



# Directory of Services for Older Adults in Forsyth County

2018–2019



**Call Senior Services' Help Line  
at 336-724-2040 or e-mail  
[helpline@seniorservicesinc.org](mailto:helpline@seniorservicesinc.org)**



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

CELA\*

Certified Elder Law Attorney

Estate Planning

Special Needs Trust

Estate Administration

Guardianship Administration

VA Benefits



B. Bailey Liipfert, III

\*Certified by the National Elder Law Foundation

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# SENIOR SERVICES

Helping Our Elderly  
Live With Dignity

ELIZABETH AND TAB  
WILLIAMS  
ADULT DAY CARE 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](http://www.seniorservicesinc.org)

[helpline@seniorservicesinc.org](mailto:helpline@seniorservicesinc.org)

**336-724-2040**

Greetings!

This 2018–19 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, as well as paid advertisers, that offer help and information to older adults in Forsyth County. An online version of the directory is also available on our website. To find the most up-to-date listings, visit it at [www.seniorservicesinc.org/resources/directory](http://www.seniorservicesinc.org/resources/directory).

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** at **336-724-2040** or **helpline@seniorservicesinc.org**.

### 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:

Senior Services  
2895 Shorefair Drive  
Winston-Salem, NC 27105

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*

Check our online Directory of Services at  
**[www.seniorservicesinc.org/resources/directory](http://www.seniorservicesinc.org/resources/directory)**.

# About Our Services

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

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

**The Elizabeth and Tab Williams Adult Day Center** is an adult day center that provides supervision and care for older adults who cannot be left alone during the day or for people 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, on the corner of Cloverdale Avenue. Call the Williams Center at **336-724-2155**.

**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 and provide an important safety check. Call **336-748-5932** 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 individuals in Forsyth County who would otherwise qualify for nursing home placement. The needs of eligible disabled applicants are assessed, and, once accepted into the program, a variety of homecare services are set up and monitored to help these program participants remain safely at home for as long as possible. Call **336-725-0907** and ask for the CAP-DA case manager assistant.

**Home Care** provides certified nursing aides, who, under the supervision of a registered nurse, deliver personal care and respite services to elderly adults in their homes. These services include primary assistance with personal hygiene and secondary help with light housekeeping, simple meal preparation, and pertinent errands. Caregivers are supported by home visits and on-call telephone assistance. Call **336-725-0907** and ask to speak to 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 **336-748-5932** for more information.

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## ADULT DAY CENTERS

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

Centenary United Methodist Church  
DayBreak Respite Program  
336-397-1345  
[www.centenary-ws.org/daybreak](http://www.centenary-ws.org/daybreak)

Senior Services, Inc.  
Elizabeth and Tab Williams Adult  
Day Center  
336-724-2155  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Mt. Zion Baptist Church  
Senior Life Enrichment Center  
336-721-1842  
[www.mtzionthejoy.org](http://www.mtzionthejoy.org)

## ADVOCACY

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

AARP  
National ..... 888-687-2277  
NC Chapter..... 866-389-5650  
[www.aarp.org](http://www.aarp.org)

The Adaptables, Inc.  
Center for Independent Living  
336-767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

The Arc of Forsyth County  
The Enrichment Center  
336-777-0076  
[www.enrichmentarc.org](http://www.enrichmentarc.org)

Division of Health Service Regulation  
Complaint Hotline: Home Care/Facility  
800-624-3004  
[www2.ncdhhs.gov/dhsr/index.html](http://www2.ncdhhs.gov/dhsr/index.html)

Friends of Residents in Long-Term Care  
919-782-1530  
[www.forltc.org](http://www.forltc.org)

Lupus Foundation of NC  
877-849-8271  
[www.lupus.org](http://www.lupus.org)

Mayor's Council of Persons with Disabilities  
336-245-5678  
[www.ci.winston-salem.nc.us](http://www.ci.winston-salem.nc.us)

Mental Health Association  
336-768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

Piedmont Triad Regional Council  
Area Agency on Aging  
336-904-0300  
[www.ptrc.org](http://www.ptrc.org)

Winston-Salem State University  
Grandparenting Program  
336-725-8167  
[www.wssu.edu](http://www.wssu.edu)

## ALZHEIMER'S/DEMENTIA RESOURCES

**These services provide assessments, counseling and support for persons caring for those with Alzheimer's disease or other forms of dementia. (See additional related resources under Caregiver/Respite Care.)**

Alzheimer's Association  
National ..... 800-227-2345  
Triad Office ..... 336-285-5920  
[www.alz.org](http://www.alz.org)

Wake Forest Baptist Health  
Memory Counseling Program  
336-716-1034  
[www.wakehealth.edu](http://www.wakehealth.edu)

Duke Family Support Program  
Project C.A.R.E./Alzheimer's Support  
800-646-2028  
<http://www.dukefamilysupport.org>

Novant Health  
Memory Care  
336-718-7300  
[www.novanthealth.org](http://www.novanthealth.org)

## ANIMAL RESOURCES

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

Animal Adoption & Rescue Foundation  
AARF  
336-768-7387  
[www.aarfanimals.org](http://www.aarfanimals.org)

Forsyth Humane Society  
Adoption and low-cost spay/neuter  
336-721-1303  
[www.forsythhumane.org](http://www.forsythhumane.org)

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

Forsyth Spay Neuter Clinic  
336-723-7550  
[www.centralspay.com](http://www.centralspay.com)

Cooperative Extension Service  
Forsyth County  
336-703-2850  
[www.co.forsyth.nc.us/CES](http://www.co.forsyth.nc.us/CES)

NC Wildlife Resource Commission  
800-662-7137  
[www.ncwildlife.org](http://www.ncwildlife.org)

Forsyth County Animal Control  
336-727-2490  
[www.co.forsyth.nc.us/AnimalControl](http://www.co.forsyth.nc.us/AnimalControl)

Wildlife Rehab, Inc.  
Injured and orphaned wildlife  
336-785-0912  
[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.

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

Forsyth County Public Library–Adult Outreach  
336-703-2903  
[www.forsyth.cc/library](http://www.forsyth.cc/library)

IFB Solutions  
Low Vision ..... 336-245-5672  
Optical Department..... 336-245-2687  
[www.wsifb.com](http://www.wsifb.com)

NC Division of Services for the Blind  
Winston-Salem Office ..... 336-896-2227  
[www.ncdhhs.gov/dsb](http://www.ncdhhs.gov/dsb)

Novant Health Rehabilitation Center  
Low Vision Clinic  
336-718-5780  
[www.novanthealth.org/forsyth-medical-center.aspx](http://www.novanthealth.org/forsyth-medical-center.aspx)

State Library of NC Library for the Blind  
and Physically Handicapped  
888-388-2460  
<http://statelibrary.ncdcr.gov/lbph>

Triad Information Reading Service  
336-758-6011  
[www.tirs.ws](http://www.tirs.ws)

Wake Forest Baptist Health  
Low Vision Program  
336-716-8097  
[www.wakehealth.edu](http://www.wakehealth.edu)

Winston-Salem Recreation and Parks  
City Link  
336-727-8000 or 311  
[www.cityofws.org](http://www.cityofws.org)

## CAREGIVER/RESPITE 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  
336-397-1345  
[www.centenary-ws.org](http://www.centenary-ws.org)

Duke Family Support Program  
Project C.A.R.E./Alzheimer's Support  
800-646-2028  
[www.ncdhhs.gov/aging/ncprojectcare.htm](http://www.ncdhhs.gov/aging/ncprojectcare.htm)

Mt. Zion Baptist Church  
Senior Life Enrichment Center  
336-721-1842  
[www.mtzionthejoy.org](http://www.mtzionthejoy.org)

**Senior Services, Inc.**  
**Elizabeth and Tab Williams Adult  
Day Center**  
**336-724-2155**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

**Senior Services, Inc.**  
**Family Caregiver Support Program**  
**336-721-6914**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)



## CAREGIVER/RESPIRE CARE (CONTINUED)

**Senior Services, Inc.**  
**Home Care**  
**336-725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

The Shepherd's Center of Greater  
Winston-Salem  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

## CHORE AND HOMEMAKER SERVICES

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

Department of Social Services  
In-Home Aide Services  
336-703-3501  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

**Senior Services, Inc.**  
**Help Line**  
**336-724-2040**  
For a list of home care agencies  
[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  
336-767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

The Shepherd's Center of Greater  
Winston-Salem  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

Forsyth County Public Library  
Computer Training Bridge  
336-703-3079  
[www.forsythcomputertraining.org](http://www.forsythcomputertraining.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[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.**

Attorney General's Office  
Consumer Complaint Hotline  
877-566-7226  
[www.ncdoj.gov/consumer.aspx](http://www.ncdoj.gov/consumer.aspx)

Consumer Protection  
Legal Aid of NC  
336-725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Better Business Bureau of Northwest NC  
336-725-8348  
[www.bbb.org/northwestern-north-carolina](http://www.bbb.org/northwestern-north-carolina)

Mediation Services of Forsyth County  
336-724-2870

## 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\*  
336-724-7921  
[www.arboracres.org](http://www.arboracres.org)  
*\*Paid sponsor, see ad on page A-1*

NC Department of Insurance  
919-807-6140  
<http://www.ncdoi.com/SE/Documents/CCRC/CCRCList.pdf>

Brookridge\*  
336-759-1044  
[www.brookridgecommunity.org](http://www.brookridgecommunity.org)  
*\*Paid sponsor, see ad on page A-2*

Salemtowne\*  
336-767-8130  
[www.salemtowne.org](http://www.salemtowne.org)  
*\*Paid sponsor, see ad on page A-2*

## 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..... 336-723-0371  
Small Business Center..... 336-757-3810  
[www.forsythtech.edu](http://www.forsythtech.edu)

Winston-Salem State University  
336-750-2000  
[www.wssu.edu](http://www.wssu.edu)

Salem College  
Fleer Center Adult Continuing Education  
336-721-2669  
[www.salem.edu](http://www.salem.edu)

