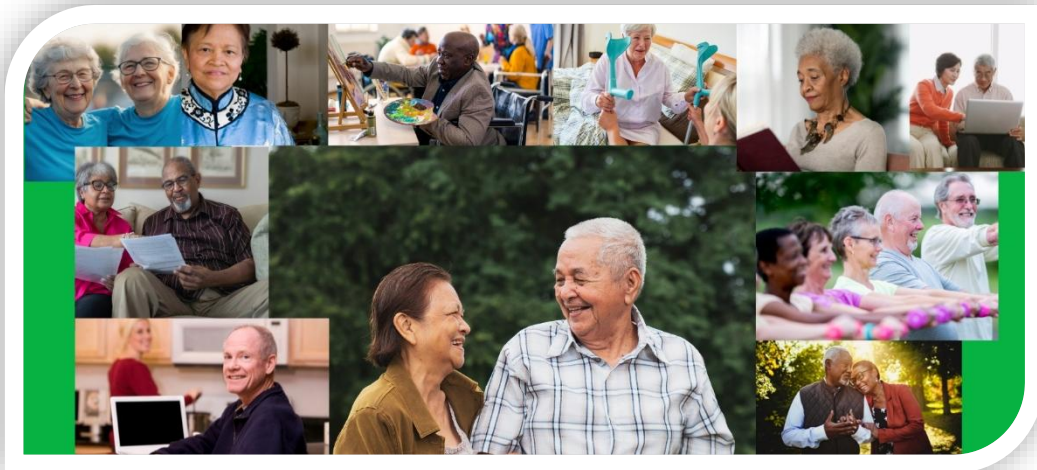




SeniorLine

At-A-Glance Resource Guide



Greensboro: (336) 333-6981

High Point: (336) 884-6981

Food & Nutrition Resources



Meals on Wheels – Senior Resources of Guilford	Home delivered noon meals for adults 60 and over that are homebound and cannot prepare their own meals.	(336) 333-6981 (336) 884-6981
Meals on Wheels – High Point (Senior Resources of Guilford)	Home delivered noon meals for persons of any age that are unable to prepare a meal.	(336) 883-3586
Second Harvest Food Bank - Greensboro	Non-profit, nondenominational, faith-based organization. Has a comprehensive Food Finder website here: Second Harvest Food Bank Food Finder	(336) 784-5770
Greater High Point Food Alliance	Develops and fosters supplemental food systems for the greater High Point community. Has a Guilford County Food Finder website here: Greater Guilford Food Finder	(336) 899-0886
Food Assistance – Helping Hands Ministries High Point	Provides food to those who are in need in the High Point and surrounding areas.	(336) 886-2327
Mobile Oasis Famers Market – Guilford County DHHS	Sells fresh produce/edible plants to the public.	www.guilfordmobileoasis.com

See more Food & Nutrition Resources on next page.

Food & Nutrition Resources



<p><u>Community Nutrition Sites</u> -</p> <ul style="list-style-type: none"> • Burnett’s Chapel (Greensboro) • Macedonia Family Resources Center (High Point) • Hall Towers (Greensboro) • J.O. Harper Senior Center (Gibsonville) • Tolbert New Light (Greensboro) • Morehead-Simkins (Greensboro) 	<p>Six community nutrition centers in Guilford County that provide fellowship, recreation, health opportunities, and nutritious meals for older adults. All sites are wheelchair accessible and have handicapped parking.</p>	<p>(336) 333-6981 (336) 373-4816 Ext. 230</p>
<p><u>Greensboro Urban Ministry</u></p>	<p>The GUM Food Pantry is a "choice" pantry where guests get to come in and choose the foods they would like to take home. The pantry provides emergency groceries to community members struggling to access nutritious and adequate amounts of food necessary for a healthy diet.</p>	<p>(336) 271-5959</p>
<p><u>Out of the Garden Project Fresh Mobile Market</u></p>	<p>Fresh Mobile Markets are free mobile food pantries that distribute fresh produce, bread, meat, and shelf-stable items when available to qualifying families on a monthly basis throughout 23+ locations in the Piedmont Triad Area. Families can expect to leave a Fresh Mobile Market with around 50 pounds of food.</p>	<p>(336) 821-2450</p>

Housing Resources



<u>Greensboro Housing Authority</u>	Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.	(336) 275-8501
<u>High Point Housing Authority</u>	Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.	(336) 887-2661
<u>Greensboro Housing Coalition</u>	Advocates for decent affordable housing for people of low and moderate income and for individuals with special needs.	(336) 691-9521
<u>Affordable Housing Management Inc.</u>	Develops and manages 10 income-restricted rental communities. Affordable rental housing for low to moderate income households.	(336) 273-0568
<u>Beacon Management Company</u>	Management company for low- and modest-income housing communities in Guilford County. Each property is based on income, age, and/or disability qualifications.	(336) 545-9000

