Transylvania County 2-1-1 Resources (3.5.15)

General Information AARP American Association for Retired Persons North Carolina (AARP American Association for Retired Persons North Carolina)

Description: Provides literature and educational programs on long term care, Medicare, Medicaid, managed care, and independent living. For consumer fraud, volunteers provide information, publications, and educational programs on telemarketing fraud.

Pharmacy Service - Order talk with pharmacist 800-456-2277; Price quotes 800-456-2226; TTY 800-933-4327
Financial Services Investment Program 800-322-2282; TTY 800-634-9454
Insurance from ITT Hartford Auto Insurance 800-932-9922
Homeowner Inquiries 800-423-4114; TTY 800-553-6148
Group Health Insurance Members Service 800-523-5800; TTY 800-232-7773
Life Insurance Information 800-795-9990
Credit Card service from Bank One Information 800-283-3310; TTY 800-685-6099
Motoring plan from Amoco Information 800-555-1121

County: Wake
Address: 225 Hillsborough Street
Suite 440
Raleigh, NC 27601
Website: www.aarp.org
Contact: Robert Jackson, State Director
919-755-9757
gtanner@aarp.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: Vary.
Application: Phone call.
Eligibility: 50 years old and over.
Languages: 

Advanced Home Care - Western North Carolina (Advanced Home Care - Western North Carolina)

Description: Health care service offering home infusion services as well as DME equipment, and respiratory equipment. Infusion services include antibiotics, pain therapy, total nutrition, injections. Respiratory care services include aerosol, ventilators, CPAP, BiPAP, and trach care. DME equipment includes walkers, hospital beds, bathroom accessories, wheelchairs, scooters, and lift chairs. Other aids for daily living needs include canes, crutches, reachers, and commodes.

County: Buncombe
Address: 120 Sweeten Creek Road
Asheville, NC 28803
Website: www.advhomecare.org
Contact: Dennis Nowak, Branch Manager
dennis.nowak@advhomecare.org
Hours: Monday - Friday, 8:00 a.m. - 5:30 p.m.
Program Fees: Accepts Medicaid, Medicare, Some Private insurance; Self pay accepted
Application: Call for scheduling after referral
Eligibility: Must have prescription for some equipment (when billing insurance)
Languages: Interpreter service provided
Asheville Area Caregiver Support Group, ALS Association - Western North Carolina (ALS Association - Western North Carolina)

Description: A support group for caregivers of people with ALS. Meetings provide peer support, allowing you to learn first hand from others who are dealing with ALS, and allow caregivers to share their experiences with each other.
Facilitator is Pamela Brown.

County: Buncombe
Address: 23 Edwin Place
Asheville, NC 28801
Website: http://webnc.alsa.org/site/PageNavigator/NC_8_SupportGroups.html
Contact: Pamela Brown, Support Group Facilitator
877-257-7401 x703
pbrown@catfishchapter.org

Hours: 4th Wednesday of the month, 6:00 p.m. - 7:30 p.m.; Groups will be held the 3rd Wednesday of the month during November and December

Program Fees: None
Application: Phone call; Walk-in
Eligibility: Be a family member and/or caregiver of someone with ALS
Languages: 

Resource/Support Group, ALS Association - Western North Carolina (ALS Association - Western North Carolina)

Description: A support group for people with ALS and caregivers of people with ALS. Meetings involve peer support and resources. A speaker comes quarterly to provide information relevant to living with ALS. Facilitator is Pamela Brown.

County: Buncombe
Address: 23 Edwin Place
Asheville, NC 28801
Website: http://webnc.alsa.org/site/PageNavigator/NC_8_SupportGroups.html
Contact: Pamela Brown, Support Group Facilitator
877-257-7401 x703
pbrown@catfishchapter.org

Hours: 4th Friday of the month, 1:00 p.m. - 2:30 p.m.; For November and December, meetings will be held the 3rd Friday of the month.

Program Fees: None
Application: Phone call; Walk-in
Eligibility: Be a family member and/or caregiver of someone with ALS or someone with ALS
Languages:

Telephone Resource Support Group, ALS Association - Western North Carolina (ALS Association - Western North Carolina)

Description: The Telephone Resource Support Group is a conference call format that serves the needs of persons with ALS (PALS), (Lou Gehrig's Disease), families and friends. Calls provide peer support, allow you to learn firsthand from others who are dealing with ALS and allow PALS and caregivers to share their experiences with each other. Led by group facilitator Pamela Brown, members can expect to receive information about ALS; information from expert speakers, and fellowship with others facing ALS.
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Please see website for telephone support group dates.

County: Wake
Address: Confidential
Raleigh, NC 27603
Website: http://webnc.alsa.org/site/PageNavigator/NC_8_SupportGroups.html
Contact: Pamela Brown, Support Group Facilitator
877-257-7401 x703
pbrown@catfishchapter.org
Hours: Please see event information at www.catfishchapter.org/events/telephone-als-resourcesupport-group

Program Fees: None
Application: Phone call
Eligibility: Anyone who needs but can't afford these items
Languages:

Look Good...Feel Better, American Cancer Society - Western North Carolina (American Cancer Society - Western North Carolina)

Description: Trained volunteer cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry.

County: Buncombe
Address: 120 Executive Park
Building 1
Asheville, NC 28801
Website: www.cancer.org
Contact: Contact, Mission Delivery Manager
Hours: Toll-Free Number: 24 hours per day, 7 days per week, 365 days per year; Call to check for class times and locations
Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees: None
Application: Call Toll-Free number to register for classes and for class information
Eligibility: Women who are currently undergoing cancer treatment
Languages:

Loan/Gift Items, American Cancer Society - Western North Carolina (American Cancer Society - Western North Carolina)

Description: Various supplies available through the American Cancer Society office including wigs, head coverings, mastectomy bras and prosthesis.

County: Buncombe
Address: 120 Executive Park
Building 1
Asheville, NC 28801
Website: www.cancer.org
Contact: Contact, Community Manager
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees: None
Application: Call Toll-Free number to register for classes and for class information
Eligibility: Women who are currently undergoing cancer treatment
Languages:

American Kidney Fund (American Kidney Fund)

Description: American Kidney Fund provides direct financial assistance to low-income kidney patients in need and education to those

Language:
who are at-risk for kidney disease. Assists with transportation to dialysis, medications, special diet, kidney donor expenses, and other treatment essentials. Also provides specialty programs to help patients afford treatment during emergency travel and recover from natural disasters.

-HIPP (Health Insurance Premium Program): Through the Health Insurance Premium Program (HIPP), the American Kidney Fund pays Part B Medicare, Medigap, commercial, and COBRA premiums for dialysis patients who have insufficient income and savings. These premium payments allow patients to continue their health insurance coverage, enabling access to physician care and medical treatment.

-Safety Net Program: The patient must be a dialysis patient or a kidney transplant recipient. Transplant patients may be no more than five years post-transplant. The patient must not be covered for the requested expense by other program or insurance. Financial assistance by the American Kidney Fund is considered "last resort" funding.

-Safety Net Grants are not provided for hospital bills, medical bills, physician's services, dialysis treatment costs or transplantation surgery. These expenses are usually covered by health insurance and/or governmental programs. The patient must demonstrate financial need on the patient application. Financial need will be assessed based on numerous factors including household income, reasonable expenses and liquid assets.

American Liver Foundation (American Liver Foundation)

Description: Facilitate, advocate, and promote education support and research for the prevention, treatment, and cure of liver disease. The national ALF Helpline is available to answer questions about liver disease and liver wellness. This resource provides emotional support to patients at their point of crisis and information on local resources including physician referrals.

County: New York
Address: 39 Broadway
         Suite 2700
         New York, NY 10006
Website: www.liverfoundation.org
Contact: Yoshiaki Otake, Director, Support Services
         212-668-1000 x1194
         yotake@liverfoundation.org
Hours: Monday - Friday, 9:00 a.m. - 7:00 p.m.
Program Fees: None
Application: Phone call
Eligibility: No Restrictions
American Sleep Apnea Association (American Sleep Apnea Association)

Description: The CPAP Assistance Program (CAP) provides an equipment package of CPAP, AutoCPAP or BiLevel as prescribed, mask, tubing, filters and carrying case.

A.W.A.K.E. Support Group Locator:
www.sleepapnea.org/support/a.w.a.k.e.-network-map/us-support-groups/north-carolina.html

County: Lyon
Address: 117 3rd Street
Tracy, MN 56175
Website: www.donatedcpap.org
Contact: Anna Snyder, CPAP Assistance Program Coordinator
888-293-3650
manager@donatedcpap.org
Hours: Monday - Friday, 8:30 a.m. - 4:00 p.m.
Program Fees: One-time fee of $100 per applicant to cover cost of shipping and application processing
Application: Request application by phone, email, or print online
Eligibility: Diagnosed sleep apnea patients who have no insurance, high insurance deductibles, or who may be going through financial hardship
Languages:

Arthritis Foundation Aquatics Program Mecklenburg (Arthritis Foundation)

Description: The Arthritis Foundation offers information and tools to help people live a better life with arthritis. Whether it’s advice from medical experts to specialized arthritis self-management or exercise classes, the Arthritis Foundation has your solution.

Offers aquatic exercise for those who suffer from arthritis at the following locations:
Duke University Center for Living 919-660-6660;
Downtown Family YMCA 919-667-9622;
Durham YMCA Lakewood 919-493-4502;
Garner Road Family YMCA 919-834-2448;
Pullen Aquatic Center 919-847-2179

County: Wake
Address: Glenaire Continuing Care Retirement Community
4000 Glenaire Circle
Cary, NC 27511
Website: www.arthritis.org/north-carolina
Contact: Mella Matheson, Senior Director of Operations/HRIS
919-705-1795
mmatheson@arthritis.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: Varies, please call individual location.
Application: Contact individual location.
Eligibility: Open to public.
Languages:

Growing Minds, ASAP (Appalachian Sustainable Agriculture Project)

Description: Growing Minds, ASAP’s Farm to School Program, works to connect farms and schools and give children positive experiences with healthy foods. Farm to School components
include farm field trips, nutrition education, school gardens, and local food in cafeterias.

County: Buncombe
Address: 306 West Haywood Street
Asheville, NC 28801
Website: www.growing-minds.org
Contact: Emily Jackson,
828-236-1282
emily@asapconnections.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Visit website; Phone call
Eligibility: No restrictions
Languages:

Asheville Aphasia Group (Asheville Aphasia Group)
Description: Mutual Support group that shares information and solutions on latest research/treatments, provides support for people with Aphasia and their caregivers and identifies services available. Also provides speech therapy with retired Speech/Language/Pathologists and graduate students from Western Carolina University.

County: Buncombe
Address: 789 Merrimon Avenue
Grace Covenant Presbyterian Church
Asheville, NC 28804
Website: www.ashevilleaphasia.org
Contact: Edna Tipton,
828-684-9619
ednatip@aol.com
Hours: Call Edna Tipton or visit website for full schedule
Program Fees: None
Application: Phone call
Eligibility: No restrictions; Support group meets in Buncombe County but is open to anyone who wishes to attend
Languages:

Blood Donations, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)
Description: Blood drives can be set up at work places throughout Western North Carolina. Blood donations also taken at the Red Cross office. Also takes Apheresis/Platelets Donations, a special procedure to collect specific components of blood. Process takes about two hours and involves both arms; blood is returned to donor minus platelets. Donations can be made every three days. The Red Cross will list donor platelet types on a registry and you may be called when there is a match.

County: Buncombe
Address: 100 Edgewood Road
Asheville, NC 28804
Website: www.redcross.org/nc/asheville
Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Blood Donation Hours: Monday, 12:30 p.m. - 5:30 p.m.; Tuesday, 2:00 p.m. - 7:00 p.m.; Wednesday, 7:30 a.m. - 12:30 p.m.;
Transylvania County 2-1-1 Resources (3.5.15)

Thursday 2:00 p.m. - 7:00 p.m.; First Saturday of the month 7:30 a.m. - 12:30 p.m.

Program Fees: None
Application: Call for appointment
Eligibility: Must be at least 17 years old and weigh 110 pounds; The Asheville Mountain Area serves Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey Counties.
Languages: Other languages with notification

Blood Donations, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Blood drives can be set up at work places throughout Western North Carolina. Blood donations also taken at the Red Cross office. Also takes Apheresis/Platelets Donations, a special procedure to collect specific components of blood. Process takes about two hours and involves both arms; blood is returned to donor minus platelets. Donations can be made every three days. The Red Cross will list donor platelet types on a registry and you may be called when there is a match.

County: Haywood
Address: 1668 Brown Avenue
Haywood County Red Cross
Waynesville, NC 28786
Website: www.redcross.org/nc/asheville
Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org

Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Blood Donation Hours: Monday, 12:30 p.m. - 5:30 p.m.; Tuesday, 2:00 p.m. - 7:00 p.m.; Wednesday, 7:30 a.m. - 12:30 p.m.; Thursday 2:00 p.m. - 7:00 p.m.; First Saturday of the month 7:30 a.m. - 12:30 p.m.
Program Fees: None
Application: Call for appointment
Eligibility: Must be at least 17 years old and weigh 110 pounds; The Asheville Mountain Area serves Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey Counties.
Languages: Other languages with notification

Blood Donations, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Blood drives can be set up at work places throughout Western North Carolina. Blood donations also taken at the Red Cross office. Also takes Apheresis/Platelets Donations, a special procedure to collect specific components of blood. Process takes about two hours and involves both arms; blood is returned to donor minus platelets. Donations can be made every three days. The Red Cross will list donor platelet types on a registry and you may be called when there is a match.

County: Henderson
Address: 203 2nd Avenue East
Henderson and Transylvania County Red Cross
Hendersonville, NC 28792
Website: www.redcross.org/nc/asheville
Contact: Amanda Edwards, Community Chapter Executive
Transylvania County 2-1-1 Resources (3.5.15)

828-258-3888 x201
amanda.edwards@redcross.org

Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Blood Donation Hours: Monday, 12:30 p.m. - 5:30 p.m.; Tuesday, 2:00 p.m. - 7:00 p.m.; Wednesday, 7:30 a.m. - 12:30 p.m.; Thursday 2:00 p.m. - 7:00 p.m.; First Saturday of the month 7:30 a.m. - 12:30 p.m.

Program Fees: None
Application: Call for appointment
Eligibility: Must be at least 17 years old and weigh 110 pounds; The Asheville Mountain Area serves Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey Counties.

Languages: Other languages with notification

Blood Donations, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Blood drives can be set up at work places throughout Western North Carolina. Blood donations also taken at the Red Cross office. Also takes Apheresis/Platelets Donations, a special procedure to collect specific components of blood. Process takes about two hours and involves both arms; blood is returned to donor minus platelets. Donations can be made every three days. The Red Cross will list donor platelet types on a registry and you may be called when there is a match.

County: Mcdowell
Address: 39 North Garden Street
McDowell County Red Cross
Marion, NC 28752

Website: www.redcross.org/nc/asheville
Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org

Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Blood Donation Hours: Monday, 12:30 p.m. - 5:30 p.m.; Tuesday, 2:00 p.m. - 7:00 p.m.; Wednesday, 7:30 a.m. - 12:30 p.m.; Thursday 2:00 p.m. - 7:00 p.m.; First Saturday of the month 7:30 a.m. - 12:30 p.m.

Program Fees: None
Application: Call for appointment
Eligibility: Must be at least 17 years old and weigh 110 pounds; The Asheville Mountain Area serves Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey Counties.

Languages: Other languages with notification

Blood Donations, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Blood drives can be set up at work places throughout Western North Carolina. Blood donations also taken at the Red Cross office. Also takes Apheresis/Platelets Donations, a special procedure to collect specific components of blood. Process takes about two hours and involves both arms; blood is returned to donor minus platelets. Donations can be made every three days. The Red Cross will list donor platelet types on a registry and you may be called when there is a match.

County: Polk
Address: 231 Ward Street
Transylvania County 2-1-1 Resources (3.5.15)

Polk County Red Cross
Columbus, NC 28722
Website: www.redcross.org/nc/stephens
Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Blood Donation Hours: Monday, 12:30 p.m. - 5:30 p.m.; Tuesday, 2:00 p.m. - 7:00 p.m.; Wednesday, 7:30 a.m. - 12:30 p.m.; Thursday 2:00 p.m. - 7:00 p.m.; First Saturday of the month 7:30 a.m. - 12:30 p.m.
Program Fees: None
Application: Call for appointment
Eligibility: Must be at least 17 years old and weigh 110 pounds; The Asheville Mountain Area serves Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, and Yancey Counties.
Languages: Other languages with notification

Health and Safety Services, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Provides several types of training. CPR: Adult, child, infant, CPR/professional rescue; First Aid; Wilderness First Aid basic level; Water Safety: Lifeguard, Swimming, Small Craft Safety; preventing disease transmission; blood borne pathogens; HIV/AIDS (ACTSMART); oxygen administration; automated external defibrillator training; babysitter's training; healthy back promotion; pet First Aid. Instructor Candidate Training (to teach classes) is also offered.
County: Buncombe
Address: 100 Edgewood Road
Asheville, NC 28804
Website: www.redcross.org/nc/asheville
Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Vary
Application: Pre-registration required; Call for info
Languages: Other languages with notification
Transylvania County 2-1-1 Resources (3.5.15)

Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org

Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

Program Fees: Vary

Application: Pre-registration required; Call for info


Languages: Other languages with notification

Health and Safety Services, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Provides several types of training. CPR: Adult, child, infant, CPR/professional rescue; First Aid; Wilderness First Aid basic level; Water Safety: Lifeguard, Swimming, Small Craft Safety; preventing disease transmission; blood borne pathogens; HIV/AIDS (ACTSMART); oxygen administration; automated external defibrillator training; babysitter’s training; healthy back promotion; pet First Aid. Instructor Candidate Training (to teach classes) is also offered.

County: Mcdowell

Address: 39 North Garden Street
McDowell County Red Cross
Marion, NC 28752

Website: www.redcross.org/nc/asheville

Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org

Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

Program Fees: Vary
Transylvania County 2-1-1 Resources (3.5.15)

Application: Pre-registration required; Call for info


Languages: Other languages with notification

Health and Safety Services, Asheville Mountain Area Red Cross (Asheville Mountain Area Red Cross)

Description: Provides several types of training. CPR: Adult, child, infant, CPR/professional rescue; First Aid; Wilderness First Aid basic level; Water Safety: Lifeguard, Swimming, Small Craft Safety; preventing disease transmission; blood borne pathogens; HIV/AIDS (ACTSMART); oxygen administration; automated external defibrillator training; babysitter’s training; healthy back promotion; pet First Aid. Instructor Candidate Training (to teach classes) is also offered.

