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<td>A: Personal Information Worksheet</td>
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</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 provides an introduction to the services available for older adults, defines the common terms, and provides an index of places to contact for more information.

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

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

Terri Prots
Director, Moore County Department of Aging
910-215-0900
tprots@moorecountync.gov
MOORE COUNTY DEPARTMENT OF AGING

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

Physical Address: 8040 Hwy 15/501
West End, NC 27376
Mailing Address: P.O. Box 487
Carthage, NC 28327
Phone: 910-215-0900
Fax: 910-215-0278
Website: www.moorecountync.gov

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

MISSION

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

Services Provided by the Department of Aging

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

Family Caregiver Program
Targets resources and information to assist those caring for adults 60 years of age and older who are living at home with a chronic illness or disability as well as grandparents who are 55 years and older and are caring for their grandchildren. This program provides information and referral services; evaluates an individual’s needs and seeks solutions within the community; offers counseling and educational services to assist with support and training; and provides respite care, allowing caregivers time to meet other responsibilities.
In-Home Aide Services
Licensed by the North Carolina Division of Facility Services for Home Care, a Registered Nurse (RN) provides initial and ongoing assessments to determine the appropriate level of care, along with medical counseling and education. In-home care is provided by a Certified Nursing Assistant (CNA) in one of two levels of care.

Home Management (Level I)
Includes simple laundering, light housekeeping, grocery shopping, errands, and simple meal preparation.

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

Nutrition Programs
Congregate meals or Diners Clubs on a cost-sharing basis
Senior Enrichment Center 910-215-0900
Robbins 910-464-3544
Home delivered meals on a cost-sharing basis
Service to homes in the northern part of the county including Carthage, Cameron, Eagle Springs, Robbins, Seven Lakes/West End, Taylortown, Vass, and Whispering Pines.

Home Improvements/Repair Program
Provides materials for limited home and safety improvements for older adults which may include hand rails, ramps, weatherization, grab bars, smoke alarms, and hand held showers.

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

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

Newsletter: THE POINT
Published monthly, The Point provides the latest information on programs and services offered by the Moore County Department of Aging and The Senior Enrichment Center.
Volunteer Counseling  910-215-0900
Connects volunteers age 55 and over with local agencies, institutions, and organizations in the county and matches volunteers’ experience and talents with an agency in need.

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

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

Other Programs

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

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

Speakers and Workshops
Health, educational and recreational programs on various topics of interest to older adults are scheduled regularly.
LIST OF RESOURCES AND SERVICES

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

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

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

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

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

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

Aberdeen Lions Club 910-944-1493
Frances Marks

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

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

Advance Health Care Directive Registry 919-807-2167
NC Secretary of State (Family Caregiving # N.C.) 919-807-2162
2 South Salisbury Street
P.O. Box 29622
Raleigh, NC 27601
www.secretary.state.nc.us/ahcdr
Advanced Home Care, Inc.  Referrals→ 910-295-4119
1806 Sandhills Blvd.  Patients→ 910-295-8831
Aberdeen, NC 28315  Fax→ 866-550-0478
www.advhomecare.org

Aegis Care Advisors  910-442-2552
125 Applecross Road Suite B
Pinehurst, NC 28387
www.aegiscareadvisors.com

Aegis Home Care  910-442-2552
125 Applecross Road Suite B
Pinehurst, NC 28387
www.aegishomecare.com

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

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

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

Alcohol & Drug Services (ADS)  910-997-7135 ext. 3
200 E. Greene Street Suite A
Rockingham, NC 28379
www.adsyes.org

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

ALS Association  800-782-4747
1275 K Street NW Suite 250
Washington, DC 20005
www.alsa.org
Alzheimers' Association 800-272-3900
Western Carolina Chapter 704-532-7390
3800 Shamrock Drive
Charlotte, NC 28215
www.alz-nc.org

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

Elmcroft of Southern Pines 910-692-4928
Southern Pines, NC 28387

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

Fox Hollow 910-695-0011
Pinehurst, NC 28374

Given Memorial Library 910-295-6022
Pinehurst, NC 28374

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

Amedisys Hospice Care 910-521-8211
56 Three Hunts Drive Building #3
Pembroke, NC 28372
www.amedisy.com

American Bar Association Center on Children & Law 800-285-2221
1050 Connecticut Avenue
202-662-1720
Washington, DC 20036
www.americanbar.org/groups/child_law.html

American Cancer Society 800-227-2345
8300 Health Park Suite 10
919-334-5218
Raleigh, NC 27615
www.cancer.org

American Diabetes Association 800-342-2383
2418 Blue Ridge Road Suite 206
919-743-5400
Raleigh, NC 27607
www.diabetes.org
American Heart Association 910-323-9387
2711 Breezewood - Suite A 800-242-8721
Fayetteville, NC 28303
www.americanheart.org

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

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

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

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

An Act of Kindness Transportation Services 910-281-4347
rddrivers@yahoo.com

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

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

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

Assurance Wireless *North Carolina Application 888-898-4888
P.O. Box 618 877-732-3018 (Fax)
Charleston, IL 61920-9807
www.assurancewireless.com
<table>
<thead>
<tr>
<th>Business</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Avada Hearing Care Center</td>
<td>910-692-4454</td>
</tr>
<tr>
<td>160 Pinehurst Avenue Suite G</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
<td></td>
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<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>
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<tr>
<td>*Serving Moore County</td>
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<tr>
<td>Bechtler Museum of Modern Art</td>
<td>704-353-9200</td>
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<tr>
<td>Museum Memories Exhibition (Dementia)</td>
<td></td>
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<tr>
<td>420 South Tryon Street</td>
<td></td>
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<tr>
<td>Charlotte, NC 28202</td>
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<tr>
<td><a href="http://www.bechtler.org">www.bechtler.org</a></td>
<td></td>
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<tr>
<td>Belle Meade at Saint Joseph of the Pines</td>
<td>910-246-1008</td>
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<tr>
<td>100 Waters Drive</td>
<td></td>
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<tr>
<td>Southern Pines, NC 28387</td>
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<tr>
<td><a href="http://www.sjp.org">www.sjp.org</a></td>
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<tr>
<td>Benefits Check-Up</td>
<td>252-210-9621</td>
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<tr>
<td>National Council on Aging</td>
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<tr>
<td>Regional Office N.C.</td>
<td></td>
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<tr>
<td>112 North Circle Drive, Suite D</td>
<td></td>
</tr>
<tr>
<td>Rocky Mount, NC 27804</td>
<td></td>
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<tr>
<td><a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a></td>
<td></td>
</tr>
<tr>
<td>Bethesda Presbyterian Church</td>
<td>910-944-1319</td>
</tr>
<tr>
<td>1002 North Sandhills Boulevard</td>
<td></td>
</tr>
<tr>
<td>Aberdeen, NC 28315</td>
<td></td>
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<tr>
<td>Wed 9am—12pm</td>
<td></td>
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<tr>
<td><a href="mailto:bethesdapresbyterian@windstream.net">bethesdapresbyterian@windstream.net</a></td>
<td></td>
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<tr>
<td>Better Hearing Institute</td>
<td>202-449-1100</td>
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<tr>
<td>Helpline</td>
<td></td>
</tr>
<tr>
<td>1444 I Street, NW Suite 700</td>
<td></td>
</tr>
<tr>
<td>Washington, DC 20005</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.betterhearing.org">www.betterhearing.org</a></td>
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<tr>
<td>Boles Funeral Home-Pinehurst</td>
<td>910-235-0366</td>
</tr>
<tr>
<td>35 Parker Lane</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
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<tr>
<td>Boles Funeral Home-Seven Lakes</td>
<td>910-673-7300</td>
</tr>
<tr>
<td>221 MacDougall Drive</td>
<td></td>
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<tr>
<td>West End, NC 27376</td>
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</table>
Boles Funeral Home-Southern Pines 910-692-6262
425 W. Pennsylvania Ave.
Southern Pines, NC 28387

