



SENIOR SERVICES

DIRECTORY OF SERVICES *for* OLDER ADULTS IN FORSYTH COUNTY

2023-2024

Senior Services Help Line:

336-724-2040

helpline@seniorservicesinc.org



The experience you need.
The peace of mind you deserve.

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WELCOME!



It is a pleasure to share Senior Services Help Line's latest edition of the ***Directory of Services for Older Adults in Forsyth County*** with you. Senior Services Help Line is part of our Aging Resources Department and provides information and referrals to Forsyth County residents who are 60 years of age or older and/or their caregivers. Our team is made up of qualified Aging Resource Specialists who are also available to support professionals who refer older adults in need of assistance. Our directory includes a wide variety of telephone numbers and websites for nonprofit human service agencies and organizations, as well as paid advertisers that offer help and information to older adults in the Forsyth County area. An online directory is also available on our website.

To find the most up-to-date listings, visit it at seniorservicesinc.org/resources/directory.

Some of the assistance provided by Help Line's Aging Resource Specialists:

- Exploring options to help older adults stay at home as long as possible.
- Identifying resources that will assist caregivers in accessing support.
- Understanding eligibility coverage for public programs such as Medicare and Medicaid.
- Finding information about community resources, socialization, transportation, in-home services, nutrition, long-term care facilities, etc.

While Help Line is provided at no cost to residents of Forsyth County, a tax-deductible contribution toward the cost of our services is always appreciated. You can visit our website to make a secure online donation, if you wish, or you can mail your gift to:

**Senior Services Help Line
2895 Shorefair Drive
Winston-Salem, NC 27105**

Your donations help offset the cost of providing service and enable us to extend our services to more people in need of help. For more specific information and education about the resources listed on these pages and to discuss other options, please contact Senior Services Help Line at **336-724-2040** or e-mail us at helpline@seniorservicesinc.org.

We look forward to assisting you,
The Help Line Staff

About Our Services

Help Line is the Senior Services program that publishes the annual *Directory of Services for Older Adults in Forsyth County*, but it is just one of the agency's programs that help Forsyth County's seniors age at home. Learn more about our services below:

HELP LINE is an information and referral service that provides community resource information to older adults residing in Forsyth County and their families. Resource information and materials describing topics on aging and current county and regional services for seniors are available. Call **336-724-2040** to speak with an Aging Resources specialist.

The Elizabeth and Tab Williams Adult Day Center is an adult day center that provides supervision and care for older adults who cannot be left alone during the day or for people living with frailty or dementia. The center operates Monday through Friday, serves nutritious lunches and snacks, and provides scheduled activities and special projects in a supervised setting. Personal care services are available, and there is a registered nurse on staff to administer medications. Call the Williams Center at **336-724-2155**.

Meals-on-Wheels provides a hot, nutritious meal each weekday, Monday through Friday, to older adults who have difficulty preparing meals themselves. Volunteers deliver the meals to the recipients of this service. They also bring a cheerful smile to those they serve and provide an important safety check. Call **336-725-0907** for more information.

Living-at-Home approves and manages the Community Alternatives Program for Disabled Adults (CAP-DA) for certain Medicaid-eligible individuals in Forsyth County who would otherwise qualify for nursing home placement through its case-management team of nurses and social workers. Case managers assess the needs of eligible applicants and set up and monitor a variety of home care services once they are accepted into the program—helping them remain safely at home for as long as possible. Call **336-725-0907** and ask for the Living-at-Home Administrative Coordinator.

Home Care provides Certified Nursing Aides, who under the supervision of a registered nurse, deliver personal care and respite services to older adults in their homes. These services include primary assistance with personal hygiene and secondary help with light housekeeping, simple meal preparation, and pertinent errands. Caregivers are supported by home visits and on-call telephone assistance. Call **336-725-0907** and ask to speak to the Care and Intake Coordinator.

Senior Lunch operates four sites located throughout Forsyth County. Participants must be 60 years of age or older and reside in Forsyth County. People attending the Senior Lunch program receive a hot, nutritious meal and participate in exciting activities and/or programming during each session. Call **336-725-0907** for more information.

Creative Connections/Memory Connections invites older adults to experience the joy, fulfillment, and connection to others that comes from engaging in the arts. Collaborations with nonprofit partners and professional artists make Creative Connections accessible to adults age 60+ in Forsyth County. The federally funded Memory Connections is a collaborative project designed to enhance the lives of people living with dementia and their caregivers and is provided through the Creative Connections program. Call **336-725-0907** and ask for the Creative Connections Director.

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ADVOCACY

The following organizations provide support and assistance for specific interest groups.

AARP

Washington, DC 888-687-2277
Raleigh, NC.....866-389-5650
www.aarp.org

The Arc of Forsyth County

The Enrichment Center
336-777-0076
www.enrichmentarc.org

Division of Health Service Regulation

Complaint Hotline
800-624-3004
www.ncdhhs.gov/dhsr

Friends of Residents in Long-Term Care

919-782-1530
www.forltc.org

Hispanic League

336-770-1228
www.hispanicleague.org

Lupus Foundation of America

704-716-5640
www.lupus.org

Mayor's Council for Persons with Disabilities

336-245-5678
www.cityofws.org

Mental Health Association in Forsyth County

336-768-3880
www.triadmentalhealth.org

Piedmont Triad Regional Council

Area Agency on Aging
336-904-0300
www.ptrc.org

Solutions for Independence
Center for Independent Living
336-767-7060
www.sicilnc.org

Winston-Salem State University
Grandparenting Program
336-725-8167
www.wssu.edu

ANIMAL RESOURCES

The following organizations offer assistance with animal, pet, and pest issues.

Animal Adoption & Rescue Foundation
AARF
336-768-7387
www.aarfanimals.org

Central Spay, Neuter, & Wellness Clinic
336-723-7550
www.centralspay.com

City of Winston-Salem
Dead animal pick up (inside the city)
336-727-8000
www.cityofws.org

Cooperative Extension Service
Forsyth County
336-703-2850
www.co.forsyth.nc.us/CES

Forsyth County Animal Control
336-727-2112
www.forsyth.cc

Forsyth Humane Society of NC
Adoption and low-cost spay/neuter
336-721-1303
www.forsythhumane.org

NC Wildlife Resource Commission
800-662-7137
www.ncwildlife.org

Wildlife Rehab, Inc.
Injured and orphaned wildlife
336-785-0912
www.wildliferehabinc.org

CAREGIVER, RESPITE, AND DEMENTIA RESOURCES

The following organizations provide daytime care, respite, activities, counseling, or support for caregivers.