Home Maintenance



<p><u>Community Housing Solutions</u></p>	<p>Community Housing Solutions aids <i>homeowners</i> with disabilities and older homeowners. The program makes necessary modifications such as adding wheelchair ramps, ADA toilets, showers, and bathtubs, install grab bars and other modifications to make homes safer, warmer, and drier.</p>	<p>(336) 676-6986</p>
<p><u>Habitat for Humanity of Greensboro</u></p>	<p>Non-profit, community-based organization dedicated to building affordable housing for low-income families.</p>	<p>(336) 275-4663</p>
<p><u>Habitat for Humanity of High Point, Archdale, & Trinity</u></p>	<p>Non-profit, community-based organization dedicated to building affordable housing for low-income families.</p>	<p>(336) 887-9395</p>

Caregiver Resources



<p><u>Family Caregiver Support – Senior Resources of Guilford</u></p>	<p>Assists caregivers who are providing care to an older or disabled adult who is age 60 or older. Provides vouchers to family caregivers who need short term respite care for their loved one.</p>	<p>(336) 373-4816 Ext. 240</p>
<p><u>Health and Safety Services – American Red Cross</u></p>	<p>Provides several types of training, including CPR: Adult, child, infant, CPR/professional rescue, first aid, and more.</p>	<p>(336) 333-2111</p>
<p><u>Well-Spring Solutions</u></p>	<p>Caregiver support groups to help caregivers cope with responsibilities of caring for a loved one, as well as advice for daily living.</p>	<p>(336) 274-3559</p>
<p><u>Caregiver Connect</u></p>	<p>Training/Education: Partners with local agencies and businesses to provide caregiver training/educational opportunities to help the caregivers to better understand, plan and organize their caregiving duties.</p> <p>Resources: Helps to connect caregivers to agencies, businesses and organizations that may provide additional support and services needed by the caregivers.</p> <p>Support: Provides two monthly scheduled Caregiver Encounter Groups. These sessions allow caregivers time to enjoy a light meal or refreshments, fellowship with one another, and take a needed break from caregiving.</p>	<p>(336) 373-4248</p>
<p><u>NC Dementia Alliance</u></p>	<p>Addresses the specific needs of dementia and Alzheimer’s caregivers and provide information, referrals and other forms of caregiver assistance.</p>	<p><u>www.dementianc.org</u></p>

Adult Day Center Resources



<p><u>Adult Day Care – Guilford County DSS</u></p>	<p>Mission is to support adults to remain living independently and prevent premature placement in alternative living situations, reduce social isolation, loneliness, and stimulate interest in leisure activities.</p>	<p>(336) 641-3447</p>
<p><u>Day Advantage Adult Day Center – Well Springs Solutions</u></p>	<p>North Carolina certified Adult Day/Day Health program for frail and/or impaired adults.</p>	<p>(336) 373-4301</p>
<p><u>Triad Adult Day Care Center</u></p>	<p>Provides nutritional meals, snacks, recreational activities, arts & crafts, physical fitness activities and field trips.</p>	<p>(336) 431-1537</p>
<p><u>Journey Adult Day Care Center</u></p>	<p>Provides adult day care for elderly and people with intellectual and developmental disabilities.</p>	<p>(336) 617-3759</p>
<p><u>After Gateway</u></p>	<p>After Gateway is a nonprofit organization dedicated to enhancing the quality of life for adults with multiple and/or severe developmental disabilities.</p>	<p>(336) 379-7670</p>
<p><u>Emmanuel Senior Enrichment Center</u></p>	<p>Adult day center enhancing the social, physical, and emotional well-being of adults with disabilities and age-related challenges</p>	<p>(336) 882-6613</p>

See more Adult Day Center Resources on next page.

