



# Directory of Services

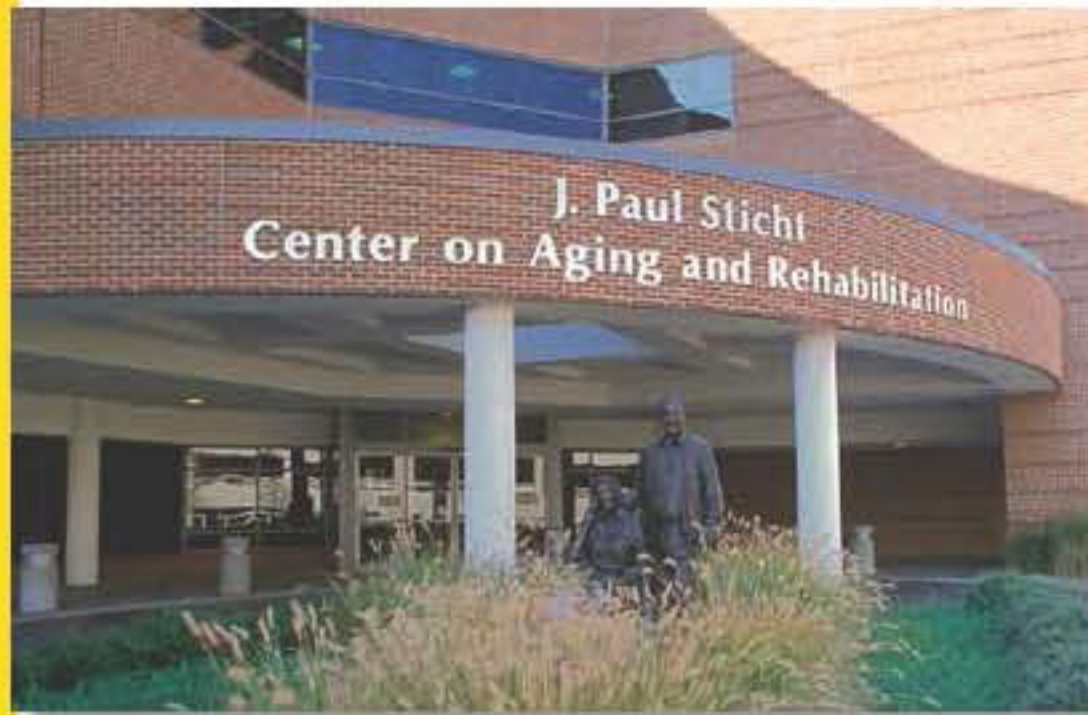
FOR OLDER ADULTS IN FORSYTH COUNTY • 2014



Senior Services' Help Line

**724-2040**

YOUR DIRECT LINK TO RESOURCES FOR SENIORS



## The J. Paul Sticht Center on Aging and Rehabilitation

The J. Paul Sticht Center on Aging and Rehabilitation is a state-of-the-art geriatric clinical and research center, named in honor of its founding benefactor, J. Paul Sticht. This \$40 million facility is the first in the world to combine geriatric acute care, transitional care, psychiatry, rehabilitation, and clinical research under one roof.

Since our founding in 1997 our goal has remained the same: keeping older adults as healthy and independent as possible for as long as possible. One way we fulfill this mission is through research. Our current research studies focus on vitamin D, falls prevention, physical activity, weight loss, heart health, and memory preservation. Our research would not be possible without the many older adults in Forsyth County who partner with us as research volunteers.

To learn more about volunteering for our studies please call **(336) 713-8539** or visit us at [www.wakehealth.edu/Research/Gerontology-and-Geriatrics/](http://www.wakehealth.edu/Research/Gerontology-and-Geriatrics/)



Sticht Center on Aging

# Welcome!

**W**hether you are a caregiver who is caring for someone you love or you 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 people who are 60 years of age or older.

The 2014 edition of the *Directory of Services for Older Adults in Forsyth County* includes a wide variety of telephone numbers and websites for non-profit human service agencies and organizations that offer help and information to older adults in the Forsyth County area. The 2014 edition is available online as well.

## **We can help you...**

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

For more specific information and education on the resources listed on these pages and to discuss other options for care, **we encourage you to contact Senior Services' Help Line.**

# **Call 724-2040**

**E-mail** [helpline@seniorservicesinc.org](mailto:helpline@seniorservicesinc.org)

**Visit** [www.seniorservicesinc.org](http://www.seniorservicesinc.org)

# 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 and case assistance 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 teams 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 home care 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](http://www.mtzionthejoy.org)

Senior Services, Inc.  
Elizabeth and Tab Williams Adult Day Center  
724-2155  
[www.seniorservicesinc.org](http://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](http://www.aarp.org)

The Adaptables, Inc.  
Center for Independent Living  
767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

The Arc of Forsyth County  
The Enrichment Center  
777-0076  
[www.enrichmentarc.org](http://www.enrichmentarc.org)

Division of Health Service Regulation  
Home Health and Health Care Complaints  
1-800-624-3004  
[www.dhhs.state.nc.us](http://www.dhhs.state.nc.us)

Friends of Residents in Long-Term Care  
1-919-782-1530

Lupus Foundation of America  
National Office.....1-800-558-0121  
Winston Salem Chapter.....768-1493  
[www.lupus.org](http://www.lupus.org)

Mayor's Council of Persons with Disabilities  
245-5678  
[www.ci.winston-salem.nc.us](http://www.ci.winston-salem.nc.us)

Mental Health Association in Forsyth County  
768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

