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
2 miles North of the Pinehurst Traffic Circle

P: (910) 947-4483 (GIVE)
F: (910) 215-0278
www.moorecountync.gov
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter from the Director</td>
<td>3</td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>4-6</td>
</tr>
<tr>
<td>List of Resources and Services</td>
<td>7</td>
</tr>
<tr>
<td>Categories of Resources and Services</td>
<td>60</td>
</tr>
<tr>
<td>Glossary</td>
<td>74</td>
</tr>
<tr>
<td>Appendix</td>
<td></td>
</tr>
<tr>
<td>A: Personal Information Worksheet</td>
<td></td>
</tr>
<tr>
<td>B: Medical Information</td>
<td></td>
</tr>
</tbody>
</table>
Greetings,

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

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

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

Terri Prots  
Director, Moore County Department of Aging  
910-947-4483 (GIVE)  
tprots@moorecountync.gov
MOORE COUNTY DEPARTMENT OF AGING

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

Physical Address:  Phone: 910-947-4483 (GIVE)
8040 Hwy 15/501  Fax: 910-215-0278
West End, NC 27376

Mailing Address:  Website: www.moorecountync.gov
P.O. Box 487
Carthage, NC 28327

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 910-947-4483 (GIVE)
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 handrails, ramps, weatherization, grab bars, smoke alarms, and handheld showers.

Information and Assistance/Case Management
Information and referral services to obtain needed services for older adults.

Legal Assistance
Limited funds are available for legal services in elderlaw including wills, power of attorney, living wills, and health care proxy through a grant by the Triangle J Area Agency on Aging.
Newsletter: THE POINT
Published monthly, The Point provides the latest information on programs and services offered by the Moore County Department of Aging and The Senior Enrichment Center.

Volunteer Counseling 910-947-4483 (GIVE)
Connects volunteers age 55 and over with local agencies, institutions, and organizations in the county and matches volunteers’ experience and talents with an agency in need.

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

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

Other Programs

Good Call Connections – Telephone Reassurance Program
Friendly phone calls to isolated, home-bound, or at-risk seniors in Moore County for regular “welfare checks” and socialization.

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

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

Speakers and Workshops
Health, educational and recreational programs on various topics of interest to older adults are scheduled regularly.
These agencies provide services that may be helpful to older adults and to those who care for them.

**AARP SERVICES**

**AARP**
AARP Driver Safety Program
www.aarp.org/families/driver_safety

**AARP**
AARP Tax-Aide Services
www.aarp.org/states/nc

**AARP Legal Services Network**
www.aarp.org/money/legalissues

**ABUSE PREVENTION & PROTECTIVE SERVICES**

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

**Aberdeen Police Department**
804 N Sandhills Boulevard
Aberdeen, NC 28315

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

**Foxfire Police Department**
1 Town Hall Drive
Foxfire Village, NC 27281

**Highway Patrol**
521 S Sandhills Boulevard
Aberdeen, NC 28315
Moore County Schools Police  
5277 US 15-501 Highway South  
Carthage, NC 28327  
910-947-2976

Moore County Department of Social Services  
Adult Protective Services (APS) *File an APS report  
1036 Carriage Oaks Drive  
Carthage, NC 28327  
910-947-2436  
910-947-5683

Moore County Sheriff’s Office  
302 South McNeill Street  
Carthage, NC 28327  
910-947-2931

Pinebluff Police Department  
325 East Baltimore Avenue  
Pinebluff, NC 28373  
910-281-5935

Pinehurst Police Department  
420 Magnolia Road  
Pinehurst, NC 28374  
910-295-3141

Robbins Police Department  
101 North Middleton Street  
Robbins, NC 27325  
910-948-3549

Southern Pines Police Department  
450 West Pennsylvania Avenue  
P.O. Box 330  
Southern Pines, NC 28387  
910-692-2732

Taylortown Police Department  
8350 Main Street  
West End, NC 27376  
910-295-1392

Vass Police Department  
140 South Alma Street  
Vass, NC 28394  
910-245-3485

Whispering Pines  
14 Hardee Lane  
Whispering Pines, NC 28327  
910-949-9961
ACCOUNTING SERVICES FOR SENIORS

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

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

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

ADULT COMMUNITIES 55+

Bishop’s Ridge, Southern Pines Call a local agent.

Colonial Pines, Southern Pines Call a local agent.

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

Knollwood Village, Southern Pines 910-291-5011

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

Middleton Place, Southern Pines Call a local agent.

Pinehurst Trace, Pinehurst 910-295-1998

Village Green, Southern Pines Call a local agent.

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

Village in the Woods, Southern Pines Call a local agent.
ADULT DAY SERVICES

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

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

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

ADVANCE DIRECTIVES

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

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

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

ADVOCACY SUPPORTS

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

Community Advocacy Council (CAC) 910-684-8246
Advocacy for Older Adults in Nursing Home/Assisted Living/
Adult Care Home/Nursing Rehab Centers.
Disability Rights North Carolina 877-235-4210
Carolina Place 919-856-2195
3724 National Drive #100
Raleigh, NC
Advocacy and legal services at no charge for people with disabilities.

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

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

AGING SERVICES

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

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

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

ALZHEIMER’S CAREGIVER SUPPORT GROUPS

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

Chapel in the Pines 910-673-5493
581 Seven Lakes Drive
Seven Lakes, NC 27376
FirstHealth – Clara McLean House  
20 First Village Drive  
Pinehurst, NC 28374  
910-715-4220

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

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

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

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

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

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

APARTMENTS FOR SENIORS  
Jackson Terrace Apartments  
910-947-3697
700 Anderson Street  
Carthage, NC 28327

Pine Hill Apartments  
910-944-2483
221 Keith Street  
Aberdeen, NC 28315
Pinehurst Senior Apartments 910-215-0550
4180 Murdocksville Road
West End, NC 27376

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

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

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

ATTORNEYS SPECIALIZING IN ELDER LAW

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

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

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

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

FirstHealth Bariatric Program 910-235-4020
5 1st Village Drive
Pineshurst, NC 28374

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

BEHAVIORAL HEALTH

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

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

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

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

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

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

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

Prancing Horse, Inc. 910-246-3202
Center for Therapeutic Horseback Riding
P.O. Box 327
Southern Pines, NC 28388
Sandhills Center for Mental Health  
1120 Seven Lakes Dr.  
West End, NC 27376  
910-673-9111  
800-256-2452  
(hotline)

Silver Linings for Seniors, Inc.  
1250 SE Maynard Road Suite 204  
Cary, NC 27511  
919-948-7718

**BLIND & VISUALLY IMPAIRED SERVICES**

National Federation of the Blind  
200 East Wells Street  
Baltimore, MD 21230  
410-659-9314

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

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

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

**CANINE SERVICES FOR INDEPENDENCE**

Carolina Canines for Service  
221 Old Dairy Road Unit 1  
Wilmington, NC 28405  
910-362-8181

Canine Companions for Independence  
P.O. Box 446  
Santa Rosa, CA 975402-0446  
800-572-2275

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

LifeSpan 866-219-3643 x139
468 New Market Boulevard 828-265-5434 x139
Boone, NC 28607

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

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

ProjectCARE 800-646-2028
Duke Aging Center Family Support 919-660-7510
40 Duke Medicine Circle Room 3513/Blue Zone
Durham, NC 27710

CAREGIVER SUPPORT GROUP

FirstHealth Hospice & Palliative Care 910-715-6000
251 Campground Road 866-861-7485
Pinehurst, NC 28374

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

AOS & Friends Care  
230 North Bennett Street  
Southern Pines, NC 28387  
**Services Include:** Direct Care Grants; Personalized Music Program; Companion Robo Pets Program; Support Groups; Community Awareness & Education; and Memory Café.

Caregiver Media Group  
3350 Griffin Road  
Fort Lauderdale, FL 33312

Doctors Making House Calls  
2511 Old Cornwallis Road Suite 200  
Durham, NC 27713

Family Caregiver Alliance  
785 Market Street Suite 750  
San Francisco, CA 94103

FirstHealth – Clara McLean House  
20 1st Village Drive  
Pinehurst, NC 28374

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

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

National Alliance for Caregiving  
4720 Montgomery Lane Suite 205  
Bethesda, MD 20814

National Caregivers Library  
901 Moorefield Park Drive Suite 100  
Richmond, VA 23236
Well Spouse Association
63 West Main Street Suite H
Freehold, NJ 07728
www.wellspouse.org

CARE MANAGEMENT FOR SENIORS

Aging Care Solutions 910-585-1180
230 Maples Road
Southern Pines, NC 28387

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

Aging Outreach Services 910-692-0683
AOS At Home Care
AOS Care Management
676 NW Broad Street
Southern Pines, NC 28387

Community Care of the Sandhills 910-246-9806
30 Parker Lane
Pinehurst, NC 28374

Sandhills Adaptive Living 910-420-0273
Adapt4U17@gmail.com

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

CELL PHONES FOR SENIORS

Assurance Wireless 888-898-4888
P.O. Box 618
Charleston, IL 61920-9807
877-732-3018 (Fax)
www.assurancewireless.com
Ask for a North Carolina application.