County Polk

Address: 231 Ward Street
Polk County Red Cross
Columbus, NC 28722

Website: www.redcross.org/nc/asheville

Contact: Amanda Edwards, Community Chapter Executive
828-258-3888 x201
amanda.edwards@redcross.org

Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

Program Fees: Vary

Application: Pre-registration required; Call for info


Languages: Other languages with notification

Asheville Pregnancy Support Services (Asheville Pregnancy Support Services)

Description: Asheville Pregnancy Support Services reaches out to those at risk for, or impacted by, an unplanned pregnancy. Client advocates offer caring support, peer counseling, and education to answer questions regarding pregnancy alternatives, referrals to community resources, and information on the risks of sexually transmitted infections.

Provides free pregnancy tests and limited ultrasounds for the confirmation of pregnancy; Pregnant clients are provided "proof of pregnancy" required for enrollment for Medicaid benefits. Services are available for both the mother and father.

County Buncombe

Address: 1710 Old Haywood Road
Asheville, NC 28806

Website: www.preginfo.org

Contact: Deb Wood, CEO
828-252-1306
ceo@preginfo.org

Hours: Monday, 10:00 a.m. - 5:00 p.m.; Tuesday, Wednesday, 9:00 a.m. - 5:00 p.m.; Thursday, 9:00 a.m. - 5:00 p.m.; Friday, 9:00 a.m. - 1:00 p.m.; Last appointment taken 1 hours before closing

Program Fees: None
Asheville Pregnancy Support Services (Asheville Pregnancy Support Services)

Description: Asheville Pregnancy Support Services reaches out to those at risk for, or impacted by, an unplanned pregnancy. Client advocates offer caring support, peer counseling, and education to answer questions regarding pregnancy alternatives, referrals to community resources, and information on the risks of sexually transmitted infections. Provides free pregnancy tests and limited ultrasounds for the confirmation of pregnancy; Pregnant clients are provided "proof of pregnancy" required for enrollment for Medicaid benefits. Services are available for both the mother and father.

County: Madison
Address: 105 Chestnut Street
Mars Hill, NC 28754
Website: www.preginfo.org
Contact: Deb Wood, CEO
828-252-1306
ceo@preginfo.org
Hours: Monday, 10:00 a.m. - 5:00 p.m.; Tuesday, Wednesday, 9:00 a.m. - 5:00 p.m.; Thursday, 9:00 a.m. - 5:00 p.m.; Friday, 9:00 a.m. - 1:00 p.m.; Last appointment taken 1 hours before closing

Asheville TEACCH Center Western Region (Asheville TEACCH Center Western Region)

Description: Provides the following services to children, adolescents, and adults with autism and their families: diagnostic evaluations to make or rule out a diagnosis of autism; extended diagnostic sessions with families to help them learn more about autism and how children with autism learn; consultation to programs that serve children and adults with autism; training opportunities to educate professionals about autism and strategies for teaching children with autism; and social groups and other support groups related to the needs of people with autism and their families.

County: Buncombe
Address: 31 College Place
Building D, Suite 306
Asheville, NC 28801
Website: www.teacch.com
Contact: Pat Greene, Secretary
patricia_greene@med.unc.edu
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Varies; Call for Details
Application: Phone call; In person; Referral; Mail

Program Fees: None
Application: Meet with counselor for up to 1 hour to become an enrolled client. Call for appointment; Walk-ins accommodated as schedule allows.
Eligibility: Pregnant women; Expecting fathers; Serves Western North Carolina
Languages:
Eligibility: Autistic and related communications disordered children and adults who are North Carolina residents
Languages: Spanish

Dental Programs, Asheville- Buncombe Technical Community College
(Asheville- Buncombe Technical Community College)

Description: Dental Hygiene Clinic offers cleanings, X-rays, fluoride, initial periodontal therapy, dental sealants, education, and oral cancer exams. This clinic operates all year. Allied Dental Clinic offers savings on dental treatment and offers routine dental cleaning, periodontal (deep) cleaning, dental x-rays. Staffed with a Dentist, Dental Hygienist, Dental Assistants and Front Office staff. First visit is a 45 minute screening (evaluation) appointment. The cleaning appointments are 2 1/2 hours long and could require more than one visit. The fee for a routine cleaning is $25.00, periodontal (deep cleaning) $40.00, each additional visit is $5.00. X-ray fees are FMS (full mouth series) $30.00, Panorex $35.00 and BWX (bitewing) $15.00. The clinic is by appointment only and the payment is cash or check only.

County: Buncombe
Address: 340 Victoria Road
Rhododendron Building
Asheville, NC 28801
Website: www.abtech.edu
Contact: Karen Pruett, Dental Lab Manager
828-398-7255
kpruett@abtech.edu
Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Program Fees: Reduced fees; Full- time A-B Tech students pay half regular price

Application: Phone call
Eligibility: Age 3 years and up
Languages:

Assistance with Glasses and Eye Exams (Lions Clubs International)

Description: Assists people statewide with obtaining glasses or eye exams.
County: Buncombe
Address: 84 English Drive
Sand Hill Lions Club; Local sites will vary; Call for more information.
Candler, NC 28715
Website: www.lionsclubs.org
Contact: George Suggs, Past District Governor
828-712-9049
gesuggs@aol.com
Hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.
Program Fees: Varies depending on income; Call for more information
Application: Phone call to receive application or for referral to local charter contact
Eligibility: Picture ID; Income verification; Will help anyone in North Carolina to get in contact with their local charter if necessary
Languages:

Autism Support Group (Autism Society of North Carolina - Asheville Regional Office)
Transylvania County 2-1-1 Resources (3.5.15)

Description: Support group for individuals with autism and their family members, professionals, or any interested persons. Call for information. Bilingual Advocate available at 800-442-2762.

County: Buncombe
Address: 306 Summit Street
Asheville, NC 28803
Website: www.autismsociety-nc.org
Contact: Greta Byrd, 828-236-1547 x1504 gbyrd@autismsociety-nc.org
Hours: Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.; Group times vary, call for more information
Program Fees: None
Application: Phone call first
Eligibility: Support group for individuals with autism and their family members, professionals, or any interested persons
Languages: Spanish

Pregnancy Care and Counseling (Bethany Christian Services - Buncombe County)

Description: Pro-life agency which helps women who have unplanned pregnancies chose between parenting and adoption through pregnancy counseling. Provides counseling to young people with unplanned pregnancies and their families, and guidance in decision-making concerns for the child and the future. For women who choose adoption, the agency can place the child, and provide financial and medical support to the birth mother. For women who choose to parent, the agency provides referrals, and help in obtaining housing, financial assistance, medical care, parenting skills, and other needs.

County: Buncombe
Address: 142 Airport Road
Arden, NC 28704
Website: www.bethany.org
Contact: Dahlene Morse, State Director
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Walk in; Phone call
Eligibility: Women who have unplanned pregnancies seeking guidance and considering adoption
Languages: Will accommodate speakers of other languages

Brevard Health Center (Blue Ridge Community Health Services)

Description: BRCHS is a federally qualified health center offering comprehensive health care services: Family Medicine, Prenatal, Pediatric Medicine (including School Health), Behavioral Health (adult/child), Dental Services (adult/child), Pharmacy, Radiology, Laboratory Services, Outreach and Health Education.

County: Transylvania
Address: 89 Hospital Drive
Suite B
Brevard, NC 28712
Website: www.brchs.com
Contact: Ashley Hansen, Practice Manager 828-883-5550
## Certified Application Counselors - Henderson County (Blue Ridge Community Health Services)

**Description:** A trained Certified Application Counselor will help you in person to enroll in the Health Insurance Marketplace.

The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll.

When you use the Health Insurance Marketplace, you'll fill out an application and see all of the health plans available in your area. You'll find out if you can get lower costs on your monthly premiums for private insurance plans. You'll learn if you qualify for lower out-of-pocket costs.

The Marketplace will also tell you if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

The Open Enrollment Period is November 15, 2014 - February 15, 2015. Individuals may also qualify for Special Enrollment Periods outside of Open Enrollment if they experience certain events (A time outside of the open enrollment period during which you and your family have a right to sign up for job-based health coverage. Job-based plans must provide a special enrollment period of 30 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other job-based health coverage.)

**Designee #:** NCCCAC07

**County:** Henderson

**Address:** 2579 Chimney Rock Road
Hendersonville, NC 28793

**Website:** www.brchs.com

**Contact:** Lee Homan,
828-233-2205
lhoman@brchs.com

**Hours:** Call for Appointment

**Program Fees:** There is no fee to enroll in the market place with a Certified Application Counselor; Plan fees will vary

**Application:** Walk in or call and leave message to make an appointment

**Eligibility:** Serving Henderson, Transylvania, Polk and neighboring counties; To enroll: Documentation needed of Citizenship, financial income, employer health insurance information

**Languages:** Spanish; Phone Interpreter for other languages

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## Certified Application Counselors - Polk County (Blue Ridge Community Health Services)

**Description:** A trained Certified Application Counselor will help you in person to enroll in the Health Insurance Marketplace.

The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll.
When you use the Health Insurance Marketplace, you'll fill out an application and see all of the health plans available in your area. You'll find out if you can get lower costs on your monthly premiums for private insurance plans. You'll learn if you qualify for lower out-of-pocket costs.

The Marketplace will also tell you if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

Open Enrollment Period is November 15, 2014 to February 15, 2015. Individuals may also qualify for Special Enrollment Periods outside of Open Enrollment if they experience certain events (A time outside of the open enrollment period during which you and your family have a right to sign up for job-based health coverage. Job-based plans must provide a special enrollment period of 30 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other job-based health coverage.)

Designee # : NCCCAC07

Eligibility: Serving Henderson, Transylvania, Polk and neighboring counties; To enroll: Documentation needed of Citizenship, financial income, employer health insurance information

Languages: Spanish; Phone Interpreter for other languages

Certified Application Counselors - Transylvania County (Blue Ridge Community Health Services)

Description: A trained Certified Application Counselor will help you in person to enroll in the Health Insurance Marketplace.

The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll.

When you use the Health Insurance Marketplace, you'll fill out an application and see all of the health plans available in your area. You'll find out if you can get lower costs on your monthly premiums for private insurance plans. You'll learn if you qualify for lower out-of-pocket costs.

The Marketplace will also tell you if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

Open Enrollment Period is November 15, 2014 - February 15, 2015. Individuals may also qualify for Special Enrollment Periods outside of Open Enrollment if they experience certain events (A time outside of the open enrollment period during which you and your family have a right to sign up for job-based health coverage. Job-based plans must provide a special enrollment period of 30 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other job-based health coverage.)

Designee # : NCCCAC07
Transylvania County 2-1-1 Resources (3.5.15)

County: Transylvania
Address: 89 Hospital Drive
        Suite B
        Brevard, NC 28712
Website: www.brchs.com
Contact: Lee Homan,
        828-233-2205
        lhoman@brchs.com
Hours: Call for Appointment
Program Fees: There is no fee to enroll in the market place with a Certified Application Counselor; Plan fees will vary
Application: Walk in or call 828-692-4289 extension 3 to make an appointment
Eligibility: Serving Henderson, Transylvania, Polk and neighboring counties; To enroll: Documentation needed of Citizenship, financial income, employer health insurance information
Languages: Spanish; Phone Interpreter for other languages

The Marketplace will also tell you if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

Open Enrollment Period is November 15, 2014 - February 15, 2015. Individuals may also qualify for Special Enrollment Periods outside of Open Enrollment if they experience certain events (A time outside of the open enrollment period during which you and your family have a right to sign up for job-based health coverage. Job-based plans must provide a special enrollment period of 30 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other job-based health coverage.)

Designee #: NCCCAC07

Certified Application Counselors - Transylvania County (Blue Ridge Community Health Services)

Description: A trained Certified Application Counselor will help you in person to enroll in the Health Insurance Marketplace. The Marketplace is a new way to find health coverage that fits your budget and meets your needs. With one application, you can see all your options and enroll.

When you use the Health Insurance Marketplace, you'll fill out an application and see all of the health plans available in your area. You'll find out if you can get lower costs on your monthly premiums for private insurance plans. You'll learn if you qualify for lower out-of-pocket costs.

County: Transylvania
Address: 98 East Morgan Street
        2nd Floor, Transylvania Community Services Building
        Brevard, NC 28712
Website: www.brchs.com
Contact: Lee Homan,
        828-233-2205
        lhoman@brchs.com
Hours: Call for Appointment
Program Fees: There is no fee to enroll in the market place with a Certified Application Counselor; Plan fees will vary
Application: Walk in or call 828-692-4289 extension 3 to make an appointment
Eligibility: Serving Henderson, Transylvania, Polk and neighboring counties; To enroll: Documentation needed of Citizenship, financial income, employer health insurance information
Languages: Spanish; Phone Interpreter for other languages
Hendersonville Family Health Center, Blue Ridge Community Health Services (Blue Ridge Community Health Services)

Description: A family medicine practice offers comprehensive health care to families and specializes in wellness, geriatrics, pediatrics, family counseling, and obstetrical care.

County: Henderson
Address: 709 North Justice Street
Suite B
Hendersonville, NC 28791
Website: www.brchs.com
Contact: Misty Nelson, Practice Manager
828-696-1234
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Accepts Medicaid, Medicare, private insurance
Application: Phone call for appointment
Eligibility: No restrictions
Languages:

Brain Injury Association of North Carolina - Asheville Resource Center (Brain Injury Association of North Carolina - Asheville Resource Center)

Description: Acts as the liaison between the community and families and survivors with brain injury, helping to link people with the resource and support. Maintains a resource library that contains brochures, articles, and books, all of which can be mailed. Facilitates a support group with WNC Brain Injury Support Network that meets monthly on the 4th Tuesday of each month from 6:00 p.m. - 7:30 p.m. at Foster Seventh-Day Adventist Church on 375 Hendersonville Road.

County: Buncombe
Address: 68 Sweeten Creek Road
Asheville, NC 28803
Website: www.bianc.net
Contact: Karen Keating, Resource Coordinator
828-277-4868
karen.keating@bianc.net
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Support Group: 4th Tuesday of the month, 6:00 p.m. - 7:30 p.m
Program Fees: None
Application: Phone Call to leave message
Eligibility: People with brain injury and their families
Languages:

American Heart Association - Charlotte (Burke County United Way)

Description: Provides community programs, public health education, professional education, public education and information to reduce the problem of heart disease. Also supports medical research.

County: Mecklenburg
Address: 1229 Greenwood Cliff
Suite 109
Charlotte, NC 28204
Website: www.americanheart.org
Contact: Nikki Liberatore, Office Manager
704-208-5522
nikki.liberatore@heart.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees:
Application:
Eligibility:
Languages:

Turning Point Services (Burke County United Way)

Description: Turning Point Services, Inc. (TPS) is a private company that offers training and assistance to people with developmental disabilities. TPS provides many types of support and training in community settings across more than 40 counties in North Carolina. In addition, we have residential, day, and vocational programs in Western North Carolina. TPS has been approved to offer services in the CAP-MR/DD waiver, and has contracts with Vocational Rehabilitation and Local Management Entities for services outside the CAP waiver. Turning Point Services is accredited by CARF, Inc. for Community Employment Services and Community Services Coordination. The list of services we can offer include Targeted Case Management, Personal Care, Respite Care, Supported Employment, Individual/Caregiver Training & Education, Specialized Consultative Services, Residential Supports, Day Supports, Home and Community Supports, Apartment Living Programs, Residential Programs (Group Living and Family Living), Adult Day Programs, Adult Developmental Vocational Programs, Personal Assistance, and Developmental Therapy. TPS maintains many local offices in our service areas. Please contact the office closest to you for more information and assistance with access to help.

County: Burke
Address: 1001 South Sterling Street
Morganton, NC 28655

Website: www.turningpointservicesinc.com
Contact: Genevieve Pugh, Executive Director
828-433-4719
genevieve.pugh@turningpointservicesinc.com
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Turning Point Services, Inc is a private Non-profit organization that accepts payment from federal and state government funds: CAP Medicaid and State Funds
Application: Please call our 1-800 number or our local office closest to you. We will be happy to explain all of the services we offer and direct you to the appropriate LME for referral.
Eligibility: Diagnosis of Developmental Disability
Languages:

Arthritis Support Group (CarePartners Health Services)

Description: Support for those who suffer from arthritis, their loved ones and/or family members.

County: Buncombe
Address: 68 Sweeten Creek Road
Asheville, NC 28803

Website: www.carepartners.org
Contact: Madeline Dillingham, MHA/MBA, RN,
828-779-9910
info@carepartners.org
Hours: 2nd Tuesday of month, 1:30 p.m. - 2:30 p.m.
Program Fees: None
Application: Phone call; Attend meeting
Burn Survivor Support Group (CarePartners Health Services)
Description: Open to anyone who has survived a severe burn; Support group meets in Buncombe County but is open to anyone who wishes to attend.
County: Buncombe
Address: 68 Sweeten Creek Road
Asheville, NC 28803
Website: www.carepartners.org
Contact: Pam Tidwell, Executive Director
info@carepartners.org
Hours: Monday - Friday, 8:00 a.m. - 5:30 p.m.
Program Fees: Accepts private pay, Medicare, Medicaid, private insurance; Fees vary
Application: Physician referral; Phone call; Home visit
Eligibility: Referral from physician; Resident of Buncombe, Haywood, Henderson, McDowell, Madison, Transylvania, Mitchell or Yancey counties; Must be homebound status
Languages: Spanish; Others by arrangement

CarePartners Orthotics and Prosthetics (CarePartners Health Services)
Description: Full service orthotics and prosthetics; includes biweekly amputee clinics and mobile lab service, which travels around Western North Carolina. Visits include evaluation, fabrication, fitting and instruction and adjustments and repairs. Also provides custom Cranial Remolding helmets for babies.
County: Buncombe
Address: One Doctor's Drive
Asheville, NC 28803
Website: www.carepartners.org
Contact: Kent Ballard, Director
info@carepartners.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Transylvania County 2-1-1 Resources (3.5.15)

Program Fees: Accepts private pay, Medicare, Medicaid, private insurance
Application: Phone call; Referral
Eligibility: Prescriptions needed for all services; Insurance cards
Languages: Spanish

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**Essential Tremor Support Group (CarePartners Health Services)**

Description: Support group for individuals and their family who experience tremors.

