

# Senior Line At-A-Glance Resource Guide



Greensboro: 336-333-6981

High Point: 336-884-6981

A program of Senior Resources of Guilford



For Additional Information, Senior Line is just a call away at 336-333-6981

## Basic Needs



### Food/Nutrition

<b>Meals on Wheels – Senior Resources of Guilford</b>	Home delivered noon meals for adults 60 and over that are homebound and cannot prepare their own meals.	<b>336-333-6981</b> <b>336-884-6981</b>
<b>Meals on Wheels – High Point (Senior Resources of Guilford)</b>	Home delivered noon meals for persons of any age that are unable to prepare a meal.	<b>336-882-7676</b>
<b>Second Harvest Food Bank - Greensboro</b>	Non-profit, nondenominational, faith-based organization providing grocery boxes at a greatly reduced cost.	<b>336-784-5770</b>
<b>Greater High Point Food Alliance</b>	Develops and fosters supplemental food systems for the greater High Point community.	<b>336-899-0886</b>
<b>Food Assistance – Helping Hands Ministries High Point</b>	Provides food to those who are in need in the High Point and surrounding areas.	<b>336-886-2327</b>
<b>Mobile Oasis Farmers Market – Guilford County DHHS</b>	Sells fresh produce/edible plants to the public.	
<b>Piedmont Triad Farmers Market - Colfax</b>	Sells fresh, locally grown farm products to the people of the Triad.	<b>336-605-9157</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<p><b>Community Nutrition Sites -</b></p> <ol style="list-style-type: none"> <li>1. <b>Burnett's Chapel (Greensboro)</b></li> <li>2. <b>Macedonia Family Resources Center (High Point)</b></li> <li>3. <b>Hall Towers (Greensboro)</b></li> <li>4. <b>J.O. Harper Senior Center (Gibsonville)</b></li> </ol>	<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><b>336-333-6981</b> <b>336-373-4816 Ext. 230</b></p>
<ol style="list-style-type: none"> <li>5. <b>Tolbert New Light (Greensboro)</b></li> <li>6. <b>Morehead-Simkins (Greensboro)</b></li> </ol>		



## Housing Needs

<p><b>Greensboro Housing Authority</b></p>	<p>Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.</p>	<p><b>336-275-8501</b></p>
<p><b>High Point Housing Authority</b></p>	<p>Provides affordable housing and collaborates with the community to create opportunities for resident self-sufficiency and economic independence.</p>	<p><b>336-887-2661</b></p>
<p><b>Greensboro Housing Coalition</b></p>	<p>Advocates for decent affordable housing for people of low and moderate income and for individuals with special needs.</p>	<p><b>336-691-9521</b></p>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Affordable Housing Management Inc.</b>	Develops and manages 10 income-restricted rental communities. Affordable rental housing for low to moderate income households.	<b>336-273-0568</b>
<b>Beacon Management Company</b>	Management company for low- and modest-income housing communities in Guilford County. Each property is based on income, age, and/or disability qualifications.	<b>336-545-9000</b>



## Home Maintenance

<b>Community Housing Solutions</b>	Community Housing Solutions aids <u>homeowners</u> 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.	<b>336-676-6986</b>
<b>Habitat for Humanity of Greensboro</b>	Non-profit, communitybased organization dedicated to building affordable housing for low-income families.	<b>336-275-4663</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Habitat for Humanity of High Point, Archdale, &amp; Trinity</b>	Non-profit, community based organization dedicated to building affordable housing for low-income families.	<b>336-887-9395</b>
--	--	---------------------

## Caregiving



### Caregiver Training

<b>Family Caregiver Support – Senior Resources of Guilford</b>	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.	<b>336-373-4816 Ext. 240</b>
<b>Health and Safety Services – American Red Cross</b>	Provides several types of training, including CPR: Adult, child, infant, CPR/professional rescue, First Aid, etc.	<b>336-333-2111</b>
<b>Well-Spring Solutions</b>	Caregiver support groups are designed to help you cope with the extra responsibilities of caring for your loved one, as well as advice for daily living.	<b>336-274-3559</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<p><b>Caregiver Connect</b></p>	<p><b>Training/Education:</b> 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><b>Resources:</b> helps to connect caregivers to agencies, businesses and organizations that may provide additional support and services needed by the caregivers. <b>Support:</b> 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><b>336-373-4248</b></p>
---------------------------------	--	----------------------------