Consumer Cellular 888-345-5509
www.consumercellular.com
COGNITIVE DISORDERS CLINICS

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

DEAF & HARD OF HEARING SERVICES

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

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

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

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

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

DENTAL ASSISTANCE PROGRAMS

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

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

East Carolina University School of Dental Medicine 910-814-4191
80 Autumn Fern Trail
Lillington, NC 27546
Moore Free & Charitable Clinic 910-246-5333
211 Trimble Plant Road
Southern Pines, NC 28387

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

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

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

**DIALYSIS CARE**

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

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

**DISABILITY SUPPORTIVE SERVICES**

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

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

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

**Services Include:** Counseling, training, education, transportation, job placement, assistive technology and other support services for people with disabilities.
**DRIVER’S LICENSE / LICENSE PLATE AGENCIES**

**Aberdeen Driver’s License Office**
521 South Sandhills Boulevard
Aberdeen, NC 28315

**Aberdeen Vehicle & License Plate Office**
1313 North Sandhills Boulevard
Aberdeen, NC 28315

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

**Robbins Vehicle & License Plate Office**
141 South Middleton Street
Robbins, NC 27325

**EDUCATION & LITERACY PROGRAMS / WORKSHOPS**

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

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

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

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

**Sandhills Continuing Education & Center for Creative Retirement**
**Sandhills Community College**
3395 Airport Road, Van Dusen Hall
Pinehurst, NC 28374
Southeastern North Carolina Radio Reading Service 800-313-7007
1200 Murchison Road
910-672-1600
P.O. Box 35029
910-672-2013
Fayetteville, NC 28303

EMERGENCY / CRISIS SERVICES

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

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

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

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

EMPLOYMENT SERVICES

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

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

Senior Community Service Employment Program 910-321-6449
707B Executive Place
Fayetteville, NC 28305-5193
Vocational Rehabilitation
150 Blake Boulevard
Pinehurst, NC 28374

**END-OF-LIFE SERVICES**

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

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

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

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

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

Liberty Homecare and Hospice
Liberty Homecare Group
300 West Pennsylvania Avenue
Southern Pines, NC  28387
**Services Include:** Hospice & Palliative Care.
**EYE CARE ASSISTANCE PROGRAMS**

Aberdeen Lions Club  
Frances Marks  
910-944-1493

Carthage Lions Club  
Ron Kelly  
910-690-6161

Medical Eye Care Program – Moore Social Worker for the Blind  
Sallie Wofford  
P.O. Box 279  
Carthage, NC 28327  
910-947-4575

**Services Include:** Preventive and corrective services like eye surgery/treatment and eye-related medications for residents who do not qualify for Medicaid.

---

**FINANCIAL COUNSELING & SUPPORTS**

American Consumer Credit Counseling, Inc.  
800-769-3571  
Helps adults 55+ decide to stay independent or seek specialized care or assistance.

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

Consumer Credit Counseling Services  
235 East Pennsylvania Avenue # 121  
Southern Pines, NC 28387  
910-246-3288

**Services Include:** Bankruptcy counseling, credit counseling, housing counseling, debt management programs and financial education.

Consumer Education Services, Inc. (CESI)  
877-322- 8824  
3700 Barrett Drive  
Raleigh, NC 27609

**Services Include:** Credit counseling and debt management, reverse Mortgage counseling and representative payee services.

Durham Regional Financial Center  
919-688-3381  
2634 Durham-Chapel Hill Boulevard #214  
Durham, NC 27707

**Services Include:** Fee-based services on financial budgeting, credit counseling, credit repair, debt management, homebuyer education, pre/post purchase ownership and reverse mortgage counseling.
FIRSTHEALTH OF THE CAROLINAS, Inc.

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
20 1st Village Drive
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

Fitness Center 910-715-1800
170 Memorial Drive
Pinehurst, NC 28374

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

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

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

Outpatient Center 910-715-1000
238 Page Road North
Pinehurst, NC 28374

Pulmonary Rehabilitation Program 910-692-9103
205 Davis Road
Southern Pines, NC  28387
Wound Care & Hyperbarics
35 Memorial Drive
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
- Coping & Adjusting with Suicide (CASL) 910-715-6000
- Dementia Caregiver Support Group 910-715-4220
- Fibromyalgia 910-715-5266
- FirstQuit 910-715-1925
- Healing Connections with Peers 910-715-6000
- Implantable Cardioverter-Defibrillator (ICD) 910-715-5266
- Meaning Support Groups for Cancer Patients & Survivors 910-715-6000
- Men Grieve Too 910-715-6000
- Music Therapy for Parkinson’s Patients 910-715-4230
- NAMI-MC Support Group 910-295-1053
- Parkinson’s Support Group of the Sandhills 910-715-4220
- Sandhills Ostomy Association 910-215-8086
- Stroke Club 910-715-5266
- The Four T’s (Tears, Talk, Touch, Time) 910-715-6000

FITNESS PROGRAMS FOR SENIORS

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

Douglass Community Center 910-692-7376
1185 West Pennsylvania Avenue
Southern Pines, NC 28387

FirstHealth of the Carolinas, Inc. – Fitness Center 910-715-1800
170 Memorial Drive
Pinehurst, NC 28374

FirstHealth of the Carolinas, Inc. – Rock Steady Boxing 910-715-1839
170 Memorial Drive
Pinehurst, NC 28374
Moore County Department of Aging
Senior Enrichment Center
8040 US Highway 15-501
P.O. Box 487
Carthage, NC 28327
Must be a Moore County resident and age 50+.

Pinehurst Parks & Recreation Department
Cannon Park Community Center
210 Rattlesnake Trail
Pinehurst, NC 28374

Rock Steady Boxing Pinehurst
318 Fields Drive
Aberdeen, NC 28315

Senior Games in the Pines

FOOD ASSISTANCE & GROCERY DELIVERY SERVICES

Bethesda Presbyterian Church
1002 North Sandhills Boulevard
Aberdeen, NC 28315
Wed. 9am – 12pm

Carthage United Methodist Church
401 McReynolds Street
Carthage, NC 28327

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

Interfaith Food Pantry
Page Memorial United Methodist Church
110 Knight Street
Aberdeen, NC 28315
M – F 10am - 1pm

Liberty Church
1810 Quewhiffle Road
Aberdeen, NC 28315
Wed. 9am – 12pm & 6pm – 9pm
Moore Home Services NC  910-673-1275
2022 Seven Lakes South
Seven Lakes, NC 27376
**Services Include:** Grocery Pickup & Delivery; Lunch & Dinner Pickup;
Pet Supplies Pickup; Pickup Online Orders at Major Stores; Parcel
Pickup & Shipping; Laundry & Cleaners Drop-off & Pickup; and
Bank Deposits.

Pinebluff Lions Club  910-281-4479
165 West Philadelphia Avenue
Pinebluff, NC  28373
2nd & 4th Mondays at 6pm

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

Sandhills Food Bank  910-692-5959
195 Sandy Avenue
Southern Pines, NC  28387
Supplies food to various agencies.

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

West End United Methodist Church Food Pantry  910-673-1371
4015 NC Highway 73
P.O. Box 276
West End, NC  27376
Every other Wed. 8am – 11am
FORECLOSURES & LAND LOSS PREVENTION

Land Loss Prevention Project 800-672-5839
401 North Mangum Street
Durham, NC 27701
919- 682-5969

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

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

FUNERAL HOMES

Boles Funeral Home – Pinehurst 910-235-0366
35 Parker Lane
Pinehurst, NC 28374

Boles Funeral Home – Seven Lakes 910-673-7300
221 MacDougall Drive
West End, NC 27376

Boles Funeral Home – Southern Pines 910-692-6262
425 West Pennsylvania Avenue
Southern Pines, NC 28387

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

Crumpler Funeral Home 910-944-9400
40229 US-1 Highway South
Aberdeen, NC 28315

Fry & Prickett Funeral Home 910-947-2224
402 Saunders Street
P.O. Box 307
Carthage, NC 28327

Jones & Little Funeral Home 910-944-2553
200 Benjamin Street
Aberdeen, NC 28315
Powell Funeral Home & Crematory 910-692-6161
160 East New Hampshire Avenue
Southern Pines, NC 28387

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

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

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

GRANDPARENTS RAISING GRANDCHILDREN

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

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

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

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

Moore County Department of Social Services 910-947-2436
1036 Carriage Oaks Drive
Carthage, NC 28327
Services Include: Community Alternative Program (CAP),
Guardianship Services, Adult Medicaid Eligibility, Food Stamps,
Emergency Assistance, Low-Income Energy Assistance Program (LIEAP).
National Kinship Alliance for Children 518-833-0215
P.O. Box 1560
Troy, NY 12181

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

GRIEF SUPPORT GROUPS

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

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

GUARDIANSHIP OF SENIORS

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

HEALTH CARE ASSISTANCE

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

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

Moore Free & Charitable Clinic 910-246-5333
211 Trimble Plant Road
Southern Pines, NC 28387
HEALTH INSURANCE/BENEFITS INFORMATION & SUPPORT

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

Medicare 800-443-9354
www.medicare.gov

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

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

Social Security Administration – National 800-772-1213

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

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

HOME CARE AGENCIES & SPECIAL ASSISTANCE 910-442-2552

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

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

Caring Hands Adult Care 910-986-2099
Sherry Jones
Comfort Keepers
170 South Page Street
Southern Pines, NC 28387
910-246-8000

Gentle Touch Home Care, LLC
4475 US Highway 15-501
Carthage, NC 28327
910-947-3805

HOMEChoice Network
260 Magnolia Square Court
Aberdeen, NC 28315
910-944-1116

Healthkeeperz
285 Olmsted Blvd # 5
Pinehurst, NC 28374
800-309-3784

Home Instead Senior Care
293 Olmsted Blvd Suite 11-1
Pinehurst, NC 28374
910-484-7200

Moore County Department of Aging – In-Home Aide
Senior Enrichment Center
8040 US Highway 15-501
P.O. Box 487
Carthage, NC 28327
910-947-4174
Must be a Moore County resident and ages 60+.