NAACP  
Winston-Salem/ Forsyth County Branch  
767-3470  
[www.naacp.org](http://www.naacp.org)

Piedmont Triad Regional Council  
Area Agency on Aging  
904-0300  
[www.ptrc.org](http://www.ptrc.org)

Senior Services, Inc.  
Help Line  
724-2040  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Winston-Salem State University  
Division of Nursing  
Grandparenting Program  
725-8167  
[www.wssu.edu](http://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](http://www.aarfanimals.org)

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

Cooperative Extension Service  
Forsyth County  
703-2850  
[www.co.forsyth.nc.us/CES](http://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](http://www.co.forsyth.nc.us/AnimalControl)

Forsyth County Dept. of Public Health  
Vector Control Section (mosquitoes, ticks,  
bedbugs)  
703-3255  
[www.co.forsyth.nc.us](http://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](http://www.forsythhumane.org)

Forsyth Spay Neuter Clinic  
723-7550

Wildlife Rehab, Inc.  
Injured and orphaned wildlife  
785-0912  
[www.wildliferehabinc.org](http://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](http://www.forsyth.cc/library)

Novant Health Rehabilitation Center  
Low Vision Clinic  
718-5780  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

State Library of NC  
Library for the Blind  
and Physically Handicapped  
1-888-388-2460  
[www.statelibrary.ncdcr.gov/lbph](http://www.statelibrary.ncdcr.gov/lbph)

NC Division of Services for the Blind  
Winston Salem Office.....896-2227  
[www.ncdhhs.gov/dsb](http://www.ncdhhs.gov/dsb)

*Blind and Visually Impaired (continued)*

Eye Care America  
Glaucoma  
1-877-887-6327  
[www.eyecareamerica.org](http://www.eyecareamerica.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

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

Wake Forest Baptist Health  
Low Vision Program  
716-8097  
[www.wakehealth.edu](http://www.wakehealth.edu)

Winston-Salem Industries for the Blind  
Low Vision.....245-5672  
Optical Department.....759-0551  
[www.wsifb.com](http://www.wsifb.com)

Winston-Salem Recreation and Parks  
City Link  
727-8000  
[www.cityofws.org](http://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/](http://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](http://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](http://www.theadaptables.com)

Forsyth County Public Library  
Computer Training Bridge  
703-3079  
[www.forsythcomputertraining.org](http://www.forsythcomputertraining.org)

The Shepherd's Center of Greater  
Winston-Salem  
748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://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](http://www.nwnc.bbb.org)

Mediation Services of Forsyth County  
724-2870  
[www.mnnc.org/!Forsyth.htm](http://www.mnnc.org/!Forsyth.htm)

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](http://www.arboracres.org)

Salemtowne  
767-8130  
[www.salemtowne.org](http://www.salemtowne.org)

Brookridge  
759-1044  
[www.brookridgecommunity.org](http://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.....631-1320  
[www.forsythtech.edu](http://www.forsythtech.edu)

Winston-Salem State University  
750-2000  
[www.wssu.edu](http://www.wssu.edu)

Salem College  
Fleer Center Adult Continuing Education  
721-2669  
[www.salem.edu](http://www.salem.edu)

YMCA  
Adult Literacy Initiative  
727-9850  
[www.ymcanwnc.org](http://www.ymcanwnc.org)

Wake Forest University  
758-5000  
[www.wfu.edu](http://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](http://www.christiancounseling.org)

CareNet Counseling  
Wake Forest Baptist Health  
716-0855  
[www.carenetcounseling.org](http://www.carenetcounseling.org)

Catholic Charities  
727-0705  
[www.cssnc.org](http://www.cssnc.org)

CenterPoint Human Services  
ACCESS  
1-888-581-9988  
[www.cphs.org](http://www.cphs.org)

Family Services  
722-8173  
[www.fsifamily.org](http://www.fsifamily.org)

Hospice & Palliative CareCenter  
Grief Counseling Services  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

Trinity Center  
725-3999  
[www.trinitycenterinc.org](http://www.trinitycenterinc.org)

Wake Forest Baptist Health  
Department of Psychiatry  
716-4551  
[www.wakehealth.edu](http://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](http://www.cphs.org)

Family Services  
Domestic Violence (Hotline).....723-8125  
Sexual Assault (Hotline).....722-4457  
[www.fsifamily.org](http://www.fsifamily.org)

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

National Suicide Prevention Lifeline (24/7)  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://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](http://www.betterhearing.org)

Communication Access Partners, Inc.  
Interpreters  
993-4200  
[www.communicationaccesspartners.com](http://www.communicationaccesspartners.com)

Division of Services for Deaf and  
Hard-of-Hearing  
Greensboro Regional Center  
1-888-467-3413  
[www.ncdhhs.gov/dsdhh](http://www.ncdhhs.gov/dsdhh)

Relay NC (TTY) (24-hour availability)  
1-800-735-2962 or 711  
[www.relaync.com](http://www.relaync.com)

Relay NC (voice) (24-hour availability)  
1-800-735-8200 or 711  
[www.relaync.com](http://www.relaync.com)

Wake Forest Baptist Health  
Department of Hearing and Speech  
716-3103  
[www.wakehealth.edu/hearing-and-speech](http://www.wakehealth.edu/hearing-and-speech)

## DENTAL SERVICES

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

NC State Board of Dental Examiners  
Dental complaints  
1-919-678-8223  
[www.ncdentalboard.org](http://www.ncdentalboard.org)

