



Directory of Services

FOR OLDER ADULTS IN FORSYTH COUNTY

2015



Senior Services' Help Line

724-2040

YOUR DIRECT LINK TO RESOURCES FOR SENIORS



SENIOR SERVICES

*Helping Forsyth County's
elderly live at home
with dignity.*

ELIZABETH AND TAB
WILLIAMS
ADULT DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

Senior Services, Inc.

2895 Shorefair Drive

Winston-Salem, NC 27105-4237

www.seniorservicesinc.org

helpline@seniorservicesinc.org

336-724-2040

Greetings!

This 2015 edition of the *Directory of Services for Older Adults in Forsyth County* includes a wide variety of telephone numbers and websites for nonprofit human service agencies and organizations that offer help and information to older adults in the Forsyth County area. An online directory is also available on our website.

Whether you are a caregiver who is looking after a loved one or are in need of services for yourself, Senior Services' Help Line is the place to contact for information on services offered in Forsyth County for individuals who are 60 years of age or older. For more specific information and education on the resources listed on these pages and to discuss other options for care please contact Senior Services' Help Line.

Help Line can help you...

- Understand eligibility and coverage for public programs such as Medicare and Medicaid;
- Explore options to enable you to stay in your home safely;
- Find resources that will help you with the challenges of being a caregiver; and
- Provide information on community resources; transportation, socialization, housing options, long-term care facilities, in-home services, etc.

While Help Line assistance is free for residents of Forsyth County, a tax-deductible contribution toward the cost of our services is always appreciated. You can visit our website and make a secure online donation, if you wish, or you can mail your gift to our Shorefair address. Your donations help offset our mailing costs and enable us to extend our services to more consumers in need of help.

Sincerely,

The Staff of Help Line

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 Senior Services' programs. Learn more about our services below:

Senior Services' HELP LINE is an information and referral service that provides community resource information, case assistance and options counseling to older adults and their families who reside in Forsyth County. Resource information and materials describing topics on aging and current county and regional services for seniors are available. A lending library of books and videos that relate to the many aspects of caregiving is maintained. Help Line also publishes the *Directory of Services for Older Adults*, a comprehensive listing of community services that can assist the elderly of Forsyth County. Call 724-2040.

The Elizabeth and Tab Williams Adult Day Center is an adult day center that provides supervision and care to older adults who cannot be left alone during the day or for people with Alzheimer's disease or related disorders. 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. The center is located at 231 Melrose Street at Cloverdale Avenue. Call 724-2155.

Meals-on-Wheels provides a hot, nutritious meal each weekday, Monday through Friday, to homebound older adults who are unable to prepare meals themselves. Volunteers deliver the meals to the recipients of this service. They also bring a cheerful smile to those they serve. Call 748-5932 for more information.

Living-at-Home, through its case management team of nurses and social workers, approves and manages the Community Alternatives Program for Disabled Adults (CAP-DA) for certain Medicaid eligible clients in Forsyth County who would otherwise qualify for nursing home placement. Through client assessment, the needs of eligible disabled applicants are assessed, and a variety of homecare services are set up and monitored to help these clients remain safely at home for as long as possible. Call 725-0907 and ask for the CAP-DA Case Manager Assistant.

Home Care provides personal care and respite services to elderly adults in their homes by certified nursing assistants who are supervised by a registered nurse. 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 725-0907 and ask to speak to a Home Care Supervisor.

Senior Lunch operates four sites located throughout Forsyth County. Participants must be 60 years of age or older and reside in Forsyth County. Those attending the Senior Lunch program receive a hot, nutritious meal and can participate in an exciting activity or program prior to the meal. Call 748-5932 for more information.

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ADULT DAY CARE

The following adult day care centers give older adults a place to go during the day for care, supervision, activities and social contact with others.

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

Senior Services, Inc.
Elizabeth and Tab Williams Adult Day Center
724-2155
www.seniorservicesinc.org

ADVOCACY

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

AARP
Washington, DC.....1-888-687-2277
Raleigh, NC.....1-866-389-5650
www.aarp.org

The Adaptables, Inc.
Center for Independent Living
767-7060
www.theadaptables.com

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

Division of Health Service Regulation
Home Health and Health Care Complaints
1-800-624-3004
www.dhhs.state.nc.us

Friends of Residents in Long-Term Care
1-919-782-1530
www.forltc.org

Lupus Foundation of America
National Office.....1-800-558-0121
Winston Salem Chapter.....768-1493
www.lupus.org

Mayor's Council of Persons with Disabilities
245-5678
www.ci.winston-salem.nc.us

Mental Health Association in Forsyth County
768-3880
www.triadmentalhealth.org

NAACP
Winston-Salem/ Forsyth County Branch
767-3470
www.naacp.org

Piedmont Triad Regional Council
Area Agency on Aging
904-0300
www.ptrc.org

Senior Services, Inc.
Help Line
724-2040
www.seniorservicesinc.org

Winston-Salem State University
Division of Nursing
Grandparenting Program
725-8167
www.wssu.edu

ANIMAL RESOURCES

These agencies and programs offer a variety of assistance with animal, pet and pest issues.

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

City of Winston-Salem
Dead Animal Pick Up (inside the city)
727-8000
www.cityofws.org

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

Forsyth County Animal Control
Administration.....703-2480
Adoption & Redemption.....703-3647
AniMeals & Houses for
Hounds.....703-2480
Complaint & Investigations.....703-2490
Licensing.....703-2479
Lost & Found.....703-2478
www.co.forsyth.nc.us/AnimalControl

Forsyth County Dept. of Public Health
Vector Control Section (mosquitoes, ticks,
bedbugs)
703-3225
www.co.forsyth.nc.us

Forsyth County Transportation Department
Dead Animal Pick Up (inside the county)
896-7014

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

Forsyth Spay Neuter Clinic
723-7550

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

BLIND AND VISUALLY IMPAIRED

The following service providers offer evaluations, assistive devices and other services for persons who are visually impaired or blind.

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

Eye Care America
Glaucoma
1-877-887-6327
www.eyecareamerica.org

NC Division of Services for the Blind
Winston Salem Office.....896-2227
www.ncdhhs.gov/dsb

Novant Health Rehabilitation Center
Low Vision Clinic
718-5780
www.forsythmedicalcenter.org

Blind and Visually Impaired (continued)

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

State Library of NC
Library for the Blind
and Physically Handicapped
1-888-388-2460
www.statelibrary.ncdcr.gov/lbph

Triad Information Reading Service
758-6011
<http://tirs.ws/>

Wake Forest Baptist Health
Low Vision Program
716-8097
www.wakehealth.edu

Winston-Salem Industries for the Blind
Low Vision Center.....245-5672
Optical Department.....759-0551
www.wsifb.com

Winston-Salem Recreation and Parks
City Link
727-8000
www.cityofws.org

CHORE AND HOMEMAKER SERVICES

The following service providers can offer light-meal preparation, light housekeeping and may assist with errands and transportation.

Forsyth County Department of
Social Services – In-Home Aide Services
703-3501
www.co.forsyth.nc.us/dss/

Helping Hands and Caring Hearts
794-2552

**Senior Services, Inc.
Help Line
724-2040**
List of agencies & sitters
www.seniorservicesinc.org

COMPUTER TRAINING

The following service providers offer low- to no-cost computer classes. Classes range from basic skill instruction to more advanced programs.

