

## Service and Agency Providers

Service	Eligibility/Information	Agency	Number
<b>Adult Day Care/Day Health</b>	For anyone at least 18 years of age and in need of supportive services.	Adult Life Programs	828-326-9120
<b>Caregiver Support Group</b>	For caregivers of individuals with Alzheimer's or other dementia-meets 1 <sup>st</sup> Thursday of each month.	West Hickory Senior Center	828-328-2269
<b>Congregate Meals</b>	Catawba County resident age 60 or older, pre-registration required.	Senior Nutrition Services @ West Hickory Senior Center	828-323-8746
<b>Counseling about Insurance</b>	Catawba County resident currently on Medicare or new to Medicare, including those on Medicare due to disability. Group meetings are held periodically throughout the year and individual counseling sessions are by appointment.	West Hickory Senior Center (SHIIP Coordinating Site)	828-328-2269
<b>Disaster Preparedness Training</b>	Offered annually through Catawba County Emergency Management Services.	West Hickory Senior Center  Catawba County Emergency Management Services	828-328-2269  828-465-8473
<b>Durable Medical Equipment/Assistive Devices</b>	A loan closet is maintained for those needing equipment. No charge or income requirement.	West Hickory Senior Center	828-328-2269

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<p><b>Energy Assistance</b></p>	<p>Heaters and fans are available seasonally at no charge, first come.</p> <p>Christian Ministries through Duke Energy Share the Warmth Program offers assistance with energy bills.</p> <p>LIEAP Program offers assistance with energy bills based on income.</p>	<p>West Hickory Senior Center</p> <p>Greater Hickory Cooperative Christian Ministries</p> <p>Eastern Catawba Cooperative Christian Ministries Ministries</p> <p>Department of Social Services</p>	<p>828-328-2269</p> <p>828-327-0979</p> <p>828-465-1702</p> <p>828-695-5600</p>
<p><b>Fitness/Health Promotion</b></p>	<p>Exercise and health education programs are offered on a regular basis. Flu shot clinics are offered annually at locations throughout the county.</p>	<p>West Hickory Senior Center</p>	<p>828-328-2269</p>
<p><b>Food Distribution</b></p>	<p>A food pantry is maintained for those needing food. No charge or income requirements.</p>	<p>West Hickory Senior Center</p>	<p>828-328-2269</p>
<p><b>General Transportation</b></p>	<p>Fixed route transportation in Conover, Hickory, and Newton. Seniors 65 or older and disabled persons ride for \$.60. Van service is available by request.</p>	<p>Greenway Transportation</p>	<p>828-465-7634</p>

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<b>Health Screenings</b>	Blood pressure checks offered monthly, mammograms annually.	West Hickory Senior Center	828-328-229
<b>Home Delivered Meals</b>	For Catawba County residents 60 and older who are home bound.	Senior Nutrition Services/Meals on Wheels	828-695-5639
<b>Home Health/In-Home Aide Services</b>	Community Alternatives Program (CAP) allows eligible persons to remain safely at home instead of entering a nursing home	Department of Social Services	828-695-5600
<b>Home Repair/Modification</b>	<p>Habitat Repairs Programs offers home repair to eligible persons, home must be owned by applicant.</p> <p>Urgent Repair Program corrects housing conditions that threaten the life or safety of special needs homeowners.</p>	<p>Habitat for Humanity</p> <p>Western Piedmont Council of Governments</p>	<p>828-328-4663</p> <p>828-322-9191</p>
<b>Housing Assistance</b>	<p>Foreclosure Prevention, Section 8 Rental Assistance.</p> <p>Public housing-federally supported subsidized housing where tenants pay 30% of their incomes in rent.</p>	<p>Western Piedmont Council of Governments</p> <p>Hickory Housing Authority</p>	<p>828-322-9191</p> <p>828-328-5373</p>

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<b>Job Placement</b>	On-line resource for job seekers, can search for jobs, create resumes, and find education and training. Career Center in Conover Station Open M-Th 8-4:30, F 8-12	NCWorks	828-466-5535
<b>Job Training</b>	On-line resource for job seekers, can search for jobs, create resumes, and find education and training. Career Center in Conover Station Open M-Th 8-4:30, F 8-12	NCWorks	828-466-5535
<b>Legal Services</b>	Free legal services, such as will preparation, are offered for a period of time each year at the West Hickory Senior Center on a first come basis. Waiting list is maintained.	West Hickory Senior Center  Legal Aid of North Carolina  Legal Aid Senior Hotline	828-328-2269  1-800-849-5195  1-877-579-7562
<b>Long-term care/AAA Ombudsman</b>	Available to those in a long term care facility.	Area Agency on Aging	828-322-9191
<b>Medicaid Benefits</b>	Based on income and resources, application required.	Department of Social Services	828-695-5600
<b>Medical Transportation</b>	Age 60 and older.	Greenway Transportation	828-464-9444

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<b>Medicare A&amp;B</b>	Sign up on-line at <a href="http://ssa.gov">ssa.gov</a> , call the local SS office, or visit in person at 1050 US-321, Hickory. Assistance with applying is available by appointment at the West Hickory Senior Center.	Social Security Administration	1-888-877-1615
<b>Medicare Part D</b>	Assistance with applying is available at the West Hickory Senior Center by appointment.	West Hickory Senior Center (SHIIP Coordinating Site)	828-328-2269
<b>Mental Health</b>	Outpatient treatment, residential treatment, and crisis management.	Catawba Valley Behavioral Health	828-695-5900
<b>One-on-One Reverse Mortgage Counseling</b>	A reverse mortgage counselor conducts a group meeting annually at the West Hickory Senior Center. Individual counseling sessions can be scheduled.	Area Agency on Aging	828-322-9191
<b>Rehabilitation Services</b>	Counseling, training, education, transportation, job placement, assistive technology and other support services for disabled individuals.	Vocational Rehabilitation	828-322-2921

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<b>Respite</b>	Temporary relief for caregivers.	Area Agency on Aging Family Caregiver Program  Premier Home Health Care Services  Project C.A.R.E.	828-485-4256  828-327-9600  828-485-4267
<b>Senior Games</b>	Competitive games for people 50 years of age and older held at various locations throughout the Unifour region each Spring, registration forms available at the West Hickory Senior Center.	Hickory Parks and Recreation	(828) 324-1200
<b>Social Security Benefits</b>	Sign up on-line at <a href="http://ssa.gov">ssa.gov</a> , call the local SS office, or visit in person at 1050 US-321, Hickory. A Social Security representative visits the West Hickory Senior Center at least once per year to present information and answer questions.	Social Security Administration	1-888-877-1615
<b>Tax Preparation/Counseling</b>	AARP Tax Aid provides free tax preparation and counseling at the West Hickory Senior Center, Patrick Beaver Library, and Newton Library.	West Hickory Senior Center	828-328-2269

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<b>Telephone Reassurance</b>	"Are You Ok?" Program contacts older adults at a prearranged time each day to ensure they are safe.	Catawba County Sheriff's Department	828-464-4639
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