association of North Carolina</b><br>6604 Six Forks Rd. Suite 104<br>Raleigh, NC 27615                                  | <b>800-377-1464</b><br>919-833-9634 |
| <b>CancerCare</b><br>275 Seventh Avenue<br>New York, NY 10001                                                                           | <b>800-813-4673</b>                 |
| <b>Carolinas Poison Center Hotline</b><br>P.O. Box 32861<br>Charlotte, NC 28232                                                         | <b>800-222-1222</b>                 |
| <b>Dogwood HIV Care Consortium</b>                                                                                                      | <b>910-737-5010</b>                 |
| <b>National Federation of the Blind</b><br>200 East Wells Street<br>Baltimore, MD 21230                                                 | <b>410-659-9314</b>                 |
| <b>National Fibromyalgia &amp; Chronic Pain Association</b><br>31 Federal Avenue<br>Logan, UT 84321                                     | <b>801-200-3627</b>                 |
| <b>National Institute on Aging</b>                                                                                                      | <b>800-222-2225</b><br>800-222-4225 |
| <b>National Kidney Foundation of North Carolina, Inc.</b><br>4701 Hedgemore Dr., Suite 810<br>Charlotte, NC 28209                       | <b>704-519-0020</b><br>877-858-3808 |
| <b>National Parkinson Foundation (HELPLINE)</b>                                                                                         | <b>800-473-4636</b>                 |
| <b>National Stroke Association</b><br>9707 East Easter Lane Suite B<br>Centennial, CO 80112                                             | <b>800-787-6537</b>                 |
| <b>National Suicide Prevention Lifeline</b><br><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a> | <b>800-273-8255</b>                 |
| <b>North Carolina Coalition Against Domestic Violence</b><br>3710 University Drive #140<br>Durham, NC 27707                             | <b>919-956-9124</b>                 |

**North Carolina Division of Aging** 919-855-3440  
2101 Mail Service Center  
Raleigh, NC 27699

**North Carolina Division of Services for the Blind** 800-422-1871  
309 Ashe Avenue 919-527-6740  
Raleigh, NC 27699

**North Carolina Division for the Deaf & Hard of Hearing** 919-874-2212  
1100 Navaho Drive  
Raleigh, NC 27609

**Parkinson Association of the Carolinas** 866-903-7275  
1515 Mockingbird Lane 704-248-3722  
Charlotte, NC 28209

**Parkinson's Disease Foundation** 800-457-6676  
1359 Broadway, Suite 1509  
New York, NY 10018

## **MOVING SERVICES/TRANSITIONING CONSULTANTS FOR SENIORS**

**Caring Transitions of the Sandhills** 910-722-1030  
105 South Ray Street #93  
Carthage, NC 28327

**Move Elders with Ease** 919-218-4783  
1204 Village Market Place  
P.O. Box 193  
Morrisville, NC 27560

**Sandhills Moving & Storage** 910-692-8685  
1052 North May Street  
Southern Pines, NC 28387

**The Right Moves** 919-942-5993  
**STATEWIDE** 941-232-2732  
P.O. Box 17104  
Chapel Hill, NC 27516

**Transitioning Senior Consultants** 919-923-6015  
**TROSA Moving** 919-489-3941  
**NATIONWIDE** 919-419-1059  
1820 James Street  
Durham, NC 27707

## **NEUROLOGICAL DISORDERS/NEUROPSYCHOLOGICAL PROVIDERS**

**Duke Neurological Disorders Clinic at Morreene Road** **919-668-7600**  
932 Morreene Rd.  
Durham, NC 27705  
**Serves Alzheimer's, Parkinson's and Huntington's Disease.**  
**No physician's referral needed.**

**Pinehurst Neuropsychology** **910-420-8041**  
45 Avimore Drive  
Pinehurst, NC 28374

## **PARKINSON SUPPORT GROUPS**

**FirstHealth – Clara McLean House** **910-715-4230**  
20 1<sup>st</sup> Village Drive  
Pinehurst, NC 28374

## **PARKS & RECREATION**

**Aberdeen Parks & Recreation** **910-944-7275**  
301 Lake Park Crossing  
Aberdeen, NC 28315

**Moore County Parks & Recreation Department** **910-947-2504**  
155 Hillcrest Park Lane  
P.O. Box 905  
Carthage, NC 28327