The Adaptables, Inc.
Center for Independent Living
767-7060
www.theadaptables.com

Forsyth County Public Library
Computer Training Bridge
703-3079
www.forsythcomputertraining.org

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

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

CONSUMER PROTECTION

The following agencies support consumers who have experienced unfair business practices or have been victims of fraudulent activity.

Better Business Bureau of Northwest NC
725-8348
www.nwnc.bbb.org

Mediation Services of Forsyth County
724-2870

Legal Aid of NC
725-9162
<https://www.legalaidnc.org>

CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)

The following CCRCs offer a full range of retirement living opportunities, including independent living, assisted living and nursing home care.

Arbor Acres
724-7921
www.arboracres.org

Salemtowne
767-8130
www.salemtowne.org

Brookridge
759-1044
www.brookridgecommunity.org

CONTINUING EDUCATION

The following colleges and universities offer a variety of options for continuing education. Some may offer a reduced rate for older adults.

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

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

Salem College
Fleer Center Adult Continuing Education
721-2669
www.salem.edu

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

Wake Forest University
758-5000
www.wfu.edu

COUNSELING

The following counseling organizations offer services for depression, anxiety, grief and other mental health concerns. Treatment options may include counseling, therapy sessions, education, support groups and/or medication. Medicare, Medicaid and other forms of insurance may pay for counseling services.

Associates in Christian Counseling
896-0065
www.christiancounseling.org

CareNet Counseling
Wake Forest Baptist Health
716-0855
www.carenetcounseling.org

Catholic Charities
727-0705
www.cssnc.org

CenterPoint Human Services
ACCESS
1-888-581-9988
www.cphs.org

Family Services
722-8173
www.fsifamily.org

Hospice & Palliative CareCenter
Grief Counseling Services
768-3972
www.hospicecarecenter.org

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

Trinity Center
725-3999
www.trinitycenterinc.com

Wake Forest Baptist Health
Department of Psychiatry
716-4551
www.wakehealth.edu

COUNSELING – CRISIS

The following service providers offer emergency counseling services for victims of domestic violence, sexual assault and for individuals with immediate mental health needs.

CenterPoint Human Services
ACCESS
1-888-581-9988
www.cphs.org

Family Services
Domestic Violence (Hotline).....723-8125
Sexual Assault (Hotline).....722-4457
www.fsifamily.org

National Hopeline Network (24/7)
1-800-784-2433
www.hopeline.com

National Suicide Prevention Lifeline (24/7)
1-800-273-8255
www.suicidepreventionlifeline.org

DEAF AND HEARING IMPAIRED

The following providers may provide persons with hearing or speech impairments with communication services, assistive devices, sign language interpreters, hearing aid assistance and education on hearing loss.

Better Hearing Institute Consumer Line
1-800-327-9355
www.betterhearing.org

Relay NC (TTY) (24-hour availability)
1-800-735-2962 or 711
www.relaync.com

Communication Access Partners, Inc.
Interpreters
993-4200
www.communicationaccesspartners.com

Relay NC (voice) (24-hour availability)
1-800-735-8200 or 711
www.relaync.com

Division of Services for Deaf and
Hard-of-Hearing
Greensboro Regional Center
1-888-467-3413
www.ncdhhs.gov/dsdhh

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

DENTAL SERVICES

The following providers offer services to address individuals' dental needs and concerns.

Help Line
724-2040
For lists of Medicaid dentists and
low-cost dental options
www.seniorservicesinc.org

Winston-Salem Rescue Mission
Free Dental Clinic
Extractions/assessments only
710 N. Trade Street
First come, first served

NC State Board of Dental Examiners
Dental complaints
1-919-678-8223
www.ncdentalboard.org

Note

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 725-0907. Thank you!

DISABILITY-RELATED SERVICES

The following service providers may offer one or more of the following: activities, assistive devices, advocacy for persons with disabilities, information and education, and help in obtaining and maintaining employment.

The Adaptables, Inc.
767-7060
www.theadaptables.com

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

CenterPoint (I & DD)
1-888-581-9988
www.cphs.org

Club Independence
716-8007
www.wakehealth.edu

Disability Rights North Carolina
1-877-235-4210
www.disabilityrightsnc.org

Easter Seals UCP of North Carolina
1-800-662-7119
www.nc.eastersealsucp.com

Goodwill Industries
724-3621
www.goodwillnwno.org

Mayor's Council of Persons with Disabilities
245-5678
www.ci.winston-salem.nc.us

NC Assistive Technology Program
Raleigh.....1-919-859-8360
Winston Salem.....716-8030
<http://ncatp.org>

Social Security Administration
National.....1-800-772-1213
Winston-Salem Office.....1-877-402-0828
www.ssa.gov

Vocational Rehabilitation
Independent Living
784-2700
www.ncdhhs.gov/dvrs

DONATION CENTERS

The following agencies accept a variety of donated items. To find agencies that accept donated medical equipment such as walkers or wheelchairs, please see the "Medical Equipment and Loan Closets" section of this directory.

Goodwill Industries
(Clothing, computers & housewares)
Clemmons Store.....778-2165
Jonestown Road Store.....768-9778
Kernersville Store996-3351
Peters Creek Parkway Store.....201-0800
University Parkway Store.....725-1203
Waughtown Street Store.....777-0619
www.goodwillnwno.org

Habitat for Humanity Re-Store
(Building materials & housewares)
765-2951
www.habitatforsyth.org

Salvation Army
(Clothing, food, & housewares)
722-8721
www.salvationarmyusa.org

Donation Centers (continued)

Sunnyside Ministries
(Clothing, food, & housewares)
724-7558
www.sunnysideminsty.org

Winston-Salem Rescue Mission
(Clothing, furniture & housewares)
723-1848
www.wsrescue.org

Winston-Salem Industries for the Blind
(Glasses)
759-0551
www.wsifb.com

EMERGENCY ASSISTANCE

The following service providers can assist persons with furniture, clothing, food and shelter in an emergency situation. Some agencies may also provide financial assistance.

Agape Care and Share, Inc.
REdress Clothing Boutique
744-4004
www.agapecareandshare.com

Lewisville Community Assistance Program
Lewisville residents only
945-3203
www.lewisvilleumc.org

American Red Cross
724-0511
www.redcross.org

Salvation Army
722-8721
www.salvationarmyusa.org

Catholic Charities
727-0705
www.cssnc.org

Sunnyside Ministry
Zip codes 27107 and 27127 only
724-7558
www.sunnysideminsty.org

Crisis Control Ministry
Kernersville.....996-5401
Winston-Salem.....724-7453
www.crisiscontrol.org

Winston-Salem Rescue Mission
(Food and clothing)
723-1848
www.wsrescue.org

Forsyth County Department of Social
Services – Adult Intake
703-3501
www.co.forsyth.nc.us/dss

EMPLOYMENT AND TRAINING

The following providers offer education and skills training for persons seeking employment. Some providers offer employment through their agencies.