Country: Buncombe
Address: 68 Sweeten Creek Road
Asheville, NC 28803
Website: www.carepartners.org
Contact: Rita Lyda,
828-298-4085
info@carepartners.org
Hours: 1st Thursday of every month, 6:00 p.m. - 7:00 p.m. in the Seymour Auditorium
Program Fees: None
Application: Phone call
Eligibility: Support meets in Buncombe County but is open to anyone who wishes to attend
Languages:

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**Parkinson Support Group (CarePartners Health Services)**

Description: Asheville Chapter of the American Parkinson Disease Association. Provides support to Parkinson's patients, their caregivers, and any interested party through programs, updates on therapies, coping skills, and sharing of experiences.

Country: Buncombe
Address: 68 Sweeten Creek Road
Seymour Conference Room
Asheville, NC 28803
Website: www.apdaparkinson.org
Contact: Lisa Laney, MSW, Support Group Leader
828-277-4886
info@carepartners.org
Hours: 1st Tuesday of the month, 10:30 a.m. - 12:00 p.m.
Program Fees: $20 per year per family membership
Application: Phone call
Eligibility: Anyone who has Parkinson's, cares for someone with Parkinson's, or any interested party; Support group meets in Buncombe County but is open to anyone who wishes to attend
Languages:

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**Post Polio Support Group (CarePartners Health Services)**

Description: Support group for individuals whose lives have been affected by Polio.

Country: Buncombe
Address: 105 Fairview Road
Asheville, NC 28803
Website: www.carepartners.org
Contact: Nancy Lindell,
nlindell@carepartners.org
**Transylvania County 2-1-1 Resources (3.5.15)**

Hours: 2nd Saturday of every month, 1:00 p.m. - 3:00 p.m.

Program Fees: None

Application: Phone call; In person

Eligibility: No restrictions; Located in Buncombe County but serves all surrounding counties

Languages:

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**Spinal Cord Injury Support Group (CarePartners Health Services)**

Description: Support group for those affected by spinal cord injuries. Meets on the 3rd Thursday of each month in the rehab hospital family room.

County: Buncombe

Address: 68 Sweeten Creek Road
Asheville, NC 28803

Website: www.carepartners.org

Contact: Pam Griffin, 828-274-9567 x4813
info@carepartners.org

Hours: 3rd Thursday of the month, 11:00 a.m. - 12:00 p.m.

Program Fees: None

Application: Phone call; In person

Eligibility: No restrictions; Located in Buncombe County but serves all surrounding counties

Languages:

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**Stroke Support Group (CarePartners Health Services)**

Description: Support group for those affected by spinal cord injuries. Meets on the 3rd Thursday of each month in the rehab hospital family room.

County: Buncombe

Address: 68 Sweeten Creek Road
Asheville, NC 28803

Website: www.carepartners.org

Contact: Robin Smith, Program Coordinator
828-274-9567 x4314

Hours: Meetings are held on the second Monday of the month, 12:15 p.m. - 1:00 p.m.; Due to the occasional date or room change, please call ahead if this is your first time attending or you are not on the email list for this group.

Program Fees: None

Application: Phone call; Due to the occasional date or room change, please call ahead if this is your first time attending or you are not on the email list for this group.

Eligibility: Open to anyone who has suffered a stroke, and/or their family members/caregivers; Support group meets in Buncombe County but is open to anyone who wishes to attend

Languages:

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**Pregnancy Support (Catholic Charities - Western Regional Office)**

Description: Offers emotional support, crisis assistance and counseling as needed during pregnancy and after birth. Services are offered to pregnant women, the named father, and other family members to assist them in making plans for the child’s future. This is pro-life counseling. Philosophy is that

County: Buncombe

Address: 68 Sweeten Creek Road
Asheville, NC 28803

Website: www.carepartners.org

Contact: Pam Griffin, 828-274-9567 x4813
info@carepartners.org

Hours: 3rd Thursday of the month, 11:00 a.m. - 12:00 p.m.

Program Fees: None

Application: Phone call; Due to the occasional date or room change, please call ahead if this is your first time attending or you are not on the email list for this group.

Eligibility: Open to anyone who has suffered a stroke, and/or their family members/caregivers; Support group meets in Buncombe County but is open to anyone who wishes to attend

Languages:
services are provided in a professional, caring, and non-judgmental manner.

County: Buncombe  
Address: 50 Orange Street  
Asheville, NC 28801  
Website: www.ccdoc.org  
Contact: Mishaun Mitchell, Social Worker  
704-370-3222  
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.  
Program Fees: None  
Application: Phone call  
Eligibility: No Restrictions  
Languages:  

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Center for Women (Center for Women)  
Description: Free pregnancy tests, ultrasounds, peer counseling, information and referral, and pro-life pregnancy counseling that offers abortion alternatives. Free maternity clothes, baby clothes, and baby furniture.  
County: Transylvania  
Address: 39 East Jordan Street  
Brevard, NC 28712  
Website: www.brevardwomencenter.com  
Contact: Wendy Kicklighter, Director  
cpccare@comporium.net  
Hours: Monday - Thursday, 10:30 a.m. - 5:00 p.m.; Other times by appointment  
Program Fees: None  
Application: Phone call  
Eligibility: No restrictions  
Languages: Spanish; Deaf accessible

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National Prevention Information Network, Centers for Disease Control and Prevention (Centers for Disease Control and Prevention)  
Description: The CDC National Prevention Information Network (NPIN) is the U.S. reference and referral service for information on HIV/AIDS, viral hepatitis, sexually transmitted diseases (STDs), and tuberculosis (TB). NPIN collects, catalogs, processes, and electronically disseminates materials and information on HIV/AIDS, viral hepatitis, STDs, and TB to organizations and people working in those disease fields in international, national, state, and local settings.  
County: Dekalb  
Address: 1600 Clifton Road  
Atlanta, GA 30333  
Website: www.cdcnpin.org  
Contact: Email Contact, info@cdcnpin.org  
Hours: Monday - Friday, 8:00 a.m. - 8:00 p.m.  
Program Fees: None  
Application: Phone call  
Eligibility: No restrictions  
Languages: Spanish; Deaf accessible

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Pandemic Flu Website and Sick Bird Reporting (Centers for Disease Control and Prevention)
Transylvania County 2-1-1 Resources (3.5.15)

Description: Provides comprehensive government-wide information on pandemic and seasonal Flu. In the event of a pandemic, it will be the authoritative site for U.S. Government information on the Pandemic.

County: Dekalb
Address: 1600 Clifton Road
Atlanta, GA 30333
Website: www.cdc.gov/flu/pandemic
Contact: Email Contact, cdcinfo@cdc.gov
Hours: Website available 24 hours per day, 7 days per week, 365 days per year
Program Fees: None
Application: Phone call; Email Contact
Eligibility: No restrictions
Languages: Spanish

Program Fees: Eligible Veterans covered by Federal Government; All others self-pay; Third party insurance
Application: Phone call
Eligibility: Honorably discharged veterans of any U.S. military service branch
Languages: Other languages by arrangement; Call 828-296-4490

Geriatrics and Extended Care (Charles George Veterans Affairs Medical Center)

Description: Provides an array of services that are both institutional and community based delivering health care, personal care and social support services via an interdisciplinary team to veterans with multiple and chronic medical problems, functional disabilities, cognitive impairments and weakened social support systems.

County: Buncombe
Address: 1100 Tunnel Road
Asheville, NC 28805
Website: www.asheville.va.gov
Contact: Lisa Thompson, Administrative Officer, Geriatrics and Extended Care
          828-298-7911 x3127
          Kimberly.Morris2@va.gov
Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: None
Application: Phone call; Referral
Eligibility: Honorably discharged, eligible veteran of any branch of the U.S. military; Income verification; Picture ID; Social Security card

Emergency Department (Charles George Veterans Affairs Medical Center)

Description: Medical facility providing emergency services to anyone with a clinical emergency. Services intended primarily for military veterans enrolled in Veterans Health Program.

County: Buncombe
Address: 1100 Tunnel Road
Asheville, NC 28805
Website: www.asheville.va.gov
Contact: Dennis Mehring, dennis.mehring@va.gov
Hours: 24 hours per day, 7 days per week, 365 days per year
<table>
<thead>
<tr>
<th><strong>Health Care for Homeless Veterans (Charles George Veterans Affairs Medical Center)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Description:</strong> Walk-in clinic is available for veterans experiencing homelessness or is at risk of becoming homeless. While at the clinic, patients will have the opportunity to speak with one of the Social Workers in the program and learn more about resources that may be available based on eligibility.</td>
</tr>
<tr>
<td><strong>County:</strong> Buncombe</td>
</tr>
<tr>
<td><strong>Address:</strong> 1100 Tunnel Road Building 14 Asheville, NC 28805</td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.asheville.va.gov">www.asheville.va.gov</a></td>
</tr>
<tr>
<td><strong>Contact:</strong> Allison Bond, Homeless Program Coordinator 828-298-7911 x5506 <a href="mailto:allison.bond@va.gov">allison.bond@va.gov</a></td>
</tr>
<tr>
<td><strong>Hours:</strong> Walk-In Clinic Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m; Veteran Crisis Line: 24 hours per day, 7 days per week, 365 days per year</td>
</tr>
<tr>
<td><strong>Program Fees:</strong> Varies</td>
</tr>
<tr>
<td><strong>Application:</strong> Walk-In</td>
</tr>
<tr>
<td><strong>Eligibility:</strong> Serves veterans with issues of housing and homelessness and who are currently receiving services from the VA or have VA ID card. If unsure about eligibility, call or walk-in for more information.</td>
</tr>
</tbody>
</table>

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<tr>
<th><strong>Hospitalization (Charles George Veterans Affairs Medical Center)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Description:</strong> Hospitalization program provided to eligible, honorably discharged veterans who should go in person with DD214 forms, or have their physician call the VA hospital's admitting physician.</td>
</tr>
<tr>
<td><strong>County:</strong> Buncombe</td>
</tr>
<tr>
<td><strong>Address:</strong> 1100 Tunnel Road Asheville, NC 28805</td>
</tr>
</tbody>
</table>
Outpatient Care (Charles George Veterans Affairs Medical Center)

Description: Provides out-patient clinical services and ambulatory care to honorably discharged veterans of any United States military service branch.

County: Macon

Address: 647 Wayah Street
Franklin Community Based Outpatient Clinic
Franklin, NC 28734

Website: www.asheville.va.gov

Contact: Robert Downs, Chief, Health Administration Service
828-298-7911 x5025
Robert.Downs@va.gov

Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.

Program Fees: None

Application: Call for an appointment

Eligibility: Documentation of honorable discharge of any U.S. military service branch; Income verification; Picture ID; Social Security card

Languages: Other languages available by arrangement; Call 828-296-4490
### Transylvania County 2-1-1 Resources (3.5.15)

<table>
<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>852 Merrimon Avenue, Asheville, NC 28804</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.bearly.nc.gov">www.bearly.nc.gov</a></td>
</tr>
<tr>
<td>Contact</td>
<td>Maggie Panther, Director</td>
</tr>
<tr>
<td></td>
<td>maggie.panther@d hhs.nc.gov</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday - Friday, 8:00 a.m. - 5:00 p.m. or by appointment</td>
</tr>
<tr>
<td>Program Fees</td>
<td>Evaluation and service coordination are provided at no charge to the family. Others services are provided on a sliding fee scale. Accepts all types of private and public insurance.</td>
</tr>
<tr>
<td>Application</td>
<td>Referrals from parents, physicians or community agencies. Most intake is done via initial phone call and/or a home visit.</td>
</tr>
<tr>
<td>Eligibility</td>
<td>For children birth to 3 years old who meet Infant-Toddler Program eligibility criteria and reside in Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain, and Transylvania Counties. See website for more information.</td>
</tr>
<tr>
<td>Languages</td>
<td>Some Spanish-speaking staff. Interpreter made available as needed.</td>
</tr>
</tbody>
</table>

### County Rutherford

<table>
<thead>
<tr>
<th>County</th>
<th>Rutherford</th>
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</thead>
<tbody>
<tr>
<td>Address</td>
<td>374 Charlotte Road Rutherford County Community Based Outpatient Clinic Rutherfordton, NC 0</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.asheville.va.gov">www.asheville.va.gov</a></td>
</tr>
<tr>
<td>Contact</td>
<td>Robert Downs, Chief, Health Administration Service 828-298-7911 x5025 <a href="mailto:Robert.Downs@va.gov">Robert.Downs@va.gov</a></td>
</tr>
<tr>
<td>Hours</td>
<td>Monday - Friday, 8:00 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>Program Fees</td>
<td>None</td>
</tr>
<tr>
<td>Application</td>
<td>Call for an appointment</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Documentation of honorable discharge of any U.S. military service branch; Income verification; Picture ID; Social Security card</td>
</tr>
<tr>
<td>Languages</td>
<td>Other languages available by arrangement; Call 828-296-4490</td>
</tr>
</tbody>
</table>

### Children's Developmental Services of Western North Carolina

Description: CDSA of WNC is part of the NC Infant-Toddler program and provides early intervention services to families with children birth to age 3. Provides comprehensive diagnostic evaluations and functional assessments to identify areas of need and determine appropriate services and supports for children. Services include medical, psychological, educational, physical therapy, speech-language therapy, audiology, occupational therapy, nutrition, social work, and service coordination. Additional services include Assistive Technology, technical assistance, and consultation. Serves children and families in natural environments, such as home, childcare, and other community settings.

### Community Alternatives Program for Children - C and B Support Services

Description: The Community Alternatives Program for Children (CAP/C) provides home and community based services to medically fragile children who, because of their medical needs are at risk for institutionalization in a nursing home. Examples of children who may be eligible for CAP/C include children with ventilators, tracheotomies, feeding tubes, severe seizures, and those children who need help with activities such as bathing, dressing, grooming, and toileting when the
Transylvania County 2-1-1 Resources (3.5.15)

child, for medical reasons, is not able to do or learn to do those tasks independently.

County: Buncombe
Address: One Town Square Boulevard
         Suite 265
         Asheville, NC 28803
Website: www.candbsupportservices.com
Contact: Robin Cuellar, rcuellar@candbsupportservices.com
Hours: Office Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: Medicaid
Application: Phone Call; Basic information will be taken and sent to the NC Division of Medical Assistance
Eligibility: Medically fragile children birth to age 21; At risk for institutionalization due to their medical needs; Medicaid eligible.
Languages: Spanish

Care Management (Community Care of Western North Carolina)

Description: Care managers assist clients enrolled in one of CCWNC's care management programs with healthcare management needs. Care managers coordinate services for patients with their primary care provider (physician). They are primarily responsible for helping patients with high risk conditions or needs, assisting the patient's physician in disease management education and/or follow-up, helping patients coordinate their care or access needed services, and collecting data on process and health outcome measures.

County: Buncombe

Address: 53 South French Broad Avenue
         Suite 300
         Asheville, NC 28801
Website: www.communitycarewnc.org
Contact: Amy Ray, Patient Outreach Coordinator
         aray@ccwnc.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None
Application: Must be enrolled in Carolina Access II Medicaid or Health Choice to be eligible for services and referred for services through client's primary care physician
Eligibility: Enrolled in CA II Medicaid program or Health Choice; Clients must be referred to program by their Primary Care provider
Languages: Spanish

CESI Housing Counseling Services (Consumer Education Services Inc.)

Description: The HUD Certified CESI Homeownership Center exists to provide housing opportunities, customized housing counseling services and personal finance training designed to educate and empower citizens, thus creating sustainable households, vibrant communities and increased wealth. The CESI Homeownership Center provides an extensive program of counseling, and educational services, and ongoing support, including Pre purchase Counseling, Mortgage Delinquency and Default Resolution Counseling, Reverse Mortgage Counseling, Rental Counseling, Homebuyer Education Workshops, Delinquency Resolution Foreclosure Prevention Workshops, Post Purchase Education Workshops.

County: Wake
**Transylvania County 2-1-1 Resources (3.5.15)**

Address: 3700 Barrett Drive  
Raleigh, NC 27609  
Website: http://cesihousing.org  
Contact: Sheryl Merritt, Program Manager  
919-861-6003  
housing@cesisolutions.org  
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.  
Program Fees: Please call 877-829-0851.  
Application: Please call 877-829-0851.  
Eligibility: Varies according to program.  
Languages: English and Spanish.

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**Cystic Fibrosis Patient Assistance Foundation (Cystic Fibrosis Patient Assistance Foundation)**

Description: Helps patients and their family members living with cystic fibrosis afford the medications and devices they need to manage their disease.

County: Montgomery  
Address: 6931 Arlington Road  
2nd Floor  
Bethesda, MD 20814  
Website: www.cfpaf.org  
Contact: Resource Data Contact,  
parc@cff.org  
Hours: Monday - Friday, 8:30 a.m. - 5:30 p.m.  
Program Fees: None  
Application: Phone Call; Online at www.cfpaf.org/ProgramDetails/ApplyNow/; Will take 10 to 15 business days to process application. Applicant will be notified of decision by phone call and letter.  
Eligibility: Cystic fibrosis diagnosis; Household income must not exceed 400% of the Federal Poverty Level (or 500% if there is more than one CF patient in the household); Must use an FDA approved medication or paired drug delivery device for the nebulized treatment of cystic fibrosis.

Languages:

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**Crossnore Academy (Crossnore School)**

Description: Emergency care services, and long-term out-of-home placement for children aged 2-18.

County: Avery  
Address: 100 DAR Drive  
Crossnore, NC 28616  
Website: www.crossnoreschool.org/  
Contact: Dr. Phyllis Crain, Executive Director/CEO  
pccrain@crossnoreschool.org  
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.  
Program Fees:  
Application:  
Eligibility:  
Languages:

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**CRC (DisAbility Partners - Asheville Office)**

Description: CRC (Community Resource Connections) is a group of organizations that help older adults and people with disabilities access the services they need. The CRC offers
Transylvania County 2-1-1 Resources (3.5.15)

information, options counseling about available services, referrals to local resources and public benefits, and follow-up. Disability Partners is part of CRC of the Land of Sky which is in Buncombe, Henderson, Madison and Transylvania Counties, and there are CRCs (sometimes called ADRCs) in other areas of the state and country.