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

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

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

Sandhills Home Care Services
114 North Bennett Avenue
Southern Pines, NC 28387
910-725-0208

SENIORS Helping SENIORS
100 Pavillion Way Suite E-5
Southern Pines, NC 28387
910-687-6417
Special Assistance In-Home Program for Adults 910-947-2436
Moore County Department of Social Services
Carriage Oaks Shopping Plaza
P.O. Box 938
Carthage, NC 28327

HOME DELIVERED MEALS

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

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

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

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

HOME HEALTH AGENCIES

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

Amedisys Hospice Care 910-521-8211
56 Three Hunts Drive Building #3
Pembroke, NC 28372
Serves Moore County residents.
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayada Home Health Care</td>
<td>704-982-7070</td>
</tr>
<tr>
<td>731 North Second Street, Suite C</td>
<td></td>
</tr>
<tr>
<td>Albermarle, NC 28001</td>
<td></td>
</tr>
<tr>
<td><strong>Serves Moore County residents.</strong></td>
<td></td>
</tr>
<tr>
<td>Community Home Care &amp; Hospice</td>
<td>910-684-6476</td>
</tr>
<tr>
<td>275 South Broad Street Unit A, Office 2</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td><strong>Serves Moore County residents.</strong></td>
<td></td>
</tr>
<tr>
<td>Doctors Making House Calls</td>
<td>844-932-5700</td>
</tr>
<tr>
<td>2511 Old Cornwallis Road Suite 200</td>
<td></td>
</tr>
<tr>
<td>Durham, NC 27713</td>
<td></td>
</tr>
<tr>
<td><strong>Serves Moore County residents.</strong></td>
<td></td>
</tr>
<tr>
<td>FirstHealth – Home Care Services</td>
<td>910-295-2211</td>
</tr>
<tr>
<td>181-A Westgate Drive</td>
<td>800-876-2212</td>
</tr>
<tr>
<td>West End, NC 27376</td>
<td></td>
</tr>
<tr>
<td>FirstHealth Hospice &amp; Palliative Care</td>
<td>910-715-6000</td>
</tr>
<tr>
<td>251 Campground Road</td>
<td></td>
</tr>
<tr>
<td>P.O. Box 1956</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28370</td>
<td></td>
</tr>
<tr>
<td>Healthkeeperz</td>
<td>800-309-3784</td>
</tr>
<tr>
<td>285 Olmsted Blvd # 5</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
</tr>
<tr>
<td>Interim Healthcare</td>
<td>910-695-5898</td>
</tr>
<tr>
<td>206 Commerce Avenue</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28327</td>
<td></td>
</tr>
<tr>
<td>Kindred at Home</td>
<td>910-808-4556</td>
</tr>
<tr>
<td>87 West Cornelius Harnett Boulevard</td>
<td></td>
</tr>
<tr>
<td>Lillington, NC 27546</td>
<td></td>
</tr>
<tr>
<td><strong>Serves Moore County residents.</strong></td>
<td></td>
</tr>
<tr>
<td>Liberty Homecare &amp; Hospice</td>
<td>910-246-9882</td>
</tr>
<tr>
<td>300 West Pennsylvania Avenue</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
</tbody>
</table>
HOMELESSNESS

Family Promise of Moore County 910-944-7149
400 Saunders Boulevard
Aberdeen, NC 28315
Provides shelter, food and opportunity to homeless women and their children.

Friend to Friend 910-947-3333
103 Monroe Street #102
Carthage, NC 28327
Provides shelter for women and children who are victims of domestic violence.

Gospel Services Hope Center 910-920-4729
913 Person Street
Fayetteville, NC 28301
Provides shelter for single men.

Janeth's Center for Women in Crisis 910-802-7794
135 North Main Street
Red Springs, NC 28377
Janeth's Center for Women in Crisis is a safe haven for women in need. They serve homeless women who are victims of domestic violence and were recently incarcerated. They provide transitional housing, help the women get enrolled into school or find a job, and help them find permanent housing.

New Life Mission Men’s Shelter 910-864-4678
303 Maloney Avenue
Fayetteville, NC 28301
Provides shelter for men.

Place of Grace 910-206-2339
Rockingham, NC 28379
The Place of Grace is a tent city. There are 25 acres of land with several portable toilets, an outdoor movie screen and a 250-gallon tank for supplying fresh water for the homeless. They service men, women, children and victims of domestic violence.

Robin's Meadow Transitional Housing 910-321-6582
503 Old Wilmington Road
Fayetteville, NC 28301
Provides homeless transitional housing for men, women and families.

Second Chance House 910-215-0642
Provides shelter for women with substance abuse issues.
Sophia's Haven of Hope Transitional Home
1860 Torrey Drive
Fayetteville, NC 28301
Sophia's Haven of Hope is a Non-Profit-501(c)3 organization that was established in June 2010 and provides a 6-24 month program that is directed towards training, servicing and encouraging homeless men and women that have just had a difficult time dealing with life changing events.

Team Workz
P.O. Box 3614
Pinehurst, NC 28374
[www.teamworkz.org](http://www.teamworkz.org)
Provides lasting resources that will educate / empower and create sustainable and successful pathways to independence for homeless individuals and families.

True Vine Ministries' Hope Center
913 Person Street
Fayetteville, NC 28301
The Hope Center is a City of Fayetteville-owned facility to address the needs of the homeless, female population. The Hope Center will provide meals, shelter, a computer lab and referral services to homeless women.

HOME MODIFICATION & REPAIR PROGRAMS

Action Pathways
321 Dick Street
P.O. Box 2009
Fayetteville, NC 28302
**Services Include:** Weatherization Assistance Program.

Habitat for Humanity Repair Ministry
2268 NC Highway 5
Aberdeen, NC 28315
**Services Include:** Installation/repairs of ramps, roofs, porches, step repairs, vinyl siding, and window replacement. Must be ages 65+.

Mark Stewart Construction & Development Co.
Certified Aging in Place Specialist (CAPS)
150 McDonald Street
P.O. Box 716
Seven Lakes, NC 27376
**Services Include:** Prevention/assistance of trip hazards, slick or uneven floors, tub or shower accessibility, toilet accessibility, kitchen cabinets accessibility, widening of doorways, lighting, and home entranceway accessibility.
Moore County Planning & Community Development 910-947-5010
1048 Carriage Oaks Drive
Carthage, NC 28327

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

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

HOSPITALS

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

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

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

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

HOUSING – LOW-INCOME / SUBSIDIZED APARTMENTS

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

Creston Commons Apartments 910-692-7626
555 Talmadge Way
Southern Pines, NC 28387
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greenmont Apartments</td>
<td>910-692-5257</td>
</tr>
<tr>
<td>100 Dean Avenue # 36</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Highland Apartments</td>
<td>910-692-3243</td>
</tr>
<tr>
<td>1650 Richards Street # 21A</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Holiday Town Apartments</td>
<td>910-692-7013</td>
</tr>
<tr>
<td>1113 Richards Street</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Hunter’s Glen Apartments</td>
<td>910-692-4081</td>
</tr>
<tr>
<td>1655 Central Drive</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Jackson Terrace Apartments</td>
<td>910-947-3697</td>
</tr>
<tr>
<td>700 Anderson Street</td>
<td></td>
</tr>
<tr>
<td>Carthage, NC 28327</td>
<td></td>
</tr>
<tr>
<td>Pinebrooke Apartments</td>
<td>910-692-4261</td>
</tr>
<tr>
<td>325 SE Service Road</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
</tr>
<tr>
<td>Pine Hill Apartments</td>
<td>910-944-2483</td>
</tr>
<tr>
<td>221 Keith Street</td>
<td></td>
</tr>
<tr>
<td>Aberdeen, NC 28315</td>
<td></td>
</tr>
<tr>
<td>Pinehurst Senior Apartment Community</td>
<td>910-215-0550</td>
</tr>
<tr>
<td>4176 Murdocksville Road</td>
<td></td>
</tr>
<tr>
<td>West End, NC 27376</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Aberdeen</td>
<td>910-693-1950</td>
</tr>
<tr>
<td>18 Providence Place</td>
<td></td>
</tr>
<tr>
<td>Aberdeen, NC 28315</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Carthage</td>
<td>910-947-2710</td>
</tr>
<tr>
<td>305 Rockingham Street</td>
<td></td>
</tr>
<tr>
<td>Carthage, North Carolina 28327</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Robbins</td>
<td>910-948-2700</td>
</tr>
<tr>
<td>320 South Middleton Street</td>
<td></td>
</tr>
<tr>
<td>Robbins, NC 27325</td>
<td></td>
</tr>
</tbody>
</table>
Random Woods Apartments 910-948-3645
240 Salisbury Street
Robbins, NC 27325

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

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

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

INFORMATION & REFERRAL AGENCIES

2-1-1
Services Include: Referral to various services providers across NC.

Eldercare Locator 800-677-1116
www.eldercare.gov

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

United Way of Moore County, NC 910-692-2413
375 SE Broad Street
Southern Pines, NC 28387
INTELLECTUAL & DEVELOPMENT PROGRAMS

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

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

LEGAL SERVICES

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

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

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

LawHelpNC.org Website Only
www.lawhelpnc.org
Helps people with low and moderate incomes find free legal aid programs in their communities and answers questions about their legal rights.

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

North Carolina Bar Association 919-677-0561
P.O. Box 3688
Cary, NC 27519
Services Include: List of certified attorneys, online pamphlets for seniors, Senior Citizens Handbook Laws & Programs Affecting Senior Citizens in NC.
NC Lawyer Referral Service  
www.ncfindalawyer.com  
919-677-8574  
www.ncfindalawyer.com  
800-662-7660  

Senior Legal Helpline  
P.O. Box 26087  
Raleigh, NC 27611  
Please call, if you’re 60+. No income limitations.  
Hours: Mon. – Fri. 9am – 11am & 1pm – 3pm  
877-579-7562  

LIBRARIES  

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

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

Page Memorial Library  
100 South Popular Street  
Aberdeen, NC 28315  
910-944-1200  

Pinebluff Library  
305 East Baltimore Avenue  
Pinebluff, NC 28373  
910-281-3004  

Robbins Library  
161 Magnolia Drive  
P.O. Box 159  
Robbins, NC 27235  
910-948-4000  

Sandhills Community College Library – Boyd Library  
3395 Airport Road  
Southern Pines, NC 28387  
910-695-3819  

Southern Pines Public Library  
170 West Connecticut Avenue  
Southern Pines, NC 28387  
910-692-8235
Applicant and his/her doctor must complete, sign and mail in application.

