

Knowledge is Power

Here at the Enrichment Center of Lee County, we believe that most people prefer to take charge of the happenings occurring in their lives. The RESOURCE GUIDE empowers you to take control by providing the necessary information to research issues and make decisions. Enclosed is a list of local, state, and national organizations that deal with the issues of aging. The local organizations include service descriptions and any applicable eligibility requirements.

The staff at the Enrichment Center will be most happy to provide additional information or assist in accessing other organizations. Call us at any time, 919-776-0501

Staff Members who are here to assist you:

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Melanie Rodgers, Admin. and Marketing Asst.
Ilona Brown, Admin. Support Asst. I
Debbie Williams, Senior Center Program Director
Jimmy Solomon, Comm. Services Coordinator
Carole Nicely, Senior Center Coordinator
Kathy McLeod-Edwards, Fitness Coordinator
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John Lyczkowski, Lead Driver

Acknowledgements

Lee Co. Board of Commissioners

NC Department of Health & Human Resources
Division of Aging
2101 Mail Service Center
Raleigh, NC 276-99-2101

Triangle J Council of Governments
PO Box 12276
Research Triangle Park, NC 27709

Coalition to Improve the Quality of Life in Lee County

Published: July 1994

Revised: June 1995
June 1997
June 1999
June 2001
June 2008

911

P.O. Box 3729

Sanford, NC 27330

911

Emergency

919-775-8268

Non-Emergency

Type of Service: 24 Hour Emergency

Service Description: Upon dialing 911 and operator will dispatch your call for police, fire, ambulance service, or rescue.

AARP

The American Association of Retired Persons

601 E. Street, N.W.

Washington, DC 20049

800-424-3410

National Headquarters

202-434-2277

National Headquarters

919-776-0501

North Carolina Tax Assistance

www.aarp.org

Type of Service: Information for 50+ Population

Service Description: AARP is a non-profit, non-partisan organization for anyone age 50 or over, both working and retired. AARP is dedicated to helping older Americans achieve lives of independence, dignity, and purpose. AARP's motto, "to serve, not to be served," and its vision statement "bringing lifetimes of experience and leadership to serve all generations," are supported by the activities of members who are involved in community, state, and national affairs.

Tax Assistance: This free service uses volunteer tax counselors to help older adults prepare tax forms each year (February – April call 776-0501)

55 Alive Driver's Safety Program – Offered 2 times per year (call 776-0501)

Academic Adult Daycare

504 First Street
Sanford, NC 27330
919-775-2152

Type of Service: Adult Daycare

Advance Directives

919-774-2100 Central Carolina Hospital
919-776-0501 Lee Co. Senior Services
919-775-5624 N.C Cooperative Ext. Service, Lee Cty.

Type of Service: Legal

Contact: Attorneys
 Central Carolina Hospital 774-2100
 Family Physicians
 Lee County Senior Services 776-0501
 N.C. Cooperative Ext. Service 775-5624

Service Description: Advance Directives are legal documents, which will permit you to make certain choices regarding your future health care. You may make different choices as to the level of care you wish to be withheld or discontinued depending upon your medical condition.

Advanced Home Care

70 Memorial Dr. 6003 Chapel Hill Rd.
P.O. Box 5647 Suite 105
Pinehurst, NC 28374 Raleigh, NC 27607
910-295-4119 919-852-0052

www.advhomecare.org

Services: Respiratory, DME, Enteral Nutrition

Non-Profit Healthcare Company that supplies medical equipment involving respiratory, durable medical equipment and home enteral nutrition/tube feeding. Equipment delivered to patient's home, hospital or current residence.

Alzheimer's Association (Eastern NC Chapter)

400 Oberlin Road, Suite 220

Raleigh, NC 27605

919-832-3732

Alzheimer's Assoc. Eastern NC Chapter

800-228-8738

Toll Free

www.alznc.org

Type of Service: Support/ Information

Service Description: The Association offers a broad range of programs and services for people with the disease, their families, and caregivers. These services include support groups, telephone helplines, educational seminars, advocacy programs, and a variety of print and on-line resources on the disease, caregiving approaches, and current research. Research into the causes, treatment, and prevention of Alzheimer's disease will create new options for treatment and care. The Alzheimer's Association, the largest private funder of Alzheimer research, is dedicated to supporting scientists who are making advances toward conquering this disease.

American Cancer Society

8300 Health Park Suite 10

Raleigh, NC 27615

919-334-5218

866-227-9371

800-ACS-2345

www.cancer.org

Type of Service: Information/Support

Cost: None

Service Description:

The American Cancer Society answers your cancer related questions.

American Home Patient

204 Independent Drive

Sanford, NC 27330

919-774-2385

American Home Patient

800-959-8031

www.ahom.com

Type of Service: Respiratory and Home Medical Equipment

Service Description: All respiratory (home oxygen, CPAP, BiPAP, nebulizers, aerosol medications, internal feedings) and medical equipment (wheelchairs, hospital beds, walkers, lift chairs, power chairs, bath aids) Personal caring service for local folks by local folks!!

American Red Cross

507 North Steele Street Rm H212

Sanford, NC 27330

919-774-6857

www.redcross.org

Type of Service: Emergency

Cost: Varies

Service Description: To help prepare people for, cope with, and recover from emergency situations: 1. Disaster assistance for: one-family fires, flood, tornado, and hurricane victims, 2. emergency communication and armed forces and families 3. Health and safety education (CPR, First Aid, Water Safety, HIV/AIDS) 4. Babysitter's Training 5. Blood Donor Programs

Auditory Learning Center

400 Oberlin Road, Suite 205

Raleigh, NC 27605

919-828-1218

Auditory Learning Center

<http://auditorylearning.net>

Type of Service: Hearing Impaired Services

Cost: Many services are without charge. Other fees vary

Service Description: Serves deaf and hearing-impaired children across North Carolina, with information, videotapes, and referrals. Also serves professionals throughout NC working with hearing impaired people with extensive training in audition, speech, language development and on-the-job observation and demonstration.

Miscellaneous Information: Training plans change quarterly. Call the Center for the latest schedule

Boone Trail Medical Center

Western Medical Group

24 Medical Dr.

PO Drawer B, Hwy 421

Mamers, NC 27552

910-893-3063

Type of Service: Medical/ Family Practice

Cost: Medicare, Medicaid, Private Insurance, Sliding Scale (based on income)

Service Description: Family Practice Medical Care, pediatrics, adolescent, adult geriatric, OBGYN, primary care, maternity care available

Miscellaneous Information: Five Clinics available in Harnett County to serve you: Boone Trail, Benhaven, Anderson Creek Dental Services, Anderson Creek Medical Services and Angier.

Breadbasket

140 E. Chisolm St.
Sanford, NC 27330
919-774-3118

Type of Service: Food

Cost: Free

Service Description: Persons in need are eligible for a hot meal served daily.

Bright Audiology

211 Carbonton Road
Sanford, NC 27330
919-774-3277 Office
www.brightaudiology.com

Type of Service: Audiology & Hearing Aid Services

Bright Audiology Mission Statement: To provide individuals with essential of life- the ability to communicate through enhanced hearing.

Cost: Varies

Service Description:

We provide the following services:

- *Thorough hearing evaluations for all ages
- *Custom hearing aids based on the individual hearing loss and listening needs. Hearing aids can be tried for a full trial period with no hidden fitting fees.
- *Assistive hearing devices for home: TV, telephones, alerting signalers.
- *Tinnitus evaluations/management.

Why we are unique:

- *We have personal experience with hearing loss.
- *We hold Doctoral Degrees in our areas of expertise: Audiology Pathology.

COLTS

(County of Lee Transit System)

1615 S. Third Street

Sanford, NC 27330

919-776-7201

www.leecountync.gov

Type of Service: Transportation

Cost: Varies with situation. Generally paid through appropriate human service agency. Some general public ridership is available for a fee.

Service Description: Local and limited out-of town transportation is available to persons who qualify through human services agencies (i.e. Social Services, Health Department, Senior Services, Lee County Industries, Center for Independent Living, Mental Health). Public ridership is available. Lift-equipped vehicles are available.

Miscellaneous Information: Arrangements are made by contacting the COLTS office at 776-7201, Notification for transportation is needed 2 business days prior to appointment.

Carolinas Poison Control

PO Box 32861

Charlotte, NC 28232

800-222-1222

www.ncpoisoncenter.org

Type of Service: Emergency

Cost: Free

Service Description: Designated state-wide Poison Center for North Carolina. Staffed 24 hours a day, seven days a week by registered nurses and pharmacists who are specially trained to provide diagnostic and treatment advice for acute and chronic poisonings to the Toxicologists, also available 24 hours a day.

Center for Independent Living

209 Cole St.
Sanford, NC 27330
919-774-6433

Type of Service: Adult developmental vocational program and compensatory education classes for persons with mental retardation ages 16 and older.

Cost: None

Service Description: The purpose of the center is to provide community facilities and services for education and guidance for independent living. The center also provides supervision and personal services to assist and enable independent living in normal surroundings. Referrals are made to Vocational Rehabilitation for supported employment services. Some job placements and supports are available through CIL.

Central Carolina Community College

1105 Kelly Drive
Sanford, NC 27330
919-775-5401
www.cccc.edu

Type of Service: Education/Training

Cost: Varies with program. Financial assistance is available. If assistance is needed, call or visit the financial aid department. There are a number of special assistance programs, (i.e. single parents, women in non-traditional vocations, men in non-traditional vocations, college work study, and scholarships).

Service Description: Curriculum programs include: vocational, technical and transfer education. Literacy programs include: Adult Basic Education, General Education Development, English as a Second Language and Adult High School Diploma. Continuing education courses vary but include: art, sewing, crafts, health, computer literacy, electronics, and others.

Central Carolina Hospital

1135 Carthage St.

Sanford, NC 27330

919-774-2100

919-708-4602

CCH Physician Referral

1-800-483-6385

Toll Free

www.centralcarolinahosp.com

Type of Service: Healthcare/ Education

Cost: Call hospital for schedule of cost

Service Description: Central Carolina Hospital had inpatient/outpatient services, cardiac and pulmonary rehabilitation, physical rehabilitation, maternity care, emergency medical services, occupational health services, education classes and more.