Alzheimer's Association
National 800-272-3900
Triad Office 336-285-5920
www.alz.org

Atrium Health Wake Forest Baptist
Memory Counseling Program
336-716-1034
www.wakehealth.edu

ComForCare Home Care
336-759-7207
Family Caregiver Support Program (FCSP)
Respite Provider
www.winstonsalem.comforcare.com

Duke Family Support Program
Alzheimer's Support
919-660-7510
dukefamilysupport.org

Mt. Zion Baptist Church
Senior Life Enrichment Center
336-721-1842
www.mtzionthejoy.org

Novant Health
Memory Care
336-718-7300
www.novanthealth.org

Project C.A.R.E. (Caregiver Alternatives to Running on Empty)
Western Piedmont Area Agency on Aging
828-485-4267
www.wpcog.org/area-agency-on-aging

SENIOR SERVICES INC.
Elizabeth and Tab Williams
Adult Day Center 336-724-2155
Family Caregiver
Support Program (FCSP) 336-721-6914
Memory Connections..... 336-721-6966
Home Care..... 336-725-0907
www.seniorservicesinc.org

The Shepherd's Center of Greater Winston-Salem
336-748-0217
www.shepherdscenter.org

The Shepherd's Center of Kernersville
336-996-6696
www.shepctrkville.com

The VA Caregiver Support Line
855-260-3274
www.caregiver.va.gov

DISABILITY-RELATED SERVICES

The following organizations offer advocacy, assistive devices, communication services, education, or other supportive services.

Atrium Health Wake Forest Baptist
Department of Hearing and Speech
336-716-3103
www.wakehealth.edu/hearing-and-speech

The Arc of Forsyth County
The Enrichment Center
336-777-0076
www.enrichmentarc.org

(This section continues on next page)

Club Independence

336-716-8007
www.wakehealth.edu

Communication Access Partners, Inc.

Interpreters
 336-993-4200
www.capincusa.com

Disability Advocates of Nwnc

Disability filing
 336-760-9600
www.dannc.org

Disability Rights North Carolina

877-235-4210
www.disabilityrightsn.org

Division of Services for Deaf and Hard-of-Hearing

Greensboro Regional Center
 888-467-3413
www.ncdhhs.gov/dsdhh

Easter Seals UCP of North Carolina

Local.....336-757-4681
 Toll-free..... 800-662-7119
www.easterseals.com/ncva

Eye Care America Glaucoma

877-887-6327
www.aao.org

Forsyth County Public Library

Adult Outreach
 336-703-2903
www.forsyth.cc/library

Goodwill Industries

336-724-3621
www.goodwillnnc.org

Hearing Loss Association of America

336-273-9692
www.hearingloss.org

IFB Solutions

Low Vision336-245-5672
 Optical Department.....336-245-2687
www.ifbsolutions.org

Mayor's Council for Persons with Disabilities

Winston-Salem
 336-245-5678
www.cityofws.org

NC Accessible Books & Library Services

Library for the Blind and
 Physically Handicapped
 888-388-2460
 919-733-1376
www.statelibrary.ncdcr.gov

NC Assistive Technology Program

Raleigh919-855-3564
 Winston-Salem.....336-716-8030
www.ncdhhs.gov

NC Division of Services for the Blind

Winston-Salem Office..... 336-896-2227
www.ncdhhs.gov/dsb

Partners Behavioral Health Management

877-864-1454
 888-235-4673 (Member Services)
 833-353-2093 (Crisis Line)
www.partnersbhm.org

Relay NC (TTY) / 24 hour availability

800-735-2962 or 711
www.relaync.com

Relay NC (voice) / 24 hour availability

877-735-8200 or 711
www.relaync.com

Social Security Administration

Disability Benefits
 National..... 800-772-1213
 Winston-Salem.....877-402-0828
www.ssa.gov

Solutions for Independence

336-767-7060
www.sicilnc.org

Vocational Rehabilitation

Independent Living
Raleigh919-664-1200
Winston-Salem336-968-3230
www.ncdhhs.gov/dvrs

Winston-Salem Recreation and Parks

City Link
336-727-8000 or 311
www.cityofws.org

Sunnyside Ministry

(Clothing, food, & housewares)
336-724-7558
(27107 and 27127 only)
www.sunnysideminstirity.org

Winston-Salem Rescue Mission

(Clothing, furniture, & housewares)
336-723-1848
www.wsrescue.org

DONATION CENTERS

The following organizations accept various donated items. To donate items such as walkers or wheelchairs, please view the "Medical Equipment and Loan Closets" section of this directory.

Goodwill Industries

Clothing, computers, and housewares
Clemmons Store.....336-778-2165
Jonestown Road Store 336-768-9778
Kernersville Store336-996-3351
Peters Creek Parkway Store 336-201-0800
University Parkway Store.....336-725-1203
Walkertown Store..... 336-595-1425
Waughtown Street Store.....336-777-0619
www.goodwillnwc.org

Habitat for Humanity Re-Store

(Building materials & housewares)
336-893-8495
www.habitatforsyth.org

IFB Solutions

(Glasses)
336-759-0551
www.ifbsolutions.org

Salvation Army

(Clothing, food, & housewares)
336-722-8721 (drop off)
336-723-9552 (pick up)
www.salvationarmyusa.org

EMPLOYMENT AND TRAINING

The following organizations offer education and skills training for persons seeking employment. Some organizations may also offer employment with their agency.

AARP

Online listing of local job opportunities
jobs.aarp.org

Goodwill Industries

336-724-3621
www.goodwillnwc.org

IFB Solutions

336-759-0551
www.ifbsolutions.org

NC Works Career Center

Forsyth County
336-464-0520
www.ncworks.gov

Vocational Rehabilitation

336-968-3230
www.ncdhhs.gov/dvrs

Winston-Salem Urban League

Senior Employment Program (55+)
336-717-1223
www.wsurban.org

FINANCIAL AND FOOD ASSISTANCE

The following organizations offer assistance with a variety of support for people with limited resources. Support may include assistance with prescription drugs, power, gas, and access to food.

Agape Care & Share, Inc.

336-744-4004
www.dreamcenterforsyth.com

American Red Cross

336-333-2111
800-733-2767
www.redcross.org

Catholic Charities

336-727-0705
www.ccdoc.org

Community Care Center

336-723-7904
www.carectr.org

Crisis Control Ministry

Kernersville 336-996-5401
Winston-Salem 336-724-7453
www.crisiscontrol.org

Department of Social Services

Food Stamps and Utility Assistance
336-703-3800
www.co.forsyth.nc.us/dss

Family Services

Domestic Violence
336-723-8125
www.familyservicesforsyth.org

Lewisville Community Assistance Program

Lewisville residents only
336-945-3203
www.lewisvilleumc.org

Salvation Army

Zip code 27105 only
336-723-6366
southernusa.salvationarmy.org

Samaritan Ministries Soup Kitchen

336-748-1962
www.samaritanforsyth.org

SENIOR SERVICES

Meals-on-Wheels (60+)..... 336-725-0907
Senior Lunch (60+) 336-725-0907
www.seniorservicesinc.org

Social Security Administration

Extra Help Program for Medicare
Rx Assistance
Local 877-402-0828
National 800-722-1213
www.ssa.gov

Sunnyside Ministry

Zip code 27017 and 27127 only
336-724-7558
www.sunnysideministry.org

Winston-Salem Rescue Mission

Food and clothing
336-723-1848
www.wsrescue.org

FINANCIAL MANAGEMENT

The following organizations provide education and information on specific health conditions, most services are free though some may require a fee or referral.