Vass Library
128 Seaboard Street
P.O. Box 1349
Vass, NC  28394

LONG-TERM CARE FACILITIES – ASSISTED LIVING

Brookdale Senior Living
17 Regional Drive
Pinehurst, NC  28374

Elmcroft of Southern Pines
Alzheimer’s Residential Care
101 Brucewood Road
Southern Pines, NC  28387

Fox Hollow Assisted Living
190 Fox Hollow Court
Pinehurst, NC  28374

Magnolia Gardens
594 Murray Hill Road
Southern Pines, NC  28387

Penick Village
500 East Rhode Island Avenue
Southern Pines, NC 28387

Seven Lakes Assisted Living and Memory Care
292 MacDougal Drive
West End, NC  27376

Sandy Ridge Memory Care & Assisted Living
326 Bowman Road
Candor, NC  27229

Tara Plantation of Carthage, LLC
820 South McNeil Street
Carthage, NC  28327
The Coventry at Saint Joseph of the Pines 910-246-1039
105 Gossman Drive
Southern Pines, NC  28387

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

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

LONG-TERM CARE FACILITIES – NURSING

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

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

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

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

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

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

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

The Inn at Quail Haven Village 910-295-2294
155 Blake Boulevard
Pinehurst, NC  28374
The Laurels of Chatham
72 Chatham Business Park Drive
Pittsboro, NC 27312

Westfield Rehabilitation & Health Center
3100 Tramway Road
Sanford, NC 27332

LONG-TERM CARE FACILITIES – RESOURCE DATABASE

Assisted Living
800-622-3915
P.O. Box 45829
Seattle, WA 98145-0826
www.aboutassistedliving.org

LONG-TERM CARE FACILITIES – RETIREMENT/CONTINUING CARE

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

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

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

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

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

The Bayberry Retirement Inn
800-552-8785
2002 Woodland Avenue
Sanford, NC 27330
The Inn at Quail Haven Village
155 Blake Boulevard
Pinehurst, NC 28374
910-295-2294

LONG-TERM CARE FACILITIES – SECURED MEMORY CARE

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

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

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

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

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

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

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

LONG-TERM CARE FACILITIES – SHORT-TERM RESpite

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

Brookdale Senior Living
17 Regional Drive
Pinehurst, NC 28374
910-235-0700
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Phone Number 1</th>
<th>Phone Number 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elmcroft of Southern Pines Alzheimer’s Residential Care</td>
<td>910-692-4928</td>
<td>910-695-1277</td>
</tr>
<tr>
<td>101 Brucewood Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fox Hollow Assisted Living</td>
<td>910-695-0011</td>
<td></td>
</tr>
<tr>
<td>190 Fox Hollow Court</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magnolia Gardens</td>
<td>910-692-6311</td>
<td></td>
</tr>
<tr>
<td>594 Murray Hill Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peak Resources – Pinelake Health &amp; Rehabilitation Center</td>
<td>910-947-5155</td>
<td></td>
</tr>
<tr>
<td>801 Pinehurst Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carthage, NC 28327</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Penick Village</td>
<td>910-692-0300</td>
<td></td>
</tr>
<tr>
<td>500 East Rhode Island Avenue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinehurst Healthcare and Rehabilitation Center</td>
<td>910-295-6158</td>
<td></td>
</tr>
<tr>
<td>300 Blake Boulevard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seven Lakes Assisted Living &amp; Memory Care</td>
<td>910-673-2045</td>
<td></td>
</tr>
<tr>
<td>292 MacDougal Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>West End, NC 27376</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Greens at Pinehurst Rehabilitation &amp; Living Center</td>
<td>910-295-1781</td>
<td></td>
</tr>
<tr>
<td>205 Rattlesnake Trail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Health Center at Saint Joseph of the Pines</td>
<td>910-246-1000</td>
<td></td>
</tr>
<tr>
<td>103 Gossman Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Inn at Quail Haven Village</td>
<td>910-295-2294</td>
<td></td>
</tr>
<tr>
<td>155 Blake Boulevard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LONG-TERM CARE FACILITIES – SKILLED MEMORY CARE

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

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

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

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

MEDICAL ALERT SYSTEMS

5 Star Medical Alert  800-918-8543
NATIONWIDE

Life Alert Emergency Response  800-338-9090
NATIONWIDE

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

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

MEDICAL EQUIPMENT & SUPPLIES

180° Medical  919-634-0609
Services Include: Adult diapers, bed/charis pads, liquid nutritional supplements, bibs, and cost-free on-call nurses to support Ostomy patients. Medicaid & CAP-DA accepted.  866-576-7228
AdaptHealth 800-868-8822
1231 NE Maynard Road
Cary, NC 27513
**Services Include:** Durable medical equipment, walkers, beds, wheelchairs, etc. Accepts Medicaid, Medicare & Private Insurance. Serves Moore County residents.

Apria Healthcare, Inc. 910-295-3175
295 Pinehurst Avenue Unit 3E
Southern Pines, NC 28387
**Services Include:** Durable medical equipment, respiratory therapy, tube feedings, IV infusion therapy. Accepts Medicaid, Medicare, and Private Insurance.

Family Medical Supply 910-255-0005
1680 NC Highway 5 #160
Aberdeen, NC 28315
**Services Include:** Durable medical equipment, walkers, beds, wheelchairs, and respiratory therapy. Accepts Medicaid & Medicare.

Health Innovations Pharmacy 910-246-5155
295 Pinehurst Avenue
Southern Pines, NC 28387
**Services Include:** Lift chairs, scooters, wheelchairs, walkers, hospital beds, compression stockings, orthopedic supports, hernia belts, bathroom safety items, ostomy supplies 3-in-1 commodes, arthritis aids, blood pressure cuffs, crutches, aids for daily living, and diabetic supplies.

Home Delivery Incontinent Supplies, Inc. 855-805-2102
9385 Dielman Industrial Drive
Olivette, MO 63132
**Services Include:** Accepts North Carolina Medicaid and waiver that provides incontinence and urological products, nutritional supplements and gloves. Free samples, free shipping on all orders, discreet packaging, and a personalized delivery plan.

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

Sandhills Orthotics & Prosthetics 910-295-2828
325 Page Road
Pinehurst, NC 28374
SCOTT’S Medical Equipment Services & Sales
P.O. Box 5151
Pinehurst, NC 28374

Totally Committed
340 Commerce Avenue Suite #B
Southern Pines, NC 28387
Services Include: Diabetic supplies – shoes, strips, glucometers, and syringes.

MEDICAL NON-PROFIT ORGANIZATIONS

ALS Association
1275 K Street NW Suite 250
Washington, DC 20005

American Cancer Society
8300 Health Park Suite 10
Raleigh, NC 27615

American Diabetes Association
2418 Blue Ridge Road Suite 206
Raleigh, NC 27607

American Heart Association
2711 Breezewood - Suite A
Fayetteville, NC 28303

American Kidney Fund
www.kidneyfund.org
866-300-2900

American Lung Association
514 Daniels Street Suite 109
Raleigh, NC 27605

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

Amputee Coalition
900 East Hill Avenue Suite 390
Knoxville, TN 37915
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Numbers</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis Foundation – Carolina Chapter</td>
<td>800-365-3811</td>
<td>4530 Park Road Suite 230</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charlotte, NC 28209</td>
</tr>
<tr>
<td>Brain Injury Association of North Carolina</td>
<td>800-377-1464</td>
<td>6604 Six Forks Rd. Suite 104</td>
</tr>
<tr>
<td></td>
<td>919-833-9634</td>
<td>Raleigh, NC 27615</td>
</tr>
<tr>
<td>CancerCare</td>
<td>800-813-4673</td>
<td>275 Seventh Avenue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>New York, NY 10001</td>
</tr>
<tr>
<td>Carolinas Poison Center Hotline</td>
<td>800-222-1222</td>
<td>P.O. Box 32861</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Charlotte, NC 28232</td>
</tr>
<tr>
<td>Dogwood HIV Care Consortium</td>
<td>910-737-5010</td>
<td></td>
</tr>
<tr>
<td>National Federation of the Blind</td>
<td>410-659-9314</td>
<td>200 East Wells Street</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baltimore, MD 21230</td>
</tr>
<tr>
<td>National Fibromyalgia &amp; Chronic Pain Association</td>
<td>801-200-3627</td>
<td>31 Federal Avenue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Logan, UT 84321</td>
</tr>
<tr>
<td>National Institute on Aging</td>
<td>800-222-2225</td>
<td></td>
</tr>
<tr>
<td></td>
<td>800-222-4225</td>
<td></td>
</tr>
<tr>
<td>National Kidney Foundation of North Carolina, Inc.</td>
<td>704-519-0020</td>
<td>4701 Hedgemore Dr., Suite 810</td>
</tr>
<tr>
<td></td>
<td>877-858-3808</td>
<td>Charlotte, NC 28209</td>
</tr>
<tr>
<td>National Parkinson Foundation (HELPLINE)</td>
<td>800-473-4636</td>
<td></td>
</tr>
<tr>
<td>National Stroke Association</td>
<td>800-787-6537</td>
<td>9707 East Easter Lane Suite B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Centennial, CO 80112</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-8255</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>North Carolina Coalition Against Domestic Violence</td>
<td>919-956-9124</td>
<td>3710 University Drive #140</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Durham, NC 27707</td>
</tr>
</tbody>
</table>
North Carolina Division of Aging 919-855-3440
2101 Mail Service Center
Raleigh, NC 27699

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

North Carolina Division for the Deaf & Hard of Hearing 919-874-2212
1100 Navaho Drive 704-248-3722
Raleigh, NC 27609

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

Parkinson's Disease Foundation 800-457-6676
1359 Broadway, Suite 1509 704-248-3722
New York, NY 10018

MOVING SERVICES/TRANSITIONING CONSULTANTS FOR SENIORS

Caring Transitions of the Sandhills 910-722-1030
105 South Ray Street #93 704-248-3722
Carthage, NC 28327

Move Elders with Ease 919-218-4783
1204 Village Market Place 704-248-3722
P.O. Box 193 704-248-3722
Morrisville, NC 27560

Sandhills Moving & Storage 910-692-8685
1052 North May Street 704-248-3722
Southern Pines, NC 28387

The Right Moves 919-942-5993
STATEWIDE 704-248-3722
P.O. Box 17104 704-248-3722
Chapel Hill, NC 27516

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

52
NEUROLOGICAL DISORDERS/NEUROPSYCHOLOGICAL PROVIDERS

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

Pinehurst Neuropsychology 910-420-8041
45 Aviemore Drive
Pinehurst, NC 28374

PARKINSON SUPPORT GROUPS

FirstHealth – Clara McLean House 910-715-4230
20 1st Village Drive
Pinehurst, NC 28374