Inpatient/Outpatient services consist of emergency services, surgical services, radiology, bone densitometry, Advance Breast Biopsy Instrumentation, sleep disorders studies laboratory, cardiopulmonary, laboratory, obstetrics physical therapy, GI lab, acute dialysis, and cardiac catheterizations through Duke University Mobile Unit and MRI scans through Shared Medical Technologies, Inc.

Medical Staff: With the medical staff now approaching 100 physicians CCH holds the following specialties: Cardiology, Emergency Medicine, Gastroenterology, Internal Medicine, Family Practice, Pediatrics, General Vascular Surgery, Nurse Midwifery, Occupational Medicine, Obstetrics and Gynecology, Orthopedics, Anesthesiology, Oncology and Hematology, Ophthalmology, Otolaryngology, Plastic and Reconstructive surgery, Radiology, Nephrology, Pulmonology, Podiatry, Rheumatology, Neurology, Dermatology, and Urology. If you would like to inquire about a specialist of physician, please call 1-800-292-2262 and ask for the CCH Physicians Referral/Community Education Line or call 919-708-4602.

Highlights:

Community Education and Training: Childbirth Education Classes/ Childbirth Refresher Classes/Sibling Classes Breast Feeding Classes/ Infant CPR and Safety/Parenting

CPR certification/recertification classes (American Heart Association)

Call 1-800-292-2262 and ask for the CCH Physician Referral/Community Education Line for more info and to register or call 919-708-4602.

Midwifery Program: CCH has employed three Certified Nurse-Midwives to provide pre-natal care for the Lee County Health Department clients, patients at Carolina Women's Health Center in Sanford and the Riverbend Family Medicine in Lillington. The certified nurse-midwives are credentialed to deliver normal vaginal births at CCH under the supervision of the physicians of Carolina Women's health Center, P.A. For more information, call 1-800-292-2262 ext. 4602 or call 919-708-4602

Express Care: Open 7 days a week from 5:00 pm to midnight on weekdays and noon to midnight on weekends, Express care treats minor illnesses and injuries through a separate process at the Emergency Room in order to reduce wait time.

Central Carolina Advance Life Support: Emergency Medical Services for Lee County became a part of CCH in July of 1997. Since then almost all of the staff have been certified at paramedic level. Three units respond to emergency calls 24 hours a day and one unit is devoted to convalescent transfers. Technically advanced defibrillators are installed in each unit to read EKGs, where, hooked by cellular connection, these readings can be printed off at the Emergency Room in order for the Physician to establish a plan of care for the patient before arrival

Medical forums: are held frequently at CCH on various health and wellness topics. These forums take place in the community classroom, typically on Tuesday evenings and are free of charge.

Christian Healthcare Adult Day Care, Inc.

507 N. Steele St.
Sanford, NC 27330
919-775-5610

Type of Service: Adult Day Care Center

Cost: Varies

Mission: Helping families keep loved ones at home and in the community, Christian Healthcare Adult Daycare, a non-profit agency that provides cost effective, high quality daycare for the disabled and older adults

Christian Healthcare Adult Day Care, Inc.

Goals: Our goals are to improve participants self-esteem, to help clients keep their dignity, by staying a part of the community. Christian Healthcare will also promote health, wellness, socialization, recreation and give respite to the family from constant caregiving. This will be a Model Day Center Program for persons who need supervision while serving as a viable community resource.

Eligibility: (Who may enroll in Christian Healthcare ADC?) Adults 18 years old and older with physical, emotional, and mental impairments who require assistance and supervision. Ambulatory and semi ambulatory elderly or disabled adults that can benefit from a group setting are welcomed. Persons whose families and caregivers need respite. Space is limited only 32 participants. Application for enrollment will be viewed on need.

Service Description:

Types of Services Provided: Communication between the staff and participants are the basics for creating a caring culture. Christian Healthcare ADC will minister to disabled and the elderly adult's physical, emotional, and spiritual needs.

Services and activities offered will include the following:

Food Services: meals, snacks, nutritional counseling,

Transportation: available on a limited basis to and from the facility

Counseling

Respite

Therapeutic Activities

Health Services: administration of medication, supervision and assistance in daily living.

Food Services: Two snacks and lunch are served daily at the facility. Special Therapeutic diets shall be provided as necessary for participants with medical conditions or functional impairments specified in participant's plan of care.

Therapeutic Activities: Activities are based on interest, needs and abilities of each participant emphasizing his/her strengths and abilities rather than impairments. Participants will be encouraged to take part in activities, but may choose not to, or choose another activity. Time is also scheduled for rest and relaxation and to attend to personal needs.

Christian Healthcare Adult Day Care, Inc.

Health Services and Administration of Medication: Daycare's staff supervises administrations of medications for participants. Participants who do not need assistance with taking their medications may keep and administer their own medication as long as other participants do not have access to them.

Assistance with Daily Living: Assistance with activities of daily living for participants that need it. Services are provided in a safe and hygienic manner. We recognize individual's right to privacy and dignity. The maximum level of independence will be encouraged. Activities of daily living may include eating, toileting, transferring, mobility/ambulating, and continence area.

Transportation: Transportation to and from the daycare is available on a limited basis. Christian Healthcare ADC contracts with friendly transportation to provide this service. The length of the ride and the health status of participants are serious considerations when planning the transportation schedule.

Christians United Outreach Center of Lee County

2885 Lee Avenue

P.O. Box 2217

Sanford, NC 27331

919-774-8485

e-mail: cuoc1@alltel.net

Hours: Food & Financial – Monday 4:30 p.m. – 6:00 p.m.

Wed. & Fri. 12:30 p.m. – 2:00 p.m.

Thrift Shop – Saturday 9:00 a.m. – 1:00 p.m.

Services Description: The CUOC of Lee County offers several areas of ministry to meet the needs of the citizens of Lee County.

-Food Pantry – Distribution of perishable and non-perishable items to supplement the nutritional needs of families in crisis, but not act as their only source of food.

Christian United Outreach Center of Lee County

-Thrift Shop – Designed to help finance the other services offered by CUOC, the Thrift Shop also serves as a location where people with emergency situations can receive free clothing and other household items.

-Financial Assistance – Providing short term assistance in such areas as mortgage or rent, water and/or electric bills, heating costs, car repairs, etc.

-Medical Equipment – Loan of available equipment (walkers, wheelchairs, canes, etc.) to individuals free of charge for as long as the need exists.

-Second Chance Gowns – Prom gowns provided at no cost to girls who would otherwise be unable to afford a dress. This allows an opportunity for these young ladies to attend the prom with their peers.

Comfort Keepers

6601 Orchard Knoll Drive

Apex, NC 27539

919-342-5899

919-342-6062 Fax

www.comfortkeepers.com

Type of Service: In Home Care Serving Moore, Lee, and Wake Counties

Service Description: We will work with you to formulate a care plan that incorporates your needs, your wishes and your preferred schedule. Our caregivers provide quality care ranging from companionship services to assistance with the Instrumental Activities of Daily Living (IADLs). Whether services are needed for a few hours a day or 24 hours a day, our caregivers are available to meet your needs.

Comfort Keepers

We provide the Following:

- In-Home Companionship Care
- Meal Preparation
- Grooming & Dressing Guidance
- Errand Services
- Grocery Shopping
- Incidental Transportation
- Daily "TLC" Phone Calls
- Laundry & Linen Washing
- Clothes Shopping
- Recreational Activities
- Light Housekeeping
- Organize Incoming Mail
- Periodic Review with Family
- Respite Care
- Emergency Monitoring

Community Home Care and Hospice

110 Fields Dr.
Sanford, NC 27330
919-718-5417

Type of Service: Pain and Symptom Management, Nursing Care, Grief Counseling, Spiritual Support, Volunteer Services and Case Management for terminally ill patients, their families and caregivers

Cost: Hospice care is covered by Medicare, Medicaid, and private insurance plans. Sliding scale for patients with no medical insurance. Services are provided on the basis of need, not the ability to pay.

Service Description: Community Home Care & Hospice uses a team oriented approach to quality, supportive care for patients near the end of life, and their families. Offering a myriad of community choices designed to allow the patient to live the remainder of their life in the home. Community Home Care & Hospice provides the patient and families with comfort care measures, supportive counseling and family avocation to meet and special needs that arise from the physical, psychological, spiritual, social, and economic stresses, often present in the final stages of illness. Hospice care is delivered primarily in the home, but may continue in the hospital, a long-term care setting, assisted living facilities, rest homes and our in-patient unit located in Lillington and Fayetteville.

Community Home Care & Hospice

Bereavement support services are available to families for a year following the patient's death. Community Home Care & Hospice provides individual visits to family members. Adult support groups are conducted at intervals throughout the year and are open to the community. Individual counseling is available for the children in the community.

Miscellaneous information: Patient/family volunteers received extensive training and assist the patient and family in many ways-shopping, transportation, sitting with patient, providing encouragement and support and help wherever needed. Volunteers are also needed to assist in the office, work on fundraising, newsletter, speaker's bureau, and publicity. Call for more information at 919-718-5417.

Crisis Line

615 Shipyard Blvd.
Wilmington, NC 28403
800-672-2903
910-392-6936

Type of Service: Telephone and walk in crisis intervention

Cost: Free, walk in pregnancy tests available for \$4.00

Service Description: Information and referral services are available to the appropriate resources depending on the type of crisis and location of caller. Counseling for various crises. Also offer an open-house program, a shelter for youth, based on referrals by the Department of Social Services

Crisis and Suicide Intervention

Sandhills Center for Mental Health
130 Carbonton Rd.
Sanford, NC 27330
919-774-4520

Type of Service: 24 Hour Telephone Counseling Service

Service Description: Emergency services are available 24 hours a day. The Center provides walk in service during regular Center hours and a crisis telephone line 24 hours a day. Telephone counseling is provided as well as referrals to appropriate agencies

Disability Rights North Carolina

2626 Glenwood Avenue, Suite 558
Raleigh, NC 27608
919-856-2195
877-235-4210
www.cladisabilitylaw.org

Service Description: Disability Rights North Carolina protects the rights of our citizens with disabilities

DRNC is a private, tax-exempt, non-profit corporation that began by offering legal representation to children and adults with mental illness and developmental disabilities. With the law as our tool, our work helped to improve the lives of thousands of individuals. As the new Protection and Advocacy organization for North Carolina, we now serve people with all types of disabilities and many more lives will be changed.

