

# COMMUNITY RESOURCE GUIDE for Seniors

*"Helping older adults pursue independent and active lives of purpose."*

**- SHEPHERD'S CENTER OF GREENSBORO**



Sponsored by **Blue Moon Benefits Group**

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# **Adult Day Care Centers/Adult Services**

## **Adult County Services**

Department of Social Services

(336)641-3717

<http://www.myguilford.com/humanservices/socialservices/adult-services-and-programs/>

## **Day Care/Health Services**

To support adults to remain living independently, reduce social isolation, loneliness, and stimulate interest in leisure activities.

## **Case Management Program**

To provide professional assistance for older adults with complex care needs to assess needs, arrange and coordinate a package of services to enable the older adult to remain at home.

## **Adult Foster Care (Placement)**

To assist aged and disabled individuals, their families, or representatives to find substitute homes or residential health care facilities suitable to their needs when they are unable to remain in their current living conditions.

## **Adult Protective Services**

To ensure that protection is provided to disabled adults who are being abused, neglected or exploited.

## **In-Home Aide Services**

To assist adults and their families to attain or maintain self-sufficiency and improve quality of life.

## **Adult Case Management**

Department of Social Services

(336)641-3000 Ask for APS On-Call Social Worker

(336)641-2514 APS Office

<http://www.myguilford.com/humanservices/socialservices/>

Service provides short and long-term assistance for adults needing help accessing services in order to meet their individual needs. Eligibility varies based upon disability, needs, and programmatic criteria.

## **Adult Center for Enrichment**

(336)274-3559

<http://www.acecare.org/>

Day Centers and respite services for frail and impaired adults.

At the primary certified **Adult Day Care/Day Health Center** (2701 Henry St., Greensboro), participants engage in on-site activities such as art and music, exercise, recreation, and a variety of education/cultural programs. Nursing services with a Registered Nurse or a Licensed Practical Nurse are available. Participants are provided with a nutritious breakfast, lunch and snack plus transportation can be arranged.

The **Group Respite** program is offered at *First Baptist Church, Muir's Chapel UMC, and Temple Emanuel* in Greensboro. The program is from 10:00 am to 2:00 pm on certain days of the week depending on the location. A nutritious lunch is provided. Group Respite allows individuals caring for family members an opportunity to have a break from caregiving responsibilities. It also gives the loved one receiving care a chance to enjoy activities, exercise, music, lunch and interaction with peers while in a safe and trusting environment and with close supervision.

## **Crossroads Adult Day Care Center**

(336)333-0059

Adult Day Care Services.

## **Emmanuel Senior Enrichment Center**

(336)882-6613

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

Adult Day Care Services in High Point.

## **Medicaid**

Department of Social Services

(336)641-3000

<http://www.ncdhhs.gov/assistance/medicaid>

To pay medical expenses for eligible aged, blind, and disabled individuals and families with dependent children.

\*\* For a list of businesses that provide adult day care or in-home care and associated services, check the local *Senior Living Guide* or *Triad Retirement Living* magazines. Sites such as [www.agingcare.com](http://www.agingcare.com) or [www.careinhomes.com](http://www.careinhomes.com) are also useful for searching for private pay options.

## Affordable Housing

### **Greensboro Housing Authority**

(336)275-9899

[www.gha-nc.org/](http://www.gha-nc.org/)

Affordable housing with three communities specifically for older adults: *Gateway Plaza, Hall Towers and Stoneridge*. People age 55 and older with limited incomes are eligible for residence in these apartments

### **Greensboro Housing Coalition**

(336)691-9521

[greensborohousingcoalition.com/](http://greensborohousingcoalition.com/)

Advocates for safe, affordable housing; can assist with referrals for home repair.

### **High Point Housing Authority**

(336) 887-2661

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

Affordable housing; two senior communities with services for older adults.



## Aging Issues

### **Area Agency on Aging- Forsyth County Piedmont Triad Regional Council**

400 W. Fourth Street, Suite 400  
Winston-Salem, NC 27101  
(336)761-2111  
[www.ptrc.org/](http://www.ptrc.org/)

### **Area Agency on Aging- Guilford County Piedmont Triad Regional Council**

2216 W. Meadowview Rd., Suite 201  
Greensboro, NC 27407  
(336)294-4950  
[www.ptrc.org/](http://www.ptrc.org/)

*(on left column, click on Area Agency on Aging)*

Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them. By contacting your local agency you get access to critical information including:

- Available services in your area
- Mobility assistance programs, meal plans & housing
- Assistance in gaining access to services
- Individual counseling, support groups and caregiver training
- Respite care
- Supplemental services, on a limited basis

### **Gerontology Studies - UNCG**

<http://gerontology.wp.uncg.edu/resources/>

This site provides a list of links to national, regional, state, and local gerontology resources.

For research, try these phrases when searching online: aging in place, aging issues, retirement living, AARP, etc.

## Computers & Classes

### **HandyCapable Network**

(336)209-7360

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

HandyCapable is a tax-deductible non-profit, dedicated to providing developmentally disabled adults with meaningful work in a nurturing facility. We do this by training our “HandyTechs” to refurbish donated computers that we place with low-income families and other non-profits.

### **ShepNet Computer & Technology Center for Seniors**

**c/o Shepherd's Center of Greensboro**

(336)378-0766

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

In Greensboro, ShepNet Computer Center for Seniors has offered computer classes to thousands of older adults (50+) over the past eighteen years. With small classes of 6-9 students, individual attention and discussions help enhance learning. Classes include basic computer skills, Managing Windows 8.1/10, genealogy, photo editing, how to use your iphone, android, or ipad.

Keeping seniors engaged, connected and learning is the key goal of the program.

(Classrooms are located at Starmount Presbyterian Church. Registration must be completed before attending classes.)

## Dental

### **Affordable Dentures**

(336)546-6112

[www.affordabledentures.com/office/colfax/](http://www.affordabledentures.com/office/colfax/)

Provides Affordable Dentures® and related tooth extraction services. Located in Colfax and opened in 1978. Treats patients who travel from Winston-Salem, Greensboro and many other communities in the surrounding areas.



