

**DIRECTORY OF SERVICES FOR
OLDER ADULTS
IN
ROWAN COUNTY**



**The Henry E. Rufty - Haden C. Holmes
Senior Center**
"Adding Life to Years"

**IF YOU NEED MORE INFORMATION PLEASE CALL OR EMAIL
Rufty-Holmes Senior Center
Senior HelpLine
704-216-7700
Email: information@ruftyholmes.org
Website: www.ruftyholmes.org**

January 2018

This directory concentrates on services and resources for older adults. It may not include all services in your area. Rufty-Holmes does not endorse any particular service, agency, or product.

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EMERGENCY NUMBERS

Ambulance Service

Rowan County Emergency Services.....	911
Business Calls: 704-216-8900	
Rowan County Rescue Squad	911
Business Calls: 704-633-5405	

Fire Assistance

All Departments, EMERGENCIES ONLY.....911

Business Calls:

Rowan County Fire Marshal.....	704-216-8916
China Grove Fire Dept.....	704-857-4300
Cleveland Fire Dept.....	704-278-4300
East Spencer Fire Dept.....	704-633-0055
Granite Quarry/Faith Fire Dept.....	704-279-5596
Kannapolis Emergency Services.....	704-920-4260
Landis Fire Dept.....	704-855-1269
Rockwell Fire Dept.....	704-279-2921
Salisbury Fire Dept.....	704-638-5351
Spencer Fire Dept.....	704-637-6135

Law Enforcement

All Departments, EMERGENCIES ONLY.....911

Business Calls:

China Grove Police Dept.....	704-857-7755
Cleveland Police Dept.....	704-278-1900
East Spencer Police Dept.....	704-637-1660
Granite Quarry/Faith Police Dept.....	704-279-2952
Kannapolis Police Dept.....	704-920-4000
Landis Police Dept.....	704-857-2129
Rockwell Police Dept.....	704-279-3420
Rowan Co. Sheriff's Dept.....	704-216-8700
Salisbury Police Dept.....	704-638-5333
Spencer Police Dept.....	704-633-3574

Disaster Services

American Red Cross, E.H. Dole Chapter.....	704-633-3854
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Poison Control Hotline.....1-800-222-1222

www.ncpoisoncenter.org

National Suicide Prevention Hotline.....1-800-273-8255

www.suicidepreventionlifeline.org

Veterans Crisis Line.....www.veteranscrisisline.net.....1-800-273-8255

SERVICE NUMBERS

Government

Rowan County...www.rowancountync.gov.....704-216-8180
Salisbury City.....www.salisburync.gov.....704-638-5270

Municipalities

China Grove City Hall.....www.chinagrovecnc.gov.....
704-857-2466
Cleveland Town Hall.....www.clevelandnc.org.....
704-278-4777
East Spencer Town Hall.....www.townofeastspencer.org.....
704-636-7111
Faith Town Hall....www.faithnc.com.....
704-279-7500
Granite Quarry Town Hall....www.granitequarrync.gov.....
704-279-5596
Kannapolis City Clerk...www.kannapolisnc.gov.....704-920-4399
Landis City Hall.....www.townoflandis.com.....
704-857-2411
Rockwell Town Hall....www.rockwellnc.gov.....
704-279-2180
Spencer Town Hall....www.ci.spencer.nc.us.....
704-633-2231

Information

NC 2-1-1, www.nc211.org, cell phone users call1-888-892-1162
Rowan County Chamber of Commerce.....
704-633-4221
www.rowanchamber.com
Rowan County Convention and Visitors Bureau.....704-638-3100
Visitsalisburync.com
Rowan County Library (Main Branch).....704-216-8243
Rowan County Veterans' Service Officers.....704-216-8138 or 8139
Rufty-Holmes Senior Center, Senior HelpLine.....704-216-7700
United Way of Rowan County.....704-633-1802

Miscellaneous Numbers:

Better Business Bureau of Northwest NC..336-725-8348 or.....1-800-777-8348
Rowan County Board of Elections.....704-216-8140