AARP
Online listing of local job opportunities
<http://jobs.aarp.org>

Division of Employment Security
Forsyth County Job Link
776-6720
www.ncesc.com

Goodwill Industries
724-3621
www.goodwillnwno.org

Vocational Rehabilitation
784-2700
www.ncdhhs.gov/dvrs

Winston-Salem Industries for the Blind
759-0551
www.wsifb.com

Winston-Salem Urban League
Senior Employment Program (55+)
725-5614
<http://wsurban.org>

FINANCIAL MANAGEMENT

The following agencies may offer one or more of the following financial assistance services: credit counseling, budgeting, financial education and/or reverse mortgage counseling.

Chapter 13
Personal bankruptcy
722-1139

Financial Pathways of the Piedmont
896-1191
www.financialpaths.org

Legal Aid of NC
Bankruptcy and foreclosure assistance
725-9162
<https://www.legalaidnc.org>

Senior Financial Care (60+)
896-1328
www.financialpaths.org

FOOD ASSISTANCE

The following providers help individuals or families obtain food or access to food.

Agape Care & Share, Inc.
744-4004
www.agapecareandshare.com

Crisis Control Ministry
Kernersville.....996-5401
Winston-Salem.....724-7453
www.crisiscontrol.org

Forsyth County Department of Social
Services – Food Stamps
703-3800
www.co.forsyth.nc.us/dss

Lewisville Community Assistance Program
Lewisville residents only
945-3203

Food Assistance (continued)

Salvation Army
722-8721
www.salvationarmy.org

Samaritan Ministries Soup Kitchen
748-1962
www.samaritanforsyth.org

Senior Services, Inc.
Meals-on-Wheels (60+).....748-5932
Senior Lunch (60+).....725-0907
www.seniorservicesinc.org

Sunnyside Ministry
Zip codes 27107 and 27127 only
724-7558
www.sunnysideministry.org

HEALTH SUPPORTIVE SERVICES

The following agencies offer information and education on one or more specific diseases or illnesses. Many services are free; however, there may be a fee and/or physician referral needed for some services.

Aids Care Service
777-0116
www.aidscareservice.org

Alzheimer's Association
285-5920
www.alz.org

American Cancer Society
National.....1-800-227-2345
Triad Office.....834-0844
www.cancer.org

American Diabetes Association
1-800-342-2383
www.diabetes.org

American Heart Association
668-0167
www.americanheart.org

American Lung Association
1-800-548-8252
www.lungusa.org

American Red Cross
Northwest NC Chapter
724-0511
www.redcross.org

Arthritis Foundation
North Carolina Chapter
1-800-365-3811
www.arthritis.org

Cancer Services, Inc.
Cancer patients only
760-9983
www.cancerservicesonline.org

Cystic Fibrosis Foundation
1-800-344-4823
www.cff.org

Duke Family Support Program
Alzheimer's Program
1-800-672-4213
www.geri.duke.edu

Easter Seals UCP of North Carolina
1-800-662-7119
www.nc.eastersealsucp.com

Health Supportive Services (continued)

Forsyth County Department of Public Health
703-3100
www.co.forsyth.nc.us/publichealth

Hospice & Palliative CareCenter
768-3972
www.hospicecarecenter.org

Kidney Foundation
National.....1-888-848-5277
NC office.....1-704-519-0020
www.kidney.org

Lupus Foundation of America
Winston Salem Triad Chapter
24-hour hotline
768-1493
www.lupus.org

Multiple Sclerosis Society
Greater Carolinas Chapter
299-4136
www.nationalmssociety.org

NC Brain Injury Association
1-800-377-1464
www.bianc.net

NC Stroke Association
713-5052
www.ncstroke.org

Novant Health Diabetes of Forsyth
Diabetes & Nutrition Center
277-1660
www.forsythmedicalcenter.org

Parkinson Association of the Carolinas
1-866-903-7275
www.parkinsonassociation.org

Wake Forest Baptist Health
Diabetes Care Center
716-8224
www.wakehealth.edu

Wake Forest Baptist Health
Epilepsy Information Service
716-2319
www.wakehealth.edu

HISPANIC SERVICES

The following providers offer Hispanic individuals a variety of services, such as counseling, medical care and translation assistance.

Bethany Baptist Church Medical Clinic
Free clinic
767-0760
www.bethanybaptistws.com

Communication Access Partners
Interpreters
993-4200
www.communicationaccesspartners.com

Catholic Charities
727-0705
www.cssnc.org

Hispanic Services (continued)

Forsyth County Public Library
Hispanic services
703-2907
www.forsyth.cc/library

Salvation Army Hispanic Services
International Core
499-1196
www.salvationarmyusa.org

Legal Aid of NC
Handles civil matters for immigrants
725-9162
<https://www.legallaidnc.org>

HOME CARE ASSISTANCE

Home care agencies may provide assistance with daily living activities, such as personal hygiene, dressing, meal preparation, light housekeeping and other household needs. Home care can be paid for privately or by long term care insurance or Medicaid.

Division of Health Service Regulation
Home Care Complaint Hotline
1-800-624-3004
www.ncdhhs.gov/dhsr

**Senior Services, Inc.
Help Line
724-2040**
For a list of home care agencies
www.seniorservicesinc.org

Hospice & Palliative CareCenter
768-3972
www.hospicecarecenter.org

**Senior Services, Inc.
Home Care.....725-0907
Living-at-Home (CAP-DA).....725-0907**
www.seniorservicesinc.org

HOME MODIFICATION AND MAJOR REPAIRS

The following agencies provide grants, loans and free home modifications and/or repairs to low-income individuals who meet eligibility requirements.

Forsyth County Housing Program
703-2680
www.forsyth.cc/housing

USDA Rural Development Program
767-0720
www.rurdev.usda.gov

Piedmont Triad Regional Council
Weatherization Assistance Program
904-0338
www.ptrc.org

Vocational Rehabilitation
Independent Living
784-2700
www.ncdhhs.gov/dvrs

Winston-Salem Community and
Business Development
727-8000 or Dial 311
www.cityofws.org

HOME REPAIRS – MINOR

The following providers offer minor home repairs. Services may include, but are not limited to, the installation of handrails and grab bars, minor plumbing repairs, and replacement of air filters, smoke detector batteries and light bulbs. These services are provided at no cost to the client; however, clients are asked to contribute to the cost of the materials.

Pilot Mountain Baptist Association
759-7622
www.pmba.org

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

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

Triad Baptist Church
Nehemiah's Few
996-7573
www.tbcnow.org

HOUSING

The following service providers offer home-buyer assistance, home-ownership counseling, placement in care facilities and rental assistance.

The Experiment in Self-Reliance, Inc. (ESR)
722-9400
www.eisr.org

Forsyth County Department of
Social Services – Adult Placement
703-3501
www.co.forsyth.nc.us

Forsyth County Housing Program
703-2680
www.forsyth.cc/housing

Group Homes of Forsyth
MR or DD
831-1300
www.grphms.com

Housing Authority of Winston-Salem
727-8500
www.haws.org

Senior Services, Inc.
Help Line
724-2040
A list of other housing options
www.seniorservicesinc.org

HOUSING – TEMPORARY

The following agencies provide temporary housing and/or housing assistance for persons in need. Some are gender specific or specific to the individual's situation.

