Senior Services is a non-profit agency in Winston-Salem, NC.

Our mission is to enable seniors to live with dignity and independence.

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

2895 SHOREFAIR DRIVE | WINSTON-SALEM, NC 27105

If you need more information, please call Senior Services Help Line at 336-724-2040 or visit seniorservicesinc.org.
The experience you need.
The peace of mind you deserve.

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Sharon Roper (Estate Planning Coordinator) • Joyce Duggins (NC Certified Paralegal)

For more information, call me at (336) 283-4848
or email me at bailey@liipfertlaw.com

380 Knollwood St., Suite 210, Winston-Salem, NC 27103
office: (336) 283-4848  |  fax: (336) 842-5037  |  web: liipfertlaw.com
*Certified by the National Elder Law Foundation
It is a pleasure to share Senior Services Help Line’s latest edition of the Directory of Services for Older Adults in Forsyth County with you. Senior Services Help Line is part of our Aging Resources Department and provides information and referrals to Forsyth County residents who are 60 years of age or older and/or their caregivers. Our team is made up of qualified Aging Resource Specialists who are also available to support professionals who refer older adults in need of assistance. Our directory includes a wide variety of telephone numbers and websites for nonprofit human service agencies and organizations, as well as paid advertisers that offer help and information to older adults in the Forsyth County area. An online directory is also available on our website.

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

Some of the assistance provided by Help Line’s Aging Resource Specialists:
• Exploring options to help older adults stay at home as long as possible.
• Identifying resources that will assist caregivers in accessing support.
• Understanding eligibility coverage for public programs such as Medicare and Medicaid.
• Finding information about community resources, socialization, transportation, in-home services, nutrition, long-term care facilities, etc.

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

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

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

We look forward to assisting you,

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

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

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

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

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

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

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

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

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

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

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

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

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

Hispanic League
336-770-1228
www.hispanicleague.org

Lupus Foundation of America
704-716-5640
www.lupus.org

Mayor’s Council for Persons with Disabilities
336-245-5678
www.cityofwfs.org

Mental Health Association in Forsyth County
336-768-3880
www.triadmentalhealth.org

Piedmont Triad Regional Council
Area Agency on Aging
336-904-0300
www.ptrc.org

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

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

ANIMAL RESOURCES

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

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

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

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

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

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

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

NC Wildlife Resource Commission
800-662-7137
www.ncwildlife.org
CAREGIVER, RESPITE, AND DEMENTIA RESOURCES

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

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

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

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

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

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

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

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

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

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

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

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

DISABILITY-RELATED SERVICES

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

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

The Arc of Forsyth County
The Enrichment Center
336-777-0076
www.enrichmentarc.org
Club Independence
336-716-8007
www.wakehealth.edu

Communication Access Partners, Inc.
Interpreters
336-993-4200
www.capincusa.com

Disability Advocates of NWNC
Disability filing
336-760-9600
www.dannc.org

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

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

Easter Seals UCP of North Carolina
Local..........................................................336-757-4681
Toll-free.................................................. 800-662-7119
www.easterseals.com/ncva

Eye Care America Glaucoma
877-887-6327
www.aao.org

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

Goodwill Industries
336-724-3621
www.goodwillnwnc.org

Hearing Loss Association of America
336-273-9692
www.hearingloss.org

IFB Solutions
Low Vision ...........................................336-245-5672
Optical Department......................336-245-2687
www.ifbsolutions.org

Mayor’s Council for Persons with Disabilities
Winston-Salem
336-245-5678
www.cityofws.org

NC Accessible Books & Library Services
Library for the Blind and Physically Handicapped
888-388-2460
919-733-1376
www.statelibrary.ncdcr.gov

NC Assistive Technology Program
Raleigh .............................................919-855-3564
Winston-Salem......................336-716-8030
www.ncdhhs.gov

NC Division of Services for the Blind
Winston-Salem Office............. 336-896-2227
www.ncdhhs.gov/dsb

Partners Behavioral Health Management
877-864-1454
877-235-4673 (Crisis Line)
www.partnersbhm.org

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

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

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

Solutions for Independence
336-767-7060
www.sicilnc.org
DONATION CENTERS

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

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

Habitat for Humanity Re-Store
(Building materials & housewares)
336-893-8495
www.habitatforsyth.org

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

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

EMPLOYMENT AND TRAINING

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

AARP
Online listing of local job opportunities
jobs.aarp.org

Goodwill Industries
336-724-3621
www.goodwillnwnc.org

IFB Solutions
336-759-0551
www.ifbsolutions.org

NC Works Career Center
Forsyth County
336-464-0520
www.ncworks.gov

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

Winston-Salem Urban League
Senior Employment Program (55+)
336-717-1223
www.wsurban.org

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

Winston-Salem Rescue Mission
(Clothing, furniture, & housewares)
336-723-1848
www.wsrescue.org
FINANCIAL AND FOOD ASSISTANCE

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

Agape Care & Share, Inc.
336-744-4004
www.dreamcenterforsyth.com

American Red Cross
336-333-2111
800-733-2767
www.redcross.org

Catholic Charities
336-727-0705
www.ccdoc.org

Community Care Center
336-723-7904
www.carectr.org

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

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

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

Lewisville Community Assistance Program
Lewisville residents only
336-945-3203
www.lewisvilleumc.org

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

Samaritan Ministries Soup Kitchen
336-748-1962
www.samaritanforsyth.org

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

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

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

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

FINANCIAL MANAGEMENT

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

Chapter 13
Personal Bankruptcy
336-722-1139

Financial Pathways of the Piedmont
336-896-1191
Senior Financial Care
336-896-1328
www.financialpaths.org
HEALTH SUPPORTIVE SERVICES

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

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

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

**American Diabetes Association**
336-342-2383
www.diabetes.org

**American Heart Association**
336-542-4825
www.heart.org

**American Lung Association**
800-586-4872
www.lung.org

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

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

**Atrium Health Wake Forest Baptist**
Diabetes Care Center ............. 336-713-7251
Epilepsy Information Service ... 336-716-4101
www.wakehealth.edu