County: Buncombe
Address: 108 New Leicester Highway
Asheville, NC 28806
Website: www.crclandofsky.org
Contact: Jerry Brewton, Peer Specialist
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to coordinate in-person appointment
Eligibility: People of all ages with disabilities and their caregivers
Languages: 

Independent Living Skills Training (DisAbility Partners - Asheville Office)
Description: Offers independent living skills classes regularly to promote awareness, self-advocacy, rights and responsibilities of persons with disabilities, money management, arts and crafts, information technology, communication with others, basic social skills, self-esteem, eating well, goal-setting and more. Classes are based on consumer request and vary regularly.

County: Buncombe
Address: 108 New Leicester Highway
Asheville, NC 28806
Website: www.disabilitypartners.org
Contact: Kelly Rowe Rodriguez, krowe@disabilitypartners.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to request appointment
Languages: 

Peer Counseling and Advocacy (DisAbility Partners - Asheville Office)
Description: Staff members with disabilities who have learned to live independently and be self-advocates act as role models to help persons learn to reach their independent living goals. Staff can assist the consumer in identifying areas of need and resources to learn self-advocacy skills in areas of medical, legal, employment and social areas to live independently. Social activities are held monthly to develop and support peer relationships.

County: Buncombe
Address: 108 New Leicester Highway
Asheville, NC 28806
Website: www.disabilitypartners.org
Contact: Kelly Rowe Rodriguez, krowe@disabilitypartners.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to request appointment

Languages: Translators available at no cost.

Duke Home Infusion (Duke HomeCare and Hospice)
Description: Home infusion therapy is the administration of intravenous through a vein medication, such as antibiotics and chemotherapy, to patients in their own homes. Small, portable pumps which allow medication to be administered to the patient through an IV intravenous line make it possible for many patients to go about their normal daily activities while receiving their medicine.

County Durham
Address: 4321 Medical Park
Durham, NC 27704
Website: www.dhch.duhs.duke.edu
Contact: Diana Russell, Director of Home Health
919-620-3853
dhchinfo@notes.duke.edu
Hours: Monday - Friday, 8:00 a.m. - 6:00 p.m. Sunday, 8:00 a.m.-4:00 p.m. On Call 24 hours per day, 7 days per week, 365 days a year.
Program Fees: Medicare, Medicaid and most private insurance covers the cost of services. Call for specific information
Application: Call 919-620-3853 and ask for the referral center.

Early Intervention Program for Children Who Are Deaf or Hard of Hearing
Description: The Early Learning Sensory Support Program for Children with Hearing Impairments is a service provider for children who are enrolled in the Infant-Toddler Program/Children's Developmental Services Agency (CDSA). Services are provided to children who are deaf, hard of hearing, or deaf/blind, ages birth to three, and their families with emphasis on language and communication skill development. Itinerant teachers licensed in the area of hearing impairment provide family-centered intervention in a child's most natural environment with a primary caregiver. Teachers work with the CDSA to ensure that children receive appropriate Early Intervention Services.

County Burke
Address: 517 West Fleming Drive
Morganton, NC 28655
Website: www.earlylearning.nc.gov/PreKindergarten/EarlyIntervention/EarlyInterventionProg.asp
Contact: Terry Smith, Administrative Assistant
terry.smith@esdb.nc.gov
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Call Mandy Hice, Intake Coordinator, 828-448-9353
Eligibility: Services provided to children ages birth to three years; Itinerant staff is located in home duty assignments
Languages: Interpreter services available

Easter Seals UCP - Western North Carolina
Description: Services provided to individuals with a developmental disability diagnosis includes developmental therapy;
personal assistance; personal care and respite. Also provides CAP I/DD services (Community Alternatives Program) that include home and community support; personal care; residential services, and supportive employment.

County: Buncombe
Address: 305 Stone Ridge Boulevard
Asheville, NC 28804
Website: www.nc.eastersealsucp.com
Contact: Christopher Robbins, Program Manager
christopher.robbins@eastersealsucp.com
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None
Application: Referral from the LME (Smoky Mountain Center)
Eligibility: Developmental disability diagnosis; Referral from LME (Smoky Mountain Center)
Languages:

**Equipment Provision (Easter Seals UCP North Carolina and Virginia, Inc.)**

Description: Provides grant funds, this program purchases durable medical equipment not available through another funding source to people with disabilities. Example of equipment include wheelchairs, leg, braces, orthotics, orthopedic shoes, prosthetics, and hearing aids. Clients must meet eligibility criteria, and complete and application. There is a waiting list period due to limited funds.

County: Wake
Address: 2315 Myron Drive
Raleigh, NC 27607
Website: www.nc.eastersealsucp.com
Contact: Pam Scott, Program Supervisor
919-783-8898
info@nc.eastersealsucp.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Vary; please call.
Application: Please call.
Eligibility: Family members with disabilities.
Transylvania County 2-1-1 Resources (3.5.15)

Languages:

Healthcare Hospitality Network (Easy Reference Phone Numbers)

<table>
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<tr>
<th>County</th>
<th>Fulton</th>
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| Address         | 61 Forsyth Street South West  
                  | Sam Nunn Atlanta Federal Center  
                  | Atlanta, GA 30303 |
| Website         | www2.epa.gov/aboutepa/about-epa-region-4-southeast |
| Contact         | Sherry Maddox, Regional Web Manager  
                  | 404-562-8031  
                  | maddox.sherry@epamail.epa.gov |
| Hours           | Monday - Friday, 8:00 a.m. - 5:00 p.m. |
| Program Fees    | None |
| Application     | Phone Call; Online |
| Eligibility     | No restriction |
| Languages       | |

Environmental Protection Agency - Region 4

<table>
<thead>
<tr>
<th>County</th>
<th>San Francisco</th>
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</thead>
</table>
| Address         | 655 Beach Street  
                  | San Francisco, CA 0 |

Diabetes EyeCare Program (EyeCare America)

<table>
<thead>
<tr>
<th>County</th>
<th>San Francisco</th>
</tr>
</thead>
</table>
| Address         | 655 Beach Street  
                  | San Francisco, CA 0 |

Right-To-Know Hotline: Provides up-to-date information on several EPA programs. Also responds to requests for relevant publications and information resources.

Description: A referral service providing information about facilities offering lodging for families and/or patients during medical treatment away from home

Counts: Multnomah

Website: www.nahhh.org

Contact: Email Contact, helpinghomes@nahhh.org

Hours:

Program Fees:

Application:

Eligibility:

Languages:

Description: The mission of EPA is to protect human health and the environment. Region 4 Serves Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee and 6 Tribes.

Safe Drinking Water Hotline: Provides general and technical information on the quality of drinking water and referrals to other organizations when appropriate. Does not give site-specific info on local water quality.

Description: Promotes annual, dilated eye exams for people with diabetes. Raises awareness of diabetic eye disease, including diabetic retinopathy. Provides free diabetic eye disease educational materials and facilitates access to eye care, at no out-of-pocket expense to patient. Those eligible receive a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam.

Languages:
Transylvania County 2-1-1 Resources (3.5.15)

Website: www.eyecareamerica.org
Contact: Gail Nyman-York, Program Director
877-887-6327
pubserv@aao.org

Hours: Helpline available 24 hours per day, 7 days per week, 365 days per year
Program Fees: No cost to uninsured. Medicare and private insurance billed with no balance due.
Application: Please call one of the helplines for information.
Eligibility: U.S. citizen or legal residents, age 65 or older, have not seen an ophthalmologist in three years or more, have diabetes and do not have eye care insurance through an HMO or have VA benefits.
Languages:

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Glaucoma EyeCare Program (EyeCare America)

Description: Promotes early detection and treatment of glaucoma. Raises awareness of glaucoma risk factors (family history, race, age) provides free glaucoma educational materials and facilitates access to medical eye care.

County San Francisco
Address: 655 Beach Street
San Francisco, CA 0
Website: www.eyecareamerica.org
Contact: Gail Nyman-York, Program Manager
800-391-3937
pubserv@aao.org
Hours: Helpline is open 24 hours per day, 7 days per week, 365 days per year

Program Fees: Free for uninsured. Medicare or private insurance is billed; individuals billed balance.
Application: Please call the helpline. Referral letter will be mailed three weeks after initial call.
Eligibility: US citizens or legal residents who have not had an eye exam in 12 months or more. Callers who are at a increased risk for glaucoma. Do not have eye care insurance through and HMO or the VA.
Languages:

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Seniors EyeCare Program (EyeCare America)

Description: Formerly known as the National Eyecare Project, the Seniors EyeCare program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. Raises awareness about age-related eye disease including cataracts, provides free eye care educational materials and facilitates access to eye care, at no out-of-pocket expenses for eligible seniors. Eligible seniors receive a comprehensive medical eye exam and treatment for any disease diagnosed at the time of initial visit for up to one year.

County San Francisco
Address: 655 Beach Street
San Francisco, CA 0
Website: www.eyecareamerica.org
Contact: Gail Nyman-York, Program Manager
877-887-6327
pubserv@aao.org
Hours: Helpline available 24 hours per day, 7 days per week, 365 days per year
Transylvania County 2-1-1 Resources (3.5.15)

Program Fees: Free for uninsured. Medicare or private insurance is billed with balance waived.
Application: Please call. Referral letter will be mailed three weeks after initial call.
Eligibility: US citizens or legal residents 65 years of age and older who have not seen an ophthalmologist in 3 or more years. Callers may not belong to an HMO or have VA benefits.
Languages:

FIF Life Line Project (First In Families of North Carolina)
Description: First In Families is to help people with disabilities and their families to believe in their dreams, achieve their goals and give back to others. FIF offers direct family support to people with an Intellecutal, Developmental Disability and, or Traumatic Brain Injury according to their self defined needs. The goal of FIF staff is to help you find what you need within the community and link you and, or your family member to those resources. This creates a partnership involving you, FIF and the community.

County: Durham
Address: 3109 University Drive
Suite 100
Durham, NC 27707
Website: http://www.fifnc.org
Contact: Krysta Gougler Reeves, Resource Consultant
919-251-8368
krysta@fifnc.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None.
Application: Call the office for an application.

Eligibility: A person of any age with an Intellecutal, Developmental Disability and, or a Traumatic Brain Injury whose household income does not exceed $65,000 after taxes.
Languages: Spanish.

Sarah’s House Mother/Child Program (Florence Crittenton Services)
Description: 24-hour residential care and supervision for adolescent mothers and infants who are in foster care and need placement together.

County: Mecklenburg
Address: 1300 Blythe Blvd.
Charlotte, NC 0
Website: www.fcsnc.org
Contact: Diane Thompson, Program Administrator
704-372-4663
dthompson@fcsnc.org
Hours: Office: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees:
Application: Must be referred by DSS
Eligibility: Single female adolescents in legal custody of the Department of Social Services (ages 14-21) with willingness to participate in all program requirements.
Agreement to participate in vocational and/or educational programming.
Cannot consider those who requ
Languages:

Innovation (Foothills Industries of McDowell County)
Transylvania County 2-1-1 Resources (3.5.15)

Description: The Innovation (formerly CAP) service is a special Medicaid community care funding source designed to give persons with intellectual/developmental disabilities a cost-effective alternative to care in an intermediate care facility. The goal is to allow individuals to return to and/or live in the community with as much independence as possible. The wide array of services and supports are designed to recognize the dignity of each individual and to enhance the quality of life, allowing each person to maximize independence, productivity, and talent according to his/her preferences.

County: McDowell
Address: 300 Rockwell Drive
Marion, NC 28752
Website: www.foothillsindustries.com
Contact: Donnita Silver, Director of Services
828-652-4088
dsilver@foothillsind.com
Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.
Program Fees: Medicaid funded
Application: Phone Call to Foothills Industries or MCO/LME
Eligibility: Must have an Intellectual/Developmental Disability (I/DD) diagnosis; Medicaid Card, Social Security Card, Psychological evaluation; additional documentation may be required; Consumers whose Medicaid home is within the catchment area of local MCO’s with S
Languages:

Elizabeth House (Four Seasons - Compassion For Life)

Description: Inpatient facility owned and operated by Four Seasons to care for terminally ill patients. Medicare certified. Provides three levels of care: inpatient, routine, and respite.

County: Henderson
Address: 581 South Allen Road
Flat Rock, NC 28731
Website: www.fourseasonscfl.org
Contact: Christina Southern, Director
csouthern@FourSeasons.com
Hours: 24 hours per day, 7 days per week, 365 days per year
Program Fees: Accepts Medicaid, Medicare, insurance
Application: Phone call; In person
Eligibility: Have a diagnosed terminal illness with 6 months or less prognosis
Languages:

Hospice Care for Terminally Ill (Four Seasons - Compassion For Life)

Description: End-of-life care to patients and their families in their homes or in facilities. Interdisciplinary team approach to care: RN’s, nursing assistant, social workers, chaplains, bereavement counselors, volunteers, physicians, and advocates for the individual’s wishes.

County: Henderson
Address: 571 South Allen Road
Flat Rock, NC 28731
Website: www.fourseasonscfl.org
Contact: Chris Comeaux,
828-692-6178
Hospice Care for Terminally Ill (Four Seasons - Compassion For Life)

Description: End-of-life care to patients and their families in their homes or in facilities. Interdisciplinary team approach to care: RN's, nursing assistant, social workers, chaplains, bereavement counselors, volunteers, physicians, and advocates for the individual's wishes.

County: Macon
Address: 171 Hospital Drive
JWB, Suite 600
Highlands, NC 28741
Website: www.fourseasonscfl.org
Contact: Chris Comeaux,
828-692-6178

Palliative Care (Four Seasons - Compassion For Life)

Description: Medical specialty focusing on the needs of those living with serious illness. Can be provided at the same time as any other medical treatments. Services include: treatment of pain and other symptoms, guidance with difficult treatment choices, coordination of care with your other health care providers, help in navigating the health care system, referral to community resources, emotional and spiritual support as needed. Services can be provided in the home, nursing home, assisted living facility or hospital. Some common illnesses that people request palliative care for include: Chronic Obstructive Pulmonary Disease (COPD); Congestive Heart Failure (CHF); Stroke; Parkinson's Disease; Alzheimer's Disease; Dementia; Kidney Disease; Cancer.

County: Henderson
Address: 571 South Allen Road
Flat Rock, NC 28731
Website: www.fourseasonscfl.org
Contact: John Morris, MD, Palliative Care Medical Director
jmorris@FourSeasonsCFL.org

Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: Sliding scale; Accepts Medicare, Medicaid, private insurance
Application: Phone call; Referral
Eligibility: Serious chronic illness
Languages: Spanish

Palliative Care (Four Seasons - Compassion For Life)
Transylvania County 2-1-1 Resources (3.5.15)

Description: Medical specialty focusing on the needs of those living with serious illness. Can be provided at the same time as any other medical treatments. Services include: treatment of pain and other symptoms, guidance with difficult treatment choices, coordination of care with your other health care providers, help in navigating the health care system, referral to community resources, emotional and spiritual support as needed. Services can be provided in the home, nursing home, assisted living facility or hospital. Some common illnesses that people request palliative care for include: Chronic Obstructive Pulmonary Disease (COPD); Congestive Heart Failure (CHF); Stroke; Parkinson's Disease; Alzheimer's Disease; Dementia; Kidney Disease; Cancer.

County: Macon
Address: 171 Hospital Drive
JWB, Suite 600
Highlands, NC 28741
Website: www.fourSeasonsCFL.org
Contact: John Morris, MD, Palliative Care Medical Director
jmorris@FourSeasonsCFL.org
Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: Sliding scale; Accepts Medicare, Medicaid, private insurance
Application: Phone call; Referral
Eligibility: Serious chronic illness
Languages: Spanish

Family Support Network (GHA Autism Supports)
Description: The Family Support Network serves as an outlet for families with special needs to meet with one another, while supporting the initiatives of GHA Autism Supports.

County: Stanly
Address: 213 North Second Street
Albemarle, NC 28001
Website: www.ghaautismsupports.org
Contact: Dawn Allen, CEO
704-982-9600
dawnallen@ghainc.org
Hours: Office Hours, Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: None
Application: Phone call; Referral
Eligibility: Family member with Autism.
Languages: GHA provides person-centered services based on individualized need.

Wilmington Office (GHA Autism Supports)
Description: GHA Autism Supports is a private, non-profit organization that provides community services to meet the unique needs of individuals with Autism Spectrum Disorder. Services include Residential, Vocational, and Job Services Programming.

County: New Hanover
Address: 105 North Sixth Street
Wilmington, NC 28401
Website: www.ghaautismsupports.org
Contact: Ginger Longino,
910-619-1449
vlongino@ec.rr.com
Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: Interested individuals must receive or be eligible to receive Medicaid supported services (Intermediate Care Facility/Mental Retardation - ICF/MR, Innovations, Community Alternative Program/Mental Retardation - CAP/MR). Private pay situations must be reviewed.

Application: Please reference www.ghaautismsupports.org for specific information regarding accessing services, or contact our administrative office at 704-982-9600.

Eligibility: Individuals must have a confirmed diagnosis of Autism Spectrum Disorder.

Languages: GHA provides person-centered services based on individualized need.

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**Gluten Intolerance Group of Asheville**

**Description:** Provides support to persons with gluten intolerance, including celiac disease, dermatitis herpetiformis and gluten sensitivities to live healthy lives. Holds monthly meetings that offer a variety of opportunities for current and relevant information through restaurant outings, potlucks, speakers, and product tastings. There is also a bi-monthly, informative newsletter and weekly emails available with the latest gluten free information from research to recipes. Contact may be made by email to the director at any time for information and direction for further services.

**County** Buncombe

**Address:** 53 Cedar Hill Drive

Asheville, NC 28803

**Website:** www.ashevillegig.org

**Contact:** Sheila Horine, Director

828-274-8532
gig.asheville@gluten.net

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**Helios Warriors**

**Description:** Offers complementary and alternative therapies for veterans in need. Some services include acupuncture, chiropractic, massage therapy, cranial sacral therapy, energy work, nutrition consultation, and talk therapy.