Chapter 13

Personal Bankruptcy
336-722-1139

Financial Pathways of the Piedmont

336-896-1191
Senior Financial Care
336-896-1328
www.financialpaths.org

Legal Aid of NC

Bankruptcy and foreclosure assistance
 336-725-9162
www.legalaidnc.org

HEALTH SUPPORTIVE SERVICES

The following organizations provide information and education on specific health conditions.

Alzheimer’s Association

National 800-272-3900
 Triad Office..... 336-285-5920
www.alz.org

American Cancer Society

National 800-227-2345
www.cancer.org

American Diabetes Association

800-342-2383
www.diabetes.org

American Heart Association

336-542-4825
www.heart.org

American Lung Association

800-586-4872
www.lung.org

American Red Cross

Northwest NC Chapter 336-333-2111
 Toll-free (Winston-Salem)..... 800-733-2767
www.redcross.org

Arthritis Foundation

North Carolina Chapter..... 336-769-1020
 Toll-free 800-283-9800
www.arthritis.org

Atrium Health Wake Forest Baptist

Diabetes Care Center 336-713-7251
 Epilepsy Information Service ... 336-716-4101
www.wakehealth.edu

Cancer Services, Inc.

Cancer patients only
 336-760-9983
www.cancerservicesonline.org

Cystic Fibrosis Foundation

800-344-4823
www.cff.org

Department of Public Health

336-703-3100
www.co.forsyth.nc.us/publichealth

Duke Family Support Program

Alzheimer’s Support
 919-660-7510
www.dukefamilysupport.org

Easter Seals UCP of North Carolina

Local Office 336-757-4681
 Toll-free 800-662-7119
www.easterseals.com/ncva

Health Supportive Services

Kidney Foundation
 National 800-622-9010
 NC Office 704-519-0020
www.kidney.org

Lupus Foundation of America, NC Chapter

704-716-5640
www.lupus.org

Mountain Valley Hospice & Palliative Care

888-789-2922
www.mtnvalleyhospice.org

Multiple Sclerosis Society

National 800-344-4867
www.nationalmssociety.org

NC Brain Injury Association

800-377-1464
www.bianc.net

NC Stroke Association

336-713-5052
www.ncstroke.org

Novant Health Diabetes of Forsyth

Diabetes & Nutrition Center
336-277-1660
www.novanthealth.org

Parkinson Association of the Carolinas

866-903-7275
www.parkinsonassociation.org

Trellis Supportive Care

Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

HISPANIC AND LATINO SERVICES

The following organizations provide counseling, community inclusion, education, medical care, and translation services for persons of Hispanic/Latino heritage.

Catholic Charities

336-727-0705
www.ccdoc.org

Communication Access Partners

Interpreters
336-993-4200
www.capincusa.com

Forsyth County Public Library

Hispanic services
336-703-2907
www.forsyth.cc/library

Hispanic League

336-770-1228
www.hispanicleague.org

Legal Aid of NC

Handles civil matters for immigrants
336-725-9162
www.legalaidnc.org

Salvation Army Hispanic Services

International Core
336-499-1196
www.salvationarmyusa.org

HOME MAINTENANCE ASSISTANCE

The following organizations provide home modifications or repairs through volunteers or other publicly funded programs.

Bethany Baptist Church

336-767-0760
www.bethany.ws

Better Business Bureau of Northwest NC

(For assistance in connecting to accredited businesses)
336-852-4240
www.bbb.org/northwestern-north-carolina

Forsyth County Housing Rehabilitation Program

336-703-2684
www.forsyth.cc/housing

NC Baptist Aging Ministry (NCBAM)

877-506-2226
www.ncbam.org

Piedmont Triad Regional Council

Weatherization
336-904-0300
www.ptrc.org

Pilot Mountain Baptist Association

336-830-8189
www.pmba.org

The Shepherd’s Center of Greater Winston-Salem

Handyman Program
336-748-0217
www.shepherdscenter.org

The Shepherd’s Center of Kernersville

Handyman Program
336-996-6696
www.shepctrville.com

Triad Baptist Church

Nehemiah’s Few
336-996-7573
www.tbcnow.org

Vocational Rehabilitation

Independent Living
336-968-3230
www.ncdhhs.gov/dvrs

Winston-Salem Housing Rehabilitation Program

336-727-8000
www.cityofws.org

HOUSING

The following organizations offer assistance with home ownership counseling, rentals, temporary housing, and placement in care facilities.

American Red Cross

336-333-2111 (disaster only)
www.redcross.org

Bethesda Center for Homeless

For men or women
336-722-9951
www.bethesdacenter.org

Family Services

Domestic Violence
336-723-8125
www.familyservicesforsyth.org

Forsyth County Housing Program

336-703-2684
www.forsyth.cc/housing

Group Homes of Forsyth

IDD
336-661-7788
www.grphms.com

Housing Authority of Winston-Salem

336-727-8500
www.haws.org

NC Department of Insurance

Toll-free 855-408-1212
www.ncdoi.gov/documents/continuing-care-retirement-communities/ccrc-listing-licensed-facilities

Salvation Army

For women and families
336-722-8721
www.salvationarmyusa.org

Samaritan Ministries

For men
336-748-1962
www.samaritanforsyth.org

SENIOR SERVICES, Inc.

Help Line
336-724-2040
Information on Senior Housing Options
www.seniorservicesinc.org

The Experiment in Self-Reliance, Inc. (ESR)

336-722-9400
www.eisr.org

Winston-Salem Rescue Mission

For men
336-723-1848
www.wsrescue.org

IDENTIFICATION, RECORDS, AND VOTING

The following organizations are resources for voters, public records, identification cards, licenses/tags, or discount cards.

Forsyth County Board of Elections

336-703-2800
www.co.forsyth.nc.us/elections

Forsyth County Register of Deeds

Public Records
336-703-2700
www.co.forsyth.nc.us/rod

License Plate Agency

Kernersville336-904-0743
Rural Hall336-642-9016
Winston-Salem 336-725-2795
www.ncdot.org/dmv

NC Driver's License Division

Kernersville336-904-0743
North Patterson Avenue336-761-2259
Silas Creek Parkway336-761-2258
www.ncdot.org/dmv

NC Senior Tarheel Discount Card

Shepherd's Center of Greater
Winston-Salem
336-748-0217
www.shepherdscenter.org

Winston-Salem Recreation and Parks

Senior Citizen's ID card (must be 60+)
336-727-8000
www.cityofws.org

INFORMATION AND REFERRALS

The following organizations assist individuals in understanding and accessing benefits available for specific populations.

The Arc of Forsyth County

The Enrichment Center
336-777-0076
www.enrichmentarc.org

Cancer Services, Inc.

336-760-9983
www.cancerservicesonline.org

Easter Seals UCP of North Carolina

Local Office336-757-4681
Toll-free 800-662-7119
www.easterseals.com/ncva

Mental Health Association

336-768-3880
www.triadmentalhealth.org

Solutions for Independence

Information for any disability
336-767-7060
www.sicilnc.org

NC Baptist Aging Ministry (NCBAM)

877-506-2226
www.ncbam.org

IN-HOME ASSISTANCE

The following organizations provide licensing information, weekly calls, or home care assistance.

