

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

(910) 215-0900
(910) 215-0278 fax

www.moorecountync.gov

2 miles North of the Pinehurst Traffic Circle

TABLE OF CONTENTS

	Page
Letter from the Director	3
Moore County Department of Aging	4
List of Resources and Services	7
Categories of Resources and Services	34
Glossary	36
Appendix	
A: Personal Information Worksheet	
B: Medical Information	



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 provides an introduction to 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
910-215-0900
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: 910-215-0900

Fax: 910-215-0278

Mailing Address:

P.O. Box 487
Carthage, NC 28327

Website: 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

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

Senior Enrichment Center 910-215-0900

Robbins 910-464-3544

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 hand rails, ramps, weatherization, grab bars, smoke alarms, and hand held 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.

Retired and Senior Volunteer Program (RSVP)

910-215-0900

Connects volunteers age 55 and over with over 30 agencies, institutions, and organizations in the county. RSVP matches volunteers' experience and talents with an agency in need. RSVP offers supplemental insurance and credit union membership.

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**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.

LIST OF RESOURCES AND SERVICES

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

5 Star Medical Alert 800-918-8543
NATIONWIDE
www.greatcall.com

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

AARP 910-295-1582
AARP Driver Safety Program 888-227-7669
www.aarp.org/families/driver_safety

AARP 888-227-7669
AARP Tax-Aide Services
www.aarp.org/states/nc

AARP Legal Services Network 800-633-4496
www.aarp.org/money/legalissues

Aberdeen Lions Club 910-944-1493
Frances Marks

Aberdeen Parks & Recreation Department 910-944-7275
301 Lake Park Crossing
Aberdeen, NC 28315
www.townofaberdeen.net

Administration on Aging 800-677-1116
Department of Health & Human Services
Washington, DC 20201
www.aoa.gov

Advance Health Care Directive Registry 919-807-2167
NC Secretary of State (Family Caregiving # N.C.) 919-807-2162
2 South Salisbury Street
P.O. Box 29622
Raleigh, NC 27601
www.secretary.state.nc.us/ahcdr

Advanced Home Care, Inc. **Referrals→** **910-295-4119**
1806 Sandhills Blvd. **Patients→** 910-295-8831
Aberdeen, NC 28315 **Fax→** 866-550-0478
www.advhomecare.org

Aging Care Solutions **910-684-8075**
230 Maples Road
Southern Pines, NC 28387
www.agingcaresolutionsnc.com or Email: kate@agingcaresolutionsnc.com

Aging Outreach Services **910-692-0683**
AOS At Home Care
AOS Care Management
676 Northwest Broad Street
Southern Pines, NC 28387
www.AgingOutreachServices.com or Email: info@AgingOutreachServices.com

Aging with Dignity **888-594-7437**
(5 Wishes)
P.O. Box 1661
Tallahassee, FL 32302-1661
www.agingwithdignity.org

Alcoholics Anonymous **800-496-1742**
AA of Moore County 800-559-9503
www.moorecountyaa.org

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

Alzheimers' Association **800-272-3900**
Western Carolina Chapter 704-532-7390
3800 Shamrock Drive
Charlotte, NC 28215
www.alz-nc.org

Alzheimer's Caregiver Support Groups:
Aging Outreach **910-692-0683**
Southern Pines, NC 28387

Elmcroft of Southern Pines **910-534-4503**
Southern Pines, NC 28387

Chapel in the Pines Seven Lakes, NC 27376	910-673-5493
Fox Hollow Pinehurst, NC 28374	910-695-0011
Given Memorial Libray Pinehurst, NC 28374	910-295-6022
Moore County Senior Enrichment Center 2 miles north of Pinehurst traffic circle	910-215-0900
Alzheimer's North Carolina 1305 Navaho Drive #101 Raleigh, NC 27609 www.alznc.org	800-228-8738 919-832-3732
Amedisys Hospice Care 120 Providence Road Suite 200 Chapel Hill, NC 27514 www.amedisys.com	919-309-6876
American Bar Association Center on Children & Law 1050 Connecticut Avenue Washington, DC 20036 www.americanbar.org/groups/child_law.html	800-285-2221 202-662-1720
American Cancer Society 8300 Health Park Suite 10 Raleigh, NC 27615 www.cancer.org	800-227-2345 919-334-5218
American Diabetes Association 2418 Blue Ridge Road Suite 206 Raleigh, NC 27607 www.diabetes.org	800-342-2383 919-743-5400
American Heart Association 2711 Breezewood - Suite A Fayetteville, NC 28303 www.americanheart.org	910-323-9387 800-242-8721
American Kidney Fund www.kidneyfund.org	800-638-8299 866-300-2900

<p>American Lung Association 514 Daniels Street Suite 109 Raleigh, NC 27605 www.lung.org</p>	<p>800-586-4872 919-424-6069</p>
<p>American Red Cross Moore County Chapter 115 East Pennsylvania Avenue Southern Pines, NC 28387 www.redcross.org/nc/southern-pines</p>	<p>910-692-8571</p>
<p>Amputee Coalition 900 East Hill Avenue Suite 390 Knoxville, TN 37915 www.amputee-coalition.org</p>	<p>888-267-5669</p>
<p>An Act of Kindness Transportation Services rddrivers@yahoo.com</p>	<p>910-281-4347</p>
<p>Apria Healthcare, Inc. 295 Pinehurst Avenue - Unit 3E Southern Pines, NC 28387 www.apria.com</p>	<p>910-295-3175</p>
<p>Arthritis Foundation (Carolina Chapter) 4530 Park Road Suite 230 Charlotte, NC 28209 www.arthritis.org/north-carolina</p>	<p>800-365-3811</p>
<p>Assurance Wireless *North Carolina Application P.O. Box 618 Charleston, IL 61920-9807 www.assurancewireless.com</p>	<p>888-898-4888 877-732-3018 (Fax)</p>
<p>Bechtler Museum of Modern Art Museum Memories Exhibition (Dementia) 420 South Tryon Street Charlotte, NC 28202 www.bechtler.org</p>	<p>704-353-9200</p>
<p>Belle Meade at Saint Joseph of the Pines 100 Waters Drive Southern Pines, NC 28387 www.sjp.org</p>	<p>910-246-1008</p>

