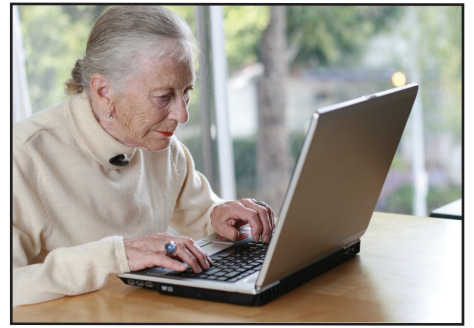


# **BUNCOMBE COUNTY**

# **SENIOR SERVICES**

# **DIRECTORY**



COUNCIL ON  
**AGING**  
of Buncombe County

**NINTH EDITION 2018**

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## 2-1-1 / GENERAL INFORMATION

**NC 2-1-1-Asheville Center.....2-1-1 or 252-4357**

[www.nc211.org](http://www.nc211.org)

*Free, 24/7 health and human service information and referral line. Trained referral specialists listen to callers, assess needs, identify appropriate resources and provide detailed information to connect people with services to meet their needs. Online database of community resources is also available*

## ADULT DAY SERVICES

**CarePartners Adult Day Services .....277-3399**

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

*State Certified, non-profit Day Care/Day Health program, includes health monitoring, social enrichment and therapeutic activities, nutritionally balanced meals. Open Monday through Saturday for adults 18 and up.*

**DayStay Adult Day Services.....665-1575**

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

*A safe and engaging adult day program in Candler. Open 7:30 a.m.-5:30 p.m., Monday-Friday with full and part-time options. Call to arrange a complementary visit, financial assistance available.*

**Elder Day Club at the Beth Israel Synagogue .....253-2900**

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

*A group respite program located at Jewish Family Services of WNC (2 Doctors Park Suite E, 417 Biltmore Ave, Asheville, NC 28801). The group meets on Tuesdays and Thursdays from 11 AM – 2 PM in Asheville and Wednesdays from 11AM-2PM at Agudas Israel Synagogue. The group is for adults 55+ and is open to all ethnicities and faiths. The group includes social enrichment, companionship, exercise, structured activities, and kosher lunches prepared onsite. For more information please contact JFS of WNC and ask to speak with the Elder Club Coordinator.*

**Irene Wortham Center.....274-7518**

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

*Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level*

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**

[www.carepartners.org/pace](http://www.carepartners.org/pace)

## ALZHEIMER'S, DEMENTIA, AND MEMORY IMPAIRMENT

**Alzheimer's Association Western Carolina Chapter.....(800) 272-3900**

[www.alz.org/northcarolina/](http://www.alz.org/northcarolina/)

*Education and support group services-24/7 caregiver hotline*

**Black Mountain Neuro-Medical Treatment Center.....259-6945**

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

*Dementia program assisting those with behavioral support needs, Intellectual Disability program assisting complex medical support needs for those with lifelong disabilities, and overnight respite services for dementia patients*

**Land of Sky Regional Council.....251-6622**

[http://landofsky.org/pdf/Aging/LTC\\_Directory/LTCDirectory\\_2014.pdf](http://landofsky.org/pdf/Aging/LTC_Directory/LTCDirectory_2014.pdf)

*Long-Term Care Housing Directory provides up-to-date information on facilities and types of services available in Buncombe, Henderson, Madison, and Transylvania; call or visit the website for a copy of the directory*

**MemoryCare.....771-2219**

[www.memorycare.org](http://www.memorycare.org) email: [office@memorycare.org](mailto:office@memorycare.org)

### **Caregiver Education Program**

*Lecture series designed to improve caregiver understanding of dementia care; no cost to enrolled MemoryCare caregivers. \$85 for individuals not enrolled.*

### **Clinical Services**

*Provides support to caregivers with education, counseling, and improved access to services. Memory assessment, treatment, and support for memory-impaired individuals and their families.*

### **Eldercare Resource Center**

*Education materials on aging issues, dementia, and caregiving*

**Project C.A.R.E. (Caregivers Running on Empty).....251-6622**

*Respite and case assistance by for caregivers of persons with Alzheimer's disease or other dementias.*

## ANIMAL SERVICES

**Animal Compassion Network.....258-4820**

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

*Animal welfare organization offering spay/neuter assistance, pet adoption and fostering, and an emergency foster program for pets that have lost their owner due to nursing home placement, illness, death, or natural disaster*

<b>Asheville Humane Society</b> .....	<b>761-2001</b>
<a href="http://www.ashevillehumane.org">www.ashevillehumane.org</a>	
<i>Animal shelter and pet adoption center</i>	
<b>Asheville Kennel Club</b> .....	<b>258-4833</b>
<a href="http://www.ashevillekennelclub.com">www.ashevillekennelclub.com</a>	
<i>Offers spay/neuter coupons</i>	
<b>Brother Wolf Animal Rescue</b> .....	<b>505-3440</b>
<a href="http://www.bwar.org">www.bwar.org</a>	
<i>Fosters client's pets during periods of hospitalization</i>	
<b>Canine Companions for Independence</b> .....	<b>(800) 572- 2275</b>
<a href="http://www.cci.org">www.cci.org</a>	
<i>Provides trained assistance dogs and ongoing support for disabled individuals</i>	
<b>Humane Alliance Spay/Neuter Clinic</b> .....	<b>252-2079</b>
<a href="http://www.humanealliance.org">www.humanealliance.org</a>	
<i>Provides affordable sterilization services on-site</i>	

## ARTHRITIS AND OSTEOPOROSIS

<b>Mission Hospitals</b> .....	<b>213-8250</b>
<a href="http://www.missionhospitals.org">www.missionhospitals.org</a>	
<i>Wellness Resource Center – offers free bone densitometry</i>	

## ASSISTED LIVING CENTERS (see LONG-TERM CARE)

## ASTHMA (see LUNG)

## ATTORNEYS - ELDER LAW ISSUES (see LEGAL)

## BEREAVEMENT SERVICES (see MENTAL HEALTH)

## BLIND SERVICES (see VISION SERVICES)

## CANCER

<b>American Cancer Society</b> .....	<b>254-6931</b>
<a href="http://www.cancer.org">www.cancer.org</a>	
<i>Volunteer and support group</i>	



**Buncombe County Department of Health.....250-5260**

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

*Breast and cervical cancer programs for uninsured persons*

**Leukemia and Lymphoma Society.....(800) 955-4572**

[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

*Information and referrals*

**Mission Hospitals (see ad on page 33).....213-4655**

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

**Breast Cancer Support**

*Comprehensive program for mastectomy; support group*

**Cancer Connection**

*Information for people with cancer*

**Prostate Cancer Support Group.....(800) 422-6237**

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

*“Man to Man” meeting*

**CAREGIVER RESPITE PROVIDERS**

(also see In-Home Aide Services)

**Brightstar.....255-1733**

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

Providing in home assistance for 1-24 hours/day. Paid for privately. Available in the greater Asheville/HVL areas. Rates \$23/hr weekdays, \$25/hr weekends. For 1-2 hr shifts, additional \$4/hr.

**CarePartners Adult Day Services.....277-3399**

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

*State Certified, non-profit Day Care/Day Health program, includes health monitoring, social enrichment and therapeutic activities, nutritionally balanced meals. Open Monday through Saturday for adults 18 and up.*

**Club CarePartners Day Respite Program.....277-3399**

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

*For adults with mild impairments, offering a structured program for social opportunities, mental stimulation, exercise and enrichment. Meets on Mondays, Wednesdays and Fridays from 10:00 a.m. – 3:00 p.m.*

**DayStay Adult Day Services.....665-1575**

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

*Safe, caring and compassionate Adult Day Care. Provides respite for caregivers and socialization for your loved one. Call to arrange a complementary visit.*

*Fully Accredited-Nonprofit-Affordable-Excellent Activities*

**Elder Day Club at Beth Israel Synagogue .....253-2900**

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

*A group respite program located at Jewish Family Services of WNC (2 Doctors Park Suite E, 417 Biltmore Ave, Asheville, NC 28801). The group meets on Tuesdays and Thursdays from 11 AM – 2 PM in Asheville and Wednesdays from 11AM-2PM at Agudas Israel Synagogue. The group is for adults 55+ and is open to all ethnicities and faiths. The group includes social enrichment, companionship, exercise, structured activities, and kosher lunches prepared onsite. For more information please contact JFS of WNC and ask to speak with the Elder Club Coordinator.*