PARKS & RECREATION

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

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

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

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

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

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

PHARMACIES THAT DELIVER

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

Health Innovations Pharmacy 910-246-5155
295 Pinehurst Avenue
Southern Pines, NC 28387

REVERSE MORTGAGE SERVICES

Resources for Seniors 971-207-7820

www.resourcesforseniors.com

Reverse mortgage counseling by telephone only.
# SENIOR ENRICHMENTS CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archdale Senior Center</td>
<td>336-431-1938</td>
</tr>
<tr>
<td>108 Park Drive</td>
<td></td>
</tr>
<tr>
<td>Archdale, NC 27263</td>
<td></td>
</tr>
<tr>
<td><strong>Services Include:</strong> Meals on Wheels to Seagrove residents.</td>
<td></td>
</tr>
<tr>
<td>Hoke County Senior Services</td>
<td>910-875-8588</td>
</tr>
<tr>
<td>423 E Central Avenue</td>
<td></td>
</tr>
<tr>
<td>Raeford, NC 28376</td>
<td></td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>910-947-4483</td>
</tr>
<tr>
<td><strong>Senior Enrichment Center</strong></td>
<td></td>
</tr>
<tr>
<td>8040 US Highway 15-501</td>
<td></td>
</tr>
<tr>
<td>P.O. Box 487</td>
<td></td>
</tr>
<tr>
<td>Carthage, NC 28327</td>
<td></td>
</tr>
<tr>
<td><strong>Must be a Moore County resident and age 50+.</strong></td>
<td></td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>910-464-3544</td>
</tr>
<tr>
<td><strong>Westmoore Senior Center</strong></td>
<td></td>
</tr>
<tr>
<td>2332 NC Hwy 705</td>
<td></td>
</tr>
<tr>
<td>Robbins, NC 27325</td>
<td></td>
</tr>
<tr>
<td><strong>Must be a Moore County resident and age 60+.</strong></td>
<td></td>
</tr>
<tr>
<td>The Enrichment Center of Lee County</td>
<td>919-776-0501</td>
</tr>
<tr>
<td>Lee County Senior Services</td>
<td></td>
</tr>
<tr>
<td>1615 South Third Street</td>
<td></td>
</tr>
<tr>
<td>Sanford, NC 27330</td>
<td></td>
</tr>
<tr>
<td>Troy-Montgomery Senior Center</td>
<td>910-572-4464</td>
</tr>
<tr>
<td>315 North Main Street</td>
<td></td>
</tr>
<tr>
<td>Troy, NC 27371</td>
<td></td>
</tr>
</tbody>
</table>

# TAX SERVICES FOR SENIORS

**AARP**

AARP Tax-Aide Services

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

**Volunteer Income Tax Assistance Program (VITA)**

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

TELEPHONE REASSURANCE FOR SENIORS

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

TRANSLATION SERVICES

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

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

TRANSPORTATION FOR SENIORS

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

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

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

North Carolina Baptist Aging Ministry 877-506-2226
201-A Idol Street
P.O. Box 338
Thomasville, NC 27360
Pinehurst Concierge Services, LLC 910-683-0555
www.pinehurstconciergrservices.com

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

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

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

**VETERANS SERVICES**

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

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

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

Healthcare for Homeless Veterans (HCHV) 910-488-2120 x7744
2300 Ramsey Street
Fayetteville, NC 28301
Services Include: HCHV Outreach Program; Homeless Veteran
Community Employment Services (CES); Peer Support; Contract
Residential Treatment Program; Grant & Per Diem (GPD) Program;
HCHV Nurse; Housing & Urban Development / VA Supportive Housing
(HUD-VASH) Program; Veterans Justice Outreach Program (VJO).
Mannix & Associates – VA Housing  
P.O. Box 5312  
Cary, NC 27512

Military Caregiver Support Recovery Coordination Program  
910-709-2142

Services Include: Assistance for veterans experiencing issues with physical & mental health, finances, education, familial conflicts, transportation, housing and legal matters. Offers a Military Caregiver PEER Virtual Forum that meets the 1st Thursday of each month at 11am and the last Thursday of each month at 2pm. To register, email osd.caregiver@mail.mil and include your location and duty status.

Military Missions in Action  
910-603-5999

625 South Page Street  
Southern Pines, NC 28387

Services Include: Home modifications for veterans with disabilities – Ramps, roll-in-showers, widening doorways and lowering cabinets and countertops.

Mission 22  
252-723-2331

17040 Pilkington Road Suite 200  
Lake Oswego, OR 97035

Services Include: Comprehensive Wellness; War Detox Program; Brazilian Jiu Jitsu; Health and Housing Access; Horse Therapy; Holistic Health; Service Dogs.

Moore County Veterans Services  
910-947-3257

302 Monroe Street  
P.O. Box 905  
Carthage, NC 28327

Sanford Community Based Veteran Affairs Outpatient Clinic  
919-775-6160

3112 Tramway Road  
Sanford, NC 27332

Services Include: Behavioral Health – Individual, group and family counseling. Personal Care – Primary care physicians and specialty care referrals to Fayetteville VA Medical Center. Blood drawing services and routine prescription processing by mail.

Suicide Prevention Program  
910-488-2120 x5464

2300 Ramsey Street  
Fayetteville, NC 28301  
910-488-2120 x6359
Veterans Caregiver Support Program  
910-488-2120 x7744
2300 Ramsey Street  
800-827-1000
Fayetteville, NC 28301
Services Include: Care for Caregivers; VA In-Home & Support Services; Tips by Diagnosis; Peer Supports; Tips for medication management, talking to providers, practicing self-care, and planning ahead for disasters.

Veterans Crisis Line  
800-273-8255
Services Include: Prevent suicide among older adults 55+; (Press “1”) Identify warning signs of suicide; Educate families, caregivers and friends; Make homes safe; Establish continued support and care.

Veteran’s Helpline for Homeless Vets  
877-424-3838

VOLUNTEER PROGRAMS

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

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

Bat & Squirrel Removal  
910-417-9367
Chris

Cape Fear Wild Life, LLC  
910-876-2040
Tommy
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>AARP Services</strong></td>
<td></td>
</tr>
<tr>
<td>AARP – Driver Safety Program</td>
<td>7</td>
</tr>
<tr>
<td>AARP – Tax-Aide Services</td>
<td>7</td>
</tr>
<tr>
<td>AARP – Legal Services Network</td>
<td>7</td>
</tr>
<tr>
<td><strong>Abuse Prevention &amp; Protective Services</strong></td>
<td></td>
</tr>
<tr>
<td>911 / Emergency Communications Center – Moore County Public Safety</td>
<td>7</td>
</tr>
<tr>
<td>Aberdeen Police Department</td>
<td>7</td>
</tr>
<tr>
<td>Carthage Police Department</td>
<td>7</td>
</tr>
<tr>
<td>Foxfire Police Department</td>
<td>7</td>
</tr>
<tr>
<td>Highway Patrol</td>
<td>7</td>
</tr>
<tr>
<td>Moore County School Police</td>
<td>8</td>
</tr>
<tr>
<td>Moore County Department of Social Services – Adult Protective Services</td>
<td>8</td>
</tr>
<tr>
<td>Moore County Sheriff’s Office</td>
<td>8</td>
</tr>
<tr>
<td>Pinebluff Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Pinehurst Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Robbins Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Southern Pines Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Taylortown Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Vass Police Department</td>
<td>8</td>
</tr>
<tr>
<td>Whispering Pines Police Department</td>
<td>8</td>
</tr>
<tr>
<td><strong>Accounting Services for Seniors</strong></td>
<td></td>
</tr>
<tr>
<td>DG Bachtell Tax &amp; Accounting, LLC</td>
<td>9</td>
</tr>
<tr>
<td>Jeremy Wyler, CPA</td>
<td>9</td>
</tr>
<tr>
<td>Sandhills CPA Accounting</td>
<td>9</td>
</tr>
<tr>
<td><strong>Adult Communities 55+</strong></td>
<td></td>
</tr>
<tr>
<td>Bishop’s Ridge</td>
<td>9</td>
</tr>
<tr>
<td>Colonial Pines</td>
<td>9</td>
</tr>
<tr>
<td>Southern Pines Gracious Living</td>
<td>9</td>
</tr>
<tr>
<td>Knollwood Village</td>
<td>9</td>
</tr>
<tr>
<td>Midland Country Club</td>
<td>9</td>
</tr>
<tr>
<td>Pinehurst Trace</td>
<td>9</td>
</tr>
<tr>
<td>Village Green</td>
<td>9</td>
</tr>
<tr>
<td>Village by the Lake</td>
<td>9</td>
</tr>
<tr>
<td>Village in the Woods</td>
<td>9</td>
</tr>
</tbody>
</table>
**Adult Day Services**
LIFE at St. Joseph’s 10
Stay Well 10
The Retreat Adult Day Center 10

**Advance Directives**
Aging with Dignity – 5 Wishes 10
FirstHealth Clara McLean House 10
FirstHealth Hospice & Palliative Care 10

**Advocacy Support**
Aegis Care Advisors 10
Community Advocacy Council (CAC) 10
Disability Rights North Carolina 11
Friends of Residents in Long Term Care 11
Long Term Ombudsman 11

**Aging Services**
Moore County Department of Aging – Senior Enrichment Center 11
North Carolina Division of Aging 11
Triangle J Area Agency on Aging 11

**Alzheimer’s Caregiver Support Groups**
Aging Outreach Services 11
Chapel in the Pines 11
FirstHealth – Clara McLean House 12
Fox Hollow Senior Living 12
Given Memorial Library 12
Our Savior Lutheran Church 12
The Village Chapel 12

**Alzheimer’s Organizations**
Alzheimer’s Association – Western Carolina Chapter 12
Dementia Alliance 12

**Apartments for Seniors**
Jackson Terrace 12
Pine Hill Apartments 12
Pinehurst Senior Apartments 13
Providence Place – Aberdeen 13
Providence Place – Carthage 13
Providence Place – Robbins 13
Attorneys Specializing in Elder Law
Elder Law Firm – Jason Sutton 13
Garner Law Firm – Jennifer Garner 13
Kelli Y. Allen Elder Law 13
Senior Legal Helpline 13