Division of Services for the Blind

2601 Mail Service Center

Raleigh, NC 27699-2601

919-733-9822

Debbie Jackson

www.dhhs.state.nc.us/dsb/

Type of Service: Visual Impairment

Service Description: Individual assessments, individual goals, consultation regarding approved teaching methods (for teachers & parents, etc.) and technical advice on equipment and other resources that relate to overall development and functioning.

Miscellaneous Information: Services must be requested through area contact Jamie Perkins 919-718-4690 ext. 5248

Duke Family Support Program

Duke University Medical Center

200 Trent Dr., Blue Zone Rm 3513

Box 3600

Durham, NC 27710

919-660-7510

1-800-672-4213 (NC only)

www.geri.duke.edu/service/dfsp/index.htm

Type of Service: Health/Medical and Informational Services

Cost: None

Service Description: Information and referral; specialty is in Alzheimer's Disease; provides an Alzheimer's support group; and daughters concerned with aging relative support group; and Alzheimer's conference yearly. Publish newsletter 2x/year. Free for NC residents, \$10.00 outside NC.

Miscellaneous Information:

Alzheimer's Family Support Group
7:30 p.m. last Thursday of every month
Daughters Support Group
Last Wednesday of every month
12 Noon – 1:00 p.m.

East Central Community Legal Services

503 Carthage St. Ste. 305

PO Box 3140

Sanford, NC 27331-3142

919-718-0554 (Mon 11:00 – 4:00, Tues & Wed. 10:00 – 4:00, Thurs & Fri by appt.)

919-542-0475 (Mon – Fri. 9:00 – 5:00) or

1-800-672-5834 Toll Free

1-866-219-5262 (New Clients Registration)

Type of Service: Legal Aid for low-income persons in non-criminal matters.

Cost: none

Service Description: Legal services provide legal advice and assistance to low income persons eligible under income and resource guidelines. The program can help with civil matters including: employment problems such as unemployment insurance, short-term disability and wrongful termination; public benefits such as Social Security and SSI, food stamps, and WFFA; health care problems; domestic violence and child custody; wills; powers of attorney and guardianships; consumer problems such as helping judgment debtors to protect their exempt property from creditors, assisting consumer victimized by illegal acts or unfair business practices by businesses, utility cutoffs and bankruptcy; housing problems such as eviction, foreclosure, discrimination and housing conditions; education problems; and disability rights. We do not provide legal services for traffic tickets or any other criminal matters; automobile accidents, medical malpractice, worker's compensation or any other personal injuries; separation agreements, divorce, alimony, or equitable distribution or marital property.

Emergency Response Systems

Type of Service: 24 Hour telephone contact designed to provide peace of mind at the touch of a button. The service is available for anyone who would like to feel more secure while at home alone.

Cost: Varies

Emergency Response Systems

Response Ability

Contact: Quality Home Healthcare Store

Address: 106 Park Ave.

Sanford, NC 27330

Phone: 919-775-2001

SOS Signal

Contact: SOS Industries, Inc.

Address: 2650 N. Dixie Frwy.

New Smyrna Beach, FL 32168

Phone: 800-368-2925

904-423-5521

Lifeline

Address: 111 Lawrence St.

Framingham, MA 01702-8156

Phone: 1-800-543-3546

Health Watch

Phone: 1-800-318-9033

Employment Security Commission

Lee Co. Job Link Center

1909 Lee Ave.

Sanford, NC 27330

919-775-2241 Information

www.esc.state.nc.us

Type of Service: Employment Assistance

Cost: Free

Service Description: Provides job assessment, labor market information, employment counseling, job placement, etc. Makes referrals to jobs or supportive services, offers clerical testing and offers training under WIA (Workforce Investment Act).

Extended Care Facilities

www.dhhs.state.nc.us/dhsr/reports.htm

Skilled Nursing - Lee County

Lee County Nursing and Rehabilitation Center

714 Westover Drive

P.O. Box 1346

Sanford, NC

919-775-5404

Sanford Health & Rehabilitation

2702 Farrell Road

Sanford, NC

919-776-9602

Liberty Commons Nursing & Rehabilitation Center

310 Commerce Drive

Sanford, NC

919-499-2206

www.libertyhcs.com/lclee/index.html

Assisted Living – Lee County

Ashewood Estates / Victorian Manor

1115 Carthage St. / 1107 Carthage St.

Sanford, NC

774-3774 / 774-8989

Parkview Rest & Retirement

1801 Wicker St.

Sanford, NC

774-4322

www.parkviewretirement.com

Oak Haven Retirement

700 Westover Drive

Sanford, NC

774-8122

The Bayberry Inn

2002 Woodland Ave.

Sanford, NC

774-7170

www.thebayberry.com

First Choice Home Care, Inc.

506 Carthage St.

Sanford, NC 27330

919-775-3306

Home Care-Private Duty

www.firstchoicehomecare.com

Type of Service: Private Duty

Cost: Medicaid programs offered: PCS, CAP-DA, CAP-C & PDN

Payment plans: Medicaid, private insurance (in network with BC/BS), self pay

Service Description: First Choice Home Care, Inc. offers a highly skilled professional staff of nurses RN/LPN's, and certified nurse aids. Our flexible program can be provided as a stand-alone service or in combination with other reimbursed home health services. Whether your situation calls for assistance with bathing, personal grooming, meal preparation, cleaning or companionship for a family member WE can meet you needs.

About our Professional Staff:

- All staff are insured
- Up-date references
- Complete criminal background checks

First Choice Home Care, Inc.

- All staff has required training and certifications
- Your health and satisfaction are our ultimate concerns

Our services include

- Assistance will all activities of daily living (bathing, grooming, toileting)
- Meal preparation and feeding
- Light housekeeping
- Skilled nursing care for adult and pediatric patients (including trachs and ventilators)
- Respite care
- Veinpuncture program
- Available 24 hours/7 days per week
- Free RN assessment of each ones individual needs initially and on-going

Funeral Homes

Type of Service: Funeral Planning

- Bridges-Cameron Funeral Home, Inc.
600 W. Main St.
Sanford, NC 27330
919-774-1111
- CE Willie Funeral and Cremation Services
200 Hawkins Ave.
Sanford, NC 27330
919-777-0898
- Knotts Funeral Home
719 Wall St.
Sanford, NC 27330
919-776-4345
- Miller-Boles Funeral Home
1150 Firetower Rd.
Sanford, NC 27330
919-775-3434
- Rogers-Pickard Funeral Home, Inc.
509 Carthage St.
Sanford, NC 27330
919-775-3535
- Smith Funeral & Chapels
201 1st St.
Broadway, NC 27505
919-258-6711
- Watson Mortuary, Inc.
310 Courtland Dr.
Sanford, NC 27330
919-776-4119

Glaucoma 2001

PO Box 429098

San Francisco, CA 91442-9098

800-391-3937

415-561-8500 Office

Type of Service: Medical Eye Care

Cost: For those with no insurance; no fee

Service Description: The GLAUCOMA 2001 Program encourages those who are AT RISK for Glaucoma to have a dilated eye examination, the most effective way of detecting the disease in its early stages. Anyone at moderate or high risk can be referred to an ophthalmologist for such an exam. The risk factors are: age, glaucoma in one's immediate family, belonging to the racial group most at risk: African American, length of time since experiencing Last Medical Care.

Those with no insurance are seen without charge. Citizenship or legal residency is required. Those with access to care in other ways (an HMO, VA hospital, etc.) are not eligible.

Habitat Home Store

964 N. Horner Blvd.

Sanford, NC 27330

919-774-6767 Nancy Neal, Volunteer Store Manager

Type of Service: Resale of donated products for the home to the community at reduced costs.

Cost: varies

Service Description: We accept new and used products and materials used for or in the home. Items consisting of furniture, appliances, garden/yard tools, cabinets, windows, doors, paint, misc. home products, electronics, and many more. Items are sold to the community at 100% profit to Habitat to fund construction of houses for low-income families. Items donated are tax-deductible. We are 501-3© non-profit organization.

Habitat for Birds

1029 Spring Lane
Sanford, NC 27330
919-775-1371

Type of Service: Sell items for and about birds

Cost: varies

Service Description: Have bird seed and feeders for all types of birds. We also carry houses and books to encourage nesting. Gift items are available for all occasions. Store is operated by volunteers and 100% profit goes to Habitat to fund construction of homes for low-income families.

Habitat for Humanity

PO Box 3821
964 N. Horner Blvd.
Sanford, NC 27330
919-774-7779
www.habitat.org

Type of Service: Housing for low-income families.

Cost: “sweat equity” and monthly house payment without interest

Service Description: Building Houses for families who qualify with volunteers from the community.

Four basic criteria

1. Evidence of stable income
2. Resident of Lee County for at least 1 year
3. Inadequate or Substandard Housing
4. Family able or willing to provide minimum of 400 “sweat equity” hours

Miscellaneous Information: Philosophy: “People helping people help themselves”.

HAVEN in Lee County

160 Charlotte Ave.
Sanford, NC 27330
919-774-8923

Type of Service: Services and Support for victims of domestic violence and Sexual Assault, Batterer Intervention.

Cost: None

Service Description: Services include crisis intervention, information and referral, companionship during hospital and criminal justice procedures, emergency shelter and transportation, support group, emotional support for victims and survivors, displaced homemakers program and Community Education (go into community to do domestic violence and sexual assault prevention and education).

Miscellaneous Information: Someone is available by phone 24 hours a day. All services are available to English and Spanish speaking persons. HAVEN's Treasures Thrift Shop, 511 Wicker Street. All proceeds benefit the shelter for domestic violence victims. Donations and volunteers are welcome!