<p>Benefits Check-Up National Council on Aging Regional Office N.C. 112 North Circle Drive, Suite D Rocky Mount, NC 27804 www.benefitscheckup.org</p>	<p>252-210-9621</p>
<p>Bethesda Presbyterian Church 1002 North Sandhills Boulevard Aberdeen, NC 28315 Wed 9am—12pm bethesdapresbyterian@windstream.net</p>	<p>910-944-1319</p>
<p>Better Hearing Institute Helpline 1444 I Street, NW Suite 700 Washington, DC 20005 www.betterhearing.org</p>	<p>202-449-1100</p>
<p>Bill Reaves Construction Co., Inc. Certified Aging in Place Specialist</p>	<p>910-673-0004</p>
<p>Brain Injury Association of North Carolina 6604 Six Forks Rd. Suite 104 Raleigh, NC 27615 www.bianc.net</p>	<p>800-377-1464 919-833-9634</p>
<p>Brookdale Senior Living 17 Regional Drive Pinehurst, NC 28374 www.brookdale.com/communities/carolina-house-of-pinehurst</p>	<p>910-235-0700</p>
<p>Brookside Apartments 1113 Richards Street Southern Pines, NC 28387</p>	<p>910-692-7013</p>
<p>CancerCare 275 Seventh Avenue New York, NY 10001 www.cancercare.org</p>	<p>800-813-4673</p>
<p>Canine Companions for Independence P.O. Box 446 Santa Rosa, CA 97540-0446 http://www.cci.org</p>	<p>800-572-2275</p>

<p>CapTel North Carolina *Hearing Impaired 4030 Wake Forest Road Suite 300 Raleigh, NC 27609 www.captel.com</p>	<p>866-545-4012</p>
<p>Caregiver Media Group 3350 Griffin Road Fort Lauderdale, FL 33312 www.caregiver.com</p>	<p>800-829-2734</p>
<p>Caring Transitions of the Sandhills 450 Carthage Street Suite #398 Cameron, NC 28326 www.caringtransitionssandhillsnc.com</p>	<p>910-722-1030</p>
<p>Carolinas Poison Center Hotline P.O. Box 32861 Charlotte, NC 28232 www.ncpoisoncenter.org</p>	<p>800-222-1222</p>
<p>Carthage Lions Club Ron Kelly</p>	<p>910-690-6161</p>
<p>Carthage United Methodist Church 401 McReynolds Sreet Carthage, NC 28327 www.carthageumc.org</p>	<p>910-947-2705</p>
<p>Children's Defense Fund 25 East Street NW Washington, NC 20001 www.childrensdefense.org</p>	<p>800-233-1200</p>
<p>Comfort Keepers 10677 S. US Hwy 15/501 Southern Pines, NC 28387 www.southernpines-594.comfortkeepers.com</p>	<p>910-246-8000</p>
<p>Community Home Care & Hospice 1836 Doctors Drive Sanford, NC 27330 www.communityhch.com</p>	<p>919-718-5417</p>
<p>Consumer Credit Counseling Service of Fayetteville 316 Green Street Fayetteville, NC 28302</p>	<p>877-868-3288 910-323-3192</p>

<p>Consumer Protection Services NC Department of Justice www.ncdoj.gov/consumer.aspx</p>	<p>919-716-6000 877-566-7226</p>
<p>Cooper's Pharmacy 3353 US Hwy 1 Vass, NC 28394</p>	<p>910-245-4672</p>
<p>Cross Personal Care Provider charleneross.mg@gmail.com</p>	<p>910-691-2561</p>
<p>DaVita Dialysis Care of Moore County 16 Regional Drive Pinehurst, NC 28374</p>	<p>866-544-6741 ext. 5738</p>
<p>Department of Veteran Affairs VA Medical Center 2300 Ramsey Sreet Fayetteville, NC 28301 www.fayettevillenc.va.gov</p>	<p>800-771-6106 910-488-2120</p>
<p>Department of Veteran Affairs Veterans Center: Fayetteville 2301 Robeson St. Suite 103 Fayetteville, NC 28305 www.va.gov/directory/guide/facility.asp?ID=486&dnum=1</p>	<p>910-488-6252 800-771-6106 ext.7701</p>
<p>Disability Rights North Carolina 2626 Glenwood Ave. Raleigh, NC www.disabilityrightsncc.org</p>	<p>877-235-4210 919-856-2195</p>
<p>Drug Free Moore County P.O. Box 4052 Pinehurst, NC 28374 www.drugfreemc.com</p>	<p>910-947-1902</p>
<p>Duke Neurological Disorders Clinic at Morreene Road (Alzheimer's, Parkinson's and Huntington's disease) 932 Morreene Rd. Durham, NC 27705 *No physician's referral needed.</p>	<p>919-668-7600</p>

East Carolina University School of Dental Medicine 80 Autumn Fern Trail Lillington, NC 27546 http://www.ecu.edu/cs-dhs/dental/pc-lillington.cfm	910-814-4191
Elder Care Law Firm Jason Sutton 110 Turnberry Way Southern Pines, NC 28387 www.eldercarelawfirm.com	910-692-4444
Eldercare Locator www.eldercare.gov	800-677-1116
Elmcroft of Southern Pines 101 Brucewood Road Southern Pines, NC 28387 www.elmcroft.com/community/elmcroft-of-southern-pines	910-692-4928
English 2 Spanish 205 North Walnut Street P.O. Box 154 Pinebluff, NC 28373 english2spanish@alltel.net	910-281-0284
Family Caregiver Alliance 785 Market Street Suite 750 San Francisco, CA 94103 www.caregiver.org	800-445-8106
Family Medical Supply 1680 NC Highway 5 #160 Aberdeen, NC 28315 www.familymedsupply.com	910-255-0005
First Choice Home Care, Inc. 506 Carthage Street Sanford, NC 27330 www.firstchoicehomecare.com	919-775-3306
FirstHealth Home Care Services 181-A Westgate Drive West End, NC 27376 www.firsthealth.org/specialties/more-services/home-care	910-295-2211 800-876-2212

FirstHealth Hospice and Palliative Care 910-715-6000
Caring Support and CareGivers Support
Grief Support Groups
251 Campground Road
P.O. Box 1956
Pinehurst, NC 28370
www.firsthealth.org/specialties/more-services/hospice-and-palliative-care

FirstHealth of the Carolinas, Inc.

Active for Life 910-215-1800
170 Memorial Dr.
Pinehurst, NC 28374
www.activeforlife.info/grantees/first_health.html

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

Cardiac Rehabilitation Program 910-715-1886
Pinehurst, NC 28374

Clara McLean House 910-715-4220
Pinehurst, NC 28374

Community Health Programs 888-534-5333
FirstQuit (Quit Tobacco)

Diabetes Self-Management Program 800-364-0499
Pinehurst, NC 28374

Hospital Elder Life Program (HELP) 910-715-2238
***For hospitalized patients 70 years or older
with delirium***
Pinehurst, NC 28374

Mobile Health Services 910-715-1925
Pinehurst, NC 28374

Moore Regional Hospital 910-715-1000
155 Memorial Drive
Pinehurst, NC 28374
www.firsthealth.org