Department of Social Services

Adult Intake
336-703-3501
www.co.forsyth.nc.us/dss

In-Home Aide Services

336-703-3501
www.co.forsyth.nc.us/dss

Division of Health Service Regulation

Home Care Complaint Hotline
800-624-3004
www.ncdhhs.gov/dhsr

SENIOR SERVICES, Inc.

Home Care..... 336-725-0907
Living-at-Home (CAP-DA)..... 336-725-0907
Call Connections 336-721-6954
Help Line 336-724-2040
Information on in-home assistance options
www.seniorservicesinc.org

Trellis Supportive Care

Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

The Shepherd’s Center of Kernersville

(Friendly Caller and Personal Shopper Programs)
336-996-6696
www.shepctrkville.com

NC Department of Insurance Consumer Services Division

Seniors’ Health Insurance Information Program (SHIIP)
Medicare Counseling
855-408-1212
www.ncdoi.com

NC Division of Medical Assistance

Medicaid
919-855-4100
888-245-0179
www.ncdhhs.gov/dma

Senior Financial Care

SHIIP counselors
336-896-1328
www.financialpaths.org

Social Security Administration

National..... 800-772-1213
Winston-Salem office 877-402-0828
www.ssa.gov

The Shepherd’s Center of Greater Winston-Salem

SHIIP counseling
336-748-0217
www.shepherdscenter.org

INSURANCE INFORMATION

The following organizations offer free counseling and education related to health insurance options.

Department of Social Services

Medicaid
336-703-3502
www.co.forsyth.nc.us/dss

Medicare

800-633-4227
www.medicare.gov

LEGAL AND CONSUMER PROTECTION SERVICES

The following organizations offer services that address individual legal needs or concerns.

Better Business Bureau of Northwest NC

336-852-4240
www.bbb.org/northwestern-north-carolina

Clerk of Superior Court–Guardianship

336-779-6300
www.nccourts.gov/locations/forsyth-county

Consumer Protection

Legal Aid of NC
336-725-9162
www.legalaidnc.org

Forsyth County Register of Deeds Office

336-703-2700
www.co.forsyth.nc.us/rod

Legal Aid of NC

Domestic violence, civil, non-criminal
336-725-9162
877-579-7562 (Senior Legal Help Line)
www.legalaidnc.org

Magistrates' Office

336-917-7001
www.co.forsyth.nc.us/sheriff

Mediation Services of Forsyth County

336-724-2870

NC Department of Justice

Attorney General Office
Consumer Complaint Hotline
877-566-7226
919-716-6400
www.ncdoj.gov

NC Department of Labor

800-625-2267
www.labor.nc.gov

NC Lawyer Referral Service

919-677-8574
www.ncbar.org

NC State Bar

919-828-4620
www.ncbar.gov

SENIOR SERVICES

Help Line

336-724-2040

For a list of Forsyth elder law attorneys
www.seniorservicesinc.org

Trellis Supportive Care

Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

Winston-Salem Human Relations Dept.

Housing discrimination - City Link
336-727-8000 or 311
www.cityofws.org

LONG-TERM CARE FACILITIES

The following organizations provide information on facility quality, payment options, and licensing.

Department of Social Services

Adult Placement
336-703-3501
www.co.forsyth.nc.us

Department of Social Services

Medicaid
336-703-3800
www.co.forsyth.nc.us/dss/adult_care_facilities.aspx

Medicare

Nursing Home Ratings
800-633-4227
www.medicare.gov

NC Department of Insurance

Toll-free 855-408-1212
www.ncdoi.gov/licensees/continuing-care-retirement-communities-ccrc

NC Division of Health Service Regulation

Complaint Hotline
800-624-3004
www.ncdhhs.gov/dhsr

Piedmont Triad Regional Council

Area Agency on Aging (Ombudsman Program)
336-904-0300
www.ptrc.org

SENIOR SERVICES, Inc.

Help Line

336-724-2040

For a complete list of facilities

www.seniorservicesinc.org

MEDICAL COMPLAINTS

The following organizations accept complaints about medical care for home health, hospital, or long-term care facilities.

Medicare Beneficiaries Complaint Hotline

800-633-4227

www.medicare.gov

NC Division of Health Service Regulation

Complaint Hotline

800-624-3004

www.ncdhhs.gov

NC Medical Board

Doctor complaints

800-253-9653 ext. 501

www.ncmedboard.org

NC State Board of Dental Examiners

Dental complaints

919-678-8223

www.ncdentalboard.org

MEDICAL EQUIPMENT AND LOAN CLOSETS

The following organizations loan medical equipment, based on availability, such as walkers, wheelchairs, or tub benches to assist a person's ability to live independently.

Equipment that are medically necessary and ordered by a physician may be partially covered by Medicare or other insurance.

Cancer Services, Inc.

Cancer patients only

336-760-9983

www.cancerservicesonline.org

NC Assistive Technology Project

To try assistive equipment before purchase

336-716-8030

www.ncdhhs.gov

SENIOR SERVICES, Inc.

Help Line

336-724-2040

For information on durable medical equipment companies

www.seniorservicesinc.org

The Shepherd's Center of Kernersville

336-996-6696

www.shepctrkville.com

MEDICAL AND DENTAL SERVICES

The following organizations offer education, evaluations, medical care, and rehabilitation services.

Atrium Health Wake Forest Baptist

Best Health 336-713-2378
Diabetes Care Center 336-713-7251
Downtown Health Plaza 336-713-9800
Health on Call
(doctor referral service)..... 336-716-2255
J. Paul Sticht Center on Aging
(rehabilitation)..... 336-713-8500
Memory Counseling Program..... 336-716-1034
Orthopedics & Therapy
Services..... 336-716-8200
www.wakehealth.edu

Community Care Center

Free clinic
336-723-7904
www.carectr.org

Dialysis Centers

Atrium Health Wake Forest Baptist
Outpatient Dialysis 336-748-0575
Administration 336-748-0575
Miller Street..... 336-724-0468
Northside... 336-744-0577
Piedmont..... 336-721-1360
Salem Kidney..... 336-761-8808
www.wfopd.com

Forsyth County Cooperative Extension

Nutrition Education Programs
336-703-2850
www.co.forsyth.nc.us/CES

Forsyth County Department of Public Health

336-703-3100
www.co.forsyth.nc.us/publichealth

Novant Health

Diabetes and Nutrition
Services..... 336-277-1660
Health Connections
(doctor referral service)..... 336-718-7000
Martinat Outpatient
Rehabilitation Center..... 336-718-6700
Maya Angelou Center for Women's Health
and Wellness 336-718-0060
Memory Care..... 336-718-7300
Rehabilitation Center
and Audiology..... 336-718-5780
Rehabilitation Hospital, an affiliate
of Encompass Health..... 336-754-3500
www.novanthealth.org

SENIOR SERVICES, Inc.

