



# High Country Area Agency on Aging Resource Directory

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey Counties





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## About Area Agency on Aging

The High Country Area Agency on Aging is dedicated to improving the lives of older adults, family caregivers and people with disabilities by providing support, education, advocacy and choices throughout their continuum of care.

Our region of focus includes the seven northwestern counties of North Carolina, commonly referred to as the High Country. These counties include Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey. The High Country Area Agency on Aging is part of a larger aging network created by the Older Americans Act.

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## Area Agency on Aging Services

<b>Family Caregiver Support Program</b>	<ul style="list-style-type: none"> <li>♦ In Home Assessments</li> <li>♦ Case Management</li> <li>♦ Education</li> <li>♦ Respite Services</li> <li>♦ Information and Assistance</li> <li>♦ Support Groups</li> </ul>	<p><b>Contact:</b>  <b>Amber Chapman</b>  Email: <a href="mailto:achapman@hccog.org">achapman@hccog.org</a>  Phone: 828.265.5434 ext. 113</p>
<b>Health Promotion Programs</b>	<ul style="list-style-type: none"> <li>♦ Fall Prevention Programs</li> <li>♦ Balance Programs</li> <li>♦ Healthy Aging Programs</li> </ul>	<p><b>Contact:</b>  <b>Amber Chapman</b>  Email: <a href="mailto:achapman@hccog.org">achapman@hccog.org</a>  Phone: 828.265.5434 ext. 113</p>
<b>Lifespan Respite</b>	<ul style="list-style-type: none"> <li>♦ Respite Vouchers</li> </ul>	<p><b>Contact:</b>  <b>Pat Guarnieri</b>  Email: <a href="mailto:pguarnieri@hccog.org">pguarnieri@hccog.org</a>  Phone: 828.265.5434 ext. 139</p>
<b>Long Term Care Ombudsman</b>	<ul style="list-style-type: none"> <li>♦ Advocates for residents' rights in Long-Term Care Facilities</li> </ul>	<p><b>Contact:</b>  <b>Stevie John</b>  Email: <a href="mailto:sjohn@hccog.org">sjohn@hccog.org</a>  Phone: 828.265.5434 ext. 126</p>
<b>Compliance Officer</b>	<ul style="list-style-type: none"> <li>♦ Monitors providers for our region.</li> </ul>	<p><b>Contact:</b>  <b>Tim Price</b>  Email: <a href="mailto:tprice@hccog.org">tprice@hccog.org</a>  Phone: 828.265.5434 ext. 140</p>
<b>AAA Director</b>	<ul style="list-style-type: none"> <li>♦ For further Questions</li> </ul>	<p><b>Contact:</b>  <b>Nicole Hiegl</b>  Email: <a href="mailto:nhiegl@hccog.org">nhiegl@hccog.org</a>  Phone: 828.265.5434 ext. 122</p>



# Federal Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Administration for Community Living	Site contains a wide array of information on programs for older adults and persons with disabilities	Phone: 202.619.0724  Website: <a href="https://www.acl.gov/">https://www.acl.gov/</a>
Alzheimers.gov	This website provides current, comprehensive, unbiased source of information about Alzheimer's Disease.	Phone: 1.800.438.4380  Website: <a href="https://www.nia.nih.gov/health/alzheimers">https://www.nia.nih.gov/health/alzheimers</a>
Cancer Information Service	Provides the latest and most accurate cancer information to patients, their families, the public, and health professionals.	Phone: 1.800.422.6294 (1.800.4.CANCER)  Website: <a href="https://www.cancer.gov/contact/contact-center">https://www.cancer.gov/contact/contact-center</a>
CFPB - Managing someone else's money	To help financial caregivers, the Consumer Financial Protection Bureau released easy-to-understand guides.	Website: <a href="https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/">https://www.consumerfinance.gov/consumer-tools/managing-someone-elses-money/</a>
Elder Justice	Find helpful resources to prevent and respond to elder abuse.	Website: <a href="https://www.elderjustice.gov">https://www.elderjustice.gov</a>
FDA for Older People	FDA has numerous articles, brochures and other publications with information for older people on a wide range of health issues, including arthritis, cancer, health fraud, and nutrition.	Phone: 1.888.INFO-FDA (1.888.463.6332)  Website: <a href="https://www.fda.gov/ForConsumers/ByAudience/ucm062130.htm">https://www.fda.gov/ForConsumers/ByAudience/ucm062130.htm</a>
GovBenefits.gov	This site is the official government benefits website. It is a free, confidential tool that helps individuals find government benefits they may be eligible to receive.	Website: <a href="https://www.benefits.gov/">https://www.benefits.gov/</a>

# Federal Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Guide to Long Term Care for Veterans	The Guide provides information about long term care options - home and community based, and residential care.	<b>Website:</b> <a href="https://www.va.gov/GERI-ATRICS/Guide/LongTerm-Care/index.asp">https://www.va.gov/GERI-ATRICS/Guide/LongTerm-Care/index.asp</a>
Healthfinder	Healthfinder provides links to selected online publications, clearing-houses, databases, websites and support and self-help groups, as well as government agencies and nonprofit organizations for seniors and others.	<b>Website:</b> <a href="https://healthfinder.gov/">https://healthfinder.gov/</a>
HUD	This site provides information related to housing options for seniors including information on HUD housing programs.	<b>Website:</b> <a href="https://portal.hud.gov/hud-portal/HUD?src=/topics/information_for_senior_citizens">https://portal.hud.gov/hud-portal/HUD?src=/topics/information_for_senior_citizens</a>
Medicare.gov	The Official U.S. Government Site for People with Medicare. Provides information regarding Medicare and helpful links.	<b>Website:</b> <a href="https://www.medicare.gov/">https://www.medicare.gov/</a>
National Center on Caregiving	Provides support and helpful information for family caregivers.	<b>Website:</b> <a href="https://www.caregiver.org/national-center-caregiving">https://www.caregiver.org/national-center-caregiving</a>
Nursing Home Compare	The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.	<b>Website:</b> <a href="https://www.medicare.gov/nursinghomecompare/search.html?">https://www.medicare.gov/nursinghomecompare/search.html?</a>
Nutrition.gov	A federal resource that provides easy access to all online federal government information on nutrition.	<b>Website:</b> <a href="https://www.nutrition.gov">https://www.nutrition.gov</a>



# Federal Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Rosalyn Carter Institute for Caregiving	Information for Caregivers and Educational Resources.	Phone: 229.928.1234  Website: <a href="http://www.rosalynncarter.org/">http://www.rosalynncarter.org/</a>
Social Security Administration	The Social Security Administration toll-free number operates from 7AM to 7PM, Monday to Friday. Recorded information and services are available 24 hours a day. The website contains a wealth of information and resources including on-line databases and publications	Phone: 1.800.772.1213  Website: <a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
Supplemental Nutrition Assistance Program (SNAP)	This site provides information on the Supplemental Nutrition Assistance Program, including eligibility and application information.	Phone: 703.305.2286  Website: <a href="https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap">https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap</a>
Dept of Veterans Affairs	Information on VA benefits and services.	Website: <a href="https://www.va.gov/">https://www.va.gov/</a>



# Statewide Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Alzheimer's North Carolina	Provides Families with support through in-office, phone counseling, support groups, resource referrals, education and empowerments, and emergency respite assistance.	Phone: 919.832.3732  Website: <a href="https://dementianc.org/">https://dementianc.org/</a>
BCBSNC Institute for Health and Human Services	A database that allows you to search for resources, programs, and services that are available just in our region. Also provides a contact person and contact number for whichever service you need.	Phone: 828.262.7677  Website: <a href="https://ihhs.appstate.edu/directory">https://ihhs.appstate.edu/directory</a>
Community Resource Finder	A database that allows you to search for programs, events, and resources statewide.	Website: <a href="https://www.communityresourcefinder.org/">https://www.communityresourcefinder.org/</a>
Disability Rights of North Carolina	Advocates for the rights of people living with disabilities throughout North Carolina. They handle cases involving discrimination, abuse, and other rights violations.	Phone: 919.856.2195  Website: <a href="https://disabilityrightsn.org/">https://disabilityrightsn.org/</a>
First in Families of North Carolina	Helps individuals living with disabilities and their families with different forms of support such as computers, home furnishings or modifications, childcare or respite, or repairs to vehicles.	Phone: 919.251.8368  Website: <a href="http://fifnc.org/">http://fifnc.org/</a>
Healthy Aging NC	A Fall Prevention Resource Hub to find classes in our region and across the state.	Website: <a href="http://www.healthyagingnc.com">www.healthyagingnc.com</a>



# Statewide Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Legal-Aid of North Carolina	Non-profit law firm that provides free legal services in civil matters to low income people to ensure equal access to justice.	Phone: 1.866.219.5262  Website: <a href="http://www.legalaidnc.org/">http://www.legalaidnc.org/</a>
Lifespan Respite	Program that offers respite vouchers to caregivers of those 18-60 years old. An application needs to be sent in by a referring agency.	Website:  <a href="https://www.highcountry-aging.org/services/lifespan-respite-project">https://www.highcountry-aging.org/services/lifespan-respite-project</a>
NC 211	A database that allows you to search for resources in your area- these resources include crisis intervention hotlines/helplines, crisis shelter, electric service payment assistance, food pantries, etc.	Phone: 919.834.5200  Website: <a href="https://www.nc211.org/">https://www.nc211.org/</a>
North Carolina Assistive Technology Program	Assists individuals who are 65+ to help them maintain independence and enjoy quality of life.	Phone: 919.855.3500  Website: <a href="https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program">https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program</a>
North Carolina Baptist Aging Ministry	Helps individuals living with disabilities and their families with different forms of support such as computers, home furnishings or modifications, childcare or respite, or repairs to vehicles.	Phone: 877.506.2226  Website: <a href="https://www.ncbam.org/">https://www.ncbam.org/</a>