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

**Help Line**  
**724-2040**  
For lists of Medicaid dentists and  
low-cost dental options  
[www.seniorservicesinc.org](http://www.seniorservicesinc.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](http://www.theadaptables.com)

The Arc of Forsyth County  
The Enrichment Center  
777-0076  
[www.enrichmentarc.org](http://www.enrichmentarc.org)

CenterPoint (I & DD)  
1-888-581-9988  
[www.cphs.org](http://www.cphs.org)

Club Independence  
716-8007  
[www.wakehealth.edu](http://www.wakehealth.edu)

Disability Rights North Carolina  
1-877-235-4210  
[www.disabilityrightsncc.org](http://www.disabilityrightsncc.org)

Easter Seals UCP of North Carolina  
1-800-662-7119  
[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

Goodwill Industries  
724-3621  
[www.goodwillnwncc.org](http://www.goodwillnwncc.org)

Mayor's Council of Persons with Disabilities  
245-5678  
[www.ci.winston-salem.nc.us](http://www.ci.winston-salem.nc.us)

NC Assistive Technology Program  
1-919-233-7075  
<http://ncatp.org>

Social Security Administration  
National.....1-800-772-1213  
Winston-Salem Office.....1-877-402-0828  
[www.ssa.gov](http://www.ssa.gov)

Vocational Rehabilitation  
Independent Living  
784-2700  
[www.ncdhhs.gov/dvrs](http://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)  
University Parkway Store.....725-1203  
Peters Creek Parkway Store.....201-0800  
Waughtown Street Store.....777-0619  
Jonestown Road Store.....768-9778  
Clemmons Store.....778-2165  
Kernersville Store .....996-3351  
[www.goodwillnwncc.org](http://www.goodwillnwncc.org)

Habitat for Humanity Re-Store  
(Building materials & housewares)  
893-8495  
[www.habitatforsyth.org](http://www.habitatforsyth.org)

Salvation Army  
(Clothing, food, & housewares)  
722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

*Donation Centers (continued)*

Sunnyside Ministries  
(Clothing, food, & housewares)  
724-7558  
[www.sunnysideminsty.org](http://www.sunnysideminsty.org)

Winston-Salem Rescue Mission  
(Clothing, furniture & housewares)  
723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Winston-Salem Industries for the Blind  
(Glasses)  
759-0551  
[www.wsifb.com](http://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](http://www.agapecareandshare.com)

Lewisville Community Assistance Program  
Lewisville residents only  
945-3203  
[www.lewisvilleumc.org](http://www.lewisvilleumc.org)

American Red Cross  
724-0511  
[www.redcross.org](http://www.redcross.org)

Salvation Army  
722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Catholic Charities  
727-0705  
[www.cssnc.org](http://www.cssnc.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
724-7558  
[www.sunnysideminsty.org](http://www.sunnysideminsty.org)

Crisis Control Ministry  
Kernersville.....996-5401  
Winston-Salem.....724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Winston-Salem Rescue Mission  
(Food and clothing)  
723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Forsyth County Department of Social  
Services – Adult Intake  
703-3501  
[www.co.forsyth.nc.us/dss](http://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](http://www.ncesc.com)

Goodwill Industries  
724-3621  
[www.goodwillnwc.org](http://www.goodwillnwc.org)

Vocational Rehabilitation  
784-2700  
[www.ncdhhs.gov/dvrs](http://www.ncdhhs.gov/dvrs)

Winston-Salem Industries for the Blind  
759-0551  
[www.wsifb.com](http://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](http://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](http://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](http://www.agapecareandshare.com)

Crisis Control Ministry  
Kernersville.....996-5401  
Winston-Salem.....724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Forsyth County Department of Social  
Services – Food Stamps  
703-3800  
[www.co.forsyth.nc.us/dss](http://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](http://www.salvationarmy.org)

Samaritan Ministries Soup Kitchen  
748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

**Senior Services, Inc.**  
**Meals-on-Wheels (60+).....748-5932**  
**Senior Lunch (60+).....725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
724-7558  
[www.sunnysideministry.org](http://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](http://www.aidscareservice.org)

Alzheimer's Association  
285-5920  
[www.alz.org](http://www.alz.org)

American Cancer Society  
National.....1-800-227-2345  
Triad Office.....834-0844  
[www.cancer.org](http://www.cancer.org)

American Diabetes Association  
1-800-342-2383  
[www.diabetes.org](http://www.diabetes.org)

American Heart Association  
668-0167  
[www.americanheart.org](http://www.americanheart.org)

American Lung Association  
1-800-548-8252  
[www.lungusa.org](http://www.lungusa.org)

American Red Cross  
Northwest NC Chapter  
724-0511  
[www.redcross.org](http://www.redcross.org)

Arthritis Foundation  
Carolinas Chapter.....769-1020  
National.....1-800-883-8806  
[www.arthritis.org](http://www.arthritis.org)

Cancer Services, Inc.  
Cancer patients only  
760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Cystic Fibrosis Foundation  
1-800-344-4823  
[www.cff.org](http://www.cff.org)

Duke Family Support Program  
Alzheimer's Program  
1-800-672-4213  
[www.geri.duke.edu](http://www.geri.duke.edu)

Easter Seals UCP of North Carolina  
1-800-662-7119  
[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

*Health Supportive Services (continued)*

Forsyth County Department of Public Health  
703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

Novant Health Diabetes of Forsyth  
Diabetes & Nutrition Center  
277-1660  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

Hospice & Palliative CareCenter  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Kidney Foundation  
National.....1-800-662-9010  
NC office.....1-877-858-3808  
[www.kidney.org](http://www.kidney.org)