## **Donated Dental Services**

(877)650-9001 Toll Free (919)677-9001 Local

<http://dentallifeline.org/>

Provides donated dental care to those who are disabled, medically compromised, or elderly (65+) and who have no financial resources with which to pay for their extensive dental care needs. No cost to approved applicants. People in a position to pay for part of their care may be encouraged to contribute, especially when lab work is involved.

Call for application. Complete application form, sign, and mail to DDS. Once application is received, it is processed and the applicant is placed on a waiting list. When a dentist in applicant's area is available, applicant will be contacted directly to complete intake interview and confirm eligibility.

Must be permanently disabled, critically ill, or elderly (65+) and have no financial resources to pay. DDS does NOT cover routine or emergency care.

## **Forsyth Tech Community College Dental Clinic**

(336)734-7550 Information and Appointments

(336)723-0371 Forsyth Tech Information Desk

Dental Education Clinic in Snyder Hall on the Main Campus that is open to the public. Students in the Dental Hygiene and Dental Assisting programs are trained in various procedures by working with actual patients. Clinic is open during spring and fall semesters, not during the summers.

February – June ONLY: clinic provides additional services, including complete exams, fillings, extractions, root canals, crowns, and temporary partial fillings.

Insurance NOT accepted. Basic Services: \$5 - \$40. Surgical extractions, crowns, root canals range: \$60 - \$450. Cash or Checks ONLY; no credit cards. Payment required on day of service; no payment plans available.

Appointment REQUIRED. Initial appointment is for screening medical and dental history. Second appointment (on a different day) will be made for treatment.

<https://www.forsythtech.edu/services-students/student-resources/dental-clinic/>



## **Guilford Tech Community College Dental Hygiene Services**

(336)334-4822 ext.50251 Information and Appointments

Jamestown Campus of GTCC 601 E. Main Street Jamestown, NC 27282

**Services offered include** Oral prophylaxis (teeth cleaning), Pit and fissure sealants, Dental x-rays, Fluoride treatments, Plaque control instruction

Appointment times vary semester-to-semester and generally last 3 hours. Both clinics are open to GTCC students, faculty/staff and the general public. Rates for services offered by the clinics are nominal.

## **North Carolina Missions of Mercy (NCMOM)**

(919)677-1396

Operates portable free dental clinics through North Carolina as an outreach program of the North Carolina Dental Society. Provides free dental care to as many underserved persons within North Carolina as possible.

To see upcoming clinic dates, visit <http://www.ncdental.org/meetings-events/nc-missions-of-mercy>

## **UNC Dental Clinic**

(336)966-1161 General Clinic Information

(336)966-2805 Patient Admissions

Dental care and treatment provided by students enrolled in the Doctorate in Dental Surgery program (D.D.S.) and dental hygiene and dental assisting students. Services provided in all area of dental care including: fillings, crowns and bridges, complete and partial dentures, implants, gum treatments, root canals, extractions, as well as preventive care.

Fees vary depending on treatment – usually 1/3 to 2/3 the cost treatment dentist offices. Dentures usually less than 1/3 the normal cost.

A monthly drawing is held at the beginning of each month. If your application is selected, it will be reviewed and placed on a waiting list for a screening appointment. Call and have application mailed to you or apply online at <http://www.dentistry.unc.edu/patient/studentclinics/>

## **Disability Services and Assistance**

### **Communication Services for the Deaf and Hard of Hearing**

(336)275-8878

(336)274-1461 TTY/VP

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

Services include education, advocacy, information, and referral about deafness and hearing loss. Sign language classes offered.

### **Joy Shabazz Center for Disability Rights**

(336)272-0501

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

Services include advocacy, independent living skills training, peer support, and information and referral for persons with disabilities.

### **NC Health and Human Services Division of Services for the Blind**

(336)896-2227 Piedmont area office

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

Includes independent living skills, training, information, and counseling. Eye care certification.

### **NC Independent Living**

(336)852-4523 Greensboro office

(336)784-2100 Winston Salem office

<http://www.ncdhhs.gov/dvrs/pwd/ils.htm>

Offers independent living skills, adaptations and modifications to home and vehicle, and rehabilitation assistance.

### **Services for the Deaf and Hard of Hearing**

(336)273-9692 Regional office

(336) 429-5644 video phone

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

Direct and indirect services for hearing impaired individuals, including telecommunications.

## **Relay North Carolina**

Dial 711

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

A statewide telephone relay number that connects standard (voice) telephone users with deaf, hard-of-hearing, and/or speech-disabled people who use text telephones (TTYs).

## **The Servant Center**

Disability Assistance Program

(336)275-2585

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

The Disability Assistance Program provides assistance with the application process for entitlements through the Social Security Administration. Referrals must meet the 50% Adjusted Median Income maximum limit as established by HUD for the program year.

# **Education and Recreation Programs**

## **Creative Aging Network (CAN-NC)**

(336) 253-0856

[www.can-nc.org](http://www.can-nc.org)

Designs programs and staff training opportunities that “*enhance the well-being of older people through creative arts programming, education and training.*” Prior classes included dancing, song writing, sculpture, paper-making, timeslips storytelling, painting and a wide variety of additional creative group activities on a state-wide basis. Artists also work with retirement centers, activity staff and others seeking training for residents.

## **Roy B. Culler Senior Center- High Point**

600 North Hamilton Street, High Point, NC 27265

(336)883-3584

[http://www.highpointnc.gov/pr/roy\\_b\\_culler\\_jr\\_senior\\_center.cfm](http://www.highpointnc.gov/pr/roy_b_culler_jr_senior_center.cfm)

Operated by the City of High Point, the Center offers a variety of activities for adults that are the age of 50 and over. This “Center of Excellence” facility offers a variety of programs and activities that include *exercise, arts and crafts, movies, health*

screening, club meetings, parties, holiday celebrations, cultural events, entertainment, theatre and sightseeing trips.