**Greenwood Inn at the Black Mountain Center.....259-6773**

[www.bmcnc.org/Services/Greenwood\\_Inn/greenwood\\_inn.htm](http://www.bmcnc.org/Services/Greenwood_Inn/greenwood_inn.htm)

*Affordable, overnight respite care for people with Alzheimer's disease or other dementias*

**Irene Wortham Center.....274-7518**

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

*Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level*

**Nazareth First Baptist Church.....274-8851**

*One day a week group respite program*

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**

[www.carepartners.org/pace](http://www.carepartners.org/pace)

**Premier Home Health Care.....277-5950**

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

## **CAREGIVER SUPPORT**

**Alzheimer's Association Western Carolina Chapter.....(800) 272-3900**

[www.alz.org/northcarolina](http://www.alz.org/northcarolina)

*Support groups meet regularly around the county, education, caregiver hotline*

**Caregiver Wellness Program at Park Ridge Health.....682-2459**

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

*Education and support for caregivers*

**Caring For Aging Persons Education and Support (C.A.P.E.S.).....277-8288**

[www.coabc.org/caregiver-assistance/capes](http://www.coabc.org/caregiver-assistance/capes)

*Education and support group for anyone caring for or concerned about an aging parent; a collaboration between Mission Hospital's Wellness Resource Center and the Council on Aging*

**Council on Aging Family Caregiver Support Program.....277-8288**

<http://www.coabc.org/caregiver-assistance/respice>

*Caregiver respice funding and case assistance*

**Holistic Elder Services.....595-9271**

**Jewish Family Services of WNC (JFS).....253-2900**

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

*Individual caregiver support as needed provided by a social worker and LCSW. Caregiver services include depression screening, targeted mental health and case management resources and consultation for older adult and caregiver issues; open to all ethnicities and faiths.*

**Land of Sky Regional Council.....251-6622**

<http://landofsky.org/fcsp.html>

*Family Caregiver Support Program; Long-Term Care Housing Directory provides up-to-date information on facilities and types of services available in Buncombe, Henderson, Madison, and Transylvania including those that provide short-term caregiver respice; call or visit website for a copy of the directory*

**MemoryCare.....771-2219**

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

**Caregiver Education Program**

*Lecture series designed to improve caregiver understanding of dementia care; no cost to enrolled MemoryCare caregivers. \$85 for individuals not enrolled.*

**Clinical Services**

*Provides support to caregivers with education, counseling, and improved access to services. Memory assessment, treatment, and support for memory-impaired individuals and their families.*

**Eldercare Resource Center**

*Education materials on aging issues, dementia, and caregiving*

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**

[www.carepartners.org/pace](http://www.carepartners.org/pace)

## **CASE MANAGEMENT AND CARE MANAGEMENT**

**Community Care of WNC.....259-3879**

*Case management for uninsured or Medicaid patients who have chronic conditions such as asthma, COPD, CHF, or diabetes or have been recently hospitalized*

<b>Council on Aging of Buncombe County, Inc.</b> .....	<b>277-8288</b>
<a href="http://www.coabc.org">www.coabc.org</a>	
<i>Care management and case coordination for persons aged 60 and older, and caregivers of older persons.</i>	
<b>Holistic Elder Services</b> .....	<b>595-9271</b>
<b>Jewish Family Services of WNC (JFS)</b> .....	<b>253-2900</b>
<a href="http://www.jfswnc.org">www.jfswnc.org</a>	
<i>JFS social worker provides resources and consultation for older adult issues; case management; open to people of all ethnicities and faiths.</i>	
<b>MemoryCare</b> .....	<b>230-4143</b>
<a href="http://www.memorycare.org">www.memorycare.org</a>	
<i>Counseling, education and support to caregivers</i>	
<b>PACE – Program of All-Inclusive Care for the Elderly</b> .....	<b>274-9567</b>
<a href="http://www.carepartners.org/pace">www.carepartners.org/pace</a>	
<b>Veteran’s Administration Medical Center</b> .....	<b>298-7911</b>
<a href="http://www.asheville.va.gov">www.asheville.va.gov</a>	
<i>Case management and social work services for veterans</i>	

## **CARE MANAGEMENT (INDIVIDUALS)**

<b>Mary Katherine Bagnal</b>	
<b>Senior Matters Extended Services</b> .....	<b>771-0802</b>
<a href="http://www.seniormatters.com">www.seniormatters.com</a> <a href="mailto:mkbagnal@seniormatters.com">mkbagnal@seniormatters.com</a>	
<b>Amy Fowler</b>	
<b>WNC Geriatric Care Management</b> .....	<b>776-4269</b>
<a href="http://www.wncgcm.com">www.wncgcm.com</a> <a href="mailto:amy@wncgcm.com">amy@wncgcm.com</a>	
<b>Spike Gram</b>	
<b>Senior Care Consulting</b> .....	<b>337-1776</b>
<a href="http://www.seniorcarewnc.com">www.seniorcarewnc.com</a> <a href="mailto:seniorcarewnc@gmail.com">seniorcarewnc@gmail.com</a>	
<b>Denise Hanks</b>	
<b>Mountain Home Care</b> .....	<b>684-6444</b>
<a href="http://www.mountainhomecare.com">www.mountainhomecare.com</a> <a href="mailto:denise@mountainhomecare.com">denise@mountainhomecare.com</a>	
<b>Lisa Laney</b>	
<b>CarePartners Geriatric Care Management</b> .....	<b>277-4886</b>
<a href="http://www.carepartners.org">www.carepartners.org</a> <a href="mailto:lisa@carepartners.org">lisa@carepartners.org</a>	

**Caron McKay**  
**Suzanne Sherrill**  
**Council on Aging for Henderson County.....682-4203**  
 www.coahc.org CMcKay@coahc.org

## **CLEANING ASSISTANCE (see IN-HOME AIDE SERVICES)**

## **CONSUMER INFORMATION**

**Asheville Police Department.....259-5881**  
 www.ashevillenc.gov  
*Fraud information for victims of privacy or credit fraud*

**Better Business Bureau.....253-2392**  
 www.bbb.org  
*Brochures, questions and complaints*

**NC Attorney General's Office.....(919) 716-6000**  
*Consumer Protection Division*

**NC Senior Medicare Patrol Program.....(800) 443-9354**  
 www.ncdoi.com/SHIP/SMP/shiip\_smp\_home.asp  
*Addresses Medicare/Medicaid error, fraud and abuse*

## **CRISIS INTERVENTION**

**Buncombe County Health and Human Services.....250-5800**  
 http://www.buncombecounty.org/Governing/Depts/Dss/Adults/Aps.aspx  
*Offers disabled adults protection from abuse, neglect and exploitation; available 24/7 for emergencies*

**Helpmate.....254-0516**  
 www.helpmateonline.org  
*24 hour crisis services for victims of domestic violence*

**Our VOICE.....252-0562**  
 www.ourvoicenc.org  
*Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line at 255-7576*

**NC 2-1-1 -Asheville Center.....2-1-1 or 252-4357**  
 www.nc211.org

## DEAF SERVICES (see HEARING SERVICES)

## DENTAL SERVICES

**ABCCM Dental Clinic.....259-5339**

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

*Limited services and availability*

**A-B Tech Community College Dental Clinic.....254-1921 x255**

*Low-cost hygiene and dental work on a limited basis*

**Mountain Area Health Education Center (MAHEC).....252-4290**

[www.mahec.net](http://www.mahec.net)

*Preventative, restorative and major dental care with the exception of oral surgery and orthodontics*

**WNC Community Health Services Minnie Jones Health Clinic.....285-0622**

*Community health clinic providing low cost dental care*

## DEPRESSION (see MENTAL HEALTH)

## DIABETES

**Mission Hospitals Health Education Center.....213-4700**

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

*Education and support regarding diabetes, hypertension, cholesterol, and weight management*

**YWCA.....254-7206 x212**

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

*Diabetes Wellness & Prevention Program: Empower individuals with diabetes or those at risk of diabetes to develop the habit of exercise. Reduce the incidence of diabetes, through exercise and education that supports healthy eating. Promote healthy lifestyle changes for the entire family. The program is available on a sliding scale and is open to anyone who has two of the four main risk factors for diabetes: diagnosed pre-diabetes, family history of diabetes, a sedentary lifestyle, or obesity.*

## DISABILITY SERVICES

**The Arc.....253-1255**

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

*Empowers persons with intellectual/developmental disabilities to realize their highest potential through advocacy, family support, case management, education and development of programs*