# Statewide Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
North Carolina Division of Aging and Adult Services (DAAS)	Provides information on services that are available to you through the Division of Aging and Adult Services and how to contact providers in your region to get the help you need. Also has descriptions of certain programs that may apply to you.	<p>Phone: 1.800.662.7030</p> <p>Website:  <a href="https://www.ncdhhs.gov/assistance/aging-and-adult-services">https://www.ncdhhs.gov/assistance/aging-and-adult-services</a> </p>
NC DAAS-Disability Services	Offers public webinars on dementia and Alzheimer's that provides useful information for those caring for persons with Dementia or Alzheimer's or the persons living with the disease.	<p>Phone: 919.855.4800</p> <p>Website:  <a href="https://www.ncdhhs.gov/assistance/disability-services">https://www.ncdhhs.gov/assistance/disability-services</a> </p>
NC DAAS- Elderly Housing Locator	List of independent housing options for North Carolina Seniors.	<p>Phone: 919.855.3419</p> <p>Website:  <a href="https://www.ncdhhs.gov/assistance/adult-services/elder-housing-locator">https://www.ncdhhs.gov/assistance/adult-services/elder-housing-locator</a> </p>
NC Division of Veterans Affairs	Assists veterans with claims, employment, benefits, housing assistance and more.	<p>Phone: 844.624.8387</p> <p>Website:  <a href="https://www.milvets.nc.gov/">https://www.milvets.nc.gov/</a> </p>
NC Housing Search	A database that allows you to search for rental housing and resources pertaining to housing in North Carolina	<p>Phone: 1.877.428.8844</p> <p>Website:  <a href="http://www.nchousing-search.org/index.html">http://www.nchousing-search.org/index.html</a> </p>

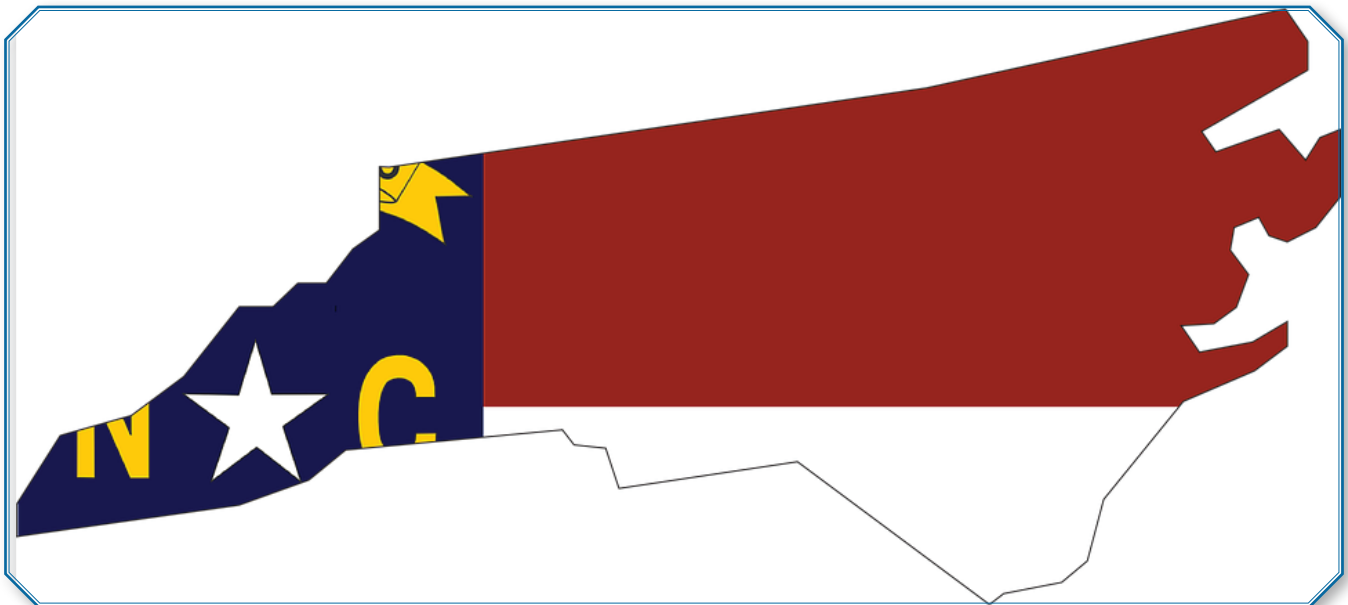


# Statewide Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
NC Low Income Energy Assistance Program	Provides a one-time vendor payment to help eligible households pay their heating bills. Only applies to households containing an elderly person age 60 and above or a disabled person receiving services only through the Division of Aging and Adult Services are eligible to potentially receive benefits from 12/1-12/31.	<p>Phone: 919.334.1018</p> <p>Website:  <a href="https://www2.ncdhhs.gov/dss/energy/">https://www2.ncdhhs.gov/dss/energy/</a> </p>
NC Services for the Blind	Assists individuals who are blind, deaf-blind and visually impaired to find or keep a job or return to work and reach goals of independence.	<p>Phone: 919.527.6700</p> <p>Website:  <a href="https://www.ncdhhs.gov/divisions/dsb">https://www.ncdhhs.gov/divisions/dsb</a> </p>
NC Services for the Deaf and Hard of Hearing	Works to ensure that all Deaf, Hard of Hearing, or Deaf-Blind North Carolinians can communicate their needs and to receive information easily and effectively in all aspects of their lives, especially their health and well-being.	<p>Phone: 919-527-6930 (Voice/TTY)</p> <p>919.890.0859 (Videophone)</p> <p>Website:  <a href="https://www.ncdhhs.gov/divisions/dsdhh">https://www.ncdhhs.gov/divisions/dsdhh</a> </p>
NCSU Cooperative Extension- More food in my basket	Helps reduce hunger by connect North Carolina residents to the Supplemental Nutrition Assistance Program (SNAP)- formerly called Food Stamps.	<p>Phone: 855.240.1451</p> <p>Website:  <a href="https://www.morefood.org/our-programs/more-in-my-basket/">https://www.morefood.org/our-programs/more-in-my-basket/</a> </p>
NC Works	Helps individuals find jobs in North Carolina, creating a resume, education and training and unemployment information.	<p>Website:  <a href="https://www.ncworks.gov/vosnet/Default.aspx">https://www.ncworks.gov/vosnet/Default.aspx</a> </p>

# Statewide Resources for Seniors

ORGANIZATION	DESCRIPTION	WEBSITE/PHONE NUMBER
Project Care	Helps caregivers of individuals with Alzheimer's/ Dementia with resources, respite care, and home safety plus more.	<p>Contact Person: Karen Phoenix</p> <p>Phone: 828.485.4267</p> <p>Website: <a href="http://www.wpcog.org">www.wpcog.org</a></p>
Senior Law Project	Free legal help with housing, consumer rights, benefits, elder abuse and other civil matters. The Senior Legal Helpline provides advice, brief service, as well as referrals to a staff attorney with the senior law project.	<p>Senior Legal Helpline Phone: 1-877-579-7562</p> <p>Hours: 9 a.m.-11 a.m. 1 p.m.-3 p.m. (M-F)</p> <p>Website: <a href="http://www.legalaidnc.org/about-us/projects/senior-law-project">http://www.legalaidnc.org/about-us/projects/senior-law-project</a></p>
Teepa Snow	Offers public webinars on dementia and Alzheimer's that provides useful information for those caring for persons with Dementia or Alzheimer's or the persons living with the disease.	<p>Phone: 877.877.1671</p> <p>Website: <a href="https://teepasnow.com/">https://teepasnow.com/</a></p>





# Allegheny County Resources for Seniors

## ASSISTANCE

Allegheny in Motion	Transportation Assistance for medical and dental purposes. Medicaid covers the trip but they also offer rural general public raters.	<p><b>Contact Person:</b> Tiffany Boyer</p> <p><b>Phone:</b> 336.372.8747</p> <p><b>Website:</b> <a href="https://alleghanycounty-nc.gov/public_transportation.php">https://alleghanycounty-nc.gov/public_transportation.php</a></p>
Allegheny CARES	Medication assistance program, educational scholarships, community needs, adult dental program, and more.	<p><b>Contact Person:</b> Vickie Scott</p> <p><b>Phone:</b> 336.372.5959</p> <p><b>Website:</b> <a href="http://alleghanycares.com/Home.php">http://alleghanycares.com/Home.php</a></p>
Allegheny Health Department	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	<p><b>Phone:</b> 336.372.5641</p> <p><b>Website:</b> <a href="https://www.apphealthcare.com/">https://www.apphealthcare.com/</a></p>
ASU/Blue Cross Institute for Health and Human Services	Provides audiologic and speech-language assessments and treatments.	<p><b>Phone:</b> 828.262.7677</p> <p><b>Website:</b> <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/asu-institute-health-and-human-services-community-outreach-division">https://ihhs.appstate.edu/about-ihhs/community-resources/asu-institute-health-and-human-services-community-outreach-division</a></p>
Blue Ridge Opportunity Commission	<p>Emergency Financial Assistance, electric fuel assistance, home improvement</p> <p><b>Eligibility:</b> Must be below federal poverty line.</p>	<p><b>Contact Person:</b> Stacy Hawks</p> <p><b>Phone:</b> 336.372.7284</p> <p><b>Website:</b> <a href="http://brocinc.com/html/emergency_assistance.html">http://brocinc.com/html/emergency_assistance.html</a></p>

