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

Physical Address:
8040 Hwy 15/501
West End, NC 27376
Mailing Address:
P.O. Box 487
Carthage, NC 28327

Phone: 910-215-0900
Fax: 910-215-0278
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

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
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.
**Volunteer Counseling**

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**

**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
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<thead>
<tr>
<th>Organization</th>
<th>Phone Numbers</th>
<th>Addresses</th>
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<tbody>
<tr>
<td>Advanced Home Care, Inc.</td>
<td></td>
<td>1806 Sandhills Blvd., Aberdeen, NC 28315</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.advhomecare.org">www.advhomecare.org</a></td>
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<tr>
<td>Aegis Care Advisors</td>
<td>910-442-2552</td>
<td>125 Applegreen Road Suite B, Pinehurst, NC 28387</td>
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<td></td>
<td></td>
<td><a href="http://www.aegiscareadvisors.com">www.aegiscareadvisors.com</a></td>
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<tr>
<td>Aegis Home Care</td>
<td>910-442-2552</td>
<td>125 Applegreen Road Suite B, Pinehurst, NC 28387</td>
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<td></td>
<td></td>
<td><a href="http://www.aegishomecare.com">www.aegishomecare.com</a></td>
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<tr>
<td>Aging Care Solutions</td>
<td>910-585-1180</td>
<td>230 Maples Road, Southern Pines, NC 28387</td>
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<td></td>
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<td><a href="http://www.agingcaresolutionnc.com">www.agingcaresolutionnc.com</a></td>
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<tr>
<td>Aging Outreach Services</td>
<td>910-692-0683</td>
<td>AOS At Home Care</td>
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<td></td>
<td></td>
<td>AOS Care Management</td>
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<tr>
<td></td>
<td></td>
<td>676 Northwest Broad Street, Southern Pines, NC 28387</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.AgingOutreachServices.com">www.AgingOutreachServices.com</a> or Email: <a href="mailto:info@AgingOutreachServices.com">info@AgingOutreachServices.com</a></td>
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<tr>
<td>Aging with Dignity</td>
<td>888-594-7437</td>
<td>(5 Wishes)</td>
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<td></td>
<td></td>
<td>P.O. Box 1661, Tallahassee, FL 32302-1661</td>
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<td><a href="http://www.agingwithdignity.org">www.agingwithdignity.org</a></td>
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<tr>
<td>Alcohol &amp; Drug Services (ADS)</td>
<td>910-997-7135</td>
<td>200 E. Greene Street Suite A, Rockingham, NC 28379</td>
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<tr>
<td></td>
<td>ext. 3</td>
<td><a href="http://www.adsyes.org">www.adsyes.org</a></td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>800-496-1742</td>
<td>AA of Moore County</td>
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<td>800-559-9503</td>
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<td><a href="http://www.moorecountyaa.org">www.moorecountyaa.org</a></td>
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<tr>
<td>ALS Association</td>
<td>800-782-4747</td>
<td>1275 K Street NW Suite 250, Washington, DC 20005</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.alsa.org">www.alsa.org</a></td>
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### Alzheimer's Association
Western Carolina Chapter  
3800 Shamrock Drive  
Charlotte, NC 28215  
[www.alz-nc.org](http://www.alz-nc.org)

**Alzheimer's Caregiver Support Groups:**

<table>
<thead>
<tr>
<th>Group</th>
<th>Phone</th>
<th>Address</th>
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<tr>
<td>Aging Outreach</td>
<td>910-692-0683</td>
<td>Southern Pines, NC 28387</td>
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<tr>
<td>Elmcroft of Southern Pines</td>
<td>910-692-4928</td>
<td>Southern Pines, NC 28387</td>
</tr>
<tr>
<td>Chapel in the Pines</td>
<td>910-673-5493</td>
<td>Seven Lakes, NC 27376</td>
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<tr>
<td>Fox Hollow</td>
<td>910-695-0011</td>
<td>Pinehurst, NC 28374</td>
</tr>
<tr>
<td>Given Memorial Library</td>
<td>910-295-6022</td>
<td>Pinehurst, NC 28374</td>
</tr>
<tr>
<td>Our Savior Lutheran Church</td>
<td>910-692-2662</td>
<td>Southern Pines, NC 28387</td>
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**Amedisys Hospice Care**  
56 Three Hunts Drive Building #3  
Pembroke, NC 28372  
[www.amedisys.com](http://www.amedisys.com)

**American Bar Association Center on Children & Law**  
1050 Connecticut Avenue  
Washington, DC 20036  
[www.americanbar.org/groups/child_law.html](http://www.americanbar.org/groups/child_law.html)

**American Cancer Society**  
8300 Health Park Suite 10  
Raleigh, NC 27615  
[www.cancer.org](http://www.cancer.org)

**American Diabetes Association**  
2418 Blue Ridge Road Suite 206  
Raleigh, NC 27607  
[www.diabetes.org](http://www.diabetes.org)
American Heart Association  910-323-9387
2711 Breezewood - Suite A  800-242-8721
Fayetteville, NC  28303
www.americanheart.org

American Kidney Fund  800-638-8299
www.kidneyfund.org  866-300-2900

American Lung Association  800-586-4872
514 Daniels Street Suite 109  919-424-6069
Raleigh, NC  27605
www.lung.org

American Red Cross  910-692-8571
Moore County Chapter
115 East Pennsylvanina Avenue
Southern Pines, NC  28387
www.redcross.org/nc/southern-pines

Amputee Coalition  888-267-5669
900 East Hill Avenue Suite 390
Knoxville, TN  37915
www.amputee-coalition.org

An Act of Kindness Transportation Services  910-281-4347
www.actofkindnessacs.com/aok-services

Apria Healthcare, Inc.  910-295-3175
295 Pinehurst Avenue - Unit 3E
Southern Pines, NC  28387
www.apria.com

Arthritis Foundation (Carolina Chapter)  800-365-3811
4530 Park Road Suite 230
Charlotte, NC  28209
www.arthritis.org/north-carolina

Assisted Living  800-622-3915
P.O. Box 45829
Seattle, WA  98145-0826
www.assistedliving.org/assisted-living-options-for-people-with-disabilities

Assurance Wireless *North Carolina Application  888-898-4888
877-732-3018 (Fax)
P.O. Box 618
Charleston, IL  61920-9807
www.assurancewireless.com
Avada Hearing Care Center
160 Pinehurst Avenue Suite G
Southern Pines, NC 28387
910-692-4454

Bariatric Support Groups
FirstHealth Bariatric Program
Pinehurst, NC 28374
910-235-4020

Rex Bariatric Specialty Center
Raleigh, NC 27607
919-784-7874

Bayada Home Health Care
731 North Second Street, Suite C
Albermarle, NC 28001
704-982-7070

*Serving Moore County

Belle Meade at Saint Joseph of the Pines
100 Waters Drive
Southern Pines, NC 28387
910-246-1008
www.sjp.org

