Durham Center for Senior Life (DCSL)

This Senior Resource Directory is provided free of charge as part of DCSL’s mission to advance the well-being of adults 55+ living in and around Durham County. Read more about DCSL and our programs & services on page 10, including:

- Adult Day Health
- Transportation
- Senior Centers
- Health Promotion/Disease Prevention
- Volunteering
- Information and Referrals
- Options Counseling
- Congregate Nutrition
- DCSL EATS
- Family Caregiver Support
- Learning

To receive information about these or other programs, or to request additional guides, contact us:

406 Rigsbee Avenue, Suite 202, Durham, NC 27701
Email: info@dcslnc.org
Website: www.dcsln.org
Phone: 919-688-8247
Fax: 919-683-3406

Inclusion in this Senior Resource Guide does not imply endorsement by Durham Center for Senior Life and exclusion does not indicate disapproval. DCSL neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its resource guide. DCSL disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Resource Guide. DCSL reserves the right to edit information to meet format, guideline, and space requirements.

The information in the following pages is subject to change. If you find any outdated or missing information, please contact DCSL using one of the contact methods above.
Frequently Called Numbers

Emergency Numbers

*Call 911 First!*

- Poison Control Center 800-222-1222
- Durham Crisis Response Center 919-403-6562
- National Suicide Prevention Hotline 800-273-8255
- HopeLine (24-Hour Crisis Line; call or text) 919-231-4525
  (877-235-4525)

To Report a Missing Person:

- NC Center for Missing Persons Hotline 800-522-5437
  (for creating Silver Alert or Amber Alert)

To Report a Power Outage:

- Duke Energy Progress 800-419-6356
- Piedmont Electric Membership Corporation 800-449-2667

To Report a Gas Leak:

*Call 911 First!*

- Duke Energy Progress 800-452-2777
- PSNC/Dominion Energy 877-776-2427

To Report Abuse of a Child or an Adult:

- Durham County Social Services (DSS):
  - Adult Protective Services 919-560-8600
  - Child Protective Services 919-560-8424

Para Servicios en Español

- Poison Control Center 800-222-1222
- Durham Crisis Response Center en Español 919-519-3735
- National Suicide Prevention Hotline en Español 888-628-9454
- Durham Police Department en Español 919-560-4925
Non-Emergency Numbers

Durham County EMS (Business) 919-560-8285
Durham County Sheriff Department 919-560-0897
Durham Police Department 919-560-4600
Durham City Fire Dept. (Administration) 919-560-4242
Durham County Fire Marshall 919-560-0660
Durham City ONE-CALL (City Services) 919-560-1200
Durham County Animal Control 919-560-0630

Duke Medical Numbers

Duke Regional Hospital: General Information 919-470-4000
Duke Medical Center: Clinic Information 919-684-8111
Duke Medical Center: Patient Information 919-684-2410
Duke Health: Referral Center 888-275-3853
Duke University Hospital: Emergency Department 919-684-2413
Duke Eye Center (Appointments) 919-681-3937
(800-422-1575)

Other Important Numbers

Durham Center for Senior Life 919-688-8247
Eldercare Locator 800-677-1116
Durham Area Transit Authority 919-560-1535
DATA Access Paratransit 919-560-1551 x303
Go Triangle Transit Information Center 919-485-7433
Social Security Administration 800-772-1213
National Federal Citizen Information Center 800-333-4636
Federal Trade Commission: Identity Theft 877-438-4338
Better Business Bureau of Eastern NC 919-277-4222
# COVID-19 Community Resources

## Food

<table>
<thead>
<tr>
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<th>Phone Number</th>
</tr>
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<tbody>
<tr>
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<td>919-667-9424</td>
</tr>
<tr>
<td>Food Finder</td>
<td>919-956-2513</td>
</tr>
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<td>Inter-Faith Food Shuttle</td>
<td>919-250-0043</td>
</tr>
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<td>World Overcomer’s Church</td>
<td>919-402-9622</td>
</tr>
<tr>
<td>More In My Basket</td>
<td>919-513-4565</td>
</tr>
<tr>
<td>More In My Basket Español</td>
<td>919-515-9568</td>
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<td>Durham Center for Senior Life</td>
<td>919-688-8247</td>
</tr>
<tr>
<td>Salvation Army Free Food Friday</td>
<td>919-688-7306</td>
</tr>
<tr>
<td>EATNC: Senior Meals</td>
<td>301-461-7838</td>
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## Helplines

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Durham County COVID-19 Hotline</td>
<td>919-635-8150</td>
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<tr>
<td>Center for Disease Control (CDC) Info</td>
<td>800-232-4636</td>
</tr>
<tr>
<td>Hope4NC Hotline</td>
<td>855-587-3463</td>
</tr>
<tr>
<td>Hope4Healers Helpline</td>
<td>919-226-2002</td>
</tr>
<tr>
<td>Stronghearts Native Helpline</td>
<td>844-762-8483</td>
</tr>
<tr>
<td>Emotional Support Help Line (Optum)</td>
<td>866-342-6892</td>
</tr>
<tr>
<td>National Disaster Distress Helpline</td>
<td>800-985-5990</td>
</tr>
<tr>
<td>Veteran’s Crisis Line</td>
<td>800-273-8255</td>
</tr>
<tr>
<td>Veteran’s Crisis Line Deaf/Hearing Line</td>
<td>800-799-4889</td>
</tr>
<tr>
<td>NC Dept. of Health and Human Services</td>
<td>888-892-1162</td>
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## Other

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Dispute Mediation / Conflict Resolution</td>
<td>919-929-8800</td>
</tr>
<tr>
<td>Carolina Disability Services</td>
<td>919-286-9983</td>
</tr>
<tr>
<td>Duke Health Covid-19 Vaccine Hotline</td>
<td>919-385-0429</td>
</tr>
<tr>
<td>Durham Co. Health Department Vaccine Hotline</td>
<td>919-560-4357</td>
</tr>
<tr>
<td>NC. GOV Vaccination Hotline</td>
<td>888-675-4567</td>
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DCSL Mission, Vision, and Values

**Mission:** To enrich the lives of Durham seniors 55+ by promoting healthy, active, and independent lifestyles.

**Vision:** We will provide a variety of centers and services for adults 55+ in Durham County that focus on the following building blocks for achieving and maintaining a healthy, active, and independent lifestyle:
- Physical, emotional, and spiritual well-being
- Connection to essential community resources
- Authentic socialization and engagement
- Cultural enrichment and ongoing learning

**Core Values**
The Durham Center for Senior Life will adhere to the below values:

**Leadership:** We listen to and learn from our participants and the Durham community. We address service gaps and aim to become the leading resource for senior services in the Durham community.

**Equity:** We advocate for the voices of those who are vulnerable, historically disenfranchised, and underrepresented in order to achieve a more equitable and just society.

**Inclusiveness:** We practice and champion inclusiveness in our community. We welcome and respect diverse strengths, needs, voices, and backgrounds, and we work every day to ensure that all members feel a sense of belonging in our community.

**Responsibility:** We have a responsibility to promote community engagement and active lifestyles for seniors in the Durham Community.

**Service:** We provide a welcoming and nurturing experience for all of our members that embodies a spirit of service, humility, and continuous improvement to better the lives of older adults living in Durham.

**Community:** We engage with the Durham community and collaborate with other organizations, initiatives, individuals, to expand our reach, improve our outcomes, and elevate Durham's status as a great place for adults to grow older.

**Accountability:** We serve as stewards for our community investments and honor the charitable intentions of our donors to meet current and future community needs. We hold ourselves to the highest standards of ethics, integrity, service, and fiduciary responsibility.
Programs and Services

**Adult Day Programs:** Our Adult Day Programs are designed to provide adults with structured activities, care, and supervision throughout the day. Participants, many of whom are experiencing difficulties associated with dementia, stroke, isolation and confusion, enjoy a safe and comfortable environment while enjoying stimulating activities designed to meet their physical, social, emotional, and mental needs. Activities include crafts, discussion groups, and light exercise for functionally impaired individuals. RN care is available as needed.

**Congregate Meal Program:** The Congregate Meal Program is intended to promote social, emotional, and physical well-being in older adults age 60 years and older. We do this by providing a nutritious hot meal 5 days a week and many diverse programs at 2 satellite senior centers in Durham (see Locations on page 13).

**DCSL EATS:** DCSL EATS serves residents of Durham County aged 60 and older who are without reliable access to a sufficient amount of affordable, nutritious food. Participants are connected with resources specific to their needs, including referrals to congregate meal sites, assistance enrolling in a meal delivery service, food pantry items, and trips to a local grocery store with a DCSL EATS volunteer. Eligibility is determined by income for most resources.

**Family Caregiver Support Program:** This program is designed to provide family caregivers with help making decisions and solving problems related to caregiving. Eligible caregivers are spouses, children, relatives or friends of persons over 60 who have significant memory loss or confusion. There is limited funding for respite care.

**Health Promotion/Disease Prevention:** These programs focus on keeping people healthy. They aim to engage and empower individuals and communities to choose healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities. Programs consist of educational seminars and materials, lifestyle change programs (nutrition, exercise), and chronic disease self-management.

**Housing Assistance:** Staff can assist seniors who are seeking housing by providing a listing, assistance with completion of applications, and obtaining necessary documentation. The staff can assist with referral to key programs for disabled seniors receiving SSI benefits. Staff can also assist with applications for the Resources for Seniors Weatherization program.
Legal Services: No cost elder law support is offered to seniors several times a year. Referrals can be made to the Legal Aid of NC for seniors aged 60 and older.

Medicaid: A Medicaid caseworker from the Department of Social Services (DSS) is on site at DCSL from varied days/times. Seniors or designated family members may apply. Please call 919-688-8247 for information for an on-site appointment.

Options Counseling: Options counseling provides guidance to individuals as they make informed choices about long-term services and supports. This service helps people think through the pros and cons of the various options while taking into consideration their situation, values, resources, and preferences. The Options Counselor can also assist with making an action plan for the individual to implement.

Senior Centers: Our senior centers provide exercise and nutrition classes, special events, and educational workshops. DCSL exercise classes are well attended, with numerous seniors participating annually. Some of our classes include aerobics, belly dancing, line dancing, and yoga. We also provide specialized classes including arthritis exercise class, yoga, and Tai Chi to improve balance.

Support Services: Specialists help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person, and via e-mail. All requests are recorded and follow up is required. The agency received many contacts for services related to health issues, food insecurity, housing, utilities, insurance, and other areas. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services.

Telephone Reassurance: This program is designed to help homebound elderly and/or disabled individuals to remain independent in their own homes for as long as possible by providing reassuring telephone calls, social support, and safety checks. Volunteers make brief and consistent reassurance calls several times a week.

Transportation: provided to DCSL’s Congregate Meal sites and the Downtown main center. Assistance and referrals to local transportation options is also provided by calling 919-688-8247.
Volunteering at DCSL

DCSL offers a variety of short- and long-term volunteer opportunities. With numerous opportunities available for individuals and groups, you are sure to find a volunteer option that suits your needs and schedule. Below are ongoing volunteer opportunities.

**Class Instructor:** Lead weekly exercise or arts and crafts classes or begin a new class! Current exercise classes include yoga, total body workout, Tai’ Chi, belly dancing, line dancing, aerobics, and other activities. Current arts and crafts classes include watercolor painting, crocheting, ceramics, jewelry making, and quilting.  
*Time Commitment: Weekly, Ongoing*

**Lunch & Learn Instructor:** Teach an instructional seminar on health/wellness related issues concerning older adults.  
*Time Commitment: One-Time, Monthly*

**Office Assistant:** Help with mass mailing, data entry, and filing.  
*Time Commitment: As Needed/Ongoing*

**Special Events Committee Member:** Help with the planning and facilitation of special events.  
*Time Commitment: As Needed/Ongoing*

**Volunteer Ambassador:** Serve as the first point of contact for visitors and members, give facility tours, and orient new members to fitness center, help with publicity and other day-to-day operations.  
*Time Commitment: Ongoing*

**Telephone Reassurance:** Make phone calls to homebound seniors that live alone.  
*Time Commitment: Ongoing*

**Adult Day Health:** Assist with the Adult Day Health program by working with seniors during the day to help them remain in their homes with family members.  
*Time Commitment: Ongoing*

If you are interested in the above opportunities, please fill out a “Volunteer Application”. Submit the application to the Volunteer Coordinator for review and complete a short 30-minute orientation to discuss your volunteer interest.

For more information, contact DCSL at 919-688-8247 or email info@dcslnc.org.
Locations

**Downtown Senior Center:** 919-688-8247  
406 Rigsbee Avenue, Ste. 202, Durham, NC 27701  
Hours: 8:30am - 5:00pm, Monday – Friday  
Congregate meals are *available* at this location.

**Adult Day Health Center:** 919-682-0215  
406 Rigsbee Avenue, Ste. 102, Durham, NC 27701  
Hours: 8:30am - 5:00pm, Monday - Friday  
Congregate meals are *not available* at this location.

Congregate Meal Satellite Sites*

**Downtown Main Center – Congregate Meal Site***: 919-688-8247  
406 Rigsbee Avenue, Ste. 202, Durham, NC 27701  
Hours: 8:30am-5:00pm, Monday-Friday

**Little River – Congregate Meal Site***: 919-477-6066  
8305 Roxboro Road, Bahama, NC 27503  
Hours: 8:30am - 1:30pm, Monday - Friday

**JFK Towers – Congregate Meal Site***: 919-748-1422  
4900 N Roxboro St, Durham, NC 27704  
Hours: 8:30am - 1:30pm, Monday - Friday

*About the Congregate Meal Program:*

Participants must meet eligibility requirements listed below. Call the phone number for your chosen location to find out more information.

✓ Aged 60 or older  
✓ Completed registration application on file
Satellite Sites

DCSL has two satellite site locations in Durham County that offers participants easy access to services and programs. Learn more about what each site offers below.

**DCSL at Little River**

8305 Roxboro Road Bahama, NC 27503  
Contact: 919-477-6066  
Hours of Operation: 8:30am – 1:30pm

- For years, DCSL has been serving seniors at Little River!
- **Services held in this location are:**
  - Exercise Classes
  - Health Education Seminars
  - Holiday Programming
  - Partnerships with Local Business
  - Congregate Nutrition Program

**DCSL at JFK Towers**

4900 N. Roxboro Road Durham, NC 27704  
Contact: 919-748-1422  
Hours of Operation: 8:30am-1:30pm

- For years, DCSL has been serving seniors in JFK Towers!
- **Services held in the community room at this location are:**
  - Exercise Classes
  - Health Education Seminars
  - Holiday Programming
  - Partnerships with Local Businesses
  - Congregate Nutrition Program
  - Commodity Food Supplemental Program
Section 1: Healthy Living

Disability and Accessibility Resources
These resources are intended to support the independence of individuals living with disabilities.

General Disability and Accessibility Resources and Programs

Disability Information
www.disability.gov
Easy access to comprehensive disability-related information and resources.

Disability Rights NC: 919-856-2195, 877-235-4210 (TTY: 888-268-5535)
www.disabilityrightsgnc.org
3724 National Drive, Suite 100 Raleigh, NC 27612
8:00am-5:00pm Monday – Friday
A non-profit organization that is federally designated protection and advocacy agency for those with disabilities in the state of North Carolina.

NC Assistive Technology Program: 919-859-8360
www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program
Raleigh Regional Center
4900 Waters Edge Drive, Suite, 250, Raleigh NC 27606
Assistive technology services for people of all ages and abilities (statewide), providing assessments, equipment demos, short-term device loans, training and referrals to funding sources.

NC Division of Vocational Rehabilitation: 919-560-6810, 888-666-4916
dvr.dhhs.state.nc.us
4312 Western Park Place, Durham, NC 27705
8:00am-5:00pm Monday-Friday
Job placement, guidance and counseling, restoration training, and post- employment support for the disabled.

NC Independent Living Rehabilitation Program: 919-560-6810, 888-666-4916
www.ncdhhs.gov/dvrs/pwd/ils.htm
4312 Western Park Place, Durham, NC 27705
Helps consumers live a more independent life with alternatives to living in a nursing home or other facility for eligible individuals. Services include counseling, living skills, equipment purchases, home and vehicle modifications, etc.

**Hearing Assistance**

**AT&T Accessible Communication:** 866-241-6568 *(TTY: 866-241-6567)*  
[about.att.com/sites/accessibility](http://about.att.com/sites/accessibility)  
Monday-Friday 7:00am-7:00pm PT  
Communication products and devices for use by persons with hearing and vision impairments.