YMCA  
Adult Literacy Initiative  
336-727-9850  
[www.ymcanwnc.org](http://www.ymcanwnc.org)

Wake Forest University  
336-758-5000  
[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  
336-896-0065  
[www.christiancounseling.org](http://www.christiancounseling.org)

Cardinal Innovations Healthcare  
ACCESS  
800-939-5911  
[www.cardinalinnovations.org/centerpoint](http://www.cardinalinnovations.org/centerpoint)

## COUNSELING (CONTINUED)

CareNet Counseling  
Wake Forest Baptist Health  
336-716-0855  
[www.carenetcounseling.org](http://www.carenetcounseling.org)

Catholic Social Services  
336-727-0705  
[www.ccdoc.org](http://www.ccdoc.org)

Family Services  
336-722-8173  
[www.fsifamily](http://www.fsifamily)

Hospice & Palliative CareCenter  
Grief Counseling Services  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

Trinity Center  
336-725-3999  
[www.trinitycenterinc.com](http://www.trinitycenterinc.com)

Wake Forest Baptist Health  
Department of Psychiatry  
336-716-4551  
[www.wakehealth.edu](http://www.wakehealth.edu)

Winston-Salem Men's Counseling Center\*  
336-748-8900  
[www.menscenter-ws.com](http://www.menscenter-ws.com)  
*\*Paid sponsor, see ad on page A-1*

## 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.**

Cardinal Innovations Healthcare  
ACCESS  
800-939-5911  
[www.cardinalinnovations.org/centerpoint](http://www.cardinalinnovations.org/centerpoint)

Family Services  
Domestic Violence (Hotline) ..336-723-8125  
Sexual Assault (Hotline) ..... 336-722-4457  
[www.fsifamily.org](http://www.fsifamily.org)

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

National Suicide Prevention Lifeline (24/7)  
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.

Beltone Hearing Care Centers\*  
336-774-1113  
[www.beltone.com](http://www.beltone.com)

*\*Paid sponsor, see ad on page A-4*

Better Hearing Institute Consumer Line  
800-327-9355  
[www.betterhearing.org](http://www.betterhearing.org)

Communication Access Partners, Inc.  
Interpreters  
336-993-4200  
[www.capinusa.com](http://www.capinusa.com)

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

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

Relay NC (voice) (24-hour availability)  
877-735-8200 or 711  
[www.relaync.com](http://www.relaync.com)

Wake Forest Baptist Health  
Department of Hearing and Speech  
336-716-4161  
[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  
919-678-8223  
[www.ncdentalboard.org](http://www.ncdentalboard.org)

### Senior Services, Inc.

#### Help Line

336-724-2040  
For lists of Medicaid dentists and  
low-cost dental options  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

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

## 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.

336-767-7060

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

The Arc of Forsyth County

The Enrichment Center

336-777-0076

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

Cardinal Innovations Healthcare

ACCESS

800-939-5911

[www.cardinalinnovations.org/centerpoint](http://www.cardinalinnovations.org/centerpoint)

Club Independence

336-716-8007

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

Disability Rights North Carolina

877-235-4210

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

Easter Seals UCP of North Carolina

Local Office..... 336-757-4681

Toll-free ..... 800-662-7119

[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

Goodwill Industries

336-724-3621

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

Mayor's Council of Persons with Disabilities

336-245-5678

[www.ci.winston-salem.nc.us](http://www.ci.winston-salem.nc.us)

NC Assistive Technology Program

Raleigh..... 919-855-3500

Winston-Salem..... 336-716-8030

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

Social Security Administration

National ..... 800-772-1213

Winston-Salem..... 877-402-0828

[www.ssa.gov](http://www.ssa.gov)

Vocational Rehabilitation

Independent Living

Raleigh..... 800-689-9090

Winston-Salem..... 336-784-2700

[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

University Parkway Store ..... 336-725-1203

Peters Creek Parkway Store ..... 336-201-0800

Waughtown Street Store ..... 336-777-0619

Jonestown Road Store ..... 336-768-9778

Clemmons Store..... 336-778-2165

Kernersville Store ..... 336-996-3351

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

Habitat for Humanity Re-Store

(Building materials & housewares)

336-893-8495

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

IFB Solutions

(Glasses)

336-759-0551

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

## DONATION CENTERS (CONTINUED)

Salvation Army  
(Clothing, food & housewares)  
336-722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Winston-Salem Rescue Mission  
(Clothing, furniture & housewares)  
336-723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Sunnyside Ministries  
(Clothing, food, & housewares)  
336-724-7558  
[www.sunnysideministry.org](http://www.sunnysideministry.org)

## 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  
336-744-4004  
<http://triaddreamcenter.com>

Lewisville Community Assistance Program  
Lewisville residents only  
336-945-3203  
[www.lewisvilleumc.org](http://www.lewisvilleumc.org)

American Red Cross  
336-724-0511  
[www.redcross.org](http://www.redcross.org)

Salvation Army  
336-722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Catholic Social Services  
336-727-0705  
[www.ccdoc.org](http://www.ccdoc.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
336-724-7558  
[www.sunnysideministry.org](http://www.sunnysideministry.org)

Crisis Control Ministry  
Kernersville..... 336-996-5401  
Winston-Salem..... 336-724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Winston-Salem Rescue Mission  
(Food and clothing)  
336-723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Department of Social Services  
Adult Intake  
336-703-3501  
[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>

IFB Solutions  
336-759-0551  
[www.wsifb.com](http://www.wsifb.com)

Division of Employment Security  
Forsyth County Job Link  
336-776-6720  
[www.ncesc.com](http://www.ncesc.com)

Vocational Rehabilitation  
336-784-2700  
[www.ncdhhs.gov/dvrs](http://www.ncdhhs.gov/dvrs)

Goodwill Industries  
336-724-3621  
[www.goodwillnwc.org](http://www.goodwillnwc.org)

Winston-Salem Urban League  
Senior Employment Program (55+)  
336-725-5614  
[www.wsurban.org](http://www.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  
336-722-1139

Legal Aid of NC  
Bankruptcy and foreclosure assistance  
336-725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Financial Pathways of the Piedmont  
336-896-1191  
[www.financialpaths.org](http://www.financialpaths.org)

Senior Financial Care (60+)  
336-896-1328  
[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.  
336-744-4004  
<http://triaddreamcenter.com/>

Lewisville Community Assistance Program  
Lewisville residents only  
336-945-3203

Crisis Control Ministry  
Kernersville..... 336-996-5401  
Winston-Salem..... 336-724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Salvation Army  
336-722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Department of Social Services  
Food Stamps  
336-703-3800  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

Samaritan Ministries Soup Kitchen  
336-748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

## FOOD ASSISTANCE (CONTINUED)

**Senior Services, Inc.**  
**Meals-on-Wheels (60+) .....336-748-5932**  
**Senior Lunch (60+) .....336-725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
336-724-7558  
[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.**

Alzheimer's Association  
National ..... 800-227-2345  
Triad Office ..... 336-285-5920  
[www.alz.org](http://www.alz.org)

American Cancer Society  
National ..... 800-227-2345  
Triad Office ..... 336-834-0844  
[www.cancer.org](http://www.cancer.org)

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

American Heart Association  
336-542-4825  
[www.heart.org](http://www.heart.org)

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

American Red Cross  
Northwest NC Chapter ..... 336-724-0511  
[www.redcross.org](http://www.redcross.org)

Arthritis Foundation  
North Carolina Chapter ..... 704-705-1808  
[www.arthritis.org](http://www.arthritis.org)

Cancer Services, Inc.  
Cancer patients only  
336-760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

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

Department of Public Health  
336-703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

Duke Family Support Program  
Project C.A.R.E. /Alzheimer's Support  
800-646-2028  
<http://www.dukefamilysupport.org>

Easter Seals UCP of North Carolina  
Local Office ..... 336-757-4681  
Toll-free ..... 800-662-7119  
[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

Hospice & Palliative CareCenter  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Health Supportive Services  
Kidney Foundation  
National ..... 800-622-9010  
NC Office ..... 704-519-0020  
[www.kidney.org](http://www.kidney.org)

Lupus Foundation of NC  
877-849-8271  
[www.lupus.org](http://www.lupus.org)

Multiple Sclerosis Society  
Carolinas Chapter ..... 336-299-4136  
[www.nationalmssociety.org](http://www.nationalmssociety.org)



## HEALTH SUPPORTIVE SERVICES (CONTINUED)

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

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

NC Stroke Association  
336-713-5052  
[www.ncstroke.org](http://www.ncstroke.org)

Wake Forest Baptist Health  
Diabetes Care Center  
336-716-8224  
[www.wakehealth.edu](http://www.wakehealth.edu)

Novant Health  
Diabetes & Nutrition Center of Forsyth  
336-277-1660  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Epilepsy Information Service  
336-716-2319  
[www.wakehealth.edu](http://www.wakehealth.edu)

## HISPANIC/LATINO SERVICES

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

Bethany Baptist Church Medical Clinic  
Free clinic, second Saturday 9AM-12 Noon  
336-767-0760  
[www.bethany.ws](http://www.bethany.ws)

Forsyth County Public Library  
Hispanic services  
336-703-2907  
[www.forsyth.cc/library](http://www.forsyth.cc/library)

Catholic Social Services  
336-727-0705  
[www.ccdoc.org](http://www.ccdoc.org)

Legal Aid of NC  
Handles civil matters for immigrants  
336-725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Communication Access Partners  
Interpreters  
336-993-4200  
[www.capincusa.com](http://www.capincusa.com)

Salvation Army Hispanic Services  
International Core  
336-499-1196  
[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.**

ComFor Care Home Care\*  
336-759-7207  
<https://comforcare.com/north-carolina/winston-salem>

Division of Health Service Regulation  
Complaint Hotline: Home Care/Facility  
800-624-3004  
[www2.ncdhhs.gov/dhsr/index.html](http://www2.ncdhhs.gov/dhsr/index.html)