Lupus Foundation of America  
Winston Salem Triad Chapter  
24-hour hotline  
768-1493  
[www.lupus.org](http://www.lupus.org)

Multiple Sclerosis Society  
Central NC Chapter  
299-4136  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

NC Brain Injury Association  
1-800-377-1464  
[www.bianc.net](http://www.bianc.net)

NC Stroke Association  
713-5052  
[www.ncstroke.org](http://www.ncstroke.org)

Project C.A.R.E.  
1-800-646-2028  
[www.ncdhhs.gov/aging/ncprojectcare.htm](http://www.ncdhhs.gov/aging/ncprojectcare.htm)

Parkinson Association of the Carolinas  
1-866-903-7275  
[www.parkinsonassociation.org](http://www.parkinsonassociation.org)

Wake Forest Baptist Health  
Diabetes Care Center  
716-8224  
[www.wakehealth.edu](http://www.wakehealth.edu)

Wake Forest Baptist Health  
Epilepsy Information Service  
716-2319  
[www.wakehealth.edu](http://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](http://www.bethanybaptistws.com)

Catholic Charities  
727-0705  
[www.cssnc.org](http://www.cssnc.org)

Communication Access Partners  
Interpreters  
993-4200  
[www.communicationaccesspartners.com](http://www.communicationaccesspartners.com)

Forsyth County Public Library  
Hispanic services  
703-2907  
[www.forsyth.cc/library](http://www.forsyth.cc/library)



*Hispanic Services (continued)*

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

Salvation Army Hispanic Services  
International Core  
499-1196  
[www.salvationarmyusa.org](http://www.salvationarmyusa.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](http://www.ncdhhs.gov/dhsr)

Hospice & Palliative CareCenter  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

**Senior Services, Inc.  
Help Line  
724-2040**  
For a list of home care agencies  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

**Senior Services, Inc.  
Home Care.....725-0907  
Living-at-Home (CAP-DA).....725-0907**  
[www.seniorservicesinc.org](http://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](http://www.forsyth.cc/housing)

Piedmont Triad Regional Council  
Weatherization Assistance Program  
904-0338  
[www.ptrc.org](http://www.ptrc.org)

USDA Rural Development Program  
767-0720  
[www.rurdev.usda.gov](http://www.rurdev.usda.gov)

Vocational Rehabilitation  
Independent Living  
784-2700  
[www.ncdhhs.gov/dvrs](http://www.ncdhhs.gov/dvrs)

Winston-Salem Community and  
Business Development  
727-8000  
[www.cityofws.org](http://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](http://www.pmba.org)

The Shepherd's Center of Greater  
Winston-Salem  
Handyman Program  
748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville  
Handyman Program  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

Triad Baptist Church  
Nehemiah's Few  
996-7573  
[www.tbcnow.org](http://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](http://www.eisr.org)

Forsyth County Department of  
Social Services – Adult Placement  
703-3501  
[www.co.forsyth.nc.us](http://www.co.forsyth.nc.us)

Forsyth County Housing Program  
703-2680  
[www.forsyth.cc/housing](http://www.forsyth.cc/housing)

Group Homes of Forsyth  
MR or DD  
831-1300  
[www.grphms.com](http://www.grphms.com)

Housing Authority of Winston-Salem  
727-8500  
[www.haws.org](http://www.haws.org)

**Senior Services, Inc.**  
**Help Line**  
**724-2040**  
A list of other housing options  
[www.seniorservicesinc.org](http://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](http://www.aidscareservice.org)

American Red Cross  
724-0511 (disaster only)  
[www.redcross.org](http://www.redcross.org)

*Housing –Temporary (continued)*

Bethesda Center for Homeless  
For men or women  
722-9951  
[www.bethesdacenter.org](http://www.bethesdacenter.org)

Domestic Violence  
723-8125  
[www.fsifamily.org](http://www.fsifamily.org)

Fellowship Home  
For men – substance abuse  
727-1084  
[www.thefellowshiphome.org](http://www.thefellowshiphome.org)

Salvation Army  
For women or families  
722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Samaritan Ministries  
For men  
748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

Winston-Salem Rescue Mission  
For men  
723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

YWCA–Hawley House  
For women – substance abuse  
721-0733  
[www.ywcaws.org](http://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](http://www.co.forsyth.nc.us/rod)

License Plate Agency  
Kernersville.....993-5226  
Rural Hall.....969-2814  
Winston-Salem.....725-2795  
Clemmons.....712-0115  
[www.ncdot.org/dmv](http://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](http://www.ncdot.org/dmv)

Winston-Salem Recreation and Parks  
Senior Citizen’s ID card (must be 60+)  
727-2300  
[www.cityofws.org](http://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](http://www.theadaptables.com)

The Arc of Forsyth County  
The Enrichment Center  
777-0076  
[www.enrichmentarc.org](http://www.enrichmentarc.org)

Cancer Services, Inc.  
760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Easter Seals UCP of North Carolina  
757-4681  
[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

FIRST Line  
Forsyth County General Information  
703-3000  
[www.firstline.ws](http://www.firstline.ws)

Mental Health Association  
768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

Multiple Sclerosis Society  
Central NC Chapter  
299-4136  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

NC Baptist Aging Ministry (NCBAM)  
1-877-506-2276  
[www.ncbam.org](http://www.ncbam.org)

**Senior Services, Inc.**  
**Help Line**  
**724-2040**  
Resources for seniors and caregivers  
[www.seniorservices.org](http://www.seniorservices.org)