**AT&T Disability and Aging Center:** 800-772-3140  
[https://about.att.com/sites/accessibility/support](https://about.att.com/sites/accessibility/support)  
Monday-Friday 6:00am-6:00pm PT; Saturday 8:00am-5:00pm PT  
Service center that assist customers and the older adult population with their questions for products and access to special equipment at low or no cost.

**Hearing Loss Association of America:** 301-657-2248 *(TTY: 301-657-2248)*  
[www.hearingloss.org](http://www.hearingloss.org)  
Assistance and resources for people with hearing loss and their families, to learn how to adjust to living with hearing loss through information, education, support, and advocacy.

**Relay NC:** 800-857-6099 *(TTY/Voice)*  
[www.relaync.com](http://www.relaync.com)  
Contact: Bola Desalu at 919-324-3792 (Videophone/Video); 919-238-4137 (TTY); or email bola.desalu@sprint.com  
4819 Emperor Boulevard, Suite 205 Durham, NC 27703  
RelayNC is a free service that allows individuals who are Deaf, Hard of Hearing or Deaf-Blind to place calls to standard telephone users with various equipment or assistive devices and a relay operator.

**Vision Assistance**

**NC Division of Services for the Blind:** 919-527-6700, 866-222-1546  
[www.ncdhhs.gov/divisions/dsb](http://www.ncdhhs.gov/divisions/dsb)  
309 Ashe Avenue, Fisher Building, Raleigh, NC 27699
Provides services to people who are visually impaired, blind, and deaf-blind to help them reach their goals of independence and employment.

**NC Library for the Blind and Physically Handicapped:** 919-733-4376, 888-388-2460 (*TDD 919-733-1462*)
[statelibrary.ncdcr.gov/lbph](http://statelibrary.ncdcr.gov/lbph)
Email: [nclbph@ncdcr.gov](mailto:nclbph@ncdcr.gov)
8:00am-5:00pm Monday-Friday
1841 Capital Boulevard, Raleigh, NC 27635
Books and magazines especially made for persons who cannot use regular printed material because of a visual or physical disability.

**Oasis Program (Durham County Library):** 919-560-0152
[durhamcountylibrary.org/services/oasis](http://durhamcountylibrary.org/services/oasis)
Library services, reading material and programs for older adults and homebound individuals.

**Triangle Radio Reading Service:** 919-832-5138
[www.trianglereadingservice.org](http://www.trianglereadingservice.org)
Email: [info@ncreadingservice.org](mailto:info@ncreadingservice.org)
211 E. Six Forks Road Suite 103, Raleigh, NC 27609
Operates 24 hours a day on an audio network of radio, television, cable and internet streams that disseminates current news, information and entertainment from print media for those who are blind or have low vision.

## Health Care Resources

These resources are intended to support healthy living for all individuals in Durham County. Specialists are listed below for general health centers.

### Health Centers

**Duke Geriatric Evaluation and Treatment Clinic:** 919-620-4070
8:00am-5:00pm Monday-Friday
40 Duke Medicine Circle, Clinic 1J, Durham, NC 27710
Provides a variety of services to older adults and their families.
Duke Neurological Disorders Clinics: 919-668-7600 (Appointments) 919-681-1700
932 Morreene Road, Durham, NC 27705
3116 North Duke St, Durham, NC 27704
40 Duke Medicine Circle, Durham, NC 27710
4309 Medical Park Drive, Durham, NC 27704
Clinical services provided by neurologists specializing in movement and memory disorders like Alzheimer’s, Parkinson’s, and Huntington’s disease.

Duke Regional Hospital: 919-470-4000
www.dukeregional.org
3643 N. Roxboro Road, Durham, NC 27704
General services hospital that has been a part of the Duke University Health system.

Duke University Medical Outpatient Clinic: 919-471-8344
www.dukehealth.org/locations/duke_outpatient_clinic
8:00am-5:30pm Monday-Friday
4220 N. Roxboro Road, Durham, NC 27704
Provides primary care for residents of Durham and surrounding counties.

Hillside Wellness Center: 919-956-4519, 919-808-4161
http://www.hillsidewellness.org
8:00-4:30pm Monday-Thursday; 8:00am-12:30pm Friday
3727 Fayetteville Road, Durham, NC 27707

Joseph & Kathleen Bryan Alzheimer’s Disease Research Center: 919-668-0820
9:00-5:00pm Monday-Friday
P.O. Box 3503 DUMC Durham, NC 27705
Referrals to the Memory Disorders Clinic are made by physician only.

Lincoln Community Health Center: 919-956-4000
www.lincolnchc.org
1301 Fayetteville Street, Durham, NC 27707
Outpatient primary care facility that offers a wide range of health services.

Lincoln Health Center / Early Intervention Clinic: 919-560-7726
https://lincolnchc.org/?page_id=6424
414 E. Main Street, Durham, NC 27701
Offers primary care and HIV specialty clinical services and is located at the Durham
County Department of Public Health.

**Lincoln Health Center / Healthcare for the Homeless Clinic:** 919-808-5604  
[https://lincolnchc.org/?page_id=6429](https://lincolnchc.org/?page_id=6429)  
1:00pm-5:00pm Monday-Friday  
412 Liberty Street, Durham, NC 27701

**Lincoln Health Center / Holton Clinic:** 919-530-8210  
[https://lincolnchc.org/?page_id=6431](https://lincolnchc.org/?page_id=6431)  
401 N. Driver Street, Suite 1106, Durham, NC 27703  
Designed to meet the needs of residents in the North East Durham community.

**Oak Street Health:** 910-325-2584  
[www.oakstreethealth.com](http://www.oakstreethealth.com)  
1000 N. Miami Blvd, Suite 121, Durham  
Provides personalized and compassionate care for adults on Medicare.

**VA Outpatient Clinic:** 919-383-6107, 919-286-0411  
[https://www.durham.va.gov/locations/HillandaleRoad.asp](https://www.durham.va.gov/locations/HillandaleRoad.asp)  
8:00am-4:30pm Monday-Friday  
1824 Hillandale Road, Durham, NC 27705

**Hospitals**

**Duke Regional Hospital:** 919-470-4000  
[www.dukeregional.org](http://www.dukeregional.org)  
3643 N. Roxboro Road, Durham

**Duke University Medical Center:** 919-684-8111, 888-275-3853  
[www.dukehealth.org/](http://www.dukehealth.org/)  
2301 Erwin Road, Durham, NC 27710

**Durham VA Medical Center:** 919-286-0411  
[www.durham.va.gov](http://www.durham.va.gov)  
508 Fulton Street, Durham

**University of North Carolina (UNC) Healthcare** 919-966-4131  
[www.unchealthcare.org](http://www.unchealthcare.org)
101 Manning Drive, Chapel Hill, 27514

Specialty Care Centers

Ear Care:

NC Eye, Ear, Nose & Throat
www.nceent.com
4102 North Roxboro St., Durham 919-595-2000
5726 Fayetteville Road, Suite 102, Durham 919-287-3443
1010 Tryon Village Dr. Ste. 701 Cary 919-859-6771
911-A Bridge Road, Roxboro 336-597-2826
1838 Martin Luther King Jr. Blvd, Chapel Hill 919-942-7278

Eye Care:

Duke Eye Center: 919-681-3937, 919-694-6071
www.dukehealth.org/treatments/eye-care
2351 Erwin Road, Durham, NC 27705

Eye Care Center
www.eyecarecenter.com
14 Consultant Place, Durham 919-493-3668
140 W. Franklin St. Suite 185, Chapel Hill 919-968-3937

NC Eye, Ear, Nose & Throat
www.nceent.com
4102 North Roxboro St., Durham 919-595-2000
5726 Fayetteville Road, Suite 102, Durham 919-287-3443
1010 Tryon Village Dr. Ste. 701 Cary 919-859-6771
911-A Bridge Road, Roxboro 336-597-2826
1838 Martin Luther King Jr. Blvd, Chapel Hill 919-942-7278

Upchurch Optical:
www.upchurchoptical.com/
Email: upchurchoptical@gmail.com
5108 N. Roxboro Road, Durham 919-477-9113
5826 Fayetteville Road Suite 104, Durham 919-405-2888
Licensed optician provides eye exams and carries a full array of eyeglasses and contacts.

Dental Care:

**Lincoln Community Health Center**: 919-956-4000  
[www.lincolnchc.org](http://www.lincolnchc.org)  
1301 Fayetteville Street, Durham, NC 27707  
Providing accessible, affordable, high quality outpatient health and dental care services to the medically underserved.

**National Foundation of Dentistry for the Handicapped**:  
Donated Dental Services Program: 919-677-9001  
[dentallifeline.org/](http://dentallifeline.org/)  
Through collaboration, arranges comprehensive dental treatment and long-term preventive services to low-income, disabled, elderly or medically compromised individuals through a national network of direct service programs.

**UNC Dental School Clinic**: 919-537-3737 (General Information)  
Carolina Dentistry: 919-537-3737  
Urgent Care: 919-537-3855  
Dentures: 919-537-3997  
8:00am-5:00pm Monday-Friday  
385 S. Columbia St. Chapel Hill, NC 27599

Foot Care:

**The Traveling Pedicurist**: 919-621-7027  
[www.thetravelingpedicurist.com/](http://www.thetravelingpedicurist.com/)  
Providing mobile, affordable, and high quality foot care services.

**I Care. Foot Care.** : 678-361-7464  
Email: jhorn2002@yahoo.com  
Certified Foot Care Nurse provides on-site advanced foot and toenail care services to minimize the chance of injury and infection. Care can be provided in various settings such as in-home, assisted living facilities, nursing homes, and clinics.
Fit Feet Program:
https://www.orangecountync.gov/227/Fit-Feet-Program

Passmore Center – 103 Meadowlands Drive Hillsborough, NC 27278; 919-245-2015
Second and fourth Wednesdays

Seymour Center – 2551 Homestead Road Chapel Hill, NC 27516; 919-968-2070
First and third Wednesdays

The Fit Feet Program can help keep your feet in better condition with a foot health assessment and nail trimming service that can be conducted virtually and in-person. A specially trained Registered Nurse will provide foot care education, examine the feet for potential problems, and make a referral to a medical provider if needed, and trim/file/ and moisturize dry skin. This agency services Orange and surrounding counties. However, pricing may differ depending on where you reside.

**Medicare and Insurance**

The resources listed below are intended to support individuals’ decisions about Medicare and Insurance.

**Insurance Counseling and Assistance**

Durham County Cooperative Extension Service: 919-560-0525
durham.ces.ncsu.edu
721 Foster Street, Durham

**Temporary COVID-19 changes**: the office is currently closed; however, help is available via phone, email, or virtual services.

Medicare & Medical Insurance Claim Service: 800-633-4227; TTY 877-486-2048
510 Summit Avenue, P.O. Box 188, Greensboro
Assists with filing and tracking claims for a fee.

Medicare Durable Medical Equipment: 800-618-5481, 800-633-4227
www.medicare.gov
Intermediary: Palmetto GBA of South Carolina
Live chat is available 24 hours a day, 7 days a week, except some federal holidays.

Medicare Part A Hospital Coverage and Claims: 919-698-8460, 1-888-206-4697
Blue Cross Blue Shield in Durham
1965 Ivy Creek Blvd., Durham 27707
Monday-Friday 8:00am – 7:00pm
Intermediary: Palmetto GBA

**Medicare Part B Coverage and Claims:** 800-633-4227
Intermediary: CIGNA Medicare Part B Carrier

**Seniors’ Health Insurance Information Program (SHIIP):** 855-408-1212

www.ncdoi.com/SHIIP/
325 N. Salisbury Street Raleigh 27603
Monday - Friday 8:00am - 5:00pm
Answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care and other health insurance concerns.

**Senior PharmAssist:** 919-688-4772

www.seniorpharmassist.org
406 Rigsbee Avenue, Suite 201, Durham
Provides practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors’ Health Insurance Information Program (SHIIP).

**Temporary COVID-19 changes:** the office is currently closed; however, help is available via phone to schedule an appointment.

**Health Insurance**

**Blue Cross/Blue Shield of North Carolina:** 919-698-8460, 800-665-8037

www.bluecrossnc.com
P.O. Box 2291, Durham
Offers Blue Medicare plans and long-term care insurance.
Providers, Supplies, or Medications
Resources below are intended to help individuals find the providers, equipment, and medications they need to support their health.

Locating a Physician

Duke Regional Hospital Physician Locator Service: 855-855-6484
www.dukehealth.org/find-doctors-physicians/
3643 N. Roxboro Road, Durham

Duke Regional Hospital - Psychiatry: 919-470-6137
www.durhamregional.org/services/psychiatry
3643 N. Roxboro Street, Durham
This inpatient hospital is a secure 23-bed unit for adults, located on the sixth floor. The department specializes in providing comprehensive treatment to patients admitted with a primary psychiatric diagnosis as well as co-morbid conditions.

Durham-Orange County Medical Society: 919-833-3836 ext. 117
www.docmedsoc.org

EmergeOrtho of the Triangle: 877-912-8952 or 919-220-5255
www.triangleortho.com/
120 William Penn Plaza, Durham 27704
A physician directed medical practice, caring for patients with musculoskeletal pain problems. Our main office, located in Durham, has nearly 20 healthcare providers ready to give your needs the highest priority with respect, compassion and dignity.

Vascular Carolina Vein Institute: 918-351-7512
www.carolinaveininstitutenc.com
100 Europa Drive, Suite 100, Chapel Hill 27517
A premier vein treatment center with three convenient locations in Raleigh, Chapel Hill and Apex. Led by board-certified varicose vein specialists Ashley Baquero, MD, and Luan Tran, MD, the practice takes a conservative approach to treatment and has provided compassionate care for patients with vein diseases for more than 20 years.

Wake Radiology: 919-232-4700
www.wakerad.com
3811 Merton Drive, Raleigh 27609
Locating a Nurse

Everybody Needs a Nurse: 919-606-1819
www.everybodyneedsanurse.com
Email: yournurse@everybodyneedsanurse.com
Offers the advice and guidance of a registered nurse to help seniors and their families navigate the health care system and specializes in complex medical situations, medication reconciliation, home visits, and doctor’s appointments.

Arosa Care: 919-261-5880
www.nursecarenc.com
1540 Sunday Drive, Suite 216, Raleigh 27607
Provides in-home hands-on care for children, and adults of all ages.

Locating a Mental Health Care Provider

Duke Hospital Geriatric Mental Health: 919-887-8184
www.dukehealth.org/treatments/psychiatry
The Geriatric Evaluation and Treatment Clinic (GET) offers comprehensive evaluations for older adults.

Mental Health Clinics Alliance Behavioral Health Care: 919-651-8401
Alliance Access and Information Center (call 24/7 if you have questions or want to talk about receiving services: 800-510-9132)
4600 Emperor Boulevard, Durham
Values recovery, self-determination, resiliency, person-centered planning, consumer and family driven services. Meets the challenges of mental health and substance use/addiction service needs.

MindPath Care Centers Durham:
www.mindpathcare.com/
4220 Apex Hwy, Suite 200, Durham 27713 919-354-0850
3604 Shannon Road, Suite 200, Durham 27707 919-403-2122
1415 W. NC Hwy 54, Suite 121, Durham 27707 919-401-2933
5475 Lumley Road, Suite 103, Durham 27703 919-354-0830
Treating Mental Health Disorders, Substance Abuse, Mood, Anger, Anxiety, Personality, Behavioral, Trauma, Cognitive, Depression, Relationships/Divorce, Eating Disorders, and more with Psychiatry, Psychology, Naturopathy, Homeopathy,
Nutritional Counseling, Massage Therapy, Hydrotherapy, Integrative Medicine, Mindfulness Meditation and Dietary Supplement Counseling.

**NC Association of Social Workers (NASW):** 919-828-9650  
[www.naswnc.org](http://www.naswnc.org)  
The largest professional association of social workers in the world. As the only organization dedicated to advocating for the entire profession of social work, NASW strengthens the social work profession and gives social workers and clients a stronger voice.

**Medical Equipment & Supplies**

**Gurley’s Medical Supply:** 919-237-3608  
[www.gurleysmedicalsupply.com](http://www.gurleysmedicalsupply.com)  
1720 Guess Road, Number 72, Durham  
Located in the Shops at Northgate, next to C&H Cafeteria. This 5,000 square-foot retail store is just 2 miles from Duke Medical Center and VA Hospitals, and less than 3 miles from Durham Regional Hospital.