*\*Paid sponsor, see ad on page A-5*

## HOME CARE ASSISTANCE (CONTINUED)

Home Instead Senior Care\*  
336-760-8001  
[www.homeinstead.com/439/](http://www.homeinstead.com/439/)  
*\*Paid sponsor, see ad on page A-5*

Home Loving Senior Care\*  
336-993-1600  
<https://homeloving.com>  
*\*Paid sponsor, see ad on page A-2*

Hospice & Palliative CareCenter  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Mt. Eagle Health Care Home Care\*  
336-283-5196  
<http://www.mtecare.com>  
*\*Paid sponsor, see ad on page A-4*

Piedmont Home Health\*  
336-724-1197  
[www.piedmonthomehealth.com](http://www.piedmonthomehealth.com)  
*\*Paid sponsor, see ad on page A-3*

**Senior Services, Inc.**  
**Help Line**  
**336-724-2040**  
For a list of home care agencies  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

**Senior Services, Inc.**  
**Home Care** .....**336-725-0907**  
**Living-at-Home (CAP-DA)** .....**336-725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Tender Care, Inc.\*  
336-765-2273  
<http://tendercarenc.com>  
*\*Paid sponsor, see ad on page A-2*

## HOME MODIFICATION AND MAJOR REPAIRS

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

Better Business Bureau of Northwest NC  
336-725-8348  
[www.bbb.org/northwestern-north-carolina](http://www.bbb.org/northwestern-north-carolina)

Forsyth County Housing Program  
336-703-2680  
[www.forsyth.cc/housing](http://www.forsyth.cc/housing)

Piedmont Triad Regional Council  
Weatherization  
336-904-0300  
[www.ptrc.org](http://www.ptrc.org)

Rising Concepts\*  
336-998-7123  
[www.risingconcepts.net](http://www.risingconcepts.net)  
*\*Paid sponsor, see ad on page A-1*

Vocational Rehabilitation  
Independent Living  
336-784-2700  
[www.ncdhhs.gov/dvrs](http://www.ncdhhs.gov/dvrs)

Winston-Salem Community and  
Business Development  
336-727-8000  
[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.

Bethany Baptist Church  
336-767-0760  
[www.bethany.ws](http://www.bethany.ws)

NC Baptist Aging Ministry (NCBAM)  
877-506-2226  
[www.ncbam.org](http://www.ncbam.org)

Pilot Mountain Baptist Association  
336-830-8189  
[www.pmba.org](http://www.pmba.org)

The Shepherd's Center of Greater  
Winston-Salem  
Handyman Program  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville  
Handyman Program  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

Triad Baptist Church  
Nehemiah's Few  
336-996-7573  
[www.tbcnow.org](http://www.tbcnow.org)

## HOUSING

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

Bermuda Village\*  
336-998-6539  
[www.bermudavillage.net](http://www.bermudavillage.net)  
*\*Paid sponsor, see ad on page A-4*

Community Management Corporation\*  
336-765-0424  
Alder's Point (55+) ..... 336-725-9021  
Assembly Terrace (62+) ..... 336-759-9798  
Azalea Terrace (55+) ..... 336-723-3633  
Cherry Hill (55+) ..... 336-723-7524  
Country Village (62+) ..... 336-765-4354  
St. Peter's HeritagePlace (62+) ... 336-771-9028  
Wachovia Hill ( 55+) ..... 336-251-1060  
[www.cmc-nc.com](http://www.cmc-nc.com)

*\*Paid sponsor, see ad on inside back cover*

Department of Social Services  
Adult Placement  
336-703-3501  
[www.co.forsyth.nc.us/DSS](http://www.co.forsyth.nc.us/DSS)

The Experiment in Self-Reliance, Inc. (ESR)  
336-722-9400  
[www.eisr.org](http://www.eisr.org)

Forsyth County Housing Program  
336-703-2680  
[www.forsyth.cc/housing](http://www.forsyth.cc/housing)

Group Homes of Forsyth  
IDD  
336-831-1300

## HOUSING (CONTINUED)

Housing Authority of Winston-Salem  
336-727-8500  
[www.haws.org](http://www.haws.org)

Ridge Care\*  
Arbor Ridge of Kernersville ..... 336-993-0160  
Arbor Ridge of Stanleyville ..... 336-377-2195  
[www.ridgecare.com](http://www.ridgecare.com)  
*\*Paid sponsor, see ad on page A-3*

### **Senior Services, Inc.**

#### **Help Line**

**336-724-2040**

For a list of other senior housing options  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

### Vienna Village\*

336-945-5410

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

*\*Paid sponsor, see ad on page A-3*

## 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.**

American Red Cross  
336-724-0511 (disaster only)  
[www.redcross.org](http://www.redcross.org)

Bethesda Center for Homeless  
For men or women  
336-722-9951  
[www.bethesdacenter.org](http://www.bethesdacenter.org)

Family Services  
Domestic Violence  
336-723-8125  
[www.fsifamily.org](http://www.fsifamily.org)

Fellowship Home  
For men—substance abuse  
336-727-1084  
[www.thefellowshiphome.org](http://www.thefellowshiphome.org)

Salvation Army  
For women or families  
336-722-8721  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Samaritan Ministries  
For men  
336-748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

Winston-Salem Rescue Mission  
For men  
336-723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

YWCA  
Hawley House  
For women—substance abuse  
336-721-0733  
[www.ywcaws.org](http://www.ywcaws.org)

## ID 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  
336-703-2700  
[www.co.forsyth.nc.us/rod](http://www.co.forsyth.nc.us/rod)

License Plate Agency  
Kernersville..... 336-904-0743  
Rural Hall ..... 336-969-2814  
Winston-Salem..... 336-725-2795  
[www.ncdot.org/dmv](http://www.ncdot.org/dmv)

NC Driver's License Division  
Kernersville..... 336-993-5651  
North Patterson Avenue..... 336-761-2259  
Silas Creek Parkway..... 336-761-2258  
[www.ncdot.org/dmv](http://www.ncdot.org/dmv)

NC Senior Tarheel Discount Card  
Shepherd's Center of Greater  
Winston-Salem  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

Winston-Salem Recreation and Parks  
Senior Citizen's ID card (must be 60+)  
336-727-8000  
[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  
336-767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

The Arc of Forsyth County  
The Enrichment Center  
336-777-0076  
[www.enrichmentarc.org](http://www.enrichmentarc.org)

Cancer Services, Inc.  
336-760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Easter Seals UCP of North Carolina  
Local Office..... 336-757-4681  
Toll-free ..... 800-662-7119  
[www.nc.eastersealsucp.com](http://www.nc.eastersealsucp.com)

Mental Health Association  
336-768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

NC Baptist Aging Ministry (NCBAM)  
877-506-2226  
[www.ncbam.org](http://www.ncbam.org)

**Senior Services, Inc.**  
**Help Line**  
**336-724-2040**  
Resources for seniors and caregivers  
[www.seniorservicesinc.org](http://www.seniorservicesinc.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.**

Department of Social Services  
Medicaid  
336-703-3502  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

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

NC Department of Insurance  
Consumer Hotline  
855-408-1212  
[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)

Senior Financial Care  
SHIIP counselors  
336-896-1328  
[www.financialpaths.org](http://www.financialpaths.org)

Seniors' Health Insurance  
Information Program (SHIIP)  
855-408-1212  
[www.ncshiip.com](http://www.ncshiip.com)

The Shepherd's Center of Greater  
Winston-Salem  
SHIIP counseling  
336-748-0217  
[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  
336-779-6307  
[www.ncfcc.us](http://www.ncfcc.us)

Forsyth County Bar Association  
Lawyer complaint service  
336-760-1232  
[www.forsythlawyers.org](http://www.forsythlawyers.org)

Forsyth County Register of Deeds Office  
336-703-2700  
[www.co.forsyth.nc.us/rod](http://www.co.forsyth.nc.us/rod)

Hospice and Palliative CareCenter  
Health Care Power of Attorney/Living Wills  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Legal Aid of NC  
Domestic violence, civil, non-criminal  
336-725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Liipfert Law Group\*  
336-283-4848  
[www.liipfertlaw.com](http://www.liipfertlaw.com)  
*\*Paid sponsor, see ad on inside front cover*

Magistrates' Office  
336-917-7001  
[www.co.forsyth.nc.us/sheriff](http://www.co.forsyth.nc.us/sheriff)

Mediation Services of Forsyth County  
336-724-2870

NC Department of Justice  
Attorney General Office  
919-716-6000  
[www.ncdoj.com/Home.aspx?lang=en-US](http://www.ncdoj.com/Home.aspx?lang=en-US)

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

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

### Winston-Salem Men's Counseling Center



The Winston-Salem Men's Counseling Center is a special place where men (and women) can talk with a counselor about their day-to-day concerns. We understand the issues and challenges of aging in the modern world.

Offering the professional resources of Dr. John Woodmansee, Ph.D (Director), and Rev. Curtis Patterson, M.Div (Adjunct Counselor).

Willing to do our counseling wherever you call home, or meet in our comfortable office.