**Cancer Services, Inc.**
Cancer patients only
336-760-9983
www.cancerservicesonline.org

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

**Department of Public Health**
336-703-3100
www.co.forsyth.nc.us/publichealth

**Duke Family Support Program**
Alzheimer’s Support
919-660-7510
www.dukefamilysupport.org

**Easter Seals UCP of North Carolina**
Local Office ......................... 336-757-4681
Toll-free............................. 800-662-7119
www.easterseals.com/ncva

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

**Lupus Foundation of America, NC Chapter**
704-716-5640
www.lupus.org

**Mountain Valley Hospice & Palliative Care**
888-789-2922
www.mtnvalleyhospice.org

**Multiple Sclerosis Society**
National............................ 800-344-4867
www.nationalmssociety.org
NC Brain Injury Association
800-377-1464
www.bianc.net

NC Stroke Association
336-713-5052
www.ncstroke.org

Novant Health Diabetes of Forsyth
Diabetes & Nutrition Center
336-277-1660
www.novanthealth.org

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

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

Hispanic League
336-770-1228
www.hispanicleague.org

Legal Aid of NC
Handles civil matters for immigrants
336-725-9162
www.legalaidnc.org

Salvation Army Hispanic Services
International Core
336-499-1196
www.salvationarmyusa.org

HOME MAINTENANCE ASSISTANCE

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

Bethany Baptist Church
336-767-0760
www.bethany.ws

Better Business Bureau of Northwest NC
(For assistance in connecting to accredited businesses)
336-852-4240
www.bbb.org/northwestern-north-carolina

Forsyth County Housing Rehabilitation Program
336-703-2684
www.forsyth.cc/housing

NC Baptist Aging Ministry (NCBAM)
877-506-2226
www.ncbam.org

Piedmont Triad Regional Council
Weatherization
336-904-0300
www.ptrc.org

HISPANIC AND LATINO SERVICES

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

Catholic Charities
336-727-0705
www.ccdoc.org

Communication Access Partners
Interpreters
336-993-4200
www.capincusa.com

Forsyth County Public Library
Hispanic services
336-703-2907
www.forsyth.cc/library

Salvation Army Hispanic Services
International Core
336-499-1196
www.salvationarmyusa.org
Pilot Mountain Baptist Association
336-830-8189
www.pmba.org

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

The Shepherd’s Center of Kernersville
Handyman Program
336-996-6696
www.shepctrkville.com

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

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

Winston-Salem Housing Rehabilitation Program
336-727-8000
www.cityofws.org

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

Forsyth County Housing Program
336-703-2684
www.forsyth.cc/housing

Group Homes of Forsyth
IDD
336-661-7788
www.grphms.com

Housing Authority of Winston-Salem
336-727-8500
www.haws.org

NC Department of Insurance
Toll-free............................................ 855-408-1212

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

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

SENIOR SERVICES, Inc.
Help Line
336-724-2040
Information on Senior Housing Options
www.seniorservicesinc.org

The Experiment in Self-Reliance, Inc. (ESR)
336-722-9400
www.eisr.org

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

HOUSING

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

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

Bethesda Center for Homeless
For men or women
336-722-9951
www.bethesdacenter.org


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IDENTIFICATION, RECORDS, AND VOTING

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

**Forsyth County Board of Elections**  
336-703-2800  
www.co.forsyth.nc.us/elections

**Forsyth County Register of Deeds**  
Public Records  
336-703-2700  
www.co.forsyth.nc.us/rod

**License Plate Agency**  
Kernersville...........................336-904-0743  
Rural Hall...............................336-642-9016  
Winston-Salem.........................336-725-2795  
www.ncdot.org/dmv

**NC Driver’s License Division**  
Kernersville............................336-904-0743  
North Patterson Avenue............336-761-2259  
Silas Creek Parkway..................336-761-2258  
www.ncdot.org/dmv

**NC Senior Tarheel Discount Card**  
Shepherd’s Center of Greater  
Winston-Salem  
336-748-0217  
www.shepherdscenter.org

**Winston-Salem Recreation and Parks**  
Senior Citizen’s ID card (must be 60+)  
336-727-8000  
www.cityofws.org

INFORMATION AND REFERRALS

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

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

**Cancer Services, Inc.**  
336-760-9983  
www.cancerservicesonline.org

**Easter Seals UCP of North Carolina**  
Local Office..........................336-757-4681  
Toll-free.................................800-662-7119  
www.easterseals.com/ncva

**Mental Health Association**  
336-768-3880  
www.triadmentalhealth.org

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

**NC Baptist Aging Ministry (NCBAM)**  
877-506-2226  
www.ncbam.org

IN-HOME ASSISTANCE

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

**Department of Social Services**  
Adult Intake  
336-703-3501  
www.co.forsyth.nc.us/dss
In-Home Aide Services
336-703-3501
www.co.forsyth.nc.us/dss

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

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

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

The Shepherd's Center of Kernersville
(Friendly Caller and Personal
Shopper Programs)
336-996-6696
www.shepctrkville.com

INSURANCE INFORMATION

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

Department of Social Services
Medicaid
336-703-3502
www.co.forsyth.nc.us/dss

Medicare
800-633-4227
www.medicare.gov

NC Department of Insurance Consumer
Services Division
Seniors' Health Insurance Information
Program (SHIIP)
Medicare Counseling
855-408-1212
www.ncdoi.com

NC Division of Medical Assistance
Medicaid
919-855-4100
888-245-0179
www.ncdhhs.gov/dma

Senior Financial Care
SHIIP counselors
336-896-1328
www.financialpaths.org

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

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

LEGAL AND CONSUMER
PROTECTION SERVICES

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

Better Business Bureau of Northwest NC
336-852-4240
www.bbb.org/northwestern-north-carolina