Bariatric Support Groups
FirstHealth Bariatric Program 14
Rex Bariatric Specialty Center 14

Behavioral Health
Alcohol & Drug Services (ADS) 14
Alcoholics Anonymous 14
Drug Free Moore County 14
FirstHealth Behavioral Services 14
Monarch Creative Arts & Community Center 14
National Alliance on Mental Illness Moore County 14
Old Vineyard Behavioral Health Services 14
Prancing Horse, Inc. 14
Sandhills Center for Mental Health 15
Silver Linings for Seniors, Inc. 15

Blind & Visually Impaired Services
National Federation of the Blind 15
North Carolina Division of Services for the Blind 15
State Library of North Carolina for the Blind & Physically Impaired 15

Canine Services for Independence
Carolina Canines for Service 15
Canine Companions for Independence 15

Caregiver Respite
LifeSpan 16
Moore County Department of Aging – Senior Enrichment Center 16
North Carolina Baptist Aging Ministry 16
ProjectCARE – Duke Aging Center Family Support 16

Caregiver Support Group
FirstHealth Hospice & Palliative Care 16
Moore County Department of Aging – Senior Enrichment Center 16

Caregiver Supports
AOS & Friends Care 17
Caregiver Media Group 17
Doctors Making House Calls 17
Family Caregiver Alliance 17
FirstHealth – Clara McLean House
FirstHealth Hospice & Palliative Care
Moore County Department of Aging – Senior Enrichment Center
National Alliance for Caregiving
National Caregivers Library
Well Spouse Association

**Care Management for Seniors**
Aging Care Solutions
Aegis Care Advisors
Aging Outreach Services
Community Care of the Sandhills
Sandhills Adaptive Living
Specialized Services & Personnel

**Cell Phones for Seniors**
Assurance Wireless
Consumer Cellular

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

**Deaf & Hard of Hearing Services**
Avada Hearing Care Center
Beltone Hearing Center
CaptionCall
Hearing Aid Helpline
North Carolina Division for the Deaf & Hard of Hearing

**Dental Assistance Programs**
Affordable Dentures & Implants
Central Carolina Community College (Dental Services)
East Carolina University School of Dental Medicine
Moore Free & Charitable Clinic
North Carolina Missions of Mercy – NC Dental Society
Sexton Dental Clinic, Inc.
Stedman Family Dental Center

**Dialysis Care**
DaVita Dialysis Care – Pinehurst
DaVita Dialysis Care – Southern Pines

**Disability Supportive Services**
Disability Right North Carolina
Vocational Rehabilitation

63
**Driver’s License / License Plate Agencies**
Aberdeen Driver’s License Office  21  
Aberdeen Vehicle & License Plate Office  21  
North Carolina Department of Motor Vehicles – Medical Evaluation  21  
Robbins Vehicle & License Plate Office  21  

**Education & Literacy Programs / Workshops**
FirstHealth Patient Education Department  21  
Moore County Cooperative Extension  21  
Moore County Department of Aging – Senior Enrichment Center  21  
Moore County Literacy Council  21  
Sandhills Continuing Education & Center for Creative Retirement  21  
Southeastern North Carolina Radio Reading Service  22  

**Emergency/Crisis Services**
Moore County Department of Social Services  22  
Salvation Army  22  
Sandhills/Moore Coalition for Human Care, Inc.  22  
United Way of Moore County, NC  22  

**Employment Services**
Employment Security Commission  22  
Sandhills/Moore Coalition for Human Care, Inc.  22  
Senior Community Service Employment Program  22  
Vocational Rehabilitation  23  

**End-of-Life Services**
Aging with Dignity – 5 Wishes  23  
Amedisys Hospice Care  23  
Community Home Care & Hospice  23  
FirstHealth Hospice & Palliative Care  23  
Healthkeeperz  23  
Liberty Homecare and Hospice  23  

**Eye Care Assistance**
Aberdeen Lions Club  24  
Carthage Lions Club  24  
Medical Eye Care Program – Moore Social Worker for the Blind  24  

**Financial Counseling & Supports**
American Consumer Credit Counseling, Inc.  24  
Clear Point Credit Counseling  24  
Consumer Credit Counseling Services  24  
Consumer Education Services, Inc. (CES)  24  
Durham Regional Financial Center  24  

64
FirstHealth of the Carolinas, Inc.
Behavioral Services 25
Cardiac Rehabilitation Program 25
Clara McLean House 25
Community Health Programs 25
Diabetes Self-Management Program 25
Fitness Center 25
Hospice & Palliative Care 25
Hospital Elder Life Program (HELP) 25
Moore Regional Hospital 25
Outpatient Center 25
Pulmonary Rehabilitation 25
Wound Care & Hyperbaric 26

FirstHealth Support Groups
Bariatric Support Group 26
Better Breathers 26
Cancer Support Groups 26
Cancer Survivors Support Group 26
Caregiver Group 26
Coping & Adjusting with Suicide (CASL) 26
Dementia Caregiver Support Group 26
Fibromyalgia 26
FirstQuit 26
Gynecological Cancer Support Group 26
Healing Connections with Peers 26
Implantable Cardioverter-Defibrillator (ICD) 26
Meaning Support Groups for Cancer Patients & Survivors 26
Men Grieve Too 26
Music Therapy for Parkinson’s Patients 26
NAMI-MC Support Group 26
Parkinson’s Support Group of the Sandhills 26
Sandhills Ostomy Association 26
Stroke Club 26
The Four T’s (Tears, Talk, Touch, Time) 26

Fitness Programs for Seniors
Aberdeen Parks & Recreation Department 26
Douglass Community Center 26
FirstHealth of the Carolinas – Fitness Center 26
FirstHealth of the Carolinas – Rock Steady Boxing 26
Moore County Department of Aging – Senior Enrichment Center 27
Pinehurst Parks & Recreation Department / Cannon Park Community Center 27
Rock Steady Boxing Pinehurst 27
Senior Games in the Pines 27
### Food Assistance & Grocery Delivery Services
Bethesda Presbyterian Church  27
Carthage United Methodist Church  27
High Falls United Methodist Church  27
Interfaith Food Pantry – Page Memorial United Methodist Church  27
Liberty Church  27
Moore Home Services NC  28
Pinebluff Lion Club  28
Saint Anthony’s of Padua Church  28
Sandhills Food Bank  28
Southern Pines United Methodist Church  28
West End United Methodist Church  28

### Foreclosures & Land Loss Prevention
Land Loss Prevention Project  29
Neighborhood Assistance Corporation of America (NACA)  29
North Carolina Foreclosure Prevention  29

### Funeral Homes
Boles Funeral Home – Pinehurst  29
Boles Funeral Home – Seven Lakes  29
Boles Funeral Home – Southern Pines  29
Bostic-Kendrick Funeral Home  29
Crumpler Funeral Home  29
Fry & Prickett Funeral Home  29
Jones & Little Funeral Home  29
Powell Funeral Home & Crematory  30
Pugh & Smith Funeral Home  30
Purcell Funeral Home  30
Simon Funeral Home  30

### Grandparents Raising Grandchildren
American Bar Association Center on Children & Law  30
Children’s Defense Fund  30
Generations United  30
Grandfamilies State Law & Policy Resource Center  30
Moore County Department of Social Services  30
National Kinship Alliance for Children  31
North Carolina Baptist Aging Ministry  31

### Grief Support Groups
FirstHealth Hospice and Palliative  31
Trinity Christian Fellowship  31
Guardianship of Seniors
Moore County Clerk Courts

Health Care Assistance
FirstHealth Moore Regional Hospital
Moore County Health Department
Moore Free & Charitable Clinic

Health Insurance/Benefits Information & Support
Benefits Check-Up – National Council on Aging
Medicare
Moore County Department of Aging – Senior Enrichment Center
Seniors Health Insurance Information Program (SHIIP)
Social Security Administration – National
Social Security Administration – Rockingham
Social Security Administration – Sanford

Home Care Agencies
Aegis Home Care
Bright Horizons Home Care
Caring Hands Adult Care
Comfort Keepers
Gentle Touch Home Care, LLC
HOMEChoice Network
Home Instead Senior Care
Moore County Department of Aging – Senior Enrichment Center – In-Home Aide
Penick Village
Right at Home In-Home & Assistance
Saint Joseph’s of the Pines Home Care
Sandhills Home Care Services
SENIORS Helping SENIORS
Special Assistance In-Home Program for Adults – MCDSS

Home Delivered Meals
Archdale Senior Center
Meals on Wheels of the Sandhills, Inc.
Moore County Department of Aging – Senior Enrichment Center
Moore County Department of Aging – Westmoore Senior Center

Home Health Agencies
Angel Home Health Care
Amedisys Hospice Care
Bayada Home Health Care
Community Home Care & Hospice
Doctors Making House Calls
FirstHealth Home Care Services
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FirstHealth Hospice &amp; Palliative Care</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Healthkeeperz</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Interim Healthcare</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Kindred at Home</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Liberty Homecare &amp; Hospice</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td><strong>Homelessness</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Promise of Moore County</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Friend to Friend</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Gospel Services Hope Center</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Janeth’s Center for Women in Crisis</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>New Life Mission Men’s Shelter</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Place of Grace</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Robin’s Meadow Transitional Housing</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Second Chance House</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Sophia’s Haven of Hope Transitional Home</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Team Workz</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>True Vine Ministries’ Hope Center</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td><strong>Home Modification &amp; Repair Programs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Habitat for Humanity Repair Ministry</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Mark Stewart Construction &amp; Development Co.</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Moore County Planning &amp; Community Development</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>North Carolina Baptist Aging Ministry</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Sandhills Community Action Program, Inc.</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Hospitals</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fayetteville VA Medical Center – Veterans Hospital</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>FirstHealth of the Carolinas – Moore Regional Hospital</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Old Vineyard Behavioral Health Services – Inpatient Hospital</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Rex Bariatric Specialty Center</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td><strong>Housing – Low-Income / Subsidized Apartments</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brookside Apartments</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Creston Commons Apartments</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Greenmont Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Highland Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Holiday Town Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Hunter’s Glen Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Jackson Terrace Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Pinebrooke Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Pine Hill Apartments</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Pinehurst Senior Apartment Community</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Aberdeen</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Carthage</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Providence Place – Robbins</td>
<td>39</td>
<td></td>
</tr>
</tbody>
</table>