Programs include:

*A Matter of Balance*

*AHOY Adult Exercise*

*Art Classes*

*Billiards & Ping Pong games*

*Bingo*

*Blood Pressure Screenings*

*Bowling*

*Canasta, Pinochle, or Social Bridge*

*Ceramics*

*Chair Volleyball*

*Computer Classes (basic-advanced)*

*Legal Aid*

*Line Dancing*

*Living a Healthy Life*

*Low Vision Screening*

*Monday at the Movies*

*Pickleball*

*Putt Putt Golf*

*Wii Bowling at the Stratford*

*Yoga*

Culler Smith Senior Center also has various Clubs and Groups that include: *AARP, Happytones Senior Chorus, Ladies Brunch Group. Livin' It Up At 50+, Sophisticated Ladies*

## **Senior Resources of Guilford**

(336)373-4816

<http://www.senior-resources-guilford.org>

The **Greensboro Senior Center** located in downtown Greensboro provides a place where senior adults can unite for recreation, educational presentations, health screenings, volunteer activities and field trips. Activities are offered Monday – Friday, with a nutritious noontime meal.

**Refugee Programs** are offered to senior adults 60 and over with refugee status who have relocated to Guilford County. They participate in cultural awareness programs, health screenings, citizenship training and English for Speakers of Other languages (ESOL) classes.

**Rural Outreach Activities** provide senior adults living in Colfax, Oak Ridge, Pleasant Garden, Stokesdale, Summerfield, and southeastern Guilford County with a variety of recreational activities and a noontime meal in their home communities.

**Guilford Boomers** - If you were born between 1946-1964, you are a Boomer. For information on activities, resources and services to assist with any aspect of aging, for you or your parents...[www.GuilfordBoomers.org](http://www.GuilfordBoomers.org)

## Shepherd's Center of Greensboro

302 West Market Street, Room 103 Greensboro, NC 27401

(336) 378-0766

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

The Shepherd's Center of Greensboro (SCG) is recognized as a leading provider of life-long learning, services and social opportunities through creative programming for a diverse community of active, older adults.

They offer a variety of programs. Some of these programs include:

**Adventures in Learning** - Life-long learning and enrichment classes are offered three times each year (winter, spring and fall). The classes are led by knowledgeable, experienced instructors, many of whom are retired professors. Lunches are available and Forum speakers are key leaders from the community. Each 6-week series provides a wide variety of topics and an unmatched opportunity for both personal growth and social interaction.

**Shepherd's Travelers** - Opportunities to travel regionally to places of interest such as theatres, galleries, gardens, museums, restaurants and more are provided with volunteer leadership. New overnight regional trips or tours that are senior-friendly are now being offered. Visit <http://www.shepctr.org/what-we-do/travelers/> for the latest on upcoming trips.

**ShepNet Computer Classes** - Computer instruction is offered to older adults who want to learn how to use the computer and other new technologies (smart phone, iPad, etc.) to further enhance their lives, be more informed and bring wisdom to the information age.

**Table Games** - This program provides many opportunities for seniors to play new and familiar board and card games with emphasis on learning, laughter and fellowship. Meets the first Monday of the month.

SCG also provides helpful services for older adults:

**Handy Hands** - Volunteers assist homeowners with minor in-home repairs of small appliances, broken locks, leaky faucets, changing air filters or bulbs, etc. Assistance is also available for operation of VCR and DVD players.

**Shepherd's Wheels** - Volunteer drivers provide non-medical transportation for older adults with limited or no access to transportation. Common destinations in Greensboro include the grocery store, post office, bank, beauty shop, or photo ID sites.

**Tax Counselors** - Reliable, expert tax counselors are certified by the IRS to provide free assistance with preparing simple income tax returns. Filing takes place by appointment only from February to early April.

## Smith Senior Center

2401 Fairview Street, Greensboro, NC 27405

(336)373-7564

<http://www.greensboro-nc.gov/index.aspx?page=1356>

Operated by the City of Greensboro, Parks & Recreation, the center offers *fitness, exercise, swimming, and educational activities* for older adults. **Other services include:**

*AARP Tax-Aide Service*

*Blood Glucose & Blood Pressure Checks*

*BP and Bingo*

*Grief Support Group*

*Hearing Loss Group*

*Hearing Screenings*

*Insurance Counseling*

*Legal Services*

*Osteoporosis Group*

*ResFit Group*

Smith Senior Center also has various Clubs and Groups that include:

*City Wide Seniors Bowling League*

*Greensboro Social Dance Club*

*Honey Bee Helpers*

*Quilting Club*

*Seniors Hiking Club*

*Singing Senior Ambassadors*

*SMAC- Seniors Making Activities*

*Count*

*TOPS- Take Off Pounds Sensibly*

Smith Center is the organizer for the area's **Senior Games**

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

The mission of Greater Greensboro Senior Games is to promote health and physical fitness. Events include fun competition for seniors with varied levels of fitness and fun (longer and lower intensity or high-intensity sports for the conditioned trained athlete). Open to all Guilford County residents 50 years of age or older.

## Food and Nutrition Assistance

### Blessed Table Food Pantry

3433 Summit Avenue

(336)333-2266

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

Faith-Based community outreach ministry whose goal is to provide food to those in need in the Greensboro area. Tuesday through Friday, 10:00 am until 1:00 pm.

## Community Nutrition Program – Guilford County

(336)333-6981 Greensboro

(336)884-6981 High Point

[www.senior-resources-guilford.org/communitynutrition.cfm](http://www.senior-resources-guilford.org/communitynutrition.cfm)

Nutritious noontime meals are available for residents 60-years and older at any of the nine Community Nutrition Centers throughout Guilford County. Community Nutrition Centers are also great places to meet friends, learn new skills, and discover new ways to make a difference in our community.

Sites include:

### **Greensboro:**

#### **Greensboro Senior Center**

301 E. Washington Street

#### **Burnett's Chapel**

United Methodist Church

1201 Burnett's Chapel Road

#### **Gateway Plaza**

200 Spring Garden Street

#### **Hall Towers**

2314 North Church Street

#### **Morehead-Simpkins**

3301 Jolson Street

#### **Mt. Zion Baptist Church**

1301 Alamance Church Road

#### **New Light Baptist Church/Tolbert**

1105 Willow Road

### **High Point:**

#### **Elm Towers**

701 South Elm Street

### **Gibsonville**

#### **J.O. Harper Senior Center**

400 Steele Street

*For I was hungry and you  
gave me food;  
I was thirsty and you  
gave me drink.  
Matthew 25:35*





## **Food Assistance**

(336)988-8899

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

Groceries on Wheels offers food, friendship and hope to improve health and wellness to low income and disabled seniors in Guilford County.