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

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

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

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

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

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

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

CapTel North Carolina *Hearing Impaired 866-545-4012
4030 Wake Forest Road
Suite 300 Raleigh, NC 27609
www.captel.com

Caregiver Support Groups:
Moore County Senior Enrichment Center 910-215-0900
2 miles north of Pinehurst traffic circle
Caregiver Media Group 800-829-2734
3350 Griffin Road
Fort Lauderdale, FL 33312
www.caregiver.com

Caring Transitions of the Sandhills 910-722-1030
450 Carthage Street Suite #398
Cameron, NC 28326
www.caringtransitionssandhillsnc.com

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

Carthage Lions Club 910-690-6161
Ron Kelly

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

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

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

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

Comfort Keepers 910-246-8000
10677 S. US Hwy 15/501
Southern Pines, NC 28387
www.southernpines-594.comfortkeepers.com

Community Home Care & Hospice 919-718-5417
1836 Doctors Drive
Sanford, NC 27330
www.communityhch.com
Companion Connections
110 Forrest Place
Aberdeen, NC 28315
910-783-8174

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

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

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

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

Cross Personal Care Provider
charleneross.mg@gmail.com
910-691-2561

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

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

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

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

Department of Veteran Affairs
Veterans Center: Fayetteville
2301 Robeson St. Suite 103
Fayetteville, NC 28305
800-771-6106 ext.7701
www.va.gov/directory/guide/facility.asp?ID=486&dnum=1
Disability Rights North Carolina 877-235-4210
2626 Glenwood Ave. 919-856-2195
Raleigh, NC
www.disabilityrightsnc.org

Doctors Making House Calls 844-932-5700
2511 Old Cornwallis Road Suite 200 newpatient@doctorsmakinghousecalls.com
Durham, NC 27713 organizers@doctorsmakinghousecalls.com
www.doctorsmakinghousecalls.com

Dogwood HIV Care Consortium 910-737-5010

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

Duke Family Support Program

Project C.A.R.E. Respite 919-660-7510
40 Duke Medicine Circle Room 3513/Blue Zone
Durham, NC 27710
www.dukefamilysupport.org

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

East Carolina University School of Dental Medicine 910-814-4191
80 Autumn Fern Trail
Lillington, NC 27546
http://www.ecu.edu/cs-dhs/dental/pclillington.cfm

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

Eldercare Locator 800-677-1116
www.eldercare.gov
Elmcroft of Southern Pines
101 Brucewood Road
Southern Pines, NC 28387
www.elmcroft.com/community/elmcroft-of-southern-pines

Employment Security Commission
245 Shepherd Trail
Aberdeen, NC 28315

English 2 Spanish
205 North Walnut Street
P.O. Box 154
Pinebluff, NC 28373
english2spanish@alltel.net

Family Caregiver Alliance
785 Market Street Suite 750
San Francisco, CA 94103
www.caregiver.org

Family Medical Supply
1680 NC Highway 5 #160
Aberdeen, NC 28315
www.familymedsupply.com

First Choice Home Care, Inc.
506 Carthage Street
Sanford, NC 27330
www.firstchoicehomecare.com

FirstHealth Home Care Services
181-A Westgate Drive
West End, NC 27376
www.firsthealth.org/specialties/more-services/home-care

FirstHealth Hospice and Palliative Care
Caring Support and CareGivers Support
Grief Support Groups
251 Campground Road
P.O. Box 1956
Pinehurst, NC 28370
www.firsthealth.org/hospice
FirstHealth of the Carolinas, Inc.
Active for Life 910-215-1800
170 Memorial Dr.
Pinehurst, NC 28374
www.activeforlife.info/grantees/first_health.html

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

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

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

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

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

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

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

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

FirstHealth Patient Education Department 910-715-5266
155 Memorial Drive
P.O. Box 3000
Pinehurst, NC 28374
<table>
<thead>
<tr>
<th>FirstHealth Support Groups</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Bariatric Support Group</td>
<td>910-235-4020</td>
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<tr>
<td>Better Breathers</td>
<td>910-692-9103</td>
</tr>
<tr>
<td>Cancer Support Groups</td>
<td>910-715-2298</td>
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<tr>
<td>Cancer Survivors Support Group</td>
<td>910-715-2298</td>
</tr>
<tr>
<td>Caregiver Group</td>
<td>910-715-6000</td>
</tr>
<tr>
<td>Child Loss</td>
<td>910-715-6000</td>
</tr>
<tr>
<td>Coping &amp; Adjusting with Suicide (CASL)</td>
<td>910-715-6000</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>910-715-5266</td>
</tr>
<tr>
<td>FirstQuit</td>
<td>910-715-1925</td>
</tr>
<tr>
<td>Gynecological Cancer Support Group</td>
<td>910-715-4230</td>
</tr>
<tr>
<td>Healing Connections with Peers</td>
<td>910-715-6000</td>
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<tr>
<td>Implantable Cardioverter-Defibrillator (ICD)</td>
<td>910-715-5266</td>
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<tr>
<td>Meaning Support Groups for Cancer Patients &amp; Survivors</td>
<td>910-715-6000</td>
</tr>
<tr>
<td>Men Grieve Too</td>
<td>910-715-6000</td>
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<tr>
<td>NAMI-MC Support Group</td>
<td>910-295-1053</td>
</tr>
<tr>
<td>Parkinson’s Support Group of the Sandhills</td>
<td>910-715-4230</td>
</tr>
<tr>
<td>Sandhills Ostomy Association</td>
<td>910-215-8086</td>
</tr>
<tr>
<td>Sandhills Young Adult Cancer Support (Ages 18-50)</td>
<td>910-715-4230</td>
</tr>
<tr>
<td>Stroke Club</td>
<td>910-715-5266</td>
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<tr>
<td>The Four T’s (Tears, Talk, Touch, Time)</td>
<td>910-715-6000</td>
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</table>