<p>Pulmonary Rehabilitation Program 205 Davis Road Southern Pines, NC 28387</p>	<p>910-692-9103</p>
<p>Telecare/FirstHealth Response P.O. Box 3000 Pinehurst, NC 28374 www.firsthealth.org (Click on First Health Response)</p>	<p>910-715-1271</p>
<p>FirstHealth Patient Education Department 155 Memorial Drive P.O. Box 3000 Pinehurst, NC 28374</p>	<p>910-715-5266</p>
<p>FirstHealth Support Groups Bariatric Support Group Better Breathers Cancer Support Goups Depression Support Group (go into the NAMI website) Fibromyalgia Parkinson's Support Group Sandhills Ostomy Association Stroke Club The Zipper Club</p>	
<p>Fluent Language Solutions 123 Capcom Ave. #2 Wake Forest, NC 27587 http://www.fluentls.com</p>	<p>919-570-8686</p>
<p>Fox Hollow Assisted Living 190 Fox Hollow Pinehurst, NC 28374 www.fivestarseniorliving.com/communities/nc (Enter Pinehurst Zip Code 28374)</p>	<p>910-695-0011</p>
<p>Friend to Friend 103 Monroe Street #102 Carthage, NC 28327 www.friendtofriend.me</p>	<p>910-947-3333</p>
<p>Friends of Residents in Long Term Care 6300 Creedmore Rd., Suite 170 #326 Raleigh, NC 27612 www.forltc.org</p>	<p>919-782-1530</p>

Garner Law Firm Jennifer Garner 125 Applecross Road Pinehurst, NC 28374	910-693-0043
Generations United 1331 H Street NW, Suite 900 Washington, DC 20005 www.gu.org	202-289-3979
Gentle Touch Home Care, LLC 4475 US 15-501 Hwy Carthage, NC 28327 www.carepathways.com/nc (Enter Carthage Zip Code 28327)	910-947-3805
Given Memorial Library 150 Cherokee Road Pinehurst, NC 28370	910-295-6022
Grandfamilies State Law & Policy Resource Center www.grandfamilies.org	N/A
Habitat for Humanity Repair Ministry 2268 NC Highway 5 Aberdeen, NC 28315 www.sandhillshabitat.org/about/contact-habitat-sandhills	910-295-1934
Health Innovations Pharmacy 295 Pinehurst Avenue Southern Pines, NC 28387 www.healthinnovationspharmacy.com	910-246-5155
HealthKeeperz 285 Olmsted Boulevard Suite 5 Pinehurst, NC 28374 www.HealthKeeperz.com	910-255-0500 800-309-3784
Hearing Aid Helpline International Hearing Society www.ihinfo.org	800-521-5247 734-522-7200
Hear Now www.starkeyhearingfoundation.org	800-328-8602
HELP Emergency Response System http://helpforyou.com	866-672-4852

HELPLINE

United Way of Moore County, Inc.
 375 SE Broad Street
 P.O. Box 207
 Southern Pines, NC 28388
www.unitedwaymoore.com

211
 910-692-2413
 888-892-1162

High Falls United Methodist Church

324 Friesen Road
 High Falls, NC 27259
 2nd & 4th Sat 8 - 9:30 am

910-464-3345**Highway to Healing (Lee County Residents ONLY)****919-774-8940****HOMEChoice Network**

260 Magnolia Square Court
 Aberdeen, NC 28315
www.hchoicenet.com

910-944-1116**Housing – Independent Subsidized**

**Contact each management office regarding eligibility requirements and availability.*

Creston Commons Apartments, Southern Pines	910-692-7626
Green Tree Apartments, Carthage	910-947-2659
Greenmont Apartments, Southern Pines	910-692-5257
Highlands Apartments, Southern Pines	910-692-3243
Holiday Town Apartments, Southern Pines	910-692-7013
Hunters Glen Apartments, Southern Pines	910-692-4081
Jackson Terrace Apartments, Carthage	910-947-3697
Pinebrook Apartments, Southern Pines	910-692-4261
Pine Hill Apartments, Aberdeen	910-944-2483
Providence Place, Aberdeen	910-693-1950
Providence Place, Carthage	910-947-2710
Providence Place, Robbins	910-948-2700
Random Woods Apartments, Robbins	910-948-3645
Southern Pines Housing Authority	910-692-2042
Timberlane Apartments, Southern Pines	910-692-0999
Woodlawn Apartments, Aberdeen	910-944-2767
Moore County Group Homes	910-692-6008
Community Residential Services, Southern Pines	910-692-6008

Housing – Adult Communities

*The following communities have been developed to accommodate those who are age 50 or older. For more specific information, please contact local real estate agents.

Bishop's Ridge, Southern Pines
Colonial Pines, Southern Pines
Southern Pines Gracious Retirement Living
Knollwood Village, Southern Pines
Midland Country Club, Pinehurst
Middleton Place, Southern Pines
Pinehurst Trace, Pinehurst
Village Green, Southern Pines
Village by the Lake, Southern Pines
Village in the Woods, Southern Pines

Call a local real estate agent.
Call a local real estate agent.
910-684-4570
910-295-5011
910-295-3241
Call a local real estate agent.
910-295-1998
Call a local real estate agent.
Call a local real estate agent.
Call a local real estate agent.

Interfaith Food Pantry

Page Memorial United Methodist Church
110 Knight Sreet
Aberdeen, NC 28315
M-F 10am - 1pm
www.pagememorialumc.org

910-944-1093

Interim Healthcare

206 Commerce Avenue
Southern Pines, NC 28327
www.interimhealthcare.com/pinehurstnc

910-695-5898

Kelli Y. Allen Elder Law

10150 Mallrd Creek Road Suite 105
Charlotte, NC 28262
www.kyaelderlaw.com

704-727-4900

Kingswood Nursing Home

915 Pee Dee Road
Aberdeen, NC 28315
www.kingswoodnursing.org

910-944-8999

Legal Aid of North Carolina Helpline

959 East Street - Suite A & B
P.O. Box 1728
Pittsboro, NC 27312
www.legalaidnc.org

866-219-5262
800-672-5834

Legal Aid of North Carolina Senior Legal Helpline

225-E South Hancock Street

P.O. Box 2716

Rockingham, NC 28380

www.legalaidnc.org

877-579-7562

800-672-5834

Liberty Church

1810 Quewhiffle Road

Aberdeen, NC 28315

Wed 9-12 & 6-9

910-281-3320

Liberty Homecare and Hospice

Liberty Homecare Group

300 West Pennsylvania Avenue

Southern Pines, NC 28387

www.libertyhomecare.com

910-246-9882

Liberty Medical Specialties

1804 Owen Drive

Fayetteville, NC 28304

www.liberty-ms.com

877-809-5090

LIFE

at St. Joseph of the Pines

4900 Raeford Road

Fayetteville, NC 28304

www.sjp.org

910-429-7220

1-877-452-2514

(hearing impaired)

Life Alert Emergency Response

NATIONWIDE

800-338-9090

Lifeline Medical Alert Service (Philips)

NATIONWIDE

www.lifelinesys.com

800-380-3111

Long Term Care Ombudsman

NC Division of Aging

2101 Mail Service Center

Raleigh, NC 27699

www.dhhs.state.nc.us/aging/ombud.htm

919-558-9404

800-310-9777

Love In Care In-Home Services, Inc.

alisha_wooten77@yahoo.com

910-315-2475

Magic House Cleaning Service, Inc. 910-637-0220
260 Magnolia Square Court
Aberdeen, NC 28315

Magnolia Gardens 910-692-6311
594 Murray Hill Road
Southern Pines, NC 28387
www.themagnoliagardens.com or Email: dogbrn.mg@gmail.com

MANNA! 910-315-1150
Moore Alliance Nourishing Neighbors, Amen!
P.O. Box 1081
Southern Pines, NC 28388
Business hours Tues. – Fri. 9am-1pm
Wed @ Trinity AME; Tues @ Spaulding AME

Mannix & Associates 919-869-4215
P.O. Box 5312
Cary, NC 27512
www.mannixassociates.com

ManorCare Health Services of Pinehurst 910-295-1781
205 Rattlesnake Trail
Pinehurst, NC 28374
www.manorcare.com/pinehurst

Maxim Healthcare Services 910-485-2255
231 Meed Court, Suite 202 888-326-6747
Fayetteville, NC 28303
www.maximhealthcare.com

McClain Pharmacy 910-246-9355
735 South Bennett Street
Southern Pines, NC 28387
www.mcclaindrug.com

Meals on Wheels of the Sandhills, Inc. 910-692-0384
Penick Village - 500 East Rhode Island Avenue
Southern Pines, NC 28387
M-F 9-12
www.mealsonwheelsofthesandhills.com

Medicare 800-443-9354
www.medicare.gov

Medline www.medline.com	800-633-5463
MIRA Foundation USA 77 Cherokee Road Pinehurst, NC 28374 http://www.mirausa.org	910-944-7757
Moore County Cooperative Extension Agricultural Center 707 Pinehurst Avenue P.O. Box 1149 Carthage, NC 28327 www.moore.ces.ncsu.edu	910-947-3188
Moore County Clerk of Court (Incompetency & Guardianship Proceedings) P.O. Box 936 Carthage, NC 28327 *Ask for Special Proceedings	910-722-5000
Moore County Department of Aging See pages 3-5 for services Located two miles north of the Pinehurst traffic circle 8040 Hwy 15-501 West End, NC 27376 P.O. Box 487 Carthage, NC 28327 www.moorecountync.gov	910-215-0900
Moore County Department of Social Services Carriage Oaks Shopping Plaza P.O. Box 938 Carthage, NC 28327 www.moorecountync.gov	910-947-2436
Moore County Health Department 705 Pinehurst Avenue P.O. Box 279 Carthage, NC 28327 www.moorecountync.gov	910-947-3300
Moore County Planning & Community Development 1048 Carriage Oaks Dr. Carthage, NC 28327 www.moorecountync.gov	910-947-5010

Moore County Public Library	910-947-5335
Carthage Library 101 Saunders Street P.O. Box 400 Carthage, NC 28327 www.srls.info	
Page Memorial Library 100 S Popular Street Aberdeen, NC 28315 www.srls.info	910-944-1200
Pinebluff Library 305 East Baltimore Avenue Pinebluff, NC 28373 www.srls.info	910-281-3004
Robbins Library 161 Magnolia Drive P.O. Box 159 Robbins, NC 27235 www.robbinlibrary/nc.org	910-948-4000
Vass Library 128 Seaboard Street P.O. Box 1349 Vass, NC 28394 www.vasslibrary.org	910-245-2200
Moore County Nursing Home/Assisted Living/Adult Care Home Advisory Committee	910-295-4081
Moore County Parks & Recreation Department 155 Hillcrest Park Lane P.O. Box 905 Carthage, NC 28327 www.moorecountyparksandrec.com	910-947-2504
Moore County Senior Enrichment Center Located two miles north of the Pinehurst traffic circle 8040 US 15-501 Hwy P.O. Box 487 Carthage, NC 28327 www.moorecountync.gov	910-215-0900

<p>Moore County Transportation Services (MCTS) P.O. Box 905 302 Monroe Street Carthage, NC 28327 www.moorecountync.gov</p>	910-947-3389
<p>Moore County Veterans Services 302 Monroe Street P.O. Box 905 Carthage, NC 28327 www.moorecountync.gov</p>	910-947-3257
<p>Move Elders with Ease 1204 Village Market Place P.O. Box 193 Morrisville, NC 27560 www.moveelderswithease.com</p>	919-218-4783
<p>My Senior Portal 2203 Pasadena Place S. Gulfport, FL 33707 www.myseniorportal.com</p>	862-345-6085
<p>National Academy of Elderlaw Attorneys www.naela.org</p>	703-942-5711
<p>National Alliance for Caregiving 4720 Montgomery Lane Suite 205 Bethesda, MD 20814 www.caregiving.org</p>	301-718-8444
<p>National Caregivers Library 901 Moorefield Park Drive Suite 100 Richmond, VA 23236 www.caregiverslibrary.org</p>	804-327-1111
<p>National Federation of the Blind 200 East Wells Street Baltimore, MD 21230 www.nfb.org</p>	410-659-9314
<p>National Fibromyalgia & Chronic Pain Association 31 Federal Avenue Logan, UT 84321 www.fmcpware.org</p>	801-200-3627

National Institute on Aging www.nia.nih.gov/	800-222-2225 800-222-4225 (hearing impaired)
National Kidney Foundation of North Carolina, Inc. 4701 Hedgemore Dr., Suite 810 Charlotte, NC 28209 www.kidneync.org	704-519-0020 877-858-3808
National Kinship Alliance for Children P.O. Box 1560 Troy, NY 12181 www.kinshipalliance.org	518-833-0215
National Parkinson Foundation (HELPLINE)	800-473-4636
National Stroke Association 9707 East Easter Lane Suite B Centennial, CO 80112 www.stroke.org	800-787-6537
National Suicide Prevention Lifeline www.suicidepreventionlifeline.org	800-273-8255
NC MedAssist STATEWIDE 4428 Taggart Creek Road Suite 101 Charlotte, NC 28208 www.medassist.org/free-pharmacy-program	866-331-1348 704-536-1790
North Carolina Baptist Aging Ministry Respite Services www.ncbam.org	877-506-2226
North Carolina Division of Aging Taylor Hall Raleigh, NC 27699 www.ncdhhs.gov/divisions/daas	919-855-3400
North Carolina Division of Services for the Blind 309 Ashe Avenue Raleigh, NC 27699 www.ncdhhs.gov/divisions/dsb	866-222-1546 919-733-9822

North Carolina Division for the Deaf & Hard of Hearing 919-874-2212
1100 Navaho Drive
Raleigh, NC 27609
www.ncdhhs.gov/divisions/dsdhh

North Carolina Lawyer Referral Service 800-662-7660
North Carolina Bar Association 919-677-8574
www.ncbar.org/public-resources/find-a-lawyer

Northern Moore Family Resource Center 910-948-4324
116 Horner Street
P.O. Box 190
Robbins, NC 27325
www.nmfrc.com

Orthotics & Prosthetics of Pinehurst 910-295-4489
95 Aviemore Drive - Suite A
Pinehurst, NC 28374

Parkinson Association of the Carolinas 866-903-7275
1515 Mockingbird Lane 704-248-3722
Charlotte, NC 28209
www.parkinsonassociation.org

Parkinson's Caregiver Support Groups:
Clara McLean House 910-715-4230
Pinehurst, NC 28374

The Enrichment Center of Lee County 919-776-0501
Sanford, NC 27330

Parkinson's Disease Foundation 800-457-6676
1359 Broadway, Suite 1509
New York, NY 10018
www.pdf.org

Peak Resources – Pinelake 910-947-5155
801 Pinehurst Avenue
Carthage, NC 28327

Penick Village 910-692-0300
500 East Rhode Island Avenue
Southern Pines, NC 28387
www.penickvillage.org

Pinebluff Lions Club 165 West Philadelphia Avenue Pinebluff, NC 28373 2 nd & 4 th Mondays 6:00pm	910-281-4479
Pine Knoll at Saint Joseph of the Pines 590 Central Drive Southern Pines, NC 28387 www.sjp.org	910-246-1008
Pinehurst Healthcare and Rehabilitation Center 300 Blake Boulevard Pinehurst, NC 28374 www.pinehursthealthcare.com	910-295-6158
Pinehurst Neuropsychology 45 Aviemore Drive Pinehurst, NC 28374 www.pinehurstneuropsychology.com	910-420-8041
Pinehurst Parks and Recreation Department 395 Magnolia Drive Pinehurst, NC 28374 www.pinehurstrec.org	910-295-1900
Quail Haven Village 155 Blake Boulevard Pinehurst, NC 28374 www.quailhavenvillage.com	910-295-2294
RDL Therapeutic Solutions & Senior Care of Fayetteville 6007 Morganton Road Fayetteville, NC 28314 www.rdltherapeutic.com	910-868-2002
ResCare HomeCare P.O. Box 646 West End, NC 27376 www.ResCareHomeCare.com	910-673-2300 910-603-3351
Retired & Senior Volunteer Program (RSVP) Located 2 miles north of the Pinehurst traffic circle 8040 Hwy 15/501 www.moorecountync.gov	910-215-0900

Safe Haven Quality Adult Care 910-783-5960
317 Monroe Street
Carthage, NC 28327

Safe Return 888-572-8566
***National registry for people with Dementia who wander**
***Fee**
www.medicalert.org/safereturn.com

Saint Anthony's of Padua Church 910-692-6613
160 East Vermont Avenue
Southern Pines, NC 28387
Tues & Thurs 9am – 12pm
(On the corner of Ashe & Vermont)
www.st-anthony-of-padua.org

Saint Joseph's of the Pines Home Care 910-246-1011
105 Gossman Drive
Southern Pines, NC 28387

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

Sandhills Caretakers and Transportation Services 910-944-4200
106 West Main Street
Aberdeen, NC 28315

Sandhills Center for Mental Health 910-673-9111
1120 Seven Lakes Dr. 800-256-2452
West End, NC 27376 (hotline)
www.sandhillscenter.org

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

Sandhills Community College Library 910-695-3819
Boyd Library
3395 Airport Road
Southern Pines, NC 28387
www.sandhills.edu

- Sandhills Continuing Education & Center
for Creative Retirement** **910-695-3980**
Sandhills Community College
3395 Airport Road, Van Dusen Hall
Pinehurst, NC 28374
www.sandhills.edu
- Sandhills CPA Accounting** **910-725-2016**
Donovan G. Bachtell (Certified Public Accountant)
P.O. Box 3134
Pinehurst, NC 28374
www.sandhillscpaaccounting.com
- Sandhills Farm to Table Cooperative** **910-722-1623**
P.O. Box 714
Southern Pines, NC 28388
www.SandhillsFarm2Table.com
- Sandhills Food Bank** **910-692-5959**
195 Sandy Avenue
Southern Pines, NC 28387
Supplies food to various agencies
www.foodbankcenc.org
- Sandhills Memory Care** **910-673-2045**
292 MacDougal Drive
West End, NC 27376
www.meridiansenior.com (Enter West End Zip Code 27376)
- Sandhills Orthotics & Prosthetics** **910-295-2828**
325 Page Road
Pinehurst, NC 28374
- Sandhills/Moore Coalition for Human Care, Inc.** **910-693-1600**
1500 West Indiana Ave.
Southern Pines, NC 28387
www.sandhillsccoalition.org
- Sandhills Moving & Storage** **910-692-8685**
1052 North May Street
Southern Pines, NC 28387
www.sandhillsmoving.com

Sanford Health & Rehabilitation 2702 Farrell Road Sanford, NC 27330 www.sanstonehealth.com	919-776-9602
Senior Games in the Pines www.ncseniorgames.org	910-944-4572
Seniors Health Insurance Information Program (SHIIP) NC Department of Insurance www.ncdoi.com/Consumer/Shiip/Shiip.asp	855-408-1212
Sexton Dental Clinic, Inc. 377 West Palmetto St. Florence, SC 29501 www.sextondental.net	800-827-1560
Social Security Administration 401 Tiffany Drive Sanford, NC 27330 www.ssa.gov	877-319-5774
Social Security Administration 220 East Green Street Rockingham, NC 28379 www.ssa.gov	877-405-7673
Southeastern North Carolina Radio Reading Service 1200 Murchison Road P.O. Box 35029 Fayetteville, NC 28303 www.sencrrs.org	800-313-7007 910-672-1600 910-672-2013
Southern Pines Gracious Living 205 SE Service Road Southern Pines, NC 28387	910-692-3367
Southern Pines Housing Authority 801 South Mechanic Street Southern Pines, NC 28387	910-692-2042
Southern Pines Public Library 170 West Connecticut Avenue Southern Pines, NC 28387 www.sppl.net	910-692-8235

<p>Southern Pines Parks & Recreation Campbell House 482 East Connecticut Avenue Southern Pines, NC 28387 www.southernpines.net/recreation</p>	<p>910-692-2463</p>
<p>Southern Pines United Methodist Church 175 Midland Road Southern Pines, NC 28387 Mon 9am – 12pm www.southernpinesumc.org</p>	<p>910-692-3518</p>
<p>Specialized Services & Personnel 301 North Sycamore Street Aberdeen, NC 28315</p>	<p>910-944-8125</p>
<p>Spring Arbor of Apex Assisted Living & Memory Care 901 Spring Arbor Court Apex, NC 27502 www.SpringArborLiving.com</p>	<p>919-303-9990</p>
<p>Stay Well 809 Curry Drive Asheboro, NC 27205</p>	<p>336-628-4211</p>
<p>Stedman Family Dental Center 6540 Clinton Road P.O. Box 368 Stedman, NC 28391</p>	<p>910-483-3150</p>
<p>Tara Plantation of Carthage, LLC 820 South McNeil Street Carthage, NC 28327</p>	<p>910-947-5888</p>
<p>The ARC of Moore County 673 South Bennett Street P.O. Box 773 Southern Pines, NC 28388 www.thearcofmoore.org</p>	<p>910-692-8272</p>
<p>The Bayberry Retirement Inn 2002 Woodland Avenue Sanford, NC 27330 www.thebayberryinn.com</p>	<p>800-552-8785</p>

<p>The Coventry at Saint Joseph of the Pines 105 Gossman Drive Southern Pines, NC 28387 www.sjp.org</p>	<p>910-246-1039</p>
<p>The Crossings at Wayside 8398 Fayetteville Road Raeford, NC 28376</p>	<p>910-683-6805</p>
<p>The Foundation for Grandparenting www.grandparenting.org</p>	<p>N/A</p>
<p>The Health Center at St. Joseph of the Pines 103 Gossman Drive Southern Pines, NC 28387 www.sjp.org</p>	<p>910-246-1000</p>
<p>The Laurels of Chatham 72 ChathamBuisness Park Drive Pittsboro, NC 27312 www.laurelsofchatham.com</p>	<p>919-542-6677</p>
<p>The Right Moves STATEWIDE P.O. Box 17104 Chapel Hill, NC 27516 www.therightmoves.net</p>	<p>919-942-5993 941-232-2732</p>
<p>TR Enterprises, Inc. 111 Rush Street Aberdeen, NC 28315</p>	<p>910-944-3612</p>
<p>Therapy Village at St. Joseph of the Pines 103 Gossman Drive Southern Pines, NC 28387 www.sjp.org</p>	<p>910-246-1000</p>
<p>Triangle J Area Agency on Aging P.O. Box 12276 Research Triangle Park, NC 27709 www.tjaaa.org</p>	<p>919-558-2711 800-310-9777</p>

TROSA Moving NATIONWIDE 1820 James Street Durham, NC 27707 www.trosamoving.com	919-489-3941 919-419-1059
UNC Memory & Cognitive Disorders Clinic 194 Finley Golf Course Dr. Suite 200 Chapel Hill, NC 27517 *Physician's referral required.	919-962-2685
United Way of Moore County, NC 375 SE Broad Street Southern Pines, NC 28387 www.unitedwaymoore.com	910-692-2413
U.S. Department of Health & Human Services Administration for Children & Families 330 C Street SW Washington, DC 20201 www.acf.hhs.org	N/A
Village Caregivers 1902 North Sandhills Boulevard #D Aberdeen, NC 28315	910-725-0340
Volunteer Income Tax Assistance Program (VITA) Tax Counseling Program for the Elderly (TCE) www.irs.gov	800-906-9887
Walgreens Ready Response www.walgreensreadyresponse.com	866-310-9061
West End United Methodist Church Food Pantry 4015 NC Highway 73 P.O. Box 276 West End, NC 27376 Every other Wed 8am – 11am www.westendumc.net	910-673-1371
Westfield Rehabilitation & Health Center 3100 Tramway Road Sanford, NC 27332 www.libertyhealthcareandrehab.com/westfield	919-775-5404

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.

<u>Program / Organization Name</u>	<u>Page</u>
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Adult Day Care Facility

An adult day care facility is a non-residential facility that support the health, nutritional, social, and daily living needs of adults in professionally, staffed, group settings. They are used to relieve the caregiver or his or her duties for the day while ensuring that the care recipient will still receive the proper care in a safe, friendly environment.

RDL Therapeutic Solutions & Senior Care of Fayetteville	27
---	----

Advance Health Care

Advance health care directives are legal documents in which you give written instructions about your health care if, in the future, you cannot speak for yourself

Advance Health Care Directive Registry	7
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Advocacy

A long term care ombudsman serves as an advocate for long-term care residents of nursing homes and adult care homes. Advocacy includes educating individuals about their rights, and rules and 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.

Consumer Protection Services	13
Disability Rights North Carolina	13
Friends of Residents in Long Term Care	16
Long Term Care Ombudsman	20

Advocacy (cont.)

This committee deals with concerns relating to the care of residents in Long-Term Care facilities in Moore County. These county appointed volunteers visit the facilities, assess the general conditions and see that Residents Rights are being maintained. They work with local and state agencies to address problems. Calls are confidential.

Moore County Nursing/Adult Care Home, Community Advisory Committee	23
---	----

<u>Caregiver Supports</u>	
Alzheimer’s Caregiver Support Groups	8,9
Caregiver Media Group	12
Family Caregiver Alliance	14
FirstHealth Support Groups	16
National Alliance for Caregiving	24
National Caregivers Library	24
North Carolina Baptist Aging Ministry (Respite)	25
Parkinson’s Caregiver Support Groups	26
<u>Certified Aging in Place Specialist</u>	
Home Modifications and Improvements to help you stay in your home Bill Reaves Construction Co., Inc.	11
<u>Certified Public Accountant</u>	
Tax and elder care accounting services. Assistance with check writing and checkbook balancing; maintaining day-to-day financial transactions like home repairs, routine maintenance, and emergency medical expenses; arranging proper level of care, transportation, and caregiver assessment; addressing questions about lifestyle, Social Security, pensions, Medicare, and long-term insurance; preparing, planning and filing income, trust, gift and estate tax; etc.	
Sandhills CPA Accounting	29
<u>Cognitive Disorders Clinics</u>	
UNC Memory & Cognitive Disorders Clinic	33
<u>Crisis Intervention</u>	
This non-profit organization offers help to all persons affected by domestic violence and sexual abuse, in the hope of easing the immediate pain of such abuse and facilitating emotional healing.	
Friend to Friend	16
<u>Dialysis Care</u>	
Davita Dialysis Care of Moore County	13
<u>Dental Assistance Programs</u>	
East Carolina University School of Medicine	14
Sexton Dental Clinic, Inc.	30
Stedman Family Dental Center	31

Education

FirstHealth Patient Education Department	16
Moore County Cooperative Extension	22
Moore County Department of Aging	4,22
Moore County Senior Enrichment Center	23
Sandhills Continuing Education & Center for Creative Retirement	29
Southeastern North Carolina Radio Reading Service	30

Elder Care Lawyers

Elder Care Law Firm	14
Garner Law Firm	17
Kelli Y. Allen Elder Law	19
National Academy of Elderlaw Attorneys	24

Emergency Assistance

5 Star Medical Alert	7
911 / Emergency Communications Center	7
American Red Cross	10
Carolinas Poison Center Hotline	12
Comfort Keepers *SafetyChoice Technology	12
FirstHealth of the Carolinas, Inc. Telecare/FirstHealth Response	16
HELP Emergency Response Sysytem	17
Life Alert Emergency Response	20
Lifeline Medical Alert Service	20
National Suicide Prevention Line	25
Salvation Army	28
Sandhills/Moore Coalition for Human Care, Inc.	29
United Way of Moore County, NC	33
Walgreens Ready Response	33

End of Life

Aging with Dignity (5 Wishes)	8
Community Homecare and Hospice	12
FirstHealth Hospice and Palliative Care	15
Liberty Homecare and Hospice	20

Eye Care Assistance

Aberdeen Lions Club	7
Carthage Lions Club	12

Financial Counseling

Consumer Credit Counseling Service of Fayetteville	12
--	----

Food / Nutrition

A variety of food and nutrition services are available to seniors in Moore County. Congregate meals are offered by Manna! and the Moore County Department of Aging. Home delivered meals are provided by the Moore County Department of Aging in the northern part of the county and Meals on Wheels in the southern part of the county. A nominal fee may be requested to defray costs. Most of these services are dependent upon volunteers to supplement the delivery of food.

MANNA!	21
Meals on Wheels of the Sandhills, Inc.	21
Moore County Department of Aging	4,22
Sandhills Farm to Table Cooperative	29

Food Bank

In Moore County, the Sandhills Food Bank distributes food to non-profit organizations which, in turn, distribute food to the needy. Each organization designates the dates and time when volunteers are available at their site to disburse food. An application of need is requested to be completed by most organizations.

Sandhills Food Bank	29
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Food Pantry

Food pantries are distribution centers for those in need. Some organizations require an initial application to be completed. The weekday(s) and time of operation are noted below each address. These may be subject to change.

Aberdeen Parks & Recreation Department	7
Bethesda Presbyterian Church	11
Carthage United Methodist Church	12
High Falls United Methodist Church	18
Interfaith Food Pantry	19
Liberty Church	20
Pinebluff Lions Club	27
Saint Anthony's of Padua Church	28
Southern Pines United Methodist Church	31
West End United Methodist Church Food Pantry	33

Guardianship

Moore County Clerk of Court	22
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Geriatric Care Management

A Geriatric Care Manager is a human service professional who specializes in the psychological, social and health issues related to older adults and aging. They may be gerontologists, social workers, psychologists, or nurses. Most Geriatric Care Managers work privately for clients and their families.

Aging Outreach Services	8
Village Caregivers	33

Grandparents Raising Grandchildren

Program with supports, legal and public assistance resources for grandparents whom are raising their grandchildren.

American Bar Association Center on Children & Law	9
Children’s Defense Fund	12
Generations United	17
Grandfamilies State Law & Policy Resource Center	17
Moore County Department of Aging	22
Moore County Department of Social Services	22
National Kinship Alliance for Children	25
The Foundation of Grandparenting	32
U.S. Department of Health & Human Services Administration for Children & Families	33

Health Insurance

Seniors Health Insurance Information Program (SHIIP)	30
--	----

Health Services

FirstHealth of the Carolinas, Inc.	15,16
Moore County Health Department	22

Home Care

Home care is non-medical care to assist functionally impaired older adults, and/or their families with essential home management and personal care and/or supervision to enable the older adult to remain at home as long as possible. Organizations listed were licensed by the North Carolina Division of Facility Services at the time of this publication unless otherwise noted.

Comfort Keepers	12
Gentle Touch Home Care, LLC	17
HOMEChoice Network	18
Interim Healthcare	19
Moore County Department of Aging	4,22
Penick Village	26
Saint Joseph’s of the Pines Home Care	28
Sandhills Caretakers and Transportation Services	28

Home Delivered Medications

Cooper’s Pharmacy	13
Health Innovations Pharmacy	17
McClain Pharmacy	21

Home Health Care

Home health care is 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. Organizations listed were licensed by the North Carolina Division of Facility Services at the time of this publication.

Amedisys Home Health Care	9
First Choice Home Care, Inc.	14
FirstHealth Home Care Services	14
HealthKeeperz	17
ResCare HomeCare	27

Home Repair Programs

Habitat for Humanity Repair Ministry	17
Moore County Planning & Community Development	22
Sandhills Community Action Program, Inc.	28

Hospice & Home Health Care

These organizations are licensed home health care organizations, as described above, that additionally offer hospice services.

Community Home Care & Hospice	12
FirstHealth Hospice and Palliative Care	15
Liberty HomeCare and Hospice	20
Maxim HealthCare Services	21

Hospitals

Department of Veteran Affairs	13
FirstHealth of the Carolinas, Inc.	15,16

House Cleaning Services

A house cleaning service will meet quality standards and provide professional house cleaning services.

Magic House Cleaning Service, Inc.	21
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Housing: Assisted Living Community

An assisted living residence is 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.

Brookdale Senior Living	11
Elmcroft of Southern Pines	14

Fox Hollow Assisted Living	16
Magnolia Gardens	21
Sandhills Memory Care	29
Spring Arbor of Apex Assisted Living & Memory Care	31
Tara Plantation of Carthage, LLC	31
The Coventry at Saint Joseph of the Pines	32
The Crossings at Wayside	32

Housing: Continuing Care Retirement Community

A residential community that offers a continuum of care-from independent living and assisted-living, 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.

Belle Meade at Saint Joseph's of the Pines	10
Penick Village	26
Pine Knoll at Saint Joseph's of the Pines	27
Quail Haven Village	27
The Bayberry Retirement Inn	31

Housing: Family Care Home

A family care home is 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.

Housing: Skilled Nursing Facility

A skilled nursing facility is 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.

Kingswood Nursing Home	19
ManorCare Health Services of Pinehurst	21
Peak Resources - Pinelake	26
Pinehurst Healthcare and Rehabilitation Center	27
Quail Haven Village	27
Sanford Health & Rehabilitation	30
The Health Center at St. Joseph of the Pines	32
The Laurels of Chatham	32
Westfield Rehabilitation & Health Center	33

Housing: Subsidized

Subsidized housing is a housing program for people with low-income. Generally, residents pay 30 percent of their adjusted monthly income for rent. Some housing is specifically designated for persons 62 and older.