(336) 748-8900

[www.menscenter-ws.com](http://www.menscenter-ws.com)

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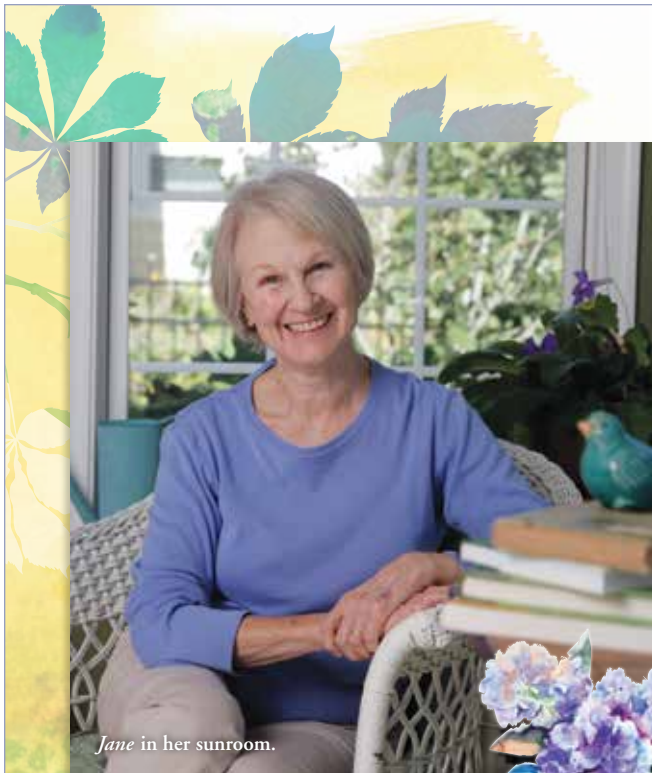


Residential Elevator

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336-998-7123 • [www.RisingConcepts.net](http://www.RisingConcepts.net)

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

1240 Arbor Road, Winston-Salem, NC 27104 | 336-724-7921



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Transportation & Errands  
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Companionship  
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We now accept direct admissions for the following levels of retirement living.

- Transitional rehabilitation center specializing in short-stay recovery
- Long-term skilled nursing households
- Assisted living memory support household

Contact us to learn more today.  
336.767.8130 | [salemtowne.org](http://salemtowne.org)



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*Apartments with Balconies and Garden Homes  
Assisted Living & Memory Enhanced  
Nursing Care - Medicare/Medicaid Certified*



1199 Hayes Forest Drive, Winston-Salem, NC 27106  
336.759.1044 • [www.brookridgecommunity.org](http://www.brookridgecommunity.org)



## Tender Care, Inc.

Your #1 Home Care Agency  
Serving the Triad for Over 25 Years



Bathing • Walking • Meals  
Dressing • Monitor Meds

336-765-2273 (CARE)





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*We value what you value...*

Years of experience, the highest standards of care & a loving atmosphere.



- ◆ Family owned and operated
- ◆ Wonderful, caring staff
- ◆ Beautiful location



(336) 945-5410  
6601 Yadkinville Road, Pfafftown, NC 27040  
www.viennavillage.com



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*Specialists in Senior Care & Alzheimer's Care*

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- Medication assistance
- Light housekeeping
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- State licensed care

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www.RidgeCare.com

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Walnut Cove | (336) 591-7790

**MALLARD RIDGE ASSISTED LIVING**  
Clemmons | (336) 775-2205

**ARBOR RIDGE AT STANLEYVILLE**  
Winston-Salem | (336) 377-2195

**KERNER RIDGE ASSISTED LIVING**  
Kernersville | (336) 993-1881

**PRIDDY MANOR ASSISTED LIVING**  
King | (336) 983-3068

**ARBOR RIDGE AT KERNERSVILLE**  
Kernersville | (336) 993-0160



## North Carolina's Premier Retirement Community

We are always at your service with these amenities:

- NO ENTRANCE FEE!
- Own your own home
- Age in place with many levels of care
- Abundant arts & cultural activities
- Gated Country Club Community
- World class medical minutes away
- Fitness & indoor aquatic center

**Bermuda Village**  
  
**Senior Living**

336-998-6539

[BermudaVillage.net](http://BermudaVillage.net)

**Mount  Eagle Health Care Homecare Services**

- Nursing care
- Personal and companion care
- Post-operative care
- Respite care
- Medication assistance
- Light housekeeping
- Shopping and errands
- Meal planning and preparation
- Activity planning and participation



Screened, Bonded and Insured Caregivers  
Private Pay, Medicaid and Insurance Accepted

336-283-5196 or 336-283-5191  
[www.mtecare.com](http://www.mtecare.com)

6000 Museum Drive, Winston-Salem  
CNA classes and State testing available

### QUALITY HEARING CARE IN YOUR COMMUNITY! SHOP LOCAL

#### Beltone Hearing Care Centers

Members of the Bedsaul family have been helping this community hear better for over 50 years.

*Do you hear but not understand? Does everyone mumble?*

We are Here to Help You, and YOU ARE WORTH IT!

- No Charge for Hearing Screenings
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- A Local Spirit of Service backed by

73 Years of Advanced Hearing Technology

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 **Beltone**<sup>TM</sup>  
 Helping the world hear better

Over 50 years of hearing help from members of the Bedsaul family!

751 Bethesda Rd. Suite 100


Winston Salem, NC 27103

(Behind Medical Park Hospital)

**Beltone Hearing Care Centers**

**336-774-1113**

**Dr. Trina Bedsaul, Doctor of Audiology**



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HOME CARE

Live your **best** life possible.

When you or your loved one needs assistance, count on our ComForCare team for reliable, compassionate and personalized home care.

- ♥ Personal Care and Hygiene
- ♥ Medication Reminders
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- ♥ Transportation
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- ♥ Fall Prevention
- ♥ Respite Care
- ♥ Alzheimer's and Dementia Care

**336-759-7207**

[winstonsalem.comforcare.com](http://winstonsalem.comforcare.com)

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**TRINITY GLEN**  
WINSTON-SALEM



*Rehabilitation & Skilled Nursing Services*

849 Waterworks Road • Winston-Salem, NC 27101  
(336) 595-2166 [www.trinityglen.net](http://www.trinityglen.net)

*Offering state-of-the-art rehabilitation and short-term or long-term medical care to people of all faiths.*

**The greatest breakthrough in senior care?  
Mom's cozy cottage.**

*We help aging parents stay at home, whether they're dealing with Alzheimer's, arthritis or anything in between.*



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SENIOR CARE®  
*to us, it's personal.*

**336.760.8001**  
[HomeInstead.com/439](http://HomeInstead.com/439)

**PERSONAL CARE | 24-HOUR CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION**

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**OUR MISSION IS TO PROVIDE FAMILIES WITH QUALITY ESTATE AND MEDICAID PLANNING SERVICES.**

Estate Planning • Medicaid Planning • Elder Law  
Guardianship • Veterans Benefits • Probate  
Special Needs Planning • Business Planning

# SALEM LAW

**ESTATE PLANNING & ELDER LAW**

3880 Vest Mill Road, Suite 200, Winston-Salem, NC 27103

**(336) 406-6735**

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

*Attorney Daniel J. Umlauf*



**What a difference a day can make!**



Are you or is someone you know caring for a loved one living with memory loss? Let us be a partner in their care.

**ONE-DAY FREE TRIAL VISIT**

at the Williams Adult Day Center for someone living with dementia

*New Participants Only • Reservations Required • Mon.-Fri.*

**CALL 336-724-2155 TODAY**

**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity

**We've created CONNECTIONS so you can too!**



**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity

Brighten your day and someone else's by engaging with isolated seniors.

**VOLUNTEER TODAY!**  
[SENIORSERVICESINC.ORG/VOLUNTEER](http://SENIORSERVICESINC.ORG/VOLUNTEER)

**CONNECTIONS**

PET VISITS, WELLNESS CALLS, PHONE AND HOME VISITS FROM SENIOR SERVICES VOLUNTEERS

## WAYS YOU CAN HELP

This Directory of Services is provided at no cost to our community. With your help, Senior Services can continue to deliver the vital services that help Forsyth County's elderly remain in their own homes for as long as possible, living with dignity.

### **VOLUNTEER!**

Contact our volunteer coordinator by phone at 336-721-6910 or email [volunteer@seniorservicesinc.org](mailto:volunteer@seniorservicesinc.org) for more information.

### **DONATE!**

Send a check payable to Senior Services, Inc., to Senior Services, Inc., 2895 Shorefair Drive, Winston-Salem, NC 27105; make an online donation at [www.seniorservicesinc.org](http://www.seniorservicesinc.org); or call 336-721-6961 to charge your donation by phone.

### **SHOP!**

Make a gift of food or personal care items needed by our program participants (suggestions at right).



### **Senior Services Program Participant Wish List**

#### **FOOD**

- Ensure or Boost
- Small canned hams
- Canned chicken, tuna or salmon
- Canned fruit or fruit cups
- Peanut butter
- Cereal or cereal bars
- Jell-O cups
- Sugar-free pudding cups

#### **HOUSEHOLD HELPS**

- Laundry detergent
- Paper towels
- Toilet paper
- Dishwashing liquid
- Household cleaning supplies
- Kleenex
- Trash bags

#### **HYGIENE/HEALTH**

- Adult pull-ups/Poise pads
- Moisture lotion
- Toothbrushes and toothpaste
- Denture cleanser
- Mouthwash
- Adult washcloth moist disposable wipes
- Blue pads/Chux (disposable)
- Washable bed pads
- Desitin/barrier cream
- Shampoo
- Hand soap
- Body soap
- Deodorant

#### **OTHER**

- GIFT CARDS in any amount! (grocery, pharmacy, discount or department store)

## THANK YOU!

**SENIOR SERVICES**

The logo for Senior Services, featuring the words "SENIOR" and "SERVICES" in a bold, sans-serif font. Between the two words is a stylized graphic of a person's head and shoulders, with a red heart positioned below the figure's chest.

## LEGAL SERVICES/CIVIL RIGHTS/DISCRIMINATION (CONTINUED)

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

Salem Law\*  
336-406-6735  
[www.salemstateplanning.com](http://www.salemstateplanning.com)  
*\*Paid sponsor, see ad on page A-6*

### Senior Services, Inc.

#### Help Line

**336-724-2040**

For a list of Forsyth Co. elder law attorneys  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Wake Forest University School of Law  
The Elder Law Clinic  
336-758-5061  
[www.elder-clinic.law.wfu.edu](http://www.elder-clinic.law.wfu.edu)

Winston-Salem Human Relations Dept.  
Housing discrimination  
336-727-8000 or 311  
[www.cityofws.org](http://www.cityofws.org)

## LONG-TERM CARE FACILITIES

The following facilities offer assisted living, nursing home levels of care or information on facility quality, payment options and licensing.