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

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

**Friend to Friend**  910-947-3333  
103 Monroe Street #102  
Carthage, NC 28327  
[www.friendtofriend.me](http://www.friendtofriend.me)

**Friends of Residents in Long Term Care**  919-782-1530  
6300 Creedmore Rd., Suite 170 #326  
Raleigh, NC 27612  
[www.forltc.org](http://www.forltc.org)

**Fry & Prickett Funeral Home**  910-947-2224  
402 Saunders Street  
P.O. Box 307  
Carthage, NC 28327
Garner Law Firm
Jennifer Garner
125 Applecross Road
Pinehurst, NC 28374

Generations United
1331 H Street NW, Suite 900
Washington, DC 20005
www.gu.org

Gentle Touch Home Care, LLC
4475 US 15-501 Hwy
Carthage, NC 28327
www.carepathways.com/nc (Enter Carthage Zip Code 28327)

Given Memorial Library
150 Cherokee Road
Pinehurst, NC 28370

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

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

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

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

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

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

Hearing Aid Helpline  
International Hearing Society  
www.ihsinfo.org  

Hear Now  
www.starkeyhearingfoundation.org  

HELP Emergency Response System  
http://helpforyou.com  

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

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

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

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

United Way of Moore County, Inc.  
910-692-2413  
888-892-1162  
www.unitedwaymoore.com  

High Falls United Methodist Church  
910-464-3345  

HOMEChoice Network  
910-944-1116  

Home Instead Senior Care  
910-484-7200
**Housing – Independent Subsidized**

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

- Creston Commons Apartments, Southern Pines 910-692-7626
- Green Tree Apartments, Carthage 910-947-2659
- Greenmont Apartments, Southern Pines 910-692-5257
- Highlands Apartments, Southern Pines 910-692-3243
- Holiday Town Apartments, Southern Pines 910-692-7013
- Hunters Glen Apartments, Southern Pines 910-692-4081
- Jackson Terrace Apartments, Carthage 910-947-3697
- Pinebrooke Apartments, Southern Pines 910-692-4261
- Pine Hill Apartments, Aberdeen 910-944-2483
- Pinehurst Senior Apartment Community, West End 910-215-0550
- Providence Place, Aberdeen 910-693-1950
- Providence Place, Carthage 910-947-2710
- Providence Place, Robbins 910-948-2700
- Random Woods Apartments, Robbins 910-948-3645
- Southern Pines Housing Authority 910-692-2042
- Timberlane Apartments, Southern Pines 910-692-0999
- Woodlawn Apartments, Aberdeen 910-944-2767

**Housing – Adult Communities**

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

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

**InfoSAGE (Information Sharing Across Generations)**
330 Brookline Avenue
Boston, MA, USA, 02155
[www.infosagehealth.org](http://www.infosagehealth.org)

*App is available with iPhones, Smartphones, and Tablets*
Interfaith Food Pantry  910-944-1093
Page Memorial United Methodist Church
110 Knight Street
Aberdeen, NC 28315
M-F 10am - 1pm
www.pagememorialumc.org

Interim Healthcare  910-695-5898
206 Commerce Avenue
Southern Pines, NC 28327
www.interimhealthcare.com/pinehurstnc

Jones & Little Funeral Home  910-944-2553
200 Benjamin Street
Aberdeen, NC 28315

Kelli Y. Allen Elder Law  704-727-4900
10150 Mallrd Creek Road Suite 105
Charlotte, NC 28262
www.kyaelderlaw.com

Kindred at Home  910-808-4556
87 West Cornelius Harnett Boulevard
Lillington, NC 27546
www.kindredathome.com

Kingswood Nursing Home  910-944-8999
915 Pee Dee Road
Aberdeen, NC 28315
www.kingswoodnursing.org

Land Loss Prevention Project  800-672-5839
401 N Mangum Street
919- 682-5969
Durham, NC 27701
www.landloss.org

Legal Aid of North Carolina Helpline  866-219-5262
959 East Street - Suite A & B
800-672-5834
P.O. Box 1728
Pittsboro, NC 27312
www.legalaidnc.org
Legal Aid of North Carolina Senior Legal Helpline 877-579-7562
225-E South Hancock Street 800-672-5834
P.O. Box 2716
Rockingham, NC 28380
www.legalaidnc.org

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

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

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

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

Life Alert Emergency Response 800-338-9090
NATIONWIDE

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

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

Long Term Care Ombudsman 919-558-9404
NC Division of Aging 800-310-9777
2101 Mail Service Center
Raleigh, NC 27699
www.dhhs.state.nc.us/aging/ombud.htm

Love In Care In-Home Services, Inc. 910-315-2475
alisha_wooten77@yahoo.com
Magic House Cleaning Service, Inc. 910-637-0220
260 Magnolia Square Court
Aberdeen, NC 28315