**Canine Companions for Independence.....(800) 572- 2275**

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

*Provides trained assistance dogs and ongoing support for disabled individuals*

**Disability Partners.....298-1977**

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

*A non-profit, consumer-controlled, community-based organization providing services by and for persons with all types of disabilities with the goal of maintaining their civil rights options, controlling choices in their lives and the freedom to participate fully in their communities*

**Goodwill Industries.....298-9023**

<http://www.goodwillnwc.org/jobsAtGoodwill.cfm>

*Job training and workforce development for people of all abilities*

**NC Division of Independent Living Services.....670-3377**

*Home accessibility modifications provided to individuals who meet income guidelines.*

**Irene Wortham Center.....274-7518**

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

*Programs for adults with intellectual and/or developmental disabilities that promote optimal levels of independence and offer socialization and interaction on an individual and group level*

**WNC Community Health Services/ Minnie Jones Health Clinic.....285-0622**

### **DRUG DEPENDENCY**

(see SUBSTANCE ABUSE TREATMENT AND COUNSELING)

## **EDUCATION**

**A-B Tech Community College.....254-1921**

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

*Academic and continuing education programs; free tuition for those age 65 and over*

**Buncombe County Public Libraries.....250-4700**

<http://www.buncombecounty.org/governing/depts/Library/>

*Free continuing education programs, including basic computer training*

**MemoryCare.....771-2219**

### **Caregiver Education Program**

*Lecture series designed to improve caregiver understanding of dementia care; no cost to enrolled MemoryCare caregivers. \$85 for individuals not enrolled.*



## **Eldercare Resource Center**

*Education materials on aging issues, dementia, and caregiving*

### **OLLI at UNC Asheville.....251-6140**

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

*Reuter Center at UNCA provides education and training for individuals age 50 and over*

#### **College for Seniors**

*Non-credit classes for members*

#### **Creative Retirement Exploration Weekend**

*Memorial Day weekend seminar on transitioning to retirement age life; open to the public*

#### **Leadership Asheville Seniors**

*Community leadership seminar program*

#### **Special Events and Lectures**

*Open to the public*

### **NC Cooperative Extension.....255-5522**

<http://buncombe.ces.ncsu.edu/>

*Education on aging and other issues*

### **Vaya Health.....225-2785**

*Geriatric and Adult Mental Health Specialty Team provides evidence-informed free training on mental health (including dementia), substance use, psychiatric medications, and difficult behaviors.*

## **EMERGENCY ASSISTANCE**

### **American Red Cross.....258-3888**

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

*Disaster relief, Vial of Life program*

### **Asheville Buncombe Community Christian Ministries (ABCCM)**

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

*Crisis Assistance – food, clothing, household, rent, fuel and utilities*

#### **Crisis Ministries.....259-5300**

#### **Hominy Valley (Candler).....670-1221**

#### **ABCCM North (Weaverville & Barnardsville).....645-6141**

#### **ABCCM South (Arden).....684-3872**



**Buncombe County Health and Human Services.....250-5500**

[www.buncombecounty.org/governing/depts/dss/](http://www.buncombecounty.org/governing/depts/dss/)  
*Crisis intervention, utilities assistance, Project Share*

**Eblen Charities.....255-3066**

[www.eblencharities.org](http://www.eblencharities.org)  
*Assistance with food, rent, utilities, medication, and medical supplies*

**Foster Memorial Seventh Day Adventist Church.....274-2014**

[www.fosterchurch.com](http://www.fosterchurch.com)  
*Assistance with food, clothing, household items, and utilities; hot breakfast served on Tuesdays*

**Hearts with Hands.....667-1912**

[www.heartswithhands.org](http://www.heartswithhands.org)  
*Food pantry, vouchers for Goodwill with report of fire or flood*

**Salvation Army.....253-4723**

[www.uss.salvationarmy.org](http://www.uss.salvationarmy.org)  
*Assistance with food, rent, utilities, and transportation*

#### **St. Vincent de Paul Society**

*Provides food and limited utility and rent assistance to Buncombe County residents*

**East Buncombe.....236-8555**

**North, West and Central Buncombe.....775-1933**

**South Buncombe.....684-6098 x308**

**Swannanoa Community Council.....775-5595**

*Emergency utility and fuel assistance for Swannanoa residents*

**Swannanoa Valley Christian Ministries.....669-9404**

*Emergency assistance for transients and Swannanoa residents*

### **EMERGENCY RESPONSE SYSTEMS (see SAFETY)**

### **EMPLOYMENT**

**Goodwill Industries.....298-9023**

[www.goodwillnwc.org/jobsAtGoodwill.cfm](http://www.goodwillnwc.org/jobsAtGoodwill.cfm)  
*Job training and workforce development for people of all abilities*

**Land of Sky Regional Council.....251-6622**

[www.landofsky.org/scsep.html](http://www.landofsky.org/scsep.html)

*Job training and employment for low income individuals age 55 and over*

**Mountain Area Joblink Career Center.....250-4761**

[www.buncombecounty.org/governing/depts/joblink](http://www.buncombecounty.org/governing/depts/joblink)

*Job listings, job placement, career information and guidance, labor market information, career assessments, workshops and on-the-job training*

## **END-OF-LIFE CARE (see HOSPICE AND PALLIATIVE CARE)**

### **END-OF-LIFE PLANNING**

**CarePartners Hospice and Palliative Care.....277-4800**

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

*Quarterly “Making Choices” Advance Care Planning presentations; free and open to the public*

**Funeral Consumer Alliance.....669-6011**

[www.funerals.org/affiliates/fcawnc/](http://www.funerals.org/affiliates/fcawnc/)

*Education and outreach help with making funeral arrangements*

**LifeShare of the Carolinas.....665-0107**

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

*Organ and tissue transplant information and services*

**NC Advance Health Care Directive Registry.....(919) 807-2167**

[www.secretary.state.nc.us/ahcdr/](http://www.secretary.state.nc.us/ahcdr/)

**Pisgah Legal Services.....253-0406**

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

*Elder Law Project; no cost legal assistance with living wills, advanced directives, and end-of-life planning for low-income seniors*

## **FINANCIAL PLANNING AND MONEY MANAGEMENT**

**AnnualCreditReport.com.....(877) 322-8228**

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

*Provides one free credit report annually from each of the national consumer reporting agencies (Experian, TransUnion, and Equifax); visit website or call automated line; credit scores may be added for a fee*

**NAACP.....281-3066**

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

*No cost credit check in collaboration with OnTrack Financial Education and Counseling*

**OnTrack Financial Education and Counseling.....255-5166**

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

*Financial education, counseling and support for budgeting and money management, credit improvement, building savings, reverse mortgages, foreclosure prevention, and debt management; low or no cost services.*

## **FOOD PANTRIES**

**Asheville Buncombe Community Christian Ministries (ABCCM)**

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

**Crisis Ministries (24 Cumberland Ave).....259-5300**

*Monday-Friday 8:30 - 4:30 for Asheville residents (28801-28806)*

**Hominy Valley (Candler).....670-1221**

*Monday-Friday 9:00 - 1:00 for Hominy Valley/Candler residents*

**ABCCM North (Weaverville & Barnardsville).....645-6141**

*Monday-Friday 10:00 - 2:00 for North Buncombe residents*

**ABCCM South (Arden & Skyland).....684-3872**

*Monday-Friday 8:30 - 4:30 for South Buncombe residents*

**Big Ivy Community Center.....626-3438**

*Thursday 9:00 - 12:00 for Barnardsville area residents*

**Biltmore Church of Christ.....274-2829**

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

*Wednesday 10:00 - 12:00 for Buncombe County residents*

**Calvary Chapel of Asheville.....277-7703**

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

*Wednesday 12:00 - 1:30 for Buncombe County residents*

**Catholic Social Services.....255-0146**

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

*Monday-Friday 9:00 - 5:00 for Buncombe County residents*

**Children First Family Resource Center.....252-4810**

[www.childrenfirstbc.org/efrc.htm](http://www.childrenfirstbc.org/efrc.htm)

*Monday-Thursday 9:00 – 4:00 and Friday 9:00 - 1:00 for Emma community residents*