AIDS Care Service, Inc.
777-0116
www.aidscareservice.org

American Red Cross
724-0511 (disaster only)
www.redcross.org

Bethesda Center for Homeless
For men or women
722-9951
www.bethesdacenter.org

Domestic Violence
723-8125
www.fsifamily.org

Fellowship Home
For men – substance abuse
727-1084
www.thefellowshiphome.org

Salvation Army
For women or families
722-8721
www.salvationarmyusa.org

Samaritan Ministries
For men
748-1962
www.samaritanforsyth.org

Winston-Salem Rescue Mission
For men
723-1848
www.wsrescue.org

YWCA–Hawley House
For women – substance abuse
721-0733
www.ywcaws.org

I.D. CARDS/LICENSES/RECORDS

These agencies provide public records, identification cards, licenses and vehicle tags. The senior citizen identification card received through the Recreation and Parks Department is free, as is the NC identification card provided by the DMV for persons over 70.

Forsyth County Register of Deeds
Public Records
703-2700
www.co.forsyth.nc.us/rod

License Plate Agency
Kernersville.....904-0743
Rural Hall.....969-2814
Winston-Salem.....725-2795
www.ncdot.org/dmv

NC Driver's License Division
Kernersville.....993-5651
North Patterson Avenue.....761-2259
Silas Creek Parkway.....761-2258
www.ncdot.org/dmv

Winston-Salem Recreation and Parks
Senior Citizen's ID card (must be 60+)
727-8000 or Dial 311
www.cityofws.org

INFORMATION AND REFERRALS

The following agencies help individuals understand what services are available for their target population and how to access them.

The Adaptables, Inc.
Information for any disability
767-7060
www.theadaptables.com

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

Cancer Services, Inc.
760-9983
www.cancerservicesonline.org

Easter Seals UCP of North Carolina
757-4681
www.nc.eastersealsucp.com

Mental Health Association
768-3880
www.triadmentalhealth.org

Multiple Sclerosis Society
Central NC Chapter
299-4136
www.nationalmssociety.org

NC Baptist Aging Ministry (NCBAM)
1-877-506-2276
www.ncbam.org

**Senior Services, Inc.
Help Line
724-2040**
Resources for seniors and caregivers
www.seniorservices.org

United Way 211
Triad General Information
Dial 211
www.211.org

INSURANCE INFORMATION

These providers offer free counseling and education related to health insurance options.

Forsyth County Department of Social
Services – Medicaid
703-3800
www.co.forsyth.nc.us/dss

Medicare Information
1-800-633-4227
www.medicare.gov

NC Department of Insurance
Consumer Hotline
1-800-546-5664
www.ncdoi.com

NC Division of Medical Assistance
Medicaid
919-855-4100
www.ncdhhs.gov/dma

Insurance Information (continued)

Seniors' Health Insurance
Information Program (SHIIP)
1-800-408-1212
www.ncshiip.com

The Shepherd's Center of Greater
Winston-Salem
Forsyth County SHIIP Coordinating Office
748-0217
www.shepherdscenter.org

LEGAL SERVICES/CIVIL RIGHTS/DISCRIMINATION

These agencies offer a variety of services that address individual legal needs or concerns.

Clerk of Superior Court
Guardianship
779-6300
www.ncfcc.us

Forsyth County Bar Association
Lawyer complaint service
760-1232
www.forsythlawyers.org

Forsyth County Register of Deeds Office
703-2700
www.co.forsyth.nc.us/rod

Hospice and Palliative CareCenter
Health Care Power of Attorney/Living Wills
768-3972
www.hospicecarecenter.org

Legal Aid of NC
Domestic violence, civil, non-criminal
725-9162
www.legalaidnc.org

Magistrates' Office
917-7693
www.co.forsyth.nc.us/sheriff

Mediation Services of Forsyth County
724-2870

NAACP
767-3470
www.naacp.org

NC Department of Labor
1-800-625-2267
www.nclabor.com

NC Lawyer Referral Service
1-800-662-7660
www.ncbar.gov

NC State Bar
1-919-828-4620
www.ncbar.gov

**Senior Services, Inc.
Help Line
724-2040**

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

Wake Forest University School of Law
The Elder Law Clinic
758-5061
<http://elder-clinic.law.wfu.edu>

Winston-Salem Human Relations Dept.
Housing discrimination – City Link
727-8000 or Dial 311
www.cityofws.org

MEDICAL CENTERS

The following providers provide a full array of medical services.

Novant Health Forsyth Medical Center
Information
718-5000
www.forsythmedicalcenter.org

Wake Forest Baptist Health
Information
716-2011
www.wakehealth.edu

Novant Health Kernersville Medical Center
Information
564-4000
www.kernersvillemc.org

MEDICAL CLINICS

The following providers offer low- to no-cost medical services for eligible clients.

Bethany Baptist Church Medical Clinic
Free clinic
767-0760

Sunnyside Ministries
Free clinic
724-7558
www.sunnysideministry.org

Community Care Center
Free clinic
723-7904
www.cccforsyth.org

Winston-Salem Rescue Mission
710 North Trade Street
First come, first served
723-1848
www.wsrescue.org

Downtown Health Plaza
713-9800
www.wakehealth.edu/dhp

MEDICAL COMPLAINTS

The following agencies accept complaints related to medical care in a variety of settings, including home, hospital or care facility.

Medicare Beneficiaries Complaint Hotline
1-800-722-0468

NC Medical Board
Doctor complaints
1-800-253-9653
www.ncmedboard.org

NC Division of Health Service Regulation
Home care/hospital/long-term care facilities
1-800-624-3004
www.dhhs.state.nc.us/dhsr

MEDICAL EQUIPMENT AND LOAN CLOSETS

The following service providers loan medical equipment to help persons manage in their homes. Items are loaned based on availability. Loan closet items might include walkers, wheelchairs or tub benches. Items that are medically necessary and ordered by a physician may be covered or partially covered by Medicare or other forms of insurance.

Cancer Services, Inc.
Cancer patients only
760-9983
www.cancerservicesonline.org

NC Assistive Technology Project
To try assistive equipment before purchase
716-8030
www.ncatp.org

Senior Services, Inc.
Help Line
724-2040
For a list of medical equipment companies
www.seniorservicesinc.org

Senior Services, Inc.
Living-at-Home
725-0907
Lending Closet
www.seniorservicesinc.org

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

Southside Baptist Church
Medical Supply Ministry
723-0395
www.southsidebaptistchurchws.com

MEDICAL SERVICES

These providers offer education, evaluations, medical care and rehabilitation services.

Dialysis Centers
Wake Forest Baptist Outpatient Dialysis
Administration748-0575
Miller Street.....724-0468
Northside.....744-0577
Piedmont.....721-1360
Salem Kidney.....761-8808
www.wfopd.com

Forsyth County Department of Public Health
703-3100
www.co.forsyth.nc.us/publichealth

Hospice & Palliative CareCenter
768-3972
www.hospicecarecenter.org

Medical Services (continued)

Novant Health
Health Connections (doctor referral service).....718-7000
Martinat Outpatient Rehabilitation Center.....718-6700
Maya Angelou Center for Women’s Health and Wellness.....718-0060
Whitaker Rehabilitation Center.....718-5780
www.forsythmedicalcenter.org

Wake Forest Baptist Health
Comp Rehab.....716-8200
Health on Call (doctor referral service).....716-2255
J. Paul Sticht Center on Aging (rehabilitation).....713-8500
www.wakehealth.edu

MENTAL HEALTH SERVICES

The following providers offer a variety of mental health services, including education and referrals for services, counseling and treatment.