Helping Hands Clinic

507 N. Steele St.
PO Box 4486
Sanford, NC 27330
919-776-4359 Helping Hands Clinic

Type of Service: Medical

Cost: Free to those with low income & no medical insurance

Service Description: Medical care for those in need of immediate, non-acute care (without insurance, Medicaid, or Medicare)

Miscellaneous Information: Limited dental, eye, medical and pharmaceutical services.

Highway to Healing

(Formerly: Road to Recovery)

1615 S. Third St.

Sanford, NC 27330

919-774-8940 Highway to Healing

Type of Service: Transportation of Cancer Patients

Cost: Free

Service Description: One Hundred and twenty five (125) volunteer drivers use their own cars to drive cancer patients who reside in Lee County to doctors, hospitals or therapy in Lee County, Pinehurst, Chapel Hill, Durham, Raleigh, Siler City or Fayetteville.

Hillview Christian Assembly

3217 Lemon Springs Rd.

PO Box 2488

Sanford, NC 27331

919-776-8011

Type of Service: Food

Cost: Free

Service Description: Emergency food distribution. Bring picture ID, preferably a driver's license.

Hispanic Task Force of Lee County

309 West Main St.

Sanford, NC 27330

919-533-8061

www.downtownsanford.com/hispanic-taskforce.htm

Type of Service: Support/Information & Referral

Cost: Sliding Scale- no one refused help if unable to pay

Hispanic Task Force of Lee County

Service Description: The Hispanic Task Force of Lee County offers services in bilingual counseling in employment, immigration, legal and consumer matters. The Task Force provides services in the following areas; domestic violence and sexual abuse, immigration, victims of crime assistance, agency referrals, and translations. The Task Force also provides information and referrals regarding driver's license, taxes, and social security. The Task Force refers volunteers and clients to English as a Second Language resource available in the community. Hours of Operation: Mon – Friday 9:00 a.m. – 5:00 p.m.

In Your Home Care Services, Inc.

3110 Cameron Drive
Sanford, NC 27330
919-777-2903
919-777-2904 Fax

Type of Service: Home Care Services

Cost:

Service Description: In Your Home Care Services, Inc. is independently owned and operated. We employ professional staff members and caregivers who are responsive to your needs. Our Caregivers are compassionate, committed individuals who assist people with their day-to-day needs. For example, you may need assistance with the following, all according to your own scheduling needs and preferences:

- Personal Care
- Meal Preparation
- Medication Reminders
- Laundry
- Light Housekeeping
- Escort for Shopping, Appointments and Errands
- Respite Care

Johnston-Lee-Harnett Community Action, Inc.

225 S. Steele St.

Sanford, NC 27330

919-775-5499

www.jlhca.org

Type of Service: Case management/crisis assistance/housing counseling/housing rehabilitation/and weatherization/head start

Cost: Services are free if income eligible

Service Description: Johnston-Lee-Harnett Community Action is a private non-profit agency whose purpose is to develop programs to meet the needs of economically disadvantaged people and families. Currently, we provide the following programs.

Family services offer a comprehensive approach to assisting families to rise above the poverty level and become self-sufficient. The counselors evaluate the entire family condition to provide budget planning assistance in developing an overall plan for self sufficiency to reach their goals. Assistance is provided in finding affordable housing, better jobs, getting a better education and other stated goals within their overall plan. Income guidelines for this program are 100% of the poverty guidelines. Bring income verification and social security cards for each household member.

Weatherization program- air sealing using a new technique to provide maximum energy conservation during extreme weather. Puts insulation in the floors and ceilings, caulks all air leaks, etc.

Heating Assistance Repair Replacement- Checks out the heating unit and repairs or replaces the unit when needed. Checks for carbon monoxide leakage. To apply for either weatherization or HARRP Program bring income verification, deed if own house, rent receipt if you rent, and social security cards for all family members.

The income guidelines for Weatherization and HARRP Programs are 150% of the poverty guidelines.

Johnston-Lee-Harnett Community Action, Inc.

Urgent Repair- this program makes urgent repairs to fix unsafe or unsanitary conditions. The programs usually works with one project such as repairing a roof, fixing a substandard floor, making a wheel chair ramp, etc. Bring income verification, social security cards for each household member, and deed showing ownership.

Urgent repairs income guidelines is 50% or below the median income guidelines

There is a Spanish speaking counselor in Lee County to assist with out reach information, referral and follow-up, for clients with language barriers.

Housing Counseling- Comprehensive Housing Counseling is designed to assist homeowners who are experiencing financial difficulty and are behind in their mortgage payment. Default and Delinquent Counseling, and pre-purchase counseling are provided. We also provide HECM and Fannie Mae reverse mortgage counseling.

Head Start Program- for 3 & 4 year old disadvantaged children and their families. They should be 3 or 4 before October 16th. To apply bring Social Security card for the parent and the child; child's birth certificate; child's shot record; physical for the child less then one year old (can be gotten at the Health Department); proof of income (w2 form, check stub, written statement from employer or assistance source). The preference is previous 1040 income tax form. Bring Medicaid card if they have Medicaid. The Head Start Program has 4 major components- *education, *comprehensive health care programming, *parent education involvement, *social services designed to help the entire family unit. This also includes programming for handicapped children.

Johnston-Lee-Harnett Community Action, Inc.

Welfare to Work Counseling- accepts referrals from Department of Social Services to work with TANF recipients having a hard time getting jobs and off welfare.

FEMA- assists with utility bills to prevent cutoff and rental assistance to prevent eviction.

United Way, local churches, area ministries- assist the counselors to meet crisis needs so that long range case management plans can be made.

Lee County Arts Council

PO Box 2615

507 N. Steele St.

Sanford, NC 27330

919-774-6139

leecoarts@wave-net.net

Type of Service: The promotion and facilitation of the arts in Lee County.

Cost: varies with program or class

Service Description: The Lee County Arts Council brings the arts to the community and the community to the arts through in school programs and artist residencies; a quarterly newsletter; multicultural arts programs; a Christmas program; art classes; and Writing Out Loud meetings and public open mic events. The council also provides funding of local arts organization and events including The Lee County Orchestra and Chorus; Sanford Brush and Palette Club, High Hopes Chorus (seniors); Heart of Carolina Jazz Orchestra; Downtown Sanford, Inc., and much more.

Lee County Arts Council

Miscellaneous Information: The council is made up of and Executive Director and 16 volunteer board members, who meet the first Monday of each month in the council's office in the Lee County Arts & Community Center. The councils annual meeting, the first Monday in June is open to the public, at which time new officers are elected that include the President, Vice President, Secretary, Treasurer, and Historian. The Lee County Arts Council receives a seed grant from the state of North Carolina that must be matched from local sources, including individual and corporate donations.

Lee County Department of Social Services

530 Carthage St.

Sanford, NC 27330

919-718-4690

www.leecountync.gov

Type of Service: Financial, Medical, Crisis, Children, etc.

Cost: Free

Service Description:

Work First Family Assistance (WFFA) eligible people get a monthly check and Medicaid card. This temporary program is for families who have a child under 18 years of age, and one or no parent is in the home, a parent is incapacitated or deceased or the family income falls below the need standards. Most recipients will be assisted by the WFFA employment staff to be working within 12 months.

Work First Employment Service: Purpose of this program is to assist WFFA recipients in becoming self sufficient through job training and job development.

Lee County Department of Social Services

Medical Assistance (Medicaid): This program helps families or individuals that are aged or disabled with medical bills such as doctor fees, prescription drugs, hospital charges, and nursing home care. There are several different types of Medicaid. All of them have income limits and some have resource limits. A case worker can explain these to you. Persons who are eligible will get a Medicaid card each month. Medicaid can also cover unpaid medical bills from the three months before the month in which the application was made.

Food stamps: This program helps households who qualify under the income and resource limits. These limits are different, depending on the number and ages of persons in the home, in some situations. Persons may be able to apply as a separate household, if food is bought and cooked separately. A caseworker will explain these requirements. Eligible households will receive an EBT card to buy food.

Crisis intervention program: This program is for households in a heating or cooling-related emergency. There are some income limits, which a caseworker will explain. If eligible, a household will get help to pay their heating and cooling source.

Low-income Energy assistance program: This program provides a payment once a year to low-income households to help with the cost of heating. Checks are issued in February.

Adult services: Adoption, Child Daycare, Foster Care and Protective Services.

Child support enforcement program basics: All recipients of public assistance whose eligibility for financial assistance is based on the absence from the home of one or both parents are required to be referred to the IV-D agency and, therefore, are eligible for all IV-D services at no cost. Additionally, all non-AFDC persons who desire assistance in securing support for a dependent child may apply for and receive IV-D program services. Children receiving Medicaid are also referred to this program to obtain health insurance support.

Lee County Department of Social Services

Aid for the Blind: There are two aspects of the services offered to the blind or visually impaired. They are (1.) Aid for people who are not eligible for Medicaid but who need aid in getting eye exams and eye glasses, eligibility is based on income. (2.) Social work services for the blind, teaching independent daily living skills and counseling on an individual basis. These services are provided regardless of income.

Contact person: Jamie Perkins ext 5248

Hours: 8:00 am -5:00 pm (Mon. And Tues)

Appointments are necessary.

Adult Care Home Assistance: This program assist aged or disabled individuals, that are in need of custodial care, and are residing in an adult care home. The individual receives a payment to supplement their own income to cover the cost of care and Medicaid to cover their medical and prescription cost.

North Carolina Health Choice: This program is for children that do not have health insurance and do not qualify for Medicaid. Children qualifying must be living in families with income at or less than 200% of the poverty level. Children are covered for medical services similar to the State Employees Health Insurance coverage plan. There is a small co-payment for each service. Some families may be required to pay a yearly premium of \$50 for one child or \$100 for two or more children. A caseworker will provide further information.