Benefits Check-Up
National Council on Aging
Regional Office N.C.
112 North Circle Drive, Suite D
Rocky Mount, NC 27804
252-210-9621
www.benefitscheckup.org

Bethesda Presbyterian Church
1002 North Sandhills Boulevard
Aberdeen, NC 28315
910-944-1319
Wed 9am—12pm
bethesdapresbyterian@windstream.net

Better Hearing Institute
Helpline
1444 I Street, NW Suite 700
Washington, DC 20005
202-449-1100
www.betterhearing.org

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 W. Pennsylvania Ave.  
Southern Pines, NC 28387  
910-692-6262

Bostic-Kendrick Funeral Home  
1300 W. Pennsylvania Avenue  
Southern Pines, NC 28387  
910-692-8982

Brain Injury Association of North Carolina  
6604 Six Forks Rd. Suite 104  
Raleigh, NC 27615  
800-377-1464  
919-833-9634  
www.bianc.net

Brookdale Senior Living  
17 Regional Drive  
Pinehurst, NC 28374  
910-235-0700  
www.brookdale.com/communities/carolina-house-of-pinehurst

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

CancerCare  
275 Seventh Avenue  
New York, NY 10001  
800-813-4673  
www.cancercare.org

Canine Companions for Independence  
P.O. Box 446  
Santa Rosa, CA 975402-0446  
800-572-2275  
http://www.cci.org

Captain Delivery, LLC. (Grocery Delivery)  
www.captaindeliveryllc.com  
910-536-0269

CapTel North Carolina *Hearing Impaired  
4030 Wake Forest Road  
Suite 300 Raleigh, NC 27609  
866-545-4012  
www.captel.com
Caregiver Support Groups:
Moore County Senior Enrichment Center 910-215-0900
2 miles north of Pinehurst traffic circle

Caregiver Media Group 800-829-2734
3350 Griffin Road
Fort Lauderdale, FL 33312
www.caregiver.com

Caring Transitions of the Sandhills 910-722-1030
105 South Ray Street #93
Carthage, NC 28327
www.caringtransitionssandhillsnc.com

Carolinas Poison Center Hotline 800-222-1222
P.O. Box 32861
Charlotte, NC 28232
www.ncpoisoncenter.org

Carthage Lions Club 910-690-6161
Ron Kelly

Carthage United Methodist Church 910-947-2705
401 McReynolds Street
Carthage, NC 28327
www.carthageumc.org

Children’s Defense Fund 800-233-1200
25 East Street NW
Washington, NC 20001
www.childrensdefense.org

ClearCaptions (Amplified Captioned Phone) 919-370-8614
www.clearcaptions.com

Clear Point Credit Counseling 800-750-2227
www.clearpointccs.org

Comfort Keepers 910-246-8000
170 South Page Street
Southern Pines, NC 28387
www.southernpines-594.comfortkeepers.com

Community Care of the Sandhills 910-246-9806
30 Parker Lane
Pinehurst, NC 28374
Community Home Care & Hospice 919-718-5417
1836 Doctors Drive
Sanford, NC 27330
www.communityhch.com

Consumer Cellular 888-345-5509
www.consumercellular.com

Consumer Credit Counseling Service of Fayetteville 877-868-3288
316 Green Street
Fayetteville, NC 28302
910-323-3192

Consumer Protection Services 919-716-6000
NC Department of Justice 877-566-7226
www.ncdoj.gov/consumer.aspx

Cooper's Pharmacy 910-245-4672
3353 US Hwy 1
Vass, NC 28394

Crumpler Funeral Home 910-944-9400
40229 US-1 Hwy S
Aberdeen, NC 28315
philip@CrumplerFHAberdeen.com

DaVita Dialysis Care of Moore County 866-544-6741
16 Regional Drive
Pinehurst, NC 28374
ext. 5738

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

Department of Veteran Affairs 800-771-6106
VA Medical Center 910-488-2120
2300 Ramsey Street
Fayetteville, NC 28301
www.fayettevillenc.va.gov

Department of Veteran Affairs 910-488-6252
Veterans Center: Fayetteville 800-771-6106
2301 Robeson St. Suite 103 ext.7701
Fayetteville, NC 28305
www.va.gov/directory/guide/facility.asp?ID=486&dnum=1
Disability Rights North Carolina
2626 Glenwood Ave.
Raleigh, NC
www.disabilityrightscnc.org

Doctors Making House Calls
2511 Old Cornwallis Road Suite 200
Durham, NC 27713
www.doctorsmakinghousecalls.com

Dogwood HIV Care Consortium

Drug Free Moore County
P.O. Box 4052
Pinehurst, NC 28374
www.drugfreemc.com

Duke Family Support Program
Project C.A.R.E. Respite
40 Duke Medicine Circle Room 3513/Blue Zone
Durham, NC 27710
www.dukefamilysupport.org

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.

East Carolina University School of Dental Medicine
80 Autumn Fern Trail
Lillington, NC 27546
http://www.ecu.edu/cs-dhs/dental/pclillington.cfm

Elder Care Law Firm
Jason Sutton
110 Turnberry Way
Southern Pines, NC 28387
www.eldercarelawfirm.com

Eldercare Locator
www.eldercare.gov
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<tr>
<th>Service/Company</th>
<th>Phone</th>
<th>Address</th>
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| Elmcroft of Southern Pines             | 910-692-4928 | 101 Brucewood Road            
|                                         |        | Southern Pines, NC 28387          
|                                         |        | [www.elmcroft.com/community/elmcroft-of-southern-pines](http://www.elmcroft.com/community/elmcroft-of-southern-pines) |
| Employment Security Commission         | 910-944-7697 | 245 Shepherd Trail            
|                                         |        | Aberdeen, NC 28315 |
| English 2 Spanish                      | 910-281-0284 | 205 North Walnut Street         
|                                         |        | P.O. Box 154                  
|                                         |        | Pinebluff, NC 28373            
|                                         |        | [english2spanish@alltel.net](mailto:english2spanish@alltel.net) |
| Family Caregiver Alliance              | 800-445-8106 | 785 Market Street Suite 750     
|                                         |        | San Francisco, CA 94103        
|                                         |        | [www.caregiver.org](http://www.caregiver.org) |
| Family Medical Supply                  | 910-255-0005 | 1680 NC Highway 5 #160         
|                                         |        | Aberdeen, NC 28315             
|                                         |        | [www.familymedsupply.com](http://www.familymedsupply.com) |
| First Choice Home Care, Inc.           | 919-775-3306 | 506 Carthage Street            
|                                         |        | Sanford, NC 27330              
|                                         |        | [www.firstchoicehomecare.com](http://www.firstchoicehomecare.com) |
| FirstHealth Home Care Services         | 910-295-2211 | 181-A Westgate Drive          
|                                         |        | West End, NC 27376             
|                                         |        | [www.firsthealth.org/specialties/more-services/home-care](http://www.firsthealth.org/specialties/more-services/home-care) |
| 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/hospice](http://www.firsthealth.org/hospice) |
FirstHealth of the Carolinas, Inc.