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

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

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

Mark Stewart Construction 910-673-1929
Certified Aging in Place Specialist

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

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

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

Medicare 800-443-9354
www.medicare.gov

Medline 800-633-5463
www.medline.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>MIRA Foundation USA</td>
<td>910-944-7757</td>
</tr>
<tr>
<td>77 Cherokee Road</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
<td></td>
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<tr>
<td><a href="http://www.mirausa.org">http://www.mirausa.org</a></td>
<td></td>
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<tr>
<td>Monarch Creative Arts &amp; Community Center</td>
<td>910-692-2936</td>
</tr>
<tr>
<td>1662 Richards Street</td>
<td></td>
</tr>
<tr>
<td>Southern Pines, NC 28387</td>
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<tr>
<td><a href="http://www.monarchnc.org">www.monarchnc.org</a></td>
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<tr>
<td>Moore County Cooperative Extension</td>
<td>910-947-3188</td>
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<tr>
<td>Agricultural Center</td>
<td></td>
</tr>
<tr>
<td>707 Pinehurst Avenue</td>
<td></td>
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<tr>
<td>P.O. Box 1149</td>
<td></td>
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<tr>
<td>Carthage, NC 28327</td>
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<tr>
<td><a href="http://www.moore.ces.ncsu.edu">www.moore.ces.ncsu.edu</a></td>
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<tr>
<td>Moore County Clerk of Court</td>
<td>910-722-5000</td>
</tr>
<tr>
<td>(Incompetency &amp; Guardianship Proceedings)</td>
<td></td>
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<tr>
<td>P.O. Box 936</td>
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<tr>
<td>Carthage, NC 28327</td>
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<tr>
<td>*Ask for Special Proceedings</td>
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<tr>
<td>Moore County Department of Aging</td>
<td>910-215-0900</td>
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<tr>
<td>See pages 3-5 for services</td>
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<tr>
<td>Located two miles north of the Pinehurst traffic circle</td>
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<tr>
<td>8040 Hwy 15-501 West End, NC 27376</td>
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<tr>
<td>P.O. Box 487</td>
<td></td>
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<tr>
<td>Carthage, NC 28327</td>
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<tr>
<td><a href="http://www.moorecountync.gov">www.moorecountync.gov</a></td>
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<tr>
<td>Moore County Department of Social Services</td>
<td>910-947-2436</td>
</tr>
<tr>
<td>Carriage Oaks Shopping Plaza</td>
<td></td>
</tr>
<tr>
<td>P.O. Box 938</td>
<td></td>
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<tr>
<td>Carthage, NC 28327</td>
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<tr>
<td><a href="http://www.moorecountync.gov">www.moorecountync.gov</a></td>
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<tr>
<td>Moore County Health Department</td>
<td>910-947-3300</td>
</tr>
<tr>
<td>705 Pinehurst Avenue</td>
<td></td>
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<tr>
<td>P.O. Box 279</td>
<td></td>
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<tr>
<td>Carthage, NC 28327</td>
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<tr>
<td><a href="http://www.moorecountync.gov">www.moorecountync.gov</a></td>
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<tr>
<td>Moore County Literacy Council</td>
<td>910-692-5954</td>
</tr>
<tr>
<td>575 SE Broad Street Suite #10</td>
<td></td>
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<tr>
<td>Southern Pines, NC 28387</td>
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</tbody>
</table>
Moore County Nursing Home/Assisted Living/Adult Care Home Advisory Committee 910-684-8246

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

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

Moore County Public Library

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

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

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

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

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

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

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

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

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

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

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

National Academy of Elderlaw Attorneys 703-942-5711
www.naela.org
National Alliance for Caregiving 301-718-8444
4720 Montgomery Lane Suite 205
Bethesda, MD 20814
www.caregiving.org

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

National Caregivers Library 804-327-1111
901 Moorefield Park Drive Suite 100
Richmond, VA 23236
www.caregiverslibrary.org

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

National Fibromyalgia & Chronic Pain Association 801-200-3627
31 Federal Avenue
Logan, UT 84321
www.fmcpware.org

National Institute on Aging 800-222-2225
www.nia.nih.gov/
800-222-4225 (hearing impaired)

National Kidney Foundation of North Carolina, Inc. 704-519-0020
4701 Hedgemore Dr., Suite 810
Charlotte, NC 28209
www.kidneync.org

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

National Parkinson Foundation (HELPLINE) 800-473-4636
National Stroke Association 800-787-6537
9707 East Easter Lane Suite B
Centennial, CO 80112
www.stroke.org

National Suicide Prevention Lifeline 800-273-8255
www.suicidepreventionlifeline.org
NC MedAssist 866-331-1348
STATEWIDE 704-536-1790
4428 Taggart Creek Road Suite 101
Charlotte, NC 28208
www.medassist.org/free-pharmacy-program

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

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

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

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

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

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

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

North Carolina Library for Blind and Physically Handicapped 919-733-4376
1841 Capital Boulevard
Raleigh, NC 27635
www.statelibrary.ncdcr.gov
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
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<tbody>
<tr>
<td>North Carolina Missions of Mercy</td>
<td>800-662-8754</td>
</tr>
<tr>
<td>NC Dental Society</td>
<td>919-677-1396</td>
</tr>
<tr>
<td>1600 Evans Road</td>
<td></td>
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<tr>
<td>Cary, NC 27513</td>
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<tr>
<td><a href="https://www.ncidental.org/member-center/getinvolved/nc-missions-of-mercy">Website</a></td>
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<tr>
<td>Northern Moore Family Resource Center</td>
<td>910-948-4324</td>
</tr>
<tr>
<td>116 Horner Street</td>
<td></td>
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<tr>
<td>P.O. Box 190</td>
<td></td>
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<tr>
<td>Robbins, NC 27325</td>
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<tr>
<td><a href="http://www.nmfrc.com">Website</a></td>
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<tr>
<td>Old Vineyard Behavioral Health Services</td>
<td>336-794-3550</td>
</tr>
<tr>
<td>3637 Old Vineyard Road</td>
<td>855-234-5920</td>
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<tr>
<td>Winston-Salem, NC 27104</td>
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<tr>
<td><a href="http://www.oldvineyardbhs.com">Website</a></td>
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<tr>
<td>On Time Taxi Transportation</td>
<td>910-719-2300</td>
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<tr>
<td>Handicap Accessible</td>
<td>910-215-7876</td>
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<tr>
<td>Orthotics &amp; Prosthetics of Pinehurst</td>
<td>910-295-4489</td>
</tr>
<tr>
<td>95 Aviemore Drive - Suite A</td>
<td></td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td>Parkinson Association of the Carolinas</td>
<td>866-903-7275</td>
</tr>
<tr>
<td>1515 Mockingbird Lane</td>
<td>704-248-3722</td>
</tr>
<tr>
<td>Charlotte, NC 28209</td>
<td></td>
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<tr>
<td><a href="http://www.parkinsonassociation.org">Website</a></td>
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<td>Parkinson’s Caregiver Support Groups:</td>
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<tr>
<td>Clara McLean House</td>
<td>910-715-4230</td>
</tr>
<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td>The Enrichment Center of Lee County</td>
<td>919-776-0501</td>
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<tr>
<td>Sanford, NC 27330</td>
<td></td>
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<tr>
<td>Parkinson’s Disease Foundation</td>
<td>800-457-6676</td>
</tr>
<tr>
<td>1359 Broadway, Suite 1509</td>
<td></td>
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<tr>
<td>New York, NY 10018</td>
<td></td>
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<tr>
<td><a href="http://www.pdf.org">Website</a></td>
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<tr>
<td>Peak Resources – Pinelake</td>
<td>910-947-5155</td>
</tr>
<tr>
<td>801 Pinehurst Avenue</td>
<td></td>
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<tr>
<td>Carthage, NC 28327</td>
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</table>
Penick Village 910-692-0300
500 East Rhode Island Avenue
Southern Pines, NC 28387
www.penickvillage.org

Pinebluff Lions Club 910-281-4479
165 West Philadelphia Avenue
Pinebluff, NC 28373
2nd & 4th Mondays 6:00pm

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

Pinehurst Concierge Services, LLC 910-683-0555
www.pinehurstconciergrservices.com

Pinehurst Healthcare and Rehabilitation Center 910-295-6158
300 Blake Boulevard
Pinehurst, NC 28374
www.pinehurstthehealthcare.com

Pinehurst Neuropsychology 910-420-8041
45 Aviemore Drive
Pinehurst, NC 28374
www.pinehurstneuropsychology.com