Lee County Health Department Clinics and Programs

PO Box 1528

106 Hillcrest Dr.

Sanford, NC 27331-1528

919-718-4640 General Information

919-776-7441 Animal Control

919-718-4641 Environmental Health

919-718-4642 WIC Program

919-776-3133 Central Carolina Dental Center

www.leecountync.gov

Lee County Health Department Clinics and Programs

Type of Service: Health Care

Cost: According to income and service

Adult Health Services: Provides early detection of chronic diseases, breast and cervical cancers. Must be a Lee County resident. Physical examinations are provided to women who can no longer have children (clinical breast exam, pelvic exam, and pap smear). Referrals for mammograms are made when appropriate. There is a sliding fee scale. Mondays and Wednesdays by appointment.

Animal Control: Prevents the spread of rabies. Picks up and impounds stray and unwanted animals- investigates and take appropriate action concerning nuisance or dangerous animals and animals which have bitten someone. Monday-Friday 8:00am-5:00 pm. On-call if an emergency arises after 5:00pm.

Breast and Cervical Cancer Screening: Breast and Cervical Cancer screening for Lee County residents (primarily for women over 50 years of age). Clinical breast examination and a screening mammogram-instruction in breast self-examination-pelvic examination and a Pap test by an OB-GYN Nurse Practitioner. First and third Thursday of each month by appointment only.

Child health clinic: Promotes wellness in infants and children through prevention of illness, early detection, and referral. Well child clinic/nurse screen clinic- second and fourth Tuesday by appointment. Provides well child examinations and screening for early detection for various disabilities.

Child Service Coordination: The child service coordination program focuses on the organization of services and resources that respond to the needs of children and their family. Visits to discuss the needs of your child's development and special needs- identification of community services and programs to meet your child's and family's needs- help in getting the services you have chosen- help in finding programs and services as your child's and family's needs change- help in coordinating the services you receive. Monday-Friday by appointment.

Lee County Health Department Clinics and Programs

Communicable Disease Services: Prevention and treatment of transmittable diseases. Tuberculosis skin testing related to active cases of T.B. or Chest X-ray as indicated- TB skin testing for school or employment - Sexually transmitted infections exam, testing and treatment- HIV testing and counseling (confidential and anonymous).

Community Health Education and Promotion: Promotes and protects the health of all Lee County residents through education, outreach and collaborative efforts with agencies and the community. Services offered are: community health assessments and evaluations, health awareness campaigns, community outreach projects, nutrition counseling and classes, educational classes on topics like family planning, fitness, nutrition, and stress reduction/management, community health fairs/screening, advocacy for community health concerns

Most services are free, others are based on a sliding scale of Medicaid. Fridays 8:00 a.m.-5:00 p.m. with some services provided after hours.

Dental Health Services: Central Carolina Dental Center is located at 900 S. Vance Street Suite 250. The center promotes dental health and disease prevention through education and screening at Lee County schools. Call 776-3133 Monday-Thurs. 8:00 a.m.-6:00 p.m. for more information. Central Carolina Dental Center is available for children ages 0-20 who are residents of Lee, Chatham, Harnett and Moore Counties . We welcome children who do not qualify for Medicaid, HealthChoice, free lunch services and/or children who do not qualify for other services but have difficulty paying for dental care. Adults receiving Medicaid benefits are also welcome. Private dental insurance not accepted, however we will be happy to refer to a dentist in you area.

Health Care Clinic: Lee Primary Care Clinic - available to Lee County residents with no medical insurance, Medicaid or Medicare coverage.(\$35.00 fee plus lab work costs) by appointment only on Monday, Weds. & Thurs. 8:00 a.m. -3:00 p.m., Tues. 8:00 a.m. – 4:30 p.m., Friday 8:00 a.m. – 11:00 p.m.

Lee County Health Department Clinics and Programs

Environmental Health Services: Protects vital nature resources and assures public health by providing inspections and education to prevent the contamination of food, water, air and land. Monday -Friday 8:00am-5:00pm.

Immunization Services: Provides information and vaccines for the prevention of communicable diseases. Immunizations available by appointment.

Immunization Clinic: offers provision of information and vaccines for the prevention of communicable diseases. Childhood and some adult immunizations are provided. *Influenza clinic:* provision of information and vaccines for influenza/flu. By appointment only (seasonal). Provided pneumonia vaccines to eligible persons when available.

Laboratory Services: Provides test to assist the diagnosis and treatment of patient conditions. On a fee basis. Monday-Thurs. 8:00am-4:00pm and Fridays 8:00 am – 12:00 pm.

Maternity Health Clinic: The Maternity Health Clinic offers care to pregnant females and focuses on education and supervision of prenatal and postpartum aspects of pregnancy. Patients deliver at CCH by certified nurse midwives. Postpartum Home visits and newborn visits are done by and RN for select clients. Maternity Care Coordination is also available for eligible maternity clients. A maternal care coordinator is a health professional registered nurse or social worker who provides support to pregnant women. MCC's respond to the patients psychological, education, financial and resource needs by having at least one contact via face to face counseling, telephone contact or home visits as needed.

Maternity Clinic- Mondays and Wednesdays by appointment

MCC- Monday-Friday by appointment

Pregnancy Testing: Pregnancy testing (bring first morning specimen 6 weeks after last menstrual cycle) by fee. Call for more information.

Specialty Services: Call for more information. Programs such as Sickle Cell Syndrome, Head Screening, HIV benefits and advocacy.

Vital Statistics: Birth and death certification registration
Monday -Friday 8:00 am- 5:00pm.

Lee County Health Department Clinics and Programs

Women, Infant and Children (WIC) Program: Provides nutrition education and supplemental foods to promote healthy development during pregnancy and in early childhood. Promotes breast feeding. Monday - Friday (by appointment only)

Women's Preventative Health Services: provides comprehensive family planning (birth control) and clinical services that include a total physical exam to teens and women up to 50 yrs. old. Offers reproductive education, counseling and referrals as needed.

Lee County Industries (LCI, Inc.)

2711 Tramway Rd.
Sanford, NC 27332
919-775-3439 Office
www.lciinc.org

Type of Service: Employment and training services for individuals with disabilities and other barriers to employment.

Service Description: LCI, Inc. is a community rehabilitation program servicing Lee, Chatham, Moore, and Harnett Counties by providing evaluation and training to individuals with barriers to employment. LCI operates the Lee County youth WIA program: "Higher Me" and provides technology training to employers, employees, individuals with disabilities, and the local school system by identifying needed accommodations and training for students and employees.

Lee County Library

107 Hawkins Ave.

Sanford, NC 27330

919-774-6045 Main Library

919-258-6513 Broadway

919-776-3141 Jonesboro

www.leecountync.gov

Type of Service: Education/Information/Referral/Leisure

Addresses:

Broadway Branch

206 S. Main St.

Broadway, NC 27505

Jonesboro Branch

309 W. Main St.

Sanford, NC 27330

Hours:

Main Library: 9:00 a.m. – 9:00 p.m. (Monday – Thursday),

9:00 a.m. – 6:00 p.m. (Fri. & Sat.), 2:00 p.m. – 6:00 p.m. (Sun)

Broadway: 12:30 p.m. - 6:00 p.m. (Monday -Friday)

Closed Wednesday

Jonesboro: Call for hours

Service Description: Library card can be used to borrow books, videos, DVDs, records, CDs and other materials from the library. Cards can be used at all branches. Group cards are available. To obtain a card one must present a valid ID, showing current mailing and/or street address (if temporary resident may obtain a restricted card, which limits holder to borrow two books per visit).

Other services include: reader's advisory, public -access internet, investment resources, interlibrary loans, outreach program (takes books and videotapes to people in rest homes), recorded and large print books, local history collection, local newspapers on microfilm, public meeting rooms (by reservation), and special children's services (see below)

Story time for children: times vary throughout the year, contact children's librarian, Doris Powell, for more information. Summer reading programs are available (registration is limited).

Lee County Parks and Recreation

2303 Tramway Road

PO Box 1968

Sanford, NC 27331

919-775-2107

www.leecountync.gov

Type of Service: Recreation and Leisure programs

Cost: Fees vary with activities, call for more information

Service Description:

Athletics: Youth and adult programs in baseball, basketball, football, gymnastics, softball, and volleyball

Aquatics: Learn to swim lessons, public swim, and special programs.

Arts & Leisure Programs: Children's dance, western line dancing, aerobics, Summer Fling playgrounds, Jazz band, Judo, Tiny tots

Outdoor education: wildlife displays, camps, lectures, hikes.

Special events: various camps, clinics, demonstrations, and performances

Rentals: shelter, building and equipment rentals for parties, reunions, weddings, and etc.

Facilities:

Main office: PO Box 1968, Sanford, NC 27331; 919-775-2107; recreation and leisure programs information.

San-Lee Park: 572 Pumping Station Rd., 776-6221, nature programs, trails, canoes, paddle boats, shelter, picnic sites, camping, wildlife rescue. Open year round.

Armory: 147 McIver St., basketball, volleyball, shuffleboard, indoor walking, and Tiny Tots.

OT Sloan Park: 1420 Bragg St., olympic sized pool, dive tank, lessons and various programs available. Open Memorial Day Weekend to Labor Day Weekend. Rotary club tennis courts, 6 lighted, 1 rebound wall, restrooms, also 2 lighted athletic fields, playground equipment, picnic areas, disc golf course, beach volleyball court, restrooms.

Lee County Parks and Recreation

Horton Park: 1515 Washington Ave.. Pool open first Saturday in June to mid-August, various programs available. Also two shelters, playground equipment, 2 hard surfaced basketball courts, lighted athletic field, restrooms.

Kiwanis Children's Parkplace: 101 Park Ave. Neil A. Cole Tennis courts, 4 lighted. Also shelter, playground equipment, and restrooms.

Kiwanis Family Park: 1800 Wicker St. Fitness trail, greenway, strolling garden, shelter, gazebo, picnic tables, playground equipment, volleyball courts, open space, and restrooms.

Buchanan Park: 3100 Cameron Dr.; shelter, picnic tables, playground equipment, lighted athletic field, restrooms.

Dalrymple Park: 300 Globe St. Ingram building, multipurpose use for dance classes, meetings, parties. Also 2 lighted athletic fields, tennis court, hard surface basketball court, batting cage, playground equipment, restrooms.