Arbor Acres Retirement Community\*  
336-724-7921  
[www.arboracres.org](http://www.arboracres.org)  
*\*Paid sponsor, see ad on page A-1*

Bermuda Village Retirement Community\*  
336-998-6539  
[www.bermudavillage.net](http://www.bermudavillage.net)  
*\*Paid sponsor, see ad on page A-4*

Brookridge Retirement Community\*  
336-759-1044  
[www.brookridgecommunity.org](http://www.brookridgecommunity.org)  
*\*Paid sponsor, see ad on page A-2*

Department of Social Services  
Medicaid  
336-703-3502  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

Division of Health Service Regulation  
Complaint Hotline: Home Care/Facility  
800-624-3004  
[www2.ncdhhs.gov/dhsr/index.html](http://www2.ncdhhs.gov/dhsr/index.html)

Medicare  
Nursing Home Ratings  
800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

Ridge Care Assisted Living\*  
Kerner Ridge ..... 336-993-1881  
Mallard Ridge ..... 336-775-2205  
Priddy Manor ..... 336-983-3068  
Walnut Ridge ..... 336-591-7790  
[www.ridgecare.com](http://www.ridgecare.com)  
*\*Paid sponsor, see ad on page A-3*

Salemtowne Retirement Community\*  
336-767-8130  
[www.salemtowne.org](http://www.salemtowne.org)  
*\*Paid sponsor, see ad on page A-2*

### Senior Services, Inc.

#### Help Line

**336-724-2040**

For a complete list of facilities  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Trinity Glen Skilled Nursing\*  
336-595-2166  
<http://trinityglen.net>  
*\*Paid sponsor, see ad on page A-5*

Vienna Village Assisted Living\*  
336-945-5410  
[www.viennavillage.com](http://www.viennavillage.com)  
*\*Paid sponsor, see ad on page A-3*

## MEDICAL CENTERS

**The following providers provide a full array of medical services.**

Kernersville VA Health Care Center  
Information  
336-515-5000  
[www.salisbury.va.gov/locations/Kernersville](http://www.salisbury.va.gov/locations/Kernersville)

Novant Health Kernersville Medical Center  
Information  
336-564-4000  
[www.novanthealth.org](http://www.novanthealth.org)

Novant Health Forsyth Medical Center  
Information  
336-718-5000  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Information  
336-716-2011  
[www.wakehealth.edu](http://www.wakehealth.edu)

## MEDICAL CLINICS

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

Bethany Baptist Church Medical Clinic  
Free clinic  
336-767-0760  
[www.bethany.ws](http://www.bethany.ws)

Sunnyside Ministries  
Free clinic  
336-724-7558  
[www.sunnysideminstirry.org](http://www.sunnysideminstirry.org)

Community Care Center  
Free clinic  
336-723-7904  
[www.cccforsyth.org](http://www.cccforsyth.org)

Winston-Salem Rescue Mission  
710 North Trade Street  
First come, first served  
336-723-1848  
[www.wsrescue.org](http://www.wsrescue.org)

Downtown Health Plaza  
336-713-9800  
[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  
800-633-4227

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

NC Division of Health Service Regulation  
Complaint Hotline  
800-624-3004  
[www2.ncdhhs.gov/dhsr/index.html](http://www2.ncdhhs.gov/dhsr/index.html)

## 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  
336-760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

NC Assistive Technology Project  
To try assistive equipment before purchase  
336-716-8030  
[www.ncatp.org](http://www.ncatp.org)

Senior Services, Inc.  
Help Line  
336-724-2040  
For a list of medical equipment companies  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[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 ..... 336-748-0575  
Miller Street..... 336-724-0468  
Northside..... 336-744-0577  
Piedmont ..... 336-721-1360  
Salem Kidney..... 336-761-8808  
[www.wfopd.com](http://www.wfopd.com)

Forsyth County Department of Public Health  
336-703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

Hospice & Palliative CareCenter  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Novant Health  
Health Connections  
(doctor referral service)..... 336-718-7000  
Martinat Outpatient  
Rehabilitation Center ..... 336-718-6700  
Maya Angelou Center for Women's Health  
and Wellness ..... 336-718-0060  
Memory Care..... 336-718-7300  
Whitaker Rehabilitation ..... 336-718-5780  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Comp Rehab ..... 336-716-8200  
Health on Call  
(doctor referral service)..... 336-716-2255  
J. Paul Sticht Center on Aging  
(rehabilitation)..... 336-713-8500  
Memory Counseling Program... 336-716-1034  
[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  
336-896-0065  
[www.christiancounseling.org](http://www.christiancounseling.org)

Cardinal Innovative Healthcare  
ACCESS  
800-939-5911  
[www.cardinalinnovations.org/centerpoint](http://www.cardinalinnovations.org/centerpoint)

Mental Health Association  
336-768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

Novant Health  
Behavioral Health Services  
336-718-3550  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Department of Psychiatry  
336-716-4551  
[www.wakehealth.edu](http://www.wakehealth.edu)

## NUTRITION EDUCATION

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

Forsyth County Cooperative Extension  
Nutrition Education Programs  
336-703-2850  
[www.co.forsyth.nc.us/CES](http://www.co.forsyth.nc.us/CES)

Forsyth County Department of Public Health  
336-703-3100  
[www.co.forsyth.nc.us/publichealth](http://www.co.forsyth.nc.us/publichealth)

Novant Health  
Diabetes and Nutrition Services  
336-277-1660  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Best Health  
336-713-2378  
[www.wakehealth.edu/besthealth](http://www.wakehealth.edu/besthealth)

Wake Forest Baptist Health  
Diabetes Care Center  
336-716-8224  
[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  
336-760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Community Care Center  
336-723-7904  
[www.cccforsyth.org](http://www.cccforsyth.org)

Crisis Control Ministry  
Kernersville..... 336-996-5401  
Winston-Salem..... 336-724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Social Security Administration  
877-402-0828  
[www.ssa.gov](http://www.ssa.gov)

## RECREATION AND SELF-ENRICHMENT

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

The Adaptables, Inc.

336-767-7060

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

Arts Council Theatre

336-722-2585

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

Forsyth County Cooperative Extension

336-703-2850

[www.co.forsyth.nc.us/ces](http://www.co.forsyth.nc.us/ces)

Forsyth County Public Library

Adult Outreach

336-703-2903

[www.forsyth.cc/Library](http://www.forsyth.cc/Library)

Salvation Army

336-723-6366

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

Sawtooth School for Visual Art

336-723-7395

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

**Senior Services, Inc.**

**Senior Lunch**

**336-725-0907**

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

The Shepherd's Center of Greater

Winston-Salem

336-748-0217

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

The Shepherd's Center of Kernersville

336-996-6696

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

The Stevens Center

336-721-1945

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

Wake Forest Baptist Health

Aquatics Program

336-713-8082

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

Wake Forest Baptist Health

Best Health

336-713-2378

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

Winston-Salem Recreation and Parks

City Link

336-727-8000 or 311

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

Winston-Salem Symphony

336-725-1035

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

Winston-Salem Urban League

336-725-5614

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

Winston-Salem Visitor Center

Community events

336-728-4200

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

YMCA

Fulton Family..... 336-661-1093

Jerry Long Family..... 336-712-2000

Kernersville..... 336-996-2231

Robinhood Road Family ..... 336-251-1090

Wells Fargo Express..... 336-725-9342

William G. White, Jr. .... 336-721-2100

Winston Lake Family..... 336-724-9205

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

YWCA Gateway Branch

336-354-1589

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

## RESPITE 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  
336-397-1345  
[www.centenary-ws.org](http://www.centenary-ws.org)

Senior Services, Inc.  
Family Caregiver Support Program  
336-721-6914  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Duke Family Support Program  
Project C.A.R.E./Alzheimer's Support  
800-646-2028  
[www.ncdhhs.gov/aging/ncprojectcare.htm](http://www.ncdhhs.gov/aging/ncprojectcare.htm)

Senior Services, Inc.  
Home Care  
336-725-0907  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Mt. Zion Baptist Church  
Senior Life Enrichment Center  
336-721-1842  
[www.mtzionthejoy.org](http://www.mtzionthejoy.org)

The Shepherd's Center of Greater  
Winston-Salem  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

Senior Services, Inc.  
Elizabeth and Tab Williams Adult  
Day Center  
336-724-2155  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

## SOCIAL SECURITY BENEFITS

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

Campbell Disability Center  
336-995-5746  
[www.campbelldc.com](http://www.campbelldc.com)

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

Disability Advocates of NUNC  
Disability filing  
336-760-9600

## SUBSTANCE ABUSE

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

Addiction Recovery Care Association  
336-784-9470  
[www.arcanc.org](http://www.arcanc.org)

Cardinal Innovative Healthcare  
ACCESS  
800-939-5911  
[www.cardinalinnovations.org/centerpoint](http://www.cardinalinnovations.org/centerpoint)

Associates in Christian Counseling  
336-896-0065  
[www.christiancounseling.org](http://www.christiancounseling.org)

Fellowship Home of Winston-Salem  
For men—substance abuse  
336-727-1084  
[www.thefellowshiphome.org](http://www.thefellowshiphome.org)

## SUBSTANCE ABUSE (CONTINUED)

Insight Human Services  
336-725-8389  
[www.insightnc.org](http://www.insightnc.org)

Novant Health  
Behavioral Health  
336-718-3550  
[www.novanthealth.org](http://www.novanthealth.org)

Wake Forest Baptist Health  
Department of Psychiatry  
336-716-4551  
[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  
336-767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

Alzheimer's Association  
Local Chapter..... 336-285-5920  
National ..... 800-272-3900  
[www.alz.org](http://www.alz.org)

Cancer Services, Inc.  
336-760-9983  
[www.cancerservicesonline.org](http://www.cancerservicesonline.org)

Department of Social Services  
Relatives As Parents  
336-703-3744  
[www.co.forsyth.nc.us/dss/](http://www.co.forsyth.nc.us/dss/)