<b>Family of Faith Fellowship</b> .....	<b>684-2158</b>
www.familyfaithfellowship.org	
<i>Monday-Thursday 10:00 – 2:30 for Buncombe County residents</i>	
<b>Food for Fairview</b> .....	<b>628-4322</b>
<i>Friday 9:00 – 12:00 for Fairview, Fletcher and Reynolds area residents</i>	
<b>Foster Memorial Seventh Day Adventist Church</b> .....	<b>274-2014</b>
www.fosterchurch.com	
<i>Tuesday 9:00 – 11:30 for Buncombe County residents; hot breakfast available</i>	
<b>Hearts With Hands</b> .....	<b>667-1912</b>
www.heartswithhands.org	
<i>Wednesday-Thursday 10:00 – 4:00 for Buncombe County residents</i>	
<b>Loving Food Resources</b> .....	<b>255-9282</b>
www.lovingfood.org	
<i>Saturday 11:00 – 2:00 for persons living with HIV/AIDS or receiving hospice home care</i>	
<b>Oakley Baptist Church</b> .....	<b>274-3221</b>
<i>Wednesday starting at 12:30 (til food runs out) for Buncombe County residents</i>	
<b>Salvation Army</b> .....	<b>253-4723</b>
www.salvationarmy.org	
<i>Hours vary; for Buncombe County residents</i>	
<b>St. Vincent de Paul Society</b>	
<i>Buncombe County residents</i>	
<b>East Buncombe</b> .....	<b>236-8555</b>
<b>North, West and Central Buncombe</b> .....	<b>775-1933</b>
<b>South Buncombe</b> .....	<b>684-6098 x308</b>
<b>Swannanoa Valley Christian Ministries</b> .....	<b>669-9404</b>
<i>Monday-Friday 9:00 – 3:00 for residents of Black Mountain, Swannanoa, Ridgecrest and Montreat</i>	
<b>Western Carolina Rescue Ministries</b> .....	<b>254-0471</b>
www.wcrminc.org	
<i>Tuesday, Thursday 2:00 – 4:00, Wednesday 10:00 – 12:00 for Buncombe County residents</i>	

## FOOT CARE

**CarePartners Health Services Orthotics & Prosthetics.....254-3392**

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

*Full-service orthotics and prosthetics*

**ET Consultant Services.....645-6585**

*Affordable in-home foot care by certified nurse specialists*

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**

[www.carepartners.org/pace](http://www.carepartners.org/pace)

**Skyland Prosthetics and Orthotics.....684-1644**

[www.skylandprosthetics.net](http://www.skylandprosthetics.net)

*Corrective and diabetic footwear, plus artificial limbs, braces, mastectomy garments*

## GERIATRIC CARE MANAGEMENT

(see CASE MANAGEMENT AND CARE MANAGEMENT)

**GUARDIANSHIP** (see LEGAL)

## HEALTH CARE: SUBSIDIZED CARE AND COMMUNITY HEALTH CLINICS

**Asheville Buncombe Community Christian Ministry (ABCCM).....259-5339**

[www.abccm.org/medical-center.html](http://www.abccm.org/medical-center.html)

*Medical and dental care for the uninsured*

**Emma Clinic (Mission Hospitals; in West Asheville).....281-0080**

*Assessment and treatment of minor illnesses; screenings, smoking cessation program, asthma education, and medication review; for lower income, uninsured, or underinsured Buncombe County residents; no out-of-pocket costs; limited transportation available*

**Mountain Area Health Education Center (MAHEC)**

[www.mahec.net](http://www.mahec.net)

*Comprehensive health care centers accepting Medicaid and private insurance*

**Cane Creek Family Health Center (Fletcher).....628-8250**

**Family Health Center.....257-4730**

**Women's Health Services.....254-5126**

<b>Project Access.....</b>	<b>274-6989</b>
<a href="http://www.bcmsonline.org/pa/pp/">www.bcmsonline.org/pa/pp/</a>	
<i>Comprehensive medical care for low income, uninsured Buncombe County residents</i>	
<b>Veteran's Administration Medical Center.....</b>	<b>298-7911</b>
<a href="http://www.asheville.va.gov">www.asheville.va.gov</a>	
<i>Comprehensive medical services for veterans</i>	
<b>WNC Community Health Services; Minnie Jones Health Clinic.....</b>	<b>285-0622</b>
<i>Community health clinic providing no or low cost health and mental health services; pharmacy on-site; no co-pay for those on original Medicare; no gap in coverage and low co-pay for Medicare Part D prescription drugs</i>	

## HEALTH CARE: URGENT CARE CENTERS

<b>NextCare Urgent Care.....</b>	<b>281-8131</b>
<a href="http://www.nextcare.com">www.nextcare.com</a>	
<i>Walk-in injury care</i>	
<b>Sisters of Mercy Urgent Care</b>	
<a href="http://www.urgentcares.org">www.urgentcares.org</a>	
<i>Neighborhood medical centers specializing in the evaluation and treatment of non-life-threatening injuries and illnesses</i>	
<b>Arden (Airport Road).....</b>	<b>651-0098</b>
<b>South Asheville.....</b>	<b>274-1462</b>
<b>Weaverville.....</b>	<b>645-5088</b>
<b>West Asheville.....</b>	<b>252-4878</b>

## HEARING SERVICES

<b>CarePartners Health Services.....</b>	<b>274-6179</b>
<a href="http://www.carepartners.org">www.carepartners.org</a>	
<i>Assessments, rehabilitation, vestibular therapy (in the outpatient center)</i>	
<b>NC Division of Independent Living Services.....</b>	<b>670-3377</b>
<i>Assistance with obtaining a hearing aid for those who meet income guidelines</i>	
<b>NC Relay Center.....</b>	<b>7-1-1</b>
<a href="http://www.relaync.com">www.relaync.com</a>	
<i>Places calls for those who are hearing impaired</i>	

**Services for the Deaf and Hard of Hearing.....665-8733**  
www.dsdhh.dhhs.state.nc.us/ **TDD/TTY 665-8737**  
*Provides no- or low-cost hearing aids, amplified phones, and other telecommunication equipment for qualifying individuals*

**TDD/TTY Long Distance Operator.....(800) 855-1155**  
*24-hour services for the hearing impaired*

## **HEART / CARDIOVASCULAR**

### **Mission Hospitals**

www.missionhospitals.org

**HeartPATH Cardiac Rehabilitation.....213-7000**  
*Cardiac rehabilitation, therapy and referral*

**HeartPATH Support Group.....213-7542**  
*Patients and caregivers of anyone with congestive heart failure*

## **HOME REPAIRS, IMPROVEMENTS AND MODIFICATIONS**

**American Red Cross.....258-3888**  
www.redcrosswnc.org  
*Smoke detector program for low-income and elderly individuals*

**Asheville Area Habitat for Humanity.....251-5702**  
www.ashevillehabitat.org/housing-programs/home-repair/  
*Information and application for affordable Home Repairs*

**Asheville Fire Department.....259-5640**  
www.ashevillenc.gov  
*Smoke detector program for low-income, disabled and elderly individuals*

**Community Action Opportunities.....252-2495**  
*Heating repair and replacement; weatherization services; income guidelines apply*

**Council on Aging of Buncombe County, Inc. ....277-8288**  
www.coabc.org

### **Minor Home Repair Program**

*Minor home repairs and modification for individuals age 60 and over; assistance with applying for weatherization services; heat relief program distributes free fans and air conditioners to qualifying seniors age 60 & over*

<b>NC Division of Independent Living Services.....</b>	<b>670-3377</b>
<i>Home accessibility modifications provided to individuals who meet income guidelines</i>	
<b>Mountain Housing Opportunities.....</b>	<b>254-4030</b>
<i>www.mtnhousing.org</i>	
<i>Home repair and rehabilitation for those who meet income guidelines</i>	
<b>U.S. Department of Agriculture.....</b>	<b>254-0916 x4</b>
<i>www.usda.gov</i>	
<i>Low-interest loans for home repairs</i>	

## HOMELESS SHELTERS

**Asheville Buncombe Community Christian Ministries (ABCCM)**  
[www.abccm.org/medical-center](http://www.abccm.org/medical-center)

**A Vet's Place.....**259-5333  
[www.abccm.org/vets-place](http://www.abccm.org/vets-place)  
*Transitional housing for male veterans, focusing on financial, housing, medical, mental health, self-determination, spiritual, and substance abuse wellness*

**Women and Children's Shelter.....**259-5365  
[www.abccm.org/Women-and-Children-Shelter](http://www.abccm.org/Women-and-Children-Shelter)  
*Shelter for women (including veterans) and children; provides skill building and steps towards reintegration*

**Homeward Bound**  
[www.hbofa.org](http://www.hbofa.org)

**A HOPE Day Center.....**252-8883  
*Shelter and other necessities; supportive services, access to legal, medical and mental health services*

**Room in the Inn.....**258-2695  
*Crisis shelter for women, offering food and lodging for 90 days*

**Safe Haven.....**258-1695  
*Safe (physical and emotional) shelter to persons with chronic mental health or substance abuse issues*