Lions Club Fairgrounds: 505 N. Seventh St., lighted athletic field, restrooms.

Optimist Park: 301 Legion Dr.; lighted athletic field batting cage, restrooms.

Temple Park: 806 McIver St., 2 lighted athletic fields, restrooms.

WB Wicker Gym: 806 S. Vance St.; basketball, volleyball

Lee County Senior Services

The Enrichment Center
1615 South Third Street
Sanford, NC 27330
919-776-0501
www.leecountync.gov

Type of Service: Information & Referral/Activities/Services

Cost: Fees vary depending on activity. Service fees based on NCDAAS Consumer Contribution Policy. Call for more information.

Mission Statement: The mission of Lee County Senior Services is to provide a comprehensive assessment of the needs and opportunities associated with older adults and to fashion an achievable vision of successful aging in Lee County.

Lee County Senior Services

Service Description:

Information and Referral: The Enrichment Center's knowledgeable staff will assist you in finding the answer to any question related to aging services. Social workers, fitness specialist, notary and activity director are available to assist you.

Community Information Services: Trained volunteers and staff provide assistance with tax preparation; deciphering Medicare and insurance statements. Advance directives or living wills are available and can be notarized at the center. An appointment is recommended.

Diners Club: Provides a hot, nutritionally balanced noon day meal for older adults at the Enrichment Center. Social programs, exercises, educational programs, and health screenings are included. Arrangements can be made for home delivered meals.

Respite Referral Service: A listing of home care workers, sitters and housekeepers available in the community to offer respite care to families in need. This service is based on private pay. The family is solely responsible for the hiring, scheduling and payment of the worker.

Services to Maintain Independence: Sitter services and transportation.

Social and Educational Programs: Lee County Senior Services is housed in a community center providing activities, trips, seminars, self-help information and a monthly newsletter listing date/time events.

Medication/Fuel Assistance: Persons 60 or older may be eligible for this program based on individual need.

Group Respite (Caregiver's Time Out): This program provides temporary relief for caregivers, enabling them to meet personal needs and supporting their efforts to provide the majority of care for their family member in the home. For the participant, the program offers socialization, music, crafts, games, art and various other activities. Space is limited. Eligibility requirements include: continence with ability to use restroom facilities independently and ability to feed and ambulate without assistance.

Lee County Senior Services

Support Groups: The Enrichment Center plays a vital role in the lives of Lee County's older adults. We wish to empower the older adults and their families by providing the information and a support network to improve coping skills. We invite you to attend any of the following support groups:

Alzheimer's Support Group
Arthritis Support Group
Caregiver Connection
Diabetes Support Group
Cancer Support Group

Grief Support Group
Grancare Support Group (Luncheon)
Living with Vision Loss Supp. Group
Parkinson's Support Group
Prostate Support Group

Please contact The Enrichment Center for more information.

SHIIP: The Seniors' Health Insurance Information Program (SHIIP) answers questions and counsels older adults about Medicare, Medicare Supplement, Medicare Part D and other health insurance.

Volunteer Corps: The Enrichment Center Volunteer Corps is designed to serve as a clearinghouse for volunteer opportunities throughout Lee County. The Enrichment Center Volunteer Corps will also support and promote existing volunteer programs.

Fitness Programs:

Fitness Room: A fully equipped gym and part-time fitness trainer are available. An orientation is required before using the equipment or other programs.

Exercise Classes: Water Aerobics, Exercise with Kathy, Exercise with Jeanette and Stretch & Tone and Yoga. Please call 776-0501 for more information.

Senior Games of Lee County/Silver Arts: Olympic-style athletic events as well as artistic events. Open to Lee County residents 55 years of age and better. Contact: Jimmy Solomon.

Schedule of activities can be obtained at the Information Desk or by calling 776-0501.

Lee County Thrift Shops

American Legion Thrift Shop
916 Fields Drive
Sanford, NC 27330
919-776-7794

HAVEN's Treasures
511 Wicker Street
Sanford, NC 27330
919-708-5166

Lee PTO Thrift Shop, Inc.
303 S. Steele Street
Sanford, NC 27330
919-776-4142

The Salvation Army
305 S. Steele Street
Sanford, NC 27330
919-776-2769

Christian United Outreach Center
Lee Avenue
Sanford, NC 27330
919-774-8485

Liberty HomeCare & Hospice

1005 Carthage Street
Sanford, NC 27330
919-774-9522

www.libertyhomecare.com

Type of Service: Home Health and Hospice

Cost: Medicare, Medicaid, Fee Scale, Private Insurance, Worker's Compensation, VA and Private Pay.

Liberty HomeCare & Hospice

Staffing: Amy Gunter, RN, Operations Manager

Leala Boyd, RN & Judy Page, RN, Home Health Coordinator

Tammy DeGregorio, RN, Hospice Coordinator

Service Description: Skilled care through a multi-disciplinary team approach. The home health team includes nurses, home health aides, physical therapist, occupational therapist and speech therapist and medical social worker. Our Hospice team has nurses, aides, volunteers, medical social worker, chaplain and rehabilitation, as needed. We provide the medical supplies our clients need. For more information about your individual needs, call us. Anyone may request services.

Miscellaneous Information: Evaluation visits are made to determine if your needs can be met through these services or if a more appropriate referral is needed. There is no charge for this evaluation visit if the person does not become a client of Liberty HomeCare & Hospice.

Meals on Wheels of Sanford, Inc.

919-776-0501 Lee County Senior Services

Type of Service: Home Delivered Meal

Cost: Varies

Service Description: Hot meals delivered into homes to help maintain and improve the health of impaired homebound older persons by providing nutritionally balanced meals. This assists older adults to remain independent and in their own homes for as long as possible.

Medical Review of North Carolina Inc.

100 Regency Forest Drive, Suite 200
Cary, NC 27511
800-722-0468

Information on appeals procedures following Medicare denial of Part A benefits.

Moncure Community Health Center

7228 Pittsboro-Moncure Rd.
Moncure, NC 27559
919-542-4991
www.peidmonthhealth.org

Type of Service: Medical, Dental, Nutrition, Pharmacy

Cost: Medicaid/Private Pay/Private Insurance. Sliding fee scale options available for qualified patients.

Service Description: All general health care, for adults and children, including prenatal/postnatal care and maternity care coordination. Spanish speaking staff are available, including doctors. Dental care for all ages including dentures for older adults. Social work, case coordination for older adults.

NC Cooperative Extension Service in Lee County

2420 Tramway Rd.
Sanford, NC 27332
919-775-5624
www.lee.ces.ncsu.edu

Type of Service: Education, Information, Referral

Cost: Most services are free

NC Cooperative Extension Service in Lee County

Service Description: The Agricultural Education Program focuses on helping farmers solve everyday problems of crops, weed control, soils, forestry and business management. Homeowners will find a wealth of information available to them concerning lawn, home gardens, landscaping, and insect and disease control.

Family and Consumer Education Programs are designed to strengthen families and the home environment. Areas include food, nutrition and health, environmental awareness, financial resource management and food safety.

4-H Youth Development Programs help children ages 5 to 18 develop life skills through 4-H Clubs, school enrichment and special interest activities.

Services: Resource materials and education programs in a variety of areas, information and referral, soil analysis, insect and plant identification, youth and adult activities.

NC Department of Insurance Hotline

1201 Mail Service Center

Raleigh, NC 27699-1201

800-662-7777

www.ncdoi.com

Type of Service: Insurance Hotline

Cost: Free

Service Description: The Department of Insurance performs a variety of functions that affect the lives of North Carolinians in a number of ways:

- License and regulate insurance companies, agents, brokers and claims adjusters.
- Oversee the operation of insurance companies to help assure financial health.
- Regulate premium rates insurance companies may charge and the policy forms they may use in providing coverage.
- Provide information and assistance to insurance consumers.
- Provide unfair and deceptive trade practices in the business of insurances.
- Train volunteer counselors to assist older adults in the areas of Medicare, Medicare supplement and long-term insurance.

NC Division of Services for the Deaf and the Hard of Hearing

2301 Mail Service Center

Raleigh, NC 27699-2301

919-874-2212 Local

800-851-6099 Voice/TTY

www.dsdhh.dhhs.state.nc.us

Type of Service: Human Services related to Deaf, Deaf-Blind and Hard of Hearing

Cost: None

Service Description: A Regional Resource Center Service for 18 counties; Lee included-provide advocacy, interpreting, communication support, information, referral and training for and about persons who are Deaf, Deaf-Blind and Hard of Hearing.

NC Lawyer Referral Service

800-662-7660

www.ncfindalawyer.org

Type of Service: Legal

Cost: Private Pay

Service Description: Provides referral information, i.e. gives names and phone numbers of attorneys.

NC Library for the Blind & Physically Handicapped

1811 Capital Blvd.

Raleigh, NC 27635

888-388-2460 Nationwide Toll Free

919-733-4376 Voice

919-733-1462 TDD

<http://statelibrary.dcr.state.nc.us/lbph/lbph.htm>

NC Library for the Blind & Physically Handicapped

Type of Service: Visual/Handicapped Resources

Parent Agency: NC Department of Cultural Resources

Also connected with, and administers services for: National Library Service for the Blind and Physically Handicapped of the Library of Congress.

website: <http://www.loc.gov/nls>

Cost: There is no cost for any library service, except for the Descriptive Video Club. All books, materials and equipment travel through the mail "Free Matter for the Blind."

Service Description: Loans recreational reading materials (books and magazines) in Braille, on record, on cassette tape and in large print. All audio materials will only play on special playback equipment which the library loans to active patrons. There are special attachments for the equipment, such as headphones, breath switches, and extension lever, to assist patrons with special needs. The library offers a book collection of over 75,000 titles and over 100 magazines. The library collection includes both juvenile and adult material. There are also a limited number of foreign language titles. Musical instruction materials and tactile maps can be borrowed upon request.

The library also offers a collection of over 170 video tapes that have audio descriptions of the action put into the soundtrack of the tape. The video tapes will play on a normal VHS VCR. The library does not loan video equipment. This part of the library service is only open to patrons who are actively using another part of the service. There is a cost for this part of the service.