Help Line

336-724-2040

For lists of low-cost dental options
www.seniorservicesinc.org

Trellis Supportive Care

Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

Winston-Salem Rescue Mission

710 North Trade Street
First come, first served
336-723-1848
www.wsrescue.org

Winston-Salem Rescue Mission

Free Dental Clinic
Extractions Only
710 N. Trade Street
First come, first served
6:30 AM - 9:00 AM
2nd and 4th Thursday each month
336-723-1848

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(888) 314-6292

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www.childcareresourcecenter.org | mail@childcareresourcecenter.org



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- Long-term skilled nursing households
- Assisted living memory support household
- Assisted living residences



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336.767.8130 | salemtowne.org



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Learn more and find other opportunities to get involved:
seniorservicesinc.org/volunteer

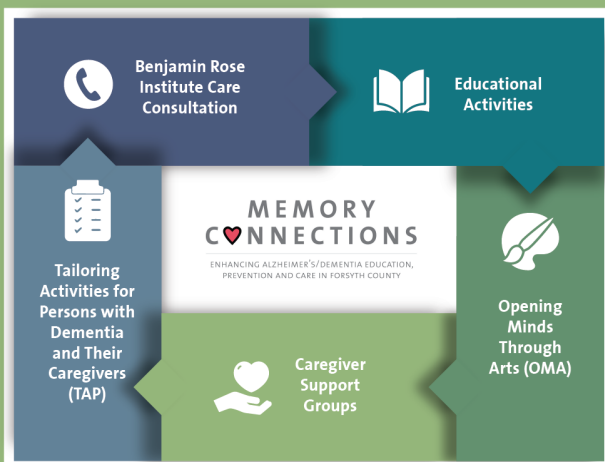


336-725-0907 | seniorservicesinc.org

Know Someone Living With Memory Loss? *We Can Help!*



MEMORY CONNECTIONS



WE SEEK TO:

- Identify people with possible dementia, particularly individuals who live alone, and connect them with services.
- Educate individuals and communities that are at high risk of developing dementia.
- Provide education and support to people caring for a loved one with dementia.

LEARN MORE or MAKE A REFERRAL:

Contact: Anita Ford, *Memory Connections Project Coordinator*

336-721-6966

aford@seniorservicesinc.org

bit.ly/MemoryConnections



This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of the financial assistance award totaling \$1,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

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(336)-760-7131 | www.rahws.com

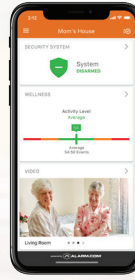


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1460 Hampton Plaza Drive, Suite E
Kernersville, NC 27284

(336) 941-3171
www.ace-hti.com

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seniorservicesinc.org/services/williams-adult-day-center

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Supportive Care

We provide residents with enriched lifestyles, including varied activities and the comfort of additional care tailored to individual needs.

From assistance with activities of daily living to meal preparation, medication management, activities and events, and transportation, Bermuda Village offers personalized attention every day. And you can join the community at any level of living.

Adult Day Care Services

Bermuda Village also provides an individualized Adult Day Care program, The Carter House, complete with activities and meals. The Carter House makes a great transition to Supportive Care as well.

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- Body Wash/Shower Gel
- Dry/No Rinse Shampoo
- Regular Shampoo
- Lotion
- Toothpaste/Mouthwash
- Hand Sanitizer
- Adult Washcloth/Moist Disposable Wipes (*no baby wipes*)
- Blue Pads/Chux (*disposable*)
- Washable Bed Pads
- Men's Shields/Liners



NUTRITION

- Ensure, Boost, or Glucerna



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- Laundry Detergent
- Paper Towels
- Dishwashing Liquid
- Dishwashing Towels/Cloths
- Pot Holders
- Cleaning Supplies (*disinfecting spray, sponges, kitchen/bathroom cleaner, Clorox wipes*)
- Kleenex
- Trash Bags (*small/tall*)
- Hand Sanitizer
- Disposable Face Masks
- Thermometers
- Latex Gloves



OTHER

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CHECK: Senior Services, 2895 Shorefair Drive
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ONLINE: seniorservicesinc.org

CALL: 336-721-3411



MENTAL HEALTH SERVICES

The following organizations offer a variety of mental health services, including education, referrals, emergency counseling, support groups, and treatment. Medicare, Medicaid, and other insurance providers may cover services.

Associates in Christian Counseling

336-896-0065

www.christiancounseling.org

Atrium Health Wake Forest Baptist

CareNet Counseling 336-716-7339

www.carenetnc.org

Department of Psychiatry 336-716-4551

Memory Counseling Program . 336-716-1034

www.wakehealth.edu

Catholic Charities

336-727-0705

www.ccdoc.org

Daymark Recovery Services

Forsyth Behavioral Health Urgent Care and
Outpatient Services

336-607-8523

Mobile Engagement Services
(Mobile Crisis Services)

866-275-9552

www.daymarkrecovery.org

Family Services

336-722-8173

www.familyservicesforsyth.org

Family Services

Domestic Violence & Sexual Assault

Hotline 336-723-8125

www.familyservicesforsyth.org

Geriatric Outreach Program

336-716-9215

www.wakehealth.edu/GO-Program

Mental Health Association

336-768-3880

www.triadmentalhealth.org

Novant Health Memory Care

336-718-7300

www.novanthealth.org

Partners' Behavioral Health Management

877-864-1454

888-235-4673 (Member Services)

833-353-2093 (Crisis Line)

www.partnersbnhm.org

The 988 Suicide & Crisis Hotline

(National Suicide Hotline)

988

www.samhsa.gov

The Shepherd's Center of Kernersville

336-996-6696

www.shepctrkville.com

Trellis Supportive Care

Palliative, Hospice & Family Support

336-768-3972

www.trellissupport.org

Trinity Center

336-725-3999

www.trinitycenterinc.org

RECREATION AND CONTINUING EDUCATION

The following organizations offer one or more of the following activities: cultural events, education, exercise, and socialization.

Arts Council Theatre

336-722-2585

www.intothearts.org

Atrium Health Wake Forest Baptist

Aquatics Program 336-713-8190

www.wakehealth.edu/aquatic-programs

(This section continues on next page)

Best Health 336-713-2378
www.wakehealth.edu/besthealth

Forsyth County Cooperative Extension
336-703-2850
www.co.forsyth.nc.us/ces

Forsyth County Public Library
Adult Outreach..... 336-703-2903
www.forsyth.cc/Library

Computer Training Bridge 336-703-3079
www.forsythcomputertraining.org

Forsyth Technical Community College
Main Campus..... 336-723-0371
Small Business Center 336-757-3810
www.forsythtech.edu

Salem College
Fleer Center Adult Continuing Education
336-721-2621
www.salem.edu

Salvation Army
336-723-6366
www.salvationarmyusa.org

Sawtooth School for Visual Art
336-723-7395
www.sawtooth.org

SENIOR SERVICES, Inc.
Creative Connections..... 336-725-0907
Senior Lunch..... 336-725-0907
www.seniorservicesinc.org

Solutions for Independence
Center for Independent Living
336-767-7060
www.sicilnc.org

The Shepherd's Center of Greater Winston-Salem
336-748-0217
www.shepherdscenter.org

The Shepherd's Center of Kernersville
336-996-6696
www.shepctrkville.com

The Stevens Center
336-721-1945
www.uncsa.edu/stevenscenter

Wake Forest University
336-758-5232
www.continuingstudies.wfu.edu

Winston-Salem Recreation and Parks City Link
336-727-2505 or 311
www.cityofws.org

Winston-Salem State University
336-750-2000
www.wssu.edu

Winston-Salem Symphony
336-725-1035
www.wssymphony.org

Winston-Salem Urban League
336-717-1223
www.wsurban.org

Winston-Salem Visitor Center
Community events
336-728-4200
www.visitwinstonsalem.com

YMCA
Fulton Family..... 336-661-1093
Innovation Quarter..... 336-245-5140
Jerry Long Family..... 336-712-2000
Kernersville 336-996-2231
Robinhood Road Family..... 336-251-1090
Wells Fargo Express..... 336-725-9342
William G. White, Jr. 336-721-2100
Winston Lake Family 336-724-9205
www.ymcanwnc.org

YWCA Gateway Branch

336-354-1589
www.ywcaaws.org

SUBSTANCE ABUSE

The following organizations offer support and treatment for individuals who are dependent on drugs and/or alcohol.