Pinehurst Parks and Recreation Department 910-295-1900
395 Magnolia Drive
Pinehurst, NC 28374
www.pinehurstrec.org

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

Preston Pointe 919-460-8141
1995 NW Cary Parkway
Morrisville, NC 27560
www.prestonpointe.com

Pugh & Smith Funeral Home 910-947-2486
807 Monroe Street
Carthage, NC 28327
Purcell Funeral Home 910-693-1147
953 W. Pennsylvania Avenue
Southern Pines, NC 28387

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

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

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

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

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

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

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

Safe Return 888-572-8566
*National registry for people with Dementia who wander
*Fee
www.medicalert.org/safereturn.com
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Address</th>
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<tr>
<td>Saint Anthony’s of Padua Church</td>
<td>910-692-6613</td>
<td>160 East Vermont Avenue, Southern Pines, NC 28387</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(On the corner of Ashe &amp; Vermont)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.st-anthony-of-padua.org">www.st-anthony-of-padua.org</a></td>
</tr>
<tr>
<td>Saint Joseph’s of the Pines Home Care</td>
<td>910-246-1011</td>
<td>105 Gossman Drive, Southern Pines, NC 28387</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>910-725-1054</td>
<td>575 SE Broad Street #7, Southern Pines, NC 28387</td>
</tr>
<tr>
<td>Sandhills Adaptive Living</td>
<td>910-420-0273</td>
<td><a href="mailto:Adapt4U17@gmail.com">Adapt4U17@gmail.com</a></td>
</tr>
<tr>
<td>Sandhills Center for Mental Health</td>
<td>910-673-9111</td>
<td>1120 Seven Lakes Dr., West End, NC 27376</td>
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<tr>
<td></td>
<td>800-256-2452</td>
<td>(hotline)</td>
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<td><a href="http://www.sandhillscenter.org">www.sandhillscenter.org</a></td>
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<tr>
<td>Sandhills Community Action Program, Inc.</td>
<td>910-947-5675</td>
<td>340 Commerce Avenue, Suite 20, Southern Pines, NC 28387</td>
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<td><a href="http://www.sandhillscap.org">www.sandhillscap.org</a></td>
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<tr>
<td>Sandhills Community College Library</td>
<td>910-695-3819</td>
<td>Boyd Library, 3395 Airport Road, Southern Pines, NC 28387</td>
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<td><a href="http://www.sandhills.edu">www.sandhills.edu</a></td>
</tr>
<tr>
<td>Sandhills Continuing Education &amp; Center for Creative Retirement</td>
<td>910-695-3980</td>
<td>Sandhills Community College, 3395 Airport Road, Van Dusen Hall, Pinehurst, NC 28374</td>
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<td></td>
<td></td>
<td><a href="http://www.sandhills.edu">www.sandhills.edu</a></td>
</tr>
<tr>
<td>Sandhills CPA Accounting</td>
<td>910-725-2016</td>
<td>Donovan G. Bachtell (Certified Public Accountant) P.O. Box 3134, Pinehurst, NC 28374</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.sandhillscpaaccounting.com">www.sandhillscpaaccounting.com</a></td>
</tr>
<tr>
<td>Business Name</td>
<td>Phone Number</td>
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<tr>
<td>Sandhills Farm to Table Cooperative</td>
<td>910-722-1623</td>
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<tr>
<td>P.O. Box 714</td>
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<tr>
<td>Southern Pines, NC 2838</td>
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<tr>
<td><a href="http://www.SandhillsFarm2Table.com">www.SandhillsFarm2Table.com</a></td>
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<tr>
<td>Sandhills Food Bank</td>
<td>910-692-5959</td>
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<tr>
<td>195 Sandy Avenue</td>
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<td></td>
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<tr>
<td>Southern Pines, NC 2838</td>
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<tr>
<td>Supplies food to various agencies</td>
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<tr>
<td><a href="http://www.foodbankcenc.org">www.foodbankcenc.org</a></td>
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<tr>
<td>Sandhills Home Care Services</td>
<td>910-725-0208</td>
<td></td>
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<tr>
<td>114 North Bennett Avenue</td>
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<td></td>
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<tr>
<td>Southern Pines, NC 2838</td>
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<tr>
<td>Sandhills Memory Care</td>
<td>910-673-2045</td>
<td></td>
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<tr>
<td>292 MacDougal Drive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>West End, NC 27376</td>
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<tr>
<td><a href="http://www.meridiansenior.com">www.meridiansenior.com</a></td>
<td></td>
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<tr>
<td>Sandhills/Moore Coalition for Human Care, Inc.</td>
<td>910-693-1600</td>
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<tr>
<td>1500 West Indiana Ave.</td>
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<td></td>
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<tr>
<td>Southern Pines, NC 2838</td>
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<tr>
<td><a href="http://www.sandhillscoalition.org">www.sandhillscoalition.org</a></td>
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<tr>
<td>Sandhills Moving &amp; Storage</td>
<td>910-692-8685</td>
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<tr>
<td>1052 North May Street</td>
<td></td>
<td></td>
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<tr>
<td>Southern Pines, NC 2838</td>
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<tr>
<td><a href="http://www.sandhillsmoving.com">www.sandhillsmoving.com</a></td>
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<tr>
<td>Sandhills Orthotics &amp; Prosthetics</td>
<td>910-295-2828</td>
<td></td>
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<tr>
<td>325 Page Road</td>
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<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td>Sanford Health &amp; Rehabilitation</td>
<td>919-776-9602</td>
<td></td>
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<tr>
<td>2702 Farrell Road</td>
<td></td>
<td></td>
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<tr>
<td>Sanford, NC 27330</td>
<td></td>
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<tr>
<td><a href="http://www.sanstonehealth.com">www.sanstonehealth.com</a></td>
<td></td>
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<tr>
<td>SCOTT’S Medical Equipment Services &amp; Sales</td>
<td>910-986-0575</td>
<td></td>
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<tr>
<td>P.O. Box 5151</td>
<td></td>
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<tr>
<td>Pinehurst, NC 28374</td>
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<tr>
<td>Senior Community Service Employment Program</td>
<td>910-321-6449</td>
<td></td>
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<tr>
<td>707B Executive Place</td>
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<tr>
<td>Fayetteville, NC 28305-5193</td>
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</tbody>
</table>
Senior Games in the Pines 910-944-4572
www.ncseniorgames.org

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

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

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

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

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

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

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

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

Southern Pines Housing Authority 910-692-2042
801 South Mechanic Street
Southern Pines, NC 28387
**Southern Pines Public Library**
170 West Connecticut Avenue
Southern Pines, NC  28387
[www.sppl.net](http://www.sppl.net)