Clerk of Superior Court–Guardianship
336-779-6300
www.nccourts.gov/locations/forsyth-county

(This section continues on next page)
Consumer Protection
Legal Aid of NC
336-725-9162
www.legalaidnc.org

Forsyth County Register of Deeds Office
336-703-2700
www.co.forsyth.nc.us/rod

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

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

Mediation Services of Forsyth County
336-724-2870

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

NC Department of Labor
800-625-2267
www.labor.nc.gov

NC Lawyer Referral Service
919-677-8574
www.ncbar.org

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

SENIOR SERVICES
Help Line
336-724-2040
For a list of Forsyth elder law attorneys
www.seniorservicesinc.org

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

Winston-Salem Human Relations Dept.
Housing discrimination - City Link
336-727-8000 or 311
www.cityofws.org

LONG-TERM CARE FACILITIES

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

Department of Social Services
Adult Placement
336-703-3501
www.co.forsyth.nc.us

Department of Social Services
Medicaid
336-703-3800
www.co.forsyth.nc.us/dss/adult_care_facilities.aspx

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

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

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

Piedmont Triad Regional Council
Area Agency on Aging (Ombudsman Program)
336-904-0300
www.ptrc.org
MEDICAL COMPLAINTS

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

Medicare Beneficiaries Complaint Hotline
800-633-4227
www.medicare.gov

NC Division of Health Service Regulation
Complaint Hotline
800-624-3004
www.ncdhhs.gov

NC Medical Board
Doctor complaints
800-253-9653 ext. 501
www.ncmedboard.org

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

MEDICAL EQUIPMENT AND LOAN CLOSETS

The following organizations loan medical equipment, based on availability, such as walkers, wheelchairs, or tub benches to assist a person’s ability to live independently. Equipment that are medically necessary and ordered by a physician may be partially covered by Medicare or other insurance.

Cancer Services, Inc.
Cancer patients only
336-760-9983
www.cancerservicesonline.org

NC Assistive Technology Project
To try assistive equipment before purchase
336-716-8030
www.ncdhhs.gov

SENIOR SERVICES, Inc.
Help Line
336-724-2040
For information on durable medical equipment companies
www.seniorservicesinc.org

The Shepherd’s Center of Kernersville
336-996-6696
www.shepctrkville.com
The following organizations offer education, evaluations, medical care, and rehabilitation services.

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

**Community Care Center**
- Free clinic
  - 336-723-7904
  - www.carectr.org

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

**Forsyth County Cooperative Extension**
- Nutrition Education Programs
  - 336-703-2850
  - www.co.forsyth.nc.us/CES

**Forsyth County Department of Public Health**
- 336-703-3100
  - www.co.forsyth.nc.us/publichealth

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

**SENIOR SERVICES, Inc.**
- Help Line 336-724-2040
  - For lists of low-cost dental options
  - www.seniorservicesinc.org

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

**Winston-Salem Rescue Mission**
- 710 North Trade Street
  - First come, first served
  - 336-723-1848
  - www.wsrescue.org

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

W E’ L L V I S I T Y O U R L O V E D O N E W H E N Y O U C A N ’T!

Simply Liberated, LLC offers a 30 minute companion visit to your loved one in the Forsyth and Guilford County, NC areas. Each visit is warm, enjoyable and includes a small gift from you! Your loved one will ALWAYS be treated with the love, care, dignity and respect that they deserve!!! Ask us about our special packages today!

(336) 564-6025
(888) 314-6292
www.simplyliberated.com

Simply Liberated, LLC.

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Accepting residency applications for assisted living and skilled nursing. For more information, call (336) 724-7921.

1240 Arbor Road, Winston-Salem, NC 27104
ARBORACRES.ORG • (336) 724-7921

Hearing loss affects more than 48 million Americans. According to several major studies, older adults with hearing loss are more likely to develop Alzheimer’s disease and dementia, compared to those with normal hearing. Hearing loss develops slowly. Our brain’s own ability to compensate and adjust to gradual hearing changes makes hearing loss difficult to recognize. That’s why it is extremely important to have annual hearing evaluations. Call us today to schedule your FREE hearing screening and take the first steps towards a healthy life!

Call NC Beltone today!
336-774-1113 • NCBeltone.com
751 Bethesda Rd. Suite 100, Winston-Salem, NC 27103
You’re Not Slowing Down. Neither Will We.

#1 Choice for Healthcare in the Triad

Find a provider near you. Visit NovantHealth.org/Doctors or call 336-793-WELL (9355).


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- Guaranteed access when you need us most
- Scheduled and on-demand virtual care 24/7
LOOKING FOR A PLAYGROUP FOR THE GRANDBABY?

CALL 336-245-4900 EXT. 1007 FOR MORE INFORMATION OR TO REGISTER FOR A PLAYGROUP.

Our Vision Ensuring quality early learning experiences for every child in our community.

ENRICHING CHILD CARE. ENGAGING FAMILIES. ENHANCING COMMUNITIES.

500 West 4th Street, Suite 202, Winston Salem, NC 27101
www.childcareresourcecenter.org | mail@childcareresourcecenter.org

BABCOCK HEATH CARE CENTER & MASTEN ASSISTED LIVING

We accept direct admissions for the following levels of retirement living:

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

Contact us to learn more today.
336.767.8130 | salemtowne.org

MAKE A DIFFERENCE

Deliver hot meals and warm smiles to seniors in need of nutritional support.

Volunteer with Meals-on-Wheels.

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

336-725-0907 | seniorservicesinc.org
Know Someone Living With Memory Loss?

We Can Help!