United Way 211  
Triad General Information  
Dial 211  
[www.211.org](http://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](http://www.co.forsyth.nc.us/dss)

Medicare Information  
1-800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

NC Department of Insurance  
Consumer Hotline  
1-800-546-5664  
[www.ncdoi.com](http://www.ncdoi.com)

NC Division of Medical Assistance  
Medicaid  
919-855-4100  
[www.ncdhhs.gov/dma](http://www.ncdhhs.gov/dma)

*Insurance Information (continued)*

Senior Financial Care  
SHIIP counselors  
896-1328  
[www.cccsforsyth.org](http://www.cccsforsyth.org)

**Senior Services, Inc.  
Help Line  
724-2040**  
SHIIP counselors  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Seniors' Health Insurance  
Information Program (SHIIP)  
1-800-443-9354  
[www.ncshiip.com](http://www.ncshiip.com)

The Shepherd's Center of Greater  
Winston-Salem  
SHIIP counselors  
748-0217  
[www.shepherdscenter.org](http://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](http://www.ncfcc.us)

Forsyth County Bar Association  
Lawyer complaint service  
760-1232  
[www.forsythlawyers.org](http://www.forsythlawyers.org)

Forsyth County Register of Deeds Office  
703-2700  
[www.co.forsyth.nc.us/rod](http://www.co.forsyth.nc.us/rod)

Hospice and Palliative CareCenter  
Health Care Power of Attorney/Living Wills  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Legal Aid of NC  
Domestic violence, civil, non-criminal  
725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Magistrates' Office  
917-7693  
[www.co.forsyth.nc.us/sheriff](http://www.co.forsyth.nc.us/sheriff)

Mediation Services of Forsyth County  
724-2870

NAACP  
767-3470  
[www.naacp.org](http://www.naacp.org)

NC Department of Labor  
1-800-625-2267  
[www.nclabor.com](http://www.nclabor.com)

NC Lawyer Referral Service  
1-800-662-7660  
[www.ncbar.gov](http://www.ncbar.gov)

NC State Bar  
1-919-828-4620  
[www.ncbar.gov](http://www.ncbar.gov)

**Senior Services, Inc.  
Help Line  
724-2040**  
For a list of Forsyth Co. elder law attorneys  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

*Legal Services, etc. (continued)*

Wake Forest University School of Law  
The Elder Law Clinic  
713-8630  
<http://elder-clinic.law.wfu.edu>

Winston-Salem Human Relations Dept.  
Housing discrimination – City Link  
727-8000  
[www.cityofws.org](http://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](http://www.forsythmedicalcenter.org)

Wake Forest Baptist Health  
Information  
716-2011  
[www.wakehealth.edu](http://www.wakehealth.edu)

Novant Health Kernersville Medical Center  
Information  
564-4000  
[www.kernersvillemc.org](http://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](http://www.sunnysideministry.org)

Community Care Center  
Free clinic  
723-7904  
[www.cccforsyth.org](http://www.cccforsyth.org)

Winston-Salem Rescue Mission  
710 North Trade Street  
First come, first served  
723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Downtown Health Plaza  
713-9800  
[www.wakehealth.edu/dhp](http://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

*Medical Complaints (continued)*

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

NC Medical Board  
Doctor complaints  
1-800-253-9653  
[www.ncmedboard.org](http://www.ncmedboard.org)

## 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](http://www.cancerservicesonline.org)

**Senior Services, Inc.**  
**Living-at-Home**  
**725-0907**  
Lending Closet  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

NC Assistive Technology Project  
To try assistive equipment before purchase  
716-8030  
[www.ncatp.org](http://www.ncatp.org)

Southside Baptist Church  
Medical Supply Ministry  
723-0395  
[www.southsidebaptistchurchws.com](http://www.southsidebaptistchurchws.com)

**Senior Services, Inc.**  
**Help Line**  
**724-2040**  
For a list of medical equipment companies  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

## MEDICAL SERVICES

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

Dialysis Centers  
Wake Forest Baptist Outpatient Dialysis  
Administration .....748-0575  
Miller Street.....724-0468  
Northside.....744-0577  
Piedmont.....721-1360  
Salem Kidney.....761-8808  
[www.wfopd.com](http://www.wfopd.com)

Forsyth County Department of Public Health  
703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

*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](http://www.forsythmedicalcenter.org)

Hospice & Palliative CareCenter  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.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](http://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](http://www.christiancounseling.org)

Mental Health Association  
768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

CenterPoint Human Services  
1-888-581-9988  
[www.cphs.org](http://www.cphs.org)

Wake Forest Baptist Health  
Department of Psychiatry  
716-4551  
[www.wakehealth.edu](http://www.wakehealth.edu)

Novant Health  
Behavioral Health Services  
718-3550  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

## NUTRITION EDUCATION

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

BestHealth  
713-2378  
[www.wakehealth.edu/BestHealth](http://www.wakehealth.edu/BestHealth)

Forsyth County Cooperative Extension  
Nutrition Education Programs  
703-2850  
[www.co.forsyth.nc.us/CES](http://www.co.forsyth.nc.us/CES)



*Nutrition Education (continued)*

Forsyth County Department of Public Health  
703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

Novant Health Diabetes of Forsyth  
Diabetes and Nutrition Services  
277-1660  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

Wake Forest Baptist Health  
Diabetes Care Center  
716-8224  
[www.wakehealth.edu](http://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](http://www.cancerservicesonline.org)

Crisis Control Ministry  
Kernersville.....996-5401  
Winston-Salem.....724-7875  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Community Care Center/Med-Aid  
723-7904  
[www.cccforsyth.org](http://www.cccforsyth.org)