Population Served: The library will serve individuals residing in NC who cannot use regular print due to a visual or physical handicap, or institutions that serve qualified individuals.

Eligibility & Certification: Any NC resident who, because of either a visual impairment or a physical handicap, cannot use regular print would qualify for library services. An application must be completed and certified by a qualified authority. Applications for individuals that have reading or learning disabilities require a medical doctor to certify, in writing, that the disability has a physical basis.

NC Library for the Blind & Physically Handicapped

Volunteers: The library uses many volunteers at the Raleigh facility. Volunteers are used for recording, brailing, shipping activities, equipment repair, administrative support and clerical duties.

Will Provide Speakers: On a limited basis. Contact Director of Volunteer Services

Contacts: Regional Librarian – Francine Martin
email: francine.martin@ncmail.net

Assistant Regional Librarian: Carl Keehn
email: carl.keehn@ncmail.net

Director of Volunteer Services: Lara Handler
email: lara.handler@ncmail.net

NC Office of Citizen Services (CARE-LINE)

2012 Mail Service Center
Raleigh, NC 27699-2012
800-662-7030

www.dhhs.state.nc.us/ocs/careline.htm

www.nccarelink.gov

Type of Service: Information & Referral Service/CARE-LINE/Ombudsman Service

Cost: Free

Service Description:

Ombudsman Program – The Ombudsman serves as the liaison between citizens and the Department of Health and Human Resources. The Ombudsman oversees the handling of problems, complaints or inquiries relating to the programs and delivery of services that fall within the jurisdiction of the Department.

NC Office of Citizen Services (CARE-LINE)

Information & Referral – Callers receive information and referral on human service agencies in government, non-profit agencies and support groups through the Information and Referral service known as the CARE-LINE. A wide spectrum of services can be accessed by calling the CARE-LINE.

NCcareLINK - The Services for Older Adults Neighborhood of NCcareLINK will help seniors, their families, and caregivers focus on finding the help they need. This is your direct link to a variety of services including: adult day care programs and nursing homes, employment, family and caregiver support programs, health, housing and long term care options.

Network on Aging (NOA)

1615 South Third Street
Sanford, NC 27330
919-776-0501

Service Description: The Network on Aging is a collaborative effort among aging providers in Lee County and it's surrounding areas to assess and identify the ever growing and changing needs of the aging population. The NOA meets monthly to address any new issues that may arise. Please call for more information.

North Carolina Assistive Technology Program

1110 Navaho Drive
Suite 101
Raleigh, NC 27609-7322
919-850-2787
www.ncatp.org

Type of Service: Disabled-Technology

Cost: Formal written computer access evaluations are available on a fee-for-service basis; all other services are free.

North Carolina Assistive Technology Program

Service Description: Serves all disabilities, all ages. Primary purpose is to help people with disabilities and professionals select assistive technology (equipment) to enable a person with a disability to become more independent and to improve the quality of one's life.

Demonstration and tryout of adaptive equipment, information and referral through 12 demonstration centers are available. Short term loan of equipment is also available. Information on funding resources and strategies as well as community resources is available.

North Carolina Medical Society

222 North Person Street

Raleigh, NC 27601

919-326-1100

1-800-722-1350 Toll Free

www.ncmedsoc.org

On the Road Again

919-718-5386 – Answering Machine

Type of Service: Personal Transportation

Service Description: On the Road Again is a transportation service for the community by S. Stephen's Catholic Church and is a ministry of the Samaritans. Volunteers drive Lee County residents to locations in Lee County plus three nearby clinics between 9 a.m. and 5 p.m. seven days a week, except holiday. We do not carry people who qualify for other transportation services, such as COLTS, nor do we carry on short notice. Riders call our answering machine before noon two weekdays before the trip and the Scheduler calls them back.

Parkview In-Home Aide Service

P.O. Box 4057
620 Westover Drive
Sanford, NC 27330
919-775-1475
800-777-1475

Type of Service: Home Care Services

Cost: Varies according to the level of care required.

Service Description: State approved agency serving Lee Harnett, Moore, Chatham, Hoke, Cumberland and Wake Counties. Accredited by the NC Accreditation Commission for Home Care, Inc. All nurse aides are certified and supervised by a registered nurse at all times. Parkview is a family owned, home-town based agency serving clients 24 hours a day, 7 days a week, since 1988. We offer Personal Care Service (PCS), Community Alternative Program (CAP), and private pay. Clients are billed only for contract services. Bookkeeping and personnel matters are handled by Parkview.

Piedmont HIV Health Care Consortium

331 West Main Street
5th Floor
Durham, NC 27701
919-682-3998
800-272-9610 Toll Free
www.phicas.org

Type of Service: Case Management and Outpatient support services for people with HIV disease and their families.

Cost: Free to income eligible persons.

Piedmont HIV Health Care Consortium

Service Description: The Consortium functions to plan, develop, and ensure the delivery of comprehensive outpatient health and support services to persons living with HIV disease, their families and loved ones. The Piedmont Consortium serves Chatham, Durham, Franklin, Granville, Lee, Orange, Person, Vance and Warren Counties.

The Consortium offers assistance with:

- case management
- emergency assistance
- mental health counseling
- information and referral
- non-emergency financial assistance
- respite care
- in-home care
- transportation
- housing

In Lee County, contact: Lee County Health Dept. 919-718-4640

Quality Home HealthCare Store

106 Park Ave.

Sanford, NC 217730

919-775-2001

919-776-8122 Fax

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

Type of Service: Home Medical Equipment

Service Description: One stop shop for all your medical needs: Home Medical Equipment, home oxygen, Mastectomy fitting, Diabetic and Orthopedic Foot Clinic, Home IV services, prescriptions. Friendly home town staff to serve you.

Rental Complexes for Older Adults

www.nchousing.org

Adcock Rentals (Sanford Gardens)

919-774-6046

Apple Tree Apartments

919-774-0693

Brookhollow Apartments

919-775-3323

Courtland Apartments

919-774-1171

Firetower Crossing

919-777-0661

Forest Ridge Apartments

919-774-6423

Hunter's Glen

919-774-6511

Sanford Estates (Oakwood Avenue)

919-776-7032

Sanford Makepeace Apartments

919-775-1255

Sandhill Manor

919-777-0694

Simpson & Simpson

919-774-6511

Summerfield/Applegate Apartments

919-774-1009

Westridge Apartments

919-775-5134

Wilrik Hotel Apartments

919-777-2773

Woodbridge Apartments

919-774-6125

West Rose Apartments

919-774-1117

Respite Care Referral Service

Lee County Senior Services
1615 S. Third St.
Sanford, NC
919-776-0501

Type of Service: Respite Service

Cost: Private Pay

Service Description: A listing of home care workers, sitters and housekeepers available in the community to offer respite care to families in need. This service is based on private pay. The family is solely responsible for the hiring, scheduling and payment of the worker.

SHIIP (Seniors' Health Insurance Information Program)

NC Department of Insurance
111 Seaboard Avenue
Raleigh, NC 27604
800-443-9354 Toll Free
919-776-501 Local SHIIP Contact – The Enrichment Center
www.ncshiip.org

Type of Service: Insurance Counseling

Service Description: SHIIP answers questions and counsels older adults about Medicare, Medicare Supplements, Medicare Prescription Drug Plans and other seniors health insurance benefits and options.

Salvation Army

507 N. Steele Street Administrative & Social Service Office
305 S. Steele Street Thrift Store

Sanford, NC

919-718-1717 Administrative & Social Service Office

919-776-2769 Thrift Store

www.salvationarmysouth.org

Type of Service: Emergency Assistance

Service Description: The local unit of the Salvation Army operates a thrift shop that sells affordable, reusable items to the general public. They also will provide emergency assistance after determining if an individual is eligible for assistance. He/she must go through an application process.

Miscellaneous Information: Donations and volunteers are always welcomed.

Sandhills Mental Health Center

130 Carbonton Road

Sanford, NC 27330

919-774-6521 Appointments

919-774-4520 24 Hour Crisis Line

www.sandhillscenter.org

Sanford Housing Authority

P.O. Box 636

1000 Carthage Street

Sanford, NC 27330

919-776-7655 Office

919-776-7656 Fax

www.shanc.org

Type of Service: Affordable Housing

Cost: Rent is based upon 30% of a person's actual income.

Sanford Housing Authority

How to Apply: Applications can be picked up and returned at our main office at 1000 Carthage St.

Our Goal: Since 1961, The Sanford Housing Authority has made its goal to provide safe and sanitary housing for the low-income citizens of Sanford, North Carolina. In all, the Authority owns 443 public housing units in its communities across the area, plus manages another 441 Section 8 voucher program units. Both of these housing options can provide you and your family with safe, affordable housing in great locations throughout Sanford and Lee County.

Our Communities: We have 8 communities scattered throughout Sanford to meet your specific housing needs. Of these eight, two are specifically designated for the elderly and disabled. These include Stewart Manor off of Horner Blvd., and Matthews Court off of Third Street. Both locations are conveniently located within minutes of stores, post office and banks, yet still provide a peaceful, community minded living arrangement. At both these locations, we have an onsite resident services coordinator who facilitates many activities for residents, including weekly trips to the Sanford Nautilus, Bingo Night, bowling at Kendale Lanes and various other outings for our residents to enjoy at no cost to them.

Home Ownership Program: We offer a Home Ownership program which provides individuals and families the opportunity and assistance needed to purchase a home of their own in the Sanford/Lee County area. Financial, as well as, planning and budgeting assistance is available for all qualified participants. Call today to find out qualifications and let us make becoming a homeowner a viable option for you and your family.

Housing Complexes Available:

- Linden Heights – Linden Ave. and Talley Ave.
- Matthews Court – Third St. and Temple Ave.
- Harris Court – Vance St., Dudley St., Oddfellow St.
- Gilmore Terrace – James St., Walden St., Fields Dr., Harrington St.
- Stewart Manor – 500 Dudley St.
- Utley Plaza – Winslow St.
- Foushee Heights – Eames Dr.
- Garden Street – Garden St., Clark Circle, Battle Ave., Rose St.