Rowan County Magistrate.....704-797-3130
 Rowan County Register of Deeds (Birth and Death Certificates).....704-216-8626
 Rowan County Tax Administrator.....704-216-8544
 Rowan County Transit (information).....704-216-8888
 NC Dept. of Motor Vehicles.....www.ncdot.gov/dmv.....704-633-5873
 Vehicle Tags, Registration.....www.ncdot.gov/dmv.....704-633-5312

INFORMATION & MEDICAL HOTLINE NUMBERS

Affordable Care Act....www.healthcare.gov.....1-800-318-2596

Centers for Medicare & Medicaid Services1-800-633-4227
 www.cms.gov TTY 1-877-486-2048

COBRA.....www.dol.gov.....1-866-444-3272

Consumer Services, NC Dept. of Insurance1-855-408-1212

Governor’s Office.....governor.nc.gov/contact.....1-919-814-2000

Joint Commission on Hospitals.....(hospital complaints).....1-630-792-5800
 www.jointcommission.org

Medicaid questions, Dept. of Social Services.....704-216-8330

Medicare....www.medicare.gov.....1-800-633-4227

Medicare Coordination of Benefits.....1-855-798-2627
 www.cms.gov/Medicare/CoordinationofBenefits TTY 1-855-797-2627

Medicare Fraud and Abuse.....1-800-447-8477
 www.stopmedicarefraud.gov TTY 1-800-377-4950

NC Senior Medicare Patrol (Medicare fraud prevention).....1-855-408-1212

NC State Employee’s Health Plan.....www.shpnc.org1-855-859-0966

Railroad Retirement Board.....www.rrb.gov.....1-877-772-5772

Senior’s Health Insurance Information Program-Raleigh.....1-855-408-1212
 www.ncdoi.com Rowan Co. SHIIP office.....704-216-7703 or 7704

Social Security Administration.....1-800-772-1213
 www.ssa.gov Salisbury office 1-877-405-3157

TRICAREwww.tricare.mil.....1-877-444-5445

Veteran's Benefits.....www.va.gov.....1-800-827-1000

Veteran's Service Officers for Rowan County.....704-216-8138 or 8139

Providers of Services for Older Adults in Rowan County

Abuse/Neglect/Domestic Violence

Alternatives Counseling.....704-639-1616

Cardinal Innovations.....704-721-7000 or...1-800-939-5911

Daymark Recovery Services.....704-633-3616

Family Crisis Council...(24-hour crisis line).....704-636-4718

Novant Geriatric Behavioral Health, Rowan Med.Ctr.....704-210-5302

Ombudsman Program.....www.Centralina.org.....1-800-508-5777

Rowan Co. DSS.....Adult Protective Services.....704-216-8331

Salisbury PD Community Relations Officer.....704-638-2092

Adult Day Care/ Short-term Respite Services/ Rehabilitation

Brian Center Nursing and Rehab.....704-633-7390

Carter House.....704-633-1835

Coltrane LIFE Center Adult Day Care.....704-788-1215

Genesis Healthcare.....704-636-5812

The Laurels.....704-637-1182

Liberty Commons.....704-637-3040

Magnolia Garden Extended Care Community.....704-633-3892

PACE, Carolina Senior Care.....336-746-3500

Rowan Co. Social Services (possible daycare funds).....704-216-8331

TenderHearted Home Care.....704-612-4132

Trinity Living Center.....704-637-3940

Advocacy

AARP.....www.aarp.org.....national info...1-888-687-2277
 Local AARP chapter information.....704-216-7714

Alzheimer's Ass'n., Western Carolina Chapter.....1-800-272-3900
 www.alz.org/northcarolina