## **Food and Nutrition Services**

(336)641-3000

(336)845-7771

Assists low-income households to obtain benefits to purchase food (formerly known as Food Stamps).

## **Greensboro Urban Ministry**

(336)553-2672

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

Greensboro Urban Ministry strives to fill the gap between individual income and government benefits by providing emergency food assistance through our Emergency Assistance Program.

## **Groceries on Wheels**

(336)988-8899

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

Groceries on Wheels offers food, friendship and hope to improve health and wellness to low income and disabled seniors in Guilford County.

## **Mobile Meals – Senior Resources of Guilford**

(336)333-6981 Greensboro

(336)884-6981 High Point

[www.senior-resources-guilford.org/mobilemeals.cfm](http://www.senior-resources-guilford.org/mobilemeals.cfm)

Home delivered noon meals for adults 60 and over who are homebound and cannot prepare their own meals.

## **Salvation Army**

(336)273-5572 Greensboro

(336)881-5400 High Point

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

Emergency assistance includes food, rent, utility bill furniture, clothing, and some lodging.

### **The Servant Center**

Grocery Assistance Program

(336)275-8585

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

Places food in reach of those facing food insecurity. Includes monthly food bag delivery program to low-income elderly, and a food grocery distribution to low-income individuals and families. The food pantry hours are: Monday-Thursday, 10am-2pm. Individuals in need of food must obtain a referral from the Food Stamp Administration.

A full listing of Greensboro Food Pantries is posted in *The Little Blue Book* resource guide. A listing of Free Meals is listed in *The Little Green Book*. Both are compiled by Amy Murphy and posted at [www.theMiraclesISee.org](http://www.theMiraclesISee.org)

## **Health Services Connections**

### **Alzheimer's Association – Western Carolina Chapter**

(336)285.5920

<http://www.alz.org/northcarolina>

The Alzheimer's Association is the premier source of information and support for the 5.4 million Americans with Alzheimer's Disease and related disorders. The National organization was founded in 1980 as a non-profit organization and is the largest private supporter of Alzheimer's research.

The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in the 49 western North Carolina counties serving over 160,000 people living with Alzheimer's disease. We provide a variety of services including a 24-Hour Helpline, support groups, educational programs, MedicAlert®, and Alzheimer's Association Safe Return®. We offer opportunities to get involved and to make a difference.

### **Community Clinic of High Point**

(336)841-7154

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

Health Clinic for low income adults with no health insurance.

## **Health Connect Physician Referral**

(800)533-3463

Referrals for physicians in Greensboro.

## **High Point Regional Adult Health**

(336)845-7867 DSS

[www.highpointregional.com/our\\_services/imaging\\_services.aspx](http://www.highpointregional.com/our_services/imaging_services.aspx)

For uninsured and underinsured. Apply through DSS in High Point.

## **Hospice and Palliative Care of Greensboro**

336-621-2500

[www.hospicegso.org/our-services/medical-services](http://www.hospicegso.org/our-services/medical-services)

HPCG offers in-home hospice care wherever you call home. We serve patients in their private residences, in assisted-living residences, or in long-term-care facilities. HPCG patients and their families are usually in the midst of a difficult journey.

Palliative Care: The word palliate means to make comfortable. Palliative care includes pain and symptom management as well as support for caregivers. Palliative care can help a patient at any stage of a serious illness, even as early as the time of diagnosis.

## **Parkinson Association of the Carolinas**

704-248-3722 or Toll-free: 866-903-PARK (7275)

<http://www.parkinsonassociation.org>

Mission: “to serve as a resource for individuals and their families affected by Parkinson’s disease in the Carolinas, through education, community outreach and direct support”.

The overarching goal for the Parkinson Association of the Carolinas (PAC) is to help support people with Parkinson’s disease throughout North and South Carolina, so that they can remain independent and stay active in the community, until a cure is found. The organization uses their resources and expertise to support, educate and empower those impacted by the Disease. They give patients the tools needed to better manage the Disease and to allow them to maintain the highest quality of life, for as long as possible.

# Housing Needs/Emergency Assistance

## **Assisted Living**

<http://www.aboutassistedliving.org>

A website that outlines the services and assessments of assisted living services.

## **Community Housing Solutions**

Rebuilding Homes. Restoring Hope.™

(336)676-6986

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

Community Housing Solutions' mission is to provide decent, safe, and affordable housing to low-income households. We are working toward the elimination of substandard housing by restoring dignity and hope to families living in Guilford County.

Home Repair Program:

We serve low-income homeowners that can't physically complete the repairs or financially afford a for-profit contractor. Income must be below 80% of the area median income, own their own home, and live in Guilford County.

## **Greensboro Housing Authority**

(336)275-8501

[www.gha-nc.org/](http://www.gha-nc.org/)

Offers affordable apartment and housing communities across Greensboro and Guilford County. The low income and seniors can access public housing, rental assistance to qualified applicants, and apply for the section 8 rent subsidy program. Other programs include Family Self-Sufficiency and Neighborhood Resource Centers.

## **AGING IN PLACE**

**The Center for Disease Control defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level."**

## **Guilford Low Income Energy Assistance Program**

(336)641-3000

[www.benefits.gov/benefits/benefit-details/1564](http://www.benefits.gov/benefits/benefit-details/1564)

The federal government created Low Income Energy Assistance Program provides a one-time cash grant payment to help eligible low-income families pay their electric and heating bills.

## **Guilford County Emergency Assistance Program**

(336)641-2517 Greensboro

(336)845-7756 High Point

[www.needhelp-payingbills.com/html/guilford\\_county\\_assistance\\_pro.html](http://www.needhelp-payingbills.com/html/guilford_county_assistance_pro.html)

This program can assist working poor, low income families, and people who are struggling. Individuals who live on a limited income (qualified low income families) and who do not have access to other resources can apply to this service for cash assistance for an immediate crisis. For example, if someone is faced with eviction, they may be able to get shelter or rental help. Other assistance can help pay for utilities or food when other options, including government assistance, is not available or has been used up.