**Health Equipment Loan Program (HELP):** 919-748-1022  
https://projectaccessdurham.org/projects/health-equipment-loan-program/  
help@projectaccessdurham.org  
4206 N. Roxboro St., Suite 100, Durham 27704  
Borrow durable medical equipment free to Durham county residents. Gently used donations also accepted.

**Medical Supply Superstore:** 919-220-0740  
[www.medicalsupplync.com](http://www.medicalsupplync.com)  
3300 Guess Road, Durham  
A trusted local source for medical equipment and supplies in Durham for more than 25 years. While our over 10,000 square foot retail store provides a large variety of products, our professional service-oriented staff is here to guide you through the choices best suited to your particular need.

**Prescription Drug Assistance**

**Department of Social Services:** 919-560-8000  
300 N. Duke Street, Durham
**Medicine Assistance Tool:** 888-477-2669
[medicineassistancetool.org/](http://medicineassistancetool.org/)
Provides assistance with getting medication at minimal or no cost to qualifying patients without prescription drug coverage.

**NeedyMeds:** *ONLINE ONLY*
[www.needymeds.org](http://www.needymeds.org)

**RxAssist:** 401-729-3284
[www.rxassist.org](http://www.rxassist.org)
Email: [info@rxassist.org](mailto:info@rxassist.org)

**Senior PharmAssist:** 919-688-4772
[www.seniorpharmassist.org](http://www.seniorpharmassist.org)
406 Rigsbee Avenue, Suite 201, Durham
Helps Durham County seniors remain healthy and independent by providing practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors’ Health Insurance Information Program (SHIIP).

**Temporary COVID-19 changes:** the office is currently closed; however, help is available via phone to schedule an appointment.

**Together Rx Access:** 800-444-4106
[www.togetherrxaccess.com](http://www.togetherrxaccess.com)

**Rehabilitation Services**

**ElderFit Physical Therapy:** 919-622-1673
[www.elderfitpt.com](http://www.elderfitpt.com)
1101 Bartlett Circle, Hillsborough

**Peak Resources/ Treyburn:** 919-477-4474
[www.treyburnrehabilitation.com/](http://www.treyburnrehabilitation.com/)
2059 Torredge Road, Durham

**EmergeOrtho of the Triangle:** 919-220-5255
[https://emergeortho.com/locations/durham/](https://emergeortho.com/locations/durham/)
Section 2: Community Resources

Community Assistance Agencies Information
This section includes information about assistance programs for those needing information and support for Alzheimer’s disease and related disorders, cancer resources and support, HIV/AIDS services, food, medicine, rent, utilities, and temporary shelter.

Adult Day Health and Caregiver Services

Alzheimer’s Association Eastern NC Chapter: 919-803-8285, 800-272-3900
www.alz.org/nc?set=1
5171 Glenwood, Suite 101, Raleigh

Charles House Daytime Elder Care Center: 919-967-7570
www.charleshouse.org
7511 Sunset Road, Chapel Hill
Provides quality personalized care to elders and respite for their caregiving families.

Dementia Alliance of NC: 800-228-8738, 919-832-3732
www.dementianc.org
9131 Anson Way, Suite 206, Raleigh
Alzheimer’s North Carolina, Inc. provides education, support and services to patients, their families, health care professionals and the public while raising awareness and funding for research for a cause(s), treatment, prevention and cure for Alzheimer’s disease and related disorders.

Durham Center for Senior Life Adult Day Health: 919-682-0215
www.dcslncc.org
406 Rigsbee Avenue, Suite 101, Durham
A therapeutic service where the participants are often experiencing difficulties associated with dementia, stroke, isolation and confusion. Participants enjoy a safe and comfortable surrounding and are provided stimulating activities designed to meet the physical, social, emotional, and mental needs of the adults. The activities include arts and crafts, discussion groups, and light exercise designed for functionally impaired individuals.
The Florence Gray Soltys Adult Day Health Program: 919-245-2017
soltysadultday.org/
105 Meadowland Drive, Hillsborough
Provides an environment that is safe and caring to address the social, physical and emotional needs of the participants. Veterans are welcome.

Golden Horizons Adult Day Care Program: 919-286-4489
www.goldenhorizons.net/
1106 Hillandale Rd, Durham

PACE (Program of the All-Inclusive Care for the Elderly) Health Center at Senior CommUnity Care of North Carolina: 919-425-3050, 919-425-3040
www.seniorcommunitycarenc.org
4022 Stirrup Creek Drive, Suite 315, Durham
The program provides health care services for seniors living at home who need help with daily activities.

Cancer

American Cancer Society Road to Recovery: 800-227-2345
Provides rides by volunteers to patients who have no way to get to their cancer treatment.

Cancer Care: 800-813-4673
www.cancercare.org
Provides supports services including counseling, education, financial assistance, and practical help.

Patient Advocate Foundation: 800-532-5274
www.patientadvocate.org
The patient advocacy foundation provides education, legal counseling and referrals, specializing in managed care, insurance, financial issues, job discrimination, and debt crisis.
Caregiver Resources and Support

Caregiver Navigator Phone Line: 844-728-0191
Answer calls from family caregivers, providers and professionals about caring for an older adult or an individual with Alzheimer’s disease or related dementia

DCSL Family Caregiver Support Program: 919-688-8247
www.dcslncc.org
Email: info@dcslncc.org
406 Rigsbee Avenue, Suite 202, Durham
Offers support to family members who care for senior relatives over the age of 60 at home. Direct assistance is provided about available community services, assistance in accessing services, support groups, caregiver training, individual counseling, respite care and supplemental services of various kinds.

Parentcare 101: 919-265-4297
www.parentcare101.com/
Email: LaVerne@parentcare101.com
4711 Hope Valley Road, Suite 128, Durham
Supportive website created by experienced caregiver, speaker, and information guide, LaVerne Coan; promoting a healthy balance of caring and thriving, with links to core triangle and on-line resources, caregiving books, and a Balanced Eldercare blog.

Dementia and Alzheimer’s disease

Alzheimer’s Association Eastern North Carolina Chapter: 919-803-8285
24-hour Helpline: 1-800-272-3900
www.alz.org
5171 Glenwood Drive, Raleigh
The Alzheimer’s Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research.

Dementia Alliance of North Carolina: 919-832-3732, 800-228-8738
www.dementianc.org
9131 Anson Way, Suite 206, Raleigh
www.dukefamilysupport.org
3600 DUMC (Duke South Clinics), 3rd Floor, Room 3513, Durham
Provides help with Alzheimer’s, memory disorders and elder care decisions. The program serves families and professionals concerned about or caring for persons with memory disorders in North Carolina.

Durham Center for Senior Life & ACL Grant: 919-688-8247 ext. 113
406 Rigsbee Avenue, Suite 202, Durham 27701
DCSL has received a grant from the Administration for Community Living, an operating division of the U.S. Department of Health & Human Services, to provide direct services to persons living with dementia in Durham and their caregivers. DCSL services provided from this grant include intensive case management, expansion of DCSL’s Adult Day Care program to include weekends, Cognitive Stimulation Therapy (CST), and TimeSlips. DCSL is able to offer community trainings focused on Alzheimer’s and Other Dementias, Brain Health & Aging, and Intellectual and Developmental Disabilities & Dementia.

Good Shepherd Lutheran Church: 919-848-1573
https://gslchurch.org/connect/care-support
7000 Creedmoor Road, Raleigh
Individuals experiencing dementia and their caregivers who wish to socialize with others in similar circumstances while enjoying an evening out are invited to participate. Please call Ginny with your RSVP (required).

Jewish Family Services
Jennifer Schwartz at 919-354-4922
Email: jschwartz@shalomdch.org
Jewish Community Center 1937 Cornwallis Road, Durham
1st Thursday of each month from 10:00 to noon, (Memory Café). For individuals who are experiencing memory problems to get out of the house and engage in a fun, and mentally stimulating activity. Friends and family of these individuals are also welcome to attend and can drop in to talk to an experienced volunteer or professional member on the counseling team. They also have Early Alzheimer’s Group Meetings.
Food

The table below lists organizations that provide food to individuals in the community. If the organization provides food directly or meals, the information is in the appropriate column. Please contact the Durham Center for Senior Life if you need assistance connecting with any of the listed resources.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Pantry Information</th>
<th>Meal Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Antioch Baptist Church</strong></td>
<td><strong>Pantry Information</strong>: Tuesdays &amp; Thursdays: 9:00am – 12:00pm</td>
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<tr>
<td>(Yates Baptist Association Food Pantry)</td>
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<tr>
<td>919-688-8893</td>
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<tr>
<td><a href="http://www.yatesba.org/">www.yatesba.org/</a></td>
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<tr>
<td>1415 Holloway Street, Durham</td>
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<tr>
<td>Must call for appointment.</td>
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<td>Limit 1x every 3 months.</td>
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<tr>
<td><strong>Bell Yeager Free Will Baptist Church</strong></td>
<td><strong>Meal Information</strong>: Wednesdays: 10:00am - 12:00pm</td>
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<tr>
<td>919-489-3963</td>
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<tr>
<td>128 E. Cornwallis Road, Durham</td>
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<td><strong>CAARE</strong></td>
<td><strong>Meal Information</strong>: Monday &amp; Friday: 1:00pm - 3:00pm</td>
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<tr>
<td>919-683-5300</td>
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<tr>
<td>214 Broadway Street, Durham</td>
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<td>Call at 9:00am to make an appointment.</td>
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<tr>
<td>Limit 2x every 1 month.</td>
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<tr>
<td><strong>Christian Assembly Emergency Food Pantry</strong></td>
<td><strong>Meal Information</strong>: 2nd &amp; 4th Thursdays: 4:00pm - 6:00pm</td>
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<tr>
<td>919-471-0220</td>
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<td><a href="http://www.cadurham.org/">www.cadurham.org/</a></td>
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<tr>
<td>5516 N. Roxboro Road, Durham</td>
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<tr>
<td>Requires photo ID.</td>
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<tr>
<td>Limit 1x every 3 months.</td>
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<tr>
<td><strong>Durham County Department of Social Services</strong></td>
<td><strong>Meal Information</strong>: NO CHILDREN: Monday – Friday: NO CHILDREN: Monday – Friday: 7:45am - 4:45pm</td>
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<tr>
<td>NO CHILDREN: 919-560-8600</td>
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<tr>
<td>WITH CHILDREN: 919-560-8301 or 919-560-8000</td>
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<tr>
<td>414 E Main Street, Durham</td>
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<tr>
<td>Must call for appointment.</td>
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<tr>
<td>Food card.</td>
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<tr>
<td><strong>Durham Center for Senior Life</strong></td>
<td><strong>Meal Information</strong>: Monday – Friday: 8:30am – 5:00pm</td>
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<tr>
<td>919-688-8247</td>
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<tr>
<td>Organization</td>
<td>Contact Information</td>
<td>Operating Hours</td>
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<tr>
<td>First Calvary Baptist Church</td>
<td>919-489-4184 or 919-489-6576</td>
<td>Tuesdays &amp; Thursdays: 10:00am - 12:00pm</td>
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<tr>
<td>Fisher Memorial United Holy Church</td>
<td>919-682-7416</td>
<td>Wednesdays: 12:00pm</td>
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<tr>
<td>Five Oaks Seventh Day Adventist</td>
<td>919-489-7777</td>
<td>Wednesdays: 11:00am - 12:00pm</td>
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<tr>
<td>Greater Emmanuel Temple of Grace</td>
<td>919-957-1783</td>
<td>By appointment only.</td>
</tr>
<tr>
<td>Greystone Baptist Church/Second Mile Ministries</td>
<td>919-286-3596</td>
<td>Wednesdays: 7:00am - 9:30am</td>
</tr>
<tr>
<td>Immanuel Temple Seventh Day Adventist</td>
<td>919-957-0032</td>
<td>Senior Food Bags: 1st Thursdays</td>
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<td><a href="http://www.immanueltemplechurch.com">www.immanueltemplechurch.com</a></td>
<td>Food Pantry: 1st &amp; 3rd Wednesdays: 10:00am – 1:00pm</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>919-667-9424</td>
<td>Monday – Friday: 10:00am - 12:30pm</td>
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</table>
older adults and persons with disabilities who are homebound.

<table>
<thead>
<tr>
<th>Church Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monument of Faith</strong></td>
<td>919-688-7838</td>
<td><a href="http://www.mof-church.org/">www.mof-church.org/</a> 900 Simmons Street, Durham</td>
<td>3rd Saturdays: 7:00am - 9:00am</td>
</tr>
<tr>
<td><strong>Mt. Calvary United Church of Christ</strong></td>
<td>919-688-5066</td>
<td>1715 Athens Avenue, Durham</td>
<td>Monday – Friday: Call and leave a message with your contact information to make an appointment.</td>
</tr>
<tr>
<td><strong>Mt. Zion Christian Church</strong></td>
<td>919-688-4245</td>
<td>3519 Fayetteville Street, Durham</td>
<td>Monday – Thursday: 9:30am - 11:30am</td>
</tr>
<tr>
<td><strong>Oak Grove UA Free Will Baptist Church</strong></td>
<td>919-682-4710</td>
<td>801 Colfax Street, Durham</td>
<td>Mondays: 9:00am - 1:00pm</td>
</tr>
<tr>
<td><strong>Rise and Shine</strong></td>
<td>919-471-9766</td>
<td>4625 Denfield Street, Durham</td>
<td>Every other Friday: 11:00am - 1:00pm</td>
</tr>
<tr>
<td><strong>Russell Memorial</strong></td>
<td>919-682-2523</td>
<td>703 S. Alston Avenue, Durham</td>
<td>Wednesdays: 9:00am – 12:00pm</td>
</tr>
<tr>
<td><strong>St. James of Durham Baptist Church</strong></td>
<td>919-286-3680</td>
<td><a href="http://www.stjamesfgbc.org">www.stjamesfgbc.org</a> 1305 West Club Blvd, Durham</td>
<td>4th Saturdays: 10:00am - 12:00pm</td>
</tr>
<tr>
<td><strong>Salvation Army</strong></td>
<td>919-688-7306</td>
<td><a href="http://www.salvationarmycarolinas.org/comman">www.salvationarmycarolinas.org/comman</a></td>
<td>Fridays: 9:00am - 11:00am</td>
</tr>
</tbody>
</table>

Two vanloads picked up from the Urban Ministries of Durham between 6:30 - 7:00am.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
<th>Contact Information</th>
<th>Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southside Church of Christ</td>
<td>919 Liberty Street, Durham</td>
<td><a href="http://www.sside.org">www.sside.org</a></td>
<td>919-688-3535</td>
<td>Wednesdays: 11:00am - 1:00pm</td>
<td>Requires photo ID.</td>
</tr>
<tr>
<td>Urban Ministries of Durham</td>
<td>410 Liberty Street, Durham (in front of WTVD ABC11 TV station)</td>
<td><a href="http://www.umdurham.org">www.umdurham.org</a></td>
<td>919-682-0538 (Food Pantry: ext. 6)</td>
<td>Monday – Thursday: 9:00am</td>
<td>Monday, Tuesday, Wednesday, Thursday, Friday: Breakfast &amp; Bag Lunch pickup: 8:00am - 9:00am Dinner: 7:00pm – 8:00pm</td>
</tr>
<tr>
<td>Victorious Praise Fellowship Church</td>
<td>2116 Page Road, Durham</td>
<td>victoriouspraise.org/</td>
<td>919-957-7500</td>
<td>Wednesdays: 2:00pm - 3:00pm</td>
<td>Requires photo ID. Must call on Tuesdays to have your name put on the list.</td>
</tr>
</tbody>
</table>

**HIV/AIDS Services**

**Affordable Community Residence Association:** 919-973-4369
www.acradurham.org
1017 Cook Road, #15, Durham
For persons living with disabilities and HIV/AIDS so they can thrive in the community.

**Alliance of AIDS Services:** 919-834-2437, 919-212-7801
www.aas-c.org
Tillery Place 1637 Old Louisburg Road, Raleigh
CLEAR counseling sessions are by appointment only – please call for more info!
Provides emergency financial assistance for housing, utilities, bus tickets, basic needs; assists with applications for Medicaid and food stamps.

**CAARE, Inc.:** 919-683-5300  
[www.caare-inc.org](http://www.caare-inc.org)  
214 Broadway Street, Durham  
Provides supportive services for individuals living with HIV/AIDS and their families.  
**NC Department of Health and Human Services:** 919-855-4800, 888-892-1162  
[www.ncdhhs.gov](http://www.ncdhhs.gov)  
101 Blair Drive, Raleigh 27603  
ADAP/AIDS Drug Assistance Program HIV/STD Prevention and Care  
Provides financial assistance for the purchase of medications specifically used to combat HIV for low-income residents of North Carolina.