**Pinehurst Parks & Recreation Department** **910-295-2817**  
**Cannon Park Community Center**  
210 Rattlesnake Trail  
Pinehurst, NC 28374

**Southern Pines Parks & Recreation – Campbell House** **910-692-2463**  
482 East Connecticut Avenue  
Southern Pines, NC 28387

## **PACE PROGRAMS**

**LIFE at Saint Joseph of the Pines**  
4900 Raeford Road  
Fayetteville, NC 28304

**910-429-7220**  
877-452-2514

**Stay Well**  
809 Curry Drive  
Asheboro, NC 27205

**336-628-4211**

## **PHARMACIES THAT DELIVER**

**Cooper's Pharmacy**  
3353 US 1 Hwy  
Vass, NC 28394

**910-245-4672**

**Health Innovations Pharmacy**  
295 Pinehurst Avenue  
Southern Pines, NC 28387

**910-246-5155**

## **REVERSE MORTGAGE SERVICES**

**Resources for Seniors**  
[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

**971-207-7820**

**Reverse mortgage counseling by telephone only.**

## **SENIOR ENRICHMENTS CENTERS**

**Archdale Senior Center** 336-431-1938

108 Park Drive  
Archdale, NC 27263

**Services Include:** Meals on Wheels to Seagrove residents.

**Hoke County Senior Services** 910-875-8588

423 E Central Avenue  
Raeford, NC 28376

**Moore County Department of Aging** 910-947-4483

**Senior Enrichment Center**

8040 US Highway 15-501

P.O. Box 487

Carthage, NC 28327

**Must be a Moore County resident and age 50+.**

**Moore County Department of Aging** 910-464-3544

**Westmoore Senior Center**

2332 NC Hwy 705

Robbins, NC 27325

**Must be a Moore County resident and age 60+.**

**The Enrichment Center of Lee County** 919-776-0501

**Lee County Senior Services**

1615 South Third Street

Sanford, NC 27330

**Troy-Montgomery Senior Center** 910-572-4464

315 North Main Street

Troy, NC 27371

## **TAX SERVICES FOR SENIORS**

**AARP** 888-227-7669

AARP Tax-Aide Services

[www.aarp.org/states/nc](http://www.aarp.org/states/nc)

**Volunteer Income Tax Assistance Program (VITA)** 800-906-9887

**Tax Counseling Program for the Elderly (TCE)**

[www.irs.gov](http://www.irs.gov)

## **TELEPHONE REASSURANCE FOR SENIORS**

**Moore County Department of Aging – Good Call Connection** **910-947-4483**  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

## **TRANSLATION SERVICES**

**English 2 Spanish** **910-281-0284**  
205 North Walnut Street  
P.O. Box 154  
Pinebluff, NC 28373

**Fluent Language Solutions** **919-570-8686**  
123 Capcom Avenue #2  
Wake Forest, NC 27587  
**Services Include:** Available 24/7/365 and fluent in 240 languages.  
Provides services via phone, video remote, onsite, and personal interpreters.

## **TRANSPORTATION FOR SENIORS**

**An Act of Kindness Transportation Services** **910-281-4347**  
[www.actofkindnessacs.com/aok-services](http://www.actofkindnessacs.com/aok-services)

**Moore County Department of Aging** **910-947-4483**  
**Senior Enrichment Center**  
8040 US Highway 15-501  
P.O. Box 487  
Carthage, NC 28327

**Moore County Transportation Services (MCTS)** **910-947-3389**  
P.O. Box 905  
302 Monroe Street  
Carthage, NC 28327

**North Carolina Baptist Aging Ministry** **877-506-2226**  
201-A Idol Street  
P.O. Box 338  
Thomasville, NC 27360



**Pinehurst Concierge Services, LLC** 910-683-0555  
[www.pinehurstconcierrgservices.com](http://www.pinehurstconcierrgservices.com)

**Right at Home Transport** 910-684-6400  
115 East Pennsylvania Avenue  
Southern Pines, NC 28387

**Sandhills/Moore Coalition for Human Care, Inc.** 910-693-1600  
1500 West Indiana Avenue  
Southern Pines, NC 28387

**Seven Lakes Transportation** 910-773-0368  
**Services Include:** Trips to RDU, GSO, CLT or destinations  
to / from the Seven Lakes, West End, Pinehurst, Carthage area.