**Salvation Army**  
**Center of Hope.....**254-6351  
*Emergency shelter for men, women and families*



**Western Carolina Rescue Ministries.....254-0471**  
[www.wcrminc.org](http://www.wcrminc.org)  
**Men's Overnight Program**  
*Overnight shelter for up to 80 men; showers*

**Safe Harbor**  
*Overnight shelter for women for up to 30 days; provides needs assessment and counseling*

## **HOSPICE AND PALLIATIVE CARE**

### **CarePartners Hospice and Palliative Care Services**

[www.carepartners.org](http://www.carepartners.org)  
*Helping people live fully though life's journey for 30 years*

**Bereavement and Family Support Services.....251-0126**  
**Home Care Services.....255-0231**  
**CarePartners Hospice/ Solace Center In-Patient Care.....210-3150**

**Four Seasons.....692-6178**  
[www.fourseasonscfl.org](http://www.fourseasonscfl.org)  
*Holistic hospice and palliative care; research; Elizabeth House; bereavement services; other community services.*

**U.S. Department of Veteran's Affairs.....298-7911**  
[www.asheville.va.gov](http://www.asheville.va.gov)  
*Hospice services for veterans*

## **HOUSEKEEPING (see IN-HOME AIDE SERVICES)**

## **HOUSING / RENTAL RESOURCES**

**Asheville Area Habitat for Humanity.....251-5702**  
[www.ashevillehabitat.org/housing-programs/homeownership/](http://www.ashevillehabitat.org/housing-programs/homeownership/)  
*Information and application for affordable homeownership*

### **The Housing Authority of the City of Asheville**

**Public Housing.....258-1222**  
**Section 8 Housing.....257-2653**  
**Services for the Elderly.....239-3517**

**Land of Sky Regional Council.....251-6622**

[www.landofsky.org/pdf/Aging/LTC\\_Housing\\_Directory\\_2012.pdf](http://www.landofsky.org/pdf/Aging/LTC_Housing_Directory_2012.pdf)

*Information on housing for older adults and disabled persons*

**Mountain Housing Opportunities.....254-4030**

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

*Information on affordable rentals and ownership*

**SocialServe.....(877) 428-8844**

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

*Free, non-profit phone and internet service that helps people locate safe, affordable housing or other shelter alternatives; includes Section 8 listings*

## **HYPERTENSION / STROKE**

**American Red Cross.....258-3888**

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

*Blood pressure screenings*

**Asheville Fire Department.....259-5636**

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

*Blood pressure screenings (can get at any Fire Station)*

**CarePartners Health Services.....277-4800**

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

*Rehabilitation and support for stroke survivors, supportive services for friends, family and caregivers*

## **INCONTINENCE / KIDNEY**

**National Kidney Foundation.....(800) 622-9010**

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

*Information and resources*

### **IN-HOME AIDE SERVICES: MEDICAL/ PERSONAL CARE**

*This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any agency prior to utilizing the company's services.*

**Advantage Care Services.....225-0810 or (888) 811-8933**

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

**Always Best Care Senior Services.....989-7263**

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

**A New Hope Home Care.....255-4446**

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

<b>Banaltrum Private Duty Caregivers</b> .....	<b>251-0034</b>
<b>Bayada Home Health Care</b> .....	<b>681-5100</b>
www.bayada.com	
<b>BrightStar</b> .....	<b>255-1733</b>
www.brightstarcare.com/asheville	
<b>CarePartners Private Duty Home Health Services</b> .....	<b>277-4777</b>
www.carepartners.org	
<b>Caring Hearts and Hands</b> .....	<b>333-5051</b>
www.caringheartsandhands.com	
<b>Comfort Keepers</b> .....	<b>687-1199</b>
www.comfortkeepers.com	
<b>Compassionate Home Care</b> .....	<b>696-0946</b>
www.compassionatehc.com	
<b>Coram Healthcare</b> .....	<b>258-1150</b>
www.coramhc.com	
<b>Gentiva Home Health</b> .....	<b>298-1370</b>
<b>Griswold Home Care</b> .....	<b>348-1888</b>
www.griswoldhomecare.com	
<b>Home Carefree</b> .....	<b>277-1580</b>
www.homecarefree.com	
<b>HomeHelpers</b> .....	<b>694-0000</b>
www.hendersonvillehomecare.com	
<b>Home Instead Senior Care</b> .....	<b>274-4406</b>
www.homeinstead.com	
<b>Homewatch Caregivers</b> .....	<b>676-1585</b>
www.homewatchcaregivers.com	
<b>Interim Health Care</b> .....	<b>274-2082</b>
www.interimhealthcare.com	

<b>Maxim Healthcare Services</b> .....	<b>299-4388</b>
<a href="http://www.maximhealthcare.com">www.maximhealthcare.com</a>	
<b>PACE – Program of All-Inclusive Care for the Elderly</b> .....	<b>274-9567</b>
<a href="http://www.carepartners.org/pace">www.carepartners.org/pace</a>	
<b>Park Ridge Health Home Health Program</b> .....	<b>687-5261</b>
<a href="http://www.parkridgehealth.org">www.parkridgehealth.org</a>	
<b>Premier Home Health Care</b> .....	<b>277-5950</b>
<a href="http://www.phhc.com">www.phhc.com</a>	
<b>ResCare Home Care</b> .....	<b>252-0891</b>
<a href="http://www.rescarehomecare.com">www.rescarehomecare.com</a>	

### **IN-HOME AIDE SERVICES: NON-MEDICAL**

<b>Brightstar</b> .....	<b>255-1733</b>
<a href="http://www.brightstarcare.com">www.brightstarcare.com</a>	
<b>Comfort Keepers</b> .....	<b>687-1199</b>
<a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>	
<b>Home Instead Senior Care</b> .....	<b>274-4406</b>
<a href="http://www.homeinstead.com">www.homeinstead.com</a>	
<b>Moody’s Home Care</b> .....	<b>628-4235</b>
<b>Mountain Home Care</b> .....	<b>684-6444</b>
<a href="http://www.mountainhomecare.com">www.mountainhomecare.com</a>	
<b>Premier Home Health Care</b> .....	<b>277-5950</b>
<a href="http://www.premierhomecareinc.com">www.premierhomecareinc.com</a>	
<b>Seniors Helping Seniors</b> .....	<b>236-0662</b>
<a href="http://www.seniorshelpingseniors.com/asheville">www.seniorshelpingseniors.com/asheville</a>	
<b>Visiting Angels of Western North Carolina</b> .....	<b>665-3944</b>

## IN-HOME AIDE SERVICES: SUBSIDIZED

**Buncombe County Health and Human Services.....250-5800**  
www.buncombecounty.org/governing/depts/dss/  
*Medicaid-funded Personal Care Services (PCS) available to qualifying individuals*

**Families Together.....258-0031**  
www.familiestogether.net  
*Community Alternative Program (CAP): a Medicaid waiver program that provides an alternative to nursing home placement for eligible individuals, including in-home aide services*

## INSURANCE

**Buncombe County Health and Human Services.....250-5500**  
www.buncombecounty.org  
*Medicaid and MQB program (limited assistance to pay Medicare Part B premium)*

**Council on Aging of Buncombe County, Inc. ....277-8288**  
www.coabc.org  
*Volunteers from the Senior Health Insurance Information Program (SHIIP) through the North Carolina Department of Insurance provide Medicare counseling and education, as well as training to become a Medicare counselor*

**NC Western Regional Office.....251-6483**  
*Link to NC Department of Insurance, insurance rating services*

**Senior Health Insurance Information Program (SHIIP).....(800) 443-9354**  
www.ncshiip.com  
*Toll-free hotline, information on Medicare, supplemental insurance, long-term care insurance and more*

## LEGAL

### Attorneys - Elder Law Issues

Members of the National Academy of Elder Law Attorneys (NAELA). *This list does not constitute an endorsement, referral or statement of qualification. Users of this list should determine for themselves the qualifications of any elder law attorney prior to utilizing his or her services.*