Brookside Apartments	11
Green Tree Apartments	18
Greenmont Apartments	18
Highlands Apartments	18
Holiday Town Apartments	18
Hunters Glen Apartments	18
Jackson Terrace Apartments (62 & older only)	18
Pinebrook Apartments	18
Pine Hill Apartments	18
Providence Place Senior Housing (62 & older only)	18
Random Woods Apartments	18
Southern Pines Housing Authority	18
Timberlane Apartments	18
Woodlawn Apartments for Seniors	18

Housing: Adult Communities

Adult housing communities have been developed to accommodate people who are age 50 or older.

Bishop's Ridge, Southern Pines	19
Colonial Pines, Southern Pines	19
Southern Pines Gracious Retirement Living	19
Knollwood Village, Southern Pines	19
Midland Country Club, Pinehurst	19
Middleton Place, Southern Pines	19
Pinehurst Trace, Pinehurst	19
Village Green, Southern Pines	19
Village by the Lake, Southern Pines	19
Village in the Woods, Southern Pines	19

Information & Referral

AARP Driver Safety and Tax-Aide	7
Administration on Aging	7
Better Hearing Institute	11
Drug Free Moore County	13
Eldercare Locator	14
Hearing Aid Helpline	17
HELPLINE	18
Medicare	21
Moore County Department of Aging	4,22
Moore County Senior Enrichment Center	23
North Carolina Division of Aging	25
North Carolina Division of Services for the Blind	25
North Carolina Division of Services for the Deaf & Hard of Hearing	26
Triangle J Area Agency on Aging	32

Legal

AARP Legal Services Network	7
American Bar Association Center on Children & Law	9
Elder Care Law Firm	13
Garner Law Firm	17
Grandfamilies State Law & Policy Resource Center	17
Kelli Y. Allen Elder Law	19
Legal Aid of North Carolina Helpline	19
Legal Aid of North Carolina Senior Legal Helpline	20
National Academy of Elderlaw Attorneys	24
North Carolina Lawyer Referral Service	26

Library

Given Memorial Library	17
Moore County Public Library	23
Sandhills Community College Library	28
Southern Pines Public Library	30

Medical Equipment & Supplies

Advanced Home Care, Inc.	8
Apria Healthcare, Inc.	10
Family Medical Supply	14
Health Innovations Pharmacy	17
Hear Now	17
Liberty Medical Specialties	20
Orthotics & Prosthetics of Pinehurst	26
Sandhills Orthotics & Prosthetics	29
TR Enterprises, Inc.	32

Medical Information

ALS Association	8
Alzheimer's Association	8
Alzheimer's North Carolina	9
American Cancer Society	9
American Diabetes Association	9
American Heart Association	9
American Kidney Fund	9
American Lung Association	10
Amputee Coalition	10
Arthritis Foundation (Carolina Chapter)	10
Brain Injury Association of North Carolina	11
CancerCare	11
FirstHealth of the Carolinas, Inc.	15,16
Medline	22
National Federation of the Blind	24
National Fibromyalgia & Chronic Pain Association	24

National Institute on Aging	25
National Kidney Foundation of North Carolina, Inc.	25
National Parkinson's Foundation (HELPLINE)	25
National Stroke Association	25
North Carolina Division of Aging	25
North Carolina Division of Services for the Blind	25
North Carolina Division of Services for the Deaf & Hard of Hearing	26
Parkinson Association of the Carolinas	26
Parkinson's Disease Foundation	26
Pinehurst Neuropsychology	27
<u>Medication Assistance</u>	
NC MedAssist	25
<u>Mental Health</u>	
FirstHealth of the Carolinas, Inc. Behavioral Services	15,16
Sandhills Center for Mental Health	28
The ARC of Moore County	31
<u>Moving Services</u>	
Caring Transitions of the Sandhills	12
Move Elders with Ease	24
Sandhills Moving & Storage	29
The Right Moves	32
TROSA Moving	33
<u>Museums</u>	
Bechtler Museum of Modern Art	10
<u>Neurological Disorders Clinics</u>	
Duke Neurological Disorders Clinic at Morreene Road	13
<u>PACE Programs</u>	
Program designed for people 55 years or older certified by the state where they reside to be nursing-home-eligible, but who can remain at home with a complement of health and supportive services. Sometimes referred to as a "nursing home without walls".	
LIFE at St. Joseph's of the Pines	20
Stay Well	31
<u>Recreation / Leisure</u>	
Aberdeen Parks and Recreation Department	7
Moore County Parks and Recreation	23
Moore County Senior Enrichment Center	23
Pinehurst Parks and Recreation	27
Senior Games in the Pines	30

Southern Pines Parks and Recreation	31
<u>Safety</u>	
AARP Driver Safety Program	7
Comfort Keepers *SafetyChoice Technology	12
Safe Return	28
<u>Senior Internet Resource Forums</u>	
Online forum that allows seniors (their family and caregivers) to connect with each other; obtain useful information/resources; and access senior-related forms or templates, enjoyment, and entertainment.	
My Senior Portal	24
<u>Service Dogs</u>	
Canine Companions for Independence	11
MIRA Foundation USA	22
<u>Social Security Administration</u>	
Social Security Administration (Sanford)	30
Social Security Administration (Rockingham)	30
<u>Social Services</u>	
Benefits CheckUp National Council on Aging Regional Office NC	11
Moore County Department of Social Services	22
<u>Support Groups</u>	
Alcoholics Anonymous	8
Alzheimers' Support Groups	8,9
FirstHealth Hospice and Palliative Care	15
FirstHealth of the Carolinas, Inc. Community Health	15
FirstHealth Patient Education Department	16
Moore County Department of Aging	4,22
Parkinson's Caregiver Support Groups	26
<u>Tax Assistance</u>	
AARP Tax-Aide Services	7
Sandhills CPA Accounting	29
Volunteer Income Tax Assistance Program (VITA)	33
<u>Telephone Reassurance</u>	
Program that provides daily or emergency contact assurance for individuals who live alone.	
Assurance Wireless	7
Comfort Keepers *SafetyChoice Technology	12
FirstHealth of the Carolinas, Inc. Telecare/FirstHealth Response	16
Walgreens Ready Response	33

Telephone Impairment Services

Program that provides captioned telephone services for individuals with some degree of hearing loss.

CapTel of North Carolina 12

Translation Services

English 2 Spanish 14

Fluent Language Solutions 16

Transportation

An "Act of Kindness" Transportation Services 10

Comfort Keepers 12

Highway to Healing (Lee County Residents ONLY) 18

Moore County Transportation Services (MCTS) 24

Northern Moore Family Resource Center 26

Sandhills Caretakers and Transportation Services 28

Veterans Services

Department of Veteran Affairs 13

Mannix & Associates (Housing) 21

Moore County Veterans Services 24

Volunteer Service

Moore County Department of Aging 4,22

Retired & Senior Volunteer Program (RSVP) 27

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. SHIIP 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; and
- 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/lrc/glossary.htm

Source of elder abuse glossary term from:

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 can't 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.

Date: _____

Full Name: _____

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: _____

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: _____

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? _____