**Kidney Disease**

**Briggs Avenue Dialysis Center:** 919-598-9992  
1209 S. Briggs Avenue, Durham  
Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

**DaVita Durham:** 800-424-6589  
[www.davita.com](http://www.davita.com)  
201 Hood Street, Durham 27701  
Provides In-Center Hemodialysis, Self-Care, Peritoneal Dialysis, and In-home Hemodialysis

**Freedom Lake Dialysis Center:** 919-471-1718  
[www.freseniuskidneycare.com](http://www.freseniuskidneycare.com)  
4016 Freedom Lake Drive, S-100, Durham  
Provides In-Center Hemodialysis.

**South Durham Dialysis Center:** 919-544-3451  
[www.freseniuskidneycare.com](http://www.freseniuskidneycare.com)  
3516 TriCenter Blvd, Durham  
Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.
West Pettigrew Dialysis Center: 919-286-4777
www.freseniuskidneycare.com
1507 W. Pettigrew Street, Durham
Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

Used Furniture and Clothes

3220 NC Hwy 55, Durham
Furniture, appliances, household items. Hours: Monday - Saturday 8:00am - 7:30pm.

Durham Rescue Mission – Brier Creek: 919-401-1935 *Press 3
10701 Glenwood Avenue, Durham
Furniture, appliances, household items. Hours: Monday - Saturday 8:00am - 8:00pm.

Durham Rescue Mission – Chapel Hill Blvd: 919-401-1935 *Press 2
3900 Chapel Hill Street, Durham
Furniture, appliances, household items. Hours: Monday - Saturday 8:00am - 8:30pm.

Goodwill Industries
4318 Garrett Road, Durham 919-493-1182
5267 N. Roxboro Road, Durham 919-479-1141
Monday - Friday 9:00am - 8:30pm
Saturday 9:00am - 6:00pm
Sunday 12:00pm - 6:00pm
Furniture, appliances and household items.

Habitat for Humanity: 919-403-8668
www.trianglerestores.org
5501 Chapel Hill Blvd, Durham
Hours: Tuesday – Saturday from 10:00am - 6:00pm
Used furniture, appliances and household items.

Salvation Army Thrift Store: 919-384-7130
www.salvationarmycarolinas.org
3167 Hillsborough Road, Durham
Hours: Monday – Saturday from 9:00am - 6:00pm
Furniture, appliances and household items.
**Trosa Thrift Store:** 919-220-6119
3500 North Roxboro Street, Durham (Oxford Common Plaza)
Closed Monday; Tuesday - Saturday from 10:00am - 7:00pm; Sunday 12:00- 5:00pm.
Used furniture and household items.

**Utilities**

**Assurance Wireless:** 888-321-5880
[www.assurancewireless.com](http://www.assurancewireless.com)
Provides free cell phone and minutes for eligible persons receiving food stamps/SNAP, SSI, Medicaid, temporary assistance to needy families (TANF), federal public housing assistance (Section 8), low-income home energy assistance program (LIHEAP) or participate in the National school lunch program’s free lunch program. Application are provided at Durham DHHS office.

**Durham Center for Senior Life:** 919-688-8247
[www.dcsln.org](http://www.dcsln.org)
Email: info@dcsln.org
406 Rigsbee Avenue, Suite 202, Durham
Provides limited utilities assistance for adults 60 years or older. ID and cut off notice required.

**SafeLink Wireless:** 800-723-3546
[www.safelinkwireless.com](http://www.safelinkwireless.com)
Provides free cell phone and minutes for eligible clients (persons receiving food stamps, SSI, Medicaid, public housing or Section 8, Low Income Energy Assistance, or TANF).

**Salvation Army:** 919-688-7306 ext. 100
[www.salvationarmycarolinas.org/commands/durham](http://www.salvationarmycarolinas.org/commands/durham)
909 Liberty Street, Durham
Provides limited assistance. Call for appointment. Telephone Service Assistance.
Food pantry hours: Monday, Wednesday, and Friday by appointment.
Accepts food stamps and non-food stamps recipients; call for details.

**Urban Ministries:** 919-220-8757
2004 N. Roxboro Street, Durham
Provides limited assistance.
Education and Recreation
Resources listed below provide a variety of opportunities to individuals in the areas of the arts, cultural heritage, exercise/recreation, and learning.

Arts and Cultural Activities

Carolina Theater Fletcher Hall: 919-560-3030 or 919-560-3040
www.carolinatheatre.org
309 W. Morgan Street, Durham
Provides vibrant, thought-provoking film and live performances that contribute to the cultural and economic vitality of downtown Durham and the Triangle Region.

Duke University Box Office: 919-684-4444
tickets.duke.edu
125 Science Dr. Durham
104 Bryan University Center, Durham
Located in the Bryan Student Center on the Upper Level off Science Drive. Provides ticket sales for events held at Page Auditorium, Reynolds Theater, Baldwin Auditorium, Sheafer Theater and Griffin Film Theater.

Durham Arts Council: 919-560-2787
www.durhamarts.org
120 Morris Street, Durham
Helps residents and visitors find, enjoy and participate in the artistic and cultural events available in the community; offers classes in the performing, literary and visual arts for toddlers through seniors.

Durham Center for Senior Life: 919-688-8247
www.dcsln.org
Email: info@dcslnc.org
406 Rigsbee Avenue, Durham
Offers diverse creative and ongoing educational and health related activities and programs that enhance the lives of older adults in a welcoming community setting.

Museum of Life and Science: 919-220-5429
www.ncmls.org
433 Murray Avenue, Durham
Provides a place for lifelong learning for people, from youth to seniors, to embrace
science as a way of gaining self-awareness and to learn about their community, and
their world. Admission is charged.

Nasher Museum of Art at Duke University: 919-684-5135
www.nasher.duke.edu
2001 Campus Drive, Durham 27705
Promotes engagement with the visual arts for the Duke and Durham communities. The
museum is dedicated to presenting innovative and accessible collections, exhibitions,
publications and programs that stimulate intellectual discourse, enrich lives, and
generate new knowledge.

St. Joseph’s Historic Foundation Hayti Heritage Center: 919-683-1709
www.hayti.org
804 Old Fayetteville Street, Durham
Dedicated to advancing cultural understanding through diverse programs that
examine the experiences of Americans of African descent and through preserving,
restoring and developing the Hayti Heritage Center (formerly St. Joseph’s AME
Church), a National Historic Landmark, as a cultural and economic anchor to the
greater Durham community.

Games and Exercise

City of Durham Parks and Recreation Department: 919-560-4355
www.dprplaymore.org/
Provides opportunities to help citizens discover, explore, and enjoy life through
creative and challenging recreational choices that contribute to their physical,
emotional, and social health.

Duke Center for Living: 1-855-855-6484 or 1-888-275-3853
www.dukehealth.org/locations/center_for_living
3475 Erwin Road, Durham
Provides a host of health and wellness programs for innovative, personalized care.

Durham Center for Senior Life: 919-688-8247
www.dcslncc.org
Email: info@dcslncc.org
406 Rigsbee Avenue, Durham
DCSL provides opportunities for older adults to remain active, healthy and
independent through a variety of free exercise classes, games, health promotion and innovative social activities.

**Move Free Physical Therapy and Wellness, LLC: 919-886-4163**  
[www.MoveFreePTandWellness.com](http://www.MoveFreePTandWellness.com)  
[info@movefreeptandwellness.com](mailto:info@movefreeptandwellness.com)  
Provides outpatient physical therapy in our clients' homes. Our mission is to improve our clients' physical wellness by relieving pain, and improving strength and balance, so they can enjoy an active and healthy retirement. We also provide ongoing wellness classes as TherHab™ Fitness providers. Serves the Durham, Chapel Hill, Apex, and Cary areas.

**YMCA**  
[www.ymcatriangle.org](http://www.ymcatriangle.org)  
Downtown Location: 218 Morgan Street, Durham (919-667-9622)  
American Tobacco Location: 410 Blackwell Street, Durham (919-956-9602)  
Provides programs and services that build healthy spirits, minds and bodies.

**Education**

**Duke Continuing Education/Osher Lifelong Learning Institute (OLLI)**  
919-684-6259  
[www.learnmore.duke.edu/olli](http://www.learnmore.duke.edu/olli)  
Offers non-credit courses for adults; call for fees, scholarship information, and class schedule.

**Durham County Cooperative Extension: 919-560-0525**  
[duharhamces.ncsu.edu](http://duharhamces.ncsu.edu)  
721 Foster Street, Durham  
Offers a variety of classes.

**Durham Technical Community College: 919-536-7200**  
[www.durhamtech.edu](http://www.durhamtech.edu)  
Offers a variety of classes.

**Road Scholar: 800-454-5768**  
[www.roadscholar.org](http://www.roadscholar.org)  
Offers group education and travel adventures designed for ages 55 and older.
Professional Services
This section lists professional services especially for seniors, such as Geriatric Care managers, Certified Senior Advisors, Home Care services, home-delivered meal and medication providers, Elder Service locators, and Crisis Lines.

Crisis Lines

Durham Crisis Response Center: 919-403-6562 (Español: 919-519-3735)  
www.durhamcrisisresponse.org  
24-hour line for victims of abuse or violence providing case management, counseling and advocacy.

Hope Line, Inc.: 919-231-4525 or 877-235-4525  
www.hopeline-nc.org  
Offers caring, non-judgmental listening, crisis intervention and suicide prevention available over the phone or by text.

National Suicide Prevention Lifeline: 800-273-8255 (TTY: 800-799-4889)  
www.suicidepreventionlifeline.org  
Provides 24/7 services via the above toll-free hotline number. It is available to anyone in suicidal crisis or emotional distress.

Elder Service Locators

Durham Center for Senior Life: 919-688-8247  
www.dcslnce.org  
Email: info@dcslnce.org  
406 Rigsbee Avenue, Durham
Information and Options Counseling specialists help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person and via e-mail. All requests are recorded and follow up is required. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services. Provides confidential information, referrals and assistance to older adults, family members, and caregivers on housing, long term care, emergency assistance (rent, mortgage, utilities, food), legal issues, transportation, financial issues, reverse mortgage, caregiver issues, tax assistance, in-home aide services, disaster preparedness, senior centers, nutrition/congregate meal programs, employment assistance, medical equipment, end-of-life care, health care,
mental health, rehabilitation services, respite services, adult day programs, elder abuse, neglect and exploitation, crime and safety, Medicare and Medicaid.

Eldercare Locator: 800-677-1116
eldercare.acl.gov/
A public service of the U.S. Administration on Aging and for helping older persons and their families find home and community-based services like transportation, meals, home care, and caregiver support services in every U.S. community.

Federal Information Line: 800-333-4636
www.usa.gov
Provides information on Federal programs and services.

Senior PharmAssist: 919-688-4772
www.seniorpharmassist.org
406 Rigsbee Avenue, Suite 201, Durham
Helps Durham County seniors remain healthy and independent by providing practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit has served Durham since 1994 and participates with NC Seniors’ Health Insurance Information Program (SHIIP). If you are 60 or older or have Medicare, we can help with your medications.

**Temporary COVID-19 changes:** the office is currently closed; however, help is available via phone to schedule an appointment.

Triangle J Area Agency on Aging: 919-558-2711
www.tjaaa.org
4307 Emperor Boulevard, Suite 110, Research Triangle Park
Focuses on its partnership efforts as a means of leveraging a quality continuum of support for the region’s older adults. The mission is to promote the highest level of well-being of older adults in the seven-county region by partnering with organizations to provide a comprehensive system of opportunities, services and protective supports.

Geriatric Care Management

Professional Geriatric Care Managers are health and human service specialists trained and experienced in any of several fields related to care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues
related to aging and elder care. They assist older and disabled adults, and family caregivers in managing care needs to promote maximum functional potential of the care recipient.

**Always Best Care Senior Services:** 919-357-1440  
www.alwaysbestcare.com/nc/chapel-hill/  
1340 Environ Way, Chapel Hill  
Helping families with non-medical in-home care and assisted living referral services.

**Always Best Care Senior Services:** 919-554-2223  
www.alwaysbestcare.com/nc/wake-forest/  
12324 Hampton Way Drive, Suite 104, Wake Forest  
There is never a charge for our initial assessment for personal and companion care or help with selecting a supportive living option that fits your physical, social and financial requirements.

**Everybody Needs a Nurse:** 919-606-1819  
www.everybodyneedsanurse.com  
81110 Alexander, Chapel Hill  
Independent professionals who work directly for our clients, not an insurance company or other vested interest. We help clients understand their health issues and manage their doctors and medications to support their need to reach their health goals.

**Senior Care Management Associates, LLC:** 919-794-1888  
www.senior-care-management.com  
4711 Hope Valley Rd., Suite 4F-519 Durham  
We assist older adults to live as independently as possible in a safe environment while maintaining their dignity and self-esteem.

**Senior Transitions of North Carolina, PLLC:** 919-240-7476  
www.seniortransitionsnc.com  
1289 N. Fordham Boulevard, #353, Chapel Hill  
We work with our own network of agencies and individuals to help us meet your needs. Included in this network are eldercare lawyers, in-home-care providers, home repair services, certified senior movers, financial managers, financial advisors, and more.
Home Care Services

**Accessible Home Health Care of Mid Carolina:** 919-896-7679
www.accessiblemidcarolina.com

**Advantage Care In-Home Services, Inc.:** 919-471-1314
3600 N. Duke Street, Suite 100A, Durham

**Amedisys Home Health:** 919-941-5793 *(Toll Free: 800-682-6670)*
www.amedisys.com/services/home-health-care/
1005 Slater Road, Suite 105, Durham

**AmeriCare Home Care of North Carolina:** 919-942-2840
www.americare-homecare.com
1829 E. Franklin Street Suite 100B, Chapel Hill

**B & C Care System, Inc.:** 919-638-2190
3020 Pickett Road, Suite 129, Durham
Accepts Medicaid.

**Beautiful Remissions Home Care:** 984-219-6013
www.beautifulremissionshomecare.com
3407 N. Duke St., Durham 27704

**Comfort Keepers:** 919-338-2044
Durham-832.comfortkeepers.com
1415 W. NC Highway 54, Suite 209, Durham

**Comprehensive Community Care Inc.:** 919-402-0323
www.compcarenc.com
3308 Durham Chapel Hill Boulevard # 160 (Building F), Durham

**Diverse Family Services:** 919-572-8833
www.dfservices.org
2402 S. Miami Boulevard, Suite 108, Durham

**MS Enhancement:** 919-659-5664
www.msenhancement.com
Email: msenhancement@gmail.com
702 N. Person Raleigh, NC 27604
Accepts Medicaid.

**Ideal Home Health:** 919-937-9964  
www.idealhomehealthservices.com  
Email: info@idealhomehealthservices.com  
1420 E. Club Blvd B, Durham 27704

**Home-Delivered Meals**

**Meals on Wheels:** 919-667-9424  
www.mowdurham.org  
2522 Ross Road, Durham

**EATNC Senior Meals:** 301-461-7838  
https://www.eatnorthcarolina.org/family-meals-referral-program  
Email: eatnorthcarolina@gmail.com

**Home-Delivered Medications**

**Adhere Rx:** 919-463-5555  
www.adhererx.com/  
118 Mackenan Drive, Suite 200 Cary

**Central Pharmacy:** 919-220-5121  
www.centralpharmacync.com  
2609 N. Duke Street, Suite 103, Durham

**Clinic Pharmacy:** 919-383-7495  
theclinicpharmacy.com  
2726 Croasdaile Drive Suite 104, Durham

**Gurley’s Pharmacy, Inc.:** 919-688-8978  
gurleyspharmacy.com  
114 W. Main Street, Durham
Main Street Pharmacy: 919-688-1368  
mymainstreetpharmacy.com  
E-mail: mainSt.rx@nc.rr.com  
213 W. Main Street, Durham

Upchurch Drugs and Gifts: 919-477-7325  
upchurchdrugsandgifts.com  
5108 N. Roxboro Street, Durham

Medicare-Only Options

Arosa Care: 919-309-4333  
https://arosacare.com/  
617 Morehead Avenue Durham, NC 27707

Divine Support Edge Healthcare Services: 919-401-6655  
www.divinesupportedgehealthcare.com/  
4307 Western Park Place, Suite 206, Durham

Duke HomeCare and Hospice: 919-620-3853  
www.dhch.duhs.duke.edu  
4321 Medical Park Drive, Suite 101, Durham

Durham County Social Services - In-Home Services: 919-560-8600  
414 E. Main Street, Durham

Home Instead Senior Care: 919-479-4600, 919-794-5130  
www.homeinstead.com/157  
2726 Croasdaile Drive, Suite 203, Durham

Homewatch Caregivers: 919-960-6038  
www.homewatchcaregivers.com/chapel-hill/  
101 Cosgrove Avenue, Suite 120, Chapel Hill

Interim Health Care of the Triangle, LLC: 919-493-7575  
www.interimhealthcare.com
3710 University Drive, Suite 330, Durham

**Jareh Healthcare, Inc.:** 919-957-3354
2116 S. Miami Boulevard, Durham

**Kindred at Home:** 919-361-1921  
2500 Meridian Parkway Suite 106, Durham

**Liberty Home Care:** 919-382-7474  
[www.libertyhomecare.com](http://www.libertyhomecare.com)  
3414 N. Duke Street, Suite 201, Durham  
Accepts Medicaid

**Maxim Healthcare Services, Inc.:** 919-419-1484  
[www.maximhealthcare.com/locations/durham-nc](http://www.maximhealthcare.com/locations/durham-nc)  
Email: durhamhh@maxhealth.com  
2634 Durham Chapel Hill Blvd., Suite 210, Durham  
Accepts Medicaid.