**Senior Services, Inc.  
Help Line  
724-2040**  
Medicare Part D information  
[www.seniorservicesinc.org](http://www.seniorservicesinc.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](http://www.theadaptables.com)

Arts Council Theatre  
722-2585  
[www.intothearts.org](http://www.intothearts.org)

Forsyth County Cooperative Extension  
703-2850  
[www.co.forsyth.nc.us/ces](http://www.co.forsyth.nc.us/ces)

Forsyth County Public Library  
Adult Outreach  
703-2903  
[www.forsyth.cc/Library](http://www.forsyth.cc/Library)

Salvation Army  
725-9923  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Sawtooth School for Visual Art  
723-7395  
[www.sawtooth.org](http://www.sawtooth.org)

*Recreation and Self-Enrichment (continued)*

**Senior Services, Inc.**

**Senior Lunch**

**725-0907**

[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Greater  
Winston-Salem

748-0217

[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville

992-0591

[www.shepctrkville.com](http://www.shepctrkville.com)

The Stevens Center

721-1945

[www.uncsa.edu/stevenscenter](http://www.uncsa.edu/stevenscenter)

Wake Forest Baptist Health

Aquatics Program

713-8082

[www.wakehealth.edu/aquatic-programs](http://www.wakehealth.edu/aquatic-programs)

Wake Forest Baptist Health

Best Health

713-2378

[www.wakehealth.edu/besthealth](http://www.wakehealth.edu/besthealth)

Winston-Salem Recreation and Parks

City Link

727-2505

[www.cityofws.org](http://www.cityofws.org)

Winston-Salem Symphony

725-1035

[www.wssymphony.org](http://www.wssymphony.org)

Winston-Salem Urban League

725-5614

[www.wsurban.org](http://www.wsurban.org)

Winston-Salem Visitor Center

Community events

728-4200

[www.visitwinstonsalem.com](http://www.visitwinstonsalem.com)

YMCA

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](http://www.ymcanwnc.org)

YWCA Gateway Branch

354-1590

[www.ywcaws.org](http://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](http://www.centenary-ws.org)

Mt. Zion Baptist Church

Senior Life Enrichment Center

721-1842

[www.mtzionthejoy.org](http://www.mtzionthejoy.org)

*Respite Care (continued)*

**Senior Services, Inc.**  
**Elizabeth and Tab Williams Adult Day Center**  
**724-2155**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Greater  
Winston-Salem  
748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

**Senior Services, Inc.**  
**Family Caregiver Support Program**  
**721-6914**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

**Senior Services, Inc.**  
**Home Care**  
**725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

## **SOCIAL SECURITY BENEFITS**

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

Campbell Disability Center  
995-5746  
[www.campbelldc.com](http://www.campbelldc.com)

Social Security Administration  
National.....1-800-772-1213  
Winston-Salem Office.....1-877-402-0828  
[www.ssa.gov](http://www.ssa.gov)

Disability Advocates of NWNC  
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](http://www.arcanc.org)

Fellowship Home of Winston-Salem  
For men – substance abuse  
727-1084  
[www.thefellowshiphome.org](http://www.thefellowshiphome.org)

Associates in Christian Counseling  
896-0065  
[www.christiancounseling.org](http://www.christiancounseling.org)

Novant Health  
Behavioral Health  
718-3550  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

CenterPoint Human Services  
1-888-581-9988  
[www.cphs.org](http://www.cphs.org)

*Substance Abuse (continued)*

Insight Human Services  
725-8389  
[www.insightnc.org](http://www.insightnc.org)

Wake Forest Baptist Health  
Department of Psychiatry  
716-4551  
[www.wakehealth.edu](http://www.wakehealth.edu)

## 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](http://www.theadaptables.com)

Alzheimer's Association  
Local Chapter.....285-5920  
National .....1-800-272-3900  
[www.alz.org](http://www.alz.org)

Cancer Services, Inc.  
760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Forsyth County Department of  
Social Services  
Relatives As Parents  
703-3744  
[www.co.forsyth.nc.us/dss/](http://www.co.forsyth.nc.us/dss/)

Hearing Loss Association of America  
768-1177  
[www.nchearingloss.org](http://www.nchearingloss.org)

Hospice & Palliative CareCenter  
Grief Counseling Center  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Lupus Foundation  
24-hour hotline  
768-1493  
[www.lupus.org](http://www.lupus.org)

Mental Health Association  
768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

Multiple Sclerosis Society  
Central NC Chapter  
299-4136  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

**Senior Services, Inc.**  
**Williams Adult Day Center**  
**724-2155**  
Caregiver Support Group  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Winston-Salem Recreation and Parks Dept.  
Special Populations  
Outta Sight Support Group  
727-2320  
[www.cityofws.org](http://www.cityofws.org)

Winston-Salem State University  
Division of Nursing  
Grandparenting Program  
725-8167  
[www.wssu.edu](http://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](http://www.forsyth.cc/tax)

IRS  
National.....1-800-829-1040  
Winston-Salem Office.....659-2740  
[www.irs.gov](http://www.irs.gov)

NC Department of Revenue  
State tax information  
661-6800  
[www.dornc.com](http://www.dornc.com)

**Senior Services, Inc.  
Help Line  
724-2040**  
Tax assistance site information  
[www.seniorservicesinc.org](http://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](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://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](http://www.cancer.org)

Ardmore Transportation Ministry  
Groceries, medical (for Ardmore residents)  
722-5686  
[www.ardmoreumc.org](http://www.ardmoreumc.org)