Associates in Christian Counseling
896-0065
www.christiancounseling.org

Mental Health Association
768-3880
www.triadmentalhealth.org

CenterPoint Human Services
1-888-581-9988
www.cphs.org

Wake Forest Baptist Health
Department of Psychiatry
716-4551
www.wakehealth.edu

Novant Health
Behavioral Health Services
718-3550
www.forsythmedicalcenter.org

NUTRITION EDUCATION

The following providers offer education and care related to dietary needs.

BestHealth
713-2378
www.wakehealth.edu/BestHealth

Forsyth County Department of Public Health
703-3100
www.co.forsyth.nc.us/publichealth

Forsyth County Cooperative Extension
Nutrition Education Programs
703-2850
www.co.forsyth.nc.us/CES

Novant Health Diabetes of Forsyth
Diabetes and Nutrition Services
277-1660
www.forsythmedicalcenter.org

Nutrition Education (continued)

Wake Forest Baptist Health
Diabetes Care Center
716-8224
www.wakehealth.edu

PRESCRIPTION ASSISTANCE

The following providers offer information and provide eligible individuals with assistance in obtaining prescription medication.

Cancer Services, Inc.
Cancer patients only
760-9983
www.cancerservicesonline.org

Crisis Control Ministry
Kernersville.....996-5401
Winston-Salem.....724-7875
www.crisiscontrol.org

Community Care Center/Med-Aid
714-2359
www.cccforsyth.org

RECREATION AND SELF-ENRICHMENT

The following providers offer activities, cultural events, and education, exercise and/or socialization opportunities.

The Adaptables, Inc.
767-7060
www.theadaptables.com

Salvation Army
723-6366
www.salvationarmyusa.org

Arts Council Theatre
722-2585
www.intothearts.org

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

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

Senior Services, Inc.
Senior Lunch
725-0907
www.seniorservicesinc.org

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

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

Recreation and Self-Enrichment (continued)

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

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

Wake Forest Baptist Health
Aquatics Program
713-8082
www.wakehealth.edu/aquatic-programs

Wake Forest Baptist Health
Best Health
713-2378
www.wakehealth.edu/besthealth

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

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

Winston-Salem Urban League
725-5614
www.wsurban.org

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

YMCA of NWNC.....777-8055
Fulton Family.....661-1093
Jerry Long Family.....712-2000
Kernersville.....996-2231
Robinhood Road Family.....251-1090
Wells Fargo Express.....725-9342
William G. White, Jr.721-2100
Winston Lake Family.....724-9205
www.ymcanwnc.org

YWCA Gateway Branch
354-1590
www.ywcaws.org

RESPIRE CARE

The following providers offer relief to caregivers by providing short-term breaks from their regular caregiving responsibilities.

Centenary United Methodist Church
DAYbreak Respite Care
397-1345
www.centenary-ws.org

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

Senior Services, Inc.
Elizabeth and Tab Williams Adult Day Center
724-2155
www.seniorservicesinc.org

Senior Services, Inc.
Family Caregiver Support Program
721-6914
www.seniorservicesinc.org

Respite Care (continued)

Senior Services, Inc.
Home Care
725-0907
www.seniorservicesinc.org

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

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

SOCIAL SECURITY BENEFITS

The following providers offer assistance in applying for or understanding benefits.

Campbell Disability Center
995-5746
www.campbelldc.com

Social Security Administration
National.....1-800-772-1213
Winston-Salem office.....1-877-402-0828
www.ssa.gov

Disability Advocates of NUNC
Disability filing
760-9600

SUBSTANCE ABUSE

The following providers offer support and treatment for persons dependent on drugs and/or alcohol.

Addiction Recovery Care Association
784-9470
www.arcanc.org

Insight Human Services
725-8389
www.drugfreenc.org

Associates in Christian Counseling
896-0065
www.christiancounseling.org

Novant Health
Behavioral Health
718-3550
www.forsythmedicalcenter.org

CenterPoint Human Services
1-888-581-9988
www.cphs.org

Wake Forest Baptist Health
Department of Psychiatry
716-4551
www.wakehealth.edu

Fellowship Home of Winston-Salem
For men – substance abuse
727-1084
www.thefellowshiphome.org

SUPPORT GROUPS

The following providers offer an opportunity to talk with others who are going through similar experiences. In addition, they provide education and a place to develop friendships.

The Adaptables, Inc.
Disability Peer Support
767-7060
www.theadaptables.com

Alzheimer's Association
Local Chapter.....285-5920
National1-800-272-3900
www.alz.org

Cancer Services, Inc.
760-9983
www.cancerservicesonline.org

Forsyth County Department of
Social Services
Relatives As Parents
703-3744
www.co.forsyth.nc.us/dss/

Hearing Loss Association of America
768-1177
www.nchearingloss.org

Hospice & Palliative CareCenter
Grief Counseling Center
768-3972
www.hospicecarecenter.org

Lupus Foundation
24-hour hotline
768-1493
www.lupus.org

Mental Health Association
768-3880
www.triadmentalhealth.org

Multiple Sclerosis Society
Central NC Chapter
299-4136
www.nationalmssociety.org

Senior Services, Inc.
Williams Adult Day Center
724-2155
Caregiver Support Group
www.seniorservicesinc.org

Winston-Salem Recreation and Parks Dept.
Special Populations
Outta Sight Support Group
727-8000 or Dial 311
www.cityofws.org

Winston-Salem State University
Division of Nursing
Grandparenting Program
725-8167
www.wssu.edu

TAXES

The following providers offer assistance related to local, state and federal taxes.

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

IRS
National.....1-800-829-1040

Taxes (continued)

IRS
Winston-Salem office.....659-2740
www.irs.gov

NC Department of Revenue
State tax information
661-6800
www.dornrc.com

**Senior Services, Inc.
Help Line
724-2040**
Tax assistance site information
www.seniorservicesinc.org

TELEPHONE REASSURANCE

The following agencies provide weekday phone calls to at-risk individuals to check on their safety and to provide personal contact.

Senior Services, Inc.
336-725-0907
www.seniorservicesinc.org

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

TRANSPORTATION

These volunteer and publicly funded providers work with elderly and disabled individuals to meet transportation needs. Advanced notice and/or reservations are required.

American Cancer Society
Cancer patients
Local chapter.....834-0844
National.....1-800-227-2345
www.cancer.org

Ardmore Transportation Ministry
Groceries, medical (for Ardmore residents)
722-5686
www.ardmoreumc.org

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

Helping Hands and Caring Hearts
794-2552

Lewisville Transportation Ministry
Groceries, medical (for Lewisville residents)
945-3203
www.lewisvilleumc.org

Medicaid Transportation Unit
703-3919

NuCare Carolina
Non-emergency ambulance
800-380-1947
www.nucarecarolina.com

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

Transportation (continued)

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

Winston-Salem Transit Authority
PART Out-of-Region Non-Emergency
662-0002
www.partnc.org

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

UTILITY ASSISTANCE

The following providers offer utility assistance with power, phone and/or gas.