MEMORY CONNECTIONS

WE SEEK TO:

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

LEARN MORE or MAKE A REFERRAL:

Contact: Anita Ford, Memory Connections Project Coordinator

336-721-6966  aford@seniorservicesinc.org  bit.ly/MemoryConnections

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

Services We Provide:
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- Medication Reminders
- Personal Care Services
- Transportation
- Family Respite Care
- Post Surgery Care
- Rehabilitation Care

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

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in Home Care & Assistance

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Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

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• Mobile GPS Panic’s
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• Panic Buttons
• Vehicle Tracking

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1460 Hampton Plaza Drive, Suite E
Kernersville, NC 27284

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

Vienna Village
ASSISTED LIVING
Earning the trust of families since 1965

Experienced Management
High staff-to-resident Ratio
We have a proven track record for providing excellent care!

Call Today!
6601 Yadkinville Road, Pfafftown, NC 27040
(336) 945-5410
www.ViennaVillage.com

PROVIDING CARE IS A TEAM EFFORT
If you or someone you know is caring for a person living with frailty or memory loss, let the Williams Adult Day Center partner in their care.

PARTICIPANTS WILL ENJOY:
Specialized Programming to Increase Socialization • On-site Nurses
Professional Supervision • Caregiver Support Groups • Spa Baths • Salon
AND MORE!

CALL TO SCHEDULE A FREE TRIAL VISIT TODAY:
336-724-2155
Reservations Required • Monday-Friday

Care Available: Monday–Friday from 7:00 AM to 6:00 PM
seniorservicesinc.org/services/williams-adult-day-center
Supportive Care
We provide residents with enriched lifestyles, including varied activities and the comfort of additional care tailored to individual needs.

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

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

Call us at (336) 793-4513 to find your perfect fit.

Bermuda Village is located in the beautiful, gated community of Bermuda Run. In Independent Living, you can own your own home and enjoy worry-free, resort-style living. For those needing a little extra support, we offer Supportive Care, Adult Day Care services, and even Short-Term Rehabilitation and Skilled Nursing Long-Term Care.
Rehabilitation & Skilled Nursing Services
849 Waterworks Road • Winston-Salem, NC 27101
(336) 595-2166  www.trinityglen.net

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

HYGIENE & HEALTH
• Pull-on Style Disposable Undergarments (size large and above)
• Desitin/Barrier Cream
• Liquid Hand Soap
• Body Wash/Shower Gel
• Dry/No Rinse Shampoo
• Regular Shampoo
• Lotion
• Toothpaste/Mouthwash
• Hand Sanitizer
• Adult Washcloth/Moist Disposable Wipes (no baby wipes)
• Blue Pads/Chux (disposable)
• Washable Bed Pads
• Men’s Shields/Liners

NUTRITION
• Ensure, Boost, or Glucerna

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

OTHER
• Gift Cards in any amount (Target, Walmart)
• Cash Donations

Senior Services
336-725-0907  SENIORSERVICESINC.ORG
2895 Shorefair Drive | Winston-Salem, NC 27105

Visit us at SeniorServicesInc.org, or in person at 2895 Shorefair Drive, Winston-Salem, NC 27105, or call 336-725-0907.
Intergenerational Center for Arts and Wellness FALL 2023

LEARN MORE: CCC.SENIORSERVICESINC.ORG

WHERE YOU WILL FIND:

NEW HOME OF THE WILLIAMS ADULT DAY CENTER
ART CLASSES AND PERFORMANCES
HEALTH AND WELLNESS OPPORTUNITIES
INTERGENERATIONAL ENGAGEMENT

YOUR GENEROSITY HELPS OUR PROGRAMS THRIVE AND IMPROVE THE QUALITY OF OLDER ADULTS’ LIVES.

YOUR GIFT MATTERS!

Help us meet seniors’ critical needs and transform their lives by donating today.

CHECK: Senior Services, 2895 Shoffair Drive
Winston-Salem, NC 27105

ONLINE: seniorservicesinc.org

CALL: 336-721-3411
MENTAL HEALTH SERVICES

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

Associates in Christian Counseling
336-896-0065
www.christiancounseling.org

Atrium Health Wake Forest Baptist
CareNet Counseling ....................... 336-716-7339
www.carenetnc.org

Department of Psychiatry .......... 336-716-4551
Memory Counseling Program . 336-716-1034
www.wakehealth.edu

Catholic Charities
336-727-0705
www.ccdoc.org

Family Services
336-722-8173
www.familyservicesforsyth.org

Family Services
Domestic Violence & Sexual Assault
Hotline .............................................. 336-723-8125
www.familyservicesforsyth.org

Geriatric Outreach Program
336-716-9215
www.wakehealth.edu/GO-Program

Mental Health Association
336-768-3880
www.triadmentalhealth.org

Mobile Crisis Services
(Operated by Daymark 24/7)
866-275-9552
www.daymarkrecovery.org

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

Partners’ Behavioral Health Management
877-864-1454
888-235-4673 (Crisis Line)
www.partnersbnhm.org

The 988 Suicide & Crisis Hotline
(National Suicide Hotline)
988
www.samhsa.gov

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

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

Trinity Center
336-725-3999
www.trinitycenterinc.org

RECREATION AND CONTINUING EDUCATION

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

Arts Council Theatre
336-722-2585
www.intothearts.org

Atrium Health Wake Forest Baptist
Aquatics Program ......................... 336-713-8190
www.wakehealth.edu/aquatic-programs