## Adult Day Care

<p><b>Adult Day Care – Guilford County DSS</b></p>	<p>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><b>336-641-3447</b></p>
<p><b>Day Advantage Adult</b></p>	<p>North Carolina certified Adult Day/Day Health program for frail and/or impaired adults.</p>	<p><b>336-373-4301</b></p>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Day Center – Well Springs Solutions</b>		
<b>Triad Adult Day Care Center</b>	Provides nutritional meals, snacks, recreational activities, arts & crafts, physical fitness activities and field trips.	<b>336-431-1537</b>



## Respite Care

<b>Family Caregiver Support Program – Senior Resources of Guilford</b>	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.	<b>336-373-4816 Ext. 240</b>
<b>Griswold Home Care</b>	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.	<b>336-285-7477</b>
<b>Adult Day and Respite Care Center</b>	Provides adult day respite services. Services are designed to make it easier for families to keep adults with emotional, physical and mental disabilities, and/or frailties associated with aging in the home and the community and avoid institutionalization.	<b>336-852-8338</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Connections Group Respite Program</b>	Social program offering a four-hour break for those providing care for a family member who is impaired or requires supervision. Impaired family members receive opportunities for a variety of activities with friends in a secure and supportive setting.	<b>336-373-4301</b>
--	--	---------------------

## Health Care



### Health Care Organizations and Information

<b>AuthoraCare Collective – Counseling and Education</b>	For those coping with illness, loss, and change.	<b>336-621-2500</b>
<b>Hospice of the Piedmont</b>	In-home hospice services in High Point	<b>336-889-8446</b>
<b>Mental Health Association – Greensboro High Point</b>	Mental health information, services, support, and education.	<b>336-373-1402</b> <b>336-883-7480</b>
<b>CARE Connections</b>	Services to those with progressive, life limiting illnesses.	<b>336-889-8446</b>
<b>Community Clinic of High Point</b>	Health clinic for low-income adults with no health insurance.	<b>336-841-7154</b>
<b>Contact Center of Atrium Health Wake Forest Baptist – High Point</b>	Information for Atrium Health Wake Forest Baptist	<b>336-878-6888</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Health Connect Physician Referral</b>	Referrals for physicians in Greensboro	<b>800-533-3463</b>
<b>Guilford County Health Department - Greensboro High Point</b>	Provides services to protect, promote and enhance the health and well-being of all people and the environment in Guilford County.	<b>336-641-7777 336-641-3245</b>
<b>Atrium Health Wake Forest Baptist Adult Health</b>	For uninsured and underinsured. Apply through the Guilford County Department of Social Services	<b>336-845-7867</b>
<b>Moses Cone Family Practice</b>	Outpatient medical services.	<b>336-832-7486</b>



## **In-Home Aide Services**

<b>In-Home Aide Services – Guilford County Department of Social Services</b>	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.	<b>336-641-3447</b>
<b>Griswold Home Care</b>	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.	<b>336-285-7477</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Home Instead Senior Care</b>	Provides in-home companionship, home helper, and personal care services for individuals who need assistance with activities of daily living.	<b>336-792-3815</b>
<b>Well-Spring Home Care</b>	Provides in-home assistance to help individuals maintain independence.	<b>336-545-5446</b>
<b>ComforCare Triad</b>	Provides in-home aides to help with all activities of daily living.	<b>336-617-6001</b>

## Safety



### Emergency Assistance and Protection

<b>Adult Protective Services</b>	Aims to protect vulnerable adults and adults with disabilities from abuse, neglect, and/or exploitation.	<b>336-641-3137</b>
<b>Crisis Line – RHA Behavioral Health High Point</b>	Offers assessment, triage, and intervention services to individuals of all ages in Guilford County and surrounding areas.	<b>336-899-1505</b>
<b>Guilford County Sheriff’s Department</b>	<b>EMERGENCIES DIAL 911.</b> Offers numerous services including criminal investigations, traffic enforcement, 24-hour patrol, civil services and detention facilities, crime prevention, and school resource officer programs.	<b>336-292-6127</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

