

**ADULT DAY CARE
AGING SERVICES
ALZHEIMER'S & DEMENTIA**

- *CarePartners Home Health 828-883-5254
- *Life Skills of Brevard (TVS Transylvania Vocational Services) 828-884-3195
- *Area on Aging Land-of-Sky Reg. Council /Long Term *Care Ombudsman Program / Project C.A.R.E. (Caregivers Alternative to Running on Empty) 828-251-6622
- *Alzheimer's Association 800-272-3900
- *Alzheimer's Support Group 828-862-6970
- *Memory Care 828-771-2219
- *CAP (Community Alternative Program) for Medicaid clients 828-862-6366

***DENTAL *MEDICAL**

- *ABCCM Dental 828-259-5300
- *Blue Ridge Free Dental Clinic 828-743-3393
Cashiers, NC
- *Asheville Affordable Dentures 828-298-9928
- *Blue Ridge Health Dental 828-696-0512
- *ABCCM Medical 828-259-5339
- *Blue Ridge Community Health Services 828-883-5550
- *Transylvania County Public Health Dept. 828-884-3135
- *Transylvania Regional Hospital 828-884-9111
- *Diabetes Education Program 828-883-5195
- *American Diabetes Assoc. 800-342-2383
- *Mammogram Dept. 828-883-5132
- *RX Assistance 828-883-5002
- *Health Insurance SHIP 855-408-1212 opt.1
Local 828-884-3174 ask for SHIP assistance
- *Transylvania County Dept. of Social Services Adult Medicaid 828-884-3174
- *Fitness Program, 828-883-5322 fees charged, Physician approval required

VISION

- *NC Services for the Blind 828-884-3174 ext. 287
- *Lions Club 828-884-3518

HOUSING

BHA (Brevard Housing Authority), income qualified housing. 828-884-2146

FOOD RESOURCES

- *Anchor Baptist Mission 828-877-2978
- *Bread of Life Soup Kitchen 828-877-3577
- *Trans. County Dept. of Social Services, Food Stamps 828-884-3174. Apply in person or online at <https://Epass.NC.gov>
- *Salvation Army 828-862-6518 M-F 8:00-4:00
- *Sharing House - Transylvania Christian Ministry 828-884-2866 ext, 116 Crisis Assistance
- *Community Baptist Church 828-883-3931 or 828-862-8187
- *Meals-on-Wheels 828-883-3743
- *WNCSource Community Services 828-884-2255 Congregate Meal Sites, Home Delivered Meals & Liquid Nutrition (see opposite page)

***MENTAL HEALTH SERVICES *HEARING**

- *Alliance Crisis CBS, Inc. 828-885-8255
- *Fresh Start Behavioral Health 828-862-6393
- *Meridian Behavioral Health 828-883-2708
- *NAMI Behavioral Health 828-577-3576
- *VAYA Health 800-849-6127
- *Suicide Crisis Hotline 9-8-8
- *NC Services for the Deaf & the Hard of Hearing Voice Phone 828-665-8733
Toll Free 800-681-7998
- *Hearing Loss Association 828-743-0150 or 828-505-1275

TRANSPORTATION SERVICES

Handicapped accessible vans available on set routes and on demand (with 24-hour advance reservation) for local shopping, doctor's visits, etc. through Transylvania County Transportation. Over 60, no charge; all others \$1 fee each pick up. Inform them you are over 60 when you call. Discounted monthly bus passes also available. **828-884-3203**
Land-of-Sky can arrange out-of-town transportation for medical appointments for **seniors at no charge.** To schedule, call Yvonne at **828-884-3215**. A two-week advance notice is required.

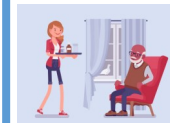
Land-of-Sky Respite Project Care for Caregivers
1-800-727-0557

WNCSource Congregate Lunch Plus Meal Sites and Liquid Nutrition Programs 828-884-2255

- Silvermont Senior Center, Lunch Plus M-F, 364 E. Main St., Brevard, NC 828-884-3166
- Quebec Community Center, Lunch Plus M-F, 11846 Rosman Hwy., Lake Toxaway, NC 828-862-4466



Lunch Plus Activities & Learning
new skills to keep our minds and bodies active



Mobile Meals Program
Our wonderful volunteers deliver hot lunches M-F to the doors of shut-ins in upper Transylvania Co.

- Shelf-stable meal boxes—Seven days of single-serving, ready-to-eat breakfast and lunch/dinner for Transylvania County residents age 60 or older. (Availability limited to when grant funding is available.)
- Liquid Nutrition Supplement (Ensure and Glucerna), medical professional referral required.