Addiction Recovery Care Association

336-784-9470
www.arcanc.org

Associates in Christian Counseling

336-896-0065
www.christiancounseling.org

Atrium Health Wake Forest Baptist

Department of Psychiatry
336-716-4551
www.wakehealth.edu

Fellowship Home of Winston-Salem

For men—substance abuse
336-727-1084
www.thefellowshiphome.org

Insight Human Services

336-725-8389
www.insightnc.org

Novant Health

Behavioral Health
336-718-3550
www.novanthealth.org

YWCA

Hawley House
For women - substance abuse
336-721-0733
www.ywcaaws.org

SUPPORT GROUPS

The following organizations offer education, friendship, and opportunities to share with others who are going through similar experiences.

Alzheimer's Association

Local Chapter 336-285-5920
National..... 800-272-3900
www.alz.org

Cancer Services, Inc.

336-760-9983
www.cancerservicesonline.org

Family Services

Domestic Violence
336-722-8173
www.familyservicesforsyth.org

Lupus Foundation of NC 24-hour hotline

704-716-5640
www.lupusnc.org

Mental Health Association

336-768-3880
www.triadmentalhealth.org

Multiple Sclerosis Society

National..... 800-344-4867
www.nationalmssociety.org

Parkinson Association

Local..... 336-972-7091
North Carolina 866-903-7275
www.parkinsonassociation.org

SENIOR SERVICES, Inc.

Grandparents Raising Grandchildren

Support Group..... 336-725-0907
Help Line 336-724-2040
For a list of additional support groups
www.seniorservicesinc.org

The Shepherd's Center of Kernersville
336-996-6696
www.shepctrkville.com

Solutions for Independence
Center for Independent Living
(Disability Peer Support)
336-767-7060
www.sicilnc.org

Trellis Supportive Care
Palliative, Hospice & Family Support
336-768-3972
www.trellissupport.org

Winston-Salem Recreation and Parks Dept.
City Link
336-727-8000 or 311
www.cityofws.org

TAXES

The following organizations provide assistance related to local, state, and federal taxes.

AARP Tax Aide
www.aarp.org/money/taxes/aarp_taxaide

The Experiment in Self-Reliance, Inc. (ESR)
Volunteer Income Tax Assistance (VITA)
336-722-9400
www.eisr.org

Forsyth County Tax Office
336-703-2300
www.forsyth.cc/tax

IRS
Winston-Salem Office..... 336-659-2740
National..... 800-829-1040
www.irs.gov

NC Department of Revenue
State tax information
336-487-0280
877-252-3052
www.ncdor.gov

TRANSPORTATION

The following organizations provide volunteer or publicly funded assistance to older adults or people with disabilities with transportation needs.

Advance notice required.

American Cancer Society
Cancer patients
National..... 800-227-2345
www.cancer.org

Clemmons Transportation Ministry
Groceries, medical (for Clemmons residents)
336-766-6486
www.cfbctoday.org

Department of Social Services
Medicaid Transportation Unit
336-703-3919

The Shepherd's Center of Greater Winston-Salem
Groceries, medical
(for Winston-Salem residents)
336-748-0217
www.shepherdscenter.org

The Shepherd's Center of Kernersville
336-996-6696
(for Kernersville area residents)
www.shepctrkville.com

Support Systems of Forsyth County, LLC.
336-464-3126
www.supportsystems.com

Piedmont Authority for Regional Transportation (PART)
Out-of-region transportation connecting people from outlying counties into urban areas
336-662-0002
www.partnc.org

Winston-Salem Transit Authority
Trans-Aid Regional non-emergency
336-727-2000
www.wstransit.com

VETERANS' SERVICES

The following organizations offer one or more of the following for veterans and/or their families: education about benefits, advocacy, and direct services.

American Legion
336-631-5471
www.legion.org

American Red Cross
336-679-7225
800-733-2767
www.redcross.org

AmVets
336-251-0779
www.amvets.org

Disabled American Veterans
336-631-5481
www.dav.org

Kernersville Health Care Center
Veterans Outpatient Clinic
336-515-5000
www.salisbury.va.gov

NC Department of Military & Veterans Affairs (8th District Office)
336-766-1496
www.milvets.nc.gov

U.S. Department of Veterans' Affairs
National..... 800-698-2411
www.va.gov

Vet Centers (Counseling)
Local Chapter 336-323-2660
National..... 877-927-8387
www.vetcenter.va.gov

Veterans of Foreign Wars
336-631-5457
www.vfw.org

Veterans' Services
Paralyzed Veterans of America
336-251-0836
800-795-3622
www.pva.org

VICTIM ASSISTANCE SERVICES

The following organizations provide assistance and support services to victims of domestic violence, abuse, neglect, and/or other crimes

Department of Social Services
Adult Protective Services
336-703-3503
www.co.forsyth.nc.us/dss

Family Services
Domestic violence
336-723-8125
www.familyservicesforsyth.org

Forsyth County Domestic Violence Unit
Safe on Seven
336-776-3255
336-723-8125 (24 hour crisis line)

Forsyth County Sheriff's Department
Non-emergency
336-727-2112
www.co.forsyth.nc.us/sheriff

(This section continues on next page)

Kernersville Police Department

336-996-3177
www.kernersvillepd.com

Legal Aid of NC

Domestic violence
336-725-9162
www.legalaidnc.org

Winston-Salem Police Department

Domestic violence336-773-7860
Non-emergency.....336-773-7700

VOLUNTEER OPPORTUNITIES

The following organizations offer volunteer opportunities to people with a variety of interests, availability, and skills.

Many of the organizations rely heavily on volunteers for their daily operations and carrying out their missions.

American Red Cross

Local..... 336-679-7225
National..... 800-733-2767
www.redcross.org

Atrium Health Wake Forest Baptist

336-713-3514
www.wakehealth.edu/volunteer

Crisis Control Ministry

Kernersville 336-996-5401
Winston-Salem336-724-7453
www.crisiscontrol.org

Crossnore School & Children’s Home

336-721-7600
www.crossnore.org

Family Services

336-722-8173
www.familyservicesforsyth.org

Hands On Northwest North Carolina Love Community Development Corporation

Retired Senior Volunteer Program
336-306-8119
www.handsonnwc.org

Novant Health

336-718-5738
www.novanthealth.org

Salvation Army

336-723-6366
www.salvationarmyusa.org

Samaritan Ministries

336-748-1962
www.samaritanforsyth.org

Second Harvest Food Bank

336-784-5770
www.hungernwnc.org

SENIOR SERVICES, Inc.