## **Helping Hands**

(336)886-2327 High Point

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

A faith based charity that runs an emergency program. There may be support for low income families that are facing a one-time crisis, food or finances. Call for appointment.

# **In-Home Care & Social Services**

## **Adult Center for Enrichment**

(336)274-3559

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

Caregiver support and respite services. (See the Adult Day Care section)

### **Community Health Response Program (CHRP)**

(336)641-7777

[www.myguilford.com/humanservices/health/home-visiting-services/](http://www.myguilford.com/humanservices/health/home-visiting-services/)

Provides short term home health and personal care in Guilford County.

### **Community Alternatives Program for Disabled Adults (CAP/DA)**

(336)641-7777

[www.ncdhhs.gov/dma/services/capda.htm](http://www.ncdhhs.gov/dma/services/capda.htm)

Home and community based services to Medicaid eligible persons.

### **Guilford County Department of Social Services**

(336)641-3000 Greensboro

(336)845-7771 High Point

<http://www.myguilford.com/humanservices/socialservices/>

Administrative offices for comprehensive social services, including In-Home Aide Program.

**\*\* For a full list of businesses and nonprofits that provide in-home care and associated services, check the local *Senior Living Guide* or *Triad Retirement Living* magazines.**

## **Insurance Support**

### **Senior Health Insurance Information Program (SHIIP)**

(336)373-4816 Greensboro

(336)883-3586 High Point

[www.ncdoi.com/shiip/](http://www.ncdoi.com/shiip/)

Program offers free guidance to older adults regarding Medicare coverage supplement plans, Advantage, Part D and long-term care insurance.

### **Blue Moon Benefits Group**

(336)430-0015

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

Specializes in Medicare solutions for seniors and people eligible for disability.

### **NC MedAssist**

(866)331-1348 ext. 1731

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

A non-profit organization dedicated to improving the health of low-income, uninsured North Carolina residents by operating a licensed pharmacy that provides free prescription medication, healthcare advocacy and related educational services.

### **Social Security Administration**

(336)854-1809 or (800)772-1213

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

Oversees payment and claims for benefits under Social Security and Supplemental Income.

## **Legal and Financial Services**

### **Consumer Credit Counseling Service**

(336)387-6161 Greensboro

(336)889-6161 High Point

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

Services include debt solver program, mortgage counseling, bankruptcy issues, and credit re-establishment.

### **Corporation of Guardianship**

(336)273-5389

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

Legal guardianship and estate issues for older adults and persons with disabilities.



## **Elder Law Clinic at Wake Forest University**

(336)758-5061

[www.elder-clinic.law.wfu.edu/resources/](http://www.elder-clinic.law.wfu.edu/resources/)

Free legal assistance for issues such as wills, power of attorney, guardianship, abuse and neglect, and consumer concerns.

## **Elon University School of Law, Elder Law Clinic**

(336)279-9314

[www.elon.edu/e/law/academics/clinics/elder-law-clinic.html](http://www.elon.edu/e/law/academics/clinics/elder-law-clinic.html)

Advanced law students at the Elon University School of Law are offering free legal services to low-income Guilford County seniors. The clinic focuses on the civil legal issues of older adults, such as power of attorney, end of life planning, contract and consumer issues, housing, grandparent rights, Medicare and Medicaid, Social Security benefits, and Veterans benefits. Individuals must be 60 or older and have a monthly income of less than \$1700 for an individual and \$2200 for a couple to apply.

## **Legal Aid of NC Older Adults Unit**

(336)272-0148 ext.302

(336)885-9181 Local

(800)951-2257 Toll-Free

[www.legalaiddnc.org/public/learn/projects/](http://www.legalaiddnc.org/public/learn/projects/)

Civil legal problems, advanced directives, financial, domestic law, housing and public benefits.

## **North Carolina Senior Legal Helpline**

(877)579-7562

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

Serving clients who are 60 years of age or older. Priority is given to the population of seniors with the greatest economic need.

## **Attorney Hotline and Legal Resource Network – Women's Resource Center**

(336)275-6090

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

Callers receive a free 15 minute phone consultation with an attorney. Many areas of law are included. English/Spanish

## **Medical & Non-Medical Transportation**

### **CJ Medical Transportation**

(336)656-9888

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

Family owned and operated company specializing in Non-Emergency Medical Transportation (NEMT). Providing transportation for: Wheelchair and Ambulatory Transport, Disabled Transport, Dialysis Transport, Medical & Dental Appointments, Physical Therapy, Rehabilitation, Pulmonary & Cardiac, Long Distance & One-Way Transports, Family Events, Church/Social Functions, Airport, Train & Bus Stations. Rides should be scheduled 48 hours in advance. All major credit cards accepted. Free for service.

### **Dial-a-Lift for High Point**

(336)887-1183

Specialized public transportation alternative for those persons who cannot utilize the Hi-tran's fixed route system. Dial-A-Lift offers curb-to-curb and/or door-to-door transportation service, for those who qualify, to and from employment, medical appointments, school, recreational activities, meals, shopping, and personal business trips.

### **Guilford County Transportation**

(336)641-4848

[www.myguilford.com/transportation/](http://www.myguilford.com/transportation/)

Transportation for Medicaid seniors (60+) for medical or non-medical needs. Clients must complete eligibility form to be approved for service prior to riding. Call for application. 1 day notice needed to schedule van service for pick up.

### **PART (Piedmont Authority for Regional Transportation)**

(336)662-0002 (336)641-4848

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

Provides transportation/connections between Greensboro, High Point, and Winston-Salem: \$1 each way for seniors 60+ (equipped for disability/wheelchair access). Now providing trips to Mt. Airy, Pilot Mountain, and Boone, as well as to UNC and Duke Medical Centers.

## **Pelham Transportation**

(336)349-7113

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

Charter transportation company specializing in transportation of small groups. ADA approved wheelchair lift for passengers who need assistance getting into vehicle. Drivers are trained in Sur Loc wheelchair securement.