HOMELESS SHELTERS

- *The Cove Shelter, Nicholson Creek Rd., Brevard, NC 828-577-6412
- *The Haven Homeless Shelter, 240 S. Caldwell St., Brevard, NC 828-877-2040

DEBT RELIEF

Bills piling up? Credit card debt weighing you down? Call **On Track Financial Education & Counseling** for an appointment today.
1-800-737-5485 or 828-255-5166

HISPANIC INFORMATION

Comunitario Hispano-Americano 828-883-2900

Suicide Crisis Hotline 9-8-8

HOME REPAIR*RAMPS*HANDRAILS

Is someone in your household disabled and needs a ramp and/or handrails to enable getting in and out of their home safely? Here are some resources to call for **Ramps/Handrails:**

- *Baptists on Mission 828-384-0353
- *Towel Ministry, St. Philips Episcopal Church
828-884-3666

Need more extensive repairs on your home?

- *Habitat Home Repair Program 828-577-3507
- *HAC (Housing Assistance Corporation)
828-692-4744
- *Community Action Opportunities 828-210-0565
or toll free 847-989-2495

LEGAL AIDE

- *Legal Aide of North Carolina 828-579-7562
- *Pisgah Legal Services 800-489-6144 or
828-253-0406 (civil cases only)

REASSURANCE PROGRAMS

Daily welfare checks made to vulnerable people. Call the numbers below to sign up:

- *Brevard Police Dept. 828-883-2212
 - *Transylvania County Sheriff's Office 828-884-3168
- For someone to talk to call NCBAM Hope Line at 866-578-4673 M-F 9 a.m.–9 p.m.

UTILITY BILL/EMERGENCY ASSISTANCE

*Heating and cooling bills through the roof? If you are age 65+ or disabled, apply in person, mail, fax or e-mail an application to **Transylvania County Dept. of Social Services Energy Assistance Programs**, 106 E. Morgan St., Brevard, NC. Ph. 828-884-3261. Email dssdocs@transylvaniacounty.org or apply online at <https://Epass.NC.gov>.

*For assistance with water/wastewater bills apply through **LIHWAP (Low Income Housing Water Assistance Program)**, call 828-884-3261.

Apply online at <https://Epass.nc.gov>.

*Salvation Army for heat assistance, rental & emergency assistance 828-862-6518.

Resource Information 2-1-1

**NCBAM Hope Line for Someone
to talk to 866-578-4673**

USEFUL PHONE NUMBERS

| | |
|---|--------------------------|
| Anchor Baptist Food Dist. | 828-877-2978 |
| Bread of Life | 828-877-3577 |
| Brevard Police Dept. | 828-883-2212 |
| Cove Shelter | 828-577-6412 |
| DSS | 828-884-3174 |
| Food Stamps/DSS | 828-884-3174 |
| SAFE | 828-885-7233 |
| Salvation Army | 828-862-6518 |
| Sharing House ext. 116 | 828-884-2866 |
| Sheriff | 828-884-3168 |
| SHIPP Medicare Info Local 828-884-3109 | 855-408-1212 . Opt. 1 |
| Social Security | 1-800-772-1213 |
| Tag office | 828-883-3251 |
| Tax Return Assistance | 828-884-4787 |
| The Haven Homeless Shelter | 828-877-2040 |
| Tiger Town Thrift Store | 828-884-9222 |
| Transportation | 828-884-3203 |
| Transylvania Hospital | 828-884-9111 |
| Veteran's Services Officer | 828-884-3276 |
| Vocational Rehabilitation | 828-883-2190 |

STAY "SAFE" AT HOME DOMESTIC VIOLENCE / SEXUAL ASSAULT

To report **Elder Abuse** (physical, sexual, verbal, mental, emotional, financial, neglect) call The Transylvania Co. Dept. of Social Services **Adult Protective Services Program 828-884-3174**.

If you are being abused or need information about how to help someone else, call **SAFE** (Shelter for Family Emergencies) for shelter, counseling, court advocacy and support. **Hotline 828-885-7233 (SAFE)** staffed 24/7. Callers can remain anonymous. Remember to erase your call history from your phone after reaching out.



Empowering people, transforming lives

Transylvania County Older Adult Resource Guide

*Compliments of WNCSource
Community Services*

*With Grant Funding from ARPA
and Land-of-Sky Regional Council*

* * * * *

**Need some help? Got questions? Don't
know who to call? Let this WNCSource
Senior Resource Guide help you!**

**Inside you will find contact information on
food assistance, heating assistance,
Medicare, ramps & home repair, legal
help, transportation and more.**

**WNCSource Older Adult Services
181 Hillview Ext.
Brevard, NC 28712
Phone: 828-884-2255
Fax: 828-884-3887**

WNCSource Community Services has been providing children's and older adult services to residents of Henderson and Transylvania County for over 55 years.

Find us online at
www.WNCSource.org



Like us on
Facebook

**If you have a medical emergency or
are in danger Call 9-1-1**