**Active for Life (Fitness Center)** 910-715-1800
170 Memorial Dr.
Pinehurst, NC 28374
www.firsthealth.org/fitness/Pinehurst

**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)
Healthy Living Classes

**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

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

**Pulmonary Rehabilitation Program** 910-692-9103
205 Davis Road
Southern Pines, NC 28387

**Rock Steady Boxing** 910-715-1839
Pinehurst, NC 28374

**FirstHealth Patient Education Department** 910-715-5266
155 Memorial Drive
P.O. Box 3000
Pinehurst, NC 28374
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
Child Loss 910-715-6000
Coping & Adjusting with Suicide (CASL) 910-715-6000
Fibromyalgia 910-715-5266
FirstQuit 910-715-1925
Gynecological Cancer Support Group 910-715-4230
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
NAMI-MC Support Group 910-295-1053
Parkinson’s Support Group of the Sandhills 910-715-4230
Sandhills Ostomy Association 910-215-8086
Sandhills Young Adult Cancer Support (Ages 18-50) 910-715-4230
Stroke Club 910-715-5266
The Four T’s (Tears, Talk, Touch, Time) 910-715-6000

Fluent Language Solutions 919-570-8686
123 Capcom Ave. #2
Wake Forest, NC 27587
http://www.fluentls.com

Fox Hollow Assisted Living 910-695-0011
190 Fox Hollow
Pinehurst, NC 28374
www.fivestarseniorliving.com/communities/nc (Enter Pinehurst Zip Code 28374)

Friend to Friend 910-947-3333
103 Monroe Street #102
Carthage, NC 28327
www.friendtofriend.me

Friends of Residents in Long Term Care 919-782-1530
6300 Creedmore Rd., Suite 170 #326
Raleigh, NC 27612
www.forltc.org

Fry & Prickett Funeral Home 910-947-2224
402 Saunders Street
P.O. Box 307
Carthage, NC 28327
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
202-289-3979
www.gu.org

Gentle Touch Home Care, LLC
4475 US 15-501 Hwy
Carthage, NC 28327
910-947-3805
http://nchomcare.com

Given Memorial Library
150 Cherokee Road
Pinehurst, NC 28370
910-295-6022

Grandfamilies State Law & Policy Resource Center
N/A
www.grandfamilies.org

Grandparents Raising Grandchildren Support Groups:
   Moore County Senior Enrichment Center *55+
   2 miles north of Pinehurst traffic circle
   910-215-0900

Grief Support Groups:
   FirstHealth Hospice and Palliative Care
   Pinehurst, NC 28374
   910-715-6000

   Trinity Christian Fellowship
   Pinehurst, NC 28374
   910-215-5775

Habitat for Humanity Repair Ministry *65+
2268 NC Highway 5
Aberdeen, NC 28315
910-295-1934
www.sandhillshabitat.org/about/contact-habitat-sandhills

Health Innovations Pharmacy
295 Pinehurst Avenue
Southern Pines, NC 28387
910-246-5155
www.healthinnovationspharmacy.com
HealthKeeperz
285 Olmsted Boulevard Suite 5
Pinehurst, NC 28374
www.HealthKeeperz.com

Hearing Aid Helpline
International Hearing Society
www.ihsinfo.org

Hear Now
www.starkeyhearingfoundation.org

HELP Emergency Response System
http://helpforyou.com

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

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

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

Home Instead Senior Care
555 Executive Place
Fayetteville, NC 28305
www.HomeInstead.com

Home Food Services
1901 Farragut Avenue
Bristol, PA 19007
www.homefoodservices.com
Homeless Shelters

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 have experienced 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.

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.

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.
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
Pinebrooke Apartments, Southern Pines 910-692-4261
Pine Hill Apartments, Aberdeen 910-944-2483
Pinehurst Senior Apartment Community, West End 910-215-0550
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

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 Call a local real estate agent.
Colonial Pines, Southern Pines Call a local real estate agent.
Southern Pines Gracious Retirement Living 910-684-4570
Knollwood Village, Southern Pines 910-295-5011
Midland Country Club, Pinehurst 910-295-3241
Middleton Place, Southern Pines Call a local real estate agent.
Pinehurst Trace, Pinehurst 910-295-1998
Village Green, Southern Pines Call a local real estate agent.
Village by the Lake, Southern Pines Call a local real estate agent.
Village in the Woods, Southern Pines Call a local real estate agent.

InfoSAGE (Information Sharing Across Generations)
330 Brookline Avenue
Boston, MA, USA, 02155
www.infosagehealth.org
*App is available with iPhones, Smartphones, and Tablets
**Interfaith Food Pantry**  
Page Memorial United Methodist Church  
110 Knight Street  
Aberdeen, NC 28315  
M-F 10am - 1pm  
[www.pagememorialumc.org](http://www.pagememorialumc.org)

**Interim Healthcare**  
206 Commerce Avenue  
Southern Pines, NC 28327  
[www.interimhealthcare.com/pinehurstnc](http://www.interimhealthcare.com/pinehurstnc)

**Jones & Little Funeral Home**  
200 Benjamin Street  
Aberdeen, NC 28315

**Kelli Y. Allen Elder Law**  
10150 Mallard Creek Road Suite 105  
Charlotte, NC 28262  
[www.kyaelderlaw.com](http://www.kyaelderlaw.com)

**Kindred at Home**  
87 West Cornelius Harnett Boulevard  
Lillington, NC 27546  
[www.kindredathome.com](http://www.kindredathome.com)

**Kingswood Nursing Home**  
915 Pee Dee Road  
Aberdeen, NC 28315  
[www.kingswoodnursing.org](http://www.kingswoodnursing.org)

**Land Loss Prevention Project**  
401 N Mangum Street  
Durham, NC 27701  
[www.landloss.org](http://www.landloss.org)

**Legal Aid of North Carolina Helpline**  
959 East Street - Suite A & B  
P.O. Box 1728  
Pittsboro, NC 27312  
[www.legalaidnc.org](http://www.legalaidnc.org)
Legal Aid of North Carolina Senior Legal Helpline  877-579-7562
225-E South Hancock Street  800-672-5834
P.O. Box 2716
Rockingham, NC 28380
www.legalaidnc.org

Liberty Church  910-281-3320
1810 Quewhiffle Road
Aberdeen, NC 28315
Wed 9-12 & 6-9

Liberty Homecare and Hospice  910-246-9882
Liberty Homecare Group
300 West Pennsylvania Avenue
Southern Pines, NC 28387
www.libertyhomecare.com

Liberty Medical Specialties  877-809-5090
1804 Owen Drive
Fayetteville, NC 28304
www.liberty-ms.com

LIFE  910-429-7220
at St. Joseph of the Pines
1-877-452-2514
4900 Raeford Road
Fayetteville, NC 28304
(hearing impaired)
www.sjp.org

Life Alert Emergency Response  800-338-9090
NATIONWIDE

Lifeline Medical Alert Service (Philips)  800-380-3111
NATIONWIDE
www.lifelinesys.com