**County** Buncombe

**Address:** 251 Haywood Street

Suite D

Asheville, NC 28801

**Website:** www.helioswarriors.org

**Contact:** Ashley Pool, Director

helioswarriorswnc@gmail.com

**Hours:** Tuesday, Thursday, Friday, 10:00 a.m. - 5:00 p.m.; Sunday, 12:00 p.m. - 5:00 p.m.; Hours may vary

**Program Fees:** Sliding scale based on income - call for details

**Application:** Call to schedule a free appointment for initial intake

**Eligibility:** Services are offered to military veterans and their spouses. At the first visit, veterans must bring materials proving they serviced in the military.
Adult Day Activity Center (Irene Wortham Center)

Description: Provides activities that promote an optimal level of independence in daily living and offers socialization and interaction on an individual and group level. Activities include art and music therapy, cooking lessons, and inclusive community activities such as: concerts, festivals, and volunteer opportunities. Continuing education courses are provided daily under the guidance of Asheville-Buncombe Technical Community College.

County: Buncombe
Address: 916 West Chapel Road
Asheville, NC 28803
Website: www.iwcnc.org
Contact: Jennifer Kelley, Director of Programs
828-274-7518 x157
jkelley@iwcnc.org
Hours: Monday - Friday, 7:00 a.m. - 5:00 p.m.
Program Fees: Accepts Medicaid; Private pay; CAP
Application: Phone call; In person; Referral
Eligibility: Ages 18 and up; Male, female
Languages:

JDRF - Greater Western Carolinas Chapter

Description: Supports and encourages research for Type 1 Diabetes. The research has three primary objectives: restoring normal blood sugar levels, avoiding and reversing diabetes-related complications, and preventing diabetes and its recurrence.

County: Mecklenburg
Address: 205 Regency Executive Park Drive
Suite 102
Charlotte, NC 28217
Website: www.jdrf.org
Contact: Carol Yates, Office Manager
704-625-4078
cyates@jdrf.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Phone call
Eligibility: For anyone seeking information for Type 1 Diabetes
Languages:

La Leche League of Asheville (La Leche League International)

Description: Group is for anyone who is interested in learning more about breastfeeding and related aspects of child care, not just for moms who are having difficulties. Babies welcome. Telephone help also available 24 hours.

Meeting location: 1st Congregational Church, Oak Street, downtown Asheville. Call a Leader for directions.

County: Buncombe
Address: 30 Fox Run Drive
Fairview, NC 28730
Website: www.lllofnc.org
Contact: Susan Mooney, susanannmooney@gmail.com
**Licensed Nursing Homes and Adult Care Homes Guide (Land of Sky Area Agency on Aging)**

**Description:** A printed directory with information about long-term care facilities in Buncombe, Henderson, Madison, and Transylvania Counties. Includes information about nursing homes, assisted living, adult care homes and family care homes, continuing care retirement communities, and Independent Living communities for seniors and persons with disabilities. Guide may be ordered or downloaded online at www.landofsky.org/ombudsman.html (scroll down to Long-Term Care Housing Directory by County).

**County:** Buncombe  
**Address:** 339 New Leicester Highway  
Suite 140  
Asheville, NC 28806  
**Contact:** Ruth Price, Regional Long-Term Care Ombudsman  
ruth@landofsky.org  
**Hours:** Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

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**Living Healthy with a Chronic Condition (Land of Sky Area Agency on Aging)**

**Description:** Living Healthy is a free 6-week program for people living with ongoing health problems to help improve their health - one step at a time. Sessions aim to provide mutual support and success, build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Designed to help those with chronic conditions such as Diabetes, HBP, COPD, Arthritis, Asthma, and Depression. Workshops are offered in Buncombe, Madison, Henderson and Transylvania Counties on an ongoing basis. See website for schedule of classes and registration information.

**County:** Buncombe  
**Address:** 339 New Leicester Highway  
Suite 140  
Asheville, NC 28806  
**Website:** www.livinghealthywnc.org  
**Contact:** Rebecca Chaplin, Aging Program Specialist  
828-251-7438  
rebecca@landofsky.org  
**Hours:** Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Class times vary

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**Transylvania County 2-1-1 Resources (3.5.15)**

**Hours:** Meeting Times: 2nd Tuesday of the month, 10:00 a.m.  
**Program Fees:** None  
**Application:** Phone call; Attend meeting  
**Eligibility:** Pregnant and nursing women; Nursing babies and toddlers welcome  
**Languages:** Call the 800 number for Spanish

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**Eligibility:** Anyone needing information about long-term care facilities in Buncombe, Henderson, Madison or Transylvania counties

**Languages:** Call the 800 number for Spanish

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**Living Healthy with a Chronic Condition (Land of Sky Area Agency on Aging)**

**Description:** Living Healthy is a free 6-week program for people living with ongoing health problems to help improve their health - one step at a time. Sessions aim to provide mutual support and success, build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Designed to help those with chronic conditions such as Diabetes, HBP, COPD, Arthritis, Asthma, and Depression. Workshops are offered in Buncombe, Madison, Henderson and Transylvania Counties on an ongoing basis. See website for schedule of classes and registration information.

**County:** Buncombe  
**Address:** 339 New Leicester Highway  
Suite 140  
Asheville, NC 28806  
**Website:** www.livinghealthywnc.org  
**Contact:** Rebecca Chaplin, Aging Program Specialist  
828-251-7438  
rebecca@landofsky.org  
**Hours:** Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Class times vary

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**Program Fees:** None  
**Application:** Visit website or call to register
Eligibility: Person with Chronic condition(s) or caregiver of person with chronic condition(s); No age restriction; Course also offered in Spanish

Languages: Spanish

Project C.A.R.E. (Land of Sky Area Agency on Aging)

Description: Project C.A.R.E. (Caregiver Alternatives to Running on Empty) uses a family consultant model to provide consumer-directed respite care and comprehensive support to caregivers. The goal of the program is to increase quality, access, choice, and use of respite and support services to low-income rural and minority families caring for a person with dementia at home. Through the integration of dementia-capable services and the development of family-centered and caregiver-focused community care networks.

County: Buncombe
Address: 339 New Leicester Highway
Suite 140
Asheville, NC 28806
Website: www.landofsky.org/projectcare
Contact: Nancy Hogan, Family Consultant, Western NC Project C.A.R.E. (Caregiver Alternatives to Running on Empty)
nancy@landofsky.org
Hours: Call for Appointment; Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Program Fees: Call for details
Application: Phone call; Email
Eligibility: Call for details; Serves 34 counties in Western North Carolina
Languages: Interpreter services available

WNC Fall Prevention Coalition (Land of Sky Area Agency on Aging)

Description: The WNC Fall Prevention Coalition is committed to reducing the number of falls and fall-related injuries in Western North Carolina. WNC Fall Prevention Coalition provides local assistance including screening referral therapy, exercise, home care, and safety assessments.

County: Buncombe
Address: 339 New Leicester Highway
Suite 140
Asheville, NC 28806
Website: www.landofsky.org/fallprevention
Contact: Rebecca Chaplan, Aging Program Specialist
828-251-7438
rebecca@landofsky.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Phone Call
Eligibility: No Restrictions
Languages:

Leukemia and Lymphoma Society - Western North Carolina

Description: This group is for people living with Leukemia, Lymphoma, Multiple Myeloma, Myelodysplastic Syndrome, Primary Amyloidosis, or any blood cancer and also their caregivers who live in the Western North Carolina area.

County: Buncombe
Address: 21 Hospital Drive
Transylvania County 2-1-1 Resources (3.5.15)

Mission Hospital SECU Cancer Center
Asheville, NC 28801
Website: www.lls.org
Contact: Leslie Verner, RN, BSN, OCN, Group Facilitator
828-213-4656
leslie.verner@msj.org
Hours: Meetings are the 2nd Monday of the month, 4:00 p.m. - 6:00 p.m.
Program Fees: None
Application: Phone call for registration; Please check in at the registration desk on 1st floor of Cancer Center for room location of support group.
Eligibility: People with blood cancers and their caregivers
Languages:

Liberty Corner Enterprises
Description: Discovery Program: Provides residential treatment services for adults with developmental disabilities and mental illness, and adults with physical disabilities or deaf and blind
Day Supports: Provides community-based, person-centered services that is tailored to fit each individual as they become involved in the community.
Residential Supports: Provides services and supports to assist people to live in a home of their choice.
Supported Employment: Assists with job placement and maintaining employment through long term follow up.
County: Buncombe
Address: 147 Coxe Avenue
Asheville, NC 28801
Website: www.libertycornerent.com
Contact: Brad Alexander, Executive Director
828-254-9917
balexander@libertycornerent.com
Hours: Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Program Fees: No cost to participant; Accepts Medicaid, Medicare, Special Assistance (a Social Security benefit)
Application: Phone call; Email
Eligibility: Adults with developmental disability diagnosis or physical disability; Social Security Card and birth certificate required
Languages: American Sign Language

LifeShare Of The Carolinas
Description: LifeShare Of The Carolinas is a federally designated, not-for-profit organ, eye, and tissue recovery organization with two offices; Asheville and Charlotte. Works with the United Network for Organ Sharing (UNOS), which maintains the national computerized transplant waiting list. Coordinators serve as a liaison between donor families and organ/tissue recipients. Also provides public education on organ, eye or tissue donation.
County: Buncombe
Address: 1200 Ridgefield Boulevard
Suite 150
Asheville, NC 28803
Website: www.lifesharecarolinas.org
Contact: Debbie Gibbs, Public Relations Manager
704-512-3062
debbie.m.gibbs@lifesharecarolinas.org
MANNA FoodBank

Description: MANNA FoodBank solicits food from industries and individuals locally and through Feeding America, the nation’s largest domestic hunger relief organization. Distributes food to private not-for-profit and religious agencies serving the sick, needy, and children in 16 Western North Carolina counties. MANNA FoodBank only distribute food to individuals or families seeking emergency food assistance on a one time basis and then refers them to 2-1-1 and a listing of MANNA’s partner agencies closest to them. MANNA solicits stores and distributes food and groceries to certified charitable [501(c) (3) tax exempt] agencies involved in feeding the needy.

MANNA Packs for Kids Program, MANNA’s weekend take-home food program, provides supplemental food items and, as available, fresh fruits and vegetables to school-identified youth distributed weekly during the school year. The program serves more than 4,000 children per week in 135 schools across the sixteen county service region.

Also conducts the Fresh Produce Program with helps Buncombe County families living in participating Asheville housing projects to have access to fresh food.
Transylvania County 2-1-1 Resources (3.5.15)

Website: www.pineymountainumc.org
Contact: Ron Hartman, Pastor
828-667-3031
pastor@pineymountainumc.org
Hours: By appointment only
Program Fees: None
Application: Call and leave a message on the voicemail for *3 with name, telephone number, and what kind of equipment is needed, and you will be contacted to set up an appointment.
Eligibility: No Restrictions; serves Buncombe and surrounding counties
Languages:

Haywood Satellite Clinic (MemoryCare)
Description: Provides comprehensive evaluation of older adults with memory impairment, and establishment of a health management plan, working closely with the primary care physician of the client. Also provides support and education for caregivers of older adults with memory impairment. Can also provide services for Durable Power of Attorney for Health Care.
County: Haywood
Address: 81 Elmwood Way
Waynesville, NC 28786
Website: www.memorycare.org
Contact: Suzann Coker, Program Assistant
828-771-2219
office@memorycare.org
Hours: Asheville Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.; Haywood Clinic: Tuesday, Thursday, 8:30 a.m.- 4:30 p.m. By appointment only
Program Fees: Accepts Medicare, private insurance
Application: Call Asheville Office for appointment; Physician referral
Eligibility: Geriatric patient age 65 and up
Languages: Interpreter services as needed

Memory Loss Education (MemoryCare)
Description: Provides community education on the causes and effects of memory loss, specialized training for physicians and nurses and a lending library for the public on issues affecting older adults.
County: Buncombe
Address: 100 Far Horizons Lane
Asheville, NC 28803
Website: www.memorycare.org
Contact: Suzann Coker, Program Assistant
828-771-2219
office@memorycare.org
Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Program Fees: Vary
Application: Phone call; Visit library
Eligibility: No restrictions
Languages: Interpreter services as needed

MemoryCare Services (MemoryCare)
### Transylvania County 2-1-1 Resources (3.5.15)

**Description:** Provides comprehensive evaluation of older adults with memory impairment, and establishment of a health management plan, working closely with the primary care physician of the client. Also provides support and education for caregivers of older adults with memory impairment. Can also provide services for Durable Power of Attorney for Health Care.

<table>
<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>100 Far Horizons Lane, Asheville, NC 28803</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.memorycare.org">www.memorycare.org</a></td>
</tr>
<tr>
<td>Contact</td>
<td>Suzann Coker, Program Assistant 828-771-2219 <a href="mailto:office@memorycare.org">office@memorycare.org</a></td>
</tr>
<tr>
<td>Hours</td>
<td>Monday - Friday, 8:30 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td>Program Fees</td>
<td>Accepts Medicare, private insurance</td>
</tr>
<tr>
<td>Application</td>
<td>Referral by phone; Physician referral</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Geriatric patient age 65 and up</td>
</tr>
<tr>
<td>Languages</td>
<td>Interpreter services as needed</td>
</tr>
</tbody>
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### Yancey/Mitchell/Madison Satellite Clinic (MemoryCare)

**Description:** Satellite clinic housed in the Hospice of Yancey County. Provides comprehensive evaluation of older adults with memory impairment, and establishment of a health management plan, working closely with the primary care physician of the client. Also provides support and education for caregivers of older adults with memory impairment. Can also provide services for Durable Power of Attorney for Health Care.

<table>
<thead>
<tr>
<th>County</th>
<th>Yancey</th>
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<tbody>
<tr>
<td>Address</td>
<td>856 George’s Fork Road, Hospice of Yancey County, Burnsville, NC 28714</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.memorycare.org">www.memorycare.org</a></td>
</tr>
<tr>
<td>Contact</td>
<td>Suzann Coker, Program Assistant 828-771-2219 <a href="mailto:office@memorycare.org">office@memorycare.org</a></td>
</tr>
<tr>
<td>Hours</td>
<td>Clinic Hours: Monday, 8:30 a.m. - 4:00 p.m.</td>
</tr>
<tr>
<td>Program Fees</td>
<td>Accepts Medicare, private insurance</td>
</tr>
<tr>
<td>Application</td>
<td>Physician referral</td>
</tr>
<tr>
<td>Eligibility</td>
<td>Geriatric patient age 65 and up</td>
</tr>
<tr>
<td>Languages</td>
<td>Interpreter services as needed</td>
</tr>
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### Breast Program (Mission Hospital)

**Description:** A comprehensive program for breast cancer patients. Offers: Teaching before and after the breast surgery; A breast cancer resource center including internet access/lending library; Prosthesis and bra fittings; A free breast cancer support group called In Good Company.

Support Group meetings are held 2nd and 4th Thursday of each month at 5:30 p.m. - 7:00 p.m. Call before attending support group.

<table>
<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
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<tbody>
<tr>
<td>Address</td>
<td>21 Hospital Drive, Mission Cancer Center, Asheville, NC 28801</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.mission-health.org">www.mission-health.org</a></td>
</tr>
<tr>
<td>Contact</td>
<td>Denise Steuber, RN, Nurse Navigator 828-213-2508</td>
</tr>
</tbody>
</table>
Breastfeeding Center (Mission Hospital)

Description: The Mission Breastfeeding Center provides guidance to mothers before and after delivery either by phone or by consultation in the office. Also has access to breastfeeding resources, rental equipment, nursing bras and breastfeeding supplies for mothers. Staff are Internationally Board Certified Lactation Consultants.

County: Buncombe
Address: Two Medical Park Drive
Suite 201
Asheville, NC 28803
Website: www.missionchildrens.org/hospital-services/breastfeeding-center
Contact: Joni Lisenbee,
joni.lisenbee@msj.org
Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Program Fees: None
Application: Call for appointment
Eligibility: Mothers who are breastfeeding
Languages: Spanish; Russian; Translator service available

Cornerstone Diabetes Support Group (Mission Hospital)

Description: Aims to provide a supportive network to individuals with diabetes and their families and friends, as well as provide education and advocacy for the management of diabetes.
Meeting time: 3rd Wednesday of the month, 3:30 p.m. - 5:00 p.m.
Location: See street address. Park in front of building and enter on the same level as the parking lot.

County: Buncombe
Address: One Hospital Drive
Suite 3200
Asheville, NC 28801
Website: www.mission-health.org
Contact: Anne Senechal,
828-213-4639
anne.senechal@msj.org
Hours: Meeting is 3rd Wednesday of the month, 3:30 p.m. - 5:00 p.m.
Program Fees: None
Application: Phone call
Eligibility: Persons with diabetes and their family/friends
Languages: Spanish; Russian; Translator service available

Diabetes Center (Mission Hospital)

Description: Diabetes care and education program for inpatients and outpatients. The program serves individuals with diabetes,
Transylvania County 2-1-1 Resources (3.5.15)

whether newly diagnosed, starting insulin or insulin pump therapy, or those who need update of self-care information. Provides education for people who live and work with diabetes to optimize self care of the disease. The service provides comprehensive programming beginning with an individual assessment to determine learning needs.