Clemmons Transportation Ministry  
Groceries, medical (for Clemmons residents)  
766-6486  
[www.cfbctoday.org](http://www.cfbctoday.org)

Helping Hands and Caring Hearts  
794-2552

Lewisville Transportation Ministry  
Groceries, medical (for Lewisville residents)  
945-3203  
[www.lewisvilleumc.org](http://www.lewisvilleumc.org)

Medicaid Transportation Unit  
703-3919

NuCare Carolina  
Non-emergency ambulance  
800-380-1947  
[www.nucarecarolina.com](http://www.nucarecarolina.com)

*Transportation (continued)*

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

The Shepherd's Center of Kernersville  
996-6696 (for Kernersville area residents)  
[www.shepctrkville.com](http://www.shepctrkville.com)

Winston-Salem Transit Authority  
PART Out-of-Region Non-Emergency  
662-0002  
[www.partnc.org](http://www.partnc.org)

Winston-Salem Transit Authority  
Trans-Aid-regional non-emergency  
727-2000  
[www.wstransit.com](http://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](http://www.crisiscontrol.org)

Forsyth County Dept. of Social Services  
722-8721  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

Lifeline and Linkup  
Phone bill discount – eligibility required  
703-3501  
[www.fcc.gov/lifeline](http://www.fcc.gov/lifeline)

Salvation Army  
722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
724-7558  
[www.sunnysideminstirny.org](http://www.sunnysideminstirny.org)

## 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.legion.org](http://www.legion.org)

American Red Cross  
724-0511  
[www.redcross.org](http://www.redcross.org)

AmVets  
631-5479  
[www.amvets.org](http://www.amvets.org)

Disabled American Veterans  
631-5481  
[www.dav.org](http://www.dav.org)

*Veterans' Services (continued)*

Division of Veterans Affairs  
8th District Office  
766-1496  
[www.doa.state.nc.us/vets](http://www.doa.state.nc.us/vets)

Paralyzed Veterans of America  
800-424-8200  
[www.pva.org](http://www.pva.org)

U.S. Department of Veterans' Affairs  
Health Resource Center  
1-877-222-8387  
[www.va.gov](http://www.va.gov)

U.S. Department of Veterans' Affairs  
Information and help with VA claims  
1-800-827-1000  
[www.va.gov](http://www.va.gov)

Vet Center  
Counseling and transition  
333-5366  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Veterans of Foreign Wars  
631-5457  
[www.vfw.org](http://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](http://www.fsifamily.org)

Forsyth County Department of  
Social Services – Adult Protective Services  
703-3503  
[www.co.forsyth.nc.us/dss](http://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](http://www.co.forsyth.nc.us/sheriff)

Kernersville Police Department  
996-3177  
[www.toknc.com/pd](http://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](http://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](http://www.theadaptables.com)

American Red Cross  
724-0511  
[www.redcross.org](http://www.redcross.org)

Centenary United Methodist Church  
DayBreak Respite Care  
397-1345  
[www.centenary-ws.org](http://www.centenary-ws.org)

The Children's Home, Inc.  
721-7600  
[www.tchome.org](http://www.tchome.org)

Crisis Control Ministry  
Kernersville.....996-5401  
Winston-Salem.....724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Family Services  
722-8173  
[www.fsifamily.org](http://www.fsifamily.org)

Forsyth Medical Center  
718-5738  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

Hands On Northwest NC  
Retired Senior Volunteer Program  
724-2866  
[www.handsonnwnc.org](http://www.handsonnwnc.org)

Helping Hands and Caring Hearts  
794-2552

Hospice & Palliative CareCenter  
768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

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

Salvation Army  
723-6366  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Samaritan Ministries  
748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

Second Harvest Food Bank  
784-5770  
[www.hungernwnc.org](http://www.hungernwnc.org)

**Senior Services, Inc.**  
**725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Seniors' Health Insurance Information  
Program (SHIIP)  
**Senior Services' Help Line.....724-2040**  
The Shepherd's Center of Greater  
Winston-Salem.....748-0217  
[www.ncshiip.com](http://www.ncshiip.com)

The Shepherd's Center of Greater  
Winston-Salem  
748-0127  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville  
996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)



*Volunteer Opportunities (continued)*

Winston-Salem Symphony Encore  
725-1035  
[www.wssymphony.org](http://www.wssymphony.org)

Winston-Salem Urban League  
725-5614  
[www.wsurban.org](http://www.wsurban.org)

YMCA  
Adult Literacy Initiative  
727-9850  
[www.ymcanwnc.org](http://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](http://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. ....	777-2808
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.....	631-5479
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.....	769-1020
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

## Quick Reference Section

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
Care-Line (information & referral).....	1-800-662-7030
CareNet Counseling, Wake Forest Baptist Health .....	716-0855
Catholic Charities .....	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. ....	721-7699
City of Winston-Salem (dead-animal pick up inside the city) .....	727-2638
Clemmons Transportation Ministry (groceries & medical), Clemmons First Baptist Church.....	766-6486
Clerk of Superior Court.....	761-2340
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).....	650-1080
Disability Rights North Carolina .....	1-877-235-4210
Disabled American Veterans .....	631-5481
Division of Employment Security and Forsyth County Job Link .....	776-6729

## Quick Reference Section

Division of Health Service Regulation .....	1-800-624-3004
Division of Veterans' Affairs (8th district office) .....	766-1496
Downtown Health Center .....	713-9800
Duke Family Support Program, Alzheimer's Program .....	1-800-672-4213