**Southern Pines Parks & Recreation**
Campbell House
482 East Connecticut Avenue
Southern Pines, NC  28387
[www.southernpines.net/recreation](http://www.southernpines.net/recreation)

**Southern Pines United Methodist Church**
175 Midland Road
Southern Pines, NC  28387
Mon 9am – 12pm
[www.southernpinesumc.org](http://www.southernpinesumc.org)

**Special Assistance In-Home Program for Adults**
Moore County Department of Social Services
Carriage Oaks Shopping Plaza
P.O. Box 938
Carthage, NC  28327
[www.moorecountync.gov](http://www.moorecountync.gov)

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

**Spring Arbor of Apex Assisted Living & Memory Care**
901 Spring Arbor Court
Apex, NC 27502
[www.SpringArborLiving.com](http://www.SpringArborLiving.com)

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

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

**Tara Plantation of Carthage, LLC**
820 South McNeil Street
Carthage, NC  28327

**Contact Information**

- **Southern Pines Public Library**: 910-692-8235
- **Southern Pines Parks & Recreation**: 910-692-2463
- **Southern Pines United Methodist Church**: 910-692-3518
- **Special Assistance In-Home Program for Adults**: 910-947-2436
- **Specialized Services & Personnel**: 910-944-8125
- **Spring Arbor of Apex Assisted Living & Memory Care**: 919-303-9990
- **Stay Well**: 336-628-4211
- **Stedman Family Dental Center**: 910-483-3150
- **Tara Plantation of Carthage, LLC**: 910-947-5888
The ARC of Moore County  
673 South Bennett Street  
P.O. Box 773  
Southern Pines, NC  28388  
www.thearcofmoore.org

The Bayberry Retirement Inn  
2002 Woodland Avenue  
Sanford, NC 27330  
www.thebayberryinn.com

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

The Crossings at Wayside  
8398 Fayetteville Road  
Raeford, NC 28376

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

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

The Laurels of Chatham  
72 ChathamBusiness Park Drive  
Pittsboro, NC 27312  
www.laurelsofchatham.com

The Right Moves  
STATEWIDE  
P.O. Box 17104  
Chapel Hill, NC 27516  
www.therightmoves.net

Therapy Village at St. Joseph of the Pines  
103 Gossman Drive  
Southern Pines, NC  28387  
www.sjp.org
The Retreat Adult Day Center 910-722-1035
165 Shephard Trail
Aberdeen, NC 28315
www.sandhillsadultday.com

Totally Committed 910-690-2608
340 Commerce Avenue Suite #B 844-253-4800
Southern Pines, NC 28387

Transitioning Senior Consultants 919-923-6015

TR Enterprises, Inc. 910-944-3612
111 Rush Street
Aberdeen, NC 28315

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

TROSA Moving 919-489-3941
NATIONWIDE 919-419-1059
1820 James Street
Durham, NC 27707
www.trosamoving.com

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

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

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

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

VA Medical Center (Fayetteville) 910-488-2120
2300 Ramsey Street
Fayetteville, NC 28301
Veterans Caregiver Support Program 855-260-3274
2300 Ramsey Street 800-827-1000
Fayetteville, NC 28301

Veterans Crisis Line 800-273-8255
Press 1

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

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

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

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

Well Spouse Association 800-838-0879
63 West Main Street Suite H
Freehold, NJ 07728
www.wellspouse.org

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
www.westendumc.net

Westfield Rehabilitation & Health Center 919-775-5404
3100 Tramway Road
Sanford, NC 27332
www.libertyhealthcareandrehab.com/westfield
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>
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</thead>
<tbody>
<tr>
<td><strong>Adaptive Living Services</strong></td>
<td></td>
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<tr>
<td>Agencies that assess your home and how you manage our everyday living activities to ensure a safe and comfortable balance.</td>
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<tr>
<td>Sandhills Adaptive Living</td>
<td>33</td>
</tr>
<tr>
<td><strong>Adult Day Care Facility</strong></td>
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<tr>
<td>An adult day care facility is a non-residential facility that support the health, nutritional, social, and daily living needs of adults in professionally, staffed, group settings. They are used to relieve the caregiver or his or her duties for the day while ensuring that the care recipient will still receive the proper care in a safe, friendly environment.</td>
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<tr>
<td>RDL Therapeutic Solutions &amp; Senior Care of Fayetteville</td>
<td>32</td>
</tr>
<tr>
<td>The Retreat Adult Day Center</td>
<td>38</td>
</tr>
<tr>
<td><strong>Advance Health Care</strong></td>
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<tr>
<td>Advance health care directives are legal documents in which you give written instructions about your health care if, in the future, you cannot speak for yourself</td>
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<tr>
<td>Advance Health Care Directive Registry</td>
<td>7</td>
</tr>
<tr>
<td><strong>Advocacy</strong></td>
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<tr>
<td>A long term care ombudsman serves as an advocate for long-term care residents of nursing homes and adult care homes. Advocacy includes educating individuals about their rights, and rules and regulations governing the long term care system. An ombudsman can be requested to investigate concerns and serve as a mediator for conflict resolution should a resident encounter difficulty exercising rights.</td>
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<tr>
<td>Consumer Protection Services</td>
<td>14</td>
</tr>
<tr>
<td>Disability Rights North Carolina</td>
<td>15</td>
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<tr>
<td>Friends of Residents in Long Term Care</td>
<td>18</td>
</tr>
<tr>
<td>Long Term Care Ombudsman</td>
<td>23</td>
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</tbody>
</table>
Advocacy (cont.)
This committee deals with concerns relating to the care of residents in Long-Term Care facilities in Moore County. These county appointed volunteers visit the facilities, assess the general conditions and see that Residents Rights are being maintained. They work with local and state agencies to address problems. Calls are confidential.

Moore County Nursing/Adult Care Home, Community Advisory Committee

Behavioral Health

FirstHealth of the Carolinas, Inc. Behavioral Services
National Alliance on Mental Illness Moore County (NAMI)
Old Vineyard Behavioral Health Services
Sandhills Center for Mental Health
The ARC of Moore County
VA Community Based Outpatient Clinic (Sanford)

Caregiver Supports

Alzheimer’s Caregiver Support Groups
Caregiver Media Group
Doctors Making House Calls
Family Caregiver Alliance
FirstHealth Clara McLean House
FirstHealth Hospice & Palliative Care
FirstHealth Support Groups
InfoSAGE (Information Sharing Across Generations)
Moore County Department of Aging
Moore County Senior Enrichment Center
National Alliance for Caregiving
National Caregivers Library
Parkinson’s Caregiver Support Groups
SENIORS Helping SENIORS
Veterans Caregiver Support Program
Well Spouse Association