Carter House.....704-633-1835

Disability Rights NC.....www.disabilityrightsn.org.....1- 877-235-4210
 Division of Health Service Regulation, Complaint Intake Unit.....1- 800-624-3004
 (nursing homes, hospitals, adult care homes, etc.)
 Friends of Residents in LTC... www.forltc.org.....919-782-1530
 NAMI, Nat. Alliance for the Mentally Ill.....www.nami.org.....704-640-8811
 Nat. Federation of the Blind.....www.nfb.org.....1-410-659-9314
 Ombudsman Program.....www.Centralina.org.....1-800-508-5777
 Rowan County Department of Social Services.....704-216-8330
Rufty-Holmes Senior Center/ Senior HelpLine.....704-216-7700
 Salisbury PD Community Relations Office.....704-638-2092
 The ARC of Rowan.....thearcofrowan.org.....704-637-1521

Blind and Visually Impaired (see also p.8, Disability-Related Services)

Audio Bibles.....www.audiobiblesfortheblind.org.....1-941-748-3031
 EyeCare America (eye exams)...www.eyecareamerica.org.....1-877-887-6327
 Nat. Federation of the Blind.....www.nfb.org.....1-410-659-9314
 NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
 Buy or sell assistive technology devices.....www.ncexchange.org
 NC Div. of Services for the Blind.....www.ncdhs.gov/dsb.....704-563-4168
 NC Div. of Services for the Blind...(at DSS).....704-216-8351
 NC Library, Blind/Handicap....statelibrary.ncdcr.gov/lbph.....1-888-388-2460
 Rowan Vocational Opportunities.....704-633-6223
 Salisbury Lion’s Club.....704-642-0505
 Social Security Admin.....www.ssa.gov.....national,1-800-772-1213
 local, 1-877-405-3157

Caregiver Information (see also p.6, Adult Day Care)

Alzheimer’s Association, Western Carolina Chapter.....1-800-272-3900
 www.alz.org/northcarolina.....National Helpline, 24/7.....1-800-272-3900
 Comfort Keepers.....704-630-0370
 Elder Care Locator.....www.eldercare.gov.....1-800-677-1116
 Family Caregiver Support Program.....704-603-2779
 National Alliance for Caregiving.....www.caregiving.org.....1-301-718-8444
 NC Baptist Aging Ministry..www.ncbam.org.....1-877-506-2226
 NC Division of Aging.....www.ncdhs.gov/aging.....919-855-3400
 NC Senior Care Council.....carenorthcarolina.org.....1-800-989-8137
 PACE, Carolina Senior Care.....www.carolinaseniorcare.org.....336-746-3500
 Rowan County Dept. of Social Services.....704-216-8331
 TenderHearted Home Care.....704-612-4132
 VA Caregiver Support Line.....1-855-260-3274

Computer Training

Goodwill Career Connections.....www.goodwillnwc.org.....704-638-6434
 RCCC.....North Campus.....704-216-7222
 Rowan County Public Library.....(Main Branch)....704-216-8228
Rufty-Holmes Senior Center, computer classes.....704-216-7714

Deaf and Hearing Impaired (see also p.8, Disability-Related Services)

CapTel (caption phone).....www.captel.com.....1-800-233-9130
Caption Call (caption phone).....www.captioncallphone.com.....1-877-863-1196
Clear Captions (caption phone).....1-336-708-2891
Hearing Loss Ass'n., Charlotte.....www.nchearingloss.org.....704-545-5661
NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
Buy or sell assistive technology devices.....www.ncexchangepost.org
NC Svcs. for Deaf and Hard of Hearing.....Charlotte.....704-568-8558
Schedule an appointment at Ruffy-Holmes by calling.....1-800-835-5302
Relay NC.....www.relaync.com.....voice or TTY, 1-866-545-4012
Starkey Hearing Foundation....starkeyhearingfoundation.org.....1-866-354-3254

Dental Services

Community Care Clinic of Rowan County (dental clinic).....704-636-4523
ECU Dental School at Davidson College, Lexington.....1-336-236-0165
NC Missions of Mercy.....www.ncdental.org, or.....www.ncmom.org
NC State Board of Dental Examiners...(dental complaints)919-678-8223
School of Dentistry, UNC-Chapel Hill....www.dentistry.unc.edu.....919-537-3737