Lock Your Meds  N/A
www.lockyourmeds.org/nc

Long Term Care Ombudsman  919-558-9404
NC Division of Aging  800-310-9777
2101 Mail Service Center
Raleigh, NC 27699
www.dhhs.state.nc.us/aging/ombud.htm
Magnolia Gardens
594 Murray Hill Road
Southern Pines, NC 28387
www.themagnoliagardens.com or Email: dogbrn.mg@gmail.com

MANNA!
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 (VA Housing)
P.O. Box 5312
Cary, NC 27512
www.mannixassociates.com

Mark Stewart Construction
Certified Aging in Place Specialist

Maxim Healthcare Services
231 Meed Court, Suite 202
Fayetteville, NC 28303
www.maximhealthcare.com

McClain Pharmacy
735 South Bennett Street
Southern Pines, NC 28387
www.mcclaindrug.com

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

Medicare
www.medicare.gov

Medline
www.medline.com

MIRA Foundation USA
77 Cherokee Road
Pinehurst, NC 28374
http://www.mirausa.org
Monarch Creative Arts & Community Center 910-692-2936
1662 Richards Street
Southern Pines, NC 28387
www.monarchnc.org

Moore County Cooperative Extension 910-947-3188
Agricultural Center
707 Pinehurst Avenue
P.O. Box 1149
Carthage, NC 28327
www.moore.ces.ncsu.edu

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

Moore County Department of Aging 910-215-0900
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

Moore County Department of Social Services 910-947-2436
Carriage Oaks Shopping Plaza
P.O. Box 938
Carthage, NC 28327
www.moorecountync.gov

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

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

Moore County Nursing Home/Assisted Living/Adult Care Home Advisory Committee 910-684-8246
Moore County Parks & Recreation Department  910-947-2504
155 Hillcrest Park Lane
P.O. Box 905
Carthage, NC  28327
www.moorecountyparksandrec.com

Moore County Planning & Community Development  910-947-5010
1048 Carriage Oaks Dr.
Carthage, NC 28327
www.moorecountync.gov

Moore County Public Library

Carthage Library  910-947-5335
101 Saunders Street
P.O. Box 400
Carthage, NC  28327
www.srls.info

Page Memorial Library  910-944-1200
100 S Popular Street
Aberdeen, NC  28315
www.srls.info

Pinebluff Library  910-281-3004
305 East Baltimore Avenue
Pinebluff, NC  28373
www.srls.info

Robbins Library  910-948-4000
161 Magnolia Drive
P.O. Box 159
Robbins, NC  27235
www.robbinslibrary/nc.org

Vass Library  910-245-2200
128 Seaboard Street
P.O. Box 1349
Vass, NC  28394
www.vasslibrary.org
Moore County Senior Enrichment Center 910-215-0900
Located two miles north of the Pinehurst traffic circle
8040 US 15-501 Hwy
P.O. Box 487
Carthage, NC 28327
www.moorecountync.gov

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

Moore County Veterans Services 910-947-3257
302 Monroe Street
P.O. Box 905
Carthage, NC 28327
www.moorecountync.gov

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

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

My Senior Portal 862-345-6085
(A Golden Years Lifestyle Blog & Resource)
2203 Pasadena Place S.
Gulfport, FL 33707
www.myseniorportal.com

NACA 919-855-8484
(Neighborhood Assistance Corporation of America)
4112 Pleasant Valley Road, Suite 220
Raleigh, NC 27612
www.naca.com

National Academy of Elderlaw Attorneys 703-942-5711
www.naela.org
<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>National Alliance for Caregiving</td>
<td>301-718-8444</td>
</tr>
<tr>
<td>4720 Montgomery Lane Suite 205</td>
<td></td>
</tr>
<tr>
<td>Bethesda, MD 20814</td>
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<tr>
<td><a href="http://www.caregiving.org">www.caregiving.org</a></td>
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<tr>
<td>National Alliance on Mental Illness Moore County</td>
<td>910-295-1053</td>
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<tr>
<td>Pinehurst, NC</td>
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<tr>
<td>National Caregivers Library</td>
<td>804-327-1111</td>
</tr>
<tr>
<td>901 Moorefield Park Drive Suite 100</td>
<td></td>
</tr>
<tr>
<td>Richmond, VA 23236</td>
<td></td>
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<tr>
<td><a href="http://www.caregiverslibrary.org">www.caregiverslibrary.org</a></td>
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<tr>
<td>National Federation of the Blind</td>
<td>410-659-9314</td>
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<tr>
<td>200 East Wells Street</td>
<td></td>
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<tr>
<td>Baltimore, MD 21230</td>
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<tr>
<td><a href="http://www.nfb.org">www.nfb.org</a></td>
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<tr>
<td>National Fibromyalgia &amp; Chronic Pain Association</td>
<td>801-200-3627</td>
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<tr>
<td>31 Federal Avenue</td>
<td></td>
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<tr>
<td>Logan, UT 84321</td>
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<tr>
<td><a href="http://www.fmcpware.org">www.fmcpware.org</a></td>
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<tr>
<td>National Institute on Aging</td>
<td>800-222-2225</td>
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<tr>
<td><a href="http://www.nia.nih.gov/">www.nia.nih.gov/</a></td>
<td>800-222-4225</td>
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<tr>
<td>(hearing impaired)</td>
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<tr>
<td>National Kidney Foundation of North Carolina, Inc.</td>
<td>704-519-0020</td>
</tr>
<tr>
<td>4701 Hedgemore Dr., Suite 810</td>
<td>877-858-3808</td>
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<tr>
<td>Charlotte, NC 28209</td>
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<tr>
<td><a href="http://www.kidneync.org">www.kidneync.org</a></td>
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<tr>
<td>National Kinship Alliance for Children</td>
<td>518-833-0215</td>
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<tr>
<td>P.O. Box 1560</td>
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<tr>
<td>Troy, NY 12181</td>
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<tr>
<td><a href="http://www.kinshipalliance.org">www.kinshipalliance.org</a></td>
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<tr>
<td>National Parkinson Foundation (HELPLINE)</td>
<td>800-473-4636</td>
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<tr>
<td>National Stroke Association</td>
<td>800-787-6537</td>
</tr>
<tr>
<td>9707 East Easter Lane Suite B</td>
<td></td>
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<tr>
<td>Centennial, CO 80112</td>
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<tr>
<td><a href="http://www.stroke.org">www.stroke.org</a></td>
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<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-8255</td>
</tr>
<tr>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
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</table>
NC MedAssist 866-331-1348
STATEWIDE 704-536-1790
4428 Taggart Creek Road Suite 101
Charlotte, NC 28208
www.medassist.org/free-pharmacy-program

North Carolina Baptist Aging Ministry 877-506-2226
201-A Idol Street
Thomasville, NC 27360
www.ncbam.org

North Carolina Division of Aging 919-855-3400
Taylor Hall
Raleigh, NC 27699
www.ncdhhs.gov/divisions/daas