Hospice & Palliative CareCenter  
Grief Counseling Center  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Lupus Foundation of NC 24-hour hotline  
877-849-8271  
[www.lupus.org](http://www.lupus.org)

Mental Health Association  
336-768-3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

Multiple Sclerosis Society  
Greater Carolinas Chapter  
Local Office..... 336-299-4136  
National ..... 800-344-4867  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

Parkinson Association of the Carolinas  
Local..... 336-972-7091  
North Carolina ..... 866-903-7275  
[www.parkinsonassociation.org](http://www.parkinsonassociation.org)

**Senior Services, Inc.  
Help Line  
336-724-2040**

For a complete list of support groups  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

**Senior Services, Inc.  
Elizabeth and Tab Williams Adult  
Day Center  
336-724-2155**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Winston-Salem Recreation and Parks Dept.  
City Link..... 336-727-8000 or 311  
[www.cityofws.org](http://www.cityofws.org)

Winston-Salem State University  
Grandparenting Program  
336-725-8167  
[www.wssu.edu](http://www.wssu.edu)

## TAXES

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

AARP  
[www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

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

Forsyth County Tax Office  
336-703-2300  
[www.forsyth.cc/tax](http://www.forsyth.cc/tax)

IRS  
Local Office..... 336-659-2740  
National ..... 800-829-1040  
[www.irs.gov](http://www.irs.gov)

NC Department of Revenue  
State tax information  
336-661-6800  
[www.dornc.com](http://www.dornc.com)

## TELEPHONE REASSURANCE

The following agencies provide daily 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  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

## TRANSPORTATION

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

American Cancer Society  
Local Chapter..... 336-834-0844  
National ..... 800-227-2345  
[www.cancer.org](http://www.cancer.org)

Clemmons Transportation Ministry  
Groceries, medical (for Clemmons residents)  
336-766-6486  
[www.cfbctoday.org](http://www.cfbctoday.org)

Lewisville Transportation Ministry  
Groceries, medical (for Lewisville residents)  
336-945-3203  
[www.lewisvilleumc.org](http://www.lewisvilleumc.org)

Medicaid Transportation Unit  
336-703-3919

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

The Shepherd's Center of Greater  
Winston-Salem  
Groceries, medical  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

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

## TRANSPORTATION (CONTINUED)

Winston-Salem Transit Authority  
PART out-of-region non-emergency  
336-662-0002  
[www.partnc.org](http://www.partnc.org)

Winston-Salem Transit Authority  
Trans-Aid-regional non-emergency  
336-727-2000  
[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..... 336-996-5401  
Winston-Salem..... 336-724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Sunnyside Ministry  
Zip codes 27107 and 27127 only  
336-724-7558  
[www.sunnysideminsty.org](http://www.sunnysideminsty.org)

Department of Social Services  
Utility assistance  
336-703-3600  
[www.co.forsyth.nc.us/dss/default.aspx](http://www.co.forsyth.nc.us/dss/default.aspx)

## VETERANS' SERVICES

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

American Legion  
336-631-5471  
[www.legion.org](http://www.legion.org)

Kernersville Health Care Center  
Veterans Outpatient Clinic  
336-515-5000  
[www.salisbury.va.gov](http://www.salisbury.va.gov)

American Red Cross  
336-724-0511  
[www.redcross.org](http://www.redcross.org)

U.S. Department of Veterans' Affairs  
Counseling ..... 877-927-8387  
Health Resources ..... 877-222-8387  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

AmVets  
336-251-0779  
[www.amvets.org](http://www.amvets.org)

Veterans of Foreign Wars  
336-631-5457  
[www.vfw.org](http://www.vfw.org)

Disabled American Veterans  
336-631-5481  
[www.dav.org](http://www.dav.org)

Veterans' Services  
Paralyzed Veterans of America  
800-795-3622  
[www.pva.org](http://www.pva.org)

Division of Veterans Affairs  
8th District Office  
336-766-1496  
[www.doa.state.nc.us/vets](http://www.doa.state.nc.us/vets)

## VICTIM ASSISTANCE SERVICES

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

Department of Social Services  
Adult Protective Services  
336-703-3503  
[www.co.forsyth.nc.us/dss](http://www.co.forsyth.nc.us/dss)

Family Services  
Domestic violence  
336-723-8125  
[www.fsifamily.org](http://www.fsifamily.org)

Forsyth County Domestic Violence Unit  
Safe on Seven  
336-779-6320

Forsyth County Sheriff's Department  
Non-emergency  
336-727-2112  
[www.co.forsyth.nc.us/sheriff](http://www.co.forsyth.nc.us/sheriff)

Kernersville Police Department  
336-996-3177  
[www.toknc.com/pd](http://www.toknc.com/pd)

Legal Aid of NC  
Domestic violence  
336-725-9162  
[www.legalaidnc.org](http://www.legalaidnc.org)

Winston-Salem Police Department  
Domestic violence ..... 336-773-7860  
Non-emergency ..... 336-773-7700  
[www.cityofws.org/departments/police](http://www.cityofws.org/departments/police)

## 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.  
336-767-7060  
[www.theadaptables.com](http://www.theadaptables.com)

American Red Cross  
Northwest NC Chapter  
336-724-0511  
[www.redcross.org](http://www.redcross.org)

Centenary United Methodist Church  
DayBreak Respite Care  
336-397-1345  
[www.centenary-ws.org](http://www.centenary-ws.org)

The Children's Home, Inc.  
336-721-7600  
[www.tchome.org](http://www.tchome.org)

Crisis Control Ministry  
Kernersville..... 336-996-5401  
Winston-Salem..... 336-724-7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

Family Services  
336-722-8173  
[www.fsifamily.org](http://www.fsifamily.org)

Forsyth Medical Center  
336-718-5738  
[www.novanthealth.org](http://www.novanthealth.org)

Hands on Northwest  
Retired Senior Volunteer Program (RSVP)  
336-724-2866  
[www.handsonnwnc.org](http://www.handsonnwnc.org)

## VOLUNTEER OPPORTUNITIES (CONTINUED)

Hospice & Palliative CareCenter  
336-768-3972  
[www.hospicecarecenter.org](http://www.hospicecarecenter.org)

Salvation Army  
336-723-6366  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Samaritan Ministries  
336-748-1962  
[www.samaritanforsyth.org](http://www.samaritanforsyth.org)

Second Harvest Food Bank  
336-784-5770  
[www.hungernwnc.org](http://www.hungernwnc.org)

**Senior Services, Inc.**  
**336-725-0907**  
[www.seniorservicesinc.org](http://www.seniorservicesinc.org)

Seniors' Health Insurance Information  
Program (SHIIP)  
The Shepherd's Center of Greater  
Winston-Salem ..... 336-748-0217  
[www.ncshiip.com](http://www.ncshiip.com)

The Shepherd's Center of Greater  
Winston-Salem  
336-748-0217  
[www.shepherdscenter.org](http://www.shepherdscenter.org)

The Shepherd's Center of Kernersville  
336-996-6696  
[www.shepctrkville.com](http://www.shepctrkville.com)

Wake Forest Baptist Health  
336-713-3514  
[www.wakehealth.edu/volunteer](http://www.wakehealth.edu/volunteer)

Winston-Salem Symphony Encore  
336-725-1035  
[www.wssymphony.org](http://www.wssymphony.org)

Winston-Salem Urban League  
336-725-5614  
[www.wsurban.org](http://www.wsurban.org)

YMCA  
Adult Literacy Initiative  
336-727-9850  
[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  
336-703-2800  
[www.co.forsyth.nc.us/elections](http://www.co.forsyth.nc.us/elections)



# Quick Reference

## A

AARP – Raleigh, NC .....	866-389-5650
AARP – Washington, DC.....	888-687-2277
The Adaptables, Inc., Center for Independent Living.....	336-767-7060
Adaptive Driving Program, Comp Rehab, Wake Forest Baptist Health .....	336-716-8004
Adaptive Driving Program, Forsyth Medical Center.....	336-718-5780
Addiction Recovery Care Association .....	336-784-9470
Adult Literacy Initiative, YMCA.....	336-727-9850
Adult Placement, Forsyth County Department of Social Services .....	336-703-3501
Adult Protective Services (abuse & neglect), Forsyth County Department of Social Services.....	336-703-3503
Agape Care and Share, Inc. ....	336-744-4004
Alzheimer’s Association.....	800-227-3900 or 336-285-5920
Alzheimer’s Program, Duke Family Support Program .....	800-646-2028
American Cancer Society (transportation for cancer patients) .....	800-227-2345
American Cancer Society – Triad Office.....	336-834-0844
American Diabetes Association.....	800-342-2383
American Heart Association .....	336-668-0167
American Legion .....	336-631-5471
American Lung Association .....	800-548-8252
American Red Cross .....	336-724-0511
AmVets .....	336-251-0779
Animal Adoption & Rescue Foundation (AARF) .....	336-768-7387
AniMeals & Houses for Hounds .....	336-703-2480
*Arbor Acres.....	336-724-7921
The Arc of Forsyth County.....	336-777-0076
ARCA (Addiction Recovery Care Association) .....	336-784-9470
Ardmore Transportation Ministry (groceries & medical).....	336-722-3695
Area Agency on Aging, Piedmont Triad Regional Council .....	336-904-0300
Arthritis Foundation .....	800-883-8806
Arthritis Foundation – Carolina Chapter .....	800-365-3811
Arts Council .....	336-722-2585
Associates in Christian Counseling .....	336-896-0065

## B-C

Behavioral Health Resources, Forsyth Medical Center.....	336-718-3550
*Beltone Hearing Centers .....	336-774-1113
*Bermuda Village .....	336-998-6539
BestHealth, Wake Forest Baptist Health.....	336-713-2378