County Buncombe
Address: One Hospital Drive
         Suite 3200
         Asheville, NC 28801
Website: www.mission-health.org
Contact: Stephanie Kiser, RPH, Director
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Evening classes are offered
Program Fees: Accepts Medicaid, Medicare, private insurance, private pay
Application: Referral from physician
Eligibility: Person with diabetes
Languages: Spanish

Emergency Department (Mission Hospital)
Description: Provides 24 hour care for medical emergencies and trauma. Medical advise can not be provided by telephone.
County Buncombe
Address: 509 Biltmore Avenue
         Asheville, NC 28801
Website: www.mission-health.org/contact/maps-directions/main-campuses-services/emergency-department
Contact: 828-213-1111
Hours: 24 hours per day, 7 days per week, 365 days per year
Program Fees: Accepts Medicaid; Medicare; private insurance; private pay
Application: Go to the Emergency Department
Eligibility: No Restrictions
Languages: Interpreter services available

Family Support Network of WNC (Mission Hospital)
Description: Provides resources, information, and support for parents of children with special needs such as: physical, mental, developmental disability, hearing or visual impairment, premature birth, and other health or learning related disorders; Assists parents in securing additional resources for older children; Houses a library specific to children with special needs. Below is a list for all support groups provided through FSN; childcare provided with RSVP to kate.glance@msj.org or call 828-213-9787. No groups meet in December.
- Buncombe County Family Group Night, for families of children with special needs (groups for children with or without diagnoses as well): 1st Tuesday of the month; 5:30 p.m. - 7:30 p.m. at Mission Children’s Reuter Outpatient Clinic, 11 Vanderbilt Park Drive, Asheville
- Madison County Family Group: 4th Monday of each month, 5:30 p.m. – 7:30 p.m. at the Madison County NC Cooperative Extension center at 258 Carolina Lane, Marshall
- Transylvania County Family Group: 4th Thursday, monthly, 5:30 p.m. - 7:30 p.m. Transylvania Parks & Recreation, 1078 Ecusta Road, Brevard
- Henderson County Family Group: 3rd Monday, monthly, 5:30 p.m. - 7:30 p.m., Saint Gerard House - 620 Oakland Street, Hendersonville
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<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
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<tbody>
<tr>
<td>Address:</td>
<td>11 Vanderbilt Park Drive</td>
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<tr>
<td></td>
<td>Asheville, NC 28803</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.missionchildrens.org/education-outreach/family-support-network">www.missionchildrens.org/education-outreach/family-support-network</a></td>
</tr>
<tr>
<td>Contact:</td>
<td>Kate Glance, Family Resource Specialist</td>
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<tr>
<td></td>
<td>828-213-9787</td>
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<td></td>
<td><a href="mailto:kate.glance@msj.org">kate.glance@msj.org</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Office Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.; See description for group times</td>
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<tr>
<td>Program Fees:</td>
<td>None</td>
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<tr>
<td>Application:</td>
<td>Phone call; Referral; Mail</td>
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<tr>
<td>Eligibility:</td>
<td>Parents of children with special needs (developmental/mental health diagnosis); Includes premature birth, genetic disorders</td>
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<td>Languages:</td>
<td>Translator services available</td>
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Fullerton Genetics Center (Mission Hospital)

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<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
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<tr>
<td>Address:</td>
<td>Nine Vanderbilt Park Drive</td>
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<tr>
<td></td>
<td>Asheville, NC 28803</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.mission-health.org">www.mission-health.org</a></td>
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<tr>
<td>Contact:</td>
<td>Kelly Tison,</td>
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Heart Failure and Device Support Group - Asheville Cardiology Associates (Mission Hospital)

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<thead>
<tr>
<th>County</th>
<th>Buncombe</th>
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<tbody>
<tr>
<td>Address:</td>
<td>Five Vanderbilt Park Drive</td>
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<tr>
<td></td>
<td>Asheville, NC 28803</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.asheville.cardiologydomain.com">www.asheville.cardiologydomain.com</a></td>
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<tr>
<td>Contact:</td>
<td>Leslie Council, Education and Marketing</td>
</tr>
<tr>
<td></td>
<td>828-274-6000 x319</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:leslie.council@msj.org">leslie.council@msj.org</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>1st Tuesday of every month, 2:00 p.m. – 4:00 p.m.; If A-B Tech cancels classes because of weather, this group will also be canceled.</td>
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<tr>
<td>Program Fees:</td>
<td>None</td>
</tr>
</tbody>
</table>
Transylvania County 2-1-1 Resources (3.5.15)

Application: Call for meeting information or Walk-in
Eligibility: Patients and families living with heart failure and/or a cardiac device implant
Languages:

Low Vision Center (Mission Hospital)
Description: Provides evaluations for people with low vision to determine whether optical visual aids, such as magnifiers and telescopes, will enhance a person’s visual functioning. Also provides rehabilitative teaching services at the clinic, and sponsors a peer support group.

County: Buncombe
Address: 240 Sardis Road
Asheville, NC 28806
Website: www.mission-health.org/centers-and-services/support-services/rehabilitation-therapy/occupational-therapy/low-vision-services
Contact: Sue Ponder, Practice Specialist
sue.ponder@msj.org
Hours: Office Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: Vary according to services; Accepts private insurance, but Medicare does not cover many services offered- financial aid may be available to those who qualify
Application: Phone call
Eligibility: Persons with low vision (vision cannot be corrected by glasses, contacts, or normal means); 4 years old and up; Must have seen a regular eye doctor in the last 12 months
Languages: Language and sign language interpreters may be available through Mission’s interpretative services

Low Vision Support Group (Mission Hospital)
Description: Monthly support group meetings for adults with low vision or who are blind. The meeting programs include group discussions of coping strategies, and speakers with information on resources relevant to people with vision loss. Usually meets the fourth Friday of every month (except July), from 10:00 a.m. - 11:30 a.m. To confirm the date of the next meeting or if you have any questions please call Judy at 828-213-4377. Can sometimes provide transportation for people living within the city limits.

County: Buncombe
Address: Five Oak Street
First Baptist Church, Room 221
Asheville, NC 28801
Website: www.mission-health.org/centers-and-services/support-services/rehabilitation-therapy/occupational-therapy/low-vision-services
Contact: Judy Davis, Low Vision Technician
828-213-4377
crsjld@msj.org
Hours: 4th Friday of every month, 10:00 a.m. - 11:30 a.m.; Does not meet in July
Program Fees: None
Application: Phone call
Eligibility: Age 21 and up
Languages: Sign language interpreters and assistive listening devices may be available with prior arrangements.
Medical Assistance Counseling (Mission Hospital)
Description: Evaluates patients and families for possible Medicaid medical bill assistance for help with their medical bills incurred as a result of admission or outpatient services to Mission Hospitals. Counselor also advises of possible assistance available from other agencies. Works with families through Medicaid application process if needed and appeals if denied (in some cases). Medicaid workers on site. If Medicaid is denied, consumers are referred to Mission Customer Service for payment plans and possible discounts.

County: Buncombe
Address: 261 Asheland Avenue
Asheville, NC 28801
Website: www.mission-health.org
Contact: Donna Clark Coggins, Manager, K-Z Sections
828-651-4980
donna.coggins@msj.org
Hours: Monday - Friday, 8:00 a.m. - 6:00 p.m.
Program Fees: None
Application: Phone call to the appropriate worker (assigned by patient's last name); Referral; Apply in person; Mail; Documentation required depends on program
Eligibility: Some programs have income restrictions, or require illness/disability
Languages: Spanish; Interpreter services available for other languages

Mission Children’s Hospital (Mission Hospital)
Description: Provides complete medical facilities and services for children and adolescents, as well as support, education, and comfortable amenities for their families. Services are provided in the hospital or on an outpatient basis, depending on the needs of the child and family. Services include dental services, developmental and behavioral assessment and treatment for Autism and other issues, and weight management.

County: Buncombe
Address: 11 Vanderbilt Park Drive
Reuter Outpatient Center
Asheville, NC 28803
Website: www.missionchildrens.org
Contact: Contact,
Hours: 24 hours per day, 7 days per week, 365 days per year
Program Fees: None
Application: Phone call
Eligibility: Ages 0-18
Languages: Spanish; Interpreter services available for other languages

Mission Children’s Hospital (Mission Hospital)
Description: Provides complete medical facilities and services for children and adolescents, as well as support, education, and comfortable amenities for their families. Services are provided in the hospital or on an outpatient basis, depending on the needs of the child and family. Services include dental services, developmental and behavioral assessment and treatment for Autism and other issues, and weight management.

County: Buncombe
Address: 21 Hospital Drive
SECU Cancer Center; 2nd Floor
Asheville, NC 28801
**Mission Children's Hospital (Mission Hospital)**

**Description:** Provides complete medical facilities and services for children and adolescents, as well as support, education, and comfortable amenities for their families. Services are provided in the hospital or on an outpatient basis, depending on the needs of the child and family. Services include dental services, developmental and behavioral assessment and treatment for Autism and other issues, and weight management.

**County:** Buncombe

**Address:** 509 Biltmore Avenue
Mission Children's Hospital
Asheville, NC 28801

**Website:** www.missionchildrens.org

**Contact:** Contact,

**Hours:** 24 hours per day, 7 days per week, 365 days per year

**Program Fees:**

**Application:** Phone call

**Eligibility:** Ages 0-18

**Languages:** Spanish; Interpreter services available for other languages

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**Mission Spine Center (Mission Hospital)**

**Description:** Works with patients with back and neck pain. Offers treatment by neurosurgeons, orthopedic specialists, physiatrists, pain interventionalists and physical therapists.

**County:** Buncombe

**Address:** Seven Vanderbilt Park Drive
Mission Spine and Back Pain Center
Asheville, NC 28803

**Website:** http://neuro.mission-health.org/programs/mission-spine-center

**Contact:** Ronald A. Paulus, M.D., memrxp@msj.org

**Hours:** 24 hours per day, 7 days per week, 365 days per year

**Program Fees:**

**Application:**

**Eligibility:**

**Languages:**

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**Mission Spine Center (Mission Hospital)**

**Description:** Works with patients with back and neck pain. Offers treatment by neurosurgeons, orthopedic specialists, physiatrists, pain interventionalists and physical therapists.

**County:** Haywood

**Address:** 490 Hospital Drive
Mission Spine and Back Pain Center at Clyde Outpatient Care Center
Clyde, NC 28721
### Transylvania County 2-1-1 Resources (3.5.15)

| Website: | http://neuro.mission-health.org/programs/mission-spine-center |
| Contact: | Ronald A. Paulus, M.D., memrxp@msj.org |
| Hours: | 24 hours per day, 7 days per week, 365 days per year |
| Program Fees: | |
| Application: | |
| Eligibility: | |
| Languages: | |

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### Mission Spine Center (Mission Hospital)

**Description:** Works with patients with back and neck pain. Offers treatment by neurosurgeons, orthopedic specialists, physiatrists, pain interventionalists and physical therapists.

**County:** Macon

**Address:** 120 Riverview Street
Mission Spine Center at Angel Medical Center
Franklin, NC 28734

**Website:** http://neuro.mission-health.org/programs/mission-spine-center

**Contact:** Ronald A. Paulus, M.D., memrxp@msj.org

**Hours:** 24 hours per day, 7 days per week, 365 days per year

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### NC Preconception Health Campaign (Mission Hospital)

**Description:** Provides best practice training sessions and workshops to address the following: Healthy weight; Tobacco cessation (healthcare provider training on 5A's); Folic acid and birth

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### MotherToBabyNC Pregnancy Exposure Riskline - Fullerton Genetics (Mission Hospital)

**Description:** Fullerton Genetics Center at Mission Hospital hosts a toll-free phone number where: individuals can ask questions about pregnancy exposures such as alcohol, drugs, and medications and their effects on the baby; callers can be referred to pregnancy registries (to learn more about certain medications and vaccines), drug treatment facilities, and the NC Family Health Resource Line; information can be provided on medications during lactation. The program also provides free outreach education, as well as information on the diagnosis and treatment of fetal alcohol spectrum disorders (FASD) and other alcohol-related disorders.

**County:** Buncombe

**Address:** 11 Vanderbilt Park Drive
Asheville, NC 28803

**Website:** www.MotherToBabyNC.org

**Contact:** Kelly Tison, kelly.tison@msj.org

**Hours:** Monday - Friday, 9:00 a.m. - 4:00 p.m.

**Program Fees:** None

**Application:** Phone call

**Eligibility:** No restrictions; Riskline serves all of North Carolina

**Languages:** Spanish
defects; Reproductive life planning, Early prenatal care and establishing a medical home for non-pregnant women; The Affordable Care Act - Services that Support Women in Childbearing Age; 39 Weeks - Healthy Babies are Worth the Wait.

Free multivitamins are distributed to low-income, non-pregnant women of child-bearing age through health departments, community centers and safety net agencies who reach at-risk populations.

Also provides a High School curriculum called Healthy Before Pregnancy. This curriculum is designed for school groups or any teen group that meets regularly. (Girl Scouts, church youth groups, after-school programs, teen parent mentor groups, etc.). This curriculum meets the criteria for the North Carolina Standard Course of Study (SCOS).

Conducts Community Ambassadors Training for anyone in the community who enjoys public speaking and wishes to help spread the message about the importance of taking folic acid for all women. Attend a one-to two-hour training session where volunteers are given all the necessary materials to be able to give brief presentations (15-20 minutes) to other groups in the community (peers, church groups, high school/college classes, fitness centers, sports teams, etc.) Taking Folic Acid prior to conception can prevent up to 70 percent of neural tube birth defects. Though it is a simple thing women can do, they must hear the message. Community Ambassadors receive a $30 stipend per presentation.

County Buncombe
Address: 11 Vanderbilt Park Drive
Asheville, NC 28803
Website: www.everywomannc.com
Contact: Steffie Duginske, Western Regional Coordinator

County Buncombe
Address: One Hospital Drive
Suite 3200, Health Education Center
Asheville, NC 28801
Website: www.mission-health.org
Contact: Anne Senechal, Supervisor for Nutrition
anne.senechal@msj.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Evening group sessions offered

Nutrition Therapy Services (Mission Hospital)

Description: Provides nutrition counseling for weight management (including weight gain and weight loss for adults), hypertension, high cholesterol, high triglycerides, gastrointestinal disorders, malnutrition, and hypoglycemia.

County Buncombe
Address: One Hospital Drive
Suite 3200, Health Education Center
Asheville, NC 28801
Website: www.mission-health.org
Contact: Anne Senechal, Supervisor for Nutrition
anne.senechal@msj.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Evening group sessions offered

for weight management
Program Fees: Call for information; Insurance may not cover the cost of weight loss programs
Application: Phone call; MD referral required for all appointments
Eligibility: Adults who need a weight-loss program or nutrition consultations; Social Security Card required;
Languages: 

Prenatal Education Series (Mission Hospital)
Description: Provides classes and educational series for parents-to-be and new parents on pregnancy, breast feeding, birth preparation, parenting preparation, and all aspects of baby care and safety. Classes offered in several formats including weekend classes. Also has Online Childbirth Classes available.
County: Buncombe
Address: 509 Biltmore Avenue
Asheville, NC 28801
Website: http://womens.mission-health.org/
Contact: Chalayne Love, Prenatal Education Coordinator
828-213-8086
chalayne.love@msj.org
Hours: Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.; Classes available evenings and weekends
Program Fees: Varies from $20 to $55
Application: Register Online at https://store.mission-health.org/womens/
Eligibility: See description
Languages: 

Prenatal Education Series, Mission Hospital (Mission Hospital)
Description: Provides classes and educational series for parents-to-be and new parents on pregnancy, breast feeding, birth preparation, parenting preparation, and all aspects of baby care and safety. Classes offered in several formats including weekend classes. Also has Online Childbirth Classes available.
Transylvania County 2-1-1 Resources (3.5.15)

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| Address:     | Two Medical Park Drive  
Mission Breast Feeding Center  
Asheville, NC 28801           |
| Website:     | http://womens.mission-health.org/                                         |
| Contact:     | Chalayne Love, Prenatal Education Coordinator  
828-213-8086  
chalayne.love@msj.org         |
| Hours:       | Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.; Classes available evenings and weekends |
| Program Fees:| Varies from $20 to $55                                                      |
| Application: | Register Online at https://store.mission-health.org/womens/               |
| Eligibility: | See description                                                            |

Rehabilitation, Physical Therapy and Sports Medicine (Mission Hospital)

Description: Offers rehabilitation through Physical Therapy and Speech Therapy to recover from illness, injury, or surgery. Provides physical therapy, speech therapy, sports medicine, a fitness center, and wellness programs. Unique programs include therapy for pelvic floor dysfunction, manual lymph drainage, a runners clinic and a bicycle performance program.

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| Address:     | 151 Weaver Boulevard North Satellite Clinic  
Weaverville, NC 28787           |
| Website:     | www.mission-health.org                                                      |
| Contact:     | Mike Heilig, Manager  
mike.heilig@msj.org                                                              |
| Hours:       | Main Clinic: Monday - Friday 7:30 a.m. - 6:00 p.m.; North Satellite Clinic - Weaverville: Hours Vary; My Care Plus-Candler, Monday - Friday, 8:00 a.m. - 4:30 p.m |
| Program Fees:| Accepts most insurance including Medicare and Medicaid and self-pay        |
| Application: | Please call One-Call Scheduling 828-213-2222 to make an appointment       |
| Eligibility: | Check with insurance carrier to verify benefits and clarify their requirements. |
| Languages:   |                                                                           |

Rehabilitation, Physical Therapy and Sports Medicine (Mission Hospital)

Description: Offers rehabilitation through Physical Therapy and Speech Therapy to recover from illness, injury, or surgery. Provides physical therapy, speech therapy, sports medicine, a fitness center, and wellness programs. Unique programs include therapy for pelvic floor dysfunction, manual lymph drainage, a runners clinic and a bicycle performance program.

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| Address:     | 534 Biltmore Avenue  
Main Clinic with Fitness Center  
Asheville, NC 28801           |
| Website:     | www.mission-health.org                                                      |
| Contact:     | Mike Heilig, Manager  
mike.heilig@msj.org                                                              |
| Hours:       | Main Clinic: Monday - Friday 7:30 a.m. - 6:00 p.m.; North Satellite Clinic - Weaverville: Hours Vary; My Care Plus-Candler, Monday - Friday, 8:00 a.m. - 4:30 p.m |
| Program Fees:| Accepts most insurance including Medicare and Medicaid and self-pay        |
| Application: | Please call One-Call Scheduling 828-213-2222 to make an appointment       |
| Eligibility: | Check with insurance carrier to verify benefits and clarify their requirements. |
| Languages:   |                                                                           |
Clinic Asheville Racquet Club: Hours Vary; My Care Plus-Candler, Monday - Friday, 8:00 a.m. - 4:30 p.m

Program Fees: Accepts most insurance including Medicare and Medicaid and self-pay

Application: Please call One-Call Scheduling 828-213-2222 to make an appointment

Eligibility: Check with insurance carrier to verify benefits and clarify their requirements.

Languages:

Sleep Center (Mission Hospital)

Description: Provides diagnosis and treatment for sleep-related disorders such as sleep apnea.

County: Buncombe

Address: Five Vanderbilt Park Drive
Suite 302
Asheville, NC 28803

Website: www.mission-health.org

Contact: Calvin Gardner, Director
calvin.gardner@msj.org

Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

Program Fees: Vary; accepts insurance

Application: Phone call;
Referral

Eligibility: No restrictions

Languages: Interpreter service available

Switchboard/Operator (Mission Hospital)

Description: Switchboard for Mission Hospital. For direct calls to patient rooms on the Memorial Campus, please dial as follows:
Rooms with A, B or C: (828) 213-6 + room number; Rooms with E: (828) 213-7 + room number; Rooms with G: (828) 213-8 + room number. For direct calls to patient rooms on the St. Joseph Campus, please dial as follows: All rooms except for the 10th floor: (828) 213-3 + room number; Rooms on the 10th floor: (828) 213-3 + last 3 digits of room number.