68
Random Woods Apartments 40
Southern Pines Housing Authority 40
Timberlane Apartments 40
Woodlawn Apartments 40

**Information & Referral Agencies**
2-1-1 40
Eldercare Locator 40
Moore County Department of Aging – Senior Enrichment Center 40
United Way of Moore County, NC 40

**Intellectual & Development Programs**
Monarch Creative Arts & Community Center 41
The ARC of Moore County 41

**Legal Services**
Advance Health Care Directory Registry – NC Secretary of State 41
Consumer Protection Services – NC Department of Justice 41
Disability North Carolina 41
LawHelpNC.org 41
Legal Aid of North Carolina Helpline 41
North Carolina Bar Association 41
NC Lawyer Referral Service 42
Senior Legal Helpline 42

** Libraries**
Carthage Library 42
Given Memorial Library 42
Page Memorial Library 42
Pinebluff Library 42
Robbins Library 42
Sandhills Community College Library – Boyd Library 42
Southern Pines Public Library 42
State Library of North Carolina for the Blind & Physically Handicapped 43
Vass Library 43

**Long-Term Care Facilities – Assisted Living**
Brookdale Senior Living 43
Elmcroft of Southern Pines & Alzheimer’s Residential Care 43
Fox Hollow Assisted Living 43
Magnolia Gardens 43
Penick Village 43
Seven Lakes Assisted Living and Memory Care 43
Sandy Ridge Memory Care & Assisted Living 43
Tara Plantation of Carthage, LLC 43
The Coventry at Saint Joseph of the Pines 44
The Crossings at Hope Mills 44
The Crossings at Wayside 44

**Long-Term Care Facilities – Nursing**
Accordius Health at Aberdeen 44
Peak Resources – Pinelake Health & Rehabilitation Center 44
Penick Village 44
Pinehurst Healthcare and Rehabilitation Center 44
Sanford Health & Rehabilitation 44
The Greens at Pinehurst Rehabilitation & Living Center 44
The Health Center at Saint Joseph of the Pines 44
The Inn at Quail Haven Village 44
The Laurels of Chatham 45
Westfield Rehabilitation & Health Center 45

**Long-Term Care Facilities – Resource Database**
Assisted Living 45

**Long-Term Care Facilities – Retirement / Continuing Care**
Belle Meade at Saint Joseph of the Pines 45
Penick Village 45
Pine Knoll at Saint Joseph of the Pines 45
Southern Pines Gracious Living 45
Saint Joseph of the Pines 45
The Bayberry Retirement Inn 45
The Inn at Quail Haven Village 46

**Long-Term Care Facilities – Secured Memory Care**
Brookdale Senior Living 46
Elmcroft of Southern Pines Alzheimer’s Residential Care 46
Magnolia Gardens 46
Fox Hollow Assisted Living 46
Seven Lakes Assisted Living & Memory Care 46
Sandy Ridge Memory Care & Assisted Living 46
Tara Plantation of Carthage, LLC 46

**Long-Term Care Facilities – Short-Term Respite**
Accordius Health at Aberdeen 46
Brookdale Senior Living 46
Elmcroft of Southern Pines & Alzheimer’s Residential Care 47
Fox Hollow Assisted Living 47
Accordius Health at Aberdeen 47
Magnolia Gardens 47
Peak Resources – Pinelake Health & Rehabilitation Center 47
Penick Village 47
Pinehurst Healthcare and Rehabilitation Center 47
<table>
<thead>
<tr>
<th>Services</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seven Lakes Assisted Living &amp; Memory Care</td>
<td>47</td>
</tr>
<tr>
<td>The Greens at Pinehurst Rehabilitation &amp; Living Center</td>
<td>47</td>
</tr>
<tr>
<td>The Health Center at Saint Joseph of the Pines</td>
<td>47</td>
</tr>
<tr>
<td>The Inn at Quail Haven Village</td>
<td>47</td>
</tr>
</tbody>
</table>

**Long-Term Care – Skilled Memory Care**

<table>
<thead>
<tr>
<th>Services</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accordius Health at Aberdeen</td>
<td>48</td>
</tr>
<tr>
<td>Peak Resources – Pineland Health &amp; Rehab Center</td>
<td>48</td>
</tr>
<tr>
<td>Serenity Gardens at Carver</td>
<td>48</td>
</tr>
</tbody>
</table>

**Medical Alert Systems**

<table>
<thead>
<tr>
<th>Services</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Star Medical Alert</td>
<td>48</td>
</tr>
<tr>
<td>Life Alert Emergency Response</td>
<td>48</td>
</tr>
<tr>
<td>Rescue Alert</td>
<td>48</td>
</tr>
<tr>
<td>Walgreens Ready Response</td>
<td>48</td>
</tr>
</tbody>
</table>

**Medical Equipment & Supplies**

<table>
<thead>
<tr>
<th>Services</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>180° Medical</td>
<td>48</td>
</tr>
<tr>
<td>AdaptHealth</td>
<td>49</td>
</tr>
<tr>
<td>Apria Healthcare, Inc.</td>
<td>49</td>
</tr>
<tr>
<td>Family Medical Supply</td>
<td>49</td>
</tr>
<tr>
<td>Health Innovations Pharmacy</td>
<td>49</td>
</tr>
<tr>
<td>Home Delivery Incontinent Supplies, Inc.</td>
<td>49</td>
</tr>
<tr>
<td>Orthotics &amp; Prosthetics of Pinehurst</td>
<td>49</td>
</tr>
<tr>
<td>Sandhills Orthotics &amp; Prosthetics</td>
<td>49</td>
</tr>
<tr>
<td>SCOTT’S Medical Equipment Services &amp; Sales</td>
<td>50</td>
</tr>
<tr>
<td>Totally Committed</td>
<td>50</td>
</tr>
</tbody>
</table>

**Medical Non-Profit Organizations**

<table>
<thead>
<tr>
<th>Services</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALS Association</td>
<td>50</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>50</td>
</tr>
<tr>
<td>American Diabetes Association</td>
<td>50</td>
</tr>
<tr>
<td>American Heart Association</td>
<td>50</td>
</tr>
<tr>
<td>American Kidney Fund</td>
<td>50</td>
</tr>
<tr>
<td>American Lung Association</td>
<td>50</td>
</tr>
<tr>
<td>American Red Cross – Moore County Chapter</td>
<td>50</td>
</tr>
<tr>
<td>Amputee Coalition</td>
<td>50</td>
</tr>
<tr>
<td>Arthritis Foundation (Carolina Chapter)</td>
<td>51</td>
</tr>
<tr>
<td>Brain Injury Association of North Carolina</td>
<td>51</td>
</tr>
<tr>
<td>CancerCare</td>
<td>51</td>
</tr>
<tr>
<td>Carolinas Poison Center Hotline</td>
<td>51</td>
</tr>
<tr>
<td>National Federation of the Blind</td>
<td>51</td>
</tr>
<tr>
<td>National Fibromyalgia &amp; Chronic Pain Association</td>
<td>51</td>
</tr>
<tr>
<td>National Institute on Aging</td>
<td>51</td>
</tr>
<tr>
<td>National Kidney Foundation of North Carolina</td>
<td>51</td>
</tr>
<tr>
<td>National Parkinson Foundation (HELPLINE)</td>
<td>51</td>
</tr>
</tbody>
</table>
National Stroke Association  
National Suicide Prevention Lifeline  
North Carolina Coalition Against Domestic Violence  
North Carolina Division of Aging  
North Carolina Division of Services for the Blind  
North Carolina Division for the Deaf & Hard of Hearing  
Parkinson Association of the Carolinas  
Parkinson’s Disease Foundation

**Moving Services / Transitioning Consultants for Seniors**

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

**Neurological Disorders / Neuropsychological Providers**

Duke Neurological Disorders Clinic at Morreene Road  
Pinehurst Neuropsychology

**Parkinson Support Groups**

FirstHealth – Clara McLean House

**Parks & Recreation**

Aberdeen Parks & Recreation  
Moore County Parks & Recreation Department  
Pinehurst Parks & Recreation / Cannon Park Community Center  
Southern Pines Parks & Recreation – Campbell House