**Oak Street Health:** 910-325-2584  
[www.oakstreethealth.com](http://www.oakstreethealth.com)  
1000 N. Miami Blvd, Suite 121, Durham  
Provides personalized and compassionate care for adults on Medicare.

**P.H.P. of N.C., Inc.:** 919-220-0021  
[www.phpofncinc.com](http://www.phpofncinc.com/)  
1500 E. Club Boulevard, Durham

**Rainbow 66 Storehouse Home Care:** 919-403-9193  
[www.rainbow66storehouse.com](http://www.rainbow66storehouse.com)  
3020 Pickett Road, Suite 449, Durham (Accepts Medicaid)

**Reliable Home Care Agency:** 919-596-9479  
1020 S. Miami Boulevard, Suite 106, Durham

**Right at Home Durham/Chapel Hill:** 919-237-2333  
[www.rahdch.com](http://www.rahdch.com)
4905 Pine Cone Drive, Suite 2, Durham

Senior Helpers: 919-213-7282
www.seniorhelpers.com
5007 Southpark Drive, Suite 200-H Durham

Shalom Home Health, Inc.: 919-475-4541
3100 Pickett Road, Suite 112, Durham

The Cedars of Chapel Hill Home Care Agency: 919-259-7000
100 Cedar Club Circle, Chapel Hill

Wanda Best Health Care, Inc.: 919-381-4590
400 W. Main Street, Durham

Warm Home Health Care Agency, Inc.: 919-596-2706
212 Corcoran Street, Suite 207, Durham

Wisdom Senior Care: 919-323-3693
wisdomseniorcare.com/our-services/
3622 Shannon Road, Suite 103, Durham

Private Pay, Non-Medical, Non-Medical In-Home Services

These agencies provide companionship and help with errands, light housekeeping, meal preparation, and other non-medical services.

A Helping Hand: 919-403-5555
www.ahelpinghandnc.org
1502 North Carolina 54, Suite 405, Durham

Amedisys Home Health Care: 919-941-5793
www.amedisys.com
1005 Slater Road, Suite 105, Durham 27703

East Carolina Home Care: 252-451-1333
301 S. Church Street, Rocky Mount
Handy Hands Services: 919-556-4181
U.S. 1 North, Wake Forest
Provides live-in aide service, minimum 30 hours weekly.

Senior Transitions of North Carolina, PLLC: 919-225-0379
www.seniortransitionsnc.com
Email: caringforseniors@aol.com
2801 Summerwind Road, Chapel Hill

Tier One Home Health: 919-806-4758
www.tieronehomehealth.com
Email: info@TierOneHomeHealth.com
2530 Meridian PKWY, Suite 300, Durham 27713
Strive for excellence in home care, respite care, Dementia and Alzheimer’s care, and short-term transitional care.

Senior Advisors

A Place for Mom: 919-948-2983
www.aplaceformom.com

Support Groups

This section provides older adults and caregivers with information on the support network in our area. Some groups may be for people with a disease or their families, for example, Alzheimer’s disease. Others may provide support for losing loved ones.

Caregiver Support Groups

Alzheimer’s Association Eastern NC Chapter: 919-803-8285
www.alznc.org
The Cumberland Building 3739 National Drive, Suite 110, Raleigh

Durham Center for Senior Life: 919-688-8247
www.dcslnce.org
Email: info@dcslnce.org
406 Rigsbee Avenue, Durham
Call for meeting dates and times.
Jewish Family Services: 919-354-4923  
www.shalomdch.org  
3622 Lykan Parkway, Suite 3003, Durham

Dementia Alliance of NC: 919-832-3732  
www.dementianc.org

Community Support Groups

Alcoholics Anonymous: 919-286-9499  
www.aa.org

American Cancer Society: 800-227-2345  
www.cancer.org

Cornucopia House Inc. (Cancer Support Center): 919-407-9333  
www.cancersupport4u.org

National Alliance on Mental Illness (NAMI) - NC: 919-788-0801 or 800-451-9628  
naminc.org/

Duke Medicine Support Groups:

For any of the support groups listed below, contact the person listed to find out about meeting times, please, and any requirements for attending. For Duke Dementia Support Group information, call 919-660-7510. For Cancer Support Group information, call 919-684-4497.

<table>
<thead>
<tr>
<th>Name of Group</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duke Hospice Unicorn Bereavement Center</td>
<td>919-644-6869</td>
</tr>
<tr>
<td>Durham Alzheimer’s Evening Family Support Group</td>
<td>Natalie Leary or Cornelia Poer: 919-660-7510</td>
</tr>
<tr>
<td>Daughters Concerned for Aging Relatives Support Group</td>
<td>Bobbi Matchar: 919-660-7510</td>
</tr>
<tr>
<td>Cary &amp; Ruth Henderson Person with Dementia and Care Partner Support Group</td>
<td>Lisa Gwyther: 919-660-7510</td>
</tr>
<tr>
<td>Memory Makers: An Early-Stage Memory Loss Education and Support Group</td>
<td>Bobbi Matchar: 919-660-7510</td>
</tr>
</tbody>
</table>
Younger-Onset Support Group  
Janeli McNeal: 919-660-7510

Cancer: Art Therapy (for Patients) 919-668-4029
Cancer: Breast and GYN Cancers 919-684-4497
Cancer: General Cancer 919-684-4497
Cancer: Caregiver Support Group 919-684-4497
Cancer: LGBTQ+ Patients, Families, Caregivers 919-684-4497
Cancer: Prostate Cancer 919-684-4497
Stroke Survivors Support Group (Survivors and Caregivers)  
Heather Forrest: 919-660-0096

### Technology Services
This section lists resources for information technology services, such as set-up and installation of computers hardware and software, computer repairs, networking, website design, and other related services.

**Data Tech Services, LLC:** 919-225-1742  
[www.datatechservicesllc.com](http://www.datatechservicesllc.com)
Offers computer set-up, troubleshooting and training for technophobic boomers and seniors and provides IT support services and website development for non-profits and small businesses.

**Skytel:** 919-443-1551  
[www.skytelglobal.com](http://www.skytelglobal.com)

### Transportation
The resources below provide transportation opportunities for seniors, including organizations that provide transportation to their participants, public and accessible transportation options, interstate travel options, driver safety courses, and information about disability placards and plates.

**Bus/Train Travel**

**AMTRAK:** 919-956-7932 or 800-872-7245  
[www.amtrak.com](http://www.amtrak.com)  
601 W. Main Street, Durham
Greyhound Lines: 919-687-4800
www.greyhound.com
515 W. Pettigrew Street, Durham

**Driver Safety Courses**

AAA Driver Safety Information and Resources:
exchange.aaa.com/safety/senior-driver-safety/

AARP Safe Driving: 800-227-7669 (888-AARP-NOW) 24 hours daily
www.aarpdriversafety.org/

**Handicap Placards**

NC Division of Motor Vehicles: 919-715-7000
3148 Mail Service Center, Raleigh

**Private Ambulance Services and Wheelchair Vans**

Carolina Livery Service: 919-957-1111
www.carolinalivery.net/

Johnston Ambulance Service, Inc.: 919-957-8993 or 800-625-3500

**Transportation Choices for Persons 65 Years and Older**

**A Helping Hand**: 919-403-5555
www.ahelpinghandnc.org
Call for reservations and fees. Can provide transportation from 6:30am - 8:00pm for seniors and adults with disabilities. Can provide escorted transportation by appointment only. Mileage fees apply. Cannot transport wheelchairs.

**Durham Center for Senior Life**: 919-688-8247
www.dcslncc.org
406 Rigsbee Avenue, Durham
Provides transportation to congregate meal sites.
Go Durham Access: 919-560-1551
godurhamtransit.org/access
Can provide transportation 5:30am - 12:30am Monday - Saturday, 6:30am - 7:30pm Sundays and Holidays.
DATA Access is an ADA certified curb-to-curb paratransit system is designed for those persons whose disabilities prevent them from using accessible fixed-route transit. FREE to Medicaid clients for medical transportation with prior approval from Durham County Department of Social Services (call 919-560-8600 for information). Application process required. $2 each way or can purchase discounted vouchers. All locations in Durham City Limits. Reservations must be made by 4:30pm at least one day before date of trip but no more than 14 days in advance.

Go Triangle Access: 919-485-7433 (TDD/TTY 800-735-2965)
www.triangletransit.org/bus/accessibility
Provides ADA paratransit services for certified disabled available on certain routes (check with TTA) for persons within ¾ miles of route. Buses are wheelchair accessible. Must complete application process. Call for fees.

GoGoGrandparent: 855-464-6872
www.gogograndparent.com
Allows people to use Lyft and Uber without a smartphone, with rides monitored by 24/7 operators and alerts for emergency contacts.

Kerr Area Rural Transportation System (KARTS): 252-438-2573
www.KARTSNC.com
Transportation service provide for regional community system in the Durham, Franklin, Chapel Hill, Granville, Raleigh, Vance, and Warren County. Transportation provided for medical and non-medical. Medicaid accepted for medical appointments. Call for reservation and fees.

Lincoln Community Health Center: 919-956-4000
www.lincolnchc.org
Reservations accepted from 10am - 11:00am and 2:00pm - 3:00pm. Persons with confirmed medical appointments at Lincoln, or referred by Lincoln elsewhere. Ride free within city limits. Transportation for medical appointments only (excludes lab and pharmacy).
North State Medical Transport: 919-261-8911  
www.nsmt.biz

Seniors on the Go, LLC: 800-517-4149  
www.ncseniorsonthego.com
The Triangle’s exclusive transporter for the active senior.

Wisdom Care Transportation: 919-825-0902  
www.wisdomcaretrans.com
Email: info@wisdomcaretrans.com
10700 World Trade Blvd, Suite 114 Raleigh, NC 27617
Specializes in non-emergency medical transportation (NEMT) needs.

Kingly Transportation: 984-209-2757

Seniors Helping Seniors: 919-530-9289  
https://shsdch.com/
3206 Sprunt Avenue, Durham 27705
This agency enables active seniors to care for other seniors in the Durham, Chapel-Hill, and Hillsborough areas to provide assistance with companionship, light housekeeping, pet care, yard work, transportation, and caregiving support.

Veterans Benefits and Resources
Resources listed below are intended to support veterans in the area.

Durham County Veterans Services: 919-560-8387  
www.dconc.gov/government/departments-f-z/veteran-services
414 E. Main Street, Second Floor Durham

Durham VA Medical Center: 919-286-0411 or 888-878-6890  
www.durham.va.gov
508 Fulton Street, Durham

Gerofit (Durham VA Medical Center): 919-286-0411 ext. 6776
508 Fulton Street, Durham
Provides exercise and health promotion for older veterans. Limited to VA patients, contact VA physician for referral.
Veterans Helping Veterans of America
Email: vhvainc@yahoo.com
1616 Angier Avenue, Durham 27703
The mission is to serve as a “one-stop resource center” where veterans can find information about and access to services they need to help them sustain a healthy and productive civilian life. Veterans are offered camaraderie and understanding, benefit rights information and monitoring, housing and health care referrals, job training and classes (truck driving, starting a business, resume and communication, etc.), an art therapy program, and more.

Volunteering in the Community
Many seniors like to stay active in their retirement by volunteering. This section provides information about agencies that place seniors in volunteer positions.

Durham Center for Senior Life: 919-688-8247
www.dcsln.org
Email: info@dcsln.org
406 Rigsbee Avenue, Durham
Short- and long-term volunteer opportunities available.

Executive Service Corps: 919-294-9803
www.esctriangle.org/
800 Park Offices Drive, Suite 3703, Durham

Meals on Wheels: 919-667-9424
www.mowdurham.org

Retired and Senior Volunteer Program (RSVP): 919-536-7247 ext. 5303 /5301
durhamtech.edu/community-engagement/rsvp
Email: rsvpdurhamnc@durhamtech.edu
1637 Lawson Street, Durham
Provides opportunities for persons age 55 and over to make a difference in their communities through volunteer service. RSVP volunteers contribute anywhere from
one to over forty hours a week, serving nonprofit and public organizations to help meet critical community needs.

**Service Corp of Retired Executives (SCORE):** 919-240-7765
National: [www.score.org](http://www.score.org) Email: [contactus@raleighscore.org](mailto:contactus@raleighscore.org)
Chapel Hill Office: 919-968-6894; [www.scorechapelhill.org](http://www.scorechapelhill.org)
104 S. Estes Drive, Chapel Hill
Raleigh Office: 919-856-4739; [www.raleighscore.org](http://www.raleighscore.org)
300 Fayetteville Street, Suite 306, Raleigh

**The Triangle Nonprofit & Volunteer Leadership Center:** 919-321-8910
[www.thевolunteercenter.org](http://www.thевolunteercenter.org)
3333 Chapel Hill Blvd. Building A-Suite 100, Durham
Connecting people with meaningful opportunities to help the community, Durham and surrounding areas.
Section 3: Financial/Legal Resources

Advocacy Services
Resources listed in this section may be useful to you as advocates regarding legal and medical concerns.

**Care-Line:** 919-855-4400 *(TTY 919-733-4851)*; 800-662-7030 *(TTY 877-452-2514)*
The NC Department of Health and Human Services’ (NCDHHS) toll-free Information and Referral telephone service. Information and Referral specialists provide information and referrals regarding human services in government and non-profit agencies.

**Disabilities Rights NC:** 919-856-2195, 877-235-4210 *(TTY: 888-268-5535)*
disabilityrightsc.org/
3724 National Drive, Suite 100, Raleigh
A team of attorneys, advocates, paralegals and support staff provide advocacy and legal services at no charge for people with disabilities across North Carolina. As the state’s federally mandated protection and advocacy system, Disability Rights NC is charged with protecting the rights of children and adults with disabilities living in North Carolina.

**Legal Aid of North Carolina:** 919-688-6396 ext.4561 or 800-331-7594 *(Senior Law Project: 877-579-7562)*(Legal Aid of NC-Helpline: 866-219-5262)
www.legalaidnc.org
201 W. Main Street, Suite 400, Durham
Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities are helped with legal problems affecting basic human needs, such as housing, employment and income.

**National Council on Aging:** 800-424-9046 or 571-527-3900
www.ncoa.org
251 18th Street South, Suite 500, Arlington, VA
Assists vulnerable and disadvantaged older adults with access to benefits, development of personal economic action plans, secure training and jobs, explore options for use of home equity, better manage chronic conditions, learn to prevent falls, improve health, and strengthen aging services programs.
NC Department of Insurance: 919-807-6900 or 919-807-6750  
Consumer Services Division: 855-408-1212 (Toll free inside North Carolina)  
www.ncdoi.com/Consumer/

Patient Advocacy Foundation: 800-532-5274  
www.patientadvocate.org  
421 Butler Farm Road, Hampton, VA  
Provides effective mediation and arbitration services to patients and removes obstacles to accessing healthcare. These include medical debt crisis; insurance access issues; and employment issues for patients with chronic, debilitating and/or life-threatening illnesses.

SHIIP (Senior Health Insurance Information Program): 800-408-1212 (Helpline)  
www.ncdoi.com/shiip/  
Albemarle Building; 325 N. Salisbury St, Raleigh  
Respond to consumers’ insurance-related questions and complaints, assist consumers in resolving those complaints whenever possible, and help consumers understand their options for dealing with insurance-related matters.