Adult Day Center Resources



<p><u>PACE of the Triad</u></p>	<p>PACE of the Triad is a Program of All-inclusive Care for the Elderly (PACE) that provides community-based services to enrolled individuals who need medical care and support to continue living at home.</p>	<p>(336) 550-4046</p>
<p><u>Melvin & Ruth Witcher Adult Day Center (Pennybyrn)</u></p>	<p>Adult day center with activities which provides respite for caregivers.</p>	<p>(336) 821-4000</p>

Respite Care Resources



<p><u>Family Caregiver Support Program – Senior Resources of Guilford</u></p>	<p>Assists caregivers who are providing care to an older or disabled adult who is aged 60 or older. Provides vouchers to family caregivers who need short term respite care for their loved one.</p>	<p>(336) 373-4816 Ext. 240</p>
<p><u>Griswold Home Care</u></p>	<p>Home care agency offering personal care, homemaking, companionship, and temporary or long-term respite services. It also offers overnight and live-in care. There are no minimum schedule requirements.</p>	<p>(336) 285-7477</p>
<p><u>Well-Spring Solutions</u></p>	<p>Offers caregiver education and support.</p>	<p>(336) 545-5377</p>

Health Care Organizations & Information



<u>AuthoraCare Collective – Counseling and Education</u>	For those coping with illness, loss, and change. Has in-home and onsite hospice services.	(336) 621-2500
<u>Hospice of the Piedmont</u>	In-home hospice services in High Point.	(336) 889-8446
CARE Connections	Services to those with progressive, life limiting illnesses.	(336) 889-8446
<u>Community Clinic of High Point</u>	Health clinic for low-income adults with no health insurance.	(336) 841-7154
<u>Contact Center of Atrium Health Wake Forest Baptist</u>	Information for Atrium Health Wake Forest Baptist health system.	(844) 235-6997
<u>Health Connect Physician Referral</u>	Referrals for physicians in Greensboro.	(336) 856-1140
<u>Guilford County Health Department - Greensboro High Point</u>	Provides services to protect, promote and enhance the health and well-being of all people and the environment in Guilford County.	(336) 641-7777 (336) 641-3245
<u>Cone Health Family Practice Center</u>	Primary care practice of Cone Health.	(336) 832-8035

In-Home Care Resources



<p><u>In-Home Aide Services</u> <u>– Guilford County</u> <u>Department of Social</u> <u>Services</u></p>	<p>In-home aides may be brought in to assist adults, who due to certain mental or physical limitations, are unable to do household jobs, pay bills, plan meals, and other activities of daily living.</p>	<p>(336) 641-3143</p>
<p><u>Griswold Home Care</u></p>	<p>Home care agency offering personal care, homemaking, companionship, and temporary or long-term respite services. It also offers overnight and live-in care. There are no minimum schedule requirements.</p>	<p>(336) 285-7477</p>
<p><u>Home Instead Senior Care</u></p>	<p>Provides in-home companionship, home helper, and personal care services for individuals who need assistance with activities of daily living.</p>	<p>(336) 792-3815</p>
<p><u>Well-Spring Home Care</u></p>	<p>Provides in-home assistance to help individuals maintain independence.</p>	<p>(336) 545-5400</p>
<p><u>ComforCare Triad</u></p>	<p>Provides in-home aides to help with all activities of daily living.</p>	<p>(336) 617-6001</p>

Emergency Assistance & Protection



<p><u>Guilford County Sheriff's Department</u></p>	<p>EMERGENCIES DIAL 911.</p> <p>Offers numerous services including criminal investigations, traffic enforcement, 24-hour patrol, civil services and detention facilities, crime prevention, and school resource officer programs.</p>	<p>(336) 292-6127</p>
<p><u>988 Suicide and Crisis Hotline</u></p>	<p>The 988 Suicide & Crisis Lifeline provides free, private support. It's available 24 hours a day, 7 days a week. Anyone who is depressed, going through a hard time, needs to talk or is thinking about hurting themselves can get help. The Lifeline is available to everyone and callers can call for themselves or a loved one who may need crisis support. Callers are connected with a counselor who will listen, offer support and provide resources nearby.</p>	<p>Call or Text 988</p>
<p><u>Adult Protective Services</u></p>	<p>Aims to protect vulnerable adults and adults with disabilities from abuse, neglect, and/or exploitation.</p>	<p>(336) 641-3137</p>

See more Emergency Assistance & Protection Resources on next page.

Emergency Assistance & Protection



<p><u>NC Peer Warmline</u></p>	<p>The NC Peer Warmline (1-855-PEERS-NC) is a free, private phone number you can call day or night to talk with someone who understands. You'll be connected to someone who has personal experiences with mental health or substance use disorders. You can call any time you're feeling sad, stressed, lonely or just need to talk. You don't need to be in crisis to call.</p>	<p>855-733-7763</p>
<p><u>Crisis Line – RHA Behavioral Health High Point</u></p>	<p>Offers assessment, triage, and intervention services to individuals of all ages in Guilford County and surrounding areas.</p>	<p>(336) 899-1505</p>