Crisis Control Ministry
Kernersville.....996-5401
Winston-Salem.....724-7453
www.crisiscontrol.org

Salvation Army
Emergency Assistance Program
722-8721
www.salvationarmyusa.org

Forsyth County Dept. of Social Services
Emergency Assistance Program
722-8721
www.co.forsyth.nc.us/dss

Sunnyside Ministry
Zip codes 27107 and 27127 only
724-7558
www.sunnysideminsty.org

Lifeline and Linkup
Phone bill discount – eligibility required
703-3501
www.fcc.gov/lifeline

VETERANS' SERVICES

The following providers offer education about benefits, as well as advocacy and direct services for veterans and/or their families.

American Legion
631-5471
www.nclegion.org

AmVets
785-9951
www.amvets.org

American Red Cross
724-0511
www.redcross.org

Disabled American Veterans
631-5481
www.dav.org

Veterans' Services (continued)

Division of Veterans Affairs
8th District Office
766-1496
www.doa.state.nc.us/vets

Paralyzed Veterans of America
800-424-8200
www.pva.org

U.S. Department of Veterans' Affairs
Health Resource Center
1-877-222-8387
www.va.gov

U.S. Department of Veterans' Affairs
Information and help with VA claims
1-800-827-1000
www.va.gov

Vet Center
Counseling and transition
333-5366
www.vetcenter.va.gov

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

Veterans Outpatient Clinic
All services
768-3296

VICTIM ASSISTANCE SERVICES

The following providers offer a variety of assistance and supportive services to victims of domestic violence, abuse and neglect and/or crime.

Family Services
Domestic violence
723-8125
www.fsifamily.org

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

Forsyth County Domestic Violence Unit
Safe on Seven
779-6320

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

Kernersville Police Department
996-3177
www.toknc.com/pd

Legal Aid of NC
Domestic violence
725-9162
<https://www.legalaidnc.org>

Winston-Salem Police Department
Domestic violence.....773-7860/773-7741
Non-emergency.....773-7700
www.wspdp.org

VOLUNTEER OPPORTUNITIES

The following agencies offer a variety of volunteer opportunities depending on a person's interests, time and skills. Many of these agencies rely on volunteers for their daily operations and help in carrying out their missions.

The Adaptables, Inc.
767-7060
www.theadaptables.com

American Red Cross
724-0511
www.redcross.org

Centenary United Methodist Church
DayBreak Respite Care
397-1345
www.centenary-ws.org

The Children's Home, Inc.
721-7600
www.tchome.org

Crisis Control Ministry
Kernersville.....996-5401
Winston-Salem.....724-7453
www.crisiscontrol.org

Family Services
722-8173
www.fsifamily.org

Forsyth Medical Center
718-5738
www.forsythmedicalcenter.org

Hands On Northwest NC
Retired Senior Volunteer Program
724-2866
www.handsonnwno.org

Helping Hands and Caring Hearts
794-2552

Hospice & Palliative CareCenter
768-3972
www.hospicecarecenter.org

Legal Aid of NC
725-9162
<https://www.legalaidnc.org>

Salvation Army
723-6366
www.salvationarmyusa.org

Samaritan Ministries
748-1962
www.samaritanforsyth.org

Second Harvest Food Bank
784-5770
www.hungernwnc.org

Senior Services, Inc.
725-0907
www.seniorservicesinc.org

Seniors' Health Insurance Information
Program (SHIIP)
The Shepherd's Center of Greater
Winston-Salem.....748-0217
www.ncshiip.com

The Shepherd's Center of Greater
Winston-Salem
748-0127
www.shepherdscenter.org

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

Volunteer Opportunities (continued)

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

Winston-Salem Urban League
725-5614
www.wsurban.org

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

VOTER REGISTRATION

This provider assists persons in registering to vote, identifies individuals' voting sites and provides information on elections.

Forsyth County Board of Elections
703-2800
www.co.forsyth.nc.us/elections

Quick Reference Section

A

AARP – Raleigh, NC.....	1-866-389-5650
AARP – Washington, DC.....	1-888-687-2277
The Adaptables, Inc., Center for Independent Living.....	767-7060
Adaptive Driving Program, Comp Rehab, Wake Forest Baptist Health.....	716-8004
Adaptive Driving Program, Forsyth Medical Center.....	718-5780
Adult Literacy Initiative, YMCA.....	727-9850
Adult Placement, Forsyth County Department of Social Services.....	703-3501
Adult Protective Services (abuse & neglect), Forsyth County Dept. of Social Services.....	703-3503
Agape Care and Share, Inc.	744-4004
AIDS Care Service, Inc.	777-0116
Alzheimer’s Association.....	285-5920
Alzheimer’s Program, Duke Family Support Program.....	1-800-672-4213
American Cancer Society (transportation for cancer patients).....	1-800-227-2345
American Cancer Society – Triad Office.....	834-0844
American Diabetes Association.....	1-800-342-2383
American Heart Association.....	668-0167
American Legion.....	631-5471
American Lung Association.....	1-800-548-8252
American Red Cross.....	724-0511
AmVets.....	785-9951
Animal Adoption & Rescue Foundation (AARF).....	768-7387
AniMeals & Houses for Hounds.....	703-2480
Arbor Acres.....	724-7921
The Arc of Forsyth County.....	777-0076
ARCA (Addiction Recovery Care Association).....	784-9470
Ardmore Transportation Ministry (groceries & medical).....	722-5686
Area Agency on Aging, Piedmont Triad Regional Council.....	904-0300
Arthritis Foundation.....	1-800-883-8806
Arthritis Foundation – Carolina Chapter.....	1-800-365-3811
Arts Council.....	722-2585
Associates in Christian Counseling.....	896-0065

B

Behavioral Health Resources, Forsyth Medical Center	718-3550
BestHealth, Wake Forest Baptist Health	713-2378
Bethany Baptist Church Medical Clinic (free)	767-0760
Bethesda Center (for homeless men or women)	722-9951
Better Business Bureau of Northwest NC, Inc.....	725-8348
Better Hearing Institute Consumer Help Line.....	1-800-327-9355
Brookridge	759-1044

C

Campbell Disability Center	995-5746
Cancer Services, Inc. (cancer patients only).....	760-9983
CareNet Counseling, Wake Forest Baptist Health	716-0855
Catholic Charities, Piedmont Triad Regional Office	727-0705
Centenary United Methodist Church, DAYbreak Respite Care.....	397-1345
CenterPoint Human Services.....	1-888-581-9988
Chapter 13 (personal bankruptcy)	722-1139
The Children's Home, Inc.	721-7600
City of Winston-Salem (dead-animal pick up inside the city)	727-8000
Clemmons Transportation Ministry (groceries & medical), Clemmons First Baptist Church.....	766-6486
Clerk of Superior Court.....	779-6300
Club Independence	716-8007
Communication Access Partners, Inc. (interpreters).....	993-4200
Community Care Center (free clinic).....	723-7904
Comp Rehab, Adaptive Driving Program, Wake Forest Baptist Health.....	716-8004
Comp Rehab, Wake Forest Baptist Health	716-8200
Cooperative Extension Service, Forsyth County	703-2850
Crisis Control Ministry, Kernersville	996-5401
Crisis Control Ministry, Winston-Salem	724-7453
Cystic Fibrosis Foundation	1-800-344-4823