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

North Carolina Division of Services for the Blind 866-222-1546
309 Ashe Avenue 919-733-9822
Raleigh, NC 27699
www.ncdhhs.gov/divisions/dsb

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 Foreclosure Prevention 888-632-8631
P.O. Box 28066
Raleigh, NC 27611-8066

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

North Carolina Library for Blind and Physically Handicapped 919-733-4376
1841 Capital Boulevard
Raleigh, NC 27635
www.statelibrary.ncdcr.gov
North Carolina Missions of Mercy  800-662-8754  
NC Dental Society  919-677-1396  
1600 Evans Road  
Cary, NC 27513  
www.ncidental.org/member-center/getinvolved/nc-missions-of-mercy

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

Old Vineyard Behavioral Health Services  336-794-3550  
3637 Old Vineyard Road  855-234-5920  
Winston-Salem, NC 27104  
www.oldvineyardbhs.com

On Time Taxi Transportation  910-719-2300  
Handicap Accessible  910-215-7876

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
<table>
<thead>
<tr>
<th>Business</th>
<th>Phone</th>
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<tbody>
<tr>
<td><strong>Penick Village</strong></td>
<td>910-692-0300</td>
</tr>
<tr>
<td>500 East Rhode Island Avenue</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
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<tr>
<td><a href="http://www.penickvillage.org">www.penickvillage.org</a></td>
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<tr>
<td><strong>Pinebluff Lions Club</strong></td>
<td>910-281-4479</td>
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<tr>
<td>165 West Philadelphia Avenue</td>
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<tr>
<td>Pinebluff, NC 28373</td>
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<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; &amp; 4&lt;sup&gt;th&lt;/sup&gt; Mondays 6:00pm</td>
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<tr>
<td><strong>Pine Knoll at Saint Joseph of the Pines</strong></td>
<td>910-246-1008</td>
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<tr>
<td>590 Central Drive</td>
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<tr>
<td>Southern Pines, NC 28387</td>
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<td><a href="http://www.sjp.org">www.sjp.org</a></td>
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<tr>
<td><strong>Pinehurst Concierge Services, LLC</strong></td>
<td>910-683-0555</td>
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<td><a href="http://www.pinehurstconciergrservices.com">www.pinehurstconciergrservices.com</a></td>
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<tr>
<td><strong>Pinehurst Healthcare and Rehabilitation Center</strong></td>
<td>910-295-6158</td>
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<tr>
<td>300 Blake Boulevard</td>
<td></td>
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<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td><a href="http://www.pinehurstthehealthcare.com">www.pinehurstthehealthcare.com</a></td>
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<tr>
<td><strong>Pinehurst Neuropsychology</strong></td>
<td>910-420-8041</td>
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<tr>
<td>45 Aviemore Drive</td>
<td></td>
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<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td><a href="http://www.pinehurstneuropsychology.com">www.pinehurstneuropsychology.com</a></td>
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<tr>
<td><strong>Pinehurst Parks and Recreation Department</strong></td>
<td>910-295-1900</td>
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<tr>
<td>395 Magnolia Drive</td>
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<tr>
<td>Pinehurst, NC 28374</td>
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<td><a href="http://www.pinehurststrec.org">www.pinehurststrec.org</a></td>
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<tr>
<td><strong>Powell Funeral Home &amp; Crematory</strong></td>
<td>910-692-6161</td>
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<tr>
<td>160 E. New Hampshire Avenue</td>
<td></td>
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<tr>
<td>Southern Pines, NC 28387</td>
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<tr>
<td><strong>Preston Pointe</strong></td>
<td>919-460-8141</td>
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<tr>
<td>1995 NW Cary Parkway</td>
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<tr>
<td>Morrisville, NC 27560</td>
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<tr>
<td><a href="http://www.prestonpointe.com">www.prestonpointe.com</a></td>
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<tr>
<td><strong>Pugh &amp; Smith Funeral Home</strong></td>
<td>910-947-2486</td>
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<tr>
<td>807 Monroe Street</td>
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<tr>
<td>Carthage, NC 28327</td>
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</table>
Purcell Funeral Home
953 W. Pennsylvania Avenue
Southern Pines, NC 28387
910-693-1147

Quail Haven Village
155 Blake Boulevard
Pinehurst, NC 28374
www.quailhavenvillage.com
910-295-2294

RDL Therapeutic Solutions & Senior Care of Fayetteville 910-868-2002
6007 Morganton Road
Fayetteville, NC 28314
www.rdltherapeutic.com

ResCare HomeCare
292 Commerce Avenue
West End, NC 27376
www.ResCareHomeCare.com
910-246-2289

Rescue Alert
10321 Beckstead Lane
South Jordan, UT 84095
www.rescuealert.com
800-688-9576

Resources for Seniors
*Reverse mortgage counseling by telephone only
www.resourcesforseniors.com
971-207-7820

Rex Bariatric Specialty Center
4207 Lake Boone, Suite 210
Raleigh, NC 27607
www.lose2live@rexhealth.com
919-784-7874

Right at Home In-Home & Assistance
115 E. Pennsylvania Avenue
Southern Pines, NC 28387
910-684-6400

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

Rock Steady Boxing Pinehurst
318 Fields Drive
Aberdeen, NC 28315
www.Pinehurst@RSBaffiliate.com
910-420-0772
<table>
<thead>
<tr>
<th>Institution</th>
<th>Phone</th>
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<tr>
<td>Safe Return</td>
<td>888-572-8566</td>
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<tr>
<td><em>National registry for people with Dementia who wander</em></td>
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<tr>
<td>*Fee</td>
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<tr>
<td><a href="http://www.medicalert.org/safereturn.com">www.medicalert.org/safereturn.com</a></td>
<td></td>
</tr>
<tr>
<td>Saint Anthony's of Padua Church</td>
<td>910-692-6613</td>
</tr>
<tr>
<td>160 East Vermont Avenue</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Tues &amp; Thurs 9am – 12pm</td>
<td></td>
</tr>
<tr>
<td><em>(On the corner of Ashe &amp; Vermont)</em></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.st-anthony-of-padua.org">www.st-anthony-of-padua.org</a></td>
<td></td>
</tr>
<tr>
<td>Saint Joseph’s of the Pines Home Care</td>
<td>910-246-1011</td>
</tr>
<tr>
<td>105 Gossman Drive</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>910-725-1054</td>
</tr>
<tr>
<td>575 SE Broad Street #7</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Sandhills Adaptive Living</td>
<td>910-420-0273</td>
</tr>
<tr>
<td><a href="mailto:Adapt4U17@gmail.com">Adapt4U17@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Sandhills Center for Mental Health</td>
<td>910-673-9111</td>
</tr>
<tr>
<td>1120 Seven Lakes Dr.</td>
<td>800-256-2452</td>
</tr>
<tr>
<td>West End, NC 27376</td>
<td><em>(hotline)</em></td>
</tr>
<tr>
<td><a href="http://www.sandhillscenter.org">www.sandhillscenter.org</a></td>
<td></td>
</tr>
<tr>
<td>Sandhills Community Action Program, Inc.</td>
<td>910-947-5675</td>
</tr>
<tr>
<td>340 Comerce Avenue, Suite 20</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.sandhillscap.org">www.sandhillscap.org</a></td>
<td></td>
</tr>
<tr>
<td>Sandhills Community College Library</td>
<td>910-695-3819</td>
</tr>
<tr>
<td>Boyd Library</td>
<td></td>
</tr>
<tr>
<td>3395 Airport Road</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.sandhills.edu">www.sandhills.edu</a></td>
<td></td>
</tr>
<tr>
<td>Sandhills Continuing Education &amp; Center for Creative Retirement</td>
<td>910-695-3980</td>
</tr>
<tr>
<td>Sandhills Community College</td>
<td></td>
</tr>
<tr>
<td>3395 Airport Road, Van Dusen Hall</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.sandhills.edu">www.sandhills.edu</a></td>
<td></td>
</tr>
</tbody>
</table>
Sandhills CPA Accounting
Donovan G. Bachtell (Certified Public Accountant)
P.O. Box 3134
Pinehurst, NC 28374
www.sandhillscpaaccounting.com