Triangle J Area Agency on Aging Long Term Care Ombudsman: 800-310-9777  
www.tj cog.org/ombudsman.aspx  
The Ombudsman Program gives long-term care facility residents and their families a voice. Ombudsmen advocate on behalf of long-term care facility residents to uphold residents’ rights and address quality of care and quality of life issues through information, education and mediation. Ombudsmen monitor the implementation of federal, state and local laws governing long-term care facilities, and work to educate the public, residents, family members and facility staff regarding long-term care issues and elder abuse prevention, detection and reporting requirements.
Consumer Issues and Complaints

Resources listed below are intended to help you determine how to file complaints regarding services or medical care you receive. Additional crime and fraud reporting resources are in the next section.

Denied Benefits or Services

City of Durham Human Relations Commission: 919-560-4214
durhamnc.gov/1193/Human-Relations-Commission
101 City Hall Plaza, Durham

Legal Aid of North Carolina: 919-688-6396 or 866-219-5262
www.legalaidnc.org
201 W. Main Street, Suite 400, Durham

Filing a Complaint about an Attorney

North Carolina State Bar: 919-828-4620
www.ncbar.gov
217 E. Edenton St., Raleigh

Filing a Complaint about General Services

www.bbb.org/local-bbb/bbb-of-eastern-north-carolina
5540 Munford Road, Suite 130, Raleigh
Provides information that allows a consumer to check out a business or charity.

The Dispute Settlement Center: 919-929-8800
www.disputesettlement.org
302 Weaver Street, Carrboro
Provides assistance to resolve dispute and prevent escalation of conflict through mediation, conciliation, facilitation and training.

NC Bar Association: 919-677-0561 (Referral: 800-662-7407)
www.ncbar.org
8000 Weston Parkway, Cary
Serves the public and the legal profession by promoting the administration of justice
and encouraging the highest standards of integrity, competence, civility and well-being of all members of the profession.

**NC Crime Victim Compensation Services**: 919-733-7974 or 800-826-6200  

**NC Department of Justice Attorney General’s Office**: 919-716-6400  
[www.ncdoj.gov](http://www.ncdoj.gov)

**NC Victims Assistance Network**: 919-831-2857 or 800-348-5068  
[www.nc-van.org](http://www.nc-van.org)  
1053 Whitaker Mill Road #115, Raleigh 27604

**Filing a Complaint about a Nursing Home or Adult Care Home**

**NC Division of Health Service Regulations**: 919-855-3750 or 800-624-3004  
(*Within NC*)  
[www.ncdhhs.gov/dhsr](http://www.ncdhhs.gov/dhsr)  
809 Ruggles Dr., Raleigh

**Triangle J Council of Governments**: 919-549-0551  
[www.tjcog.org](http://www.tjcog.org)  
Ask to speak with your regional ombudsman.

**Filing a Complaint about a Physician**

**NC Medical Board**: 919-326-1109 or 800-253-9653  
[www.ncmedboard.org](http://www.ncmedboard.org)  
3127 Smoketree Ct., Raleigh 27604  
Regulates medicine and surgery for the benefit and protection of the people of North Carolina. 8:30am - 5:00pm Monday through Friday.

**Filing a Complaint about Patient Care (Duke)**

**Duke Patient and Visitor Relations**: 919-681-2020  
[www.dukehealth.org/hospitals/duke-university-hospital/contact-us](http://www.dukehealth.org/hospitals/duke-university-hospital/contact-us)  
A patient or visitor may compliment an employee or share a concern regarding care received at Duke Hospital or Duke Clinic.
Duke Regional Hospital Patient Advocacy / Help Line: 919-470-4747
www.dukehealth.org/hospitals/duke-regional-hospital/contact-us
3643 N. Roxboro Road, Durham
A patient or visitor may express concerns about the care provided at Duke Regional Hospital by calling the Patient Help Line.

**Crime and Fraud**

Resources listed below are intended to help you determine how to report crime or fraud if you or someone you know experiences it, including crime or landlord/tenant complaints. *Resources in the section above may be useful if you or someone you know needs to report consumer concerns such as fraudulent or unethical business practices.*

**Reporting a Crime**

**Police / Emergency Number:** 911 (24 hours)

**Police / Non-Emergency Number:** 919-560-4600 (24 hours)
durhamnc.gov/149/Police-Department

**Crime Stoppers:** 919-683-1200 (24 hours)
durhamcrimestoppers.org/

**Homeowner/Tenant Rights**

**City of Durham Community Development Department:** 919-560-4570
durhamnc.gov/445/Community-Development
807 E. Main Street, Durham 27701

**Legal Aid of North Carolina:** 919-688-6396 or 866-219-5262
www.legalaidnc.org
201 W. Main Street, 4th Floor, Durham
Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

**Reinvestment Partners:** 919-683-1185 or 919-677-1000
www.reinvestmentpartners.org
Advocates for change in the lending practices of financial institutions to promote wealth building of underserved communities and to end predatory lending practices that strip wealth.

Landlord Complaints

City of Durham Human Relations Commission: 919-560-4107 ext. 34277
durhamnc.gov/1193/Human-Relations-Commission
101 City Hall Plaza, Durham

Legal Aid of North Carolina: 919-688-6396 or 866-219-5262
www.legalaidnc.org
201 W. Main Street, 4th Floor, Durham
Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

NC Bar Association: 919-677-0561 or 800-662-7407
www.ncbar.org

Unsafe/ Substandard Housing/Code Violations

City of Durham Community Development Department: 919-560-4570
durhamnc.gov/ich/cb/cdd/Pages/Home.aspx
516 Rigsbee Ave., Durham 27701

Durham County Government: 919-560-4144
www.dconc.gov/
101 City Hall Plaza, Durham
Employment

Resources below may be useful to you as you consider employment options, such as moving into the workplace after an absence.

General Job Search Information

AARP Work and Retirement: 888-687-2277
www.aarp.org/work
Provides resources for people who are age 55 and over to obtain new job knowledge and enhance skills.

Employment Assistance

NC Department of Commerce Division of Employment Security: 919-560-6880
des.nc.gov/des
1105 Briggs Avenue, Durham
Provides employment services, unemployment insurance, and labor market information to the North Carolina workers, employers, and the public.

Part-Time Employment

National Caucus and Center on Black Aged: 336-229-6384
Senior Community Service Employment Program
www.ncba-aged.org
409 Alamance Road, Burlington 27215
Provides part-time work experience and training in community service for low-income persons over the age of 55.

NC Department of Commerce Division of Employment Security: 919-560-6880
desncc.com
1105 Briggs Avenue, Durham
Provides employment services, unemployment insurance, and labor market information to the North Carolina workers, employers, and the public.
Elder Abuse, Neglect, Exploitation and Domestic Violence

North Carolina General Statutes state that a disabled adult age 18 years or older “shall be in need of protective services if that person, due to physical or mental incapacity, is unable to perform or obtain for himself [herself] essential services and, if that person is without able, responsible, and willing persons to perform or obtain for him [her] essential services.” North Carolina General Statutes further require that “any person having reasonable cause to believe that a disabled adult is in need of protective services, shall report such information” to the County Department of Social Services. DCSL Staff can make reports anonymously.

**Department of Social Services Adult Protective Services:** 919-560-8000  
414 E. Main Street, Durham  
Assesses reports of abuse, neglect or exploitation of elderly or disabled adults. Services may include guardianship, adult day care or in-home aides to assure safety.

**Durham Crisis Response Center:** 919-403-9425  
(24 Hour Crisis Line: English 919-403-6562 or Español 919-519-3735)  
[www.durhamcrisisresponse.org](http://www.durhamcrisisresponse.org)  
206 N. Dillard Street, Durham  
Provides comprehensive shelter and support services in the Durham area, including counseling, legal advocacy, support groups, and shelter to survivors and their families in the aftermath of domestic or sexual violence.

**Durham Police Department Emergency:** 911

**Elana B. Spaulding Conflict Resolution Center:** 919-680-4575  
[www.crc-mediation.org](http://www.crc-mediation.org)  
[info@crc-mediation.org](mailto:info@crc-mediation.org)  
510 South Dillard Street, Durham 27701  
Assists domestic violence victims through mediation and conflict resolution.

**National Center on Elder Abuse (at the Tech School of Medicine at the University of Southern California):** 1-855-500-3537  
*To report elder abuse or abuse in a nursing home or long-term care facility, call NCDHHS 800-662-7030*  
[ncea.acl.gov/](http://ncea.acl.gov/)
Email: ncea-info@aoa.hhs.gov
Directed by the U.S. Administration on Aging, the National Center on Elder Abuse is committed to helping national, state, and local partners to be fully prepared to ensure that older Americans will live with dignity, integrity, independence, and without abuse, neglect, and exploitation.

NC Coalition against Domestic Violence:
919-956-9124 or 888-232-9124
www.nccadv.org
3710 University Drive, Suite 140, Durham
Creates social change through the elimination of the institutional, cultural, and individual oppressions that contribute to domestic violence.

Financial Counseling
A financial broker is an expert in financial matters, providing services to both companies and individuals. Services can include personal financial planning, life and serious illness insurance coverage, income protection, health insurance, savings, investments, pensions, retirement planning, business financial planning, inheritance tax planning, mortgages and commercial finance.

Certified Financial Planners Board of Standards: 800-487-1497
www.cfp.net
On-line Locator service to find a Certified Financial Planner

Homeland Estate and Financial Services: 919-679-4337
www.homelandestateandfs.com/
3626 Shannon Rd., Suite 104, Durham

HPF Hope Hotline: 888-995-4673
The purpose of this organization is to help homeowners avoid foreclosure
www.995hope.org

Legal Aid of NC: 919-688-6396 / 800-331-7594 (Senior Law Project: 877-579-7562)
www.legalaidnc.org
201 W. Main Street, Suite 400, Durham
Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities
are helped with legal problems affecting basic human needs, such as housing, employment and income. Ask about the **Mortgage Foreclosure Project**.

**National Association of Personal Financial Advisors:** 847-483-5400  
[www.napfa.org](http://www.napfa.org)  
Free locator service online.

**U.S. Financial Literacy and Education Commission:** 888-696-6639  
[www.mymoney.gov](http://www.mymoney.gov)  
Provides information on budgeting and retirement planning.

## Financial and Legal Preparations

Resources below are intended to support you as you plan legally and financially.  
*More information about planning for the future can be found in Section 5.*

### Advanced Directives and Other Services

**Legal Aid of NC:** 919-688-6396 / 800-331-7594 *(Senior Law Project: 877-579-7562)*  
[www.legalaidnc.org](http://www.legalaidnc.org)  
201 W. Main Street, Suite 400, Durham  
Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families and communities are helped with legal problems affecting basic human needs, such as housing, employment and income.

**NOLO Self Help Law Center:** 800-728-3555  
[www.nolo.com](http://www.nolo.com)  
950 Parker Street, Berkeley, CA  
Free legal information, law books, legal software, legal forms and lawyer directory.

**NC Department of the Secretary of State:** 919-814-5400  
[www.dconc.gov/government/departments-f-z/tax-administration](http://www.dconc.gov/government/departments-f-z/tax-administration)  
2 S. Salisbury St., Raleigh 27601  
Advanced Health Care Directive Registry.
Elder Law and Estate Attorneys

**Carolina Estate Counsel:** 919-741-6565  
[www.carolinaestatecounsel.com](http://www.carolinaestatecounsel.com)  
5540 Centerview Drive, Suite 200, Raleigh

**Dewitt Law, PLLC:** 919-388-8200  
118 E. Main Street, Suite A, Carrboro

**Law Office of Douglas E. Koenig, PLLC:** 919-883-2800 or 984-234-5550  
[www.dougkoeniglaw.com](http://www.dougkoeniglaw.com)  
[info@dougkoeniglaw.com](mailto:info@dougkoeniglaw.com)  
Customer meetings: 2530 Meridian PKWY, Suite 300, Durham 27713  
Corporate office: 9121 Anson Way, Suite 200 Raleigh 27615

**Walker Lambe, PLLC:** 919-493-8411  
[www.walkerlambe.com](http://www.walkerlambe.com)  
240 Leigh Farm Road, Suite 100, Durham  
102 Market Street, Suite 105, Chapel Hill

Retirement

**AARP:** 888-687-2277 (*TTY: 877-434-7598; Español: 877-342-2277*)  
[www.aarp.org/money/retirement](http://www.aarp.org/money/retirement)  
On-line tools and information.

**Choose to Save** 202-659-0670  
[www.choosetosave.org/calculators](http://www.choosetosave.org/calculators)  
Retirement calculator and information on-line.

**Federal Deposit Insurance Corporation:** 877-275-3342  
The Money Smart program may be used by financial institutions and other organizations interested in sponsoring financial education workshops.

**Future Planning Services, LLC:** 919-451-9223  
[www.futureplanningservices.com](http://www.futureplanningservices.com)  
5011 Southpark Dr., Suite 240 Durham 27713
Provides help to pre-plan and pre-fund for end of life events. This includes, but is not limited to: funeral and final expense planning, as well as other details associated with this stressful time.

**Money Matters:** 919-560-0521 or 919-560-0525
moneymatters.ces.ncsu.edu/
721 Foster Street, Durham
Provides opportunities to continue to learn, adapt, and improve our approach to financial decisions

**Social Security Administration:** 800-772-1213
www.ssa.gov/retire2
Retirement Planner available online application for Social Security benefits.

**U.S. Financial Literacy and Education Commission:** 800-333-4636
www.mymoney.gov
One-stop shop for federal financial literacy and education programs, grants and other information.

**Women’s Institute for a Secure Retirement (WISER):** 202-393-5452
www.wiserwomen.org
1001 Connecticut Avenue #730, Washington, DC 20036
Provides retirement and estate planning information.

**Reverse Mortgages**

**Reverse Mortgage/Home Equity Conversion Mortgage Counseling**
Reverse mortgage is a loan secured by home equity that does not need to be repaid until the end of the loan term, which is usually when the homeowner can no longer occupy the home as a principal residence, sells the home, or dies. According to a North Carolina statute, you are required to receive counseling from a state-certified housing counselor who will help you understand. A borrower may be charged for this service. If you receive a reverse mortgage, you are still responsible for maintenance, insurance and taxes for the home. To qualify for a reverse mortgage, you and any co-borrower must be at least 62 years old, must own your home free and clear (or have a very low outstanding debt) and must occupy the home as your primary residence.

**Bank of England/ENG Lending:** 919-876-8400
www.boereversemortgage.com/
Selecting an Attorney

**American Bar Association:** 800-285-2221  
www.abanet.org/lawyerlocator/searchlawyer.html

**National Academy of Elder Law Attorneys:** 703-942-5711  
www.naela.org  
1577 Spring Hill Road #310 Vienna, VA 22182

**NC Bar Association Lawyer Referral Service:** 919-677-8574 or 800-662-7660  
www.ncbar.org

Social Security, Supplemental Security Income (SSI),  
And Retirement Benefits

Resources listed below are intended to help you find information about your Social Security and Retirement Benefits.

**Benefits.gov:** 800-333-4636  
www.benefits.gov
Benefits.gov is the official benefits website of the U.S. government, with information on over 1,000 benefit and assistance programs.

**Benefits Checkup:** 800-677-1116  
www.benefitscheckup.org
Find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, health care and other needs.

**Pension Benefit Guaranty Corporation (PBGC):** 800-400-7242 or 202-326-4000  
www.pbgc.gov  
1200 K Street NW, Washington, DC 20005
Guarantees “basic benefits” earned before your employer’s plan’s termination date and assists retirees in locating lost pensions.
Social Security Administration: 888-759-3908
National Line: 7:00am - 7:00pm (M -F)
Automated Services: 800-772-1213 (TTY: 800-325-0778; Fax: 919-541-5443)
www.ssa.gov
3511 Shannon Road, Suite 200, Durham
Services are delivered through a network of offices that meet the changing needs of the public. May apply for Social Security benefits, Medicare and Disability benefits.

Taxes
Resources listed below are intended to help you find information about your taxes.

General Tax Information and Assistance

County Tax Office: 919-560-0300
www.durhamcountync.gov/departments/txad
200 E. Main Street, 1st Floor Old Courthouse Durham
Provides Property Tax Filing and Tax Exemption forms.

Internal Revenue Service (IRS): 800-829-1040 (TDD: 800-829-4059)
www.irs.gov
Provides information and forms for filing federal taxes.