## **SafeChoice**

(336)987-9393

(336)705-1397

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

Provides individualized non-emergency transportation. Wheelchair accessible. Free for service.

## **Senior Wheels**

(336)333-6981

(373-4816 x245

[www.senior-resources-guilford.org/medtransportation.cfm](http://www.senior-resources-guilford.org/medtransportation.cfm)

Transportation to medical appointments for seniors 55 or older living in Greensboro, Jamestown, or High Point. At least 7 days notice needed to schedule volunteer driver. 48 hours notice needed for wheelchair rides.

## **Shepherd's Wheels**

(336)378- 0766

<http://www.shepctr.org/what-we-do/shepherds-wheels/>

Transportation for errands, non-medical appointments, shopping, etc. for Greensboro residents 60+ (residing within city limits). 7-10 days notice needed to schedule volunteer drivers.

## **SCAT-Specialized Community Area Transportation**

**336-333-6589**

<http://www.greensboro-nc.gov/index.aspx?page=2188>

SCAT is the Greensboro Transit Authority's shared-ride transportation service for eligible riders who have a disability that prevents them from riding the fixed route bus. There are three types of certification granted to eligible SCAT clients: Full certification is granted to those who are unable to use the fixed route bus system. Conditional certification is granted to those who are able to use the fixed route bus system, but their disability prohibits 100 percent travel on the bus due to possible barriers for safe travel to or from the bus stop. Temporary certification is granted when a person has a disability that prevents the use of the fixed route bus during the length of their short-term disability.

A client may be eligible for door-to-door or curb-to-curb service once the application and site assessment review are completed. Visit the website or call for an application. There are fees for the transportation services. Buses operate 7 days/week.

## Mental Health

### **CenterPoint Human Services**

(888)581-9988

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

CenterPoint Human Services manages the delivery of Medicaid and State-Funded Mental Health, Intellectual/Developmental Disabilities and substance abuse services through a network of providers. CenterPoint works closely with providers, clients, family members and community partners to meet the needs of people in Forsyth, Stokes, Davie and Rockingham counties.

### **Mental Health Association in Greensboro**

(336)373-1402

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

### **Mental Health Association Winston-Salem**

(336)768-3380

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

The Mental Health Associations provide leadership in identifying and addressing mental health needs and serves as an advocate for those dealing with mental health challenges by promoting health and recovery (mental health assessments,

anxiety disorders, mood disorders (depression, bipolar), schizophrenia, dual diagnoses (mental illness/substance abuse), eating disorders).

## **Old Vineyard Behavioral Health Services**

(336)794-3550

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

Age-specific programming includes relaxation and healthy living groups to better manage anxiety, learn how to reduce stress and improve overall nutrition. Senior services therapy involves goal development, art, games, and group discussion to facilitate education.

## **Thomasville Medical Center – Geriatric Behavioral Health**

(336) 476-2446

[www.novanthhealth.org/thomasville-medical-center/services/behavioral-health.aspx](http://www.novanthhealth.org/thomasville-medical-center/services/behavioral-health.aspx)

Inpatient assessments and treatments for adults age 55+ with Alzheimer's or Dementia and Persons with Post-Traumatic Stress Disorder.

"You cannot change  
the cards we are  
dealt, just how we  
play the hand."  
~ Randy Pausch

## **Moving Services**

### **Home to Home in Guilford**

(336)698-4280

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

If you are planning a move, Home to Home in Guilford can professionally manage the transition to an easier, more enjoyable lifestyle in your new home.

Moving Made Easy can help you with Downsizing, Moving and Estate Liquidations. Certified senior move managers.

## **Senior Driving Safety**

### **AARP Driver Safety Online Course**

(800)350-7025

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

The AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come.

## **Senior Sites and Online Resources**

### **2-1-1**

Dial 211

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

24-hour regional hotline for information on human services in North Carolina.  
Local provider is United Way

### **ElderCare Locator**

(800)677-1116

<http://www.eldercare.gov/>

Nationwide directory of services for older adults and caregivers.

### **Senior Resources of Guilford**

(336)373-4816 Greensboro or (336)884-6981 High Point

[www.senior-resources-guilford.org/](http://www.senior-resources-guilford.org/)

A non-profit organization which promotes the independent living of older adults in Guilford County. They serve age 60+ and their families with a wide-range of community-based activities and supportive services from home delivered meals to volunteer opportunities.

**Senior Line** is an information and referral link for older adults and caregivers in Guilford County. Direct line is 333-6981 in Greensboro

**Pathways and Protocols®** is a web based guide developed by a collaborative of agencies that serve seniors. This guide offers easy access to information about services to seniors and their caregivers, who to contact for emergencies and critical issues. Pathways and Protocols is located on Senior Resources of Guilford Website on the Resources TAB, go to Pathways & Protocols link.

**Senior Roundtable Speakers Bureau** is a collaborative group of representatives from key agencies serving Guilford senior citizens. Call Senior Resources to request a speaker on a key topic or from a particular agency.

**Senior Services, Inc.**

(336)725-0907 Forsyth County

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

Help older adults remain at home as long as possible and to help them live with dignity. Services include:

*Home Care CAP/DA and CAP/Choice for individuals age 65 and older*

*Meals-on-Wheels Senior Lunch programs at 4 community sites*

*Adult Day Center Equipment loans*

With concern for those who care for senior adults, they also help caregivers through services and education. Individuals who cannot afford to pay for services may apply for special assistance.

**Su Familia Helpline (National Alliance for Hispanic Health)**

(866)783-2645

[www.hispanichealth.org/su-familia](http://www.hispanichealth.org/su-familia)

National, bilingual toll-free service connecting Hispanic families with community health services and information.

## **Smoke Alarm Replacement**

**Greensboro Fire Department - Community Affairs Office**

(336)641-3565

The Greensboro Fire Department offers free smoke detectors with installation for residents inside the city limits.