Disability-Related Services

CapTel (caption phone).....www.captel.com.....1-800-233-9130
Caption Call (caption phone)...www.captioncallphone.com.....1-877-863-1196
Cardinal Innovations704-721-7000 or 1-800-939-5911
Carter House (day social program).....704-633-1835
ClearCaptions (caption phone).....1-336-708-2891
Disability Rights NC.....www.disabilityrightsn.org.....1- 877-235-4210
Easter Seals/UCP of Salisbury.....704-647-0256
NAMI, National Alliance on Mental Illness....www.nami.org.....704-640-8811
NC Assistive Technology Project.....www.ncatp.org.....704-566-2899
Buy or sell assistive technology devices.....www.ncexchangepost.org
NC Div. Svcs for the Blind.....www.ncdhhs.gov/dsb.....1-866-222-1546
NC Div. Svcs. for the Blind (at DSS).....704-216-8351
NC Div. Svcs. for the Deaf and HOH.....1-800-835-5302
NC Div. of Vocational Rehab.....704-639-7575 or 1-866-760-8282
NC Independent Living Rehab. Program.....704-985-1172 or 1-877-699-7579
NC Library, Blind/Handicap.....statelibrary.ncdcr.gov/lbph.....1-888-388-2460
NC License Tag Agency (handicapped placards).....704-633-5312
Rowan County Parks/Recreation, Special Populations.....704-216-7783
Rowan Transit System (general information).....704-216-8888
Rowan Vocational Opportunities.....704-633-6223
Salisbury City Transit.(Salisbury, Spencer, East Spencer).....704-638-5252
Social Security Administration (disability)...(nat.)1-800-772-1213, 1-877-405-3157
The ARC of Rowan.....thearcofrowan.org.....704-637-1521

Educational Opportunities

NC Co-op. Extension-Rowanrowan.ces.ncsu.edu.....704-216-8970

Better Business Bureau, Northwest NC.....nwnc.bbb.org.....1-800-777-8348
 Direct Mail Marketing Association.....www.dmachoice.org1-212-768-7277
 (Cuts down on junk mail such as pre-approved credit card offers)
 Do Not Call Registry (national).....www.donotcall.gov.....1-888-382-1222
 Federal Trade Commission.....www.ftc.gov.....1-877-382-4357
 NC Dept. of Justice, Consumer Protection Div.....www.ncdoj.gov
 919-716-6400.....1-877-566-7226
 NC Dept. of Secretary of State1-919-807-2000.....www.sosnc.gov
 Pre-Approved Credit Offers.....www.optoutprescreen.com.....1-888-567-8688
 Senior Medicare Patrol.....www.ncdoi.com.....1-855-408-1212
 Social Security Administration.....www.ssa.gov
 Local 1-877-405-3157.....national..1-800-772-1213

Home Modification, Rehabilitation and Repairs

Community Link.....communitylinknc.org.....704-943-9490
 Forever Living Homes.....(builds ramps).....704-531-1111
 NC Baptist Aging Ministry.....www.ncbam.org.....1-877-506-2226
 NC Independent Living Rehab. Program.....704-985-1172
 Salisbury Community Development Corporation.....704-216-2738
 Salisbury-Rowan Community Action Agency (weatherizing).....704-633-6633
 Smoke Detectors: E.H. Dole Red Cross.....704-633-3854
 NC BAM.....1-877-506-2226
 Speaks Custom Windows.....(builds ramps).....704-639-9897
 U.S.D.A-Rural Development Program.....www.rd.usda.gov.....336-629-4449

Housing

Independent Living options for older adults, disabled, veterans:

Benchmark Apartments.....704-855-2230
 Crosswinds Apartments.....704-754-5733
 East Winds Apartments.....704-633-7700
 Fleming Heights.....704-310-5216
 Good Shepherd Gardens.....704-633-3120
 Housing Authority of East Spencer.....704-637-2284
 Housing Authority of Salisbury.....704-636-1410
 Oak Park Retirement Community.....704-636-4600
 Placid Retirement Apartments (Magnolia Gardens).....704-633-3892
 Rowan County Housing Authority.....704-633-8380
 Trinity Oaks Retirement Community.....704-633-1002
 Villas at Hope Crest.....704-637-8700
 Whispering Oaks.....704-797-0314
 White Rock Garden Apartments.....704-612-7350
 Wiley School Apartments.....704-754-4013
 Yadkin House.....704-636-6486