**Nicki Applefield.....255-7641**  
NLA@psrmlaw.com

**Andrew Atherton.....254-8800**  
aatherton@mwblawyers.com

<b>William Biggers</b> .....	<b>348-0068</b>
<b>Wendy Craig</b> ..... info@wncelderlaw.com	<b>669-0799</b>
<b>James Goldsmith</b> .....	<b>696-0535</b>
<b>Larry Hartley</b> .....	<b>258-0994</b>
<b>Caroline Knox</b> ..... cknox@vwlawfirm.com	<b>697-6196</b>
<b>Brian Lawler</b> ..... blawler@vwlawfirm.com	<b>258-2991</b>
<b>Anastasia Prendergast</b> ..... www.prendergast-law.com	<b>713-9803</b>
<b>Kathleen R. Rodberg</b> ..... krodberg@mwblawyers.com	<b>254-8800</b>
<b>Carole Spainhour</b> ..... www.elderlawcarolina.com	<b>255-1966</b>
<b>Buncombe County Health and Human Services</b> www.buncombecounty.org	
<b>Adult Protective Services</b> ..... <i>Investigates abuse, neglect and exploitation of disabled and/or older adults; call 24/7 to make a report</i>	<b>250-5800</b>
<b>Guardianships</b> .....	<b>250-5800</b>
<b>Hope for the Future, Inc.</b> ..... <i>Nationally and state-certified professional guardians; available 24/7</i>	<b>778-5197</b>
<b>Legal Aid of NC</b> ..... www.legalaidnc.org <i>Disability, SSI, Medicare appeals for low-income individuals</i>	<b>236-1080</b>
<b>NC Court System</b> www.nccourts.org	
<b>Estates and Probate Division</b> ..... <i>Forms and information</i>	<b>232-2696</b>

**Guardianships – Private.....232-2696**  
*Supervision of healthcare and/or finances*

**Pisgah Legal Services.....253-0406**  
[www.pisgahlegal.org](http://www.pisgahlegal.org)  
*Help with basic needs of housing, disability, SSI, Medicare, and elder law*

## **LEISURE**

**Asheville Parks and Recreation.....259-5800**  
[www.ashevillenc.gov](http://www.ashevillenc.gov)

**Center for Adult Lifelong Learning.....669-8011**  
[www.montreat.edu/academics/mccall/default.asp](http://www.montreat.edu/academics/mccall/default.asp)  
*Classes for seniors (Montreat)*

**OLLI at UNC Asheville.....251-6140**  
[www.olliasheville.com](http://www.olliasheville.com)  
*Special interest groups, activities, travel*

**Recreation Centers**  
*Offering activities and programs for people of all ages, including seniors*

**Burton Street Center (West Asheville).....254-1942**  
**East Asheville Center.....251-4041**  
**Harvest House (Kenilworth).....350-2051**  
**Lakeview Senior Center (Black Mountain).....669-8610**  
**Murphy-Oakley House (Oakley).....251-4042**  
**North Asheville Center.....350-2051**  
**Reid Center (Downtown Asheville).....350-2048**  
**Senior Opportunity Center (Downtown Asheville).....350-2062**  
**Shiloh Center (South Asheville).....274-7739**  
**Spring Mountain Center (Fairview).....628-3369**  
**Stephens-Lee Center (Downtown Asheville).....350-2058**  
**West Asheville Community Center.....251-4031**

**YMCA (Downtown Asheville).....210-9622**  
**Reuter Family YMCA (South Buncombe).....651-9622**  
[www.ymcawnc.org](http://www.ymcawnc.org)  
*Exercise, fitness programs; scholarships available*

**YWCA.....254-7206**  
[www.ywcaofasheville.org](http://www.ywcaofasheville.org)

## **LONG-TERM CARE**

(See Appendix for definitions of facility types.)

**Buncombe County Health and Human Services.....250-5700**  
[www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach\\_Directory.aspx](http://www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx)  
*Assistance in finding and paying for long-term care facilities*

**Land of Sky Regional Council.....251-6622**  
[http://landofsky.org/pdf/Aging/LTC\\_Directory/LTCDirectory\\_2014.pdf](http://landofsky.org/pdf/Aging/LTC_Directory/LTCDirectory_2014.pdf)  
<http://landofsky.org/ombudsman.html> (for Ombudsman)  
*Long-Term Care Housing Directory provides up-to-date information on facilities and types of services available in Buncombe, Henderson, Madison, and Transylvania; call or visit website for a copy of the directory. The Long-Term Care Ombudsman serves as a mediator who seeks to resolve complaints made by or on behalf of people living in long-term care facilities.*

**NC Division of Health Service Regulation.....See below.**  
[www.dhhs.state.nc.us/dhsr](http://www.dhhs.state.nc.us/dhsr)  
*Oversees licensure and ensures safe and appropriate client care for:*

- adult care.....(919) 855-3765*
- in-home care.....(919) 855-4620*
- nursing home.....(919) 855-4520*

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**  
[www.carepartners.org/pace](http://www.carepartners.org/pace)

## **LUNG**

**American Lung Association.....(800) 548-8252**  
[www.lungusa.org](http://www.lungusa.org)  
*Assistance, education and information*

**Mission Hospitals**  
[www.missionhospitals.org](http://www.missionhospitals.org)  
**Smoking Cessation Program.....213-5528**



## MEDICAL EQUIPMENT: FOR PURCHASE

**Advanced Home Care.....285-0239**

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

*Home infusion, respiratory service and medical equipment*

**Aeroflow Health Care.....277-1400**

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

*Home respiratory, mobility equipment and service*

**Apria Healthcare.....684-9981**

**Blue Ridge Home Care.....(800) 851-5774**

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

**Coram Healthcare.....258-1150**

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

*Home infusion services*

**The HME Store.....(877) 740-2277**

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

*Home medical equipment, supplies and service*

**Lincare Pediatric Specialists.....258-3613**

*Home equipment, supplies, oxygen and service for adults and children*

**Mobility Concepts.....277-2577**

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

*Wheelchairs, scooters, lifts, home medical equipment*

**Mountain Respiratory Service, Inc. ....253-2805**

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

*Infusion and respiratory services*

**Park Ridge Home Medical Equipment.....651-4992**

**United Medical Supplies.....252-9999**

*Respiratory service and home medical supplies*

## MEDICAL EQUIPMENT: LOAN CLOSETS

**American Red Cross.....258-3888**

<b>Asheville Buncombe Community Christian Ministries (ABCCM).....</b>	<b>259-5335</b>
<b>Council on Aging of Buncombe County.....</b>	<b>277-8288</b>
<b>Piney Mountain United Methodist Church.....</b>	<b>667-3031</b>

## **MEDICARE / MEDICAID (see INSURANCE)**

### **MEDICATION ASSISTANCE**

#### **Asheville Buncombe Community Christian Ministries (ABCCM)**

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

**Main Office.....259-5300**

*Assistance with paying for prescriptions*

**Medical Clinic.....259-5339**

*Assistance for uninsured (no Medicaid, no Medicare)*

**Buncombe County Health and Human Services.....250-5500**

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

*Assistance with prescriptions, including Medicaid*

**Buncombe County Department of Health.....250-5000**

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

*Assistance for low-income patients of the Health Center*

**Eblen Charities.....255-3066**

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

*Assistance with medications and medical supplies*

**Project Access.....274-6989**

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

*Physician volunteer program for people with no insurance*

**Salvation Army.....253-4723**

*Limited emergency assistance with prescriptions for low income individuals*

**Premier Home Health Care.....277-5950**

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

**Veteran's Administration Medical Center.....298-7911**

[www.asheville.va.gov](http://www.asheville.va.gov)

*Prescription assistance for eligible veterans*

## MENTAL HEALTH

<b>All Souls Counseling Center</b> .....	<b>259-3369</b>
<a href="http://www.allsouls counseling.com">www.allsouls counseling.com</a>	
<i>Licensed therapists for uninsured and underinsured individuals</i>	
<b>CarePartners Health Services Bereavement Department</b> .....	<b>251-0126</b>
<a href="http://www.carepartners.org">www.carepartners.org</a>	
<i>Grief counseling and bereavement education and support groups</i>	
<b>Catholic Social Services</b> .....	<b>255-0146</b>
<i>Counseling on a sliding fee basis available in English and Spanish</i>	
<b>Jewish Family Services of WNC (JFS)</b> .....	<b>253-2900</b>
<a href="http://www.jfswnc.org">www.jfswnc.org</a>	
<i>Mental Health Counseling Services to all ages by a Licensed Clinical Social Worker (LCSW). *Ask about insurance coverage.</i>	
<b>Mission Hospitals</b> .....	<b>213-4055</b>
<a href="http://www.missionhospitals.org">www.missionhospitals.org</a>	
<i>Copestone (in-patient treatment)</i>	
<b>Park Ridge Health</b> .....	<b>681-2282</b>
<a href="http://www.parkridgehealth.org">www.parkridgehealth.org</a>	
<i>Geropsychiatric in-patient treatment</i>	
<b>Vaya Health</b> .....	<b>225-2785</b>
<a href="http://www.vayahealth.com">www.vayahealth.com</a>	
<i>Vaya Health does not provide treatment services to members directly. Instead, we ensure those who need treatment receive the right care, in the right amount, at the right time. These services are delivered by a network of high-quality providers who contract with Vaya Health.</i>	
<b>WNC Community Health Services Minnie Jones Health Clinic</b> .....	<b>285-0622</b>
<i>Community health clinic providing no or low cost mental health and health services</i>	