## **VETERANS SERVICES**

**Aberdeen American Legion Post 72** 910-235-1975  
211 East Main Street 910-281-5997  
Aberdeen, NC 28315 910-695-1580  
**Groups Offered:** Mens Post 72, Ladies Auxilary and Legion Riders.

**Fayetteville VA Medical Center—Veterans Hospital** 910-488-2120  
2300 Ramsey Street 800-771-6106  
Fayetteville, NC 28301  
**Services Include:** Family Caregiver Support Program, medical  
care, dental care, pharmacy, extended care/rehab and other supports  
and services for current or retired veterans.

**Fayetteville Veterans Center** 910-488-6252  
2301 Robeson Street Suite 103 800-771-6106 x7701  
Fayetteville, NC 28305  
Hours Mon. – Sat. 7am-5:30pm. Upon request Vet Centers  
will provide services after normal work hours and/or on weekends.

**Healthcare for Homeless Veterans (HCHV)** 910-488-2120 x7744  
2300 Ramsey Street  
Fayetteville, NC 28301  
**Services Include:** HCHV Outreach Program; Homeless Veteran  
Community Employment Services (CES); Peer Support; Contract  
Residential Treatment Program; Grant & Per Diem (GPD) Program;  
HCHV Nurse; Housing & Urban Development / VA Supportive Housing  
(HUD-VASH) Program; Veterans Justice Outreach Program (VJO).

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <p><b>Mannix &amp; Associates – VA Housing</b><br/> P.O. Box 5312<br/> Cary, NC 27512</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p><b>919-869-4215</b></p>                                      |
| <p><b>Military Caregiver Support Recovery Coordination Program</b><br/> <b>Services Include:</b> Assistance for veterans experiencing issues with physical &amp; mental health, finances, education, familial conflicts, transportation, housing and legal matters. Offers a Military Caregiver PEER Virtual Forum that meets the 1<sup>st</sup> Thursday of each month at 11am and the last Thursday of each month at 2pm. To register, email <a href="mailto:osd.caregiver@mail.mil">osd.caregiver@mail.mil</a> and include your location and duty status.</p> | <p><b>910-709-2142</b></p>                                      |
| <p><b>Military Missions in Action</b><br/> 625 South Page Street<br/> Southern Pines, NC 28387<br/> <b>Services Include:</b> Home modifications for veterans with disabilities – Ramps, roll-in-showers, widening doorways and lowering cabinets and countertops.</p>                                                                                                                                                                                                                                                                                            | <p><b>910-603-5999</b></p>                                      |
| <p><b>Mission 22</b><br/> 17040 Pilkington Road Suite 200<br/> Lake Oswego, OR 97035<br/> <b>Services Include:</b> Comprehensive Wellness; War Detox Program; Brazilian Jiu Jitsu; Health and Housing Access; Horse Therapy; Holistic Health; Service Dogs.</p>                                                                                                                                                                                                                                                                                                  | <p><b>252-723-2331</b></p>                                      |
| <p><b>Moore County Veterans Services</b><br/> 302 Monroe Street<br/> P.O. Box 905<br/> Carthage, NC 28327</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>910-947-3257</b></p>                                      |
| <p><b>Sanford Community Based Veteran Affairs Outpatient Clinic</b><br/> 3112 Tramway Road<br/> Sanford, NC 27332<br/> <b>Services Include:</b> Behavioral Health – Individual, group and family counseling. Personal Care – Primary care physicians and specialty care referrals to Fayetteville VA Medical Center. Blood drawing services and routine prescription processing by mail.</p>                                                                                                                                                                     | <p><b>919-775-6160</b></p>                                      |
| <p><b>Suicide Prevention Program</b><br/> 2300 Ramsey Street<br/> Fayetteville, NC 28301</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>910-488-2120 x5464</b><br/> <b>910-488-2120 x6359</b></p> |

**Veterans Caregiver Support Program**

2300 Ramsey Street  
Fayetteville, NC 28301

**910-488-2120 x7744**

**800-827-1000**

**Services Include:** Care for Caregivers; VA In-Home & Support Services; Tips by Diagnosis; Peer Supports; Tips for medication management, talking to providers, practicing self-care, and planning ahead for disasters.

**Veterans Crisis Line**

**Services Include:** Prevent suicide among older adults 55+; Identify warning signs of suicide; Educate families, caregivers and friends; Make homes safe; Establish continued support and care.