County: Buncombe

Address: 509 Biltmore Avenue
Asheville, NC 28801

Website: www.mission-health.org/phone-directory

Contact: Dr. Ronald Paulus, President and CEO

Hours: 24 hours per day, 7 days per week, 365 days per year

Program Fees: Vary; Accepts Medicaid, Medicare, private insurance, major credit cards

Application: Phone call

Eligibility: No Restrictions

Languages: Translator services available

Wound Healing and Hyperbaric Center (Mission Hospital)

Description: Provides comprehensive wound care to Western North Carolina and surrounding areas. Cares for people with vascular, diabetic, pressure, surgical, traumatic, orthopedic, burn, and arterial wounds. Provides services such as Hyperbaric Oxygen Therapy, High Risk Diabetic Foot Care, Manual Lymph Drainage, and wound ostomy/continence care.

County: Buncombe
Transylvania County 2-1-1 Resources (3.5.15)

Mission Rathbun House
Description: Provides lodging free of charge, to families, caregivers, and outpatients seeking medical treatment in the Asheville area. Must live outside of Buncombe County.

County: Buncombe
Address: 121 Sherwood Road
Asheville, NC 28803
Website: www.rathbuncenter.org
Contact: Caryl Dean, Housing Manager
caryl.dean@msj.org
Hours: Daily, 7:00 a.m. - 10:00 p.m.; Emergencies taken 24 hours a day
Program Fees: None; Donations accepted

Application: Guests are accommodated on a first come, first serve basis upon referral by a doctor or a hospital in Buncombe County; No reservations accepted
Eligibility: Referrals accepted from: hospitals, chaplain/patient services, physician, clergy, or clinics; Must live outside of Buncombe County
Languages: 

Dental Health Center (Mountain Area Health Education Center)
Description: To provide preventative, restorative and major dental care with the exception of oral surgery and orthodontics. Open to new patients.

County: Buncombe
Address: 123 Hendersonville Road
Asheville, NC 28803
Website: www.mahec.net
Contact: Michelle Morgan,
michelle.morgan@mahec.net
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Closed from 12:00 p.m. - 1:00 p.m.
Program Fees: Accepts Medicaid; Self-pay patients pay in full at time of service
Application: Phone call
Eligibility: No restrictions; Social Security Card required
Languages:

MAHEC Family Health Center at Biltmore (Mountain Area Health Education Center)
Transylvania County 2-1-1 Resources (3.5.15)

Description: A practice site of family medicine faculty and residents in MAHEC Family Practice Residency Program. Practice offers comprehensive health care to families in region and specializes in wellness, geriatrics, pediatrics, family counseling, and obstetrical care. Free pregnancy tests are available without an appointment Monday - Friday, 9:00 a.m. - 4:00 p.m. Free Multivitamins with each test. Case management services provided here for the Department of Health, to pregnant and postpartum women eligible for Medicaid insurance or low income in order to increase their access to health care and social service systems. Priority risk criteria that affect pregnant women and their families are also addressed.

County: Buncombe
Address: 123 Hendersonville Road
          Asheville, NC 28803
Website: www.mahec.net
Contact: Stephen D. Hulkower, Director of Family Medicine
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Closed from 12:00 p.m. - 1:00 p.m. for lunch
Program Fees: Accepts Medicaid, private insurance
Application: Phone call
Eligibility: No restrictions
Languages: Spanish (limited)

MAHEC Family Health Center at Cane Creek (Mountain Area Health Education Center)

Description: A practice site of family medicine faculty and residents in MAHEC Family Practice Residency Program. Practice offers comprehensive health care to families in the region and specializes in wellness, geriatrics, pediatrics, family counseling, and obstetrical care.

County: Henderson
Address: 1542 Cane Creek Road
          Fletcher, NC 28732
Website: www.mahec.net
Contact: Stephen D. Hulower, Director of Family Medicine
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Closed from 12:00 p.m. - 1:00 p.m. for lunch
Program Fees: Accepts children and OB Medicaid; Private insurance
Application: Phone call
Eligibility: No restrictions
Languages: Spanish (limited)

MAHEC Family Health Center at Enka/Candler (Mountain Area Health Education Center)

Description: A one-physician practice that provides complete care for the entire family including acute care, chronic disease management, prenatal and maternity care, children's sick and well visits, immunizations and vaccinations, adolescent medicine, on site lab work, and DOT physicals.

County: Buncombe
Address: 1914 Smokey Park Highway
          Candler, NC 28715
Website: www.mahec.net
Contact: Dr. Eric Smith,
Transylvania County 2-1-1 Resources (3.5.15)

Hours: Monday, Wednesday - Friday, 8:00 a.m. - 5:00 p.m.; Closed for lunch 12:30 p.m. - 1:30 p.m.; Tuesday, 7:00 a.m. - 5:00 p.m.; Closed for lunch 12:30 p.m. - 1:30 p.m.

Program Fees: Accepts Medicaid, private insurance, self pay; If ineligible for Medicaid or other subsidies, may be eligible for sliding scale based on income.

Call for more information
Application: Phone call
Eligibility: No Restrictions
Languages: Spanish (limited)

MAHEC Family Health Center at Lake Lure (Mountain Area Health Education Center)

Description: A practice staffed by two physicians. Practice offers comprehensive care to families in the region and specializes in newborn, pediatric and adult care, well child check-ups, wellness and prevention exams, same day sick appointments, chronic disease management, and family planning.

County: Rutherford
Address: 146 Nesbitt Ridge
Lake Lure, NC 28746
Website: www.mahec.net
Contact: Dr. Grey Tilden,
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Closed from 12:30 p.m. - 1:30 p.m. for lunch
Program Fees: Accepts private insurance, self-pay, Medicare, and limited Medicaid
Application: Phone call

Eligibility: No restrictions
Languages: Spanish (limited)

MAHEC OB/GYN Specialists (Mountain Area Health Education Center)

Description: Services include routine obstetrics, general gynecology, comprehensive high-risk obstetrics, breast health, and behavioral medicine services provided by a multi-disciplinary staff including Ob/Gyn physicians and residents, maternal-fetal medicine specialists, nurse midwives, nutritionists, and social workers. Wednesday afternoon clinic specifically for teens that allows them to come in after school. Teens routinely see the same providers for prenatal and postpartum care, including follow-up for birth control care. Also on site are BabyLove Maternity Care Coordinators, Nutritionists, Social Workers, and WIC staff. Case management services provided here for the Department of Health to pregnant and postpartum women eligible for Medicaid insurance or low income in order to increase their access to health care and social service systems. Priority risk criteria that affect pregnant women and their families are also addressed.

County: Buncombe
Address: 119 Hendersonville Road
Asheville, NC 28803
Website: www.mahec.net
Contact: Kim Palmer, Practice Manager
828-771-5414
Hours: Monday - Friday, 8:30 a.m. - 4:00 p.m.
Program Fees: Sliding scale; Accepts Medicaid, private insurance
Application: Phone call;
Transylvania County 2-1-1 Resources (3.5.15)

Eligibility: Female; Teen clinic serves 13-19 year olds
Languages: Spanish

Mountain Area Pregnancy Services
Description: Reaches out to those at risk for, or impacted by, an unplanned pregnancy. Client advocates offer caring support, peer counseling, and education to answer questions regarding pregnancy alternatives, referrals to community resources, and information on the risks of sexually transmitted infections. Provides free pregnancy tests and limited ultrasounds for the confirmation of pregnancy; Pregnant clients are provided "proof of pregnancy" required for enrollment for Medicaid benefits. Services are available for both the mother and father.

County Madison
Address: 105 Chestnut Street
Mars Hill, NC 28754
Website: www.mtnpregnancy.com
Contact: Jill Derrick, Director of Client Services; Contact for Volunteer Opportunities
828-252-1306
ed@preginfo.org
Hours: Tuesday - Thursday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Meet with counselor for up to 1 hour to become an enrolled client. Call for appointment; Walk-ins accommodated as schedule allows.
Eligibility: Pregnant women; Expecting fathers; Serves Western North Carolina
Languages:

National Abortion Federation Hotline
Description: The NAF Hotline is available to answer any questions about abortion, unintended pregnancy, or related issues. The Hotline is free, anonymous, and offers services to everyone, regardless of their individual situation. Services include information about pregnancy and abortion; confidential, non-judgmental support; referrals to abortion providers in the caller's area (1-877-257-0012); referrals to funding sources; help in understanding state abortion restrictions; case management and limited financial assistance for women in difficult situations.

County District Of Columbia
Address: 1660 L Street North West
Suite 450
Washington, DC 20036
Website: www.prochoice.org
Contact: Vicki Saporta, President and CEO
naf@prochoice.org
Hours: Hotline Hours: Monday - Friday, 7:00 a.m. - 11:00 p.m.; Saturday - Sunday, 9:00 a.m. - 9:00 p.m.
Program Fees: None
Application: Phone call
Eligibility: No restrictions
Languages: Spanish, French

Information and Referral (National Multiple Sclerosis Society - Greater Carolinas Chapter)
Transylvania County 2-1-1 Resources (3.5.15)

Description: Offers information on Multiple Sclerosis and can provide information on local support groups.

County: Guilford
Address: 2211 West Meadowview Road
        Suite 30
        Greensboro, NC 27407
Website: www.nationalmssociety.org/chapters/nct/index.aspx
Contact: nct@nmss.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Phone call; Email
Eligibility: No Restrictions
Languages: 

Information and Referral (National Multiple Sclerosis Society - Greater Carolinas Chapter)

Description: Offers information on Multiple Sclerosis and can provide information on local support groups.

County: Wake
Address: 3101 Industrial Drive
        Suite 210
        Raleigh, NC 27609
Website: www.nationalmssociety.org/chapters/nct/index.aspx
Contact: nct@nmss.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Phone call; Email
Eligibility: No Restrictions
Languages: 

Support Groups - WNC (National Multiple Sclerosis Society - Greater Carolinas Chapter)

Description: For individuals who have MS, their families, and support persons. Buncombe County Meetings: Evening meeting: 1st Tuesday of the month, 6:00 p.m. - 8:00 p.m. at Grove Arcade conference room (call for further directions). "A Place for Us" Self-Help Group - Asheville: Please call for details about time, date and location. Group leaders are Leslie and Marci and they are trained volunteers.
Henderson County Meeting: Social Group 3rd Thursday of each month, 9:30 a.m. at Denny's restaurant, 1550 Four Seasons Boulevard Hendersonville.

County: Buncombe
Address: Confidential
Asheville, NC 28806
Website: www.nationalmssociety.org/chapters/nct/index.aspx
Contact: Kathy Goff
Kathy.Goff@nmss.org
Hours: See description
Program Fees: None
Application: Call for self-help group listings.
Eligibility: People with MS and adult family members.
Languages: English.

Client Self-Help Groups (National Multiple Sclerosis Society - Greater Carolinas Chapter, Greensboro)

Description: Chapter maintains a client self-help group listing for the 15 county service area. Call for meeting dates, times and locations.

County: Guilford
Address: 2211 West Meadowview Road
Suite 30
Greensboro, NC
Website: www.nationalmssociety.org/ncc
Contact: Barbara Goettsch ("hoots"), Chapter Services Manager
800-344-4267
barbara.goettsch@nmss.org

Educational Programs (National Multiple Sclerosis Society - Greater Carolinas Chapter, Greensboro)

Description: Educational programs available regarding MS for clients, family members and the general public. Educational programs about MS are also available for physicians, nurses, and allied health professionals.

County: Guilford
Address: 2211 West Meadowview Road
Suite 30
Greensboro, NC
Website: www.nationalmssociety.org/ncc
Contact: Mark Scheerer, Chapter Programs Manager
336-299-4136
mark.scheerer@nmss.org
Hours: Monday-Friday, 9:00am-5:00pm.
Program Fees: Fees vary; many programs are free.
Application: Pre-registration is requested for all educational programs. Call to register or for more information.
Eligibility: No restrictions.
Languages: English.
**Health Programs (National Multiple Sclerosis Society - Greater Carolinas Chapter, Greensboro)**

**Description:** Variety of programs offered to maintain physical and emotional health for those with MS and their families/caregivers. Physical health programs may include MS specific aquatics, Tai chi, and yoga. Emotional health programs include short-term counseling groups, peer support, and self-help groups. Family and social support programs include caregiver programs and family day and/or retreat weekends.

**County:** Guilford  
**Address:** 2211 West Meadowview Road  
Suite 30  
Greensboro, NC  
**Website:** www.nationalmssociety.org/ncc  
**Contact:** Mark Scheerer, Chapter Services Manager  
336-299-4136  
mark.scheerer@nmss.org  
**Hours:** Monday-Friday, 9:00am-5:00pm.  
**Program Fees:** Vary; many programs are free.  
**Application:** Pre-registration is requested for all health programs. Register online if possible at www.nationalmssociety.org/nct or call 800-344-4867 to register or for more information.

**Medical Equipment Loan and Assisted Purchase (National Multiple Sclerosis Society - Greater Carolinas Chapter, Greensboro)**

**Description:** Medical equipment loan and assisted purchase for individuals and families living with MS. Primarily for scooters, wheelchairs and walkers. Dependent on availability of equipment.

**County:** Guilford  
**Address:** 2211 West Meadowview Road  
Suite 30  
Greensboro, NC  
**Website:** www.nationalmssociety.org/ncc  
**Contact:** Constance McClary, Chapter Services Manager  
200-344-4867  
constance.mcclary@nmss.org  
**Hours:** Monday-Friday, 9:00am-5:00pm.  
**Program Fees:** None.  
**Application:** Financial assessment form must be completed to see if client qualifies for assistance for a long-term loan.  
**Eligibility:** Must be chapter client and live in service area.  
**Languages:** English.

**Food/Nutrition Education (NC Cooperative Extension - Transylvania County)**

**Description:** Youth groups will participate in a series of nutrition lessons based on the My Plate. Through an experiential learning process youth will gain an interest in eating healthy foods and adopting fitness as a part of their lifestyle. Healthy snacks and fun handouts will be provided.

**County:** Transylvania  
**Address:** 98 East Morgan Street  
Brevard, NC 28712
Transylvania County 2-1-1 Resources (3.5.15)

Website:  http://transylvania.ces.ncsu.edu/
Contact:  Sara Freeman, EFNEP Agent; Program Assistant
         828-884-3109
         sara_freeman@ncsu.edu
Hours:  Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees:  None
Application:  Phone call; In person; Need race, gender, and birth date of each applicant
Eligibility:  Transylvania County resident ages 5-19
Languages:  

Seniors' Health Insurance Information Program (NC Cooperative Extension - Transylvania County)
Description:  Volunteer counselors available to assist with questions about Medicare and Medicare Prescription Drug Plans (part D).
County:  Transylvania
Address:  98 East Morgan Street
         Brevard, NC 28712
Website:  transylvania.ces.ncsu.edu
Contact:  Eric Caldwell, County Extension Director
         828-884-3109
         eric_caldwell@ncsu.edu
Hours:  Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees:  None
Application:  Phone call to make an appointment
Eligibility:  Transylvania County residents who are Medicare eligible
Languages:  

NC Department of Insurance Western Regional Office
Description:  Provides liaison between all types of insurance companies and customers, regulates rates, and handles consumer complaints and fraud reporting. Smart NC: A program to help anyone with questions about finding, keeping, or using health insurance. Helps to file complaints or appeals with health insurance company; identify enrollment opportunities for health insurance coverage; Understand rights and responsibilities regarding health insurance coverage; Request an external review if health insurance claim was denied; Learn about health insurance-related issues. www.ncdoi.com/smart/
County:  Buncombe
Address:  537 College Street
         Asheville, NC 28801
Website:  www.ncdoi.com
Contact:  Kirby Rhash, Western Regional Office Communications Specialist
         828-251-6483
         kirby.rhash@ncdoi.gov
Hours:  Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees:  None
Application:  Phone call; Email
Eligibility:  NC resident; Western Regional Office serves all counties west of I-77.
Languages:  

Occupational Health and Safety Division (NC Department of Labor)
Transylvania County 2-1-1 Resources (3.5.15)

Description: Serves as the emergency contact and complaint avenue for workplace accidents or illnesses, mining industry accidents or injuries, workplace fatalities, and workplace hazards or complaints. Serves as the local OSHA office for the State of NC. Also provides information and referrals for labor inquiries.

County: Wake
Address: 4 West Edenton Street
Raleigh, NC 27601
Website: www.nclabor.com
Contact: Allen McNeely, Deputy Commissioner/Director
919-807-2796
jjohnson@mail.dol.state.nc.us
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Free.
Application: Call office.
Eligibility: Open to public.
Languages: Spanish on toll free business line.

Deaf/Blind Services Program (NC Division of Services for the Blind - Asheville District Office)

Description: Deaf-Blind Specialists provide services to meet the unique needs of persons who have hearing impairments in addition to blindness. These services help individuals to live independently in their homes and communities. Community Outreach Services might include: assessment of needs; referral, advocacy and support services; and consultation, education and training for the consumer, family members and other service providers. Some individuals who are deaf and blind participate in the Rehabilitation Center Program, a residential service that provides one-on-one training. Training includes daily living skills, adaptive technology, communication, safe travel, homemaking, industrial arts, recreation, personal and social adjustment and use of community resources. The Rehabilitation Center is located on the campus of the Governor Morehead School in Raleigh.

County: Buncombe
Address: 50 South French Broad Avenue
Suite 153
Asheville, NC 28801
Website: www.dhhs.state.nc.us/dsb
Contact: Rowan Lischerelli, Deaf-Blind Consultant
828-251-6732
rowan.lischerelli@dhhhs.nc.gov
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Contact social worker; DSB or VR Rehab Counselor
Eligibility: Vision and hearing limitations which interfere with routine life functions; Vision and hearing evaluation; The Asheville District Office serves Avery, Buncombe, Burke, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell
Languages: Interpreter and translation services available

Independent Living Program (NC Division of Services for the Blind - Asheville District Office)

Description: Independent Living Rehabilitation Services can assist blind and visually impaired individuals in achieving their goal of independence through the provision of a wide array of
services including: individual in-home daily living skills training and group learning classes in community based "mini-center" programs.