## MONEY MANAGEMENT

(see FINANCIAL PLANNING AND MONEY MANAGEMENT)

**NURSING HOMES** (see LONG-TERM CARE)

## NUTRITION

**Council on Aging of Buncombe County, Inc.** .....277-8288  
[www.coabc.org](http://www.coabc.org)

### **Homebound Food Delivery**

*Monthly food box delivery for low-income, homebound seniors age 60 and over*

### **Project E.M.M.A (Eat better, Move More, Age well)**

*Exercise, local foods, and nutrition education at Senior Dining sites and selected senior housing*

### **Senior Dining**

*Four congregate nutrition sites county-wide for seniors age 60 and over:*

**Lakeview Senior Center**.....669-2035  
*401 S Laurel Circle Dr. at Lake Tomahawk in Black Mountain*  
*Hours: Monday through Friday, 10am - 1:00pm*

**Senior Opportunity Center**.....350-2062  
*36 Grove Street in downtown Asheville*  
*Hours: Monday-Friday, 9am – 1pm*

**Shiloh Community Center**.....274-7739  
*121 Shiloh Road in south Asheville*  
*Hours: Wednesdays and Fridays, 11am – 2pm*

**Weaverville Baptist Church**.....775-9297  
*63 N. Main Street in Weaverville*  
*Hours: Monday-Friday, 10am – 1pm*

**Meals on Wheels**.....253-5286  
[www.mowabc.org](http://www.mowabc.org)  
*Home delivered meals to Buncombe County residents age 60+ Monday-Friday. Fees to be determined.*

**NC Cooperative Extension**.....255-5522  
[www.ces.ncsu.edu](http://www.ces.ncsu.edu)  
*Nutrition, food, and wellness education*

**PACE – Program of All-Inclusive Care for the Elderly**.....274-9567  
[www.carepartners.org/pace](http://www.carepartners.org/pace)

**OSTEOPOROSIS** (see ARTHRITIS AND OSTEOPOROSIS)

**PENSION RIGHTS** (see LEGAL)

**PERSONAL CARE SERVICES** (see IN-HOME AIDE SERVICES)

## PHYSICAL FITNESS

**Council on Aging of Buncombe County, Inc.** .....277-8288

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

*Exercise, local foods, and nutrition education at Senior Dining sites*

**Jewish Community Center**.....253-0701

[www.jcc-asheville.org](http://www.jcc-asheville.org)

*Water aerobics, exercise classes, and a weight management program*

**Living Healthy**.....251-7438

*Learn skills to manage your health and your life at this free six-week program for people living with ongoing health problems (and their loved ones)*

### **Mission Hospitals**

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

**Wellness Resource Center**.....213-1804

*Exercise classes, health screenings, strength training, Tai Chi, Yoga*

**OLLI at UNC Asheville**.....251-6140

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

*College for Seniors: Wellness Classes, Tai Chi, dancing, strength training, and yoga*

**Pisgah Valley Wellness Center**.....667-9851

[www.pisgahvalley.org/wellness-center](http://www.pisgahvalley.org/wellness-center)

*Strength training, aerobics, wellness classes and workshops, massage therapy and water aerobics*

**YMCA (Downtown Asheville)**.....210-9622

**Reuter Family YMCA (South Buncombe)**.....651-9622

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

*Water fitness, arthritis, injury rehab, and group classes for strength and flexibility*

**YWCA**.....254-7206

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

*Aquatic exercise, physical therapy and arthritis classes*

## PHYSICAL THERAPY AND REHABILITATION

### **CarePartners Health Services**

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

**Home Health Services**.....(800) 627-1533

*Physical therapy, occupational therapy, speech therapy, nursing and in-home aide*

services

**Outpatient Rehabilitation.....274-6100**

*Therapy clinics in five locations throughout Buncombe County offering physical, occupational and speech therapy, aquatic therapy, massage therapy, balance center, driver evaluations, wheelchair seating clinic, orthotics and prosthetics*

**Rehabilitation Hospital.....274-2400**

*Strokes, orthopedic surgeries, and traumatic injuries (brain and spinal cord)*

**Gentiva Home Health.....298-1370**

*Physical therapy, occupational therapy, speech therapy, nursing and aide services in the home*

**Mission Hospitals**

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

**Outpatient Rehabilitation.....213-0850**

**Wellness Resource Center.....213-8250**

**Mountain Physical Therapy.....254-3525**

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

**Park Ridge Health Home Health.....687-5261**

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

*In-home and in-patient physical and speech therapy*

**YWCA.....254-7206**

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

*Aquatic exercise, physical therapy and arthritis classes*

**REPAIR PROGRAMS** (see HOME REPAIRS, IMPROVEMENTS AND  
MODIFICATIONS)

**RESPIRE CARE** (see CAREGIVER RESPIRE PROVIDERS)

**RETIREMENT CENTERS** (see LONG-TERM CARE)

**SAFETY**

**ADT Companion Service .....670-4683**

*Personal emergency response system; setup and monthly fee*

**Alzheimer's Association Safe Return Program.....(800) 272-3900**

[www.alz.org/safereturn](http://www.alz.org/safereturn)

*ID bracelets and iron-on clothing labels for people with dementia; enrollment fee*

**American Red Cross.....258-3888**

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

*Health and safety services, smoke detector program, Vial-of-Life Project*

<b>Asheville Police Department.....</b>	<b>259-5940</b>
www.ashevillenc.gov	
<i>Older Adult Victims Services providing information, counseling, referrals, court and medical escort</i>	
<b>Buncombe County Senior Citizens Reassurance Program.....</b>	<b>250-4492</b>
www.buncombecounty.org	
<i>Daily wellness calls placed to seniors by Sheriff Department staff</i>	
<b>Council on Aging of Buncombe County, Inc.....</b>	<b>277-8288</b>
www.coabc.org	
<i>No-cost 911 cell phones for at-risk individuals age 60 and over</i>	
<b>Direct Link.....</b>	<b>694-0000</b>
<i>Personal emergency response system; setup and monthly fee</i>	
<b>Helpmate.....</b>	<b>254-0516</b>
www.helpmateonline.org	
<i>Counseling and shelter for those affected by domestic violence</i>	
<b>Lifeline.....</b>	<b>257-7204</b>
<i>Personal emergency response system; set up and monthly fee</i>	
<b>NC Cooperative Extension.....</b>	<b>255-5522</b>
www.ces.ncsu.edu	
<i>Aging education on home modifications</i>	
<b>NC Silver Alert Program.....</b>	<b>(800) 522-5437</b>
www.nccrimecontrol.org	
<i>Alerts and disseminates descriptive information about missing seniors with dementia or other cognitive impairments; through the NC Department of Crime Control and Public Safety</i>	
<b>Our VOICE.....</b>	<b>252-0562</b>
www.ourvoicenc.org	
<i>Counseling, advocacy and education for those affected by sexual assault and abuse; includes 24/7 crisis line at 255-7576.</i>	
<b>Simply Home.....</b>	<b>684-8441</b>
<i>Personal emergency response system as well as safety monitoring that will email or call caregivers. Set-up and monitoring fees.</i>	

## SENIOR CENTERS

- Harvest House**.....350-2051  
*205 Kenilworth Road, Asheville 28805*
- Lakeview Senior Center**.....669-8610  
*401 S Laurel Circle Dr, Black Mountain 28711*
- Senior Opportunity Center**.....350-2062  
*36 Grove Street, Asheville 2880*

## SOCIAL SECURITY

- Pisgah Legal Services**.....253-0406  
[www.pisgahlegal.org](http://www.pisgahlegal.org)  
*Social Security Disability income assistance*
- Social Security (Buncombe County)**.....(866) 572-8361  
**Social Security (National)**.....(800) 772-1213  
[www.socialsecurity.gov](http://www.socialsecurity.gov)  
*Cash benefits for older and disabled adults; supplemental security income; Prescription drug assistance for Medicare recipients*