# Allegheny County Resources for Seniors

## ASSISTANCE

Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<p><b>Contact Person:</b> Shane Atwood</p> <p><b>Phone:</b> 336.372.1445</p> <p><b>Email:</b> <a href="mailto:Shane.atwood@alleghany.nc.gov">Shane.atwood@alleghany.nc.gov</a></p>
Daymark Recover Services	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p><b>Note:</b> Accepts Medicaid, Medicare, Insurance based on copay's</p>	<p><b>Contact Person:</b> Sharon Wilcox</p> <p><b>Phone:</b> 336.667.5151</p> <p><b>Website:</b> <a href="http://www.daymarkrecovery.org/">http://www.daymarkrecovery.org/</a></p>
High Country United Way	<p>Community-based organization that develops human and financial resources to improve the quality of life of those in our region.</p> <p><b>Eligibility:</b> People of all ages.</p>	<p><b>Contact Person:</b> Linda Slade</p> <p><b>Phone:</b> 828.265.2111</p> <p><b>Email:</b> <a href="mailto:info@highcountryunitedway.org">info@highcountryunitedway.org</a></p> <p><b>Website:</b> <a href="https://www.highcountryunitedway.org/">https://www.highcountryunitedway.org/</a></p>



# Allegheny County Resources for Seniors

## ASSISTANCE

Hunger and Health Coalition	Offers a variety of food assistance programs to those in need. Also distributes firewood, clothing, books, snacks and food.	<p>Contact Person: Elizabeth Young</p> <p>Phone: 828.262.1628</p> <p>Email: <a href="mailto:director@hungerand-healthcoalition.com">director@hungerand-healthcoalition.com</a></p> <p>Website: <a href="https://www.hungerand-healthcoalition.com/contact-us">https://www.hungerand-healthcoalition.com/contact-us</a></p>
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance	<p>Phone: 828.264.6683</p> <p>Website: <a href="http://www.nwrha.com/about">http://www.nwrha.com/about</a></p>
On Track Financial Education and Counseling	<p>Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection.</p> <p>Note: Individual counseling appointments are free (excluding bankruptcy)</p>	<p>Contact Person: Celeste Collins</p> <p>Phone: 828.255.5166</p> <p>Website: <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a></p>
Pisgah Legal Services	Provides free civil legal aid to very low-income people.	<p>Contact: James A. Barrett</p> <p>Phone: 828.253.0406</p> <p>Website: <a href="https://www.pisgahlegal.org/free-legal-services/">https://www.pisgahlegal.org/free-legal-services/</a></p>



# Alleghany County Resources for Seniors

## SOCIAL SERVICES

Department of Social Services	Assistance in locating needed health services; placement services, and guardianship.	Phone: 336.372.1445  Website: <a href="https://alleghanycounty-nc.gov/social_services.php">https://alleghanycounty-nc.gov/social_services.php</a>
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## SENIOR CENTER

Alleghany Council on Aging	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 336.372.4640  Website: <a href="https://www.facebook.com/spartaseniorcenter/">https://www.facebook.com/spartaseniorcenter/</a>
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## HOME HEALTH AGENCIES

Medi Home Health and Hospice	Skilled Nurses, Speech, Occupational and Physical Therapy, Home Health Aides. Medicare/Medicaid certified.	Phone: 336.372.8018
Generations Home Health Agency	Personal care, medication management, in-home aide.	Phone: 336.372.1755
Living Waters Home Care	In-home aide, medication management, companionship.	Phone: 336.372.5150
Yadkin Valley Home Health	In-home aide, wound care, memory and mental health care, ortho care, PT, OT.	Phone: 336.526.6460

# Ashe County Resources for Seniors

## ASSISTANCE

Ashe Blue Ridge Opportunity Commission	<p>Clothing and household vouchers, one electricity and fuel assistance per 12 months, weatherization, and Heating appliance repair and replacement.</p> <p>Eligibility: Must be below federal poverty guidelines.</p>	<p>Contact Person: Stacy Howell</p> <p>Phone: 828.336.384.4543</p> <p>Email: <a href="mailto:brocashe@gmail.com">brocashe@gmail.com</a></p> <p>Website: <a href="http://www.brocinc.com/html/emergency_assistance.html">http://www.brocinc.com/html/emergency_assistance.html</a></p>
Ashe County Free Medical Clinic	Health and wellness for those who are medically uninsured.	<p>Phone: 336.846.4649</p> <p>Website: <a href="https://www.nafcclinics.org/content/ashe-county-free-medical-clinic">https://www.nafcclinics.org/content/ashe-county-free-medical-clinic</a></p>
Ashe County Health Department	Dental Health, WIC, Nutritional Counseling, Health Check. Primary care for diagnosis and treatment of diabetic patients. Community health promotion programs.	<p>Phone: 336.246.9449</p> <p>Website: <a href="https://www.apphealthcare.com/clinical-services/">https://www.apphealthcare.com/clinical-services/</a></p>
Ashe County Sharing Center	Offers cooking and canning workshops, food pantries, outreach for older adults as well as children.	<p>Phone: 336.846.7019</p> <p>Website: <a href="http://www.ashesharing-center.net/home.html">http://www.ashesharing-center.net/home.html</a></p>
Ashe Outreach	Food Pantry, community meals, mobile meals, Out Grow Hunger and more.	<p>Phone: 336.385.3663</p> <p>Website: <a href="http://www.buzz-file.com/business/Ashe-Outreach-Ministries,-Inc.-336-385-3663">http://www.buzz-file.com/business/Ashe-Outreach-Ministries,-Inc.-336-385-3663</a></p>

# Ashe County Resources for Seniors

## ASSISTANCE

Blue Mountain Center	Psychotherapy, grief and loss counseling, stress reduction, emotional management, and more.	Phone: 828.265.1455  Website: <a href="http://bluemountaincenternc.com/">http://bluemountaincenternc.com/</a>
Blue Ridge Opportunity Commission (BROC)	Home delivered meals, congregate meals, home weatherization, and emergency assistance.	Phone: 336.667.7174  Website: <a href="http://brocinc.com/index.html">http://brocinc.com/index.html</a>
Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet	Food and clothing to those in need; by appointment only.	Phone: 336.838.5847  Website: <a href="https://www.findpeace.today/outreach.html">https://www.findpeace.today/outreach.html</a>
Christian Outreach Center / First Baptist Church of Boone	Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents  Note: Some income guidelines required.	Phone: 828.264.2441  Website: <a href="http://www.boonefirstbaptist.org/missions.php">http://www.boonefirstbaptist.org/missions.php</a>
Community Care Clinic	Provides health care to low-income persons in our community who do not have health insurance. General medicine, lab testing, nursing, mental health counseling, chiropractic, neurology, PT, and orthopedics.	Phone: 828.2656.8491  Website: <a href="http://www.ccclinic.org/">http://www.ccclinic.org/</a>
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone: 336.246.2461  Website: <a href="https://asheaging.com/docs/brochures/2012Updated/CAP-DA%20BROCHURE%20080811.pdf">https://asheaging.com/docs/brochures/2012Updated/CAP-DA%20BROCHURE%20080811.pdf</a>

# Ashe County Resources for Seniors

## ASSISTANCE

Daymark Recovery Services	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's.</p>	<p>Phone: 336.246.4542</p> <p>Website: <a href="https://www.daymarkrecovery.org/locations/ashe-center">https://www.daymarkrecovery.org/locations/ashe-center</a></p>
Health Check-Ashe County	<p>Transportation Services, WIC, making doctor's appointments, finding a doctor, finding a dentist.</p>	<p>Contact Person: Heather Cox</p> <p>Phone: 336.246.9449</p> <p>Website: <a href="http://www.apphealthcare.com/Ashe/Index.php">http://www.apphealthcare.com/Ashe/Index.php</a></p>
Hunger and Health Coalition	<p>Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more</p> <p>Note: Must provide proof of income/paycheck.</p>	<p>Phone: 828.262.1628</p> <p>Website: <a href="https://www.hungerand-healthcoalition.com/">https://www.hungerand-healthcoalition.com/</a></p>
Northwestern Regional Housing Authority	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance</p>	<p>Phone: 336.667.8979</p> <p>Website: <a href="http://www.nwrha.com/regional-offices/wilkes-county-field-office">http://www.nwrha.com/regional-offices/wilkes-county-field-office</a></p>
Ashe County Habitat for Humanity	<p>Builds safe, affordable, decent housing for those in need.</p> <p>Eligibility: Must be below the federal poverty line.</p>	<p>Phone: 336.846.2525</p> <p>Website: <a href="http://ashehabitat.org/">http://ashehabitat.org/</a></p>