Sandhills Farm to Table Cooperative
P.O. Box 714
Southern Pines, NC 28388
www.SandhillsFarm2Table.com

Sandhills Food Bank
195 Sandy Avenue
Southern Pines, NC 28387
Supplies food to various agencies
www.foodbankcenc.org

Sandhills Home Care Services
114 North Bennett Avenue
Southern Pines, NC 28387

Sandhills Memory Care
292 MacDougal Drive
West End, NC 27376
www.meridiansenior.com (Enter West End Zip Code 27376)

Sandhills/Moore Coalition for Human Care, Inc.
1500 West Indiana Ave.
Southern Pines, NC 28387
www.sandhillscoalition.org

Sandhills Moving & Storage
1052 North May Street
Southern Pines, NC 28387
www.sandhillsmoving.com

Sandhills Orthotics & Prosthetics
325 Page Road
Pinehurst, NC 28374

Sanford Health & Rehabilitation
2702 Farrell Road
Sanford, NC 27330
www.sanstonehealth.com
SCOTT’S Medical Equipment Services & Sales 910-986-0575
P.O. Box 5151
Pinehurst, NC 28374

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

Senior Games in the Pines 910-944-4572
www.ncseniorgames.org

Seniors Health Insurance Information Program (SHIIP) 855-408-1212
NC Department of Insurance
www.ncdoi.com/Consumer/Shiip/Shiip.asp

SENIORS Helping SENIORS 910-687-6417
100 Pavilion Way Suite E-5
Southern Pines, NC 28387

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

Simon Funeral Home 910-692-1147
151 S. Hardin Street
Southern Pines, NC 28387

Social Security Administration 877-319-5774
401 Tiffany Drive
Sanford, NC 27330
www.ssa.gov

Social Security Administration 877-405-7673
220 East Green Street
Rockingham, NC 28379
www.ssa.gov

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

Southern Pines Gracious Living 910-692-3367
205 SE Service Road
Southern Pines, NC 28387
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
910-692-8235
www.sppl.net

Southern Pines Parks & Recreation
Campbell House
482 East Connecticut Avenue
Southern Pines, NC  28387
910-692-2463
www.southernpines.net/recreation

Southern Pines United Methodist Church
175 Midland Road
Southern Pines, NC  28387
910-692-3518
Mon 9am – 12pm
www.southernpinesumc.org

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

Specialized Services & Personnel
301 North Sycamore Street
Aberdeen, NC  28315
910-944-8125

Spring Arbor of Apex Assisted Living & Memory Care
901 Spring Arbor Court
Apex, NC 27502
919-303-9990
www.SpringArborLiving.com

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

Stedman Family Dental Center
6540 Clinton Road
P.O. Box 368
Stedman, NC 28391
910-483-3150
Tara Plantation of Carthage, LLC  910-947-5888
820 South McNeil Street
Carthage, NC  28327

The ARC of Moore County  910-692-8272
673 South Bennett Street
P.O. Box 773
Southern Pines, NC  28388
www.thearcofmoore.org

The Bayberry Retirement Inn  800-552-8785
2002 Woodland Avenue
Sanford, NC 27330
www.thebayberryinn.com

The Coventry at Saint Joseph of the Pines  910-246-1039
105 Gossman Drive
Southern Pines, NC  28387
www.sjp.org

The Crossings at Hope Mills  910-635-0555
7051 Rockfish Road
Fayetteville, NC 28306
www.thecrossingsathopemills.com

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

The Greens at Pinehurst Rehabilitation & Living Center  910-295-1781
205 Rattlesnake Trail
Pinehurst, NC  28374
www.thegreensatpinehurst.com

The Health Center at St. Joseph of the Pines  910-246-1000
103 Gossman Drive
Southern Pines, NC  28387
www.sjp.org

The Laurels of Chatham  919-542-6677
72 ChathamBuisness Park Drive
Pittsboro, NC 27312
www.laurelsofchatham.com
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Therapy Village at St. Joseph of the Pines</td>
<td>910-246-1000</td>
<td><a href="http://www.sjp.org">www.sjp.org</a></td>
</tr>
<tr>
<td>The Retreat Adult Day Center</td>
<td>910-722-1035</td>
<td><a href="http://www.sandhillsadultday.com">www.sandhillsadultday.com</a></td>
</tr>
<tr>
<td>The Right Moves</td>
<td>919-942-5993</td>
<td><a href="http://www.therightmoves.net">www.therightmoves.net</a></td>
</tr>
<tr>
<td>Totally Committed</td>
<td>910-690-2608</td>
<td></td>
</tr>
<tr>
<td>Transitioning Senior Consultants</td>
<td>919-923-6015</td>
<td></td>
</tr>
<tr>
<td>TR Enterprises, Inc.</td>
<td>910-944-3612</td>
<td></td>
</tr>
<tr>
<td>Triangle J Area Agency on Aging</td>
<td>919-558-2711</td>
<td><a href="http://www.tjaaa.org">www.tjaaa.org</a></td>
</tr>
<tr>
<td>TROSA Moving</td>
<td>919-489-3941</td>
<td><a href="http://www.trosamoving.com">www.trosamoving.com</a></td>
</tr>
<tr>
<td>UNC Memory &amp; Cognitive Disorders Clinic</td>
<td>919-962-2685</td>
<td></td>
</tr>
<tr>
<td>United Home Care</td>
<td>910-725-0736</td>
<td><a href="http://www.unitedhomecareinc.com">www.unitedhomecareinc.com</a></td>
</tr>
</tbody>
</table>

*Physician’s referral required.*
United Way of Moore County, NC  
910-692-2413  
375 SE Broad Street  
Southern Pines, NC 28387  
www.unitedwaymoore.com

VA Community Based Outpatient Clinic (Sanford)  
919-775-6160  
3112 Tramway Road  
Sanford, NC 27332