Bethany Baptist Church Medical Clinic (free) .....	336-767-0760
Bethesda Center (for homeless men or women) .....	336-722-9951
Better Business Bureau of Northwest NC, Inc. ....	336-725-8348
Better Hearing Institute Consumer Help Line .....	800-327-9355
*Brookridge .....	336-759-1044
Campbell Disability Center.....	336-995-5746
Cancer Services, Inc. (cancer patients only).....	336-760-9983
Cardinal Innovations Healthcare.....	800-939-5911
CareNet Counseling, Wake Forest Baptist Health .....	336-716-0855
Catholic Charities, Piedmont Triad Regional Office.....	336-727-0705
Centenary United Methodist Church, DAYbreak Respite Care .....	336-397-1345
Chapter 13 (personal bankruptcy).....	336-722-1139
The Children's Home, Inc. ....	336-721-7600
*ComFor Care Home Care .....	336-759-7207
City of Winston-Salem (dead-animal pick up inside the city) .....	336-727-8000
Clemmons Transportation Ministry (groceries & medical)	
Clemmons First Baptist Church.....	336-766-6486
Clerk of Superior Court .....	336-779-6300
Club Independence .....	336-716-8007
Communication Access Partners, Inc. (interpreters).....	336-993-4200
Community Care Center (free clinic/Med Aid) .....	336-723-7904
*Community Management Corporation .....	336-765-0424
Comp Rehab, Adaptive Driving Program, Wake Forest Baptist Health .....	336-716-8004
Comp Rehab, Wake Forest Baptist Health .....	336-716-8200
Cooperative Extension Service, Forsyth County .....	336-703-2850
Crisis Control Ministry, Kernersville .....	336-996-5401
Crisis Control Ministry, Winston-Salem.....	336-724-7453
Cystic Fibrosis Foundation .....	800-344-4823

## D-E

DAYbreak, Centenary United Methodist Church (respite care).....	336-397-1345
Department of Psychiatry, Wake Forest Baptist Health .....	336-716-4551
Disability Advocates (disability filing) .....	336-760-9600
Disability Rights North Carolina .....	877-235-4210
Disabled American Veterans.....	336-631-5481
Division of Employment Security and Forsyth County Job Link.....	336-776-6720
Division of Deaf and Hard of Hearing .....	888-467-3413
Division of Health Service Regulation .....	800-624-3004
Division of Veterans' Affairs (8th district office) .....	336-766-1496
Domestic Violence.....	336-723-8125
Downtown Health Center .....	336-713-9800
Duke Family Support Program, Alzheimer's Program .....	800-646-2028

Easter Seals UCP of North Carolina .....	336-757-4681
The Elder Law Clinic .....	336-758-5061
<b>Elizabeth and Tab Williams Adult Day Center of Senior Services, Inc.</b> .....	336-724-2155
The Enrichment Center, ARC of Forsyth County .....	336-777-0076
Epilepsy Information Service, Wake Forest Baptist Health.....	336-716-2319
The Experiment in Self-Reliance .....	336-722-9400
Eye Care America .....	877-887-6327

## F

<b>Family Caregiver Support Program, Senior Services, Inc.</b> .....	336-721-6914
Family Services (counseling) .....	336-722-8173
Family Services (domestic violence hotline).....	336-723-8125
Family Services (sexual assault hotline) .....	336-722-4457
Fellowship Home of Winston-Salem, (men—substance abuse) .....	336-727-1084
Financial Pathways of the Piedmont.....	336-896-1191
Food Stamps, Forsyth County Department of Social Services.....	336-703-3800
Forsyth County Animal Control.....	336-727-2490
Forsyth County Bar Association (lawyer complaint service) .....	336-760-1232
Forsyth County Board of Elections .....	336-703-2800
Forsyth County Cooperative Extension .....	336-703-2850
Forsyth County Dept. of Public Health .....	336-703-3100
Forsyth County Dept. of Social Services—Adult Protective Services .....	336-703-3503
Forsyth County Dept. of Social Services—Food Stamps.....	336-703-3800
Forsyth County Dept. of Social Services—Heat Assistance.....	336-703-3627
Forsyth County Dept. of Social Services—In-Home Services & Placement... 336-703-3501	
Forsyth County Dept. of Social Services—Medicaid .....	336-703-3502
Forsyth County Dept. of Social Services—Relatives as Parents.....	336-703-3744
Forsyth County Dept. of Social Services—Utility Assistance .....	336-703-3501
Forsyth County Ground Maintenance (dead animal pick up inside county) ... 336-203-2250	
Forsyth County Housing Program.....	336-703-2680
Forsyth County Public Library, Adult Outreach .....	336-703-2903
Forsyth County Public Library, Computer Training Bridge.....	336-703-3079
Forsyth County Public Library, Hispanic Services .....	336-703-2907
Forsyth County Register of Deeds (public records).....	336-703-2700
Forsyth County Safe on Seven .....	336-779-6320
Forsyth County Sheriff’s Department (non-emergency) .....	336-727-2112
Forsyth County Tax Office .....	336-703-2300
Forsyth Humane Society .....	336-721-1303
Forsyth Medical Center.....	336-718-5738
Forsyth Spay Neuter Clinic.....	336-723-7550
Forsyth Technical Community College, Main Campus.....	336-723-0371
Forsyth Technical Community College, Small Business Center.....	336-757-3810

## G-K

Goodwill Industries.....	336-724-3621
Grandparenting Program, Winston-Salem State University.....	336-725-8167
Group Homes of Forsyth (mental retardation or developmental disabilities).....	336-831-1300
Habitat for Humanity Re-Store.....	336-893-8495
Hands on Northwest.....	336-724-2866
Hawley House (women—substance abuse), YWCA.....	336-721-0733
Health Connections (doctor referral service), Forsyth Medical Center.....	336-718-7000
Health on Call (doctor referral service), Wake Forest Baptist Health.....	336-716-2255
Hearing Loss Association of America.....	336-768-1177
Helping Hands and Caring Hearts.....	336-794-2552
<b>Help Line of Senior Services, Inc.</b> .....	336-724-2040
Hispanic Services, Forsyth County Public Library.....	336-703-2907
Hispanic Services—International Core, Salvation Army.....	336-499-1196
Home Care Complaint Hotline.....	800-624-3004
<b>Home Care of Senior Services, Inc.</b> .....	336-725-0907
*Home Instead Senior Care.....	336-760-8001
*Home Loving Senior Care.....	336-993-1600
Hospice & Palliative CareCenter.....	336-768-3972
Housing Authority of Winston-Salem.....	336-727-8500
IFB Solutions.....	336-245-5672
Insight Human Services.....	336-725-8389
IRS, Winston-Salem Office.....	336-659-2740 or 800-829-1040
J. Paul Sticht Center.....	336-713-8500
Kernersville Police Department.....	336-996-3177
Kidney Foundation, NC Office.....	704-519-0020

## L

Legal Aid of NC, Winston-Salem Office.....	336-725-9162
Lewisville Community Assistance Program (transportation, groceries & medical assistance).....	336-945-3203
License Plate Agency, Kernersville.....	336-904-0743
License Plate Agency, Rural Hall.....	336-969-2814
License Plate Agency, Winston-Salem.....	336-725-2795
*Liipfert Law Group.....	336-283-4848
<b>Living-at-Home (CAP-DA) of Senior Services, Inc.</b> .....	336-725-0907
Lupus Foundation of America.....	877-849-8271

## M

Magistrates' Office (civil action) .....	336-971-7693
Martinat Outpatient Rehabilitation Center .....	336-718-6700
Maya Angelou Center for Women's Health & Wellness .....	336-718-0060
Mayor's Council for Persons with Disabilities .....	336-245-5678
<b>Meals-on-Wheels of Senior Services, Inc.</b> .....	336-748-5932
Med Aid .....	336-723-7904
Mediation Services of Forsyth County .....	336-724-2870
Medicaid, Forsyth County Department of Social Services .....	336-703-3803
Medicaid, Transportation .....	336-703-3919
Medical Review of NC .....	800-722-0468
Medical Supply Ministry (loan closet), Southside Baptist Church .....	336-723-0395
Medicare Beneficiary Complaint Hotline .....	800-633-4227
Medicare Information .....	800-633-4227
Mental Health Association .....	336-768-3880
Miller Street Dialysis Center .....	336-724-0468
*Mt. Eagle Health Care .....	336-283-5196
Mt. Zion Baptist Church Senior Life Enrichment Center (adult day care).....	336-721-1842
Multiple Sclerosis Society, Central NC Chapter .....	336-299-4136

## N-Q

NAACP – Winston-Salem – Forsyth County Branch .....	336-767-3470
National Hopeline .....	800-784-2433
National Suicide Prevention .....	800-273-8255
NC Assistive Technology Program and Loan Closet .....	919-855-3564 or 716-8030
NC (BAM) Baptist Aging Ministry .....	877-506-2226
NC Brain Injury Association .....	800-377-1464
NC Department of Insurance .....	855-408-1212
NC Department of Labor .....	800-625-2267
NC Department of Revenue (state tax information) .....	336-661-6800
NC Department of Veterans' Affairs .....	336-725-8781
NC Division of Health Services Regulation .....	800-624-3004
NC Division of Medical Assistance .....	919-855-4100
NC Division of Services for the Blind .....	336-896-2227
NC Division of Services for Deaf and Hard-of-Hearing .....	888-467-3413
NC Division of Services for Deaf and Hard-of-Hearing (Relay NC Voice/TTY) .....	711
NC Driver's License Division, Kernersville .....	336-993-5651
NC Driver's License Division, North Patterson Avenue .....	336-761-2259
NC Driver's License Division, Silas Creek Parkway .....	336-761-2258
NC Lawyer Referral Service .....	800-662-7660
NC Library for the Blind and Physically Handicapped .....	888-388-2460