# Ashe County Resources for Seniors

## SOCIAL SERVICES

Department of Social Services	In-home aide, placement services, services for the blind, medical transportation, food and nutrition services, and general assistance	Phone: 336.846.5719  Website: <a href="http://www.ashecounty.gov/">http://www.ashecounty.gov/</a>
Social Services Low Income Energy Assistance Program and Crisis Intervention	Waiver for installation of materials such as ceiling, wall and floor insulation, community solar, caulking and weather stripping. Also, can install more energy efficient refrigerator, mechanical ventilations fans, and more.  Note: Must be at or below 200% of the federal poverty level.	Phone: 336.246.4347  Website: <a href="http://www.ashecounty.gov/">http://www.ashecounty.gov/</a>

## SENIOR CENTER

Ashe Services for Aging, Inc. (ASA)	Evidence based health promotion programs, In Home Aide Level I & II, Home Delivered Meals, and Congregate Meals, Respite care, transportation and SHIP Counseling.  Also provides an inter-generational day care program that includes adult day care. Can provide fuel/heat assistance in the winter.  Also provides home care for private pay individuals including CAP, VA, LTC, etc.	Phone: 336.246.4347  Website: <a href="https://asheaging.com/">https://asheaging.com/</a>
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# Ashe County Resources for Seniors

## HOME HEALTH AGENCIES

Ashe Home Care Inc.	In-home aide, respite care, Savvy Seniors, every day task assistance.	<b>Phone:</b> 336.846.1345  <b>Website:</b> <a href="http://ashehomecareinc.com/services/">http://ashehomecareinc.com/services/</a>
Caldwell Hospice	Hospice and palliative care services provided wherever patients call home, regardless of ability to pay.	<b>Contact Person:</b> <b>Carrie Brown</b>  <b>Phone:</b> 828.754.0101  <b>Email:</b> <a href="mailto:cbrown@caldwellhospice.org">cbrown@caldwellhospice.org</a>  <b>Website:</b> <a href="http://www.caldwellhospice.org">http://www.caldwellhospice.org</a>
Medi Home Health and Hospice	Skilled Nurses, Speech, Physical and Occupational Therapy.  <b>Note:</b> Medicaid and Medicare approved.	<b>Phone:</b> 336.246.9023  <b>Website:</b> <a href="http://www.msa-corp.com/companies/medihome-healthhospice.aspx">http://www.msa-corp.com/companies/medihome-healthhospice.aspx</a>
Yadkin Valley Home Health	In-home aide, wound care, memory and mental health care, ortho care, PT, OT.	<b>Phone:</b> 336.526.6460
Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization.	<b>Phone:</b> 336.846.4898  <b>Website:</b> <a href="https://asheaging.com/docs/brochures/volunteer-brochure-2017.pdf">https://asheaging.com/docs/brochures/volunteer-brochure-2017.pdf</a>



# Avery County Resources for Seniors

## ASSISTANCE

Appalachian Healthcare Project	Provides healthcare for low income, uninsured residents in this county.	<p><b>Contact Person:</b> Sally Morgan</p> <p><b>Phone:</b> 828.737.7725</p> <p><b>Website:</b> <a href="https://apprhs.org/community/">https://apprhs.org/community/</a></p>
Avery County Health Department	Adult Health, dental public health and food assistance, child health, family planning.	<p><b>Phone:</b> 828.733.6031</p> <p><b>Website:</b> <a href="http://www.toeriverhealth.org/">http://www.toeriverhealth.org/</a></p>
Avery County Habitat for Humanity	Housing for low income families, mortgage payment assistance.	<p><b>Phone:</b> 828.733.1909</p> <p><b>Website:</b> <a href="http://www.averycofh.org/">http://www.averycofh.org/</a></p>
Cannon Memorial Hospital Finance Assistance Program	Reduces cost of medical care, including specialty care for low income and uninsured patient. Note: Requires ER visit first	<p><b>Contact Person:</b> Elizabeth Hoyt</p> <p><b>Phone:</b> 864.898.1149</p> <p><b>Website:</b> <a href="https://apprhs.org/cannon/">https://apprhs.org/cannon/</a></p>
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<p><b>Phone:</b> 828.733.6031</p> <p><b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a></p>



# Avery County Resources for Seniors

## ASSISTANCE

Daymark Recover Services	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's.</p>	<p>Phone: 828.733.5889</p> <p>Website: <a href="https://www.daymarkrecovery.org/locations/avery-center">https://www.daymarkrecovery.org/locations/avery-center</a></p>
Feeding Avery Families	<p>Free boxed food, some clothing and other items available.</p> <p>Note: Must meet income criteria.</p>	<p>Phone: 828.260.5389</p> <p>Website: <a href="http://www.feedingavery-families.org/">http://www.feedingavery-families.org/</a></p>
High Country Community Health	<p>Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.</p>	<p>Phone: Medical- 828.737.0221 Dental-828.737.0221</p> <p>Website: <a href="http://www.highcountry-communityhealth.com/contact-us">http://www.highcountry-communityhealth.com/contact-us</a></p>
Hunger and Health Coalition	<p>Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more.</p> <p>Note: Must provide proof of income/paycheck.</p>	<p>Phone: 828.262.1628</p> <p>Website: <a href="https://www.hungerand-healthcoalition.com/">https://www.hungerand-healthcoalition.com/</a></p>
MANNA Food Bank	<p>Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.</p>	<p>Phone: 828.299.3663</p> <p>Website: <a href="https://www.mannafood-bank.org/agency/reaching-avery-ministry/">https://www.mannafood-bank.org/agency/reaching-avery-ministry/</a></p>



# Avery County Resources for Seniors

## ASSISTANCE

<b>Northwestern Regional Housing Authority</b>	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance.	<b>Phone: 828.264.6683</b>  <b>Website:</b> <a href="http://www.nwrha.com/">http://www.nwrha.com/</a>
<b>On Track Financial Education and Counseling</b>	Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection. <b>Note: Individual counseling appointments are free (excluding bankruptcy).</b>	<b>Contact Person:</b> <b>Celeste Collins</b>  <b>Phone: 828.255.5166</b>  <b>Website:</b> <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a>
<b>Pisgah Legal Services</b>	Provides free civil legal aid to very low-income people.	<b>Contact:</b> <b>James A. Barrett</b>  <b>Phone: 828.253.0406</b>
<b>Reaching Avery Ministries</b>	Can refer individuals to local charities and non-profit organizations. Programs can offer free or inexpensive clothing, utility cooling or heating bill help, help with rent and/or mortgage assistance as well as foreclosure prevention advice.	<b>Phone: 828.733.5127</b>  <b>Website:</b> <a href="https://www.ramsrack.com/">https://www.ramsrack.com/</a>
<b>Williams YMCA of Avery County</b>	Chronic disease prevention and management, evidence-based and other health promotion programs.	<b>Phone: 828.737.5500</b>  <b>Website:</b> <a href="http://ymcaavery.org/">http://ymcaavery.org/</a>

# Avery County Resources for Seniors

## SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	Phone: 828.733.8230  Website: <a href="http://www.averydss.com/">http://www.averydss.com/</a>
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## SENIOR CENTER

Avery County Senior Center	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.733.8220  Website: <a href="http://www.averycountync.gov/departments/senior_services.php">http://www.averycountync.gov/departments/senior_services.php</a>
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## HOME HEALTH AGENCIES

Kindred at Home	CAP/DA, Personal Care Services, Respite, Sitter  Note: Accepts Medicaid, please call about private insurance.	Contact Person: Carolyn Holland  Phone: 828.898.6000  Website: <a href="https://www.kindredhealth-care.com/locations/home-health/boone-nc-5064">https://www.kindredhealth-care.com/locations/home-health/boone-nc-5064</a>
Pruitt Home Health	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians.	Phone: 828.733.1550  Website: <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>
Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization	Phone: 336.846.4898  Website: <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/senior-companion-program">https://ihhs.appstate.edu/about-ihhs/community-resources/senior-companion-program</a>

# Mitchell County Resources for Seniors

## ASSISTANCE

<b>Ave Maria Ministries</b>	<b>Food pantry: Wednesdays from 1-4pm.</b>	<b>Phone: 828.765.2224</b>  <b>Website:</b> <a href="https://www.mannafood-bank.org/agency/ave-maria-ministries/">https://www.mannafood-bank.org/agency/ave-maria-ministries/</a>
<b>Bakersville Baptist Church</b>	<b>Food pantry: 1-2 distributions per month.</b>	<b>Phone: 828-688.4817</b>  <b>Website:</b> <a href="https://wakespace.lib.wfu.edu/handle/10339/36564">https://wakespace.lib.wfu.edu/handle/10339/36564</a>
<b>Bear Creek Baptist Church</b>	<b>Provides appropriate snacks for nursing home patients and shut-ins.</b>	<b>Phone: 828.688.4331</b>  <b>Website:</b> <a href="http://www.bearcreekbaptist.com/">http://www.bearcreekbaptist.com/</a>
<b>Community Alternative Program for Disabled Adults (CAP/DA)</b>	<b>Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older</b>	<b>Phone: 828.765.5677</b>  <b>Website:</b> <a href="https://www.hospice-blueridge.com/cap">https://www.hospice-blueridge.com/cap</a>
<b>Grassy Creek Baptist Church</b>	<b>Food pantry: as needed; church hours are Monday through Friday 9am-3pm.</b>	<b>Phone: 828.765-4620</b>  <b>Website:</b> <a href="http://www.grassycreekbc.org/">http://www.grassycreekbc.org/</a>
<b>MANNA Food Bank</b>	<b>Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.</b>	<b>Phone: 828.299.3663</b>  <b>Website:</b> <a href="https://www.mannafood-bank.org/">https://www.mannafood-bank.org/</a>
<b>Mitchell County Habitat for Humanity</b>	<b>Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.</b>	<b>Phone: 828.766.9000</b>  <a href="https://www.mitchellyancyhabitat.org/Home">https://www.mitchellyancyhabitat.org/Home</a>