Sanford Lions Club

P.O. Box 892
Sanford, NC 27331

Type of Service: Visually Impaired/Hearing Impaired

Service Description: Assistance with needs of visually impaired children and adults. Call for more information regarding appropriate request and process.

Contact: Jamie Perkins, Lee County DSS 919-718-4690 or
President of the Lions' Club

Sanford Outreach Mission, Inc.

P.O. Box 476
Sanford, NC 27331

919-499-3194 Rev. Donald Kivett
919-774-7112 Women's Shelter, 507 S. Third St.
919-776-8474 Men's Shelter, 705 Chatham St.

Type of Service: Lodging-overnight shelter. Evening meals and light breakfast for those staying in the shelter.

Service Description: Offers shelter for people in need. Check in begins at 6:30 p.m., checkout is at 8:00 a.m. Other needs may be addressed by staff through referral.

Section 8 Housing

1000 Carthage Street
Sanford, NC 27330
919-774-6212

Type of Service: Housing

Service Description: Rental assistance through private landlords. Must qualify as low-income family, disabled or elderly. Call to make an appointment. Rent is based on 30% of family's gross income.

Senior Games and Silver Arts of Lee County

The Enrichment Center of Lee County

1615 S. Third St.

Sanford, NC 27330

919-776-501 Contact: Jimmy Solomon

Type of Service: Olympic-style Athletic events, as well as, Artistic events

Cost: \$10.00 Early Bird/ \$15.00 Late Registration

Service Description: Open to Lee County residents 55 years of age and better. Senior Games of Lee County is part of a network of 54 local games across the state; sanctioned by NC Senior Games, Inc. Participants in Senior Games of Lee County and Silver Arts compete to qualify for NC Senior Games State Finals held each fall in Raleigh.

Seniors Eye Care Program

P.O. Box 429098

San Francisco, CA 94142-9098

800-222-EYES Toll Free

800-222-3937 Toll Free

877-887-6327 Administration (Toll Free)

www.allaboutvision.com/viewpoints/0300seniors.htm

Type of Service: Medical Eye Care

Cost: No cost to patient

Service Description: Provides medical eye care in order to detect and treat eye disease at no cost to patient (65 years and older). Medical eye care is provided through an area doctor. (In our area there are locations in Southern Pines, Raleigh and Fayetteville.)

Eligible Persons:

*must be 65 years of age or older

*must be citizen or legal resident

*must be unable to afford care on their own

*for those who haven't had medical eye care in the last three years or do not have an ophthalmologist (medical eye doctor).

Miscellaneous Information: Literature about various eye diseases is available upon request.

Services for the Blind (Lee County)

530 Carthage St.

Sanford, NC 27330

919-718-4690 Jamie Perkins ext. 5248

Service Description: Social Worker for the blind provides teaching of independent living skills to visually impaired children and adults. Serves as a liaison with other agencies. Information and referral provided as appropriate. Counseling on individual basis. Based on vision eligibility only.

Medical eye care is available to prevent the loss of vision (eye exams, surgery, medication and screening – based on income)

Social Security Administration

1013 Spring Lane

Sanford, NC 27330

800-772-1213 Toll Free

919-775-1033 Sanford Office

www.ssa.org

Type of Service: Social Security

Service Description: Monthly benefits, Medicare entitlement and SSI assistance (based on age and disability). Applications taken in local office or by mail for Social Security number. Call for more information.

Temple Theatre

120 Carthage St.

P.O. Box 1391

Sanford, NC 27331

919-774-4512

www.templeshows.com

Type of Service: A live professional theatre with diverse cultural programming for all ages.

Cost: \$20 Adults, \$10 Students, \$16 Groups

Service Description: Historic Vaudeville Theatre now serving as a Professional Regional Theatre and vibrant Performing Arts Center.

The Exchange Club of Sanford

P.O. Box 783
Golf Course Lane
Sanford, NC 27330
919-775-5762 Elwell Turner

Type of Service: Service to Youth and Senior Citizens

Service Description: The Exchange Club of Sanford maintains a fleet of wheelchairs which are supplied, upon request, for short-term and moderate-term needs.

The Club supports child abuse prevention programs and further provides services to youth through its scholarship and academic awards grants.

Many other area public service organizations have received support from the Club over the years.

Total Life Care

824 S. Horner Blvd.
Sanford, NC 27330
919-776-0352
www.TLCatHome.org

Type of Service: In-Home Care

Service of Description: Compassionate, comprehensive care available 24 hrs a day/ 7 days a week.

- | | |
|---------------------|---------------------|
| *Personal Care | *Life Assistance |
| *Companionship | *Meal Preparation |
| *Recovery In Home | *Errands |
| *Bathing / Grooming | *Light Housekeeping |
| *Special Needs | *Family Support |

Private Duty, RN's & LPN's, CNA's
Medicaid Licensed / Insured / Bonded

Miscellaneous Information: Insurance Claims Filed, Medicaid Reimbursement, Free Care Assessment.
Helping Seniors / Others Live At Home

Veterans Administration Regional Office

Federal Building

251 N. Main St.

Winston-Salem, NC 27155-1000

800-827-1000 VA Questions

www.vba.va.gov

Type of Service: Veterans Assistance

Service Description: Questions concerning Veterans Affairs can be answered by dialing 1-800-827-1000 and selecting the type of benefit you are seeking or press 0 to speak to a VA employee.

Veterans Services

The Enrichment Center

1615 S. Third St.

Sanford, NC 27330

919-776-0501 ext. 209 Mon – Fri 8:30 a.m. to 12:30 p.m.

www.leecountync.gov

Type of Service: Veterans Assistance

Cost: None

Service Description: Provides assistance for veterans and their survivors seeking benefits from the Veterans Administration.

Vocational Rehabilitation

201 Commercial Court
Sanford, NC 27330
919-775-2247

Type of Service: Employment Assistance for Persons with Disabilities

Cost: Services are generally free. If client has Medicaid or private insurance, those benefits will be used first.

Service Description: Provides services to enable a disabled person, (Physical, Mental, Emotional or Learning Disability) to find and keep a job. A determination will be made as to whether VR Services are likely to enable the disabled person to maintain employment. The disability must be documented by a doctor. Services could include job placement, training, equipment, job site accommodation, transportation, etc.

Vocational Rehabilitation for the Visually Impaired

Division of Services for the Blind
225 Green St., Suite 500
Fayetteville, NC 28301
910-486-1582
800-422-1897
www.ncdhhs.gov/dsb

Type of Service: Rehabilitation for Visually Impaired

Cost: No cost to client

Service Description: Assist clients with eye care, surgery, medical transportation, reimbursement, medication, training (in some cases college), mobility training, employment location, vocational evaluation, and the rehabilitation center in Raleigh is also available.

Miscellaneous Information: May call directly or be referred by Jamie Perkins at the Lee County Department of Social Services 919-718-4690.

Volunteer Corps

The Enrichment Center
1615 S. Third St.
Sanford, NC 27330
919-776-0501

Type of Service: Volunteer Opportunities

Service Description: The Enrichment Center Volunteer Corps is designed to serve as a clearinghouse for volunteer opportunities throughout Lee County and to support and promote existing volunteer programs. The Volunteer corps serves individuals seeking volunteer opportunities and organizations in need of volunteers.

TOLL FREE HOTLINES

AARP Health Insurance (Claims)	1-800-523-5880
AARP Health Insurance (Customer)	1-800-523-5800
Alcohol & Drug Abuse Helpline	1-800-252-6465
Duke Alzheimer's Family Support Program	1-800-672-4213
Alzheimer's Association Information & Referral.....	1-800-272-3900
Alzheimer's Association Eastern NC Chapter	1-800-228-8738
Alzheimer's Disease Education & Referral.....	1-800-438-4380
American Association of Kidney Patients	1-800-749-2257
American Assoc. of Retired Persons (AARP)	1-800-424-2277
American Cancer Society Hotline	1-800-227-2345
American Council for the Blind.....	1-800-424-8666
American Diabetes Association	1-800-232-3472
American Diabetes Association (NC Affiliate).....	1-800-682-9692
American Heart Association Mid-Atlantic Affiliate.....	1-800-284-6601
American Institute for Cancer Research.....	1-800-843-8114
American Kidney Fund	1-800-638-8299
American Osteopathic Association.....	1-800-621-1773
Arthritis Foundation Information.....	1-800-283-7800
Automobile Insurance Program	1-800-541-3717
Better Hearing Institute.....	1-800-327-9355
Breast Cancer Information	1-800-221-2141
Cancer Information Service.....	1-800-422-6237
CARE-LINE	1-800-662-7030
Carolina Poison Control Hotline	1-800-848-6946
Easter Seals Society of NC.....	1-800-662-7119

TOLL FREE HOTLINES

Elder Care Locator Line	1-800-677-1116
Help for Incontinent People	1-800-252-3337
Huntington's Disease Society of America	1-800-345-4372
Internal Revenue Service.....	1-800-829-1040
Grief Recovery Institute	1-800-445-4808
Kidney Information	1-800-638-8299
Medicare Telephone Hotline	1-800-638-6833
National Council of Aging	1-800-424-9046
National Eye Care Project Helpline	1-800-222-3937
National Institute on Aging Information Center	1-800-222-2225
National Library Services - Blind & Handicapped	1-800-424-8567
National Senior Service Corps.....	1-800-833-3722
North Carolina Eyes, Southern Pines	1-800-848-6947
NC Crisis Line	1-800-672-2903
NC Department of Insurance Hotline	1-800-662-7777
NC Disability Hotline.....	1-800-638-6810
NC Library for the Blind & Physically Handicapped.....	1-800-662-7726
NC Travel & Tourism.....	1-800-847-4862
Parkinson's Disease Foundation.....	1-800-457-6676
SHIIP (Senior Health Information Program in NC).....	1-800-443-9354
Social Security Administration	1-800-772-1213
The Living Bank (Organ Donors)	1-800-528-2971
Veteran Affairs, US Government	1-800-827-1000