# Support Groups

## **Caregiver Support:**

### **Adult Center for Enrichment**

(336)274-3559

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

- **Educational Sessions:** classes, workshops, and presentations focus on two areas of education for caregivers, direct care and self-care.
- **Caregiver Support Groups:** The Adult Center for Enrichment offers two ongoing support groups. Meetings provide information, resources and relationship building with peers.
- **Caregiver Retreat:** The annual retreat offers a day of rest and renewal for caregivers who often have no other day throughout the year dedicated to their personal needs. Respite is offered on site.
- **Caregivers Among Us:** ACE will bring caregiver educational programs to your congregation, organization or community.

### **Alzheimer's Caregiver Support Group**

Stitch Center Wake Forest Baptist Medical

(336)716-1034

### **Alzheimer's Support Group**

Elizabeth and Tab Williams Adult Day Center

(336)724-2155

### **Grandparents Raising Grandchildren (WSSU)**

(336)725-8167

### **Senior Resources - Caregiver Information Program**

(336)373-4816 Greensboro

(336)884-6981 High Point/Jamestown

<http://www.senior-resources-guilford.org/caregiverinfo.cfm>

The Caregiver Information Program assists caregivers who are age 60 and over or those who are caring for someone age 60 or over. Assists caregivers with the responsibilities of informal caregiving by:

- Helping them learn about and access available support services
- Providing caregiver case assistance

- Informing caregivers about support groups, counseling services and legal responsibilities
- Referring them to respite care services which can provide a break in caregiving responsibilities
- Advising them of materials available through the Resource Libraries

## **The Department of Social Services RAPP**

Relatives As Parents

(336)703-3744

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

## ***Grief Counseling:***

### **Best Health**

(336)713-2378

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

### **Grief Share**

(800)395-5755

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

## **Hospice and Palliative Care**

(336)621-2500 Greensboro [www.hospicecarecenter.org](http://www.hospicecarecenter.org)

(336) 768-3972 Winston-Salem <http://hospicecarecenter.org>

Grief counseling, support groups, and informational workshops to provide education and support for individuals who are grieving due to the recent loss of a loved one.

## ***Health Related:***

### **The Adaptables**

Peer Counseling for persons with disabilities

(336)767-7060

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

**For a listing of specific support groups, visit the Cone Health website for details:**

<http://www.conehealth.com/services/rehabilitation/support-groups-and-resources/>

## Telephone Needs

### **SafeLink Wireless**

(800)977-3768

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

SafeLink Wireless is a program that provides a free cell phone and airtime each month for income-eligible customers.

## Volunteer Opportunities

### **RSVP- Lead with Experience**

(336)373-4816

A part of Senior Corps, RSVP is America's largest volunteer network for people 55 and over, with more than 300,000 volunteers tackling tough issues in communities nationwide. You choose how and where you want to serve, how much time you want to give and whether you want to share skills you have or develop new ones.

### **Adult Center for Enrichment**

(336)274-3559 or e-mail [info@acecare.org](mailto:info@acecare.org)

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

Volunteers are an integral part of the services provided to the participants attending Day Centers and to their caregivers. If you are interested in volunteering at the Adult Center for Enrichment, here are just a few of the volunteer opportunities available:

- Special Projects
- Program Assistant Volunteer
- Art Volunteer
- Inter-generational Volunteers
- Entertainment Volunteers
- Clerical Volunteers
- Devotions Volunteer
- One on One Volunteers
- Horticulture Volunteers
- Pet Therapy Volunteers
- Creative Movement Volunteers

## **Groceries on Wheels**

(336)988-8899

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

There are various ways to volunteer for Groceries on Wheels which offers food, friendship and hope to improve health and wellness to low-income seniors and disabled in Guilford County.

A volunteer application can be found online at [www.FoodAssistanceNC.com](http://www.FoodAssistanceNC.com)

## **Mobile Meals**

(336)333-6981 Greensboro

(336)884-3961 High Point/Jamestown

[www.senior-resources-guilford.org/mobilemeals.cfm](http://www.senior-resources-guilford.org/mobilemeals.cfm)

Volunteers from the faith community, local businesses and schools work in pairs to deliver the meals, which are prepared by a local caterer. The volunteers also check on the well-being of each senior they visit.

## **Shepherd's Center of Greensboro**

(336)378-0766

[www.shepctr.org/volunteer](http://www.shepctr.org/volunteer)

Volunteers are needed to help the organization serve the senior community.

The Shepherd's Center is currently in need of:

- Shepherd's Wheels Volunteer Drivers
- Office Volunteers
- Data entry and database management
- Handy Hands volunteers (helping older adults with minor repairs)
- Instructors for Adventures In Learning
- Coaches to assist during ShepNet Computer classes

## **Volunteer Center of Greensboro**

(336) 373-1633

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

Central Volunteer resource bank for connections between people who want to volunteer and the myriad of agencies needing their help.

## Women's Issues

### **Women's Resource Center of Greensboro**

(336)275-6090

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

Women helping women to navigate life's hurdles, to access community services, to develop new skill sets, to move lives forward. Whatever the challenge, the Women's Resource Center is a great place to start- whether divorcing, returning to work, starting a business, dealing with financial difficulties, or coping with family or health problems.

While all efforts were made to provide accurate information in this guide, changes in phone numbers, web addresses and service availability may have changed since the printing of this book in 2016.

# Got these cards? **GET MORE.**

Get more benefits than you're currently getting from Original Medicare with a **UnitedHealthcare Dual Complete® (HMO SNP)** plan. It combines your doctor, hospital and prescription drug coverage into one plan — for a **\$0 plan premium.\*\***

## Additional benefits may include:



### Health Products Catalog

Up to \$400 in annual credits to buy health products from our catalog.



### Hearing Aid Coverage

\$0 copay on 2 hearing devices each year.



### Gym Membership

At no additional cost to you.