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

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<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forsyth County Cooperative Extension</td>
<td>336-703-2850</td>
<td><a href="http://www.co.forsyth.nc.us/ces">www.co.forsyth.nc.us/ces</a></td>
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<tr>
<td>Forsyth County Public Library</td>
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<td><a href="http://www.forsyth.cc/Library">www.forsyth.cc/Library</a></td>
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<tr>
<td>Computer Training Bridge</td>
<td>336-703-3079</td>
<td><a href="http://www.forsythcomputertraining.org">www.forsythcomputertraining.org</a></td>
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<tr>
<td>Forsyth Technical Community College</td>
<td></td>
<td><a href="http://www.forsythtech.edu">www.forsythtech.edu</a></td>
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<tr>
<td>Salem College</td>
<td></td>
<td><a href="http://www.salem.edu">www.salem.edu</a></td>
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<tr>
<td>Salvation Army</td>
<td>336-723-6366</td>
<td><a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></td>
</tr>
<tr>
<td>Sawtooth School for Visual Art</td>
<td>336-723-7395</td>
<td><a href="http://www.sawtooth.org">www.sawtooth.org</a></td>
</tr>
<tr>
<td>SENIOR SERVICES, Inc.</td>
<td></td>
<td><a href="http://www.seniorservicesinc.org">www.seniorservicesinc.org</a></td>
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<tr>
<td>The Stevens Center</td>
<td>336-721-1945</td>
<td><a href="http://www.uncsa.edu/stevenscenter">www.uncsa.edu/stevenscenter</a></td>
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<tr>
<td>Wake Forest University</td>
<td>336-758-5232</td>
<td><a href="http://www.continuingstudies.wfu.edu">www.continuingstudies.wfu.edu</a></td>
</tr>
<tr>
<td>Winston-Salem Recreation and Parks</td>
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<td><a href="http://www.cityofws.org">www.cityofws.org</a></td>
</tr>
<tr>
<td>Winston-Salem State University</td>
<td>336-750-2000</td>
<td><a href="http://www.wssu.edu">www.wssu.edu</a></td>
</tr>
<tr>
<td>Winston-Salem Symphony</td>
<td>336-725-1035</td>
<td><a href="http://www.wssymphony.org">www.wssymphony.org</a></td>
</tr>
<tr>
<td>Winston-Salem Visitor Center</td>
<td>336-728-4200</td>
<td><a href="http://www.visitwinstonsalem.com">www.visitwinstonsalem.com</a></td>
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<tr>
<td>YMCA</td>
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<td><a href="http://www.ymcanwnc.org">www.ymcanwnc.org</a></td>
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<tr>
<td>Fulton Family</td>
<td>336-661-1093</td>
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<td>Innovation Quarter</td>
<td>336-245-5140</td>
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<tr>
<td>Jerry Long Family</td>
<td>336-712-2000</td>
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<td>Kernelsville</td>
<td>336-996-2231</td>
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<td>Robinhood Road Family</td>
<td>336-251-1090</td>
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<td>Wells Fargo Express</td>
<td>336-725-9342</td>
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<td>William G. White, Jr.</td>
<td>336-721-2100</td>
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<tr>
<td>Winston Lake Family</td>
<td>336-724-9205</td>
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<tr>
<td>YWCA Gateway Branch</td>
<td>336-354-1589</td>
<td><a href="http://www.ywcaws.org">www.ywcaws.org</a></td>
</tr>
</tbody>
</table>
SUBSTANCE ABUSE

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

Addiction Recovery Care Association
336-784-9470
www.arcanc.org

Associates in Christian Counseling
336-896-0065
www.christiancounseling.org

Atrium Health Wake Forest Baptist
Department of Psychiatry
336-716-4551
www.wakehealth.edu

Fellowship Home of Winston-Salem
For men—substance abuse
336-727-1084
www.thefellowshiphome.org

Insight Human Services
336-725-8389
www.insightnc.org

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

YWCA
Hawley House
For women—substance abuse
336-721-0733
www.ywcaws.org

SUPPORT GROUPS

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

Alzheimer’s Association
Local Chapter .................. 336-285-5920
National .......................... 800-272-3900
www.alz.org

Cancer Services, Inc.
336-760-9983
www.cancerservicesonline.org

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

Lupus Foundation of NC 24-hour hotline
704-716-5640
www.lupusnc.org

Mental Health Association
336-768-3880
www.triadmentalhealth.org

Multiple Sclerosis Society
National ................................. 800-344-4867
www.nationalmssociety.org

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

SENIOR SERVICES, Inc.
Grandparents Raising Grandchildren
Support Group .................. 336-725-0907
Help Line .......................... 336-724-2040
For a list of additional support groups
www.seniorservicesinc.org
The Shepherd's Center of Kernersville
336-996-6696
www.shepctrkville.com

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

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

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

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TAXES

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

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

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

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

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

---

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

---

TRANSPORTATION

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

Advance notice required.

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

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

Lewisville Transportation Ministry
Groceries, medical (for Lewisville residents)
336-945-3203
www.lewisvilleumc.org

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

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

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

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

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

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

AmVets
336-251-0779
www.amvets.org

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

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

NC Department of Military & Veterans Affairs (8th District Office)
336-766-1496
www.nc.gov/military-and-veterans-affairs-department

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

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

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

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

VICTIM ASSISTANCE SERVICES

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

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

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

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

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

(This section continues on next page)
Kernersville Police Department
336-996-3177
www.kernersvillepd.com

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

Winston-Salem Police Department
Domestic violence .................. 336-773-7860
Non-emergency .................... 336-773-7700

VOLUNTEER OPPORTUNITIES

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

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

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

Atrium Health Wake Forest Baptist
336-713-3514
www.wakehealth.edu/volunteer

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

Crossnore School & Children’s Home
336-721-7600
www.crossnore.org

Family Services
336-722-8173
www.familyservicesforsyth.org

Hands On Northwest North Carolina
Love Community Development Corporation
Retired Senior Volunteer Program
336-306-8119
www.handsonnwnc.org

Novant Health
336-718-5738
www.novanthealth.org

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

Samaritan Ministries
336-748-1962
www.samaritanforsyth.org

Second Harvest Food Bank
336-784-5770
www.hungernwnc.org

SENIOR SERVICES, Inc.
336-725-0907
www.seniorservicesinc.org

Seniors’ Health Insurance Information Program (SHIIP)
The Shepherd’s Center of Greater Winston-Salem ............... 336-748-0217
www.shepherdcenter.org

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

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

Sunnyside Ministry
336-724-7558
www.sunnysideministry.org
Trellis Supportive Care
Palliative, Hospice, & Family Support
336-768-3972
www.trellissupport.org