NC Medical Board (doctor complaints) .....	800-253-9653
NC State Bar .....	919-828-4620
NC State Board of Dental Examiners (dental complaints).....	919-678-8223
NC Stroke Association .....	336-713-5052
NC Wildlife Resource Commission.....	800-662-7137
Nehemiah's Few, Triad Baptist Church .....	336-996-7573
Northside Dialysis .....	336-744-0577
Novant Health (information).....	336-718-5000
Novant Health, Behavioral Health .....	336-718-3550
Novant Health, Diabetes and Nutrition.....	336-277-1660
Novant Health, Health Connections (doctor referral) .....	336-718-7000
Novant Health, Kernersville Medical Center.....	336-564-4000
Novant Health, Low-Vision Clinic .....	336-718-5780
Novant Health, Memory Care.....	336-718-7300
Novant Health, Volunteer Services .....	336-718-5738
NuCare Carolina (fee charged).....	800-380-1947
Nursing Home Complaint Hotline.....	800-624-3004
Nutrition Education Programs, Forsyth Cooperative Extension Service .....	336-703-2850
Paralyzed Veterans of America.....	800-795-3622
Parkinson Association of the Carolinas.....	866-903-7275
PART Out-of-Region Non-Emergency Medical, Winston-Salem Transit Authority.....	336-662-0002
Piedmont Dialysis Center.....	336-721-1360
*Piedmont Home Health.....	336-724-1197
Piedmont Triad Regional Council, Area Agency on Aging .....	336-904-0300
Pilot Mountain Baptist Association.....	336-830-8189
Project C.A.R.E. ....	800-646-2028

## **R-S**

RAPP (Relatives as Parents).....	336-703-3744
Regional Non-Emergency Medical Transportation, Winston-Salem Transit Authority.....	336-727-2000
Relay NC (TTY) .....	800-735-2962 or 711
Relay NC (voice) .....	800-735-8200 or 711
Rescue Mission .....	710 North Trade Street, Winston-Salem
Retired Senior Volunteer Program (RSVP).....	336-724-2866
*Ridge Care.....	336-993-7555
*Rising Concepts .....	336-998-7123
Salem College, Fleeer Center, Adult Continuing Education Programs .....	336-721-2669
Salem Kidney Center .....	336-761-8808
*Salem Law.....	336-406-6735
*Salem towne.....	336-767-8130

Salvation Army Church, Broad Street location—senior programs.....	336-725-9923
Salvation Army, Hispanic Services—International Core.....	336-499-1196
Salvation Army, North Trade Street location.....	336-722-8721
Salvation Army, Volunteer Opportunities.....	336-723-6366
Samaritan Ministries.....	336-748-1962
Sara Lee Center for Women’s Health, Forsyth Medical Center.....	336-718-3780
Sawtooth School for Visual Art.....	336-723-7395
Second Harvest Food Bank.....	336-784-5770
Senior Financial Care.....	336-896-1328
Senior Life Enrichment Center (adult day care/caregiver support)	
Mt. Zion Baptist Church.....	336-721-1842
<b>Senior Lunch of Senior Services, Inc.</b> .....	336-725-0907
<b>Senior Services, Inc.</b> .....	336-725-0907
<b>Senior Services, Inc., Elizabeth and Tab Williams Adult Day Center</b> .....	336-724-2155
<b>Senior Services, Inc., Help Line</b> .....	336-724-2040
<b>Senior Services, Inc., Home Care</b> .....	336-725-0907
<b>Senior Services, Inc., Living-at-Home (CAP-DA)</b> .....	336-725-0907
<b>Senior Services, Inc., Meals-on-Wheels</b> .....	336-748-5932
<b>Senior Services, Inc., Senior Lunch</b> .....	336-725-0907
<b>Senior Services, Inc., Telephone Reassurance</b> .....	336-725-0907
Seniors’ Health Insurance Information Program—Raleigh (SHIIP).....	855-408-1212
The Shepherd’s Center of Greater Winston-Salem.....	336-748-0217
The Shepherd’s Center of Kernersville.....	336-996-6696
Social Security Administration.....	800-772-1213
Social Security Administration, Winston-Salem Office.....	877-402-0828
Southside Baptist Church, Medical Supply Ministry (loan closet).....	336-723-0395
State Library of NC for Blind and Physically Handicapped.....	888-388-2460
The Stevens Center.....	336-721-1945
J. Paul Sticht Center on Aging (geriatric assessment).....	336-713-8250
J. Paul Sticht Center on Aging (rehabilitation).....	336-713-8500
Substance Abuse Treatment Program, Wake Forest Baptist Health.....	336-716-4551
Sunnyside Ministry, Adult Literacy/Emergency Assistance.....	336-724-7558

## T-V

*Tender Care, Inc. ....	336-765-2273
Trans-Aid, Winston-Salem Transit Authority.....	336-727-2000
Triad Baptist Church.....	336-996-7573
Triad General Information.....	211
Triad Information Reading Service.....	336-758-6011
Trinity Center.....	336-725-3999
*Trinity Glen.....	336-595-2166
United Way.....	211

USDA Service Center, Rural Development Program .....	336-767-0720
U.S. Department of Veteran’s Affairs (information & help with VA claims) .	877-927-8387
Vet Center (counseling & transition) .....	336-333-5366
Veterans of Foreign Wars .....	336-631-5457
Veterans Outpatient Clinic (all services).....	336-515-5000
*Vienna Village .....	336-945-5410
Vocational Rehabilitation.....	336-784-2700

## **W-X**

Wake Forest Baptist Health (information).....	336-716-2011
Wake Forest Baptist Health, Aquatics.....	336-713-8082
Wake Forest Baptist Health, BestHealth.....	336-713-2378
Wake Forest Baptist Health, Cardiac Rehabilitation Program .....	336-758-5395
Wake Forest Baptist Health, Cleveland Avenue Dental Center.....	336-631-2330
Wake Forest Baptist Health, Comp Rehab.....	336-716-8400
Wake Forest Baptist Health, Dept. of Hearing & Speech Center.....	336-716-3103
Wake Forest Baptist Health, Department of Psychiatry.....	336-716-4551
Wake Forest Baptist Health, Diabetes Care Center .....	336-716-8224
Wake Forest Baptist Health, Epilepsy Information. ....	336-716-2319
Wake Forest Baptist Health, Health on Call (doctor referral).....	336-716-2255
Wake Forest Baptist Health, IMPACT.....	336-713-8190
Wake Forest Baptist Health, Low-Vision Program .....	336-716-8097
Wake Forest Baptist Health, Memory Care .....	336-716-1034
Wake Forest Baptist Health, Volunteer Office.....	336-713-3514
Wake Forest University (information) .....	336-758-5000
Wake Forest University School of Law.....	336-758-5061
Weatherization Program, Piedmont Triad Regional Council.....	336-904-0338
Whitaker Rehabilitation Center, Forsyth Medical Center.....	336-718-5780
Wildlife Rehab, Inc. ....	336-785-0912
Winston-Salem Community and Business Development .....	336-727-8000
Winston-Salem Human Relations Dept. (housing discrimination).....	336-727-8000
*Winston-Salem Men’s Counseling Center.....	336-748-8900
Winston-Salem Police Department, Domestic Violence and Victim Assistance.....	336-773-7860
Winston-Salem Police Department, Non-Emergency.....	336-773-7700
Winston-Salem Recreation and Parks (City Link) .....	336-727-8000
Winston-Salem Rescue Mission.....	336-723-1848
Winston-Salem State University (information).....	336-750-2000
Winston-Salem Symphony.....	336-725-1035
Winston-Salem Transit Authority, PART Out-of-Region Non-Emergency Medical.....	336-662-0002



Winston-Salem Transit Authority, Regional Non-Emergency Medical Transportation .....	336-727-2000
Winston-Salem Urban League .....	336-725-5614
Winston-Salem Visitors' Center .....	336-728-4200
Woman Wise (women's health & wellness).....	336-703-3196

## **Y-Z**

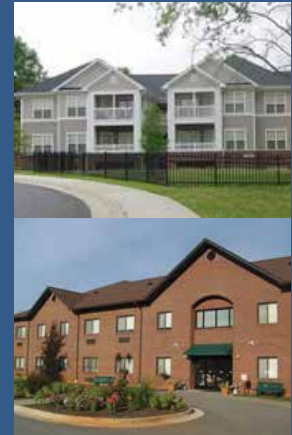
YMCA, Adult Literacy Initiative .....	336-727-9850
YMCA, Fulton Family .....	336-661-1093
YMCA, Jerry Long Family .....	336-712-2000
YMCA, Kernersville .....	336-996-2231
YMCA, Robinhood Road Family.....	336-251-1090
YMCA, William G. White.....	336-721-2100
YMCA, Winston Lake Family .....	336-724-9205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

*\*Paid advertisers*

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

# AFFORDABLE SENIOR COMMUNITIES

RENTS BASED ON INCOME\* | MANAGED BY COMMUNITY MANAGEMENT CORPORATION



## *Spacious One-Bedroom Apartments for Seniors*

### **WINSTON-SALEM**

*For Seniors 55+*

#### **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

#### **Spring Hill**

618 N Spring Street  
336-723-4162

#### **Wachovia Hill**

100 S. Spruce Street  
336-251-1060

### **WINSTON-SALEM**

*For Seniors 62+*

#### **Assembly Terrace**

3731 University Parkway  
336-759-9798

#### **Country Village**

201 Park Ridge Circle  
336-765-4354

#### **St. Peter's Heritage Place**

3727 Old Lexington Road  
336-771-9028

### **STOKES & SURRY COUNTY**

*For Seniors 55+*

#### **The Carolina Apartments**

540 Ingram Drive  
336-983-5323

#### **Garden Terrace**

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

#### **Shamrock Terrace**

100 Shamrock Terrace Lane  
*Dobson*  
336-386-4502

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

*\*Rental Assistance Available*



# Emergency Numbers

**Ambulance / Police / Sheriff / Fire..... 911**

**Mental Health..... 800-939-5911**

**Duke Power (power outage)..... 800-769-3766**

**Other.....**

**Other.....**

**Other.....**

**If you need more information, please call  
Senior Services' Help Line at 336-724-2040  
or visit [www.seniorservicesinc.org](http://www.seniorservicesinc.org).**



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

**2895 SHOREFAIR DRIVE | WINSTON-SALEM, NC 27105**