Financial Assistance



<p><u>Emergency Assistance – Guilford County Department of Social Services</u></p>	<p>Temporary financial assistance for individuals and families.</p> <p><u>Crisis Intervention Program (CIP):</u> provides utility assistance with heating and cooling costs.</p> <p><u>Low Income Energy Assistance Program (LIEAP):</u> provides utility assistance with emergency and non-emergency heating costs.</p>	<p>(336) 641-3447</p>
<p><u>Emergency Assistance – Open Door Ministries of High Point</u></p>	<p>Provides emergency rent and utilities funds (including electric and gas) for greater High Point area residents, as well as counseling and referrals. It also provides food assistance for five days' worth of food for individuals or families.</p> <p>NOTE: Assistance is available as funding allows. Please always call for availability of funds.</p>	<p>(336) 885-0191</p>
<p><u>Emergency Assistance – Greensboro Urban Ministry</u></p>	<p>Provides assistance with past due electricity, gas and water bills; purchase of propane and heating oil; deposits for gas and water deposits; rent and mortgage payments.</p> <p>Assistance is based on the availability of funds.</p> <p>NOTE: For High Point residents: assistance may be available for residents who have a Duke Energy account in their name.</p>	<p>(336) 553-2657</p>
<p><u>Financial Assistance – Helping Hands Ministries High Point</u></p>	<p>Provides assistance with electric bills. Service is only available to the city of High Point electric customers - no Duke Energy assistance.</p>	<p>(336) 886-2327</p>

Insurance Resources



<u>Senior Health Insurance Information Program (SHIIP) – Senior Resources of Guilford</u>	Offers free counseling to older adults regarding Medicare insurance coverage.	(336) 373-4816 Ext. 253
<u>Social Security Administration</u>	Oversees payment of claims for older adults (62 and over), survivor benefits, and disability benefits under social security.	(336) 854-1809 800-772-1213
<u>Medicare</u>	Administers the government health insurance program for adults 65 and older	800-633-4227
<u>Medicaid</u>	Administers the government program for those who are disabled or under a certain income level.	888-245-0179

Transportation Resources



<p><u>Senior Wheels – Senior Resources of Guilford</u></p>	<p>Volunteer-based program that transports seniors 60 and older to and from medical appointments.</p>	<p>(336) 373-4816 Ext. 245</p>
<p><u>Guilford County Transportation & Mobility Services</u></p>	<p>Transportation for Medicaid participants aged 60 and older. Call for availability.</p>	<p>(336) 641-4848</p>
<p><u>Access GSO (formerly SCAT)</u></p>	<p>Transportation for seniors or those with disabilities. Contact for eligibility.</p>	<p>(336) (336) 6589 (336) 373-2634</p>
<p><u>Shepherd’s Wheels</u></p>	<p>Volunteer-based program that transports seniors for errands, non-medical and medical appointments, shopping, etc.</p>	<p>(336) 378-0766</p>
<p><u>Piedmont Authority for Regional Transportation (PART)</u></p>	<p>Provides transportation/connections between Greensboro, High Point, and Winston-Salem.</p>	<p>(336) 662-0002</p>
<p><u>GoGo Grandparent</u></p>	<p>24/7 ride service tailored for senior adults. Meal, grocery, and pharmacy delivery also available.</p>	<p><u>(855) 755-2721</u></p>
<p><u>High Point Transit System Access</u></p>	<p>Provides transportation for medical appointments, work, shopping, errands, etc. within city limits for persons aged 60 and over or disabled and unable to ride the city bus.</p>	<p>(336) 887-1183</p>

Recreational Resources



<p><u>Evergreens Lifestyle Center (Senior Resources of Guilford)</u></p>	<p>Provides a place for older adults 55+ to socialize and participate in educational and recreational programs including exercise classes, a full gym, crafts, games, book clubs, and more.</p>	<p>(336) 373-4816 Ext. 280</p>
<p><u>Smith Senior Center</u></p>	<p>Senior center that is part of the Greensboro Parks & Recreation department.</p>	<p>(336) 373-7564</p>
<p><u>Roy B. Culler Senior Center – High Point</u></p>	<p>Offers activities, crafts, and educational programming for independent seniors.</p>	<p>(336) 883-3584</p>
<p><u>Shepherd’s Center</u></p>	<p>Educational, enrichment, and service projects for older adults.</p>	<p>(336) 378-0766</p>
<p><u>Trotter Active Adult Center</u></p>	<p>Senior center that is part of the Greensboro Parks & Recreation department.</p>	<p>(336) 373-2927</p>

For more information about these or other resources, call SeniorLine.

Greensboro – (336) 333-6981
High Point/Jamestown – (336) 884-6981

SeniorLine is a nonprofit service of Senior Resources of Guilford, providing information, referrals, and options counseling to older adults and their families.

Visit our website at www.senior-resources-guilford.org