VA Dental Insurance Program  
855-370-3303  
www.deltadentalvadip.org

VA Medical Center (Fayetteville)  
910-488-2120  
2300 Ramsey Street  
Fayetteville, NC 28301

Veterans Caregiver Support Program  
855-260-3274  
2300 Ramsey Street  
800-827-1000  
Fayetteville, NC 28301

Veterans Crisis Line  
800-273-8255  
Press 1

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

Volunteer Income Tax Assistance Program (VITA)  
800-906-9887  
Tax Counseling Program for the Elderly (TCE)  
www.irs.gov

Volunteer Resource Program (Moore County)  
910-215-0900  
Located 2 miles north of the Pinehurst traffic circle  
8040 Hwy 15/501  
www.moorecountync.gov

Walgreens Ready Response  
866-310-9061  
www.walgreensreadyresponse.com

Well Spouse Association  
800-838-0879  
63 West Main Street Suite H  
Freehold, NJ 07728  
www.wellspouse.org
<table>
<thead>
<tr>
<th><strong>West End United Methodist Church Food Pantry</strong></th>
<th>910-673-1371</th>
</tr>
</thead>
<tbody>
<tr>
<td>4015 NC Highway 73</td>
<td></td>
</tr>
<tr>
<td>P.O. Box 276</td>
<td></td>
</tr>
<tr>
<td>West End, NC 27376</td>
<td></td>
</tr>
<tr>
<td>Every other Wed 8am – 11am</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.westendumc.net">www.westendumc.net</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Westfield Rehabilitation &amp; Health Center</strong></th>
<th>919-775-5404</th>
</tr>
</thead>
<tbody>
<tr>
<td>3100 Tramway Road</td>
<td></td>
</tr>
<tr>
<td>Sanford, NC 27332</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.libertyhealthcareandrehab.com/westfield">www.libertyhealthcareandrehab.com/westfield</a></td>
<td></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Program / Organization Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adaptive Living Services</strong></td>
<td></td>
</tr>
<tr>
<td>Agencies that assess your home and how you manage our everyday living activities to ensure a safe and comfortable balance.</td>
<td></td>
</tr>
<tr>
<td>Sandhills Adaptive Living</td>
<td>34</td>
</tr>
<tr>
<td><strong>Adult Day Care Facility</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>RDL Therapeutic Solutions &amp; Senior Care of Fayetteville</td>
<td>33</td>
</tr>
<tr>
<td>The Retreat Adult Day Center</td>
<td>39</td>
</tr>
<tr>
<td><strong>Advance Health Care</strong></td>
<td></td>
</tr>
<tr>
<td>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</td>
<td></td>
</tr>
<tr>
<td>Advance Health Care Directive Registry</td>
<td>7</td>
</tr>
<tr>
<td><strong>Advocacy</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Consumer Protection Services</td>
<td>14</td>
</tr>
<tr>
<td>Disability Rights North Carolina</td>
<td>15</td>
</tr>
<tr>
<td>Friends of Residents in Long Term Care</td>
<td>18</td>
</tr>
<tr>
<td>Long Term Care Ombudsman</td>
<td>24</td>
</tr>
</tbody>
</table>
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 26

Behavioral Health
FirstHealth of the Carolinas, Inc. Behavioral Services 17
Monarch Creative Arts & Community Center 26
National Alliance on Mental Illness Moore County (NAMI) 29
Old Vineyard Behavioral Health Services 31
Sandhills Center for Mental Health 34
The ARC of Moore County 38
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Bariatric Support Groups 11
Caregiver Media Group 13
Doctors Making House Calls 15
Duke Family Support Program (Project C.A.R.E Respite) 15
Family Caregiver Alliance 16
FirstHealth Hospice & Palliative Care 16
FirstHealth Clara McLean House 17
FirstHealth Support Groups 18
InfoSAGE (Information Sharing Across Generations) 22
Moore County Department of Aging 4,26
Moore County Senior Enrichment Center 28
National Alliance for Caregiving 29
National Caregivers Library 29
Parkinson’s Caregiver Support Groups 31
SENIORS Helping SENIORS 36
Veterans Caregiver Support Program 40
Well Spouse Association 40

Cell Phones for Seniors
Assurance Wireless 10
Consumer Cellular 14
**Certified Public Accountant**
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

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**Cognitive Disorders Clinics**
UNC Memory & Cognitive Disorders Clinic

---

**Credit Counseling**
Clear Point Credit Counseling
Consumer Credit Counseling Service of Fayetteville

---

**Crisis Intervention**
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
Janeth’s Center for Women in Crisis

---

**Dialysis Care**
DaVita Dialysis Care of Moore County

---

**Dental Assistance Programs**
East Carolina University School of Dental Medicine
North Carolina Missions of Mercy
Sexton Dental Clinic, Inc.
Stedman Family Dental Center
VA Dental Insurance Program

---

**Drivers License Medical Evaluation**
North Carolina Dept. of Motor Vehicles Medical Evaluation

---

**Education**
FirstHealth Patient Education Department
Moore County Cooperative Extension
Moore County Department of Aging
Moore County Literacy Council
Moore County Senior Enrichment Center
Sandhills Continuing Education & Center for Creative Retirement
Southeastern North Carolina Radio Reading Service
**Elder Care Lawyers**
- Elder Care Law Firm 15
- Garner Law Firm 19
- Kelli Y. Allen Elder Law 23
- Legal Aid of North Carolina Helpline 23
- Legal Aid of North Carolina Senior Legal Helpline 24
- National Academy of Elderlaw Attorneys 28

**Emergency Assistance**
- 5 Star Medical Alert 7
- 911 / Emergency Communications Center 7
- American Red Cross 10
- Carolinas Poison Center Hotline 13
- Comfort Keepers *SafetyChoice Technology 13
- Doctors Making House Calls 15
- FirstHealth of the Carolinas, Inc. Moore Regional Hospital 17
- HELP Emergency Response System 20
- Life Alert Emergency Response 24
- Lifeline Medical Alert Service 24
- National Suicide Prevention Line 29
- Old Vineyard Behavioral Health Services 31
- Rescue Alert 33
- Safe Return 34
- Salvation Army 34
- Sandhills/Moore Coalition for Human Care, Inc. 35
- United Way of Moore County, NC 40
- Veterans Crisis Line 40
- Walgreens Ready Response 40

**Employment Services**
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- Senior Community Service Employment Program 36
- Vocational Rehabilitation 40

**End of Life**
- Aging with Dignity (5 Wishes) 8
- Amedisys Hospice Care 9
- Community Home Care & Hospice 14
- FirstHealth Hospice and Palliative Care 16
- Liberty Homecare and Hospice 24

**Eye Care Assistance**
- Aberdeen Lions Club 7
- Carthage Lions Club 13
Fitness
Aberdeen Parks & Recreation Department 7
FirstHealth Active for Life (Fitness Center) 17
FirstHealth Rock Steady Boxing 17
Moore County Department of Aging 4,26
Moore County Senior Enrichment Center 28
Rock Steady Boxing Pinehurst 33
Senior Games in the Pines 36

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! 25
Meals on Wheels of the Sandhills, Inc. 25
Moore County Department of Aging 4,26
Moore County Senior Enrichment Center 28
Sandhills Farm to Table Cooperative 35

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 35

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.

Bethesda Presbyterian Church 11
Carthage United Methodist Church 13
High Falls United Methodist Church 20
Interfaith Food Pantry 23
Liberty Church 24
Pinebluff Lions Club 32
Saint Anthony's of Padua Church 34
Southern Pines United Methodist Church 37
West End United Methodist Church Food Pantry 41
### Foreclosure/Land Loss Prevention/Mortgage Default Counseling

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<thead>
<tr>
<th>Service</th>
<th>Page</th>
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</thead>
<tbody>
<tr>
<td>Land Loss Prevention Project</td>
<td>23</td>
</tr>
<tr>
<td>NACA (Neighborhood Assistance Corporation of America)</td>
<td>28</td>
</tr>
<tr>
<td>North Carolina Foreclosure Prevention</td>
<td>30</td>
</tr>
</tbody>
</table>

### Funeral Homes

<table>
<thead>
<tr>
<th>Funeral Home</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>Boles Funeral Home-Pinehurst</td>
<td>11</td>
</tr>
<tr>
<td>Boles Funeral Home-Seven Lakes</td>
<td>12</td>
</tr>
<tr>
<td>Boles Funeral Home-Southern Pines</td>
<td>12</td>
</tr>
<tr>
<td>Bostic-Kendrick Funeral Home</td>
<td>12</td>
</tr>
<tr>
<td>Crumpler Funeral Home</td>
<td>14</td>
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<tr>
<td>Fry &amp; Prickett Funeral Home</td>
<td>18</td>
</tr>
<tr>
<td>Jones &amp; Little Funeral Home</td>
<td>23</td>
</tr>
<tr>
<td>Powell Funeral Home &amp; Crematory</td>
<td>32</td>
</tr>
<tr>
<td>Pugh &amp; Smith Funeral Home</td>
<td>32</td>
</tr>
<tr>
<td>Purcell Funeral Home</td>
<td>33</td>
</tr>
<tr>
<td>Simon Funeral Home</td>
<td>36</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Aegis Care Advisors</td>
<td>8</td>
</tr>
<tr>
<td>Aging Outreach Services</td>
<td>8</td>
</tr>
<tr>
<td>Community Care of the Sandhills</td>
<td>14</td>
</tr>
</tbody>
</table>

### Grandparents Raising Grandchildren

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
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</thead>
<tbody>
<tr>
<td>American Bar Association Center on Children &amp; Law</td>
<td>9</td>
</tr>
<tr>
<td>Children's Defense Fund</td>
<td>13</td>
</tr>
<tr>
<td>Generations United</td>
<td>19</td>
</tr>
<tr>
<td>Grandfamilies State Law &amp; Policy Resource Center</td>
<td>19</td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>4,26</td>
</tr>
<tr>
<td>Moore County Department of Social Services</td>
<td>26</td>
</tr>
<tr>
<td>Moore County Senior Enrichment Center</td>
<td>28</td>
</tr>
<tr>
<td>National Kinship Alliance for Children</td>
<td>29</td>
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</tbody>
</table>

### Grocery Delivery

<table>
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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Captain Delivery, LLC</td>
<td>12</td>
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</tbody>
</table>

### Guardianship

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
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<tbody>
<tr>
<td>Moore County Clerk of Court</td>
<td>26</td>
</tr>
</tbody>
</table>
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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.
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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.

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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
- Elmcroft of Southern Pines
- Fox Hollow Assisted Living
- Magnolia Gardens
- Sandhills Memory Care
- Spring Arbor of Apex Assisted Living & Memory Care
- Tara Plantation of Carthage, LLC
- The Coventry at Saint Joseph of the Pines
- The Crossings at Hope Mills
- The Crossings at Wayside

**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
- Penick Village
- Pine Knoll at Saint Joseph’s of the Pines
- Preston Pointe
- Quail Haven Village
- The Bayberry Retirement Inn

**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 Memory Care**
A skilled memory care facility is a nursing home that provides 24 hour-a-day long-term, individualized skilled nursing that specifically accommodates patients with Dementias related to hallucinations, delusions, and fluctuating attention. Many of these facilities are federally certified, which means they may participate in Medicaid or Medicare programs.

- Kingswood Nursing Home
- Peak Resources – Pinelake

**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
- Peak Resources - Pinelake
- Pinehurst Healthcare and Rehabilitation Center
- Quail Haven Village
- Sanford Health & Rehabilitation
- The Greens at Pinehurst Rehabilitation & Living Center
- The Health Center at St. Joseph of the Pines
- The Laurels of Chatham
- Westfield Rehabilitation & Health Center

**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
- Creston Commons
- Green Tree Apartments
- Greenmont Apartments
- Highlands Apartments
- Holiday Town Apartments
- Hunters Glen Apartments
- Jackson Terrace Apartments *(62 & older only)*
- Pinebrooke Apartments
- Pine Hill Apartments
- Pinehurst Senior Apartment Community
- Providence Place Senior Housing *(62 & older only)*
- Random Woods Apartments
- Southern Pines Housing Authority
- Timberlane Apartments
- Woodlawn Apartments for Seniors
**Housing: Adult Communities**

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

- 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 Senior Apartment Community
- Pinehurst Trace, Pinehurst
- Village Green, Southern Pines
- Village by the Lake, Southern Pines
- Village in the Woods, Southern Pines

**Information & Referral**

- AARP Driver Safety and Tax-Aide
- Administration on Aging
- Assisted Living
- Avada Hearing Care Center
- Better Hearing Institute
- Drug Free Moore County
- Eldercare Locator
- Hearing Aid Helpline
- HELPLINE
- Medicare
- Moore County Department of Aging
- Moore County Senior Enrichment Center
- North Carolina Division of Aging
- North Carolina Division of Services for the Blind
- North Carolina Division of Services for the Deaf & Hard of Hearing
- North Carolina Library for Blind & Physically Handicapped
- Old Vineyard Behavioral Health Services
- Sandhills Center for Mental Health
- Triangle J Area Agency on Aging

**Intellectual & Developmental Programs**

- Monarch Creative Arts & Community Center
- The ARC of Moore County

**Legal**

- AARP Legal Services Network
- American Bar Association Center on Children & Law
- Elder Care Law Firm
- Garner Law Firm
- Grandfamilies State Law & Policy Resource Center
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- Moore Free & Charitable Clinic
- NC MedAssist

Moving Services/Transitioning Consultants
- Caring Transitions of the Sandhills
- Move Elders with Ease
- Sandhills Moving & Storage
- The Right Moves
- Transitioning Senior Consultants
- TROSA Moving

Neurological Disorders Clinics
- Duke Neurological Disorders Clinic at Morreene Road

PACE Programs
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
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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.
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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. 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:
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 devise 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

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: _______________________

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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:**

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**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?  __________________________________________________________________