Housing, Other

The Gables at Kepley Farm (active adult community).....704-633-6000
 Habitat for Humanity.....www.habitatrowan.org.....704-642-6292

Housing, Temporary

Am. Red Cross (temporary shelter).....ehdole.redcross.org.....704-633-3854
 Family Crisis Council (emergency shelter).....704-636-4718
 Homeless Assistance, Community Link.....704-943-9490
 Rowan Helping Ministries (overnight shelter).....704-637-6838

In-Home Services/Home Care

Advanced Home Care.....704-639-1060
 Angels at Heart.....704-762-9364
 Bayada Home Health Care.....704-633-7213
 CAPCare.....704-210-5626
 Comfort Keepers.....704-630-0370
 Easter Seals UCP of Salisbury.....704-647-0256
 Gentiva Health Services.....704-636-3334
 Home Health Connection..(regional provider).....704-334-8141
 Home Health Professionals..(regional provider).....704-633-7213
 Home Instead Senior Care.....704-636-2010
 Homewatch CareGivers..(regional provider).....704-788-2353
 Hospice House.....704-603-3900
 Interim Healthcare...(regional provider).....704-658-0555
 Personal Touch Care Team.....704-630-0088
 Pruitt Health, hospice and respite services.....1-828-682-6118
 Rowan County Dept. of Social Services.....704-216-8331
 Rowan Hospice & Palliative Care Ctr.....1-888-876-3663 or 704-637-7645
 Senior Helpers..(regional provider).....704-490-4673
 TenderHearted Home Care.....704-612-4132
 Trinity At Home.....704-603-2776
 Veterans' Home Care.....www.veteranshomecare.com.....1-888-314-6075
 VG Home Solutions.....336-290-5240

Insurance

Affordable Care Act info.....www.healthcare.gov.....1-800-318-2596
 NC State Retiree's Health Plan.....www.shpnc.org.....1-855-859-0966
SHIIP Program, Rufty-Holmes.....Medicare counseling.....704-216-7703/7704
SHIIP statewide.....www.ncdoi.com/shiip.....1-855-408-1212
 Smart NC.....www.ncdoi.com/smart.....1-855-408-1212

Legal Services

David Post, Attorney....(legal questions).....704-216-1600
 Elder Law Clinic, WFU.....elder-clinic.law.wfu.edu.....1-336-758-5061
 Law Help.....legal help & information.....www.lawhelpnc.org

Legal Aid of NC..... holds appointments at Rufty-Holmes	1-877-579-7562
(state that you are an older adult in Rowan County)	
Legal Aid of NC Helpline.....	www.legalaidnc.org.....1-866-219-5262
Marjorie J. Brown, Attorney	(elder law).....704-795-9455
NC Department of Justice.....	www.ncdoj.gov.....919-716-6400
NC Human Relations Commission, Fair Housing Board.....	919-807-4420
(landlord-tenant disputes)	
Rowan County Clerk of Court (Civil).....	704-797-3003
Rowan County Clerk of Court (Criminal).....	704-797-3001
Rowan County Magistrate.....	704-797-3130

Long-Term Care

Adult Care Homes, Family Care, Nursing Homes, Assisted Living, Rehab

Autumn Care of Salisbury (NH, R).....	704-637-5885
Best of Care Assisted Living (ACH,FC, AL).....	704-933-4339
Bethamy Retirement Center (ACH, FC NH, AL).....	704-633-1985
Big Elm Retirement and Nursing Ctr. (AL, NH, R).....	704-932-0000
Brian Center Health and Rehabilitation (NH, R).....	704-633-7390
Brightmoor Nursing Center (NH).....	704-633-2781
Brookdale Salisbury (AL)....	704-636-0588
Care Patrol (referral & screening service for long-term care).....	704-248-7901
Carillon Assisted Living (AL, R).....	704-633-4666
China Grove Retirement Center (ACH, AL).....	704-855-3180
CuJo Family Care (FC, NH).....	704-278-4913
Deal Care Inn (ACH, AL).....	704-857-2817
DSS Adult Care Home Specialist (monitors facilities).....	704-216-8331
Genesis Healthcare (NH, AL, R).....	704-636-5812
Heritage Plantation (ACH, AL).....	704-637-5465
Kannon Creek Assisted Living (ACH, AL).....	704-932-5517
Laurels of Salisbury (ACH, NH, R).....	704-637-1182
Libby's Family Care Home (FC).....	704-278-4111
Liberty Commons Nursing Center (NH, R).....	704-637-3040
Magnolia Gardens Extended Care (ACH, NH, AL, R).....	704-633-3892
Meadows of Rockwell (NH, AL).....	704-279-5300
North Carolina State Veterans Home (NH).....	704-638-4200
Ombudsman Program (Centralina Area Agency on Aging).....	1-800-508-5777
Trinity At Home Care Management.....(advice and referral).....	704-603-2776
Trinity Oaks Health & Rehab (NH, R).....	704-637-3784
Trinity Oaks Retirement Community (AL).....	704-633-1002

Medical Alert Systems

(This is a representative selection from many similar products.)

ADT Medical Alert.....	www.adt.com/medical/alert.....1-800-588-1934
Comfort Keepers.....	www.comfortkeepers.com.....704-630-0370
CVS Medical Alert.....	www.medicalalertsystem.com.....1-800-283-2300
Life Alert.....	www.lifealert.com.....1-800-360-0329

Medical Alert.....www.medicalalert.com.....1-800-800-2537
Ready Response.....walgreensreadyresponse.com.....1-866-310-9061

Medical Centers

CMC-Northeast.....www.carolinashealthcare.org/northeast.....704-403-3000
Novant, Linn Geriatric Health Unit.....704-210-5302
Novant, Stanback Rehab. Unit.....704-210-5308
Rowan Medical Ctr.....www.novanthealth.org/rowan.....704-210-5000
VA Medical Center, Salisbury.....www.salisbury.va.gov.....704-638-9000

Medical Clinics

China Grove Family Medicine.....704-855-5200
Community Care Clinicwww.communitycareofrowan.org.....704-636-4523
Good Shepherd Clinic.....704-636-7200
Rockwell Direct Primary Care.....704-279-2181
A “discount medical membership” clinic.

Medical Complaints

NC Medical Board (doctor complaints) www.ncmedboard.org.....1-800-253-9653
NC Div. of Health Service Regulation, complaints.....1-919-855-4500
(home care/hospitals/long term care).....www.ncdhhs.gov/dhsr
Ombudsman Program.....www.CentralinaAging.org.....1-800-508-5777

Medical Equipment, Medicine Delivery

Advanced Home Care (Free Delivery).....704-639-1060
American Medical ID.....www.americanmedical-id.com.....1-800-363-5985
Comfort Keepers.....www.comfortkeepers.com.....704-630-0370
Davie Medical Equipment.....1-336-751-4288
Habitat for Humanity RESTORE (used medical equipment).....704-642-1222
HDIS (incontinence & medical products)....www.hdis.com.....1-800-269-4663
Home Care of the Carolinas.....704-982-2273
Hospital Equipment Recycled 4-U.....704-642-0067
Innes Street Drug, S. Main St (Free Delivery).....704-633-4521
Innes Street Drug, W. Innes St (Free Delivery).....704-636-1712
Med Express/Salisbury Pharmacy (Free Delivery).....704-633-3113
Moose Pharmacy (Free Delivery).....704-636-6340
Penrod Medical Equipment (Free Delivery).....704-630-1155
Ralph Baker Shoes (specialty footwear).....704-636-1850
101 Mobility (medical equipment, accessibility products).....704-251-2767

Medical Services, Other

CMC-Northeast, Faith Community Health Ministry.....704-631-0718
Davita Dialysis Care.....1-800-424-6589, or 704-637-2107
Novant Congregational Health Ministries.....704-210-5049
Rowan County Health Department.....704-216-8777

Mental Health Services

Cardinal Innovations.....704-721-7000 or 1-800-939-5911
Carter House.....704-633-1835
CMC-Northeast, Senior Behavioral Medicine.....704-720-1201
Daymark Recovery Services.....704-633-3616
NAMI, National Alliance for the Mentally Ill.....704-640-8811
Novant, Linn Geriatric Health Unit.....704-210-5302

Miscellaneous

Are You Okay? (daily phone check, Rufty-Holmes).....704-216-7704
Genia’s Food Delivery (mainly groceries).....980-234-1330
Pet Services: Humane Society of Rowan Co.....704-636-5700
 Donated pet food, Low-cost Spay & Neuter services
Rollin Delivery & Errands.....www.rollindelivery.com.....704-433-6272
Smart Changes Household Move Management.....704-640-6844
Voter ID Requirements (State Board of Elections).....1-919-733-7173

Prescription Assistance

Community Care Clinic.....communitycareofrowan.org.....704-636-4523
 Blink Health.....www.blinkhealth.com
 Good Rx.....www.goodrx.com
 Lowest Med.....www.lowestmed.com
 Needy Meds.....www.needymeds.org
 Optimize Rx.....www.optimizerx.com
 Rx Assist.....www.rxassist.org
 4 Dollar Drugs....www.4dollar drugs.com
NC MedAssist, Senior Care Program....www.medassist.org.....1-866-331-1348
Partnership for Prescription Assistance.....www.pparx.org
Rowan Helping Ministries.....704-637-6838
Salvation Army.....704-636-6491

Recreation, Socialization

AARP (local chapter at Rufty-Holmes Senior Center).....704-216-7714
CLUBS, Rufty-Holmes Senior Center.....704-216-7714
Convention and Visitors Bureau (local information).....704-638-3100
East Rowan YMCA.....www.rowanymca.org.....704-279-1742
Friday Nights Out.....704-637-7814
Lazy 5 Ranch.....www.lazy5ranch.com.....704-663-5100
Lunch Clubs, Rufty-Holmes Senior Center.....704-216-7702
NC Transportation Museum.....www.nctrans.org.....704-636-2889
NC Co-op. Extension-Rowan.....rowan.ces.ncsu.edu.....704-216-8970
Road Scholar.....www.road scholar.org.....1-800-454-5768
Rowan County Parks/Recreation.....704-216-7783
Rowan County Public Library.....(Main)....704-216-8228
 (South) 704-216-7727 (East) 704-216-7838

Rufty-Holmes Senior Center.....**704-216-7714**
 Salisbury Parks/Rec. Dept.....704-638-5291
 Salisbury/Rowan Newcomers Club.....salisburynewcomers.com
 Salisbury/Rowan Senior Games & Silver Arts.....704-216-7780
 Salisbury YMCA.....www.rowanymca.org.....704-636-0111
 South Rowan YMCA.....www.rowanymca.org.....704-857-7011
 Waterworks Visual Arts Center.....www.waterworks.org.....704-636-1882

SHIP -- Seniors' Health Insurance Information Program

Rufty-Holmes Senior Center.....**704-216-7704 or 7703**
 SHIP statewide office.....www.ncdoi.com/SHIP.....1-855-408-1212

Social Security

Social Security Administration.....national.....1-800-772-1213
 www.socialsecurity.gov or www.ssa.gov local.....1-877-405-3157

Substance Abuse

Alcoholics Anonymouswww.district-21-aa.com
 Cardinal Innovations.....1-800-939-5911
 Daymark Recovery Services.....704-633-3616
 Novant, Linn Geriatric Behavioral Unit.....704-210-5302

Support Groups

Alcoholics Anonymous.....www.district-21-aa.com
 Alzheimer's Family Support Group.....704-603-2778 or 704-603-2779
 Better Breathing Club.....704-216-7714
 Breast Cancer Support, Living in Pink.....704-210-5000
 Cardiac Support Group.....704-210-5412
 Colon Cancer Support Group.....704-636-3431
 Coping With Grief Group.....704-637-7645
 Diabetes Support Group, Faith Baptist Church.....704-279-2463
 Domestic Violence Support Group.....704-636-4718
 Journey Cancer Support.....704-433-0882
 NAMI-National Alliance for the Mentally Ill.....www.nami.org.....704-640-8811
 Narcotics Anonymous Helpline.....704-640-6488
 Parkinson's Support Group.....704-633-3181
 Rowan Brain Injury Support Group.....980-622-7732
 Rowan Epilepsy Support Group.....704-639-0847
 TOPS, at Rufty-Holmes.....704-216-7714
 US TOO! Prostate Support Group.....704-642-2471

Taxes

IRS.....www.irs.gov.....1-800-829-1040
 NC Dept. of Revenue.....www.dor.state.nc.us.....1-877-252-3052
 Rowan Co. Tax Admin.....(property & vet tax exemptions).....704-216-8544
Tax Assistance for Seniors, by AARP, at Rufty-Holmes.....**704-216-7714**

Telephone Reassurance

Are You OK? Program, Ruffy-Holmes Senior Center.....704-216-7704

Telephone Service Plans, Etc.

Assurance Wireless.....www.assurancewireless.com.....1-888-321-5880
Consumer Cellular.....www.consumercellular.com.....1-888-345-5509
Great Call (Jitterbug phone).....www.greatcall.com.....1-800-733-6632
LinkUp/LifeLine.....www.lifelinesupport.org, or call your local phone company
SafeLink Wireless.....www.safelinkwireless.com.....1-800-378-1684
National Do Not Call Registry.....www.donotcall.gov.....1-888-382-1222

Transportation

Cancer Appmt. transportation, American Cancer Society.....1-800-227-2345
DAV Transportation for Veterans.....704-819-1960
Helping Hands Specialized Transportation (medical).....704-855-5485
Latino Express (taxi).....704-642-2020
Quality Transport (medical).....704-201-5595
Rowan Transit System.....704-216-8888
Safety Taxi.....704-633-7217
Salisbury City Transit/Para-Transit.....704-638-5252
Secure Comfort and Transportation (medical).....704-701-7392

Utility Assistance

LifeLine, telephone credit through DSS.....704-216-8330
Rowan Helping Ministries.....704-637-6838
Rowan Co. Social Services, LIEAP assistance (seasonal).....704-216-8331
Salvation Army.....704-636-6491

Veterans' Services

American Legion Posts.....Harold B. Jarrett Post704-855-2580
Joseph C. Price Post.....704-636-2950
Samuel C. Hart Post.....704-636-8084
Faith Post.....704-279-1430
Miller-Russell Post, Rockwell.....704-279-2184
Freeze-Seymore Post, C. Grove.....704-857-7320
American Red Cross, Service to Armed Forces.....1-877-272-7337
AMVETS Post 460.....704-633-5018
DAV Transportation for Veterans.....704-819-1960
Department of Veteran Affairs.....www.va.gov.....1-800-827-1000
VA Caregiver Support Line.....1-855-260-3274
Veterans Crisis Line.....1-800-273-8255
Homeless Vets.....www.va.gov/homeless.....1-877-424-3838
Hefner VA Medical Center.....704-638-9000
Patient Advocates.....704-638-9000, ext. 3602 or 3747
MOAA, Military Officers' Assoc.....704-636-6650
NC State Veterans Home, Salisbury.....704-638-4200

Rowan Co. Tax Admin...(veterans property tax exemptions).....704-216-8544
Rowan Co. Veterans Service Officers.....704-216-8138 or 704-216-8139
RTS, RITA Van (transportation to Veterans Services Ofc.).....704-216-8888
VFW Post 3006, Salisbury.....704-857-3005
VFW Post 8989, Kannapolis.....704-933-6186

If you need more information, please call Rufty–Holmes Senior Center
Senior HelpLine at **704-216-7700** or visit us on the web at:
www.ruftyholmes.org