NC Department of Revenue: 877-252-3052 (General Information) or 877-252-4052 (Individual Income Tax Refund Inquiry)
www.ncdor.gov/
Provides information and forms for filing state taxes.

Volunteer Income Tax Assistance (VITA):
919-536-7247, ext. 5301
www.durhamtech.edu/html/aboutdt/rsvp.htm
1637 Lawson Street, Durham
Free seasonal assistance with income tax filing offered at several locations. Call for dates and times. (Can also contact Reinvestment Partners 1100 E. Geer St., Durham 27702; 919-667-1000)
Property Tax Relief for Elderly and Disabled

Durham County Tax Administration: 919-560-0300
www.tax.durhamcountync.gov
201 E. Main Street, 3rd Floor, Durham
Section 4: Housing Options

Independent Living Support Services

Many older and disabled adults can live independently. However, some may need assistance in order to continue living in their own home. Listed below are resources that may help disabled adults continue living independently.

Emergency Response Systems

ADT Home Health Security Services: 800-489-2080
www.adt.com

Carolina Medical Alerts: 919-479-6050
www.trianglelifeline.com
4220 NC Hwy 55 #335, Durham

First Security Service, Inc.: 919-383-7610 or 800-446-8602
www.firstsecurityserviceinc.com/
Email: kimc@firstsecurityserviceinc.com
4319 Western Park Pl, Durham 27705

Guardian Medical Monitoring: 877-435-7225
www.guardianmedicalmonitoring.com

Life Aid Medical Alert: 800-998-2400
www.lifeaid.com/

LifeFone Medical Alert System: 800-331-9198
www.lifefone.com
info@lifefone.com

Home Repairs/Modifications

When doing home repairs and modifications, remember:
• Never let a door-to-door sales clerk into your home unless you know him or her.
• It is never wise to sign a contract for any service until you get recommendations from someone who has used the repair service for a similar project.
• Check to be sure the repair service is licensed and bonded.
• Check with the Better Business Bureau about the repair services’ record.

**City of Durham Community Development Department:** 919-560-4570
durhamnc.gov/445/Community-Development
807 E. Main St., Durham

**Durham Habitat for Humanity:** 919-682-0516
www.durhamhabitat.org
215 N. Church Street, Durham
Builds and repairs homes.

**Independent Living Supports and Special Equipment for the Home**

**Daily Phone Contact Hopeline, Inc.:** 919-231-4525 (*Toll free: 877-235-4525*)
www.hopeline-nc.org
Brief “check-in” calls to senior citizens who are continuing to live independently with little or no daily contact with others. These daily calls provide reassurance and a reminder that there is a compassionate person who cares and is willing to listen.

**Durham Center for Senior Life:** 919-688-8247
www.dcslnce.org
Email: info@dcslnce.org
406 Rigsbee Avenue, Durham
Provides weekday calls to seniors who are homebound or may have limited contact with other people. Volunteers make the telephone reassurance calls to older adults in Durham County.

**Independent Living Rehabilitation:** 919-560-6810, 888-666-4916
4312 Western Park Place, Durham
Provides medical equipment to disabled individuals to promote independent living and prevent institutionalization.

**NC Assistive Technology Project:** 919-850-2787, 919-368-5417
www.ncatp.org/
1110 Navaho Dr. Ste. 101, Raleigh 27609
Provides assistive technology services statewide to people of all ages and abilities.
Long Term Care
Resources listed below are intended to support your search when considering housing options.

**Assisted Living Communities**

Assisted living facilities are for people needing assistance with Activities of Daily Living (ADLs) but wishing to live as independently as possible for as long as possible. Assisted living exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves but do not require constant care either. Assisted living facilities offer help with ADLs such as eating, bathing, dressing, laundry, housekeeping, and assistance with medications. Many facilities also have centers for medical care; however, the care offered may not be as intensive or available to residents as the care offered at a nursing home. Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care appropriate for many seniors.

**Atria Southpoint Walk:** 919-401-0100
5705 Fayetteville Road, Durham

**Autumn’s Way Care Home:** 919-402-0442
[www.lynnscarevillage.com](http://www.lynnscarevillage.com)
4811 Bay Point Drive, Durham

**Brookdale Macarthur Park:** 919-263-0496
[www.brookdaleliving.com](http://www.brookdaleliving.com)
111 MacArthur Drive, Cary
Personalized Assisted Living, Alzheimer’s and Dementia Care.

**Brookdale Meadowmont:** 919-918-7600
[www.brookdaleliving.com](http://www.brookdaleliving.com)
100 Lanark Road, Chapel Hill
Personalized Assisted Living, Alzheimer’s and Dementia Care.

**Brookdale Durham:** 919-479-9966
[www.brookdaleliving.com](http://www.brookdaleliving.com)
4434 Ben Franklin Boulevard, Durham
Personalized Assisted Living, Alzheimer’s and Dementia Care.
Brookdale Wake Forest: 919-636-4255
www.brookdaleliving.com
611 S. Brooks Street, Wake Forest
Personalized Assisted Living, Alzheimer’s and Dementia Care.

Brookdale Chapel Hill: 919-636-5247
www.brookdaleliving.com/
2220 Farmington Drive, Chapel Hill
Personalized Assisted Living, Alzheimer’s and Dementia Care.

Brookdale North Raleigh: 919-268-8938
www.brookdaleliving.com/
1200 Carlos Drive, Raleigh
Personalized Assisted Living, Alzheimer’s and Dementia Care.

Calyx Living of Durham: 919-471-0091
www.calyxseniorliving.com
4214 Guess Road, Durham 27712

Camellia Gardens: 919-544-0257
5010 S. Alston Avenue, Durham

Carillon Assisted Living of Durham: 919-636-5141
www.carillonassistedliving.com
4713 Garrett Road, Durham
Our philosophy is based on three foundational pillars: wellness, preservation of dignity and Independence, and social interaction and well-being.

Carillon Assisted Living of Hillsborough: 919-732-9040
www.carillonassistedliving.com
1911 Orange Grove Road, Hillsborough
Our philosophy is based on three foundational pillars: wellness, preservation of dignity and Independence, and social interaction and well-being.

Croasdaile Village: 919-384-2000
www.croasdailevillage.com
2600 Croasdaile Farm Parkway, Durham
Durham County Long Term Care: 
longtermcare.durhamcountync.info/
Matthew Thompson – (919) 560–8630
Avon Hymes – (919) 560-8635
Jo Ann Hooper – (919) 560-8494
You may call between the hours of 8:15am to 5:30pm Monday through Friday.

Durham Ridge Assisted Living: 919-596-9464 
www.durhamridgeassistedliving.com
3420 Wake Forest Highway, Durham
The agency is a 142-bed facility for Alzheimer’s and Dementia related care. Our mission is to provide top-level care to both Medicaid and private Pay residents.
** Temporary COVID-19 changes: No visiting hours

Eden Spring Living Center: 919-544-0874
3812 Booker Street, Durham
An assisted living residence with 24-hour personal care services to residents directly through licensed or hospice agencies.

Eno Pointe Assisted Living: 919-471-6306
5600 N. Roxboro Road, Durham
All-inclusive long-term care facility at an affordable price. Our goal is to allow residents to preserve their dignity and individuality throughout the aging process. Eno Pointe’s staff is specially trained to care for residents affected by Alzheimer’s and other forms of dementia.

Seasons at Southpoint: 919-484-8518
www.seasonsatsouthpoint.com
1002 E. Highway 54, Durham
24-hour service, COVID-19 has caused restricted visits 9am-5pm.

Spring Arbor: 919-403-0055 or 919-403-5667 
www.springarborliving.com
Only Medicaid personnel. The services provided allow residents to maintain healthy lifestyles by encouraging movement and socializing with their peers. Services provided include Diabetic, incontinence and Non Ambulatory Care.
** Temporary COVID-19 changes: No Visitors at this time.
Continuing Care Retirement Communities

Continuing Care Retirement Communities offer a continuum of care to older adults under a contract for the life of the resident, including independent living, assisted living, and skilled nursing care. Housing options consist of cottages, townhomes, and apartments with a variety of services, such as restaurant-style dining, crafts, fitness centers, beauty/barber shops, walking trails, gardens, golf courses, transportation services, social services, and other amenities.

**Carol Woods:** 919-968-4511, 800-518-9333  
[www.carolwoods.org](http://www.carolwoods.org)  
750 Weaver Dairy Road, Chapel Hill  
A nonprofit continuing care retirement community that offers a supportive residential style environment in which the highest quality of care is provided with a focus on a meaningful daily lifestyle. Residents organize and manage more than 80 activities and interest groups, resident driven model.  
**Temporary COVID-19 changes:** Dining rooms are closed, weekly concerts and lectures have ceased and lounge areas are off limits. Outside Visitors are not allowed to come into resident homes, only outdoor visits are allowed.

**Carolina Meadows:** 919-942-4014  
[www.carolinameadows.org](http://www.carolinameadows.org)  
100 Carolina Meadows, Chapel Hill  
A non-profit, fully accredited continuing care retirement community. A resident driven culture allows resident well-being and concerns to be top priority.

**Croasdaile Village:** 919-384-2000  
[www.croasdailevillage.com](http://www.croasdailevillage.com)  
2600 Croasdaile Farm Parkway, Durham  
Offers residents a continuum of care that includes independent and assisted living residences, and onsite health clinic and a skillful nursing center. Accepts Medicaid and Medicare to provide worry-free care.

**Senior Guidance:** 888-595-9101  
[https://www.seniorguidance.org/](https://www.seniorguidance.org/)  
An organization dedicated to providing senior living assistance to the elderly. At Senior Guidance, our mission is to help senior citizens during their most difficult times. Senior Guidance provides numerous helpful resources and articles on
Alzheimer’s disease, memory care, senior living, aging, senior care, caregiving, and more. In addition, we enable seniors and caregivers to search and find 50,000+ assisted living facilities across every city, town, and county in the United States.

The Cedars of Chapel Hill: 919-259-7000, 877-433-3669
www.cedarsofchapelhill.com
100 Cedar Club Circle, Chapel Hill
Plan community with continuum of care services, which consist of a health center, a wellness clinic, home care, assisted living, memory care and skilled nursing on site.

The Forest at Duke: 919-490-8000
www.forestduke.org
2701 Pickett Road, Durham
A non-profit corporation that specializes in continuum of care that includes clinics, therapy services and neighborhood living.

Family Care Homes

Family Care Homes provide room and board, 24-hour supervision and services for clients needing assistance with ADLs and some health care needs.

Jua Valley Family Care Home: 866-654-1113
6 Jua Valley, Durham 27707
Provides room and board and 24-hour supervision and non-medical health care services.

Prestige Family Care Home: 919-201-3265
www.prestigefamilycarehomes.com
info@prestigefamilycarehomes.com
1420 E. Club Blvd., Durham 27704

Ramsgate Family Care Home: 919-477-6717 or 919-360-1300
www.ramsgatefch.com
bcopela@hotmail.com
3676 Guess Road, Durham 27705
Housing for Seniors

Federally Subsidized and Affordable Rental Senior Housing
The North Carolina Fair Housing Act makes it illegal to discriminate in housing because of race, color, religion, sex, national origin, physical or mental handicaps, or family status (families with children).

Carver Creek Apartments: 919-471-6913
531 E. Carver Street, Durham

Durham Hosiery Mill Apartments: 919-682-4866
804 Angier Avenue, Durham

Durham Housing Authority: 919-683-1551
www.durhamhousingauthority.org
330 E. Main Street, Durham

J.F.K. Towers: 919-477-9813
4900 N. Roxboro Road, Durham

Lakeside Gardens: 919-484-0390
820 Martin Luther King Parkway, Durham 27701

Maple Court Apartments: 919-477-0571
207 Commons Boulevard, Durham 27704

Maplewood Square: 919-402-1684
dhic.org/property/maplewood-square/
Email: maplewood-square@cmc-nc.com
1520 Chapel Hill Road, Durham

Morehead Hills Apartments: 919-683-2713
500 Cobb Street, Durham

Morning Glory Senior Village: 919-667-9907
www.morninggloryapts.com/
1107 Morning Glory Avenue, Durham
Mutual Manor Apartments: 919-956-7481
3146 Fayetteville Street, Durham

New Bethel and L.W. Reid Homes: 919-286-7898
2614 Crest Street, Durham
Age requirement: 62 years of age or older

Placement Services Senior Housing Consultants: 877-724-4318
www.seniorliving.org/placement-agencies/
Looking for senior housing? Allow us to help you find the best fit!

Preiss-Steele Place: 919-479-5050
www.durhamhousingauthority.org/our-communities/preiss-steele/
500 Pickwick Tr., Durham

Rockwood Cottages: 919-403-9051
14 Wood Cottage Court, Durham 27707

Senior Guidance: 888-595-9101
https://www.eniorguidance.org/
An organization dedicated to providing senior living assistance to the elderly. At Senior Guidance, our mission is to help senior citizens during their most difficult times. Senior Guidance provides numerous helpful resources and articles on Alzheimer’s disease, memory care, senior living, aging, senior care, caregiving, and more. In addition, we enable seniors and caregivers to search and find 50,000+ assisted living facilities across every city, town, and county in the United States.

St. Joseph’s Place: 919-682-9807
www.uchas.org/st-josephs-place-durham-nc-affordable-housing
506 Hope Avenue, Durham

Veranda at Whitted School: 919-680-8900
www.verandawhittedschool.com
200 E. Umstead St. Durham
**Long-Term Acute Care Hospitals**

Long Term Acute Care hospitals are different from acute care in nursing homes in that most cases are there for 20 days or more. Long term acute care provides medically complex treatment and may include weaning patients off ventilators, occupational, speech or physical therapy, pulmonary, critical care and other rehabilitation. These hospitals provide aggressive care to patients who are ill, have few options left and need prolonged recovery time.

**Kindred Hospital:** 336-271-2800 or 336-604-2300  
2401 S. Side Boulevard, Greensboro

**LifeCare Hospitals of North Carolina:** 252-451-2300  
1051 Noell Lane, Rocky Mount 27804

**Nursing Homes**

Nursing home facilities provide care (usually long-term) of patients who are not sick enough to need hospitalization but need either rehabilitative care (to return home to independent living or supported living with family or assisted living facility), or need long term medical care due to chronic and disabling disorders.

**Brian Center Southpoint:** 941-391-0168  
Admissions: 919-930-4781 General: 919-544-9021 Phone time: 11am-7pm  
[www.bcsouthpoint.com/](http://www.bcsouthpoint.com/)  
6000 Fayetteville Road, Durham 27713

**The New Carver Rehabilitation & Living Center:** 919-471-3558  
[www.carverlivingcenter.com](http://www.carverlivingcenter.com)  
303 E. Carver Street, Durham  
**Temporary COVID-19 changes:** visitation is restricted at this time.

**Croasdaile Village:** 919-384-2516  
[www.croasdailevillage.com](http://www.croasdailevillage.com)  
2600 Croasdaile Farm Parkway, Durham

**Durham Nursing and Rehabilitation Center:** 919-383-5521  
[www.durhamnursingrehab.com](http://www.durhamnursingrehab.com)
411 S. LaSalle Street, Durham

**Hillcrest Convalescent Center**: 919-286-7705
[www.hillcrestnc.com](http://www.hillcrestnc.com)
Email: info@hillcrestnc.com
1417 W. Pettigrew Street, Durham

**Treyburn Rehabilitation Center**: 919-477-4474
[www.treyburnrehabilitation.com](http://www.treyburnrehabilitation.com)
2059 Torredge Road, Durham
Provides a variety of short- and long-term rehabilitation and nursing services.

**Pettigrew Rehabilitation**: 919-286-0751
[www.pettigrewrehab.com/](http://www.pettigrewrehab.com/)
1515 W. Pettigrew Street, Durham

**Concordia Transitional Care and Rehabilitation at Rose Manor**: 919-477-9805
[www.rosemanorhc.com](http://www.rosemanorhc.com)
4230 N. Roxboro Road, Durham

**The Cedars of Chapel Hill**: 919-259-7000
[www.cedarsofchapelhill.com](http://www.cedarsofchapelhill.com)
100 Cedar Club Circle, Chapel Hill

**The Forest at Duke**: 919-490-8000
[forestduke.org/](http://forestduke.org/)
2701 Pickett Road, Durham

**Pruitt Health of Durham**: 919-383-1547
[www.uhs-pruitt.com](http://www.uhs-pruitt.com)
3100 Erwin Road, Durham

**Pruitt Health-Carolina Point**: 919-402-2450
5935 Mount Sinai Road, Durham
Retirement and Independent Living Communities

Retirement Communities offer an independent lifestyle for older adults. Services can include shopping, social events, prepared meals, and transportation services. Retirement communities do not offer health care or assistance to older adults who are ill.