336-725-0907
www.seniorservicesinc.org

Seniors’ Health Insurance Information Program (SHIIP)

The Shepherd’s Center of Greater Winston-Salem 336-748-0217
www.shepherdscenter.org

The Shepherd’s Center of

Kernersville336-996-6696
www.shepctrkville.com

Solutions for Independence

Center for Independent Living
336-767-7060
www.sicilnc.org

Sunnyside Ministry

336-724-7558
www.sunnysideminsty.org

Trellis Supportive Care
Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

Winston-Salem Rescue Mission
336-723-1848
www.wsrescue.org

Winston-Salem Symphony Encore
336-725-1035
www.wssymphony.org

Winston-Salem Urban League
336-717-1223
www.wsurban.org

YMCA
Adult Literacy Initiative
336-727-9850
www.ymcanwnc.org

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AARP – Washington, DC.....888-687-2277

Adaptive Driving Program, Comp Rehab, Atrium Health Wake Forest Baptist.....336-716-8004

Adaptive Driving Program, Forsyth Medical Center336-718-5780

Addiction Recovery Care Association336-784-9470

Adult Literacy Initiative, YMCA.....336-727-9850

Adult Placement, Forsyth County Department of Social Services.....336-703-3501

Adult Protective Services (abuse & neglect), Forsyth County

Department of Social Services336-703-3503

Agape Care and Share, Inc.336-744-4004

Alzheimer’s Association800-272-3900 or 336-285-5920

Alzheimer’s Program, Duke Family Support Program919-660-7510

American Cancer Society (transportation for cancer patients).....800-227-2345

American Diabetes Association.....800-342-2383

American Heart Association.....336-542-4825

American Legion336-631-5471

American Lung Association800-586-4872

American Red Cross.....336-333-2111

AmVets.....336-251-0779

Animal Adoption & Rescue Foundation (AARF)336-768-7387

AniMeals & Houses for Hounds336-703-2480

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Addiction Recovery Care Association (ARCA).....336-784-9470

Area Agency on Aging, Piedmont Triad Regional Council336-904-0300

Arthritis Foundation800-883-8806

Arthritis Foundation – Carolina Chapter704-802-7536

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Atrium Health Wake Forest Baptist, Department of Psychiatry	336-716-4551
Atrium Health Wake Forest Baptist, Diabetes Care Center	336-713-7251
Atrium Health Wake Forest Baptist, Epilepsy Information.....	336-716-4101
Atrium Health Wake Forest Baptist, Health on Call (doctor referral)	336-716-2255
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Chapter 13 (personal bankruptcy)	336-722-1139
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Clemmons First Baptist Church.....	336-766-6486
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Division of Deaf and Hard of Hearing.....	888-467-3413
Division of Health Service Regulation.....	800-624-3004
Division of Veterans' Affairs (8th district office)	336-766-1496
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Downtown Health Plaza	336-713-9800
Duke Family Support Program, Alzheimer's Program	919-660-7510
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Epilepsy Information Service, Atrium Health Wake Forest Baptist	336-716-4101
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Eye Care America	877-887-6327

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Forsyth County Dept. of Social Services—Medicaid	336-703-3800
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Forsyth County Ground Maintenance (dead animal pick up inside county)	336-703-2250
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Habitat for Humanity Re-Store	336-893-8494
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Health Connections (doctor referral service), Forsyth Medical Center	336-718-7000
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Hearing Loss Association of America	336-273-9692, Ext. 103
Helping Hands and Caring Hearts	336-794-2552
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Hispanic League	336-770-1228
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J. Paul Sticht Center	336-713-8500

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Kernersville Police Department	336-996-3177
Kidney Foundation, NC Office	704-519-0020

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License Plate Agency, Kernersville.....	336-904-0743
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Martinat Outpatient Rehabilitation Center	336-718-6700
Maya Angelou Center for Women’s Health & Wellness	336-718-7850
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Medicare Beneficiary Complaint Hotline.....	800-633-4227
Medicare Information	800-633-4227
Memory Connections of SENIOR SERVICES	336-721-6966
Mental Health Association.....	336-768-3880
Miller Street Dialysis Center	336-724-0468
Mt. Zion Baptist Church Senior Life Enrichment Center (adult day care).....	336-721-1842
Multiple Sclerosis Society.....	800-344-4867

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NAACP—Winston-Salem—Forsyth County Branch.....	336-767-3470
National Hopeline.....	800-784-2433
National Suicide Prevention (the Suicide and Crisis Lifeline).....	988 or 800-273-8255
NC Assistive Technology Program and Loan Closet	919-855-3564 or 716-8030

NC Baptist Aging Ministry (BAM).....	877-506-2226
NC Brain Injury Association	800-377-1464
NC Department of Insurance	855-408-1212
NC Department of Labor	800-625-2267
NC Department of Revenue (state tax information).....	336-487-0280
NC Department of Military and Veterans' Affairs	336-766-1496
NC Division of Health Services Regulation	800-624-3004
NC Division of Medical Assistance.....	919-855-4100
NC Division of Services for the Blind.....	336-896-2227
NC Division of Services for Deaf and Hard-of-Hearing.....	888-467-3413
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NC Driver's License Division, Kernersville	336-993-5651
NC Driver's License Division, North Patterson Avenue.....	336-761-2259
NC Driver's License Division, Silas Creek Parkway	336-761-2258
NC Lawyer Referral Service	919-677-8574
NC Library for the Blind and Physically Handicapped.....	888-388-2460
NC Medical Board (doctor complaints).....	800-253-9653
NC State Bar	919-828-4620
NC State Board of Dental Examiners (dental complaints)	919-678-8223
NC Stroke Association	336-713-5052
NC Wildlife Resource Commission.....	800-662-7137
NC Works—Forsyth County	336-464-0520
Nehemiah's Few, Triad Baptist Church	336-996-7573
Northside Dialysis.....	336-744-0577
Novant Health (information).....	336-718-5000
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Novant Health, Diabetes and Nutrition	336-277-1660
Novant Health, Health Connections (doctor referral).....	336-718-7000
Novant Health, Kernersville Medical Center.....	336-564-4000
Novant Health, Low-Vision Clinic.....	336-718-5780
Novant Health, Memory Care	336-718-7300
Novant Health, Volunteer Services	336-718-5738
NuCare Carolina (fee charged).....	800-380-1947
Nursing Home Complaint Hotline.....	800-624-3004
Nutrition Education Programs, Forsyth Cooperative Extension Service	336-703-2850
Partners Behavioral Health Management.....	877-864-1454
Partners Behavioral Management (Crisis Line).....	833-353-2093
Partners Behavioral Health Management (Member Line).....	888-235-4673