<p><b>Emergency Assistance – Guilford County Department of Social Services</b></p>	<p>Temporary financial assistance for individuals and families. <sup>1</sup>  <b><u>Crisis Intervention Program (CIP):</u></b> provides utility assistance with heating and cooling costs. <sup>2</sup>  <b><u>Low Income Energy Assistance Program (LIEAP):</u></b> provides utility assistance with emergency and non-emergency heating costs.</p>	<p><b>336-641-3447</b></p>
<p><b>Emergency Assistance – Open Door Ministries of High Point</b></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><b>NOTE:</b> Assistance is available as funding allows. Please always call for availability of funds.</p>	<p><b>336-885-0191</b></p>
<p><b>Emergency Assistance – West End Ministries High Point</b></p>	<p>Provides eligible households with supplemental rental/mortgage assistance to prevent eviction and provides supplemental utility assistance to prevent disconnection of vital water, electricity and gas utilities.</p>	<p><b>336-884-1105</b></p>



For Additional Information, Senior Line is just a call away at 336-333-6981

<b>Emergency Assistance Greensboro Urban Ministry</b>	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.  Assistance is based on the availability of funds.  NOTE: For High Point residents: assistance may be available for residents who have a Duke Energy account in their name.	<b>336-553-2657</b>
<b>Financial Assistance Helping Hands Ministries High Point</b>	Provides assistance with electric bills. Service is only available to the city of High Point electric customers - no Duke Energy assistance.	<b>336-886-2327</b>

## Insurance



### Insurance Information

<b>Senior Health Insurance Information Program (SHIP) – Senior Resources of Guilford</b>	Offers free counseling to older adults regarding Medicare insurance coverage.	<b>336-373-4816 Ext. 253</b>
<b>Social Security Administration</b>	Oversees payment of claims for older adults (62 and over), survivor benefits, and disability benefits under social security.	<b>336-854-1809 800-772-1213</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

## Transportation



### Transportation Services

<b>Senior Wheels – Senior Resources of Guilford</b>	Volunteer-based program that transports seniors 55 and older to and from medical appointments.	<b>336-373-4816 Ext. 245</b>
<b>Guilford County Transportation</b>	Transportation for Medicaid participants ages 60 and older. Call for availability.	<b>336-641-4848</b>
<b>SCAT – Access GSO</b>	Transportation for seniors or those with disabilities. Contact for eligibility.	<b>336-336-6589 336-373-2634</b>
<b>Shepherd’s Wheels</b>	Volunteer-based program that transports seniors for errands, non-medical and medical appointments, shopping, etc.	<b>336-378-0766</b>
<b>Piedmont Authority for Regional Transportation (PART)</b>	Provides transportation/connections between Greensboro, High Point, and Winston-Salem.	<b>336-662-0002</b>
<b>CJ Medical Transportation</b>	Provides non-emergency medical transportation for medical appointments of all types. Wheel-chair accessible.	<b>336-656-9888</b>
<b>Dial-a-Lift High Point</b>	Provides transportation for medical appointments, work, shopping, errands, etc. within city limits for persons 60 and over or disabled and unable to ride the city bus.	<b>336-887-1183</b>



For Additional Information, Senior Line is just a call away at 336-333-6981

## Recreation



### Senior Centers

Evergreens Lifestyle Center (Senior Resources of Guilford)	Provides a place for older adults to socialize and participate in educational and recreational programs including exercise classes, a full gym, crafts, games, book clubs, and more.	336-373-4816 Ext. 280
Smith Senior Center	Encourages older adults to stay active and healthy by offering a wide variety of health, wellness, and leisure opportunities, health screenings, as well as free legal and tax services by appointment.	336-373-7564
Roy B. Culler Senior Center – High Point	Offers activities, crafts, and educational programming for independent seniors.	336-883-3584
Shepherd’s Center	Educational, enrichment, and service projects for older adults.	336-378-0766
Trotter Active Adult Center	Provides diverse, year-round programs, activities and services that meet the physical, social, mental and	336-373-2927
	cultural needs of active adults in Greensboro.	



For Additional Information, Senior Line is just a call away at 336-333-6981



For Additional Information, Senior Line is just a call away at 336-333-6981

Senior Line is pleased to make this At-A-Glance resource directory available to you. For more information on any of the programs listed here or the other programs in our information database not listed, please call Senior Line at 336-333-6981 or in High Point, 336-884-6981. Senior Line services are always available without charge. If you would like to donate to help us extend this service to more people in the community, please send contributions to:

Senior Resources of Guilford  
PO Box 21993  
Greensboro NC 27420 Thank  
you for your consideration.



For Additional Information, Senior Line is just a call away at 336-333-6981