D

DAYbreak, Centenary United Methodist Church (respite care)	397-1345
Department of Psychiatry, Wake Forest Baptist Health	716-4551
Disability Advocates (disability filing).....	760-9600
Disability Rights North Carolina	1-877-235-4210
Disabled American Veterans	631-5481
Division of Employment Security and Forsyth County Job Link	776-6720

Division of Deaf and Hard of Hearing	1-888-467-3413
Division of Health Service Regulation	1-800-624-3004
Division of Veterans' Affairs (8th district office)	766-1496
Domestic Violence.....	723-8125
Downtown Health Center	713-9800
Duke Family Support Program, Alzheimer's Program	1-800-672-4213

E

Easter Seals UCP of North Carolina.....	757-4681
The Elder Law Clinic	758-5061
Elizabeth and Tab Williams Adult Day Center of Senior Services, Inc.	724-2155
The Enrichment Center, ARC of Forsyth County.....	777-0076
Epilepsy Information Service, Wake Forest Baptist Health	716-2319
The Experiment in Self-Reliance.....	722-9400
Eye Care America	1-877-887-6327

F

Family Caregiver Support Program, Senior Services, Inc.....	721-6914
Family Services (counseling).....	722-8173
Family Services (domestic violence hotline).....	723-8125
Family Services (sexual assault hotline).....	722-4457
Fellowship Home of Winston-Salem, (men – substance abuse).....	727-1084
Financial Pathways of the Piedmont.....	896-1191
Food Stamps, Forsyth County Department of Social Services	703-3800
Forsyth County Animal Control Administration	703-2480
Forsyth County Bar Association (lawyer complaint service).....	760-1232
Forsyth County Board of Elections	703-2800
Forsyth County Cooperative Extension	703-2850
Forsyth County Department of Public Health.....	703-3100
Forsyth County Department of Social Services – Adult Protective Services	703-3503
Forsyth County Department of Social Services – Heat Assistance.....	703-3627
Forsyth County Department of Social Services – In-Home Services	703-3501
Forsyth County Department of Social Services – Medicaid.....	703-3800
Forsyth County Housing Program.....	703-2680
Forsyth County Public Library, Adult Outreach	703-2903
Forsyth County Public Library, Computer Training Bridge	703-3079
Forsyth County Public Library, Hispanic Services	703-2907
Forsyth County Register of Deeds (public records).....	703-2700

Forsyth County Safe on Seven.....	779-6320
Forsyth County Sheriff's Department (non-emergency)	727-2112
Forsyth County Tax Office.....	703-2300
Forsyth County Transportation Department (dead animal pick up inside the county)	896-7014
Forsyth Humane Society.....	721-1303
Forsyth Spay Neuter Clinic.....	723-7550
Forsyth Technical Community College, Main Campus.....	723-0371
Forsyth Technical Community College, Small Business Center	757-3810
Friends of Residents in Long-Term Care	1-919-782-1530

G-K

Goodwill Industries	724-3621
Grandparenting Program, Winston-Salem State University	725-8167
Group Homes of Forsyth (mental retardation or developmental disabilities).....	831-1300
Habitat for Humanity Re-Store.....	765-2951
Hands on Northwest.....	724-2866
Hawley House (women – substance abuse), YWCA.....	721-0733
Health Connections (doctor referral service), Forsyth Medical Center	718-7000
Health on Call (doctor referral service), Wake Forest Baptist Health.....	716-2255
Hearing Loss Association of America	768-1177
Helping Hands and Caring Hearts.....	794-2552
Help Line of Senior Services, Inc.	724-2040
Hispanic Services, Forsyth County Public Library	703-2907
Hispanic Services – International Core, Salvation Army	499-1196
Home Care Complaint Hotline.....	1-800-624-3004
Home Care of Senior Services, Inc.	725-0907
Hospice & Palliative CareCenter.....	768-3972
Housing Authority of Winston-Salem.....	727-8500
Insight Human Services	725-8389
IRS – Winston-Salem Office	659-2740 or 1-800-829-1040
Kernersville Police Department	996-3177
Kidney Foundation – NC Office.....	1-704-519-0020

L

Legal Aid of NC (Winston-Salem office).....	725-9162
Lewisville Community Assistance Program (transportation, groceries & medical assistance).....	945-3203
License Plate Agency, Kernersville	904-0743
License Plate Agency, Rural Hall	969-2814

License Plate Agency, Winston-Salem	725-2795
Lifeline and Linkup (phone bill discount – eligibility required), Forsyth County DSS.....	703-3501
Living-at-Home (CAP-DA) of Senior Services, Inc.	725-0907
Lupus Foundation (Winston-Triad Chapter).....	768-1493
Lupus Foundation of America (National Office).....	1-800-558-0121

M

Magistrates' Office (civil action).....	971-7693
Martinat Outpatient Rehabilitation Center	718-6700
Mayor's Council of Persons with Disabilities	245-5678
Meals-on-Wheels of Senior Services, Inc.	748-5932
Med Aid	714-2359
Mediation Services of Forsyth County	724-2870
Medicaid, Forsyth County Department of Social Services	703-3800
Medicaid, Transportation	703-3919
Medical Review of NC.....	1-800-722-0468
Medical Supply Ministry (loan closet), Southside Baptist Church.....	723-0395
Medicare Beneficiary Complaint Hotline	1-800-722-0468
Medicare Information	1-800-633-4227
Mental Health Association.....	768-3880
Miller Street Dialysis Center	724-0468
Mt. Zion Baptist Church Senior Life Enrichment Center (adult day care).....	721-1842
Multiple Sclerosis Society, Central NC Chapter	299-4136

N-Q

NAACP – Winston-Salem – Forsyth County Branch	767-3470
National Hopeline	1-800-442-4673
National Suicide Prevention	1-800-273-8255
NC Assistive Technology Program and Loan Closet	716-8030
NC (BAM) Baptist Aging Ministry.....	1-877-506-2276
NC Brain Injury Association	1-800-377-1464
NC Department of Insurance	1-800-546-5664
NC Department of Labor.....	1-800-625-2267
NC Department of Revenue (state tax information)	661-6800
NC Department of Veterans' Affairs.....	725-8781
NC Division of Health Services Regulation	1-800-624-3004
NC Division of Medical Assistance	1-919-855-4100
NC Division of Services for the Blind	896-2227