**800-273-8255**

(Press “1”)

**Veteran’s Helpline for Homeless Vets**

**877-424-3838**

**VOLUNTUNTEER PROGRAMS**

**Moore County Department of Aging – Volunteer Resource Program 910-947-4483**

**Senior Enrichment Center**

8040 US Highway 15-501

P.O. Box 487

Carthage, NC 28327

**WILDLIFE ANIMAL CONTROL – Snakes, bats, squirrels, etc.**

**Bat & Squirrel Removal**

**Chris**

**910-417-9367**

**Cape Fear Wild Life, LLC**

**Tommy**

**910-876-2040**

## **CATEGORIES OF RESOURCES AND SERVICES**

Resources and Services have been grouped together to help you find programs or organizations that offer related types of assistance or share a common focus. Not all offer the same assistance.

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# GLOSSARY

## **Activities of Daily Living (ADL)**

A term used to describe basic self-care tasks that are a part of most people's regular day, such as bathing, dressing, grooming, moving around the house, and eating. ADLs are widely used to assess individual functioning status.

## **Adult Care Homes**

An assisted living residence in which the housing management provides 24-hour scheduled and unscheduled personal care services to two or more residents, either directly or, for scheduled needs, through formal written agreement with licensed home care or hospice agencies. Some licensed adult care homes provide supervision to persons with cognitive impairments whose decisions, if made independently, may jeopardize the safety or well-being of themselves or others and therefore require supervision. Medication in an adult care home may be administered by designated, trained staff. Adult care homes that provide care to two to six unrelated residents are commonly called family care homes. Adult care homes and family care homes are subject to licensure by the Division of Facility Services.

## **Alzheimer's Disease**

A progressive, degenerative disease that attacks the brain and results in impaired memory, thinking, and behavior.

## **Assessment**

Activities performed by at least one professional (preferably a social worker and/or a nurse) to determine a person's current functional abilities and resources in six areas: physical health, mental health, social support, activities of daily living, environmental conditions, and financial situation. Assessment includes a home visit by a professional. Once the assessment is completed, activities related to developing and implementing a client service plan becomes part of case management.

## **Assisted Living**

"Assisted living residence" means any group housing and services program for two or more unrelated adults, by whatever name it is called, that makes available, at a minimum, one meal a day and housekeeping services and provides personal care services directly or through a formal written agreement with one or more licensed home care or hospice agencies. Settings in which services are delivered may include self-contained apartment units or single or shared room units with private or area baths.

## **Cognitive Impairment**

A term that refers to damage or loss of intellectual or mental functioning. The act or process of "knowing", including awareness or judgment, is impaired. Alzheimer's disease is the most common cause of cognitive impairment among older adults.

**Congregate Living**

A living arrangement in which two or more unrelated individuals reside in a house or apartment.

**Continuing Care Retirement Community (CCRC)**

A facility that offers a continuum of care-from independent living, assisted-living, or rest home care, to nursing home care. Individuals are offered an independent living lifestyle with the security of knowing supportive and health care services are available if needed.

**Durable Power of Attorney**

A legal document that allows you to appoint someone as your agent to manage your affairs should you be incompetent or incapacitated.

**Elder Abuse**

An umbrella term used to describe one or more of the following:

- Physical abuse is the willful infliction of physical pain or injury, e.g., slapping, bruising, sexually molesting, or restraining.
- Sexual abuse is the infliction of non-consensual sexual contact of any kind.
- Emotional or psychological abuse is the infliction of mental or emotional anguish, e.g., humiliating, intimidating, or threatening.
- Financial or material exploitation is the improper act or process of an individual, using the resources of an older person, without his/her consent, for someone else's benefit.
- Neglect is the failure of a caretaker to provide goods or services necessary to avoid physical harm, mental anguish or mental illness, e.g., abandonment, denial of food or health related services.
- Self-neglect is characterized as the behavior of an elderly person that threatens his/her own health or safety

**Family Caregiver Support Program (FCSP)**

The Older Americans Act Amendments of 2000 established the National Family Caregiver Support Program to assist the aging network to develop a multi-faceted system of supports for caregivers. The Division of Aging and Adult Services and Area Agencies on Aging are administering the program in North Carolina.