## STROKE (see HYPERTENSION / STROKE)

## SUBSTANCE ABUSE TREATMENT AND COUNSELING

- Alcoholics Anonymous**.....254-8539  
*Self-help meetings; information and referrals*
- Narcotics Anonymous**.....258-4537  
*Self-help meeting; information and referrals*

## SUPPORT GROUPS

- Alzheimer's Association Western Carolina Chapter**.....(800) 272-3900  
[www.alz.org/northcarolina](http://www.alz.org/northcarolina)  
*Support groups for caregivers meeting regularly around the county*
- CarePartners**  
[www.carepartners.org](http://www.carepartners.org)
- ALS Support Group**.....274-9567, ext. 41768
- Alzheimers Support Group**.....274-7363



<b>Bereavement Support Group.....</b>	<b>251-0126</b>
<b>Brain Injury Support Group.....</b>	<b>277-4868 or 274-0570</b>
<b>Caregivers Support Group.....</b>	<b>277-3399</b>
<b>Hearing Loss Support Group.....</b>	<b>665-8699</b>
<b>Limb Loss Support Group.....</b>	<b>254-3392</b>
<b>Making Choices--Advanced Care Planning.....</b>	<b>274-9567, ext. 41016</b>
<b>Parkinson's Support Group.....</b>	<b>274-9567, ext. 41016</b>
<b>Post-Polio Resource Group.....</b>	<b>421-0638</b>
<b>Spinal Cord Injury Support Group.....</b>	<b>274-9567, ext. 41112</b>
<b>Stroke Support Group.....</b>	<b>274-9567, ext. 41101</b>

**Caring for Aging Persons Education and Support Program (C.A.P.E.S.).....277-8288**

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

*Caregiver support group that meets at Mission Hospital at 1 Hospital Drive – Room 4402  
the third Monday of every month*

**Jewish Family Services of WNC (JFS).....253-2900**

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

*Monthly caregiver support group facilitated by a social worker; resources and consultation  
for older adult and caregiver issues; open to all ethnicities and faiths*

**MemoryCare.....230-4143**

[www.memorycare.org/caregiver-information/caregiver-support/memorycaregivers-network/](http://www.memorycare.org/caregiver-information/caregiver-support/memorycaregivers-network/)

*The MemoryCaregivers Network groups meet in Fletcher, Asheville, and Weaverville.*

## **TAX ASSISTANCE**

**Buncombe County Tax Office.....250-4920**

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

*Assistance with senior property tax exemptions; senior tax work-off program*

**Council on Aging of Buncombe County, Inc. ....277-8288**

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

*Free tax assistance for seniors; volunteers from February to April*

**Internal Revenue Service (Asheville office).....271-4764**

*Assistance with Federal and State tax return preparation, tax law, payment arrangements, and account inquiries; multilingual help available*

**Internal Revenue Service (National).....1-800-829-1040**  
www.irs.gov **1-800-829-4059 (TDD)**  
*Free tax assistance over the phone, Monday through Friday, 7:00 am to 10:00 pm*

**OnTrack Financial Education and Counseling.....255-5166**  
www.ontrackwnc.org  
*Free tax assistance by appointment from February to April for household incomes of \$54,000/ year or less*

## **TRANSPORTATION**

**AARP Driver Safety Program.....298-6600**  
www.aarp.org/home-garden/transportation/driver\_safety  
*Defensive driving for seniors; insurance discount; additional brief training available online*

**Asheville Transit System.....253-5691**  
www.ashevillenc.gov/Departments/Transit

**Buncombe County Health and Human Services.....250-5863**  
www.buncombecounty.org *Medical transportation (Medicaid only)*

**CarePartners HealthServices.....277-4800**  
www.carepartners.org  
*Driver Evaluation Program; evaluates driving skills; by doctor referral only*

**Council on Aging of Buncombe County, Inc. ....277-8288**  
www.coabc.org  
*Call A Ride program: volunteer transportation for Buncombe County seniors who do not have access to other forms of transportation.*

**Medical Emergency Ambulance.....684-0287**  
www.medicstation28.com

**PACE – Program of All-Inclusive Care for the Elderly.....274-9567**  
www.carepartners.org/pace

**Mountain Mobility.....250-6750**  
www.buncombecounty.org/transportation  
**TDD: 252-4085**

*Transportation in handicap accessible vehicle to medical appointments, grocery, and retail, as well as multipurpose trips within Buncombe County; free city bus passes available for qualified individuals age 65 and over; RIDE program offers taxi vouchers. Call for eligibility.*

## URGENT CARE (see HEALTH CARE: URGENT CARE CENTERS)

### VISION SERVICES

**Asheville Lions Eye Clinic.....665-2982**

*Free screenings for glaucoma, diabetes and vision; assistance with eyeglasses and eye exams*

**Buncombe County Health and Human Services.....250-5657**

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

*Services for the Blind; assistance with accessing low vision equipment including glasses and large print items*

**Council on Aging of Buncombe County, Inc. ....277-8288**

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

*Assistance with accessing programs that provide low or no-cost glasses; low income*

**Mission Hospitals Low Vision Center.....213-4370**

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

*Vision evaluation, assistance with vision equipment, support group, information and referral, instruction in independent living skills, occupational therapy for vision loss caused by stroke or brain injury*

**Services for the Blind.....250-5657**

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

*Rehabilitation and independent living services*

### VETERAN SERVICES

**Veteran's Administration (VA).....298-7911**

*Home and respite care for veterans: eligibility may be based on military service history and income.*

**National Caregiver Support Line.....855-260-3274**

[www.caregiver.va.gov](http://www.caregiver.va.gov) *Immediate assistance or information about services at the VA.*

### VOLUNTEER OPPORTUNITIES

**CarePartners Health Services Volunteer Program.....277-4800**

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

*Volunteers are essential, giving from their hearts to enhance the quality of support services to our patient population, clients, family members, and community we are privileged to care for and serve.*

**Land of Sky Regional Council.....251-6622**

[www.landofsky.org/fgp](http://www.landofsky.org/fgp)

**Foster Grandparent Program**

*Foster Grandparents are individuals age 55 and over who thrive on direct interaction with children and believe they can make a difference in their lives. They serve as mentors, tutors, and loving caregivers to children with special needs in local elementary schools, Head Start Programs and Child Care centers. They help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. Foster Grandparents give the comfort and love that sets a child on the path towards a successful future. To qualify for FGP volunteers must be at least 55 years of age or older, live on a limited income, able to serve between 15 - 40 hours a week working closely with children.*

**OLLI at UNC Asheville.....251-6140**

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

*(Reuter Center at UNCA; members only) intergenerational computer mentoring, career advising, and other service projects*

**United Way's Hands On Asheville-Buncombe.....255-0696**

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

*A link for individuals, families, corporate, and civic or faith-based groups to volunteer in support of nonprofits in Asheville and Buncombe County*

**WELLNESS** (see NUTRITION or see PHYSICAL FITNESS)

**WHEELCHAIRS / WHEELCHAIR SERVICES**

**CarePartners Health Services.....274-6183**

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

*Wheelchair seating and mobility clinic*

**Miracle On Wheels.....(800) 749-8778**

*Power wheelchairs and scooters*

**Mobility Concepts.....277-2577**

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

*Wheelchair, transportation and ambulance services*

**Veteran's Administration Medical Center.....298-7911**

[www.asheville.va.gov](http://www.asheville.va.gov)

## APPENDIX

### LONG-TERM CARE DEFINITIONS

**Adult Care Homes** (includes Rest Homes) – *Licensed group homes; provide meals; 24-hour staff to help with activities of daily living; nurses are not required*

**Group Homes** (for developmentally disabled adults) – *Licensed homes for 2 to 9 persons*

**Multi-Unit Assisted Housing** (with services) – *Licensed group housing with one meal and housekeeping service*

**Family Care Homes** - *Licensed homes for up to 6 residents; nurse not required*

**Nursing Homes** – *Provide skilled care for individuals who are chronically ill or who are recuperating from illness or injury; regular nursing care provided*

**Retirement Centers** – *Continuum Care Retirement Center (CCRC) - Provide continuum of housing and care options*

***For more information and a list of long-term care facilities, visit:  
[http://landofsky.org/pdf/Aging/LTC\\_Housing\\_Directory\\_2012.pdf](http://landofsky.org/pdf/Aging/LTC_Housing_Directory_2012.pdf)  
Or call Land of Sky Regional Council at 251-6622.***

***More resources can be found at:  
[http://www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach\\_Directory.aspx](http://www.buncombecounty.org/Governing/Depts/Dss/Adults/Ach_Directory.aspx)***

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