NC Division of Services for Deaf and Hard-of-Hearing.....	1-888-467-3413
NC Division of Services for Deaf and Hard-of-Hearing (Relay NC Voice/TTY)	711
NC Driver’s License Division, Kernersville	993-5651
NC Driver’s License Division, North Patterson Avenue.....	761-2259
NC Driver’s License Division, Silas Creek Parkway	761-2258
NC Lawyer Referral Service	1-800-662-7660
NC Library for the Blind and Physically Handicapped.....	1-888-388-2460
NC Medical Board (doctor complaints).....	1-800-253-9653
NC State Bar	1-919-828-4620
NC State Board of Dental Examiners (dental complaints)	1-919-678-8223
NC Stroke Association	713-5052
Nehemiah’s Few, Triad Baptist Church.....	996-7573
Northside Dialysis.....	744-0577
Novant Health, (information).....	718-5000
Novant Health, Behavioral Health	718-3550
Novant Health, Diabetes and Nutrition	277-1660
Novant Health, Health Connections (doctor referral)	718-7000
Novant Health, Kernersville Medical Center	564-4000
Novant Health, Low Vision Clinic	718-5780
Novant Health, Volunteer Services.....	718-5738
NuCare Carolina (fee charged).....	1-800-380-1947
Nursing Home Complaint Hotline	1-800-624-3004
Nutrition Education Programs, Forsyth Cooperative Extension Service.....	703-2850
Paralyzed Veterans of America	1-800-424-8200
Parkinson Association of the Carolinas	1-866-903-7275
PART Out-of-Region Non-Emergency Medical, Winston-Salem Transit Authority.....	662-0002
Piedmont Dialysis Center	721-1360
Piedmont Triad Regional Council, Area Agency on Aging	904-0300
Pilot Mountain Baptist Association	759-7622
Project C.A.R.E.	1-800-646-2028

R-S

RAPP (Relatives as Parents)	703-3744
Regional Non-Emergency Medical Transportation, Winston-Salem Transit Authority	727-2000
Relay NC (TTY).....	1-800-735-2962 or 711
Relay NC (voice).....	1-800-735-8200 or 711
Rescue Mission	710 North Trade Street, Winston-Salem
Retired Senior Volunteer Program (RSVP).....	724-2866

Salem College, Fleeer Center, Adult Continuing Education Programs	721-2669
Salem Kidney Center.....	761-8808
Salemtowne	767-8130
Salvation Army Church, Broad Street location - senior programs.....	725-9923
Salvation Army, Hispanic Services – International Core	499-1196
Salvation Army, North Trade Street location.....	722-8721
Salvation Army, Volunteer Opportunities	723-6366
Samaritan Ministries	748-1962
Sara Lee Center for Women’s Health, Forsyth Medical Center	718-3780
Sawtooth School for Visual Art.....	723-7395
Second Harvest Food Bank.....	784-5770
Senior Financial Care	896-1328
Senior Life Enrichment Center (adult day care/caregiver support), Mt. Zion Baptist Church	721-1842
Senior Lunch of Senior Services, Inc.	725-0907
Senior Services, Inc.	725-0907
Senior Services, Inc., Elizabeth and Tab Williams Adult Day Center.....	724-2155
Senior Services, Inc., Help Line	724-2040
Senior Services, Inc., Home Care	725-0907
Senior Services, Inc., Living-at-Home (CAP-DA).....	725-0907
Senior Services, Inc., Meals-on-Wheels	748-5932
Senior Services, Inc., Senior Lunch	725-0907
Senior Services, Inc., Telephone Reassurance	725-0907
Seniors’ Health Insurance Information Program – Raleigh (S.H.I.I.P.)	1-800-408-1212
The Shepherd’s Center of Greater Winston-Salem	748-0217
The Shepherd’s Center of Kernersville.....	996-6696 or 992-0591
Social Security Administration.....	1-800-772-1213
Social Security Administration – Winston-Salem Office	1-877-402-0828
Southside Baptist Church, Medical Supply Ministry (loan closet)	723-0395
State Library of NC for Blind and Physically Handicapped	1-888-388-2460
The Stevens Center	721-1945
J. Paul Sticht Center on Aging (geriatric assessment).....	713-8250
J. Paul Sticht Center on Aging (rehabilitation).....	713-8500
Substance Abuse Treatment Program, Wake Forest Baptist Health	716-4551
Sunnyside Ministry, Adult Literacy/Emergency Assistance	724-7558

T-V

Trans-Aid, Winston-Salem Transit Authority.....	727-2000
Triad General Information	211

Triad Information Reading Service	758-6011
Trinity Center.....	725-3999
United Way.....	211
USDA Service Center, Rural Development Program.....	767-0720
U.S. Department of Veteran's Affairs (information & help with VA claims)	1-800-827-1000
Vet Center (counseling & transition)	333-5366
Veterans of Foreign Wars.....	631-5457
Veterans Outpatient Clinic (all services)	768-3296
Vocational Rehabilitation.....	784-2700

W-X

Wake Forest Baptist Health (information)	716-2011
Wake Forest Baptist Health, Aquatics.....	713-8082
Wake Forest Baptist Health, BestHealth	713-2378
Wake Forest Baptist Health, Cardiac Rehabilitation Program.....	758-5395
Wake Forest Baptist Health, Cleveland Avenue Dental Center.....	631-2330
Wake Forest Baptist Health, Comp Rehab	716-8400
Wake Forest Baptist Health, Department of Hearing and Speech Center	716-3103
Wake Forest Baptist Health, Department of Psychiatry	716-4551
Wake Forest Baptist Health, Diabetes Care Center	716-8224
Wake Forest Baptist Health, Epilepsy Information.	716-2319
Wake Forest Baptist Health, Health on Call (doctor referral).....	716-2255
Wake Forest Baptist Health, IMPACT	713-8190
Wake Forest Baptist Health, Low Vision Program	716-8097
Wake Forest Baptist Health, Volunteer Office.....	713-3514
Wake Forest University (information)	758-5000
Weatherization Program, Piedmont Triad Regional Council.....	904-0338
Whitaker Rehabilitation Center, Forsyth Medical Center.....	718-5780
Wildlife Rehab, Inc.	785-0912
Winston-Salem Community and Business Development.....	727-8000
Winston-Salem Human Relations Department (housing discrimination).....	727-8000
Winston-Salem Industries for the Blind	759-0551
Winston-Salem Industries for the Blind – Low Vision Center	759-0551
Winston-Salem Industries for the Blind – Optical Department.....	759-2257
Winston-Salem Police Department, Domestic Violence and Victim Assistance	773-7860
Winston-Salem Police Department, Non-Emergency.....	773-7700
Winston-Salem Recreation and Parks (City Link)	727-8000
Winston-Salem Rescue Mission.....	723-1848

Winston-Salem State University (information).....	750-2000
Winston-Salem Symphony.....	725-1035
Winston-Salem Transit Authority, PART Out-of-Region Non-Emergency Medical.....	662-0002
Winston-Salem Transit Authority, Regional Non-Emergency Medical Transportation	727-2000
Winston-Salem Urban League	725-5614
Winston-Salem Visitors' Center.....	728-4200
Woman Wise (women’s health & wellness)	703-3196

Y-Z

YMCA, Adult Literacy Initiative	727-9850
YMCA, Fulton Family.....	661-1093
YMCA, Jerry Long Family.....	712-2000
YMCA, Kernersville	996-2231
YMCA, Robinhood Road Family.....	251-1090
YMCA, William G. White	721-2100
YMCA, Winston Lake Family	724-9205
YWCA, Gateway Branch	354-1590
YWCA, Hawley House (women – substance abuse)	721-0733



2895 SHOREFAIR DRIVE • WINSTON-SALEM, NC 27105

Emergency Numbers

Ambulance / Police / Sheriff / Fire 911
Mental Health..... 1-888-581-9988
Duke Power (power outage) 1-800-769-3766

Other Numbers

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



Follow us on Facebook and Twitter.



Scan this QR code with your smart phone for a link to our website.

If you need more information, please call Senior Services' Help Line at 724-2040 or visit www.seniorservicesinc.org on the web.