**Alta Walk:** 919-405-2141  
5705 Fayetteville Road, Durham

**Croasdaile Village:** 919-384-2000, 800-960-7737  
[www.croasdailevillage.com](http://www.croasdailevillage.com)  
2600 Croasdaile Farm Parkway, Durham

**Durham Regent Retirement Community:** 919-372-0472  
[www.holidaytouch.com/Our-Communities/durham-regent.aspx](http://www.holidaytouch.com/Our-Communities/durham-regent.aspx)  
3007 Pickett Road, Durham

**Emerald Pond Retirement Community:** 919-629-0373  
[www.holidaytouch.com/Our-Communities/emerald-pond.aspx](http://www.holidaytouch.com/Our-Communities/emerald-pond.aspx)  
205 Emerald Pond Lane, Durham

**Brookdale North Raleigh:** 919-334-2222  
1200 Carlos Drive, Raleigh  
Personalized Assisted Living, Alzheimer’s and Dementia Care.

Relocation and Transition Services

Resources in this section may be useful when planning a move for yourself or a loved one.

**Triangle Senior Moving:** 919-522-4144  
[www.triangleseniormoving.com](http://www.triangleseniormoving.com)  
Help seniors with downsizing, moving into a new home, they help with cleaning, liquidation, running errands, personal shopping, organizing, and decluttering.
Caring Transitions: 844-220-5427
www.caringtransitions.com/Services/Relocation
It takes more than a moving company to relocate someone who has a lifetime of memories and belongings. From photos and collectibles to dishes and books, these items hold special value and need to be considered when planning a move. When it’s time for you or a loved one to move, our professional team will manage the entire relocation process from start to finish.

Carolina Relocation & Transition Specialist: 919-610-1888
www.carolina-RTS.com
Free in home assessment.
Our Mission: “To provide superior service to our clients as we assist them through their Individual life transitions.”

Move Elders with Ease: 919-218-4783
www.moveelderswithease.com
susan@MoveEldersWithEase.com
3434 Edwards Mill Road, Ste. 112-138, Raleigh 27612

Rental Assistance and Temporary Housing
The table below lists organizations that provide either shelter services or rental assistance. Contact DCSL Support Services if you would like further assistance.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Shelter Services</th>
<th>Rental Assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Social Services DAAS: Crisis Services</td>
<td>Call 919-560-8000 for an appointment. 414 E. Main Street, Durham Provides a wide range of services for elderly and disabled adults seeking emergency assistance.</td>
<td>You must bring: - ID - Proof of Income - Bills needing assistance with - Expenses for past 30 days</td>
</tr>
<tr>
<td>Durham Crisis Response Center : Temporary Emergency Shelter</td>
<td>durhamcrisisresponse.org</td>
<td>DCRC’s emergency shelter gives women and children a safe and supportive environment where they can begin to recover from the effects of domestic violence.</td>
</tr>
<tr>
<td>24-Hour Crisis Line: 919-403-6562 (English); 919-519-3735 (Español)</td>
<td>Temporary emergency shelter and 24-hour crisis line for victims of domestic violence and sexual assault. Also available: survivor’s groups, case</td>
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</tbody>
</table>

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management, counseling, and legal advocacy. Spanish-speaking staff is available.

**Durham Rescue Mission**  
919-688-9641 or 919-688-4909  
[www.durhamrescuemission.org](http://www.durhamrescuemission.org)  
1201 E. Main Street, Durham  
Monday – Friday: 8:00am - 4:00pm. Single men, single women, families.

**Freedom House (MEN ONLY)**  
919-425-5472  
[freedomhouserecovery.org/](http://freedomhouserecovery.org/)  
529 Holloway Street, Durham  
Transitional housing for recovering substance abuse persons.  
MEN ONLY

**Freedom House (WOMEN ONLY)**  
919-957-7386  
[freedomhouserecovery.org/](http://freedomhouserecovery.org/)  
407 Salem Street, Durham  
Transitional housing for recovering substance abuse persons and mental health.  
WOMEN ONLY

**Genesis Home (for Families with Children)**  
919-683-5878  
[www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10516](http://www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10516)  
300 N. Queen Street, Durham  
Transitional housing for recovering substance abuse persons, families with children only. No single persons.  
NO SINGLE PERSONS

**Housing for New Hope (Dove House)**  
919-682-3777  
1406 Holloway Street, Durham  
Transitional housing for recovering substance abuse individuals. Women only. Emphasis on addiction recovery; vocational development, life skills.  
WOMEN ONLY  
365 days a year: 4:00pm - 7:00pm

**Interfaith Hospitality Network**  
919-682-2846  
1216 N. Roxboro Street, Durham  
Family shelter; six family capacity, families only; generally a waiting period. No services for recently recovering or active substance abusers, Maximum stay is 90 days.  
FAMILIES ONLY  
Monday - Friday 9:00am - 5:30pm

**Oxford Houses**  
See below for details

**Salvation Army**  
919-688-7306 ext. 100  
Call office between 7:30 and 8:00 am for an appointment.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Mile Ministry Greystone Baptist Church</td>
<td>2601 Hillsborough Road, Durham</td>
<td>919-286-3596</td>
<td><a href="http://www.gsdurham.com/#/ministries/second-mile">www.gsdurham.com/#/ministries/second-mile</a></td>
<td>Monday-Friday 8am-5pm, Wednesdays: 9:00am - 12:00pm. Arrive on site between 7:00 and 7:30am (first 35 families are seen).</td>
</tr>
<tr>
<td>White Rock Baptist Church</td>
<td>3400 Fayetteville Street, Durham</td>
<td>919-688-8136</td>
<td><a href="http://www.whiterockbaptistchurch.org">www.whiterockbaptistchurch.org</a></td>
<td>3rd Tuesdays. Door opens at 6:00am (first 25 people are seen).</td>
</tr>
<tr>
<td>Urban Ministries Community Shelter</td>
<td>412 Liberty Street, Durham</td>
<td>919-682-0538 (ext. 21)</td>
<td><a href="http://umdurham.org">umdurham.org</a></td>
<td>Pre-check in: 6:30pm, Check in: 7:00pm - 8:30pm, 365 days a year.</td>
</tr>
<tr>
<td>Urban Ministries Durham (Mission Society)</td>
<td>410 Liberty Street, Durham</td>
<td>919-682-0538 (ext. 26)</td>
<td><a href="http://umdurham.org">umdurham.org</a></td>
<td>Call for appointment, leave message. Must provide proof of children, age, or disability. <strong>Temporary COVID-19 changes:</strong> In person intakes are not currently available. Call 984-287-8309 to setup an appointment.</td>
</tr>
</tbody>
</table>
North Carolina State Oxford Houses: 919-395-8192
www.oxfordhousenc.org
Email John Fox Regional Outreach Manager: john.fox@oxfordhouse.org
Transitional housing for recovering substance abuse persons. Oxford Houses are a clean and sober housing option for individuals in recovery, first established in Durham and Asheville in 1991. Individuals typically enter an Oxford House after completing a drug and alcohol treatment program, and are expected to participate in a recovery program in the community during their residence.

<table>
<thead>
<tr>
<th>Oxford House Address &amp; Phone</th>
<th>Men Only</th>
<th>Women Only</th>
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</thead>
<tbody>
<tr>
<td>Oxford House Amhurst Road: 919-237-3401</td>
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<td>X (&amp; children)</td>
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<tr>
<td>6420 Amhurst Road, Durham</td>
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<tr>
<td>Oxford House Brandon Road: 919-381-4632</td>
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<td>X</td>
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<tr>
<td>915 Brandon Road, Durham</td>
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<tr>
<td>Oxford House Central: 919-385-4668</td>
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<td>X</td>
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<tr>
<td>1804 Primrose Place, Durham</td>
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<tr>
<td>Oxford House Driver: 919-251-9385</td>
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<td>X</td>
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<tr>
<td>3013 Oxford Drive, Durham</td>
<td></td>
<td></td>
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<tr>
<td>203 Pekoe Street, Durham</td>
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<tr>
<td>Oxford House Ferris: 919-237-2667</td>
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<td>X</td>
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<tr>
<td>715 Ferris Road, Durham</td>
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<tr>
<td>Oxford House Gardenview: 919-251-9831</td>
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<td>X</td>
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<tr>
<td>8 Gardenview Place, Durham</td>
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<tr>
<td>Oxford House Maynard: 919-294-6598</td>
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<td>X</td>
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<tr>
<td>412 E. Maynard Avenue, Durham</td>
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<tr>
<td>Oxford House McGehee Street: 919-908-9078</td>
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<tr>
<td>2411 McGehee Street, Durham</td>
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<tr>
<td>Oxford House Moreene Road: 919-767-0099</td>
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<td>X</td>
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<tr>
<td>518 Moreene Road, Durham</td>
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<tr>
<td>Oxford House Peace Street: 919-381-6647</td>
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<tr>
<td>2815 Wyeth Street, Durham</td>
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<tr>
<td>Oxford House Shirley Street: 919-237-2694</td>
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<tr>
<td>2510 Shirley Street, Durham</td>
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<tr>
<td>Oxford House Spaulding: 919-748-4647</td>
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<td>103 Erie Street, Durham</td>
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<tr>
<td>Oxford House Triangle: 919-908-9025</td>
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<td>X</td>
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<tr>
<td>5218 Revere Road, Durham</td>
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Section 5: Planning Ahead

Emergency Preparedness
This section contains resources that may be useful as you plan in case of a personal emergency or natural disaster, or begin to recover after experiencing one.

Disaster Preparedness Contacts

Duke Energy: 
To report power outages: 800-769-3766

Piedmont Electric Membership Corporation: 800-222-3107
To report power outages: 800-449-2667
pemc.coop/

PSNC/Dominion Energy: 877-776-2427 or 877-867-7627
To report gas leak: 911 and then 877-776-2427
www.psncenergy.com
2541 Whilden Drive, Durham 27713

Durham City Fire Department:
Emergency: 911; Non-emergency: 919-560-4251
durhamnc.gov/620/Fire-Department

Durham City Police Department
Emergency: 911; Non-emergency: 919-560-4600 or 919-560-4601
www.durhampolice.com

Durham County Emergency Management: 919-560-0660
During a disaster: 919-560-HELP (919-560-4357)
Sign up for alerts at: https://member.everbridge.net/892807736725273/login
2422 Broad Street, Durham

Durham County Emergency Medical Services:
Emergency: 911; Main Number: 919-560-8285
www.dconc.gov/government/departments-a-e/emergency-medical-services/the-durham-county-ems-system
Durham County Sheriff’s Office:
Emergency: 911; Non-emergency: 919-560-0897
www.durhamsheriff.com/

Disaster Recovery

American Red Cross: 919-489-6541 or 800-733-2767
www.redcross.org/
4737 University Drive, Durham
Provides food and shelter for fire or natural disaster only.

DisasterAssistance.gov: www.disasterassistance.gov
On-line application for disaster assistance.

Durham County Emergency Management: Main Number: 919-560-0660
During a disaster: 919-560-HELP (919-560-4357)
2422 Broad Street, Durham
Responsible for maintaining the County Emergency Operations Plan, and will be the coordinating agency for all emergency response/recovery force activity when the emergency operations plan is implemented. It will be the agency through which the County Board of Commissioners and the Durham City Council exercise the authority vested in them during accidents and disasters.

Apply online for help after a disaster: www.fema.gov
FEMA’s mission is to support citizens and is first responder to ensure that agencies together to build, sustain, and improve the capability to prepare for, protect against, respond to, recover from, and mitigate all hazards during a dissuader.

NC Department of Health and Human Services
www.ncdhhs.gov
Download the customizable Family Disaster Plan at: www.ncdhhs.gov/document/dhhs-family-disaster-plan

Ready.gov: 800-BE READY or 800-237-3239
www.ready.gov
Offers disaster preparedness information.
End of Life Planning

This section contains resources that may be useful as you get your affairs in order to prepare for a possible personal emergency, or as you prepare yourself or your loved ones for the end of life process.

End of Life Planning

The Living Bank (Organ Donation): 800-528-2971
www.livingbank.org/
Donating your organs can save lives! Anyone can be a donor, regardless of their age, race, or medical history, and all major religions in the United States support organ donations. Call the number above or visit the website for more information.

Project Compassion: 919-402-1844
www.project-compassion.org
180 Providence Road, Suite 1-C, Chapel Hill
Creates community and provides support for people living with serious illness, caregiving, end of life and grief.

Hospice Services

Hospice care is provided by health professionals and volunteers giving medical, psychological and spiritual support to help people who are dying have peace, comfort and dignity. Hospice programs also provide services to support a patient’s family.

3HC Hospice Services: 800-692-4442 or 919-735-1387
www.3hc.org
Email: info@3hc.org
Home health, nursing PTOT, speech therapy, home health aide, social work, hospice and private duty.

Amedisys Hospice: 919-773-4865
www.amedisys.com
220 New Fidelity Court, Garner 27529
A serious illness can raise so many questions. Finally, a place with some answers.

Community Home Care and Hospice: 919-233-1100
7714 Chapel Hill Road, Cary 27513
www.communityhch.com

**Duke HomeCare and Hospice:** 919-620-3853  
[www.dhch.duhs.duke.edu](http://www.dhch.duhs.duke.edu)  
4321 Medical Park Drive, Suite 101, Durham

**Kindred Hospice:** 919-603-0126  
[www.kindredhospice.com](http://www.kindredhospice.com)  
136 Roxboro Road, Oxford 27565

**Liberty Home Care and Hospice Services:** 919-471-1368 or 800-295-0626  
[www.libertyhomecare.com](http://www.libertyhomecare.com)  
3414 Duke Street, Suite 201, Durham Open until 5:00 p.m.

**PruittHealth Hospice of Durham:** 919-383-1546 or 800-973-3938  
[www.pruitthealth.com](http://www.pruitthealth.com)  
3100 Erwin Rd, Durham 27705

**Transitions Life Care:** 919-828-0890  
250 Hospice Circle, Raleigh  
Provides physical, emotional and spiritual care to those living with an advanced illness, their caregivers and those who have lost a loved one.

**Funeral Arrangements**

**Clements Funeral Home:** 919-286-1224  
[www.clementsfuneralservice.com](http://www.clementsfuneralservice.com)  
1105 Broad Street, Durham  
A family owned and operated full service funeral home for more than 50 years.

**Cremation Society of the Carolinas:** 919-571-3300 or 800-993-5333  
[www.cremationsocietync.com](http://www.cremationsocietync.com)  
2205 E. Millbrook Rd, Raleigh

**Ellis D. Jones and Sons Funeral Home:** 919-688-1323  
[www.ellisdjones.com](http://www.ellisdjones.com)  
419 Dowd Street, Durham
Hall-Wynn Funeral Services and Crematory: 919-688-6387  
www.hallwynne.com/  
1113 W. Main Street, Durham

Hanes Funeral Home: 919-598-9968  
hanesfuneralservice.com  
460 S. Driver Street, Durham

Holloway Funeral Home: 919-598-8496  
hollowaymemorial.com  
2502 Highway 55, Durham

Hudson Funeral Home Inc.: 919-596-8269  
www.hudsonfuneralhome.com  
211 S. Miami Boulevard, Durham

Quality Mortuary Service, Inc.: 919-598-1416  
448 S. Driver Street, Durham

Scarborough & Hargett Funeral Home Inc.: 919-682-1171  
www.scarboroughandhargettfh.com  
923B Old Fayetteville Street, Durham
Thank You for Using This Resource!

The Durham Center for Senior Life is a private, non-profit 501(c)(3) organization that serves older adults 55+ and caregivers each year through programs designed to assist them to stay independent and healthy in their homes.

Each year DCSL is able to distribute directories throughout Durham at no charge.

Please consider partnering with us to enhance the lives of Durham seniors by donating to DCSL to help support and maintain our services. To learn more about DCSL and to make a secure online donation, please visit our website at www.dcslncc.org.

If you would like to attend one of our scheduled tours, or schedule a tour for a loved one or a group, please contact the agency using the contact information listed below:

**Contact Information:**
406 Rigsbee Avenue, Suite 202, Durham, NC 27701
Email: info@dcslncc.org
Website: www.dcslncc.org
Phone: 919-688-8247
Fax: 919-683-3406

On behalf of the Durham Center for Senior Life, as well as our participants and their families, we thank you in advance for your generous support. We could not do our work without you and your support.