**Family Care Home**

"Family care home" means an adult care home having two to six residents. The structure of a family care home may be no more than two stories high and none of the aged or physically disabled persons being served there may be housed in the upper story without provision for two direct exterior ground-level accesses to the upper story. It is licensed by the Division of Facility Services.

## **FL-2**

Long-Term Services prior approval form which gives a summary of the patient's medical requirements and which reflect the attending physician's recommendation for the level of care needed in an institutional setting. An approved FL-2 is required for any Medicaid recipient in a skilled nursing facility (SNF) or an intermediate care facility (ICF). An FL-2 must also be completed by the attending physician prior to admission to an adult care home and at least annually thereafter.

## **Food Stamps**

A federal program that provides a monthly allotment of Food Stamp benefits issued via Electronic Benefit Transfer cards (ATM cards). The Food Stamp Program is an entitlement program, so all eligible individuals and households can receive assistance. Food Stamp benefits may be used to purchase most foods at participating stores. They may not be used to purchase tobacco, pet food, paper products, soap products, or alcoholic beverages. Administrative costs are 50% federal and 50% county. The stamps are 100% federal.

## **Foster Care Services for Adults**

A service that involves recruiting, developing, and evaluating adult care homes to determine if they meet the needs of residents and to help them improve upon their service. All county DSS's that have an adult care home in their county provide this service.

## **Guardianship**

The legal authority and duty given by the court to a person (guardian) for the purpose of assuming responsibility for the care and maintenance of another person (ward), who has been determined incapable of handling his/her own personal affairs. The powers and authority conferred upon a guardian depend on what type of guardianship is granted by the court.

- Guardian of the Estate - Is responsible for collecting, preserving, and administering the property and income of the ward.
- Guardian of the Person - Is entitled to custody of the ward and is responsible for the ward's care, comfort, and maintenance. The guardian makes decisions such as where the ward will live, gives consent for medical or professional treatment of/for the ward. The Guardian of the Person is responsible for the basic physical care of the ward and his/her immediate personal effects.
- General Guardian - Performs the duties of both the Guardian of the Estate and Guardian of the Person.

## **Health Care Power of Attorney**

Allows you to appoint someone to act as your health care agent to make health care decisions for you should it be determined by your physician that you are no longer able to make these decisions for yourself

### **Home-Delivered Meals**

A nutrition program that utilizes volunteers to deliver at least one hot nutritious meal per day (usually 5 days a week) to homebound adults. The meal offers one-third of the Recommended Daily Dietary Allowance.

### **Home Health Services**

Health care prescribed by a physician and given in the home to a person in need of medical care. Services may include skilled nursing services, therapy services (physical therapy, occupational therapy and speech therapy), medical social services, health promotion services, and home health aide services. This is a covered service under Medicaid.

### **Hospice Care**

A service provided for terminally ill patients and their families. A hospice agency provides medical, nursing, and supportive services to meet the needs of families and patients in the last six months of the patient's life.

### **In-Home Aide Services**

The in-home aide services previously known as Chore, Homemaker, Homemaker-Home Health Aide, Respite, and Personal Care Services have been incorporated into a single service entitled, "In-Home Aide Services". These are paraprofessional services that assist children and adults, their families, or both, with essential home management tasks, personal care tasks, supervision, or all of the above. Their purpose is to allow these individuals to function effectively in their own homes and the community for as long as possible. The four levels of care are:

- **HOME MANAGEMENT**  
**Level I:** In-Home Aide Services at this level are intended to provide support to those needing assistance with basic home management tasks, such as housekeeping, cooking, shopping, and bill paying. Personal care tasks may not be performed at this level.
- **PERSONAL CARE**  
**Level II:** In-Home Aide Services at this level are intended to provide support to persons/families who predominantly require assistance with basic personal care (bathing, shaving, toileting, and personal hygiene), and associated home management tasks.
- **HOME MANAGEMENT**  
**Level III:** In-Home Aide Services at this level are intended to provide intensive education and support to persons/families in carrying out home management tasks and improving family functioning skills.
- **PERSONAL CARE**  
**Level III:** In-Home Aide Services at this level are intended to provide substantial activities of daily living (ADL) support to individuals/families who require assistance with health and personal care tasks. Provision of these tasks involves extensive "hands-on" care and potential assistance with a wide range of health-related conditions.

- **HOME MANAGEMENT**

**Level IV:** In-Home Aide Services at this level are intended to provide a wide range of educational and supportive services to persons/families who are in crisis or who require long term assistance with complex home management tasks and family functioning skills. Provision of the service involves quick and creative response to individual/family crisis situations identified by the case manager. It also may focus on conducting appropriate learning sessions with small groups of persons from different families who have similar needs.

**Instrumental Activities of Daily Living (IADL)**

Basic tasks that are essential to living independently, such as cooking meals, housekeeping, laundry, paying bills, shopping, and using the telephone.

**Living Will**

A legal document in which you can declare your desire that under certain conditions your life not be prolonged by extraordinary or artificial means. Advice and assistance with such matters for people unable to afford the services of a private attorney may be available through a Legal Aid office.

**Long Term Care Insurance**

A type of insurance designed to pay some or all of the costs of nursing home, assisted living, community, or home health care. The Seniors' Health Insurance Information Program provides useful information on this kind of insurance, including a fact sheet. SHIP and the Division of Aging and Adult Services have developed a Consumer Bill of Rights for Buyers of Long Term Care Insurance.

**Long Term Care Ombudsman**

A professional who serves as an advocate for long-term care residents of nursing homes and adult care homes. Advocacy includes educating individuals about their rights and complex rules or regulations governing the long-term care system. An Ombudsman can be requested to investigate concerns and serve as a mediator for conflict resolution should a resident encounter difficulty exercising rights.

Ombudsmen are available to:

- Serve as a resource for anyone who has questions about long term care regulations.
- Be involved in the care planning process or family meetings.
- Provide training to staff, resident councils, or family councils.
- Provide information and referral.
- Provide state survey results on local facilities.
- Talk about any situation that may arise from being a resident, family member, or staff person of a facility.

The Long-Term Care Ombudsman program is federally mandated through the Older Americans Act. There is at least one Ombudsman for each of the 17 aging regions in North Carolina. Each county also has local Community Advisory Committees. These are volunteers who are appointed by the county commissioners to serve as grass roots advocates for residents in the facilities.

**Medicaid (TITLE XIX of the Social Security Act)**

A Federal-funded and State-funded health care program for eligible persons. To be eligible a person must meet income and assets limits, and be aged, blind, disabled, a member of a family with dependent children, or a pregnant woman. Some people are covered by both Medicare and Medicaid. Administered by the Division of Medical Assistance in the North Carolina Department of Health and Human Services, the program provides medical care for qualifying recipients. Applications for Medicaid are made through the County Department of Social Services.

**Medicare**

A federal health insurance program for persons aged 65 and over who are eligible for Social Security or Railroad Retirement benefits and for some people who are disabled regardless of age. There are two parts: Part A is hospital insurance which is automatic, for those eligible, and Part B covers the physician and other services. Part B is voluntary and requires a monthly premium.

**Occupational Therapist (OT)**

Occupational therapists assist in rehabilitation through the design and implementation of individualized programs to improve or restore functions impaired by illness or injury.

**Older Americans Act (OAA)**

Federal legislation established in 1965 providing broad policy objectives designed to meet the needs of older persons. The key philosophy of the program has been to help maintain and support older persons in their homes and communities and to avoid unnecessary or premature institutionalization.

**Ombudsman**

A representative of a public agency or a nonprofit organization who investigates and resolves complaints made by or on the behalf of older individuals who are residents of long-term care facilities. In North Carolina the State Long-Term Care Ombudsman is located in the Division of Aging and Adult Services of the Department of Health and Human Services. There are Regional Ombudsmen across the state who are located within the Area Agency on Aging, a part of the regional council of government.

**Personal Care Services (PCS)**

Paraprofessional care (comparable to In-Home Aide Services, Personal Care Levels II and III) covered by Medicaid for eligible persons.

**Respite**

Provides needed relief to primary caregivers of individuals who cannot be left alone because of mental or physical problems

**Senior Health Insurance Information Program (SHIIP)**

Sponsored by the N. C. Department of Insurance. Volunteers assist with information about all types of Medicare and related insurance issues, including long-term care insurance and Medicare Part D.

**Skilled Nursing Facility (SNF)**

A nursing home that provides 24 hour-a-day nursing services for a person who has serious health care needs but does not require the intense level of care provided in a hospital. Rehabilitation services may also be provided. Many of these facilities are federally certified, which means they may participate in Medicaid or Medicare programs.

**Supplemental Security Income (SSI)**

A federal program that pays monthly checks to people in need who are 65 years or older and to people in need at any age who are blind and disabled. The purpose of the program is to provide sufficient resources so that anyone who is 65, or blind, or disabled can have a basic monthly income. Eligibility is based on income and assets. SSI is administered nationally and locally by the Social Security Administration.

**Support Groups**

Usually made up of caregivers, family members, and friends of a person experiencing an illness such as Alzheimer's disease, cancer, Parkinson's, etc. People are brought together by a common concern, situation, or experience. A professional usually facilitates group discussion and sharing of experiences and feelings. Educational programs are also common among support groups.

**TTY**

Telecommunications device for persons who are deaf or hard of hearing (TDD): A device similar to a computer keyboard, either with a cradle to rest a telephone hand set on or connected directly to the telephone. A TDD allows the user to communicate by typing messages on the keyboard and receiving message on the screen about the keyboard. The teletext device typewriter is usually referred to as a TTY by members of the deaf and hard of hearing community.

Source of glossary terms from:  
[www.dhhs.state.nc.us/ltc/glossary.htm](http://www.dhhs.state.nc.us/ltc/glossary.htm)

Source of elder abuse glossary term from: [www.aoa.gov/eldfam/Elder\\_Rights/Elder\\_Abuse/Elder\\_Abuse.asp](http://www.aoa.gov/eldfam/Elder_Rights/Elder_Abuse/Elder_Abuse.asp)



## Alzheimer's Disease and Related Dementias

Dementia is not a specific disease but a cluster of symptoms that include changes in memory, thinking, and reasoning. Being told you or a loved one has a form of dementia can result in many different emotions. People report having some or all of the following feelings:

- **Anger**...because you don't have control over your future.
- **Sadness/depression**...feeling sad or hopeless because your life is changing.
- **Fear**...of the future and how you and your loved ones might be affected.
- **Resentment**...wondering what I did to deserve this diagnosis.
- **Sense of loss**...as abilities change.
- **Denial**...I cannot believe this is happening.
- **Relief**...to finally know what may be causing the changes you are experiencing.
- **Isolation**...losing interest in maintaining relationships because others don't seem to understand.

Denial, numbness, and detachment are often people's first reactions as they try to get their heads and hearts to cope with this most unwanted and unexpected diagnosis. Having a place to express these feelings and to learn healthy ways of coping is crucial to moving forward and living a high quality of life.

Moore County is addressing the issue of Alzheimer's disease and related dementias on several levels. First, through a variety of educational/ support groups and programs that include:

- Groups for individuals who are newly diagnosed
- Groups for care partners
- Groups for adult children
- Programs for children

Secondly, public education is being provided through lectures, series, and community speakers. Lastly, the community is identifying services that are needed for people with dementia, their care partners, and their families.

## Appendix A: Personal Information Worksheet

Keeping summary information in one place can be tremendously helpful, especially if a family member needs to take over care unexpectedly. Complete this information and store in a safe location. Make sure your family members know where to find it or give them a copy. Review and update the information at least once a year or whenever things change.

**Full Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Driver's License Number: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

**Child or Relative:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

**Child or Relative:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

**Child or Relative:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

## Appendix B: Medical Information

Keeping summary information in one place can be tremendously helpful, especially if a family member needs to take over care unexpectedly. Complete this information and store in a safe location. Make sure your family members know where to find it or give them a copy. Review and update the information at least once a year or whenever things change.

**Full Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Health Insurance Providers:

Medicare Number: \_\_\_\_\_

Supplemental Insurance Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

ID Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

### Primary Care Physician:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Specialist:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Specialist:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Dentist:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

### Audiologist & Hearing Aide:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Optometrist/ Optician:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Pharmacy:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Other:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Medical Conditions:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Current Medications and Dosages:**

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

Medication: \_\_\_\_\_ Dosage: \_\_\_\_\_

**Health Care Power of Attorney:**

Primary Agent: \_\_\_\_\_ Phone: \_\_\_\_\_

Secondary Agent: \_\_\_\_\_ Phone: \_\_\_\_\_

**Living Will:**

Do you have a living will? Yes / No

Who has a copy? \_\_\_\_\_

Where is it kept? \_\_\_\_\_