Paralyzed Veterans of America	800-795-3622
Parkinson Association of the Carolinas	866-903-7275
Piedmont Authority for Regional Transportation (PART).....	336-662-0002
Piedmont Dialysis Center	336-721-1360
Piedmont Triad Regional Council, Area Agency on Aging	336-904-0300
Pilot Mountain Baptist Association.....	336-830-8189
Project C.A.R.E.	828-485-4267

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+Regional Non-Emergency Medical Transportation,

Winston-Salem Transit Authority.....	336-727-2000
Relay NC (TTY).....	800-735-2962 or 711
Relay NC (voice).....	800-735-8260 or 711
Rescue Mission	336-723-1848
Retired Senior Volunteer Program (RSVP)	336-306-8119
Salem College, Flee Center, Adult Continuing Education Programs.....	336-721-2621
Salem Kidney Center.....	336-761-8808
Salvation Army Church, Walkertown Street location—senior programs.....	336-499-1196
Salvation Army, Hispanic Services—International Core	336-499-1196
Salvation Army, North Trade Street location.....	336-722-8721
Salvation Army, Volunteer Opportunities.....	336-723-6366
Samaritan Ministries	336-748-1962
Sawtooth School for Visual Art.....	336-723-7395
Second Harvest Food Bank.....	336-784-5770
Senior Financial Care	336-896-1328
Senior Legal Helpline (Legal Aid).....	877-579-7562
Senior Life Enrichment Center (adult day care/caregiver support)	
Mt. Zion Baptist Church.....	336-721-1842
Senior Lunch of SENIOR SERVICES	336-725-0907
SENIOR SERVICES	336-725-0907
SENIOR SERVICES, Elizabeth and Tab Williams Adult Day Center	336-724-2155
SENIOR SERVICES, Help Line	336-724-2040
SENIOR SERVICES, Home Care.....	336-725-0907
SENIOR SERVICES, Living-at-Home (CAP-DA).....	336-725-0907
SENIOR SERVICES, Meals-on-Wheels	336-725-0907
SENIOR SERVICES, Senior Lunch	336-725-0907
SENIOR SERVICES, Call Connections/Creative Connections	336-721-6954
SENIOR SERVICES, Memory Connections.....	336-721-6966

Seniors' Health Insurance Information Program—Raleigh (SHIIP)	855-408-1212
The Shepherd's Center of Greater Winston-Salem	336-748-0217
The Shepherd's Center of Kernersville	336-996-6696
Social Security Administration.....	800-772-1213
Social Security Administration, Winston-Salem Office.....	877-402-0828
Solutions for Independence Center for Independent Living	336-767-7060
State Library of NC for Blind and Physically Handicapped.....	888-388-2460
The Stevens Center	336-721-1945
Substance Abuse Treatment Program, Atrium Health Wake Forest Baptist (psychiatric)	336-716-4551
Sunnyside Ministry, Adult Literacy/Emergency Assistance	336-724-7558
Support Systems of Forsyth County, LLC (Transportation Provider).....	336-464-3126

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Trellis Supportive Care – Palliative, Hospice, & Family Support.....	336-768-3972
Triad Baptist Church	336-996-7573
Triad General Information.....	211
Triad Information Reading Service.....	919-832-5138
Trinity Center	336-725-3999
United Way	211
USDA Service Center, Rural Development Program	336-767-0720
U.S. Department of Veteran's Affairs (information & help with VA claims)	800-698-2411
Vet Center (counseling & transition)	336-323-2660
Veterans of Foreign Wars.....	336-631-5457
Veterans Outpatient Clinic (all services)	336-515-5000
Vocational Rehabilitation	336-784-2700

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Wake Forest University (information).....	336-758-5000
Wake Forest University School of Law	336-758-5430
Weatherization Program, Piedmont Triad Regional Council	336-904-0338
Whitaker Rehabilitation Center, Forsyth Medical Center.....	336-718-5780
Wildlife Rehab, Inc.	336-785-0912
Winston-Salem Community and Business Development	336-727-8000
Winston-Salem Human Relations Dept. (housing discrimination)	336-727-8000
Winston-Salem Police Department, Domestic Violence and Victim Assistance.....	336-773-7860
Winston-Salem Police Department, Non-Emergency	336-773-7700

Winston-Salem Recreation and Parks (City Link)336-727-8000
Winston-Salem Rescue Mission..... 336-723-1848
Winston-Salem State University (information) 336-750-2000
Winston-Salem Symphony.....336-725-1035
Winston-Salem Transit Authority, Regional Non-Emergency Medical Transportation..... 336-883-7278
Winston-Salem Urban League 336-717-1223
Winston-Salem Visitors' Center336-728-4200
Woman Wise (women's health & wellness)336-703-3196

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YMCA, Adult Literacy Initiative 336-727-9850
YMCA, Fulton Family336-661-1093
YMCA, Innovation Quarter 336-245-5140
YMCA, Jerry Long Family 336-712-2000
YMCA, Kernersville.....336-996-2231
YMCA, Robinhood Road Family 336-251-1090
YMCA, William G. White336-721-2100
YMCA, Winston Lake Family..... 336-724-9205
YMCA, Wells Fargo Express 336-245-7225
YWCA, Gateway Branch 336-354-1589
YWCA, Hawley House (women—substance abuse)336-721-0733

Although we make every effort to be accurate in listing the names of organizations, programs and phone numbers, we would appreciate your bringing to our attention any errors in this directory by calling 336-724-2040. Thank you!



AFFORDABLE SENIOR COMMUNITIES

RENTS BASED ON INCOME* | MANAGED BY COMMUNITY MANAGEMENT CORPORATION



Spacious One-Bedroom Apartments for Seniors

WINSTON-SALEM

For Seniors 55+

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336-725-9021

Azalea Terrace

100 Azalea Terrace Court
336-723-3633

Cherry Hill

840 West 14th Street
336-723-7524

Spring Hill

618 N Spring Street
336-723-4162

Wachovia Hill

100 S. Spruce Street
336-251-1060

WINSTON-SALEM

For Seniors 62+

Assembly Terrace

3731 University Parkway
336-759-9798

Country Village

201 Park Ridge Circle
336-765-4354

St. Peter's Heritage Place

3727 Old Lexington Road
336-771-9028

Community Management Corporation takes pride in offering affordable and professionally managed apartment communities for seniors.

**Income restrictions apply.*

TDD Relay Services: 711



Equal Housing Opportunity

SENIOR SERVICES

If you need more information, please call
Senior Services Help Line at 336-724-2040
or visit seniorservicesinc.org.

EMERGENCY NUMBERS

Ambulance/Police/Fire	911
Partners (Crisis Line 24/7)	833-353-2093
Duke Power (power outage).....	800-769-3766
Suicide & Crisis Lifeline.....	988

Senior Services is a non-profit agency in Winston-Salem, NC.
Our mission is to enable seniors to live with dignity and independence.

2895 SHOREFAIR DRIVE | WINSTON-SALEM, NC 27105

Elizabeth and Tab Williams Adult Day Center • Meals-on-Wheels • Help Line
Home Care • Living-at-Home • Senior Lunch • Elder Care Choices • Creative Connections