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

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

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

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

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988 Suicide and Crisis Lifeline

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AARP – Raleigh, NC ................................................................. 866-389-5650
AARP – Washington, DC .......................................................... 888-687-2277
Adaptive Driving Program, Comp Rehab, Atrium Health Wake Forest Baptist ........ 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 .................................................................................... 800-272-3900 or 336-285-5920
American Cancer Society (transportation for cancer patients) ......................... 800-227-2345
American Diabetes Association ....................................................................... 800-342-2383
American Heart Association ........................................................................... 336-542-4825
American Legion ............................................................................................. 336-631-5471
American Lung Association .............................................................................. 800-586-4872
American Red Cross ....................................................................................... 336-333-2111
AmVets ........................................................................................................... 336-251-0779
Animal Adoption & Rescue Foundation (AARF) ............................................... 336-768-7387
AniMeals & Houses for Hounds ...................................................................... 336-703-2480
The Arc of Forsyth County .............................................................................. 336-777-0076
Addiction Recovery Care Association (ARCA) ............................................... 336-784-9470
Area Agency on Aging, Piedmont Triad Regional Council ............................... 336-904-0300
Arthritis Foundation ....................................................................................... 800-883-8806
Arthritis Foundation – Carolina Chapter .......................................................... 704-802-7536
Arts Council .................................................................................................... 336-722-2585
Associates in Christian Counseling .................................................................. 336-896-0065
Atrium Health Wake Forest Baptist (information) .............................................. 336-716-2011
Atrium Health Wake Forest Baptist, Aquatics .................................................... 336-713-8082
Atrium Health Wake Forest Baptist, BestHealth .............................................. 336-713-2378
Atrium Health Wake Forest Baptist, Cardiac Rehabilitation Program ........................................ 336-713-8855
Atrium Health Wake Forest Baptist, Cleveland Avenue Dental Center .................................. 336-631-2330
Atrium Health Wake Forest Baptist, Comp Rehab .................................................................. 336-716-8400
Atrium Health Wake Forest Baptist, Dept. of Hearing & Speech Center ............................. 336-716-3103
Atrium Health Wake Forest Baptist, Department of Psychiatry ........................................ 336-716-4551
Atrium Health Wake Forest Baptist, Diabetes Care Center .................................................. 336-713-7251
Atrium Health Wake Forest Baptist, Epilepsy Information ................................................... 336-716-4101
Atrium Health Wake Forest Baptist, Health on Call (doctor referral) .................................. 336-716-2255
Atrium Health Wake Forest Baptist, Reaction Therapy ....................................................... 336-713-8190
Atrium Health Wake Forest Baptist, Low-Vision Program ................................................... 336-716-8097
Atrium Health Wake Forest Baptist, Memory Care ............................................................... 336-716-1034
Atrium Health Wake Forest Baptist, Volunteer Office ........................................................... 336-713-3514

B-C
Behavioral Health Resources, Forsyth Medical Center ....................................................... 336-718-3550
BestHealth, Atrium Health Wake Forest Baptist ................................................................. 336-713-2378
Bethesda Center (for homeless men or women) ................................................................. 336-722-9951
Better Business Bureau of Northwest NC, Inc. ................................................................. 336-852-4240
Better Hearing Institute Consumer Help Line ...................................................................... 800-327-9355

Call Connections/Creative Connections of SENIOR SERVICES .................................... 336-721-6954
Cancer Services, Inc. (cancer patients only) ....................................................................... 336-760-9983
CareNet Counseling, Atrium Health Wake Forest Baptist ............................................... 336-716-0855
Catholic Charities, Piedmont Triad Regional Office ......................................................... 336-727-0705
Central Spay, Neuter, and Wellness Clinic ........................................................................ 336-723-7550
Chapter 13 (personal bankruptcy) ..................................................................................... 336-722-1139
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
Comp Rehab, Adaptive Driving Program, Atrium Health Wake Forest Baptist .............. 336-716-8004
Comp Rehab, Atrium Health Wake Forest Baptist ............................................................. 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
Crossnore Community for Children.................................................. 336-721-7600
Cystic Fibrosis Foundation.......................................................... 800-344-4823

D-E
Department of Psychiatry, Atrium Health Wake Forest Baptist........ 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 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 Plaza.............................................................. 336-713-9800
Easter Seals UCP of North Carolina........................................... 336-757-4681
Elizabeth and Tab Williams Adult Day Center of SENIOR SERVICES ... 336-724-2155
The Enrichment Center, ARC of Forsyth County......................... 336-777-0076
Epilepsy Information Service, Atrium Health Wake Forest Baptist ... 336-716-4101
The Experiment in Self-Reliance................................................ 336-722-9400
Eye Care America.................................................................... 877-887-6327

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Family Services (counseling)....................................................... 336-722-8173
Family Services (domestic violence and sexual assault hotline)..... 336-723-8125
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................................................ 336-727-2112
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.......... 336-703-3800
Forsyth County Dept. of Social Services—In-Home Services & Placement... 336-703-3501
Forsyth County Dept. of Social Services—Medicaid.................... 336-703-3800
Forsyth County Dept. of Social Services—Utility Assistance......... 336-703-3800
Forsyth County Ground Maintenance (dead animal pick up inside county) .......... 336-703-2250
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Forsyth County Public Library, Adult Outreach .................................................................................................... 336-703-2903
Forsyth County Public Library, Computer Training Bridge .............................................................................. 336-703-3079
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Forsyth County Register of Deeds (public records) .......................................................................................... 336-703-2700
Forsyth County Safe on Seven ........................................................................................................................... 336-776-3255
Forsyth County Sheriff’s Department (non-emergency) ................................................................................... 336-727-2112
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Forsyth Humane Society ..................................................................................................................................... 336-721-1303
Forsyth Medical Center—Volunteer Services ............................................................................................... 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 (intellectual or developmental disabilities) .............................................................. 336-661-7788
Habitat for Humanity Re-Store .......................................................................................................................... 336-893-8494
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), Atrium Health Wake Forest Baptist .............................................. 336-716-2255
Hearing Loss Association of America .............................................................................................................. 336-273-9692, Ext. 103
Helping Hands and Caring Hearts .................................................................................................................. 336-794-2552