**PACE Programs**

LIFE at Saint Joseph’s of the Pines  
Stay Well

**Pharmacies that Deliver**

Cooper’s Pharmacy  
Health Innovations Pharmacy

**Reverse Mortgage Services**

Resources for Seniors

**Senior Enrichment Centers**

Archdale Senior Center  
Hoke County Senior Services  
Moore County Department of Aging – Senior Enrichment Center  
Moore County Department of Aging – Westmoore Senior Center
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Location/Program Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Enrichment Center of Lee County</td>
<td>Lee County Senior Services</td>
</tr>
<tr>
<td>Troy-Montgomery Senior Center</td>
<td>55</td>
</tr>
<tr>
<td><strong>Tax Services for Seniors</strong></td>
<td></td>
</tr>
<tr>
<td>AARP</td>
<td>55</td>
</tr>
<tr>
<td>Volunteer Income Tax Assistance</td>
<td>55</td>
</tr>
<tr>
<td>Program &amp; Tax Counseling Program</td>
<td>for the Elderly</td>
</tr>
<tr>
<td><strong>Telephone Reassurance</strong></td>
<td></td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>56</td>
</tr>
<tr>
<td>– Senior Enrichment Center</td>
<td></td>
</tr>
<tr>
<td><strong>Translation Services</strong></td>
<td></td>
</tr>
<tr>
<td>English 2 Spanish</td>
<td>56</td>
</tr>
<tr>
<td>Fluent Language Solutions</td>
<td>56</td>
</tr>
<tr>
<td><strong>Transportation for Seniors</strong></td>
<td></td>
</tr>
<tr>
<td>An Act of Kindness Transportation</td>
<td>56</td>
</tr>
<tr>
<td>Services</td>
<td>Moore County Department of Aging – Senior Enrichment Center</td>
</tr>
<tr>
<td>Moore County Transportation Services (MCTS)</td>
<td>56</td>
</tr>
<tr>
<td>North Carolina Baptist Aging</td>
<td>56</td>
</tr>
<tr>
<td>Ministry</td>
<td></td>
</tr>
<tr>
<td>Pinehurst Concierge Services, LLC</td>
<td>57</td>
</tr>
<tr>
<td>Right at Home Transport</td>
<td>57</td>
</tr>
<tr>
<td>Sandhills /Moore Coalition for</td>
<td>57</td>
</tr>
<tr>
<td>Human Care, Inc.</td>
<td></td>
</tr>
<tr>
<td>Seven Lakes Transportation</td>
<td>57</td>
</tr>
<tr>
<td><strong>Veteran’s Services</strong></td>
<td></td>
</tr>
<tr>
<td>Aberdeen American Legion Post 72</td>
<td>57</td>
</tr>
<tr>
<td>Fayetteville VA Medical Center –</td>
<td>57</td>
</tr>
<tr>
<td>Veterans Hospital</td>
<td></td>
</tr>
<tr>
<td>Fayetteville Veterans Center</td>
<td>57</td>
</tr>
<tr>
<td>Healthcare for Homeless Veterans</td>
<td>57</td>
</tr>
<tr>
<td>(HCHV)</td>
<td></td>
</tr>
<tr>
<td>Mannix &amp; Associates – VA Housing</td>
<td>58</td>
</tr>
<tr>
<td>Military Caregiver Support</td>
<td>58</td>
</tr>
<tr>
<td>Recovery Coordination Program</td>
<td></td>
</tr>
<tr>
<td>Military Missions in Action</td>
<td>58</td>
</tr>
<tr>
<td>Mission 22</td>
<td>58</td>
</tr>
<tr>
<td>Moore County Veterans Services</td>
<td>58</td>
</tr>
<tr>
<td>Sanford Community Based Veteran</td>
<td>58</td>
</tr>
<tr>
<td>Affairs Outpatient Clinic</td>
<td></td>
</tr>
<tr>
<td>Suicide Prevention Program</td>
<td>58</td>
</tr>
<tr>
<td>Veterans Caregiver Support Program</td>
<td>59</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>59</td>
</tr>
<tr>
<td>Veteran’s Helpline for Homeless Vets</td>
<td>59</td>
</tr>
<tr>
<td><strong>Volunteer Programs</strong></td>
<td></td>
</tr>
<tr>
<td>Moore County Department of Aging</td>
<td>59</td>
</tr>
<tr>
<td>– Senior Enrichment Center</td>
<td></td>
</tr>
<tr>
<td>**Wildlife Animal Control –</td>
<td></td>
</tr>
<tr>
<td>Snakes, bats, squirrels, etc.</td>
<td></td>
</tr>
<tr>
<td>Bat &amp; Squirrel Removal</td>
<td>59</td>
</tr>
<tr>
<td>Cape Fear Wildlife, LLC</td>
<td>59</td>
</tr>
</tbody>
</table>
GLOSSARY

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

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

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

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

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

Cognitive Impairment
A term that refers to damage or loss of intellectual or mental functioning. The act or process of "knowing", including awareness or judgment, is impaired. Alzheimer's disease is the most common cause of cognitive impairment among older adults.
Congregate Living
A living arrangement in which two or more unrelated individuals reside in a house or apartment.

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

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

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

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

Family Care Home
"Family care home" means an adult care home having two to six residents. The structure of a family care home may be no more than two stories high and none of the aged or physically disabled persons being served there may be housed in the upper story without provision for two direct exterior ground-level accesses to the upper story. It is licensed by the Division of Facility Services.
FL-2
Long-Term Services prior approval form which gives a summary of the patient's medical requirements and which reflect the attending physician's recommendation for the level of care needed in an institutional setting. An approved FL-2 is required for any Medicaid recipient in a skilled nursing facility (SNF) or an intermediate care facility (ICF). An FL-2 must also be completed by the attending physician prior to admission to an adult care home and at least annually thereafter.

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

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

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

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

Health Care Power of Attorney
Allows you to appoint someone to act as your health care agent to make health care decisions for you should it be determined by your physician that you are no longer able to make these decisions for yourself.
Home-Delivered Meals
A nutrition program that utilizes volunteers to deliver at least one hot nutritious meal per day (usually 5 days a week) to homebound adults. The meal offers one-third of the Recommended Daily Dietary Allowance.

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

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

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

- **HOME MANAGEMENT**
  Level I: In-Home Aide Services at this level are intended to provide support to those needing assistance with basic home management tasks, such as housekeeping, cooking, shopping, and bill paying. Personal care tasks may not be performed at this level.

- **PERSONAL CARE**
  Level II: In-Home Aide Services at this level are intended to provide support to persons/families who predominantly require assistance with basic personal care (bathing, shaving, toileting, and personal hygiene), and associated home management tasks.

- **HOME MANAGEMENT**
  Level III: In-Home Aide Services at this level are intended to provide intensive education and support to persons/families in carrying out home management tasks and improving family functioning skills.

- **PERSONAL CARE**
  Level III: In-Home Aide Services at this level are intended to provide substantial activities of daily living (ADL) support to individuals/families who require assistance with health and personal care tasks. Provision of these tasks involves extensive "hands-on" care and potential assistance with a wide range of health-related conditions.
• **HOME MANAGEMENT**
  
  **Level IV:** In-Home Aide Services at this level are intended to provide a wide range of educational and supportive services to persons/families who are in crisis or who require long term assistance with complex home management tasks and family functioning skills. Provision of the service involves quick and creative response to individual/family crisis situations identified by the case manager. It also may focus on conducting appropriate learning sessions with small groups of persons from different families who have similar needs.

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

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

**Living Will**

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

**Long Term Care Insurance**

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

**Long Term Care Ombudsman**

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

Ombudsmen are available to:

- Serve as a resource for anyone who has questions about long term care regulations.
- Be involved in the care planning process or family meetings.
- Provide training to staff, resident councils, or family councils.
- Provide information and referral.
- Provide state survey results on local facilities.
- Talk about any situation that may arise from being a resident, family member, or staff person of a facility.
The Long-Term Care Ombudsman program is federally mandated through the Older Americans Act. There is at least one Ombudsman for each of the 17 aging regions in North Carolina. Each county also has local Community Advisory Committees. These are volunteers who are appointed by the county commissioners to serve as grass roots advocates for residents in the facilities.

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

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

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

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

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

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

**Respite**
Provides needed relief to primary caregivers of individuals who cannot be left alone because of mental or physical problems.
Senior Health Insurance Information Program (SHIIP)
Sponsored by the N. C. Department of Insurance. Volunteers assist with information about all types of Medicare and related insurance issues, including long-term care insurance and Medicare Part D.

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

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

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

TTY
Telecommunications device for persons who are deaf or hard of hearing (TDD): A device similar to a computer keyboard, either with a cradle to rest a telephone hand set on or connected directly to the telephone. A TDD allows the user to communicate by typing messages on the keyboard and receiving message on the screen about the keyboard. The teletext 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 cannot believe this is happening.
- **Relief**…to finally know what may be causing the changes you are experiencing.
- **Isolation**…losing interest in maintaining relationships because others don’t seem to understand.

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

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

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

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

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

Full Name: _______________________________ Date: ___________________

Address: _____________________________________________________________
Home Phone: ___________________ Other Phone: _______________________
Social Security Number: _________________________________________________
Driver’s License Number: _______________________________________________
Emergency Contact Person: ______________________________________________
Home Phone: ___________________ Other Phone: _______________________

Child or Relative:
Name: ___________________________ Relationship: _______________________
Address: _____________________________________________________________
Home Phone: ___________________ Work Phone: __________________________
Cell: ___________________________ E-mail Address: _______________________

Child or Relative:
Name: ___________________________ Relationship: _______________________
Address: _____________________________________________________________
Home Phone: ___________________ Work Phone: __________________________
Cell: ___________________________ E-mail Address: _______________________

Child or Relative:
Name: ___________________________ Relationship: _______________________
Address: _____________________________________________________________
Home Phone: ___________________ Work Phone: __________________________
Cell: ___________________________ E-mail Address: _______________________

Child or Relative:
Name: ___________________________ Relationship: _______________________
Address: _____________________________________________________________
Home Phone: ___________________ Work Phone: __________________________
Cell: ___________________________ E-mail Address: _______________________

82
Appendix B: Medical Information

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

Full Name: ____________________________________________ Date: ______________

Health Insurance Providers:
Medicare Number: __________________________
Supplemental Insurance Provider: __________________________ Phone: ______________
Address: _____________________________________________________________________
ID Number: ______________ Group Number: __________________________

Primary Care Physician:
Name: __________________________ Phone: __________________________
Address: ____________________________________________________________________

Specialist:
Name: __________________________ Phone: __________________________
Address: ____________________________________________________________________

Specialist:
Name: __________________________ Phone: __________________________
Address: ____________________________________________________________________

Dentist:
Name: __________________________ Phone: __________________________
Address: ____________________________________________________________________

Audiologist & Hearing Aide:
Name: __________________________ Phone: __________________________
Address: ____________________________________________________________________
Optometrist/Optician:
Name: _____________________________ Phone: _____________________________
Address: __________________________________________________________________

Pharmacy:
Name: _____________________________ Phone: _____________________________
Address: __________________________________________________________________

Other:
Name: _____________________________ Phone: _____________________________
Address: __________________________________________________________________

Medical Conditions:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Current Medications and Dosages:
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________
Medication: __________________________  Dosage: __________________________

Health Care Power of Attorney:
Primary Agent: __________________________  Phone: __________________________
Secondary Agent: __________________________  Phone: __________________________

Living Will:
Do you have a living will?  Yes / No
Who has a copy? __________________________________________________________
Where is it kept? __________________________________________________________