Cell Phones for Seniors

Assurance Wireless
Consumer Cellular
**Certified Public Accountant**
Tax and elder care accounting services. Assistance with check writing and checkbook balancing; maintaining day-to-day financial transactions like home repairs, routine maintenance, and emergency medical expenses; arranging proper level of care, transportation, and caregiver assessment; addressing questions about lifestyle, Social Security, pensions, Medicare, and long-term insurance; preparing, planning and filing income, trust, gift and estate tax; etc.
- Sandhills CPA Accounting

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

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

**Crisis Intervention**
This non-profit organization offers help to all persons affected by domestic violence and sexual abuse, in the hope of easing the immediate pain of such abuse and facilitating emotional healing.
- Friend to Friend

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

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

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

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

### Employment Services
- Employment Security Commission
- Senior Community Service Employment Program
- Vocational Rehabilitation

### End of Life
- Aging with Dignity (5 Wishes)
- Amedisys Hospice Care
- Community Home Care & Hospice
- FirstHealth Hospice and Palliative Care
- Liberty Homecare and Hospice

### Eye Care Assistance
- Aberdeen Lions Club
- Carthage Lions Club
**Fitness**

Aberdeen Parks & Recreation Department 7
Moore County Department of Aging 4,25
Moore County Senior Enrichment Center 27
Rock Steady Boxing Pinehurst 32
Senior Games in the Pines 35

**Food / Nutrition**

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

- MANNA! 24
- Meals on Wheels of the Sandhills, Inc. 24
- Moore County Department of Aging 4,25
- Moore County Senior Enrichment Center 27
- Sandhills Farm to Table Cooperative 34

**Food Bank**

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

- Sandhills Food Bank 34

**Food Pantry**

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

- Bethesda Presbyterian Church 11
- Carthage United Methodist Church 13
- High Falls United Methodist Church 20
- Interfaith Food Pantry 22
- Liberty Church 23
- Pinebluff Lions Club 31
- Saint Anthony’s of Padua Church 33
- Southern Pines United Methodist Church 36
- West End United Methodist Church Food Pantry 39
Foreclosure/Land Loss Prevention/Mortgage Default Counseling

- Land Loss Prevention Project 22
- NACA (Neighborhood Assistance Corporation of America) 27
- North Carolina Foreclosure Prevention 29

Funeral Homes

- Boles Funeral Home-Pinehurst 11
- Boles Funeral Home-Seventy Lakes 11
- Boles Funeral Home-Southern Pines 12
- Bostic-Kendrick Funeral Home 12
- Crumpler Funeral Home 14
- Fry & Prickett Funeral Home 18
- Jones & Little Funeral Home 22
- Powell Funeral Home & Crematory 31
- Pugh & Smith Funeral Home 31
- Purcell Funeral Home 32
- Simon Funeral Home 35

Geriatric Care Management

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

- Aegis Care Advisors 8
- Aging Outreach Services 8

Grandparents Raising Grandchildren

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

- American Bar Association Center on Children & Law 9
- Children’s Defense Fund 13
- Generations United 19
- Grandfamilies State Law & Policy Resource Center 19
- Moore County Department of Aging 4,25
- Moore County Department of Social Services 25
- Moore County Senior Enrichment Center 27
- National Kinship Alliance for Children 28

Grocery Delivery

- Captain Delivery, LLC 12

Guardianship

- Moore County Clerk of Court 25
**Health Insurance**

Medicare
Seniors Health Insurance Information Program (SHIIP)

**Health Services**

Dogwood HIV Care Consortium
FirstHealth of the Carolinas, Inc.
Moore County Health Department
Moore Free & Charitable Clinic
VA Community Based Outpatient Clinic (Sanford)
VA Medical Center (Fayetteville)

**Home Care**

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

- Aegis Home Care
- Comfort Keepers
- Gentle Touch Home Care, LLC
- HOMEChoice Network
- Home Instead Senior Care
- Interim Healthcare
- Moore County Department of Aging
- Moore County Senior Enrichment Center
- Penick Village
- Right at Home In Home Care & Assistance
- Saint Joseph's of the Pines Home Care
- Sandhills Home Care Services

**Home Delivered Medications**

Cooper's Pharmacy
Health Innovations Pharmacy
McClain Pharmacy
**Home Health Care**
Home health care is prescribed by a physician and given in the home to a person in need of medical care. Services may include skilled nursing services, therapy services (physical therapy, occupational therapy and speech therapy), medical social services, health promotion services, and home health aide services. Organizations listed were licensed by the North Carolina Division of Facility Services at the time of this publication.

- Bayada Home Health Care 11
- Doctors Making House Calls 15
- First Choice Home Care, Inc. 16
- FirstHealth Home Care Services 16
- HealthKeeperz 20
- Kindred at Home 21
- ResCare HomeCare 32

**Home Repair Programs**
- Habitat for Humanity Repair Ministry 19
- Mark Stewart Construction 24
- Moore County Planning & Community Development 26
- North Carolina Baptist Aging Ministry 29
- Sandhills Community Action Program, Inc. 33

**Hospice & Home Health Care**
These organizations are licensed home health care organizations, as described above, that additionally offer hospice services.

- Amedisys Hospice Care 9
- Community Home Care & Hospice 13
- FirstHealth Hospice and Palliative Care 16
- Liberty Homecare and Hospice 23
- Maxim HealthCare Services 24

**Hospitals**
- Department of Veteran Affairs 14
- FirstHealth of the Carolinas, Inc. Moore Regional Hospital 17
- Old Vineyard Behavioral Health Services (Inpatient Hospital) 30
- VA Medical Center (Fayetteville) 38

**House Cleaning Services**
A house cleaning service will meet quality standards and provide professional house cleaning services.

- Magic House Cleaning Service, Inc. 24
**Housing: Assisted Living Community**
An assisted living residence is any group housing and services program for two or more unrelated adults, by whatever name it is called, that makes available, at a minimum, one meal a day and housekeeping services and provides personal care services directly or through a formal written agreement with one or more licensed home care or hospice agencies. Settings in which services are delivered may include self-contained apartment units or single or shared room units with private or area baths.

- Brookdale Senior Living 12
- Elmcroft of Southern Pines 16
- Fox Hollow Assisted Living 18
- Magnolia Gardens 24
- Sandhills Memory Care 34
- Spring Arbor of Apex Assisted Living & Memory Care 36
- Tara Plantation of Carthage, LLC 36
- The Coventry at Saint Joseph of the Pines 37
- The Crossings at Wayside 37

**Housing: Continuing Care Retirement Community**
A residential community that offers a continuum of care—from independent living and assisted-living, to nursing home care. Individuals are offered an independent living lifestyle with the security of knowing supportive and health care services are available if needed.