# Mitchell County Resources for Seniors

## ASSISTANCE

Mitchell County Health Department	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support.	<b>Phone: 828.688.2371</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/Mitchell.asp">http://www.toeriverhealth.org/Mitchell.asp</a>
Mitchell County Shepherd's Staff Food Pantry	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm.	<b>Phone: 828.765.5385</b>  <b>Website:</b> <a href="https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/">https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/</a>
Mitchell County Transportation	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work.	<b>Phone: 828.688.4715</b>  <b>Website:</b> <a href="https://www.mitchellcounty.org/departments/transportation/">https://www.mitchellcounty.org/departments/transportation/</a>
Mitchell Yancey United Methodist Church Food Pantry	Food pantry: 2nd and 4th Saturday of each month, 10-11:30am.	<b>Phone: 828.385.1131</b>  <b>Website:</b> <a href="http://www.umc.org/find-a-church/church/32976">http://www.umc.org/find-a-church/church/32976</a>
Mountain Community Health Partnership	Offers preventative and medical care, patient assistance programs, behavioral health, care management, and more.	<b>Phone:</b> <b>828.688.2104</b> <b>(Bakersville, Spruce Pine)</b>  <b>828.675.4166 (Celo)</b>  <b>Website:</b> <a href="https://www.mchp.care/index.html">https://www.mchp.care/index.html</a>
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance.	<b>Phone: 828.688.3744</b>  <b>Website:</b> <a href="http://www.nwrha.com/regional-offices/mitchell-county-field-office">http://www.nwrha.com/regional-offices/mitchell-county-field-office</a>



# Mitchell County Resources for Seniors

## ASSISTANCE

Service Center for Latinos	Food pantry: Call for Distribution Hours Se Habla Español.	Phone: 828.385.2309  Website: <a href="http://www.toeriverhealth.org/yanceyserivceproviderdiretory.pdf">http://www.toeriverhealth.org/yanceyserivceproviderdiretory.pdf</a>
The Bridge Church of Western NC	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays.	Phone: 828.765.2969  Website: <a href="http://www.tbcwnc.org/">http://www.tbcwnc.org/</a>
W.A.M.Y. Community Action	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level).	Phone: 800.571.9269  Website: <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a>

## SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	Phone: 828.688.2175  Website: <a href="https://www.mitchellcounty.org/departments/social-services/">https://www.mitchellcounty.org/departments/social-services/</a>
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## SENIOR CENTER

Mitchell County Senior Center	Evidence based health promotion programs, In Home Aide Level I, Congregate and home delivered meals, transportation.	Phone: 828.688.3019  Website: <a href="https://www.mitchellcounty.org/departments/senior-center/">https://www.mitchellcounty.org/departments/senior-center/</a>
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# Mitchell County Resources for Seniors

## HOME HEALTH AGENCIES

<b>Carolina Home Care Specialists</b>	<p>Personal care assistance, home management, medication and diet compliance, shopping and companionship.</p> <p><b>Note:</b> Accepts Medicaid, private pay, and private insurance – no wait list.</p>	<p><b>Phone:</b> 828.765.4343</p> <p><b>Website:</b> <a href="https://www.manta.com/c/mb5xsv1/carolina-home-care-specialists">https://www.manta.com/c/mb5xsv1/carolina-home-care-specialists</a></p>
<b>Pruitt Home Health</b>	<p>Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians.</p>	<p><b>Phone:</b> 770.279.6200</p> <p><b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a></p>



# Watauga County Resources for Seniors

## ASSISTANCE

American Legion Post 131 and Disabled American Veterans	Offers transportation to the VA in Johnson City or Asheville, provides free professional assistance to veterans in obtaining benefits and services earned through military services.	<b>Phone:</b> 423.727.1955  <b>Website:</b> <a href="http://www.davmember-portal.org/chapters/nc/90/default.aspx">http://www.davmember-portal.org/chapters/nc/90/default.aspx</a>
Alliance Bible Fellowship	Food pantry open daily 8am-4pm.  <b>Note:</b> Individuals can participate once a month with no income limits.	<b>Phone:</b> 828.264.8312  <b>Website:</b> <a href="http://abfboone.com/">http://abfboone.com/</a>
Appalcart Bus System	Public transportation system that offers para-transit transportation and reasonable modifications.	<b>Phone:</b> 828.297.1300  <b>Website:</b> <a href="http://www.appalcart.com">www.appalcart.com</a>
Casting Bread Ministries	Food pantry 10:30am-3 pm on Wednesdays & Thursdays.  Soup Kitchen: 11:30am-1pm Wednesdays & Thursdays.	<b>Phone:</b> 828.295.8333  <b>Website:</b> <a href="http://www.faithbridgeumc.org/casting-bread-food-pantry.html">http://www.faithbridgeumc.org/casting-bread-food-pantry.html</a>
Community Care Clinic	Free clinic providing medical care, lab testing, chiropractic, and mental health counseling for low income persons without health insurance.	<b>Phone:</b> 828.265.8591  <b>Website:</b> <a href="http://www.ccclinic.org">www.ccclinic.org</a>
Cannon Memorial Hospital Finance Assistance Program	Reduces cost of medical care, including specialty care for low income and uninsured patient.  <b>Note:</b> Requires ER visit first.	<b>Contact Person:</b> Elizabeth Hoyt  <b>Phone:</b> 864.898.1149  <b>Website:</b> <a href="http://www.anmedhealthcannon.org/patient-visitor/financial-assistance/">http://www.anmedhealthcannon.org/patient-visitor/financial-assistance/</a>

# Watauga County Resources for Seniors

## ASSISTANCE

Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	<b>Phone: 828.733.6031</b>  <b>Website:</b> <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/cap.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/cap.aspx</a>
Daymark Recover Services	Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.  <b>Note: Accepts Medicaid, Medicare, Insurance based on copay's.</b>	<b>Phone: 828.733.5889</b>  <b>Website:</b> <a href="https://www.daymarkrecovery.org/locations/avery-center">https://www.daymarkrecovery.org/locations/avery-center</a>
First Baptist Church	First Friday monthly senior lunch at 11:30 a.m. Weekly food distribution Mondays 2 p.m. to 6 p.m.  <b>Note: Must show proof of income</b>	<b>Phone: 828.264.2441</b>  <b>Website:</b> <a href="http://www.boonefirstbaptist.org/">http://www.boonefirstbaptist.org/</a>
Greenway Baptist Church	<b>Food Pantry:</b> 10:00 a.m. – 2:30 p.m. on Thursdays.	<b>Phone: 828.264.7750</b>  <b>Website:</b> <a href="https://www.greenwaybaptist.com/">https://www.greenwaybaptist.com/</a>
High Country Community Health	Offers primary care medical services, dental services, and substance abuse treatment. All forms of Insurance are accepted and there is a sliding fee scale for anyone who does not have insurance.	<b>Phone:</b> Medical- 828.262.3886 Dental-828.406.1925  <b>Website:</b> <a href="http://www.highcountrycommunityhealth.com/contact-us">http://www.highcountrycommunityhealth.com/contact-us</a>



# Watauga County Resources for Seniors

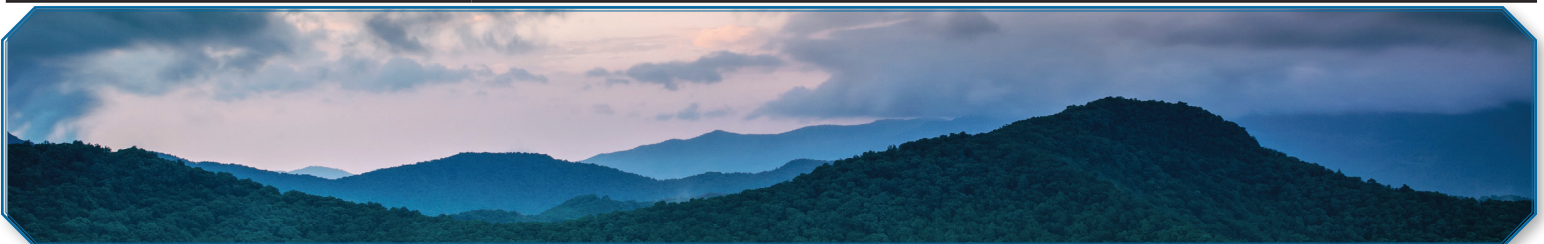
## ASSISTANCE

Hospitality House (Boone)	Bread of Life Meal Daily: Breakfast: 6:30 a.m. Lunch: 11:30 a.m.-1 p.m. Dinner: 5:30 p.m. – 6 p.m.	Phone: 828.264.1237  Website: <a href="https://www.hosphouse.org/">https://www.hosphouse.org/</a>
Hunger and Health Coalition	Boone Food Pantries and Nutrition Screenings: M-F 8:30-4:30  Generic medication assistance for those without Medicare D.  Note: Must be 200% below federal poverty level.	Phone: 828.262.1628  Website: <a href="https://www.hungerand-healthcoalition.com/">https://www.hungerand-healthcoalition.com/</a>
Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance.	Phone: 828.264.6683  Website: <a href="http://www.nwrha.com/">http://www.nwrha.com/</a>
On Track Financial Education and Counseling	Counseling/Education for individuals and families on budgeting and money management, avoiding bankruptcy, reverse mortgages, and debt collection.  Note: Individual counseling appointments are free (excluding bankruptcy).	Contact Person: Celeste Collins  Phone: 828.255.5166  Website: <a href="https://ontrackwnc.org/">https://ontrackwnc.org/</a>
Resort Area Ministries	Provides mission work projects like painting, simple carpentry, repair jobs on porches, decks, steps or interior and more.	Contact Person: Mary Silver  Phone: 828.264.6605  Website: <a href="https://ihhs.appstate.edu/about-ihhs/community-resources/resort-area-ministries">https://ihhs.appstate.edu/about-ihhs/community-resources/resort-area-ministries</a>