Help Line of SENIOR SERVICES ................................................................................................................... 336-724-2040
Hispanic League ................................................................................................................................................. 336-770-1228
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

Home Care of SENIOR SERVICES .................................................................................................................. 336-725-0907
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
J. Paul Sticht Center on Aging (geriatric assessment) ..................................................................................... 336-713-8250
J. Paul Sticht Center on Aging (rehabilitation) ................................................................................................. 336-713-8500
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<td>Kernersville Police Department</td>
<td>336-996-3177</td>
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<tr>
<td>Kidney Foundation, NC Office</td>
<td>704-519-0020</td>
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<td>Legal Aid of NC, Winston-Salem Office</td>
<td>336-725-9162</td>
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<tr>
<td>Lewisville Community Assistance Program (transportation, groceries &amp; medical assistance)</td>
<td>336-945-3203</td>
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<td>License Plate Agency, Kernersville</td>
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<td>License Plate Agency, Rural Hall</td>
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<td>License Plate Agency, Winston-Salem</td>
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<td>Love Community Development Corporation—Retired Senior Volunteer Program</td>
<td>336-306-8119</td>
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<td>Lupus Foundation of America</td>
<td>704-716-5640</td>
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<td>Magistrates’ Office (civil action)</td>
<td>336-779-6319</td>
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<td>Martinat Outpatient Rehabilitation Center</td>
<td>336-718-6700</td>
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<td>Maya Angelou Center for Women’s Health &amp; Wellness</td>
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<td>Med Aid</td>
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<td>Medicaid, Transportation</td>
<td>336-703-3919</td>
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<td>Medical Review of NC</td>
<td>800-722-0468</td>
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<td>Medicare Beneficiary Complaint Hotline</td>
<td>800-633-4227</td>
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<td>Medicare Information</td>
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<td><strong>Memory Connections of SENIOR SERVICES</strong></td>
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<td>Mental Health Association</td>
<td>336-768-3880</td>
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<td>Miller Street Dialysis Center</td>
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<td>Mt. Zion Baptist Church Senior Life Enrichment Center (adult day care)</td>
<td>336-721-1842</td>
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<tr>
<td>Multiple Sclerosis Society</td>
<td>800-344-4867</td>
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<td>NAACP—Winston-Salem—Forsyth County Branch</td>
<td>336-767-3470</td>
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<td>National Hopeline</td>
<td>800-784-2433</td>
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<td>National Suicide Prevention (the Suicide and Crisis Lifeline)</td>
<td>988 or 800-273-8255</td>
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<td>NC Assistive Technology Program and Loan Closet</td>
<td>919-855-3564 or 716-8030</td>
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<td>Service</td>
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<td>NC Baptist Aging Ministry (BAM)</td>
<td>877-506-2226</td>
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<tr>
<td>NC Brain Injury Association</td>
<td>800-377-1464</td>
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<td>NC Department of Insurance</td>
<td>855-408-1212</td>
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<td>NC Department of Labor</td>
<td>800-625-2267</td>
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<td>NC Department of Revenue (state tax information)</td>
<td>336-487-0280</td>
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<td>NC Department of Military and Veterans’ Affairs</td>
<td>336-766-1496</td>
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<td>NC Division of Health Services Regulation</td>
<td>800-624-3004</td>
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<td>NC Division of Medical Assistance</td>
<td>919-855-4100</td>
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<td>NC Division of Services for the Blind</td>
<td>336-896-2227</td>
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<td>NC Division of Services for Deaf and Hard-of-Hearing</td>
<td>888-467-3413</td>
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<td>NC Division of Services for Deaf and Hard-of-Hearing (Relay NC Voice/TTY)</td>
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<td>NC Driver’s License Division, Kernersville</td>
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<td>NC Driver’s License Division, North Patterson Avenue</td>
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<td>NC Driver’s License Division, Silas Creek Parkway</td>
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<td>NC Lawyer Referral Service</td>
<td>919-677-8574</td>
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<td>NC Library for the Blind and Physically Handicapped</td>
<td>888-388-2460</td>
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<td>NC Medical Board (doctor complaints)</td>
<td>800-253-9653</td>
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<td>NC State Bar</td>
<td>919-828-4620</td>
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<td>NC State Board of Dental Examiners (dental complaints)</td>
<td>919-678-8223</td>
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<td>NC Stroke Association</td>
<td>336-713-5052</td>
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<td>NC Wildlife Resource Commission</td>
<td>800-662-7137</td>
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<td>NC Works—Forsyth County</td>
<td>336-464-0520</td>
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<td>Nehemiah’s Few, Triad Baptist Church</td>
<td>336-996-7573</td>
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<td>Northside Dialysis</td>
<td>336-744-0577</td>
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<td>Novant Health (information)</td>
<td>336-718-5000</td>
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<td>Novant Health, Behavioral Health</td>
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<td>Novant Health, Diabetes and Nutrition</td>
<td>336-277-1660</td>
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<td>Novant Health, Health Connections (doctor referral)</td>
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<td>Novant Health, Kernersville Medical Center</td>
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<td>NuCare Carolina (fee charged)</td>
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<td>Nutrition Education Programs, Forsyth Cooperative Extension Service</td>
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<td>Partners Behavioral Health Management</td>
<td>877-864-1454</td>
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<tr>
<td>Partners Behavioral Health Management (Crisis Line)</td>
<td>888-235-4673</td>
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<td>Paralyzed Veterans of America</td>
<td>800-795-3622</td>
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Parkinson Association of the Carolinas ................................................................. 866-903-7275
PART Out-of-Region Non-Emergency Medical,
    Winston-Salem Transit Authority ................................................................. 336-662-0002 or 336-883-7278
Piedmont Dialysis Center .................................................................................... 336-721-1360
Piedmont Triad Regional Council, Area Agency on Aging ............................... 336-904-0300
Pilot Mountain Baptist Association ..................................................................... 336-830-8189
Project C.A.R.E. .................................................................................................. 828-485-4267