- Belle Meade at Saint Joseph’s of the Pines 11
- Penick Village 31
- Pine Knoll at Saint Joseph’s of the Pines 31
- Preston Pointe 31
- Quail Haven Village 32
- The Bayberry Retirement Inn 37

**Housing: Family Care Home**
A family care home is an adult care home having two to six residents. The structure of a family care home may be no more than two stories high and none of the aged or physically disabled persons being served there may be housed in the upper story without provision for two direct exterior ground-level accesses to the upper story.
**Housing: Skilled Memory Care**
A skilled memory care facility is a nursing home that provides 24 hour-a-day long-term, individualized skilled nursing that specifically accommodates patients with Dementias related to hallucinations, delusions, and fluctuating attention. Many of these facilities are federally certified, which means they may participate in Medicaid or Medicare programs.

- Kingswood Nursing Home
- Peak Resources – Pinelake

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

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

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

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

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

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

**Information & Referral**

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

**Intellectual & Developmental Programs**

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

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- Moore Free & Charitable Clinic
- NC MedAssist

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

Museums
- Bechtler Museum of Modern Art (Dementia Exhibition)

Neurological Disorders Clinics
- Duke Neurological Disorders Clinic at Morreene Road

PACE Programs
Program designed for people 55 years or older certified by the state where they reside to be nursing-home-eligible, but who can remain at home with a complement of health and supportive services. Sometimes referred to as a "nursing home without walls".
- LIFE at St. Joseph’s of the Pines
- Stay Well

Recreation / Leisure
- Aberdeen Parks and Recreation Department
- Moore County Department of Aging
- Moore County Parks and Recreation
- Moore County Senior Enrichment Center
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GLOSSARY

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

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

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

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

Assisted Living
"Assisted living residence" means any group housing and services program for two or more unrelated adults, by whatever name it is called, that makes available, at a minimum, one meal a day and housekeeping services and provides personal care services directly or through a formal written agreement with one or more licensed home care or hospice agencies. Settings in which services are delivered may include self-contained apartment units or single or shared room units with private or area baths.
Cognitive Impairment
A term that refers to damage or loss of intellectual or mental functioning. The act or process of "knowing", including awareness or judgment, is impaired. Alzheimer’s disease is the most common cause of cognitive impairment among older adults.

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

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

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

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

Family Caregiver Support Program (FCSP)
The Older Americans Act Amendments of 2000 established the National Family Caregiver Support Program to assist the aging network to develop a multi-faceted system of supports for caregivers. The Division of Aging and Adult Services and Area Agencies on Aging are administering the program in North Carolina.
Family Care Home
"Family care home" means an adult care home having two to six residents. The structure of a family care home may be no more than two stories high and none of the aged or physically disabled persons being served there may be housed in the upper story without provision for two direct exterior ground-level accesses to the upper story. It is licensed by the Division of Facility Services.

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

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

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

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

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

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

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

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

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

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

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

• PERSONAL CARE
  Level II: In-Home Aide Services at this level are intended to provide support to persons/families who predominantly require assistance with basic personal care (bathing, shaving, toileting, and personal hygiene), and associated home management tasks.
• HOME MANAGEMENT
  Level III: In-Home Aide Services at this level are intended to provide intensive education and support to persons/families in carrying out home management tasks and improving family functioning skills.

• PERSONAL CARE
  Level III: In-Home Aide Services at this level are intended to provide substantial activities of daily living (ADL) support to individuals/families who require assistance with health and personal care tasks. Provision of these tasks involves extensive "hands-on" care and potential assistance with a wide range of health related conditions.

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

Instrumental Activities of Daily Living (IADL)
  Basic tasks that are essential to living independently, such as cooking meals, housekeeping, laundry, paying bills, shopping, and using the telephone.

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

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

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

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

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

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

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

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

Older Americans Act (OAA)
Federal legislation established in 1965 providing broad policy objectives designed to meet the needs of older persons. The key philosophy of the program has been to help maintain and support older persons in their homes and communities and to avoid unnecessary or premature institutionalization.
Ombudsman
A representative of a public agency or a nonprofit organization who investigates and resolves complaints made by or on the behalf of older individuals who are residents of long-term care facilities. In North Carolina the State Long-Term Care Ombudsman is located in the Division of Aging and Adult Services of the Department of Health and Human Services. There are Regional Ombudsmen across the state who are located within the Area Agency on Aging, a part of the regional council of government.

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

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

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

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

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

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

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

Source of glossary terms from:
www.dhhs.state.nc.us/ltc/glossary.htm

Source of elder abuse glossary term from:
www.aoa.gov/eldfam/Elder_Rights/Elder_Abuse/Elder_Abuse.asp
Alzheimer’s Disease and Related Dementias

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

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

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

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

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

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

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

Date: ____________________________

Full Name: _____________________________________________________________
Address: __________________________________________________________________
Home Phone: __________________________ Other Phone: __________________________
Social Security Number: _____________________________________________________
Driver’s License Number: ____________________________________________________
Emergency Contact Person: __________________________________________________
Home Phone: __________________________ Other Phone: __________________________

Child or Relative:
Name: __________________________ Relationship: ________________________________
Address: __________________________________________________________________
Home Phone: __________________________ Work Phone: __________________________
Cell: _______________________________ E-mail Address: ____________________________

Child or Relative:
Name: __________________________ Relationship: ________________________________
Address: __________________________________________________________________
Home Phone: __________________________ Work Phone: __________________________
Cell: _______________________________ E-mail Address: ____________________________
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<td><strong>Address:</strong> ____________________________________________________________________</td>
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<td><strong>Home Phone:</strong> ______________________ <strong>Work Phone:</strong> ____________________________</td>
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<td><strong>Address:</strong> ___________________________ ____________________________________________________________________</td>
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<td><strong>Cell:</strong> ____________________________ <strong>E-mail Address:</strong> __________________________</td>
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Appendix B: Medical Information

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

Full Name: _______________________________ Date: ______________

Health Insurance Providers:

Medicare Number: _______________________
Supplemental Insurance Provider: _______________ Phone: _______________
Address: __________________________________________________________
ID Number: _______________ Group Number: __________________________

Primary Care Physician:

Name: ___________________________ Phone: __________________________
Address: ___________________________________________________________________

Specialist:

Name: ___________________________ Phone: __________________________
Address: ___________________________________________________________________

Specialist:

Name: ___________________________ Phone: __________________________
Address: ___________________________________________________________________

Dentist:

Name: ___________________________ Phone: __________________________
Address: ___________________________________________________________________

Audiologist & Hearing Aide:

Name: ___________________________ Phone: __________________________
Address: ___________________________________________________________________
Optometrist/ Optician:
Name: _____________________________ Phone: ________________________________
Address: ___________________________________________________________________

Pharmacy:
Name: _____________________________ Phone: ________________________________
Address: ___________________________________________________________________

Other:
Name: _____________________________ Phone: ________________________________
Address: _________________________________________

Medical Conditions:
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Current Medications and Dosages:
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? _____________________________________________________________