### Dental Exam Coverage

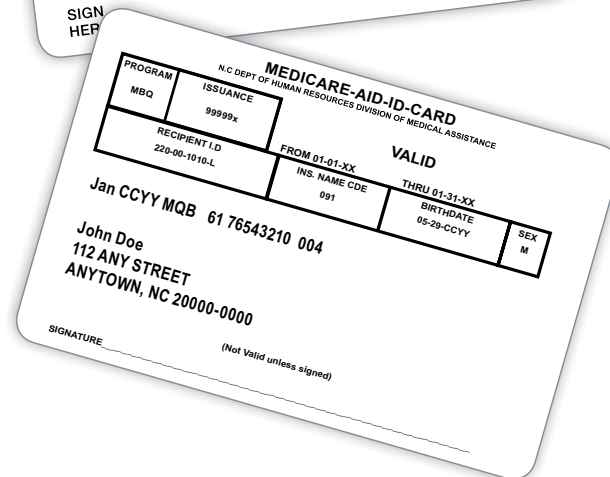
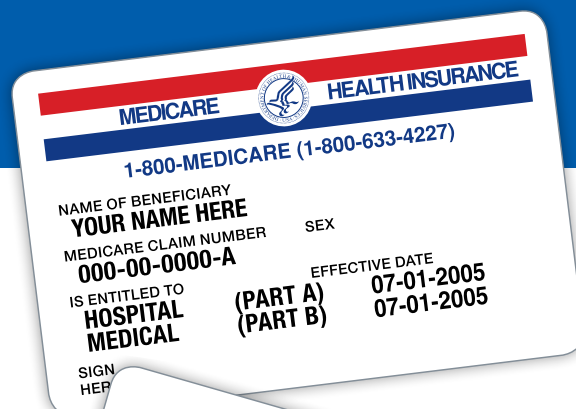
\$0 copay for covered exams and cleanings.



**Call today to enroll or get answers to your questions.**

John Wilkie  
Licensed Sales Agent

**336-430-0015, TTY 711**



[UHCCommunityPlan.com/NC](http://UHCCommunityPlan.com/NC)



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Premiums, co-pays, co-insurance and deductibles may vary based on the level of Extra Help you receive. Please contact the plan for further details. \*\*You must continue to pay your Medicare Part B premium, if not otherwise paid for under Medicaid or by another third party. Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. SilverSneakers® is a registered trademark of Healthways, Inc. © 2015 Healthways, Inc.

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# Medicare coverage you can count on

Choose a plan with Blue Cross and Blue Shield of North Carolina and enjoy:

- + Plans to fit virtually any need and budget
- + A large provider network<sup>1</sup>
- + Local N.C.-based customer service representatives
- + Low copayments for doctor office visits

**Blue**Medicare HMO<sup>SM</sup>  
**Blue**Medicare PPO<sup>SM</sup>

**Call us today to learn more**

**John Wilkie**

Blue Moon Benefits Group

**336-430-0015**

Calling the Agency/Agent number will direct you to an authorized licensed agent. Monday – Friday<sup>2</sup> 8 a.m. – 5 p.m. After business hours, or for customer service, call: **1-800-665-8037** Monday – Friday, 5 p.m. – 8 p.m.; Saturday – Sunday, 8 a.m. – 8 p.m. For the hearing and speech impaired (TTY/TDD), call: **1-800-922-3140**

## Smart choices for Medicare

**The Annual Enrollment Period starts October 15 and ends December 7.**

Blue Cross and Blue Shield of North Carolina (BCBSNC) is an HMO, PPO, and PDP plan with a Medicare contract. Enrollment in BCBSNC depends on contract renewal. Benefits, formulary, pharmacy, network premium and/or copayments/coinsurance may change on January 1 of each year. Please contact BCBSNC for details. The benefit information provided is a brief summary, not a complete description of benefits. Additional information about benefits is available to assist you in making a decision about your coverage. Limitations, copayments, and restrictions may apply. This is an advertisement; for more information contact the plan.

<sup>1</sup> Provider network may change at any time. You will receive notice when necessary.

<sup>2</sup> Phone Lines for Blue Medicare Supplement are open Monday - Friday, 8 a.m. - 5 p.m.

®, SM Marks of the Blue Cross and Blue Shield Association. **Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association.** U10189a, 8/15





336-885-9775 | 2209 Eastchester Dr, Suite 101 | High Point, NC 27265

## One Agency - Multiple Health Plan Options

At Blue Moon Benefits group we take great pride in exceeding the expectations of our clients. We strive to provide sound product recommendations with the most reputable carriers as well as ongoing customer service throughout the year.

Whether you're about the turn 65, on disability, or already receiving Medicare Benefits, you'll learn from our simple explanations of what you need to know to get the most out of Medicare.



**John Wilkie**  
Financial Services  
Licensed Agent  
336-430-0015

John is an experienced Medicare solutions professional that works closely with seniors and people on disability. Through a consultative approach, he's able to determine what he feels is the right solution for clients' specific needs. As their needs change and products evolve, it's John's goal to ensure that they continue to get expert help with access to the leading insurance carriers and their Medicare products.

Call or email John for a free, no-obligation consultation!

**336-430-0015**  
**[jhwilkie@bluemoonbenefits.com](mailto:jhwilkie@bluemoonbenefits.com)**



# Shepherd's Center of Greensboro

**Mission:** *To help older adults pursue independent and active lives of purpose*



**302 W. Market Street, Room 103 Greensboro, NC 27401**

**Phone: 336-378-0766**

**Website: [www.shepctr.org](http://www.shepctr.org)**

**E-mail: [info@shepctr.org](mailto:info@shepctr.org)**

Founded in 1987, Shepherd's Center of Greensboro is a nonprofit volunteer organization, working to provide opportunities for active older adults so that they may continue to share their skills, experiences, values and gifts in significant ways in our community. We also work to enhance life satisfaction through developing caring relationships, lifelong learning, community service, creative expression and the joyful discovery of inner resources.

We are delighted to share our resource manual with SCG congregational supporters and key groups in the community who are interested in serving as a resource for older adults. Most of the services listed are nonprofit agencies, government services or a few key businesses who make a difference in the lives of seniors seeking support.

SCG receives no government nor United Way funding, but we are fortunate to have congregational sponsorships, business and civic grants, and great individual contributors. Our educational and travel programs have small fees, but our services for transportation, repairs and tax return preparation are done free of charge, with seniors-helping-seniors.

Thank you to Blue Moon Benefits Group for their design and printing support of this booklet. We will update the manual on our website as new information is collected. Please visit our website for full details or call our office with questions and new ideas.

## Staff

Sandy Doyle-Jones *Executive Director*

Vickie Williamson *Program Manager*

## Affiliations:

