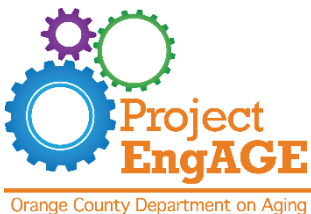


# CAREGIVER RESOURCE GUIDE

**Created by: Caregiver Support Senior Resource Team  
Project EngAGE, OC Department on Aging**

Last updated: August 3<sup>rd</sup>, 2016



The Caregiver Resource Guide was created in order to better support caregivers in Orange County, NC. This guide was created by caregivers for caregivers. All of the resources in the guide were submitted and vetted by caregivers in Orange County. Because of this, the guide may not include all caregiver resources in Orange County. However, the resources in this guide have been highly recommended by caregivers and are considered “tried-and-true.” It is our goal that the Caregiver Resource Guide enables caregivers to provide the best possible care for their loved one(s) and themselves.

To submit additional resources to the guide please contact:

Yvette Garcia Missri

Phone: 919-245-4241

Email Address: [ymissri@orangecountync.gov](mailto:ymissri@orangecountync.gov)

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## CAREGIVER SUPPORT GROUPS

### Caregivers' Support Groups, OC Department on Aging

**Description:** Meet with other caregivers to share experiences, learn new skills, and to get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Reservations are not required but supervised activities can be available for loved ones during group time with a reservation 24 hours in advance. For reservations call (919) 968-2087.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month, 10:30-12 Noon

Passmore Center: 1<sup>st</sup> Tuesday of each month, 4-5:30 PM

**Main Contact:** Pam Tillett

**Phone Number:** 919-245-4278

**Email Address:** [ptillett@orangecountync.gov](mailto:ptillett@orangecountync.gov)

### OC Cares Caregiver Respite Program, OC Department on Aging

**Description:** Care Partner Respite is part of the Orange County CARES Federal grant that offers respite for local unpaid caregivers at both Chapel Hill and Hillsborough centers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. The Respite program is limited to 10 participants and is administered by Carol Wise, experienced eldercare social worker, a certified nursing assistant as well as volunteers, interns, and degree-specialized students. The program is free for qualified participants. To enroll, please contact Carol

Wise at [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov) or call 919-245-4253.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: Wednesdays, 11-4 PM;

Passmore Center: Fridays, 11-4 PM

**Main Contact:** Carol Wise

**Phone Number:** 919-245-4253

**Email Address:** [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov)

### Memory Cafes, OC Department on Aging

**Description:** Memory Cafes provide opportunities for individuals with memory concerns and their families to socialize with others in similar situations. Enjoy company, light refreshments, activities and entertainment. RSVP not required, but encouraged.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: 2<sup>nd</sup> Monday of each month, 1:30-3:30 PM

Passmore Center: 3<sup>rd</sup> Monday of each month, 2-4 PM

**Main Contact:** Kim Lamon-Loperfido

**Phone Number:** 919-245-4253

**Email Address:** [kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov)

### Parkinson's Disease Caregivers Open Discussion Group, OC Department on Aging

**Description:** Join family and friends who care for people with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Department of Neurology.

**Location:** Seymour Center

**Meeting Time:** 1<sup>st</sup> Tuesday of each month, 12:30-3 PM

**Main Contact:** Jessica L. Shurer

**Phone Number:** 919-843-1657

**Email Address:**

[jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu)

**Website:**

<http://chapelhillparkinsons.weebly.com/>

### **Parkinson's Disease Support and Education Group, OC Department on Aging**

**Description:** Open to both the person with Parkinson's and/or the caregiver. Includes an educational presentation and/or topic discussion. Care partners will meet separately to discuss topics they choose, while the people with PD meet in a different room to share concerns, tips, etc. People with PD and their caregivers meet together for informal coffee on second Wednesdays at 11:15 a.m. at Weaver St Market, Hillsborough.

**Location:** Passmore Center

**Meeting Time:** 4<sup>th</sup> Wednesday of each month, 11:15-1 PM

**Main Contact:** Pam Tillett

**Phone Number:** (919) 245-4278

**Email Address:** [ptillett@orangecountync.gov](mailto:ptillett@orangecountync.gov)

### **UNC Hospitals' Community Grief Recovery Group**

**Description:** The UNC Hospitals Bereavement Support Services is offering a Community Grief Recovery Group this fall. The group is free of charge and open to anyone grieving a death regardless of faith background. Facilitated by Chaplains Darryl Owens and Rachel Valente, this group will focus on sharing and moving toward healing in a safe and supportive setting. Some people join a support group to help them through their

initial grieving process while others join years after their loved one's death. This social support facilitates healthy grieving and often reduces feelings of isolation and loneliness.

**Location:** Carolina Pointe II

6011 Farrington Road, 1<sup>st</sup> Floor  
Chapel Hill 27517

**Meeting Time:** 7 Consecutive Weeks, beginning Monday, September 12<sup>th</sup> from 6:30-8 PM and ending on October 24<sup>th</sup>

**Main Contact:** Darryl Owens

**Phone Number:** 984-974-0219

**Email Address:**

[Darryl.owens@unchealth.unc.edu](mailto:Darryl.owens@unchealth.unc.edu)

### **UNC Hospice Grief Support Group**

**Description:** Groups are held periodically throughout the year in both Chapel Hill and Pittsboro. They typically run 8 consecutive weeks. Many of our bereaved clients find them helpful because they meet with others with whom they can truly share their thoughts and feelings. Each person's grief is unique, but group members share many commonalities that give them solace and strength.

**Meeting Time:** Call to find out more information about dates and location

**Main Contact:** Ann Ritter & Cynthia Gail Smith

**Phone Number:** 984-215-2650

**Email Address:** [ann.ritter@unchealth.unc.edu](mailto:ann.ritter@unchealth.unc.edu)  
[Cynthia.smith@unchealth.unc.edu](mailto:Cynthia.smith@unchealth.unc.edu)

**Website:**

<http://www.uncmedicalcenter.org/uncmc/care-treatment/hospice/grief-and-bereavement-support/>

### **UNC Hospice Bereavement Counseling**

Description: Grief support is available to patients and families while they are living with illness and to family members for 13 months after their loved one dies. Please contact us at UNC Hospice for further information. We will be glad to meet with you.

**Main Contact:** Ann Ritter & Cynthia Gail Smith

**Phone Number:** 984-215-2650

**Email Address:** [ann.ritter@unchealth.unc.edu](mailto:ann.ritter@unchealth.unc.edu)  
[Cynthia.smith@unchealth.unc.edu](mailto:Cynthia.smith@unchealth.unc.edu)

**Website:**

<http://www.unccmedicalcenter.org/unccmc/care-treatment/hospice/grief-and-bereavement-support/>

## **UNC Wellness Caregiver Support Group**

**Description:** The UNC Caregivers' Support Group provides support for family and professional caregivers. The group is sponsored by the UNC Division of Geriatric Medicine and is co-facilitated by Paul Klever, Executive Director of Charles House, and Susan Chesser, Health Educator at UNC Wellness Center. This program offers an opportunity for participants to exchange information, talk about the challenges of being a caregiver, and provide support and encouragement for one another. All caregivers are welcome! Call the front desk at the UNC Wellness Center at Meadowmont to Register: 919-966-5500; or just show up!

**Location:** UNC Wellness Center at Meadowmont

**Meeting Time:** 3<sup>rd</sup> Wednesday of each month, 12-1:30 PM

**Main Contact:** Susan Chesser & Paul Klever

**Phone Number:**

Susan: 919-843-0007

Paul: 919-967-7570

Email Address: [schesser@unch.unc.edu](mailto:schesser@unch.unc.edu)  
[paul@charleshouse.org](mailto:paul@charleshouse.org)

## **Duke Family Support Program**

**Description:** Duke's Aging Center Family Support Program established the first support groups in NC for families of adults with memory disorders in 1980 with Duke Hospital Auxiliary and NC Foundation grants. Now the original groups sponsor support groups of the Alzheimer's Association or Alzheimer's NC in almost all 100 counties. The Program's newsletter, The Caregiver, has linked families and professionals caring for persons with memory disorders as the oldest continuously publishing family caregiver newsletter in the US. The Duke Family Support Program holds several support groups on different topics related to aging and caregiving. Please visit their website to find out more information about the different support groups available.

**Location:** Various locations throughout Durham

**Main Contact:** Lisa Gwyther & Bobbi Matcher

**Phone Number:**

Lisa Gwyther: 919-660-7510

Bobbi Matcher: 919-660-7510

**Email Address:** [lisa.gwyther@duke.edu](mailto:lisa.gwyther@duke.edu)  
[bobbi.matchar@duke.edu](mailto:bobbi.matchar@duke.edu)

**Website:**

<http://www.dukefamilysupport.org/support-groups/>

## **Caregiver Creative Connections: Art Making Together, OC Department on Aging**

**Description:** This group offers an opportunity to connect with other caregivers offering time to relax, connect, and create. Making art as a group can decrease stress levels while

engaging in a rejuvenating form of self-care. Erika, an art therapist, facilitates a safe space that offers inclusivity and validation with no criticism or judgment from others or self. The materials used offer success-oriented/no-fail art making processes. No art making experience required. Connect with others as you create. Build new friendships and strengthen existing ones. Must have 4 participants for this course to take place. Registration required a week in advance for each session. There is a \$40 activity fee.

**Location:** Seymour Center

**Meeting Time:** Session II, Mondays, August 8-29<sup>th</sup> 11-12 Noon

**Main Contact:** Erika Hamlett

**Phone Number:** 816-885-0341

### **Chinese Peer to Peer Caregiver Support Program, OC Department on Aging 北卡橙郡华人亲属照顾者支持项目**

**Description:** 提供的两年试点项目。该项目旨在给予患病老人的家庭照顾者生活、情感和心理上的支持，以便减轻照顾者的负担，使老人能够更好的家中养病。该项目针对北卡州橙郡的老人患病者家庭。世界卫生组织：长期病患是维持长时间并随时日慢慢恶化的疾病。长期病患的常见例子有高血压、心脏病、中风、癌症、慢性呼吸道疾病、糖尿病和精神病患等。您是否对疾病了如于心？由于长期病患者需要定时定刻的照料和支援，故照顾者可能因过分投入照顾而弄致身心俱疲。您是否受情绪的困扰，感到压力和无助？照顾者，一

个无私且受到尊敬的名字。你们默默的付出却没有半点酬劳。感谢你们照顾亲属，感谢你们亲身经历描绘人性的真爱。你们值得赞颂和荣耀

**Main Contact:** ZhenZhen Yu

**Phone Number:** 919-245-4275

**Email Address:** [zyu@orangecountync.gov](mailto:zyu@orangecountync.gov)

**Website:**

<http://www.orangecountync.gov/document/center/Aging/ResourcesinChinese.pdf>

### **Carol Henderson Writing Workshops**

**Description:** “Writing Toward Healing,” bereavement writing series, is a 4 week series culminating in a public reading by workshop participants. Through writing, we will gently reflect, remember, and reconsider. We will honor our loved ones, reimagine our lives now, and discover inner resources we had no idea were within us. Please visit Carol Henderson’s website to find out when the next session will be happening. “Writing for Resilience” is another writing workshop offered on a weekly basis with Heidi Gessner at UNC Hospitals, Tuesdays 12-1 PM in the hospital chapel. The workshop is open to hospital staff, patients, and their families, and any members of the Chapel Hill and surrounding community looking for a writing respite. No registration or writing experience required. For more information about “Writing for Resilience” contact Heidi Gessner: [Heidi.gessner@unchealth.unc.edu](mailto:Heidi.gessner@unchealth.unc.edu)

**Main Contact:** Carol Henderson

**Phone Number:** 919-942-2127

**Email Address:** [cd.henderson@gmail.com](mailto:cd.henderson@gmail.com)

**Website:** <http://carolhenderson.com/>

## **Hospice & Palliative Care Center of Alamance-Caswell Bereavement & Grief Counseling**

**Description:** Grief is the normal, natural response to the loss of someone. The grieving process is unique to each person and may result in emotional, physical, cognitive and spiritual changes. Our bereavement staff is available to facilitate a safe and healing grief process for those adjusting to a loss due to death. Grief Support Groups are available at various times through the year. Groups include: "Grief and Growth," a support group available for anyone who has experienced the death of someone; "Pathways," for women who have had a spouse or partner die; and "First Tuesdays," a men's breakfast group for those who have had a spouse or partner die. In addition, free grief counseling is available for children through our "KidsPath Program."

**Location:**

**Phone Number: 336-532-0100**

**Website:**

<http://www.hospiceac.org/services/bereavement-grief/>

## **CARE PARTNER OUTINGS**

### **OC Cares Caregiver Respite Program, OC Department on Aging**

**Description:** Care Partner Respite is part of the Orange County CARES Federal grant that offers respite for local unpaid caregivers at both Chapel Hill and Hillsborough centers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. The Respite program is limited to 10 participants and is administered by Carol Wise, experienced eldercare social worker, a certified nursing assistant as well as

volunteers, interns, and degree-specialized students. The program is free for qualified participants. To enroll, please contact Carol Wise at [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov) or call 919-245-4253.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: Wednesdays, 11-4 PM;

Passmore Center: Fridays, 11-4 PM

**Main Contact:** Carol Wise

**Phone Number:** 919-245-4253

**Email Address:** [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov)

### **Memory Cafes, OC Department on Aging**

**Description:** Memory Cafes provide opportunities for individuals with memory concerns and their families to socialize with others in similar situations. Enjoy company, light refreshments, activities and entertainment. RSVP not required, but encouraged.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: 2<sup>nd</sup> Monday of each month, 1:30-3:30 PM

Passmore Center: 3<sup>rd</sup> Monday of each month, 2-4 PM

**Main Contact:** Kim Lamon-Loperfido

**Phone Number:** 919-245-4253

**Email Address:**

[kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov)

### **Dementia Friendly Businesses**

**Description:** The Dementia-Friendly Business Initiative trains local businesses in what dementia is, how to recognize it, and how to interact with customers that might have it. Businesses that have been trained so far include: Fidelity Bank, The Animal Hospital of



Carrboro, Maitland Law Firm, Carrboro Family Pharmacy, The Law Office of Colin K. Austin, Walgreen's (All Orange County Locations), The Orange County Public Library, Cameron's Gift Shop, and the Chapel Hill-Carrboro YMCA. Businesses are continuing to be trained in Orange County. Please contact via email or visit the Dementia Friendly Orange County Website for more information and an updated list of businesses.

**Email:** [info@DFOC.org](mailto:info@DFOC.org)

**Website:** <http://dforangecounty.org/>

## SELF-CARE

### Orange County Department on Aging Wellness Exercise Classes

**Description:** Health and Wellness is a division of the Department on Aging that offers an array of services, ranging from massages to free blood pressure screenings. We also offer many fitness classes like yoga, aerobics, tai chi, and much more. Be sure to check out the wellness section of the Senior Times to find out more about what we offer, including class schedules and locations. Registration is necessary for ALL Wellness Exercise Classes.

Some classes do have a fee. Fee waivers/reductions are available based on assessed financial need for all fitness classes. Contact Latonya Brown, Wellness Coordinator at 919-245-4270 for more information. All participants' information is kept confidential.

**Location:** Seymour Center & Passmore Center

**Main Contact:** Latonya Brown, Wellness Coordinator, Department on Aging

**Phone Number:** 919-245-4270

**Email Address:** [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Website, Senior Times:**

[http://www.orangecountync.gov/department/aging/SENIORTIMES\\_SUMMER2016\\_WEB.pdf](http://www.orangecountync.gov/department/aging/SENIORTIMES_SUMMER2016_WEB.pdf)

### UNC Wellness Center at Meadowmont

**Description:** Our unique 52,000 square foot facility includes two fitness areas with over 120 pieces of cardiovascular and strength training equipment, an indoor aquatics center, an indoor track, group fitness studios, an indoor basketball court, and clean locker rooms with all the amenities. We also offer a health education classroom, a teaching kitchen, and much more. Outside, with our convenient location in Meadowmont, you'll have easy access to walk, run, and bike in the community and along the greenway trails.

Contact a Membership Services Representative at 984-974-2573 or [wellness@unch.unc.edu](mailto:wellness@unch.unc.edu) for more information, to set up an appointment to enroll and complete paperwork or to take a tour of the Meadowmont facility.

**Main Contact:** Membership Services Representative

**Phone Number:** 984-974-2573

**Email:** [wellness@unch.unc.edu](mailto:wellness@unch.unc.edu)

**Website:**

<http://uncwellness.com/meadowmont/>

### Massage Therapy, UNC Wellness Center at Meadowmont

**Description:** Massage therapy services include: Swedish, Deep Tissue, Reflexology, Hot Stone Therapy, and Facial Wellness Massage. You do not need to be a member of UNC Wellness Center at Meadowmont to schedule a massage therapy appointment. To schedule an appointment call 919-966-5500.

Cost of massages vary and can be found on UNC Wellness Center at Meadowmont's website or can be inquired about via phone.

**Phone Number:** 919-966-5500

**Website:**

<http://uncwellness.com/services/massage-therapy/>

### **SportsPlex at Passmore Center**

**Description:** SportsPlex membership includes group exercise classes and access to the SportPlex fitness center and pool. For more information, including gym hours and group fitness offerings, visit the SportPlex website. Membership for seniors (55+) is available at a discounted rate. The Orange County Department on Aging is also able to provide scholarships on a sliding scale to seniors with low incomes. For questions about membership scholarships, please contact the Department on Aging's Wellness Coordinator, Latonya Brown, at 919-245-4270.

**Phone Number, SportsPlex:** 919-644-0339

**Website:** <http://www.trianglesportsplex.com/>

### **Massage Therapy, SportsPlex**

**Description:** The SportsPlex offers 30, 60, and 90 minute massage therapy sessions. You do not need to be a member of the SportsPlex to schedule a massage therapy appointment. To schedule an appointment please contact the SportsPlex front desk at 919-644-0339 or email [mblackwell@oc-sportsplex.com](mailto:mblackwell@oc-sportsplex.com). Cost of massages vary for members and non-members, ranging from \$35-110.

**Phone Number, SportsPlex:** 919-644-0339

**Email:** [mblackwell@oc-sportsplex.com](mailto:mblackwell@oc-sportsplex.com)

**Website:**

<http://www.trianglesportsplex.com/massage-therapy/massage-therapists-at-the-plex>

### **Seymour Center Fitness Studio**

**Description:** If you're 55 or older come and join the Senior Center Fitness Studio today! Membership includes a free annual Personal Training session and access to 2 treadmills, 2 ellipticals, 2 recumbent bikes, 1 recumbent stepper, and 7 different types of strength-building machines. For more information, or to make a personal training appointment, call the Seymour Center front desk at (919) 968-

2070. Hours and membership fees can be found on the Orange County Department on Aging's website. The Orange County Department on Aging is also able to provide scholarships on a sliding scale to seniors with low incomes. For questions about membership scholarships, please contact the Department on Aging's Wellness Coordinator, Latonya Brown, at 919-245-4270.

**Phone Number:** 919-968-2070

**Website:**

<http://www.orangecountync.gov/department/aging/seymourcenterfitnessmembership.php>

### **NAMI Family-to-Family Education Program**

**Description:** This is a 12-week series structured to help family members understand and support their ill relative while maintaining their own well-being. For family members of close relatives with: Major Depression, Bipolar Disorder (manic depression), Schizophrenia and Schizophrenia Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Borderline Personality Disorder. The class is limited to 25 people. To register, contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: [nbrickman@nc.rr.com](mailto:nbrickman@nc.rr.com)

**Location:** Chapel Hill Public Library

**Meeting Time:** Please contact to find out when the next series will be offered

Main Contact: Nancy Brickman

**Phone Number:** 919-818-8065

Email Address: [nbrickman@nc.rr.com](mailto:nbrickman@nc.rr.com)

**Website:**

<http://namiorangenc.namieasysite.com/programs/family/>

### **Passage Meditation, OC Department on Aging**

**Description:** "The Eight Point Program of Passage Meditation was developed by

Ecknath Easwaran. It is non-denominational, non-sectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources and realize one's highest potential". Visit [www.easwaran.org](http://www.easwaran.org) for more information, or contact Annette at 919- 260-1995.

**Location:** Seymour Center

**Meeting Time:** August 13<sup>th</sup>, 9-10:30 AM

**Main Contact:** Annette

**Phone Number:** 919-260-1995

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

### **Mindfulness-Based Stress & Pain Management, UNC**

**Description:** The class format includes instruction and practice of mindfulness skills, mind-body exercises, group dialogue, and daily home assignments. In this program you will receive: 8 weekly classes of 2-1/2 hours each, One 6-hour retreat on a Saturday, Recordings with guided meditations and stretching practices, Access to extensive handouts, reading lists, home assignments, resources, etc. There is a cost to participate in the course. To view a schedule of upcoming mindfulness courses please call or visit the website.

**Location:** Most courses are held at the UNC Center for Rehabilitation Care, please see specific courses online for locations.

**Phone Number:** 919-966-8586

**Email:** [mindfulness@med.unc.edu](mailto:mindfulness@med.unc.edu)

**Website:**

<https://www.med.unc.edu/phyrehab/pim/mindfulness-program/mindfulness-course-schedule>

### **Chair Massage, OC Department on Aging**

**Description:** Dede Banks is nationally certified in therapeutic massage, has extensive experience working with older adults, and can focus on problematic areas. Call 919-968-2070 for appointment. Fee: \$10/15 minutes. Gift certificates available.

**Location:** Seymour Center

**Appointment Times:** 1<sup>st</sup> Thursday of each month, 9:30-1 PM

**Phone Number:** 919-968-2070

### **Therapeutic Massage with Dede Banks, OC Department on Aging**

**Description:** Dede Banks is a licensed Massage and Bodywork Therapist #2009. She has extensive experience working with older adults. Focus on problematic areas, or get a total body massage. Call 919-968-2070 for appointment. Fees: \$50/50 minutes; \$55/1 hour; \$65/ 1.5 hours. Gift certificates are available. Please note there is a "no-show" fee policy

**Location:** Seymour Center

**Appointment Times:** Thursdays, 9-2 PM

**Phone Number:** 919-968-2070

### **Therapeutic Massage with Michael A. Savino, OC Department on Aging**

**Description:** Michael A Savino, CTRS (Certified Therapeutic Recreation Specialist), is a licensed Massage and Therapeutic Bodywork Therapist #00703. Swedish, Shiatsu, and Reiki technique massage. Call 919- 967-1043 for information, or to schedule a Saturday appointment. Call 919-968-2070 for a week day appointment. Fees: \$55/1 hour; \$65/1.5 hours. Please note there is a "no-show" fee policy.

**Location:** Seymour Center

**Appointment Times:** Mondays, 9-2 PM; Tuesday & Thursday evenings

**Phone Number:** 919-968-2070

### **Therapeutic Massage with Toni Shaw, OC Department on Aging**

**Description:** Toni Shaw is a licensed Massage and Therapeutic Bodywork Therapist #10458, has extensive experience working with older adults. She can focus on problematic areas, or give a total body massage. It's your choice! Call 919-245-2015 for an appointment. Fees: \$10/15 minutes; \$25/30 minutes; \$35/45 minutes; and \$55/1 hour. Gift certificates are available. Please note there is a "no-show" fee policy.

**Location:** Passmore Center

**Appointment Times:** Mondays (call to schedule time)

**Phone Number:** 919-245-2015

### **Esthetic/Natural Skin Care**

#### **Spa/Waxing, OC Department on Aging**

**Description:** Receive a facial with Massage by Karen Weaver, Licensed Esthetician. Call a Senior Center to schedule your appointment. Please note there is a "no-show" fee policy. Services include: express facial and waxing services (eyebrows, lip, chin, sides). Services vary in cost from \$8-20.

**Location:** Seymour Center & Passmore Center

**Appointment Times:**

Seymour Center: 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month, 10-12 Noon

Passmore Center: 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month, 2:30-4:30 PM

**Phone Number:**

Seymour Appointment: 919-968-2070;

Passmore Appointment: 919-245-2015

### **Reiki, OC Department on Aging**

**Description:** Would you like to increase your energy and circulation? Relieve stress and pain, or improve sleep? Reiki can help with all of these - and more. It adjusts according to the needs of the recipient while supporting the body's natural healing abilities and

balancing body energy. What should you expect? During a Reiki session the recipient lies comfortably and fully clothed on a massage table while listening to soothing music. This creates a relaxed state while allowing the body to use its natural healing abilities. Call the Seymour Center at 919-968-2070 to make an appointment. Fees: \$55/1 hr; \$65/1.5 hrs

**Location:** Seymour Center

**Appointment Times:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, 12 Noon-5 PM

**Phone Number:** 919-968-2070

**Email:** [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net)

### **Trager – Gentle Body Therapy, OC Department on Aging**

**Description:** Lorraine Lewis, certified Trager Practitioner, provides one-on-one sessions based on work done by Dr. Milton Trager. You will experience greater ease, comfort, joy, mobility (it helps to "oil" the joints), balance and peaceful relaxation in your mind/body/spirit. Call 919-968-2070 for an appointment. Fees: \$55/1 hour; \$65/1.5 hours. Please note there is a "no-show" fee policy.

**Location:** Seymour Center

**Appointment Times:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month, call to schedule a time.

**Phone Number:** 919-968-2070

**Email:** [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net)

### **Reflexology, OC Department on Aging**

**Description:** Reflexology is the application of pressure stretch and movement to the hands and feet. It is designed to effect corresponding parts of the body. It is used primarily for relaxing tension, improved body circulation, revitalizing energy and to promote better health and well-being. Call the Seymour Center at 919-968-2070 for an appointment. Provider: Toni Shaw, Certified

Reflexologist. Fees: \$10/15 min; \$25/30 min; \$35/45 min; and \$55/1 hr. Gift certificates are available. Please note there is a “no-show” fee policy.

**Location:** Seymour Center & Passmore Center

**Appointment Times:**

Seymour Center: Fridays, 1-3 PM

Passmore Center: Last Monday of each month, 9-2 PM

**Phone Number:** 919-968-2070

## ALZHEIMER’S & DEMENTIA

### UNC Memory and Cognitive Disorders Clinic

**Description:** The UNC Memory Disorders Clinic (MDC) is a regional and statewide referral center for diagnostic evaluations and consultations for complex and challenging cases. Reasons to be evaluated include: repeating oneself, getting lost in familiar places, difficulty managing a checkbook, difficulty finding words, impaired judgment, and change in personality and behavior. A physician referral is needed in order to arrange an evaluation. Evaluation typically lasts 1.5 hours, including cognitive testing and neurological evaluation.

**Location:** UNC Hospitals Neurology Clinic  
194 Finley Golf Course Road Suite 200,  
Chapel Hill, NC 27517

**Phone Number, Clinic Appointments:**  
919-966-4401

**Phone Number, Research Study Inquiries:**  
919-966-8172

### Duke Neurology Memory Disorders Clinic

**Description:** Since 1986, the Memory Disorders Clinic has been treating a wide

range of memory problems arising from diverse medical causes including neurodegenerative diseases (Alzheimer's disease), vascular problems, and other neurological disorders. As part of the Joseph and Kathleen Bryan Alzheimer's Disease Research Center at Duke University Medical Center, the clinic provides diagnostic expertise, cutting-edge treatment, and research for memory problems. A person with the following symptoms should consider a clinic evaluation: slow steady memory loss over months or years, change in personality and behavior (such as moodiness, depression, sadness, or aggression), confusion about time and place, loss of ability to take care of one's self, lack of interest in usual daily activities or hobbies, loss of ability to make good decisions, increasing desire to be alone or away from other people. A physician referral is needed in order to arrange an evaluation.

**Location:** Duke Health Center at Morreene Rd, Memory Disorders Clinic  
932 Morreene Rd., Durham, NC 27705

**Phone Number, Clinic Appointments:**  
919-668-7600

### Orange County Sheriff Department Life Track Program

**Description:** Life Track is a rapid-response tracking program that enables Orange County police officers to search and find children with autism and adults with Alzheimer's or Dementia. Those that are eligible for the program must live in Orange County, have a letter from their physician to verify a diagnosis of autism, Alzheimer's, or Dementia, have a 24-hour caregiver, have a tendency to wander off, and do not currently drive. The Sheriff's Department will install a GPS tracking bracelet on residents at risk for getting lost that can then be used to track individuals who may wander from their

home. If the client wanders away, the caregiver calls 911 for a search and rescue team with a mobile receiver.

**Phone Number, Orange County Sheriff's Office:** 919-245-2900 OR 919-644-3050

### **Memory Cafes, OC Department on Aging**

**Description:** Memory Cafes provide opportunities for individuals with memory concerns and their families to socialize with others in similar situations. Enjoy company, light refreshments, activities and entertainment. RSVP not required, but encouraged.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: 2<sup>nd</sup> Monday of each month, 1:30-3:30 PM

Passmore Center: 3<sup>rd</sup> Monday of each month, 2-4 PM

**Main Contact:** Kim Lamon-Loperfido

**Phone Number:** 919-245-4253

**Email Address:**

[kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov)

### **Parkinson's Disease Caregivers Open Discussion Group, OC Department on Aging**

**Description:** Join family and friends who care for people with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Department of Neurology.

**Location:** Seymour Center

**Meeting Time:** 1<sup>st</sup> Tuesday of each month, 12:30-3 PM

**Main Contact:** Jessica L. Shurer

**Phone Number:** 919-843-1657

**Email Address:**

[jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu)

**Website:**

<http://chapelhillparkinsons.weebly.com/>

### **Parkinson's Disease Support and Education Group, OC Department on Aging**

**Description:** Open to both the person with Parkinson's and/or the caregiver. Includes an educational presentation and/or topic discussion. Care partners will meet separately to discuss topics they choose, while the people with PD meet in a different room to share concerns, tips, etc. People with PD and their caregivers meet together for informal coffee on second Wednesdays at 11:15 a.m. at Weaver St Market, Hillsborough.

**Location:** Passmore Center

**Meeting Time:** 4<sup>th</sup> Wednesday of each month, 11:15-1 PM

**Main Contact:** Pam Tillett

**Phone Number:** (919) 245-4278

**Email Address:** [ptillett@orangecountync.gov](mailto:ptillett@orangecountync.gov)

### **Hospice & Palliative Care Center of Alamance-Caswell Dementia Support Services**

**Description:** Dementia may be the most demanding illness today for patients, family members and friends. This service provides one-on-one consultations to help people understand the illness and its progression, identify resources and help people link to services in our community, provide support and counseling, and be an ongoing resource through the course of the illness. Call or email to schedule a complimentary consultation.

**Main Contact:** Heather McKay

**Phone Number:** 336-532-7207

**Email:** [info@dementiasupport.org](mailto:info@dementiasupport.org)

**Website:**

<http://www.hospiceac.org/dementia-support-services/>

**Dementia Friendly Businesses**

**Description:** The Dementia-Friendly Business Initiative trains local businesses in what dementia is, how to recognize it, and how to interact with customers that might have it. Businesses that have been trained so far include: Fidelity Bank, The Animal Hospital of Carrboro, Maitland Law Firm, Carrboro Family Pharmacy, The Law Office of Colin K. Austin, Walgreen's (All Orange County Locations), The Orange County Public Library, Cameron's Gift Shop, and the Chapel Hill-Carrboro YMCA. Businesses are continuing to be trained in Orange County. Please contact via email or visit the Dementia Friendly Orange County Website for more information and an updated list of businesses.

**Email:** [info@DFOC.org](mailto:info@DFOC.org)

**Website:** <http://dforangecounty.org/>

**OC Cares Dementia Support, OC Department on Aging**

**Description:** OC Cares offers support for caregivers in Orange County, caring for people with dementias or intellectual/developmental disabilities: respite care; assessment; consultation for care partners dealing with behavioral, activity or safety challenges; caregiver support groups; & training for paid caregivers. All services offered through OC Cares are free of charge to residents of Orange County, their care partners, and related service providers.

**Phone Number, OC Cares Office:**

919-245-4253

**Phone Number, Referrals via Orange County Aging Helpline:** 919-968-2087

**OC Cares Caregiver Respite Program, OC Department on Aging**

**Description:** Care Partner Respite is part of the Orange County CARES Federal grant that offers respite for local unpaid caregivers at both Chapel Hill and Hillsborough centers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. The Respite program is limited to 10 participants and is administered by Carol Wise, experienced eldercare social worker, a certified nursing assistant as well as volunteers, interns, and degree-specialized students. The program is free for qualified participants. To enroll, please contact Carol Wise at [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov) or call 919-245-4253.

**Location:** Seymour Center & Passmore Center

**Meeting Time:**

Seymour Center: Wednesdays, 11-4 PM;

Passmore Center: Fridays, 11-4 PM

**Main Contact:** Carol Wise

**Phone Number:** 919-245-4253

**Email Address:** [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov)

**OC Cares In-Home Support Services**

**Description:** OC Cares provides support in the home to address activity engagement, care coordination and caregiver skill building. Scheduled as needed directly with caregivers of people with dementia and related disorders.

**Phone Number, OC Cares Office:**

919-245-4253

## **OC Cares Dementia Education Collaborative; “What Can We Expect? Dementia Basics Education Series”**

**Description:** The Orange County Dementia Education Collaborative is offering a monthly, three-part education series for family caregivers and persons with dementia. Session 1: Brain Health Basics Session 2: Types and Stages of Dementia Session 3: The Journey Ahead Please register with the Seymour or Passmore Center at least one week prior to the first session of each month. Parallel respite care will be available for loved ones with dementia if requested.

**Location:** Seymour Center & Passmore Center

### **Meeting Time:**

Seymour Center: Session has passed, please check with the OC Department on Aging for future sessions.

Passmore Center: Tuesdays, August 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, 10:30-12:30 PM

**Main Contact:** Marie Dagger

**Phone Number:** 919-245-4253

**Email Address:**

[MDagger@orangecountync.gov](mailto:MDagger@orangecountync.gov)

## **Clinic for Community Living, OC Department on Aging**

**Description:** Free multi-disciplinary assessments for Orange County residents 60+. Includes falls, strength and balance, memory function, mood and medication review. Individualized recommendations and referrals are made to additional services as needed.

**Location:** Seymour Center & Passmore Center

**Phone Number, Aging Helpline:**

919-968-2087

**Email Address:**

[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

## **FINANCIAL ASSISTANCE**

### **Orange County Department of Social Services (OCDSS) Hillsborough & Chapel Hill**

**Description:** The Orange County Department of Social Services administers county, state and federal programs and provides services designed to assure that aging and disabled adults in the community will be safe and healthy and live in the least restrictive setting possible. These programs include adult protective services, guardianship, State/County Special Assistance for adult care homes and in-home, adult placement, at-risk case management, adult care home case management, and several counseling and case management services to support older and disabled adults living at home. Please visit the Department of Social Services in person, by phone, or online for more information about programs and services.

### **Locations:**

OCDSS Hillsborough: Hillsborough Commons 113 Mayo Street, Hillsborough, NC 27278;

OCDSS Chapel Hill: Southern Human Services Center, 2501 Homestead Road, Chapel Hill, NC 27516

**Hours:** Monday-Friday, 8-5 PM

### **Phone Number:**

OCDSS Hillsborough: 919-245-2800

OCDSS Chapel Hill: 919-245-2400

### **Website:**

[http://www.orangecountync.gov/department/s/social\\_services/services\\_for\\_elderly\\_adults\\_and\\_people\\_with\\_disabilities.php](http://www.orangecountync.gov/department/s/social_services/services_for_elderly_adults_and_people_with_disabilities.php)

### **Adult Medicaid Assistance**

**Description:** Medicaid provides health coverage to eligible low-income adults. Your local Department of Social Services (DSS) in



your county of residency determines your eligibility. Contact your county DSS office for more information or to apply. (See above)

## **Medicare Assistance**

**Description:** Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). Please visit [www.medicare.gov](http://www.medicare.gov) or see SHIIP resources below for assistance with navigating Medicare.

## **Seniors' Health Insurance Information Program (SHIIP)**

**Description:** The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. Certified SHIIP Counselors offer free and unbiased information, and are available for one-on-one appointments at both Orange County Department on Aging senior centers. We also offer a limited number of Affordable Care counseling appointments for adults age 55-64. Please call to make an appointment for consultation.

**Location:** Seymour Center & Passmore Center

### **Phone Number:**

Seymour Center: 919-968-2070

Passmore Center: 919-245-2015

### **Website:**

<http://www.orangecountync.gov/departments/aging/shiip.php>

## **Medicare 101: Welcome to Medicare Seminar, SHIIP**

**Description:** Orange County SHIIP will be conducting free Medicare 101: Welcome to Medicare Seminars. The seminars are open to anyone new to Medicare or interested in learning more about Medicare and will include a question and answer session.

**Locations:** Seymour Center, Passmore Center, Chapel Hill Public Library, OC Public Library

### **Meeting Time:**

OC Public Library: August 4<sup>th</sup>, 11-1 PM

Chapel Hill Public Library: August 17<sup>th</sup>, 1-3 PM

Passmore Center: August 23<sup>rd</sup>, 5-6:30 PM;

Seymour Center: Session has passed, please check back with the OC Department on Aging for additional sessions.

**Main Contact:** Jeanne Chamberlin

**Phone Number:** 919-245-4274

### **Email Address:**

[jchamberlain@orangecountync.gov](mailto:jchamberlain@orangecountync.gov)

### **Website:**

<http://www.orangecountync.gov/departments/aging/shiip.php>

## **Medicare Extra Help Program, SHIIP**

**Description:** You may be eligible for Extra Help with your Medicare Part D drug costs. Eligible Medicare beneficiaries can get help paying for all or part of their monthly premiums and annual deductibles, and lower their prescription co-pays. To qualify for Extra Help the monthly income must be below \$1,485 for an individual (\$2,002.50 for a married couple living together). Your resources/assets must not be more than \$13,640 for an individual (\$27,250 for a married couple living together). The assets/resources do not include a primary residence or a vehicle. Make a Medicare appointment with a SHIIP counselor to apply for extra help.

**Location:** Seymour Center & Passmore Center

### **Phone Number:**

Seymour Center: 919-968-2070

Passmore Center: 919-245-2015

**Website:**

<http://www.orangecountync.gov/departments/aging/shiip.php>

### **Volunteer Income Tax Assistance (VITA) Program**

**Description:** VITA is an IRS program provided through local sponsors designed to prepare tax returns for clients of any age with low to moderate income. A few volunteers at the Seymour Center continue to provide year-round services for clients with extensions, prior years and amendments.

**Locations:** Seymour Center, Passmore Center, Chapel Hill Public Library, & Chatham-Council on Aging

**Times:** February-April; Check with the OC Department on Aging during tax season for specific dates and times for 2017 (website or by phone).

**Main Contact:** Kathy Porter

**Phone Number:** 919-245-4240

**Email Address:** [kporter@orangecountync.gov](mailto:kporter@orangecountync.gov)

**Website:**

[http://www.orangecountync.gov/departments/aging/tax\\_assistance.php](http://www.orangecountync.gov/departments/aging/tax_assistance.php)

### **Aging-In-Place Fund, OC Department on Aging**

**Description:** The purpose of this fund is to help low-income older adults access services that may allow them to stay in their homes and avoid institutional care. The fund is supported through a combination of county and privately donated dollars. Priority for receiving a portion of these funds to pay for services such as in-home aide services, respite, or minor home modification, is based primarily on economic need. Eligible

individuals may receive up to 9 hours of in-home aide service or 2 days of adult day care per week, depending upon need. To apply for these funds, the individual or family caregiver should call the Aging Transitions Helpline and request an assessment for “aging in place” services.

**Main Contact:** Aging Transitions

**Phone Number:** 919-968-2087

### **Veterans Services Office, Orange County Department of Social Services (OCDSS) Hillsborough & Chapel Hill**

**Description:** The Veterans Services Office (VSO) assists veterans and dependents in obtaining, retaining, or reinstating compensation, pension, medical, education, training, loan, insurance, burial, and other applicable benefits and services.

**Locations:**

OCDSS Hillsborough: Hillsborough Commons 113 Mayo Street, Hillsborough, NC 27278;

OCDSS Chapel Hill: Southern Human Services Center, 2501 Homestead Road, Chapel Hill, NC 27516

**Hours:** Monday-Friday, 8-5 PM

**Phone Number:**

OCDSS Hillsborough: 919-245-2800

OCDSS Chapel Hill: 919-245-2400

**Website:**

[http://www.orangecountync.gov/departments/social\\_services/veterans\\_services.php](http://www.orangecountync.gov/departments/social_services/veterans_services.php)

## **SAFETY, EQUIPMENT, & HOME TECHNOLOGIES**

### **OC Cares In-Home Support Services, OC Department on Aging**

**Description:** OC Cares provides support in the home to address activity engagement, care

coordination and caregiver skill building. Scheduled as needed directly with caregivers of people with dementia and related disorders.

**Phone Number, OC Cares Office:**

919-245-4253

### CareGiving Technologies

**Description:** CareGiving Technologies was founded with the idea that people want to age where they live, safely and with the greatest amount of independence. But living on you own doesn't mean feeling alone. It's a matter of finding the right way to stay connected. Susan has certification in Universal Design and is a Certified Aging in Place Specialist.

**Main Contact:** Susan Adams

**Phone Number:** 919-903-9224

**Email Address:**

[senioroptionsadvocare.65@gmail.com](mailto:senioroptionsadvocare.65@gmail.com)

**Website:**

<https://caregivingtechnologies.com/contact/>

### ElderFit In-Home Rehabilitation

**Description:** ElderFit Physical Therapy & Consulting, Inc. provides high quality, personalized out-patient rehabilitative and wellness services to seniors in their homes and communities. Services include: in-home out-patient physical therapy, personal fitness consultation and exercise instruction, and senior fitness screens. Call or visit ElderFit's website for more information.

**Location (Orange County):** Passmore Center

**Phone Number:** 919-624-0388

**Website:** <http://www.elderfitpt.com/>

### Tom's Grab Bars & Hand Railings

**Description:** If someone you love is needing a little more help getting around these days,

grab bars are a great way to help them. Tom can supply and install them to almost any part of your house in only a few hours and they are not expensive for the peace of mind they provide. All of Tom's work has a "satisfaction guarantee" where he makes sure his customers are happy no matter what it takes. Tom has been serving the Chapel Hill/Raleigh Durham are for almost 20 years. For a free quote call 919-967-7355.

**Main Contact:** Tom Osborne

**Phone Number:** 919-967-7355

**Website:** <http://www.tomgrabbars.com/>

### Health Equipment Loan Program (HELP)

#### Medical Equipment Loans, OC Department on Aging

**Description:** The Orange County Department on Aging has a limited amount of medical equipment and supplies available on a loan basis.

**Location:** Seymour Center & Passmore Center

**Phone Number:**

Seymour Center: 919-968-2070

Passmore Center: 919-245-2015

OCDOA Aging Helpline: 919-968-2087

#### Handy Helpers, OC Department on Aging

**Description:** Handy Helpers provide high-quality, free, and timely minor repairs of maintenance issues for those not able to complete or afford the full costs of repairs on their own. Examples include: hanging a light bulb, fixing a broken screen, unclogging plumbing, moving an object, hanging things on the walls, diagnosing problems, and installing smoke detectors.

**Main Contact:** Yvette Garcia Missri  
**Phone Number:** 919-245-4241  
**Email Address:** [ymissri@orangecountync.gov](mailto:ymissri@orangecountync.gov)

*The following medical alert systems have been selected based on caregiver recommendations and high customer service ratings. Please call or visit their websites to determine which may be the best fit for you and your loved one(s). The OC Department on Aging also maintains a list of Medical Alert Systems which can be found online:*  
[http://www.orangecountync.gov/MEDICAL\\_ALERT\\_SYSTEMS.pdf](http://www.orangecountync.gov/MEDICAL_ALERT_SYSTEMS.pdf)

### **Carolina Medical Alerts (Formerly Triangle Lifeline), Medical Alert System**

**Phone Number:** 919-479-6050  
**Website:** <http://carolinamedicalalerts.com/>

### **Bay Alarm Medical, Medical Alert System**

**Phone Number:** 1-877-522-9633  
**Website:** <https://www.bayalarmmedical.com/>

### **Medical Guardian, Medical Alert System**

**Phone Number:** 1-800-668-9200  
**Website:** <https://www.medicalguardian.com/>

### **5 Star Medical Alert through Great Call, Medical Alert System**

**Phone Number:** 1-866-370-8056  
**Website:** <https://www.greatcall.com/services-apps>

### **LifeFone, Medical Alert System**

**Phone Number:** 1-844-253-7939

**Website:** <https://www.lifefone.com/>

## **TRANSPORTATION**

### **Aging Transitions Program Transportation Specialist, OC Department on Aging**

**Description:** Although the Transportation Specialist will not be providing direct transportation, she is available to help identify transportation options for non-drivers and help with accessing services. The Transportation Specialist will advocate for, and work to support, the transportation needs of the older adult community in Orange County. If you have a transportation need or question, please call Monday-Friday, 9-4 PM.

**Hours:** Monday-Friday, 9-4 PM

**Main Contact:** Lisa Berley

**Phone Number:** 919-717-1853

**Email Address:** [lberley@orangecountync.gov](mailto:lberley@orangecountync.gov)

### **Chapel Hill Transit**

**Description:** Free buses on fixed routes for people of all ages. The CHT "A" Route bus stops at the Seymour Center. Limited to Chapel Hill, Carrboro and Hillsborough.

**Phone Number:** 919-485-7433

**Website:**

<http://www.townofchapelhill.org/town-hall/departments-services/transit>

### **Orange Public Transportation (OPT)**

**Description:** Offers bus and van services outside the Chapel Hill/Carrboro city limits including planning and coordinating for county residents with transportation needs. Call or visit our website for routes, schedules and fees. Paratransit available based on eligibility. FREE ride to Senior Centers for older adults 60+ years old. 60+ elderly (ETAP)

or disabled (DTAP) transportation to medical care providers for \$3.00/each way. All other trips are \$12.25 each way. You must complete a Department on Aging or OPT Certification form prior to riding.

**Phone Number, Orange Public**

**Transportation Administrator:** 919-245-2008

**Website:**

[http://www.orangecountync.gov/departments/planning\\_and\\_inspections/orange\\_public\\_transportation/index.php](http://www.orangecountync.gov/departments/planning_and_inspections/orange_public_transportation/index.php)

**E-Z Rider Senior Shuttle**

**Description:** Transit for eligible riders who cannot use conventional buses due to physical and mental impairments. Riders must have a disability that qualifies under the Americans with Disabilities Act (ADA) of 1990 and apply for certification through EZRider in order to make a trip reservation. FREE fixed route shuttle service to Seniors 60+ years old to Robert & Pearl Seymour Center (Chapel Hill) or Central Orange Senior Center (Hillsborough).

**Phone Number, Certifications:** 919-969-4920

**Phone Number, Dispatch:** 919-969-4919

**Website:**

<http://www.townofchapelhill.org/town-hall/departments-services/transit/ez-rider>

**Application:**

<http://www.townofchapelhill.org/home/showdocument?id=2417>

**Friend-to-Friend Program, OC Department on Aging**

**Description:**

**Phone Number:**

**Email Address:**

**Community Transportation Program, OC Department on Aging**

**Description:**

**Phone Number:**

**Email Address:**

**Argo**

**Description:**

**Phone Number:**

**Email Address:**

**Website:**

**A Helping Hand**

**Description:** One-time medical transportation is available to non-clients for a fee. For free eligible transportation services, individuals must be an ongoing client of Helping Hand. Please call or visit A Helping Hand’s website to find out more about services provided, eligibility and cost associated with becoming a client, and eligibility for free or subsidized services via their “Charitable Program.”

**Phone Number:** 919-403-5555

**Email Address:** [info@ahelpinghandnc.org](mailto:info@ahelpinghandnc.org)

**Website:**

**Seniors On The Go**

**Description:** Provides escorted door through door transportation services to seniors 60+ and people of all ages with any disability or temporary medical condition that prevents driving. Additional services: medical or airport companion, errands, grocery delivery and mobile notary services. Reservations are required and there is a cost starting at \$2.25 per mile with a \$35 one-way trip minimum. Additional pricing can be found online or by inquiring via phone or email.

**Phone Number:** 919-521-8092

**Email:** [sotgo@ncseniorsonthego.com](mailto:sotgo@ncseniorsonthego.com)

**Website:** [www.ncseniorsonthego.com](http://www.ncseniorsonthego.com)

## FOOD & NUTRITION

### Meals on Wheels Chapel Hill-Carrboro

**Description:** The Meals on Wheels Chapel Hill-Carrboro program delivers a nutritious meal to frail, elderly, and homebound residents in the Chapel Hill and Carrboro areas of Orange County. Any homebound person who is over 60 years of age may qualify for our Meals on Wheels Program. Individuals under 60 may also qualify for the Meals on Wheels Program if they are disabled and meet the income guidelines. Please call in order to sign-up and find out if you or a loved one qualifies. **COST? Eligibility**

**Main Contact:** Stacey Yusko

**Phone Number:** 919-942-2948

**Email Address:** [stacey@chcmow.org](mailto:stacey@chcmow.org)

### Orange Congregations in Mission (OCIM), Meals on Wheels

**Description:** The OCIM Meals on Wheels program delivers a nutritious meal to frail, elderly and homebound residents of northern Orange County. Any homebound person who is over 60 years of age may qualify for our Meals on Wheels Program. Individuals under 60 may also qualify for the Meals on Wheels Program if they are disabled and meet the income guidelines. Please call in order to sign-up and find out if you or a loved one qualifies.

**COST? Eligibility**

**Phone Number:** 919-732-6194 ext. 14

**Email Address:**

[ocim300mill@mindspring.com](mailto:ocim300mill@mindspring.com)

### OC Department on Aging Lunch Program

**Description:** Both the Seymour and Passmore Centers provide free lunches to seniors. Registration is required to participate in the

lunch program. Download, complete, and return the Lunch Program Registration to the front desk at the senior center where you prefer to have lunch. Lunches are served on a first-come, first-served basis. Tickets are distributed as people check in between 11-12:15 PM. Donations are welcome and encouraged!

**Location:** Seymour Center & Passmore Center

**Time:** Meal tickets distributed 11-12:15 PM; Lunch starts at 12:30 PM

**Main Contact:** Isabel Jackson, Food Service Coordinator

**Phone Number:** 919-245-4256

**Email Address:** [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Website/Lunch Program Registration:**

[http://www.orangecountync.gov/department/s/aging/senior\\_center\\_programs.php](http://www.orangecountync.gov/department/s/aging/senior_center_programs.php)

### The Root Cellar Prepared Meals

**Description:** Each week, our chefs design a menu that includes a variety of entrees, sides, salads and desserts – enough food for five delicious meals. (Substitutions subject to approval.) A meat-free menu is available for vegetarians. Menus for each week can be found online. Food prepared to be cooked is packaged in re-heatable aluminum containers and labeled with heating instructions. Dressings and fixings for salads, salsas, condiments, and other dinner accompaniments are packaged separately. Call 919-967-3663 or 919-967-4383 each Friday by 5 p.m. to place orders for the following week. Meals are packaged up and ready for pick-up every Monday afternoon, anytime after 4 p.m. For \$125 you will receive 5 meals with enough in each meal to serve 2 people. For \$250 you will receive 5 meals with enough in each meal to serve 4 people.

**Location:** The Root Cellar  
750 Martin Luther King Jr. Blvd.

Chapel Hill, NC 27514

**Phone Number:** 919-967-3663 OR 919-967-4383

**Email Address:**

[catering@rootcellarchapelhill.com](mailto:catering@rootcellarchapelhill.com)

**Website:**

<http://rootcellarchapelhill.com/family-dinners/>

### **Harris Teeter Express Lane Online Shopping Pick-Up/Delivery**

**Description:** No time to shop? Try our Express Lane Online Shopping service at select locations. We offer a complete "full line" shopping experience designed to handle all your shopping needs. Simply place your order online and we'll have it ready and waiting for you when you arrive at the store. Our personal shoppers are trained to select the best products just as you would. We know your time is valuable and this is just one of the ways we try to make your life a little simpler. Grocery pickup is available for \$4.95 per order. Subscription options are also available on the final checkout page when placing your order: \$16.95 for 30 days or \$99.95 for one year of unlimited online shopping (store pickup only). For same day pick up, orders must be placed by 3:00pm. Some Harris Teeter locations have also begun delivery service. Check with your Harris Teeter to find out if there is online ordering and delivery service near you.

**Store Locator:**

[http://www.harristeeter.com/other/store\\_locator/store\\_locator.aspx](http://www.harristeeter.com/other/store_locator/store_locator.aspx)

### **Weaver Street Market Senior Citizen Home Delivery**

**Description:** In order to participate in the senior citizen home delivery service you must be a Co-Op member. A 1-adult Co-Op share is

\$75, 2-adult is \$135, and 3+ adult is \$175.

Delivery customers get called every Wednesday morning for grocery delivery that afternoon. The service has been primarily targeted to people who are homebound, and includes some non-seniors. Contact Weaver Street Market to find out if you or your loved one may be eligible.

**Phone Number, Weaver Street Carrboro:**

919-929-0010

**Phone Number, Weaver Street Hillsborough:**

919-245-5050

**Phone Number, Weaver Street Chapel Hill**

**(Southern Village):** 919-929-2009

**Website:**

<http://www.weaverstreetmarket.coop/>

### **Whole Foods Online Ordering & Delivery Service**

**Description:** Whole Foods now offers online ordering of groceries for delivery in as little as one hour. Thousands of products are available including pantry good, fresh ingredients for dinner tonight, healthy food for loved ones long-distance. Place an order from your computer, table, or mobile device for delivery to home, workplace, or a selection of other Whole Foods Market cities nationwide. Customers' first delivery is free! After that the cost is \$5.99 for one-hour delivery or \$3.99 for two-hour delivery. For \$99/year membership you will receive free delivery on any order over \$35.

**Website for Online Ordering:**

<https://delivery.wholefoodsmarket.com/store/whole-foods>

### **The Food Fairy, Inc.**

**Description:** The Food Fairy® can create menus and prepare meals for individuals and families no matter what your dietary preferences and needs may be. The Food

Fairy offers daily personal chef services. With this service the Food Fairy will plan a menu, shop at your preferred grocer, travel to your kitchen, prepare the food, package meals, document a list of your meals and reheating instructions, and thoroughly clean-up. We also offer these additional services—sous chefs, nutritional counseling referral, your personal grocery shopping, detail clean-up crew including recycling and composting. We charge by the hour plus the cost of the groceries; however, the average cost of a dinner, pre serving, can range from \$16-\$33. Enjoy a free initial phone consultation by filling out a contact form online.

**Website:** <http://foodfairy.com/>

**Contact Form:** <http://foodfairy.com/contact/>

### **Takeout Central**

**Description:** By calling or ordering online, Takeout Central will deliver meals from area restaurants to your home. You can order online or call 919-942-7678. There is a \$10 food minimum required. Takeout Central charges a \$4.99 delivery fee and there is a recommended 15% gratuity for each order. Restaurants include Carolina Brewery, Noodles and Company, Sandwhich, Mellow Mushroom, Tandoor Indian, and many more!

**Phone Number:** 919-942-7678

**Website, Online Ordering:**

<https://www.takeoutcentral.com/chooseRestaurant.pl?showAll=tto>

### **Food and Nutrition Services Program/Electronic Benefit Transfer Card (EBT), Orange County Department of Social Services**

**Description:** The Food and Nutrition Services Program (formerly Food Stamps) is a federal program that provides a monthly allotment of benefits issued via Electronic Benefit Transfer

cards (EBT cards) that can be used like debit cards. The Food and Nutrition Services Program is an entitlement program, so all eligible individuals and households can receive assistance. Benefits may be used to purchase most foods at participating stores. They may not be used to purchase tobacco, pet food, paper products, soap products, or alcoholic beverages. Contact the Orange County Department of Social Services in person, by phone, or online for more information and to see if you or a loved one may qualify.

**Locations:**

**OCDSS Hillsborough:** Hillsborough Commons 113 Mayo Street, Hillsborough, NC 27278;  
**OCDSS Chapel Hill:** Southern Human Services Center, 2501 Homestead Road, Chapel Hill, NC 27516

**Hours:** Monday-Friday, 8-5 PM

**Phone Number:** Hillsborough Commons: 919-245-2800; Southern Human Services Center: 919-245-2400

**Website:**

[http://www.orangecountync.gov/department/social\\_services/food\\_and\\_nutrition\\_services.php](http://www.orangecountync.gov/department/social_services/food_and_nutrition_services.php)

### **Senior Farmers' Market Nutrition Program (SFMNP)**

**Description:** The North Carolina Senior Farmers' Market Nutrition Program (SFMNP) provides coupons to seniors that can be used to purchase fresh produce at local farmers' markets. The program helps increase older adults' access to fresh fruits and vegetables and provides business to local farmers. Each coupon is worth \$3, and each eligible senior can receive seven coupons, for a total of \$21. If you are interested in applying for SFMNP vouchers, please contact the North Carolina Department of Health and Human Services.



**Main Contact:** Audrey Edmisten, Aging Specialist

**Phone Number:** 919-855-3400

**Email Address:**

[audrey.edmisten@dhhs.nc.gov](mailto:audrey.edmisten@dhhs.nc.gov)

**Website:**

<http://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program-sfmnp>

### **Carrboro Farmers' Market, Market Bucks Program SNAP/EBT**

**Description:** You can use your SNAP/EBT Card at the Carrboro Farmers' Market! Just stop by the Welcome Booth and use your card to purchase "Market Bucks" that can be used at vendors' booths. We are currently offering up to \$10 in Market Match Bucks! Every time you spend \$10 or more with your card, you'll receive an extra \$10--so \$10 turns into \$20 at Market! You can receive the extra \$10 once every Market day. Market Bucks do not expire, so if you don't spend them all you can keep them to use at the next Market! We also accept WIC and SENIORS Farmers Market Nutrition Program (FMNP) vouchers. These vouchers can be redeemed directly at most vendors' stalls. WIC and SENIORS FMNP participants can also receive up to \$10 in extra Market Bucks when they come by the Market Welcome Booth before using their vouchers! Stop by the Market Welcome Booth for more information or email our food outreach coordinator at [carrboromarketassistant@gmail.com](mailto:carrboromarketassistant@gmail.com) with questions.

**Location:** Carrboro Farmers' Market  
301 W Main St.  
Carrboro, NC 27510

**Phone Number:** 919-280-3326

**Email Address:**

[carrboromarketassistant@gmail.com](mailto:carrboromarketassistant@gmail.com)

**Website:**

<http://www.carrborofarmersmarket.com/we-accept-snapebt/>

### **Chapel Hill Farmers' Market, Fresh Bucks Program SNAP/EBT**

**Description:** We are now so happy to offer a match of up to \$10 for shoppers using SNAP/EBT. Shoppers can visit the market tent for tokens.

**Location:** The Chapel Hill Farmers' Market  
201 S. Estes Drive  
Chapel Hill, NC 27514

**Phone Number:** 919-533-9496

**Email Address:** [farmersoforange@gmail.com](mailto:farmersoforange@gmail.com)

**Website:**

<http://www.thechapelhillfarmersmarket.com/>

### **Orange County Health Department Nutrition Counseling**

**Description:** Proper nutrition is an important component of overall good health. The Orange County Health Department offers nutrition counseling (Medical Nutrition Therapy) to help you prevent or manage certain medical conditions. Meet with a Registered Dietitian to develop a personalized plan to help you prevent or better manage medical conditions or simply to improve the way you feel. Fees are charged on a sliding scale (\$20 minimum fee) and may be covered by insurance. The health department currently accepts BCBSNC, Cigna, United Healthcare, Medicare and Medicaid, other insurances may also cover MNT. We are happy to check with other health insurance companies regarding coverage.

**Locations:**

Orange County Health Department Hillsborough: Whitted Human Services Center Complex, Hillsborough, NC 27278

Orange County Health Department-Medical Clinics Chapel Hill: Southern Human Services Center Complex, 2501 Homestead Road, Chapel Hill, NC 27516

**Phone Number:**

Orange County Health Department Hillsborough: 919-245-2400

Orange County Health Department-Medical Clinics Chapel Hill: 919-968-2022

## PODIATRY

### Fit Feet Program, OC Department on Aging

**Description:** A toenail trimming service by appointment only provided by trained RNs for adults' age 55+. All NEW clients must complete an initial health assessment and must bring their doctor's referral with them to the first appointment, or service will be denied. For medical transportation, if necessary, call E-Z Rider at 919-968-2772, within the Chapel Hill-Carrboro city limits. In the county, call OPT at 919-245-2008. For a "Fit Feet" appointment, call the Senior Center nearest you. Fee: \$14/visit for Orange County residents. \$27/visit for non-residents. \*Note: "No-Show" Policy for Fit Feet Clients is to collect \$7 for Orange County residents and \$13.50 for nonresidents for a scheduled appointment if it's not cancelled a minimum of 24 hours before the scheduled time. If proper notice has not been given and/ or there is a client "no-show", the Senior Center will bill the client for expenses. Further appointments will not be allowed until this fee has been received.

**Location:** Seymour Center & Passmore Center

**Time:** Call to find out what dates are available and to schedule an appointment.

**Phone Number:**

Seymour Center: 919-968-2070

Passmore Center: 919-245-2015

### UNC Wound Healing and Podiatry Center

**Description:** If you're experiencing pain or problems with your feet and ankles, our specialized podiatrists at UNC Medical Center can help you. Our caring medical professionals collaborate to improve your comfort and increase your independence by treating conditions such as: bunions, hammertoes, ingrown nails, gout, warts, diabetic complications involving feet, foot ulcers, and heel pain. There is a cost. Check with your insurance to see if some or all of costs will be covered by your insurance.

**Location:** UNC Hospitals Wound Healing and Podiatry Center

300 Meadowmont Village Circle, Suite 301  
Chapel Hill, NC 27514

**Hours:** Monday-Friday, 8-4:30 PM

**Phone Number for Information & Appointments:** 984-974-1900

### NC Nails, Meadowmont

**Description:** NC Nails features nail technicians with steady hands and quality skills in Chapel Hill, NC. Increase your nail strength and health with a manicure and pedicure. A manicure is \$15, shellac manicure is \$35, and pedicure is \$29.

**Location:** 505 Meadowmont Village Circle  
Chapel Hill, NC 27514

**Phone Number:** 919-942-1955

## PET CARE/DOG WALKER

### Walk & Wag Chapel Hill

**Description:** Walk & Wag has been a local, independent business since 2010 – and hires

only the best of the best. Lisa Kang, owner and founder, personally meets and handpicks every team member. Every Walk & Wag team member has a history of pet care. Many grew up with animals. Most own at least one cat or dog of their own. And some even work for local animal shelters and animal rights agencies. Our walkers are available 365 days a year—rain or shine. We can identify behavioral or medical issues your pet may be developing. We don't train, but are very dog savvy and—when needed—we'll work with you and a trainer to help your dog be the best he/she can be. We love making new four-legged friends and we want to make sure our trained professional is the perfect match for your pooch, so the first 30 minute walk is free! Services are available for a variety of animals. For more information on pricing and services provided please visit Walk and Wag's website or contact by phone or email to set-up a consultation.

**Main Contact:** Lisa Kang

**Phone Number:** 919-619-4456

**Email Address:**

[lisa@walkandwagchapelhill.com](mailto:lisa@walkandwagchapelhill.com)

**Website:** <http://walkandwagchapelhill.com/>

## 919 Dog

**Description:** Our best-in-class dog walking and overnight pet sitting services cater to each and every dog owner's budget throughout The Triangle. You'll be glad to know that our entire 919 Dog team consists of only the most highly qualified and experienced animal lovers who you can always count on taking good care of your furry family members when you are unable to do so due to work/travel. We provide professional pet care backed by our 100% satisfaction guarantee that will meet and exceed all of your dog walking and/or pet sitting needs. Available 7 days a week, 365

days a year, 5 AM-11 PM. Prices vary depending on services provided. We never charge any additional fees for the administration of medication(s) or light brushing and grooming if requested. Rates during the weekends or holidays never ever change, and cancellations are honored without any penalties.

**Phone Number:** 919-827-1155

**Email Address:** [support@919dog.com](mailto:support@919dog.com)

**Website:** <http://919dog.com/>

## Rover.com

**Description:** Rover.com is the nation's largest network of loving pet sitters and dog walkers. Rover can help you to find and book local dog sitters and walker in 10,000+ cities. Services include dog boarding, housing sitting, drop-in visits, doggy day care, and dog walking. Sign-up online to be able to see who is available in your area. Fees are similar to that of hiring a babysitter.

**Website:** <https://www.rover.com/>

## Care.com

**Description:** Care.com can connect you with verified dog walkers, cat sitters, boarding, grooming, and training for you or your loved one's pet. Sign-up online to be able to search people in the area available to help. Fees are similar to that of hiring a babysitter.

**Website:** <https://www.care.com/>

## Nextdoor.com

**Description:** Nextdoor.com is the best way to stay in the know about what's going on in your neighborhood and connect with your neighbors. There are so many ways our neighbors can help us, Nextdoor provides an easier way to connect with them

**Website:** <https://nextdoor.com/>

## AGING IN PLACE NEIGHBORHOODS

### Carolina Villages

**Description:** Carolina Villages is a nonprofit, member-driven organization for residents of Chapel Hill, Carrboro, and surrounding areas. We provide trusted guidance and support for navigating home services, and promote social interactions that lead to safe and vibrant aging in the community. The goal of Carolina Villages is to provide guidance and support to older adults in living in their own homes as they age. We attempt to do this by providing a network of resources that address their practical needs as well as their social, cultural, and educational interests. There is a cost in order to become a member of Carolina Villages. An individual full membership costs \$550 or can be paid quarterly for \$140 per quarter. Full membership is available to residents age 62 or older within Chapel Hill, Carrboro, and other parts of Durham County, Chatham County, and Orange County.

**Phone Number:** 919-960-1941 (Available Monday-Friday 9-1 PM)

**Email Address:**

[executivedirector@carolinavillages.org](mailto:executivedirector@carolinavillages.org)

**Website:** <http://carolinavillages.org/>

### Southern Village

**Description:** The Southern Village Aging in Place organization was established in the spring of 2013. We aim to establish a self-governing, community-based organization that provides a social network, and coordinates access to a variety of support services. We have approximately 70 members, drawn from our deep and talented neighborhood. We meet monthly at a member's home in Southern Village for a two

hour social with wine and light hors d'oeuvres. Although we have focused primarily on the benefits of social networking, we are expanding and collecting information on available support services in the Chapel Hill area. These services include establishing a process to support members in need because of a short term illness, or disability. We encourage interest subgroups including a theater group, book club, and walking group. If you live in Southern Village and interested in joining a contact form can be filled out online.

**Website:**

<http://southernvillageaip.weebly.com/contact-us.html>

### East Franklin Village

**Description:** East Franklin Village is a neighborhood organization. Most neighbors reside in an area known as the Franklin-Rosemary Historic District. As neighbors in East Franklin Village, we want to help each other age in place in our own homes. We each want to have our independence, but we know we need mutual support to keep it. Our mission is to provide mutual support and services so that each of us will have the opportunity to remain independent, safe, and comfortable at home. To enroll in the neighborhood, just sign in to nextdoor.com with your email address and house address. It's free and no one outside of our neighborhood can see your profile or any messages you send. The website will verify that you live at your address by checking your cell phone or credit card billing address.

**Website:**

<http://www.eastfranklin.org/index.html>

### Falconbridge Alliance

**Description:** The Falconbridge Alliance was formed in 2013 to combine and coordinate the activities of two neighborhood organizations; the Falconbridge Community Association (FCA) and the Falconbridge Village (FVA). The Alliance is the primary organization representing the residents of Falconbridge and provides many services to the community. Membership in the Alliance is voluntary. Annual dues are \$50 or \$75 for single family homes and \$20 or \$30 for town homes. Both owners and tenants are welcome to join. Falconbridge Friends provides practical and emotional support for people who need help with caregiving so individuals and families will not have to cope alone. The Friends of Falconbridge, a component of the Falconbridge Alliance, provides services to residents who are members of the Alliance to help them enjoy life in Falconbridge and to help them stay in our community as long as possible. Services for Alliance members include transportation and aging in place. If you live in Falconbridge and are interested in joining please contact via email.

**Email Address:**

[falconbridgealliance@gmail.com](mailto:falconbridgealliance@gmail.com)

**Website:**

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

### **Meadowmont Aging in Place Project**

**Description:** Meadowmont Aging in Place Program, Incorporated (MAPP) is an association of Meadowmont senior individuals and couples who are actively committed to remain in their homes and our community as they age. The mission of MAPP is to support the ability of its members to age in place with good health. There are several activity and interest groups including walking/hiking, biking, Maj Jong, investment group, and luncheon groups. If you live in

Meadowmont and would like more information please contact via the Meadowmont Aging in Place Program website.

**Website:** <http://mapp27517.net/contact-us/>

### **Kings Mill-Morgan Creek**

**Description:** Located in the southern part of Chapel Hill, North Carolina, the Kings Mill–Morgan Creek neighborhood is a special place to live. We have a strong, active neighborhood association, mostly connecting through our listservs. The association is dedicated to maintaining the character of our neighborhood and to representing our interests on issues that affect us, the nearby University of North Carolina at Chapel Hill, and the Town of Chapel Hill. There are \$20 annual dues to become a member. If you live in the Kings Mill-Morgan Creek area and would like more information please visit the website.

**Website:** <http://www.kmmcna.org/>

## **ADULT DAYCARE**

### **Charles House Center for Community Eldercare, Charles House Association**

**Description:** Daytime eldercare program provides quality personalized care to elders, experiential learning programs, and caregiver respite and resources. There is an enrollment process prior to attending. There is also a cost in order to attend.

**Location:** Charles House Center for Community Eldercare  
7511 Sunrise Rd.

Chapel Hill, NC 27516

**Hours:** Monday-Friday, 7:30-5:30 PM

**Phone Number:** 919-967-7570

**Email Address:** [info@charleshouse.org](mailto:info@charleshouse.org)

**Website:**

<http://www.charleshouse.org/index.htm>

**Detailed information on Enrollment Process:**

<http://www.charleshouse.org/attachments/Enrollment%20Steps.pdf>

### **Florence Gray Soltys Adult Day Health Program**

**Description:** We provide a safe, friendly environment staffed with qualified nurses and therapists. We also provide nutritious meals, caregiver respite, socialization, stimulating activities, and a focus on individual needs. The Florence Gray Soltys Adult Day Health Program will strive to maintain each participant's independence and capacity for self-care while promoting social, physical and emotional well-being with the goal of preventing inappropriate or premature institutionalization. We offer a free trial visit for those interested in participating in our program. Following the trial visit, there is a cost to participate. If you are interested please contact us at (919) 245-2017.

**Location:** Florence Gray Soltys Day Health Program, 105 Meadowland Drive, Hillsborough, NC 27278

**Hours:** Monday-Friday, 7:30-5:30 PM

**Phone Number:** 919-245-2017

**Website:**

<http://www.soltysdayhealth.org/home.html>

### **Piedmont Health SeniorCare (PACE)**

**Description:** Piedmont Health SeniorCare is a Program of All-inclusive Care for the Elderly (PACE). Our mission is to promote and sustain the independence of seniors wishing to remain in the community. We provide seniors with comprehensive long-term health, social, medical and dietary care. Our program is a safe alternative to nursing home care. If you are eligible for Medicare and Medicaid, all

services are covered at no additional cost. For individuals who do not have both Medicare and Medicaid, there may be costs associated with this program. We also accept private pay clients. You must enroll in order to participate. Enrollment is easy, one of our intake coordinators can meet the senior participant or caregiver at home. The specialist assesses eligibility and schedules a visit to the Day Health Center. At the Center, you will meet our care team. Each participant receives a medical evaluation and a plan of care. To find out more information and if you or a loved one qualifies please contact PACE via phone.

**Location:**

**Burlington:** 1214 Vaughn Rd, Burlington, NC 27217

**Pittsboro:** 163 Chatham Business Dr., Pittsboro, NC 27312

**Phone Number:**

**Burlington:** 336-532-0000

**Pittsboro:** 919-545-7337

**Website:**

<http://piedmonthhealthseniorcare.org/>