# Watauga County Resources for Seniors

## ASSISTANCE

Pisgah Legal Services	Provides free civil legal aid to very low-income people.	<p>Contact: James A. Barrett</p> <p>Phone: 828.253.0406</p> <p>Website:  <a href="https://www.pisgahlegal.org/pro-bono-legal-services/">https://www.pisgahlegal.org/pro-bono-legal-services/</a> </p>
Watauga County Health Department	Offers clinical services, nutrition services, community health services, dental services, and preparedness.	<p>Phone: 828.264.4995</p> <p>Website:  <a href="https://www.apphealthcare.com/">https://www.apphealthcare.com/</a> </p>
Watauga County Veterans Services Office	Can assist with loans, burial allowances, hospitalization, and service-connected compensation.	<p>Contact Person: April Goodman</p> <p>Phone: 828.265.8065</p> <p>Website:  <a href="http://www.wataugacounty.org/App_Pages/Dept/Vets/home.aspx">http://www.wataugacounty.org/App_Pages/Dept/Vets/home.aspx</a> </p>
W.A.M.Y. Community Action	Weatherization assistance, heating appliance repair and replacement programs to low income families to permanently reduce energy bills.	<p>Phone: 800.571.9269</p> <p>Website:  <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a> </p>
Watauga County Project on Aging	Provides respite for the caregiver and other tasks/duties to assist the older adult throughout the day.	<p>Phone Number: 828.265.8090</p> <p>Website:  <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/home.aspx</a> </p>



# Watauga County Resources for Seniors

## SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	Phone: 828.265.8100  Website: <a href="http://www.wataugacounty.org/">http://www.wataugacounty.org/</a>
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## SENIOR CENTER

Lois E. Harrill Senior Center (Boone)	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.265.8090  Website: <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx</a>
Western Watauga Community Center (Cove Creek)	Activities for older adults, evidence-based health promotion programs, congregate meals, home delivered meals, and transportation.	Phone: 828.297.5195  Website: <a href="http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx">http://www.wataugacounty.org/App_Pages/Dept/Aging/activities.aspx</a>

## HOME HEALTH AGENCIES

Appalachian Home Care	In-home aide.  Note: Accepts Medicaid, Private Pay, and Private Insurance.	Phone: 828.963.8233  Website: <a href="http://www.appalachianhome-care.com">www.appalachianhome-care.com</a>
Bayada Nurses Home Care Specialists	Accepts Medicaid, Private Pay, and Private Insurance.	Phone: 336.846.4898  Website: <a href="https://www.bayada.com/">https://www.bayada.com/</a>
Kindred at Home	CAP/DA, Personal Care Services, home health, safe strides fall prevention.  Accepts Medicaid- please call for private pay.	Phone: 828.266.1166  Website: <a href="https://www.kindredhealth-care.com/locations/home-health/boone-nc-5064">https://www.kindredhealth-care.com/locations/home-health/boone-nc-5064</a>

# Wilkes County Resources for Seniors

## ASSISTANCE

Alzheimer's Association – Western Chapter	Information and resources for those living with or caring for someone with Alzheimer's or other dementias.	Phone: 828.514.3124  Website: <a href="https://www.alz.org/help-support">https://www.alz.org/help-support</a>
Appalachian State / Blue Cross NC Institute for Health & Human Services	Provide audiological and speech-language assessments and treatment.	Phone: 828.262.7677  Website: <a href="https://ihhs.appstate.edu/">https://ihhs.appstate.edu/</a>
Blue Ridge Opportunity Commission (BROC)	Home delivered meals, congregate meals, home weatherization, and emergency assistance.	Phone: 336.667.7174  Website: <a href="http://brocinc.com/index.html">http://brocinc.com/index.html</a>
Byrd Ridge Crisis Center, Food Pantry, and Clothing Closet	Food and clothing to those in need; by appointment only.	Phone: 336.838.5847  Website: <a href="https://www.findpeace.today/outreach.html">https://www.findpeace.today/outreach.html</a>
Care Connection Pharmacy	Provides prescription assistance drug programs to low-income residents of Wilkes County.	Phone: 336.667.3259  Website: <a href="https://wilkesregional.com/services/support_services/care_connection_pharmacy.aspx">https://wilkesregional.com/services/support_services/care_connection_pharmacy.aspx</a>
Christian Outreach Center / First Baptist Church of Boone	Weekly food distribution Mondays 2pm to 6pm to Wilkes, Watauga, and Ashe county residents.  Note: Some income guidelines required.	Phone: 828.264.2441  Website: <a href="http://www.boonefirstbaptist.org/missions.php">http://www.boonefirstbaptist.org/missions.php</a>
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.	Phone: 828.733.6031

# Wilkes County Resources for Seniors

## ASSISTANCE

Daymark Recovery Services	<p>Community Support, Individual Treatment, Group Therapy, Substance Abuse Services, Geriatric Specialty Team, Mobile Crisis Services, 24/7/365 Crisis Services.</p> <p>Note: Accepts Medicaid, Medicare, Insurance based on copay's.</p>	<p>Phone: 336.667.5151</p> <p>Website: <a href="https://www.daymarkrecovery.org/locations/wilkes-center">https://www.daymarkrecovery.org/locations/wilkes-center</a></p>
Hunger and Health Coalition	<p>Provides clients with life-sustaining medications (inhalers, insulin, COPD medications and many more.</p> <p>Note: Must provide proof of income/paycheck.</p>	<p>Phone: 828.262.1628</p> <p>Website: <a href="https://www.hungerandhealth-coalition.com/">https://www.hungerandhealth-coalition.com/</a></p>
Northwestern Regional Housing Authority	<p>Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance.</p>	<p>Phone: 336.667.8979</p> <p>Website: <a href="http://www.nwrha.com/regional-offices/wilkes-county-field-office">http://www.nwrha.com/regional-offices/wilkes-county-field-office</a></p>
Wilkes Center for the Deaf and Hard of Hearing	<p>Assistance with devices and communication.</p>	<p>Phone: 336.651.7822</p> <p>Website: <a href="http://wilkesfaithhealth.weebly.com/">http://wilkesfaithhealth.weebly.com/</a></p>
Wilkes County Health Department	<p>Annual physical exams, diabetes counseling, lab services, nutrition counseling, recommended screenings, and sick visits.</p>	<p>Phone: 336.651.7450</p> <p>Website: <a href="https://wilkescounty.net/292/Well-Sick-Care">https://wilkescounty.net/292/Well-Sick-Care</a></p>



# Wilkes County Resources for Seniors

## ASSISTANCE

Wilkes Faith Health	Offers assistance with food, clothing, housing, energy assistance, and other needs.	<b>Phone: 336.715.7922</b>  <b>Website:</b> <a href="https://faithhealthnc.org/wilkes-county/">https://faithhealthnc.org/wilkes-county/</a>
Wilkes Family YMCA	Chronic disease prevention and management, evidence-based and other health promotion programs.	<b>Phone: 336.838.3991</b>  <b>Website:</b> <a href="https://ymcanwnc.org/locations/wilkes-family-ymca/">https://ymcanwnc.org/locations/wilkes-family-ymca/</a>
Wilkes Habitat for Humanity	Housing for low income families, mortgage payment assistance.	<b>Phone: 336.838.3044</b>  <b>Website:</b> <a href="http://wilkeshabitat.org/">http://wilkeshabitat.org/</a>
Wilkes Ministry of Hope	Food bank, baby closet, woodshed and other outreach ministries.	<b>Phone: 336.903.1414</b>  <b>Website:</b> <a href="https://www.brushymountain.com/adults">https://www.brushymountain.com/adults</a>

## SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	<b>Phone: 336.651.7400</b>  <b>Website:</b> <a href="https://www.wilkescounty.net/284/Adult-Services">https://www.wilkescounty.net/284/Adult-Services</a>
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## SENIOR CENTER

Wilkes Senior Resources	Evidence based health promotion programs, In Home Aide Level I & II, respite care, transportation and SHIP Counseling.	<b>Phone: 336.667.5281</b>  <b>Website:</b> <a href="http://www.wilkesseniorresources.com/">http://www.wilkesseniorresources.com/</a>
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# Wilkes County Resources for Seniors