R-S
+Regional Non-Emergency Medical Transportation,
    Winston-Salem Transit Authority .................................................................... 336-727-2000
Relay NC (TTY) .................................................................................................... 800-735-2962 or 711
Relay NC (voice) .................................................................................................. 800-735-8260 or 711
Rescue Mission ..................................................................................................... 336-723-1848
Retired Senior Volunteer Program (RSVP) ........................................................ 336-306-8119
Salem College, Fleer Center, Adult Continuing Education Programs ................ 336-721-2621
Salem Kidney Center ............................................................................................. 336-761-8808
Salvation Army Church, Walkertown Street location—senior programs .......... 336-499-1196
Salvation Army, Hispanic Services—International Core .................................... 336-499-1196
Salvation Army, North Trade Street location ..................................................... 336-722-8721
Salvation Army, Volunteer Opportunities .......................................................... 336-723-6366
Samaritan Ministries ............................................................................................. 336-748-1962
Sawtooth School for Visual Art ........................................................................... 336-723-7395
Second Harvest Food Bank .................................................................................. 336-784-5779
Senior Financial Care .......................................................................................... 336-896-1328
Senior Legal Helpline (Legal Aid) ........................................................................ 877-579-7562
Senior Life Enrichment Center (adult day care/caregiver support)
    Mt. Zion Baptist Church .................................................................................... 336-721-1842
Senior Lunch of SENIOR SERVICES ................................................................... 336-725-0907
SENIOR SERVICES .............................................................................................. 336-725-0907
SENIOR SERVICES, Elizabeth and Tab Williams Adult Day Center ................ 336-724-2155
SENIOR SERVICES, Help Line ........................................................................... 336-724-2040
SENIOR SERVICES, Home Care ........................................................................ 336-725-0907
SENIOR SERVICES, Living-at-Home (CAP-DA) ................................................. 336-725-0907
SENIOR SERVICES, Meals-on-Wheels .............................................................. 336-725-0907
SENIOR SERVICES, Senior Lunch ..................................................................... 336-725-0907
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SENIOR SERVICES, Memory Connections ......................................................... 336-721-6966
Seniors’ Health Insurance Information Program—Raleigh (SHIIP) ........................................................................ 855-408-1212
The Shepherd’s Center of Greater Winston-Salem ................................................................................................. 336-748-0217
The Shepherd’s Center of Kernersville .......................................................................................................................... 336-996-6696
Social Security Administration ........................................................................................................................................ 800-772-1213
Social Security Administration, Winston-Salem Office ................................................................................................. 877-402-0828
Solutions for Independence Center for Independent Living ......................................................................................... 336-767-7060
State Library of NC for Blind and Physically Handicapped ......................................................................................... 888-388-2460
The Stevens Center ......................................................................................................................................................... 336-721-1945
Substance Abuse Treatment Program, Atrium Health Wake Forest Baptist (psychiatric) .............................................. 336-716-4551
Sunnyside Ministry, Adult Literacy/Emergency Assistance .......................................................................................... 336-724-7558

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

W-X
Wake Forest University (information) .............................................................................................................................. 336-758-5000
Wake Forest University School of Law ............................................................................................................................. 336-758-5430
Weatherization Program, Piedmont Triad Regional Council ......................................................................................... 336-904-0388
Whitaker Rehabilitation Center, Forsyth Medical Center .......................................................................................... 336-718-5780
Wildlife Rehab, Inc. ........................................................................................................................................................ 336-785-0912
Winston-Salem Community and Business Development ............................................................................................ 336-727-8000
Winston-Salem Human Relations Dept. (housing discrimination) .................................................................................. 336-727-8000
Winston-Salem Police Department, Domestic Violence and Victim Assistance ........................................................... 336-773-7860
Winston-Salem Police Department, Non-Emergency ................................................................................................. 336-773-7700
Winston-Salem Recreation and Parks (City Link) ........................................................................................................ 336-727-8000
Winston-Salem Rescue Mission ................................................................. 336-723-1848
Winston-Salem State University (information) ........................................ 336-750-2000
Winston-Salem Symphony ........................................................................ 336-725-1035
Winston-Salem Transit Authority, PART Out-of-Region Non-Emergency Medical ....................................... 336-883-7278
Winston-Salem Transit Authority, Regional Non-Emergency Medical Transportation ........................................ 336-883-7278
Winston-Salem Urban League ................................................................. 336-717-1223
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, Innovation Quarter ..................................................................... 336-245-5140
YMCA, Jerry Long Family ...................................................................... 336-712-2000
YMCA, Kernersville ................................................................................ 336-996-2231
YMCA, Robinhood Road Family ............................................................ 336-251-1090
YMCA, William G. White ........................................................................ 336-721-2100
YMCA, Winston Lake Family ................................................................. 336-724-9205
YMCA, Wells Fargo Express .................................................................. 336-245-7225
YWCA, Gateway Branch ......................................................................... 336-354-1589
YWCA, Hawley House (women—substance abuse) .............................. 336-721-0733

Although we make every effort to be accurate in listing the names of organizations, programs and phone numbers, we would appreciate your bringing to our attention any errors in this directory by calling 336-724-2040. Thank you!
Community Management Corporation takes pride in offering affordable and professionally managed apartment communities for seniors.

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

EMERGENCY NUMBERS

Ambulance/Police/Fire ........................................... 911
Mental Health .................................................... 888-235-4673
Duke Power (power outage) ..................... 800-769-3766
Suicide & Crisis Lifeline ....................................... 988

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

2895 SHOREFAIR DRIVE | WINSTON-SALEM, NC 27105