### E

Easter Seals UCP of North Carolina.....	1-800-662-7119
The Elder Law Clinic .....	713-8630
<b>Elizabeth and Tab Williams Adult Day Center of Senior Services, Inc. ....</b>	<b>724-2155</b>
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.....	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
FIRST Line .....	703-3000
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 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

## Quick Reference Section

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 .....	631-1320
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 NC .....	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
<b>Help Line of Senior Services, Inc. ....</b>	<b>724-2040</b>
Hispanic Services, Forsyth County Public Library .....	703-2907
Hispanic Services – International Core, Salvation Army .....	499-1196
Home Care Complaint Hotline.....	1-800-624-3004
<b>Home Care of Senior Services, Inc. ....</b>	<b>725-0907</b>
Hospice & Palliative CareCenter.....	768-3972
Housing Authority of Winston-Salem.....	727-8500
Insight Human Services .....	725-8389
IRS – Winston-Salem Office .....	728-4039 or 1-800-829-1040
Kernersville Police Department .....	996-3177
Kidney Foundation – NC Office.....	1-877-858-3808

### L

Legal Aid of NC (Winston-Salem office).....	725-9162
Lewisville Community Assistance Program (transportation, groceries & medical assistance).....	945-3203
License Plate Agency, Clemmons .....	712-0115

## Quick Reference Section

License Plate Agency, Kernersville .....	993-5226
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
<b>Living-at-Home (CAP-DA) of Senior Services, Inc. ....</b>	<b>725-0907</b>
Lupus Foundation (Winston-Triad Chapter).....	768-1493
Lupus Foundation of America (National Office).....	1-800-558-0121

### M

Magistrates' Office (civil action).....	971-7600
Martinat Outpatient Rehabilitation Center .....	718-6700
Mayor's Council of Persons with Disabilities .....	245-5678
<b>Meals-on-Wheels of Senior Services, Inc. ....</b>	<b>748-5932</b>
Med Aid .....	714-2359
Mediation Services of Forsyth County .....	724-2870
Medicaid, Forsyth County Department of Social Services.....	703-3800
Medical Review of NC.....	1-800-722-0468
Medical Supply Ministry (loan closet), Southside Baptist Church.....	723-0395
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) .....	896-7024
NC Department of Veterans' Affairs.....	725-8781
NC Division of Health Services Regulation .....	1-800-624-3004

## Quick Reference Section

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 or 273-9692
NC Division of Services for Deaf and Hard-of-Hearing (Relay NC Voice/TTY) .....	273-9692
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).....	723-6377
Nursing Home Complaint Hotline .....	1-800-624-3004
Nutrition Education Programs, Forsyth Cooperative Extension Service.....	703-2850
Paralyzed Veterans of America .....	631-5189
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
Project C.A.R.E. ....	1-800-646-2028

## R

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

## Quick Reference Section

Rescue Mission ..... 710 North Trade Street, Winston-Salem

### S

Salem College, Fler 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
<b>Senior Lunch of Senior Services, Inc. ....</b>	<b>725-0907</b>
<b>Senior Services, Inc. ....</b>	<b>725-0907</b>
<b>Senior Services, Inc., Elizabeth and Tab Williams Adult Day Center.....</b>	<b>724-2155</b>
<b>Senior Services, Inc., Help Line .....</b>	<b>724-2040</b>
<b>Senior Services, Inc., Home Care .....</b>	<b>725-0907</b>
<b>Senior Services, Inc., Living-at-Home (CAP-DA).....</b>	<b>725-0907</b>
<b>Senior Services, Inc., Meals-on-Wheels .....</b>	<b>748-5932</b>
<b>Senior Services, Inc., Senior Lunch .....</b>	<b>725-0907</b>
Seniors’ Health Insurance Information Program – Raleigh (S.H.I.I.P.).....	1-800-443-9354
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



## Quick Reference Section

### T-V

Trans-Aid, Winston-Salem Transit Authority.....	727-2000
Triad General Information .....	211
Triad Information Reading Service .....	758-6011
Trinity Center.....	725-3999
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
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 .....	759-0551
Winston-Salem Industries for the Blind – Optical Department.....	759-2257
Winston-Salem Police Department, Domestic Violence and Victim Assistance .....	773-7860

## Quick Reference Section

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 State University Grandparenting Program .....	725-8167
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, Central.....	721-2100
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

# AFFORDABLE SENIOR COMMUNITIES

WITH RENTS BASED ON INCOME \*

MANAGED BY COMMUNITY MANAGEMENT CORPORATION

## WINSTON-SALEM LOCATIONS

### For Seniors 55+

#### Alder's Point

590 Mock Street  
336-725-9021

#### Azalea Terrace

100 Azalea Terrace Court  
336-723-3633

#### Cherry Hill

840 West 14th Street  
336-723-7524

#### Wachovia Hill

100 S. Spruce Street  
336-251-1060

### 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



## Spacious One-Bedroom Apartments for Seniors

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

—————  
*\*Section 8  
assistance available.*

## STOKES & SURRY COUNTY LOCATIONS

### For Seniors 55+

#### Andrew Heights

125 Ferrell Heights Court  
336-723-3570

#### The Carolina Apartments

540 Ingram Drive  
King  
336-983-5323

#### Garden Terrace

100 Garden Terrace Lane  
Mt. Airy  
336-789-0300

#### Shamrock Terrace

100 Shamrock Terrace Lane  
Dobson  
336-386-4502





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.**



**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](http://www.seniorservicesinc.org) on the web.**