## HOME HEALTH AGENCIES

Bayada Nurses	Broad spectrum of nursing, rehabilitation, therapeutic, and assistive home health care.	<b>Phone: 336.526.1952</b>  <b>Website:</b> <a href="https://www.bayada.com/_public/ClientServices/ClientInquiry?specialtyname=Assistive%20Care&amp;zip=28607">https://www.bayada.com/_public/ClientServices/ClientInquiry?specialtyname=Assistive%20Care&amp;zip=28607</a>
Kindred at Home	CAP/DA, Personal Care Services, Respite, Sitter, Home Health, Cardio-pulmonary Support, Safe Strides falls prevention.  <b>Note: Accepts Medicaid, please call about private insurance.</b>	<b>Phone: 336.667.3389</b>  <b>Website:</b> <a href="https://www.kindredhealthcare.com/locations/home-health/wilkesboro-nc-5065">https://www.kindredhealthcare.com/locations/home-health/wilkesboro-nc-5065</a>
Lifespan, Inc.	Adult day care, alternative family living, developmental therapy, OT and PT therapy, respite care, personal care, personal assistance, case management.	<b>Phone: 336.852.1495</b>  <b>Website:</b> <a href="https://www.lifespanservices.org/day-programs/wilkes-county-creative-campus-wilkesboro/">https://www.lifespanservices.org/day-programs/wilkes-county-creative-campus-wilkesboro/</a>
Ruby Pardue Blackburn Adult Day Health	Care and supervision during the day, therapy services, respite care.	<b>Phone: 336.667.2541</b>  <b>Website:</b> <a href="https://wilkesadultdaycare.org/">https://wilkesadultdaycare.org/</a>
Pruitt Home Health and Hospice	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians.	<b>Phone: 336.368.0220</b>  <b>Website:</b> <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>

# Wilkes County Resources for Seniors

## HOME HEALTH AGENCIES

Senior Companion Program	In-home assistance to prevent and delay the need for institutionalization.	Phone: 336.846.4898
Yadkin Valley Home Health	In-home aide, wound care, memory and mental health care, ortho care, PT, OT.	Phone: 336.526.6460
Westwood Hills Nursing and Rehabilitation	Respite, rehabilitation, and long-term care.  Note: Accepts Medicare/Medicaid, VA, Private Insurance, and Private Pay.	Phone: 336.667.9261  Website: <a href="http://www.westwoodhillscare.com/">http://www.westwoodhillscare.com/</a>



# Yancey County Resources for Seniors

## ASSISTANCE

Blue Ridge Medical Center- Yancey Campus	Accepts uninsured, underinsured, insurance, Medicare and Medicaid.	<b>Phone: 828.682.0200</b>  <b>Website:</b> <a href="https://missionhealth.org/member-hospitals/blue-ridge/medical-center-yancey/">https://missionhealth.org/member-hospitals/blue-ridge/medical-center-yancey/</a>
Community Alternative Program for Disabled Adults (CAP/DA)	Medicaid funded program promoting home care as an alternative to nursing home care for disabled adults 18 years and older.  <b>Note: Must be eligible for Medicaid.</b>	<b>Phone: 828.682.7967</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a>
Charity House Mission	<b>Food Pantry:</b> <b>Monday-Friday</b> <b>8:30 a.m. – 5 p.m.</b> <b>Saturday</b> <b>8:30 a.m. – 2 p.m.</b>	<b>Contact Person:</b> <b>Jewell Huskins</b>  <b>Phone: 828.678.0726</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/CAP.asp">http://www.toeriverhealth.org/CAP.asp</a>
First Baptist Church-Burnsville	Offers home repair and assistive devices.	<b>Contact Person:</b> <b>Martha Huskins</b>  <b>Phone: 828.682.2288</b>  <b>Website:</b> <a href="http://fbcburnsville.com/">http://fbcburnsville.com/</a>
Cry of Child Missions Int'l	Food pantry: 2nd and 4th Saturday of each month.	<b>Phone: 828.682.5481</b>
Grassy Creek Baptist Church	Food pantry: as needed; church hours are Monday through Friday 9am-3pm.	<b>Phone: 828.765-4620</b>  <b>Website:</b> <a href="http://www.grassycreekbc.org/">http://www.grassycreekbc.org/</a>

# Yancey County Resources for Seniors

## ASSISTANCE

<b>MANNA Food Bank</b>	Provides direct services on a very limited basis to those struggling with hunger through Food Stamp outreach and a variety of food assistance programs.	<b>Phone: 828.299.3663</b>  <b>Website:</b> <a href="https://www.mannafoodbank.org/">https://www.mannafoodbank.org/</a>
<b>Mitchell-Yancey County Habitat for Humanity</b>	Housing for low income families, mortgage payment assistance. Exterior basic home repairs, except roofs.	<b>Phone: 828.766.9000</b>  <b>Website:</b> <a href="https://www.mitchellyanceyhabetat.org/Home">https://www.mitchellyanceyhabetat.org/Home</a>
<b>To River Health Department</b>	Provide adult health, dental health, communicable disease control, vital records registration, and public health laboratory support.	<b>Phone: 828.688.2371</b>  <b>Website:</b> <a href="http://www.toeriverhealth.org/Mitchell.asp">http://www.toeriverhealth.org/Mitchell.asp</a>
<b>Mitchell County Shepherd's Staff Food Pantry</b>	Food pantry: Mon, Tue & Thu, 10:00am - 4:00pm (Closed for Lunch, 12:00pm - 1:00pm); Friday, 9:00am - 1:00pm.	<b>Phone: 828.765.5385</b>  <b>Website:</b> <a href="https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/">https://www.mannafoodbank.org/agency/mitchell-county-shepherds-staff-food-pantry/</a>
<b>Yancey County Transportation</b>	Transportation in county and out of county to human service agencies, medical appointments, shopping, bill paying, and work.	<b>Phone: 828.682.6144</b>  <b>Website:</b> <a href="https://yanceycountync.gov/departments/transportation-authority">https://yanceycountync.gov/departments/transportation-authority</a>
<b>Mitchell Yancey United Methodist Church Food Pantry</b>	Food pantry: 2nd and 4th Saturday of each month, 10-11:30am.	<b>Phone: 828.385.1131</b>  <b>Website:</b> <a href="https://blueridgechristiannews.com/archives/news/2014/Food_Pantry_12-14.html">https://blueridgechristiannews.com/archives/news/2014/Food_Pantry_12-14.html</a>



# Yancey County Resources for Seniors

## ASSISTANCE

Northwestern Regional Housing Authority	Provides many kinds of housing opportunities and services to assure affordable, adequate housing. Programs include rental assistance, housing counseling, and housing assistance.	Phone: 828.688.3744  Website: <a href="http://www.nwrha.com/regional-offices/mitchell-county-field-office">http://www.nwrha.com/regional-offices/mitchell-county-field-office</a>
Service Center for Latinos	Food pantry: Call for Distribution Hours Se Habla Español.	Phone: 828.385.2309
The Bridge Church of Western NC	Provides food boxes to SNAP qualified families; twice monthly on 1st & 3rd Saturdays.	Phone: 828.765.2969  Website: <a href="http://www.tbcwnc.org/">http://www.tbcwnc.org/</a>
W.A.M.Y. Community Action	Garden Voucher Program: provides \$50 in garden supplies. Weatherization & H.A.R.R.P: Heating appliance repair and replacement program for low income families to permanently reduce energy bills (200% of poverty level).	Phone: 800.571.9269  Website: <a href="https://wamycommunityaction.org/">https://wamycommunityaction.org/</a>

## SOCIAL SERVICES

Department of Social Services	Intake of Medicaid, CAP/DA programs, general assistance, adult protective services, food stamps.	Phone: 828.688.2175  Website: <a href="https://yanceycountync.gov/departments/social-services">https://yanceycountync.gov/departments/social-services</a>
Social Services Low Income Energy Assistance Program	Offers heating and cooling assistance for households who have some who is age sixty years and older or those receiving assistance through the division of aging.	Phone: 828.688.2175  Website: <a href="https://yanceycountync.gov/departments/social-services">https://yanceycountync.gov/departments/social-services</a>

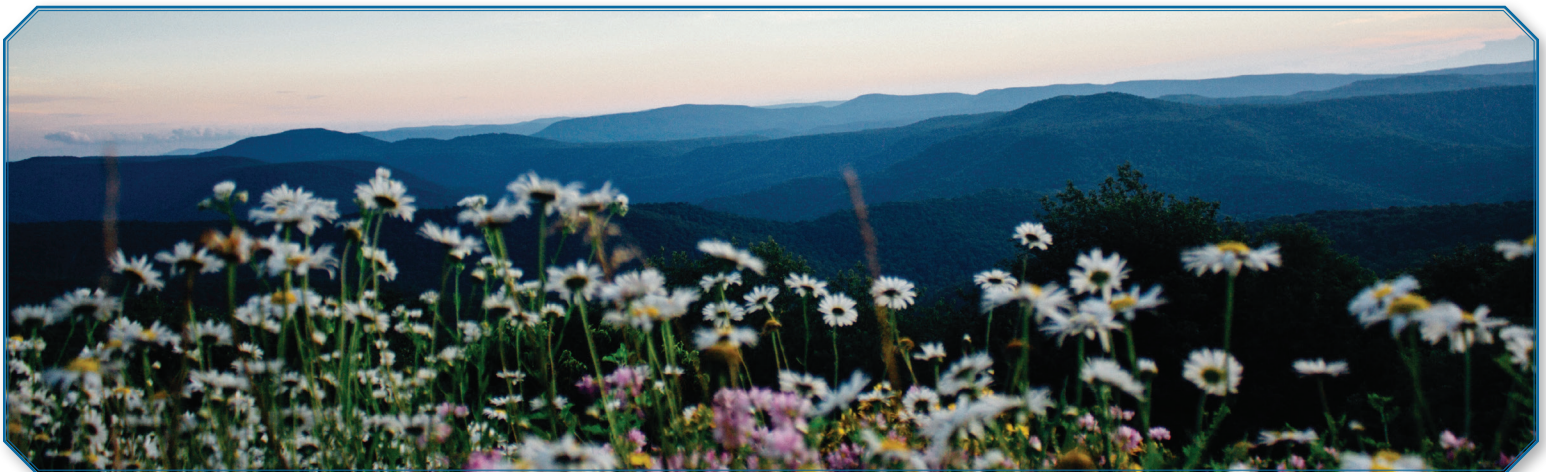
# Yancey County Resources for Seniors

## SENIOR CENTER

Yancey County Senior Center	Evidence based health promotion programs, In Home Aide Level I & II, Congregate and home delivered meals, transportation and SHIP Counseling.	Phone: 828.682.6011  Website: <a href="http://www.main.nc.us/yancey/ycsc.htm">http://www.main.nc.us/yancey/ycsc.htm</a>
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## HOME HEALTH AGENCIES

Carolina Home Care Specialists	Personal care assistance, home management, medication and diet compliance, shopping and companionship.  Note: Accepts Medicaid, private pay, and private insurance – no wait list.	Phone: 828.765.4343
Pruitt Home Health	Provide catheter and wound care. Help the homebound meet their health care needs. Monitor problems and report findings to the doctor. Teach and counsel patients and their family about health care matters. Collect specimens / labs for physicians.	Phone Number: 828.682.7825  Website: <a href="http://www.pruitthealth.com/">http://www.pruitthealth.com/</a>



# Common Legal Questions for Older Adults

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## **What is a Will?**

- A will is a legal document that directs where you want your property to go at your death. Any person over the age of 18 of sound mind may make a will.

## **What happens if I die without a Will?**

- If someone passes without a will, property is distributed through the laws of intestate succession to your heirs in the order that your state's laws direct.

## **What is a Living Will?**

- A living will is a legal document that allows you to control the decision about whether your life should be prolonged by certain medical procedures if you are suffering from one of three conditions:
  1. Incurable or irreversible condition;
  2. Unconsciousness, and to a high degree of medical certainty you will not regain consciousness; or
  3. Advanced dementia or another condition which results in a substantial loss of cognitive ability and to a high degree of medical certainty the loss is not reversible.

## **What are Advanced Directives?**

- Advanced directives are legal documents that help you and your loved ones make decisions if/when you are unable to do so, including Powers of Attorney, Health Care Powers of Attorney, and Living Wills.

## **What is a Power of Attorney?**

- A Power of Attorney is legal document in which you give someone (known as your agent) the legal authority to take certain actions for you regarding financial decisions.

## **When does a Power of Attorney go into effect?**

- A Durable Power of Attorney, according to the 2018 North Carolina Uniform Power of Attorney Act, goes into effect immediately and remains in effect during incapacity or incompetence. A Springing Power of Attorney is effective only once the person becomes incapacitated or incompetent.

## **What powers can I give my Power of Attorney agent?**

- You can give your agent power over any of the following: Real Property; Tangible Personal Property; Stocks and Bonds; Commodities and Options; Banks and Other Financial Institutions; Operation of Entity or Business; Insurance and Annuities; Estates, Trusts, and Other Beneficial Interests; Claims and Litigation; Personal and Family Maintenance; Benefits from Governmental Programs or Civil or Military Service; Retirement Plans; Taxes; All preceding subjects.

## **What is a Health Care Power of Attorney?**

- A Health Care Power of Attorney is a legal document in which you give someone the power to make medical decisions for you if you are not competent or if you are not able to communicate your wishes.



## **When does a Health Care Power of Attorney come into effect?**

- A Health Care Power of Attorney comes into effect only when a physician you have named or your attending physician (if the one that you have named is not available) determines that you lack capacity to make or communicate decisions relating to your health care, unless your Health Care Power of Attorney agreement states otherwise.

## **What authority does my Health Care Power of Attorney agent have?**

- The Health Care Power of Attorney Agent has the ability to make and carry out all health care decisions and mental health decisions for you, unless you limit their ability.

# Evidence Based Fall Prevention Classes

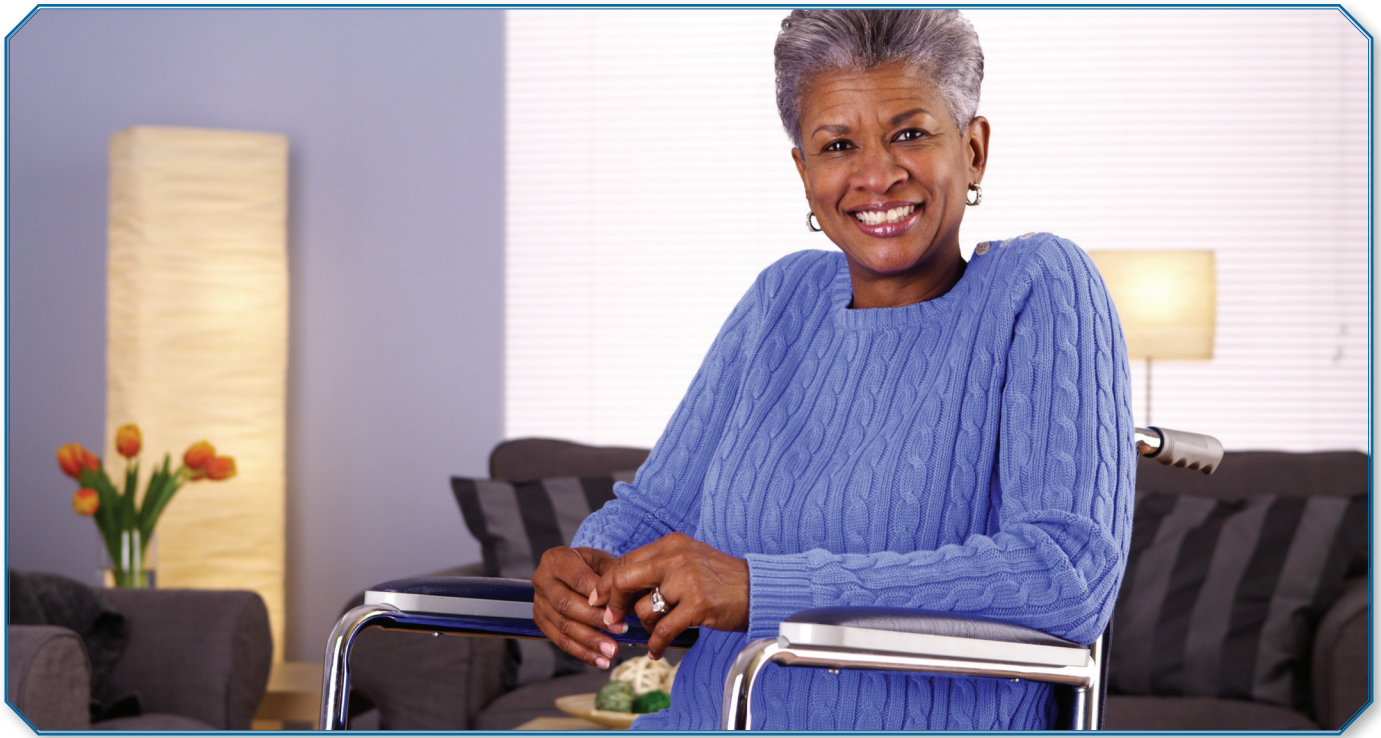
 <b>A MATTER OF BALANCE</b>	 <b>TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b>
<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"> <li>♦ Are worried about falls</li> <li>♦ Have fallen in the past</li> <li>♦ Limit activities because of a fear of falling</li> <li>♦ Are interested in improving balance, strength, and flexibility</li> <li>♦ Live on their own</li> <li>♦ Can problem solve</li> </ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"> <li>♦ View falls as controllable</li> <li>♦ Set goals for increasing activity</li> <li>♦ Make changes to reduce your risk of falling at home</li> <li>♦ Exercise to increase strength and balance</li> </ul>	<p><b>Who should attend?</b></p> <p>The program is for older adults who:</p> <ul style="list-style-type: none"> <li>♦ Want to maintain and improve balance, strength and flexibility</li> <li>♦ Want to reduce stress and improve awareness</li> <li>♦ Live on their own</li> <li>♦ Are interested in meeting new people</li> <li>♦ Want to maintain progress made in physical therapy</li> </ul> <p><b>What do you learn?</b></p> <p>You learn to:</p> <ul style="list-style-type: none"> <li>♦ Improve balance, strength, flexibility</li> <li>♦ Move with ease and awareness</li> <li>♦ Improve relaxation</li> <li>♦ Decrease pain</li> <li>♦ Prevent falls</li> </ul>

## Interested in Classes?

Please contact Amber Chapman  
Family Caregiver and Health Promotion Specialist  
High Country Area Agency on Aging ext. 113







[www.highcountryaging.com](http://www.highcountryaging.com) | 828-265-5434

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