County: Buncombe
Address: 50 South French Broad Avenue, Suite 153, Asheville, NC 28801
Website: www.dhhs.state.nc.us/dsb
Contact: Debra Lewis, 828-251-6732, debra.lewis@dhhs.nc.gov
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Contact Asheville office for referral to appropriate Independent Living Counselor
Eligibility: Blind or visually impaired, based on eye report documentation; The Asheville District Office serves Avery, Buncombe, Burke, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Transylvania, and Languages: Interpreter and translation services available

Medical Eye Care Program (NC Division of Services for the Blind - Asheville District Office)
Description: Eligible participants may receive help with glaucoma medications, eye drops for acute infections, cataract surgery when visual acuity is severely affected, laser surgery for diabetes and retinal tears, and emergency eye related surgeries.
County: Buncombe

Address: 50 South French Broad Avenue, Suite 153, Asheville, NC 28801
Website: www.dhhs.state.nc.us/dsb
Contact: Preston Jones, preston.jones@ncmail.net
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Contact Services for the Blind for referral to appropriate Social Worker for the Blind; The Asheville District Office serves Avery, Buncombe, Burke, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Eligibility: Based on income and visual acuity; uninsured or under-insured Languages: Interpreter and translation services available

Telecommunication Equipment (NC Division of Services for the Deaf and Hard of Hearing - WNC)
Description: For individuals who have hearing loss or speech impairment to receive telecommunications equipment, weather alert radios, or hearing aids. Must meet income eligibility guidelines and be a resident of North Carolina.
County: Buncombe
Address: 12 Barbetta Drive, Asheville, NC 28806
Website: www.ncdhhs.gov/dsdhh
Contact: Marilyn Edwards, Telecommunications Consultant, 828-665-8733
Transylvania County 2-1-1 Resources (3.5.15)

marilyn.edwards@dhhs.nc.gov

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees: None

Application: Phone call; In person; Referral; Mail

Eligibility: North Carolina residents; Documentation of hearing or speech disability; Must meet income guidelines; Picture ID required

Languages:

Independent Living (NC Division of Vocational Rehabilitation - Western Regional Office)

Description: Assists with a variety of services to persons with severe disabilities to increase independence and access in one's home and community. Depending upon an individual's eligibility and financial need, services may include home modifications such as ramps and bathroom accessibility, vehicle modifications, purchase of durable medical equipment and other aids or devices necessary to decrease/prevent institutionalization, guidance and counseling, rehabilitation engineering, personal assistance services, and housing information.

County: Buncombe

Address: Eight Barbetta Drive
Asheville, NC 28806

Website: www.ncdhhs.gov/dvrs/pwd/ils.htm

Contact: Kathryn McIntyre, Unit Manager
828-670-3377
kathryn.mcintyre@dhhs.nc.gov

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees: None

Application: Phone call

Eligibility: Has a significant disability; the disability severely limits ability to live independently; and receipt of services will significantly improve ability to live independently. The financial resources of eligible individuals will be considered for the delive

Languages: Sign Language

North Carolina Marketplace In-Person Assistance

Description: Make an appointment for face-to-face help in enrolling in the new insurance marketplace. Call this number to make an appointment with a certified health insurance navigator, who can help you learn about health insurance plans and financial assistance to pay for health insurance, and fill out an application for insurance with you. More information is available at www.healthcare.gov. You can also call the federal toll-free call center at 1-800-318-2596 to complete an application by phone or get answers to your questions about the marketplace, or to get the phone number of the in-person assister nearest you. The open enrollment period runs November 15, 2014 - February 15, 2015. In order to have health insurance coverage as of January 1, 2015 you must enroll by December 15, 2014. Special Enrollment Period is a time outside of the open enrollment period during which you and your family have a right to sign up for health coverage. In the Marketplace, you qualify for a special enrollment period 60 days following certain life events that involve a change in family status or loss of other health coverage. Job-based plans must provide a special enrollment period of 30 days. Here are some examples of qualifying life events: Marriage or divorce; Having a baby; adopting a child, or placing a child for adoption or foster
Transylvania County 2-1-1 Resources (3.5.15)

- Care; Moving your residence; gaining citizenship; leaving incarceration; losing other health coverage

County: Buncombe
Address: Call to make an appointment in your area
Asheville, NC 28801
Website: www.healthcare.gov
Contact: Jaclyn Kiger, Pisgah Legal Services
828-253-0406
jaclyn@pisgahlegal.org
Hours: Appointment times will vary; Call Center Available Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: The appointment and working with the in person assister will be free; plan costs will vary
Application: Call to make an in - person appointment
Eligibility: Serving all of North Carolina; Visit this link to see if you can enroll outside of Open Enrollment: www.healthcare.gov/how-can-i-get-coverage-outside-of-open-enrollment/
Languages: Language Line services available for appointments when needed for languages other than English

NC Problem Gambling Treatment Program
Description: Treatment for Problem Gambling. Toll Free Helpline for Crisis Counseling 24 Hours.
County: Wake
Address: 325 North Salisbury Street
Raleigh, NC 27699
Website: http://www.dhhs.state.nc.us/mhddsas/problemgambling/
Contact: Smith Worth, Agency Administrator
919-733-0696
programgambling@dhhs.nc.gov
Hours: 24 hours per day, 7 days per week, 365 days per year.
Program Fees: Free to all problem gamblers and any affected significant other.
Application: Call the Toll Free Helpline for immediate assistance 1-877-718-5543
Eligibility: None.
Languages: Spanish.

North Carolina State Veterans Home - Black Mountain
Description: Nursing care for veterans: Long term care, short term care, memory support unit, bariatric beds, hospice.
County: Buncombe
Address: 62 Lake Eden Road
Black Mountain, NC 28711
Website: www.uhs-pruitt.com
Contact: Tonia Holderman, Director of Admissions
828-257-6861
tholderman@uhs-pruitt.com
Hours: Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Private pay, Medicaid, Medicare, private insurance
Application: Call Director of Admissions
Eligibility: North Carolina resident; veteran; 18 years or older; Proof of residency, Social Security Card, Medicare or Medicaid card, and honorable discharge papers from the military
Languages:
Breast Friends Forever Too (Pardee Hospital)

Description: This support group is designed for women who have been diagnosed with breast cancer and anyone they would like to bring along, recognizing the effects of cancer on the survivor as well as their support system.

County: Henderson
Address: 807 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Kristy Capps, RN III, BSN, CBPN-IC, Breast Care Navigator
kristy.capps@pardeehospital.org
Hours: Meets the 2nd Tuesday of the month, 5:30 p.m. - 7:00 p.m.
Program Fees: None
Application: Phone Call
Eligibility: Group is open to any woman who has or has had breast cancer and to anyone in their support system
Languages:

Breast Friends Forever (Pardee Hospital)

Description: Support group for women who have been diagnosed with breast cancer. Dinner offered during meeting.

County: Henderson
Address: 807 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Kristy Capps, RN III, BSN, CBPN-IC, Breast Care Navigator
kristy.capps@pardeehospital.org
Hours: Meets the 4th Thursday of every month from 5:30 p.m. - 7:30 p.m.
Program Fees: Small charge for dinner (if ordered)
Application: Call for dinner reservation
Eligibility: Group is open to any woman who has or has had breast cancer
Languages:

Cancer Services (Pardee Hospital)

Description: Provides treatment and diagnostic services, including surgery, medical oncology, radiation oncology, high-tech radiology, laboratory diagnostic support, cancer rehab program, breast care navigation, clinical treatment and symptom management trials, and general cancer navigator. Also available are community education, cancer screenings, support groups, and holistic patient/family support.

Between Friends at Pardee Too: This group is open to anyone that is a caregiver to a cancer patient or a caregiver to a survivor. Meets at the Pardee Signature Care Center at the Blue Ridge Mall. Meets on the 1st Thursday of the Month 5:30 a.m. - 7:30 p.m. To RSVP, contact Leann Noakes 828-698-7317.

Between Friends at Pardee: Support group for anyone that has been treated or is currently undergoing cancer treatment. Meets at the Pardee Signature Care Center at the Blue Ridge Mall. Meets on the 3rd Thursday of the Month 5:30 a.m. - 7:30 p.m. To RSVP, contact Leann Noakes 828-698-7317.

County: Henderson
Address: 800 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Carol Burke, Cancer Program Coordinator
Transylvania County 2-1-1 Resources (3.5.15)

828-674-3541
carol.burke@pardeehospital.org

Hours: 24 hours per day, 7 days per week, 365 days per year; Call for support group times

Program Fees: Accepts Medicare, Medicaid, private insurance, self-pay
Application: Referral; Support Groups: Call for more information
Eligibility: Adults only for treatment; No restrictions for support groups
Languages: Translator services available

Home Care (Pardee Hospital)
Description: Provides care through registered nursing staff, rehabilitation professionals, medical social workers, and home health aides. Services include in-home physical, occupational, and speech therapy, orthopedic and cardiac care, diabetes management, home safety evaluations, and full range of skilled nursing services.

County: Henderson
Address: 2029 Asheville Highway
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Wanda Moore, Director
828-692-1846
wanda.moore@pardeehospital.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Accepts Medicare, Medicaid, HMO's, Commercial Insurances, Private Pay
Application: Discuss home care services with your physician or hospital discharge planner.

Eligibility: Adult through geriatric; Physician Referral required
Languages: Spanish

Hospital (Pardee Hospital)
Description: Pardee Hospital is a not-for-profit community hospital.
Affiliated with UNC Health Care.
County: Henderson
Address: 800 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Pardee Hospital, info@pardeehospital.org
Hours: 24 hours per day, 7 days per week, 365 days per year
Program Fees: Accepts Medicare, Medicaid, major credit cards
Application: Apply in person
Eligibility: No Restrictions
Languages: Spanish

Maternity and New Parent Classes (Pardee Hospital)
Description: Art of Breastfeeding: An education class to help new moms get off to a good start with breastfeeding basics. Fathers are also welcome. Childbirth 101: A 2 session class designed to prepare expectant parents for the challenges of birth. Classes cover the labor and delivery process, relaxation, breathing patterns, birth options, positioning, and comfort measures. Tour of maternity Unit. Bring 2 pillows, a blanket. Infant Care: The basics of infant care including newborn characteristics, feeding, bathing, cord care, diapering and
swaddling. Infant CPR and Choking: Classes taught once a quarter.

County: Henderson
Address: 800 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact:

Hours: To register, call 24 hours per day, 7 days per week, 365 days per year
Program Fees: None
Application: Phone Call
Eligibility: No Restrictions
Languages: Some classes in Spanish

Perspectives Diabetes Self-Mtagement (Pardee Hospital)
Description: This self-management program is accredited by the American Diabetes Association. It empowers participants to make positive, informed decisions about their diabetes care. Perspectives works with the client and the referring physician through a team of health care professionals including a registered nurse, and a registered dietitian who are both Certified Diabetes Educators.

County: Henderson
Address: 212 Thompson Street
Unit B
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Nina Lovern, Program Coordinator
nina.lovern@pardeehospital.org

Hours: Monday - Friday, 8:00 a.m. - 4:30 p.m.
Program Fees: Accepts Medicare, Medicaid, major credit cards, private insurance; Client must check with insurance carrier for benefit coverage
Application: Physician referral needed
Eligibility: Diagnosed with diabetes; Physician/Provider referral; A written certificate of medical necessity is required for all referrals regardless of insurance.

Languages:

Sleep Center (Pardee Hospital)
Description: Diagnoses and treats problems that can interfere with restful, restorative sleep. Consultations and overnight sleep studies are covered by most insurance plans as outpatient diagnostic procedures. Self-referrals accepted.
Sleep disorders include Sleep Apnea, Insomnia, Narcolepsy, and Restless Leg Syndrome to name a few.

County Henderson
Address: 800 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Robin Williams, RPSGT, Lead Technologist
828-696-1085
robin.williams@pardeehospital.org
Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.
Program Fees: Insurance accepted; Call for information about program fees
Application: Phone call; Self- referrals and Physician- referrals accepted
Eligibility: No restrictions
Languages:

Women and Children’s Center (Pardee Hospital)
Description: Family-centered birthing in a private, single-room. One birth suite with queen size bed for low risk mothers. Maternity care unit with a special care nursery with remote and centralized fetal monitoring. Water labor and hydrotherapy are also available. Education classes include instruction on childbirth education, newborn care, breastfeeding, hospital tours, and infant CPR and choking. Offers massage services. Offers consultations with board certified lactation consultants. The Women and Children’s Center also cares for women who have had breast or gynecological surgeries and offers inpatient pediatric services.

County Henderson
Address: 800 North Justice Street
Hendersonville, NC 28791
Website: www.pardeehospital.org
Contact: Lynn Blythe, Nurse Leader
Hours: 24 hours per day, 7 days per week, 365 days per year
Program Fees: Accepts Medicare, Medicaid, private insurance, major credit cards
Application: Referral
Eligibility: Women of any age; Pediatrics assists Male or female from birth to adolescence
Languages: Spanish

Alpha 1 Antitrypsin Deficiency Testing (Pardee Signature Care Center)
Description: Free blood test to determine a potential proclivity to COPD, emphysema, or uncontrolled asthma. Results will be mailed in approximately two weeks. Appointment required.

County Henderson
Blood Pressure Screening (Pardee Signature Care Center)

Description: Free opportunity for blood pressure screening. Counseling and information regarding diet and lifestyle available as needed.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster
judy.bolster@pardeehospital.org
Hours: First Thursday of the month, 9:00 a.m. - 11:00 a.m.
Program Fees: None
Application: None
Eligibility: No Restrictions
Languages: No Restrictions

Breathe Free Support (Pardee Signature Care Center)

Description: Support for those with emphysema, COPD, uncontrolled asthma, lung disease, smoking cessation, or other breathing difficulties.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
828-692-4600
Judy.Bolster@pardeehospital.org
Hours: 2nd Wednesday of each month, 12:30 p.m. - 2:00 p.m.
Program Fees: None
Application: Phone Call; Walk-In
Eligibility: No Restrictions
Languages: No Restrictions

Celiac Support Group (Pardee Signature Care Center)

Description: Support for those with Gluten Intolerance. Education and diet suggestions are offered.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster
judy.bolster@pardeehospital.org
Hours: Monday, Wednesday, Friday, 9:30 a.m. - 10:30 a.m.
Program Fees: None
Application: Walk-in; No registration required
Eligibility: No restrictions
Languages: No Restrictions
Transylvania County 2-1-1 Resources (3.5.15)

Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
judy.bolster@pardeehospital.org
Hours: 4th Wednesday of the month, 3:30 p.m. - 5:00 p.m.
Program Fees: None
Application: Walk-in
Eligibility: No restrictions
Languages:

Cholesterol Screening (Pardee Signature Care Center)
Description: This screening provides a complete lipid profile (Total Cholesterol, HDL, LDL, Triglycerides). Requires only a finger stick, results are available immediately. Fasting after midnight required. Call for an appointment.
County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
judy.bolster@pardeehospital.org
Hours: 1st and 3rd Wednesday of the month, 10:00 p.m. - 11:30 p.m.
Program Fees: $20 fee for screening
Application: Phone call to register
Eligibility: Fasting period required
Languages:

Diabetes Support Group (Pardee Signature Care Center)
Description: Provides education and support for those dealing with diabetes and their families. Special speakers at one meeting each month.
County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
judy.bolster@pardeehospital.org
Hours: 2nd and 4th Thursday, 9:00 a.m. - 10:00 a.m.
Program Fees: None
Application: Phone call; Walk-In
Eligibility: No restrictions
Languages:

Fibromyalgia Support Group (Pardee Signature Care Center)
Description: Fibromyalgia Support Group for those suffering from Fibromyalgia and their loved ones.
County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Rige Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
judy.bolster@pardeehospital.org
Glucose Screening (Pardee Signature Care Center)

Description: This quick finger stick test indicates the blood sugar level. Fasting is required (nothing after midnight) and please drink plenty of water prior to screening. Pre-registration is required.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Judy Bolster, Manager
judy.bolster@pardeehospital.org
Hours: 3rd Thursday of the month, 9:00 a.m. - 10:00 a.m.
Program Fees: None
Application: Phone call; Walk-In
Eligibility: No restrictions
Languages:

Kidney Smart (Pardee Signature Care Center)

Description: This new class is being provided free of charge by an educator from DaVita Kidney Center and is focused on topics such as causes of chronic kidney disease and how kidneys function. These classes will also focus on what treatment choices are available, how medications, diet and exercise work together to keep you healthy, and assistance with insurance questions.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
Contact: Chelsea Darley
chelsea.darley@pardeehospital.org
Hours: Fourth Tuesday of every month, 9:30 a.m. - 11:00 a.m.
Program Fees: None
Application: To register call DaVita Kidney Center at 828-255-2839 and ask for Dana or Sandra.
Eligibility: No Restrictions
Languages:

Myasthenia Gravis Support Group (Pardee Signature Care Center)

Description: For those diagnosed with Myasthenia Gravis and their loved ones. The group offers education, sharing, fellowship, and support. Guest speakers occasionally. Pre-registration not required.

County: Henderson
Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792
Website: www.pardeehospital.org
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<tr>
<th>Service</th>
<th>Description</th>
<th>County</th>
<th>Address</th>
<th>Website</th>
<th>Contact</th>
<th>Hours</th>
<th>Program Fees</th>
<th>Application</th>
<th>Eligibility</th>
<th>Languages</th>
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<tbody>
<tr>
<td>Seniors' Health Information Insurance Program</td>
<td>Provides volunteer counselors, trained by the state of North</td>
<td>Henderson</td>
<td>1800 Four Seasons Boulevard</td>
<td><a href="http://www.pardeehospital.org">www.pardeehospital.org</a></td>
<td>Judy Bolster, Manager</td>
<td>2nd and 4th Tuesday, 1:00 p.m. - 3:00 p.m.; By appointment</td>
<td>None</td>
<td>Phone call to register</td>
<td>Anyone at or approaching Medicare eligibility or their caregivers</td>
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<td>Carolina, who provide one on one advice to seniors regarding</td>
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<td>Blue Ridge Mall</td>
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<td><a href="mailto:judy.bolster@pardeehospital.org">judy.bolster@pardeehospital.org</a></td>
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<td>Medicare, Medicare supplement insurance, long term</td>
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<td>Hendersonville, NC 28792</td>
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<td>2nd and 4th Tuesday, 1:00 p.m. - 3:00 p.m.; By appointment</td>
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<tr>
<td>Skin Cancer Screening (Pardee Signature Care</td>
<td>Free opportunity to see if exposure to the sun may have led</td>
<td>Henderson</td>
<td>1800 Four Seasons Boulevard</td>
<td><a href="http://www.pardeehospital.org">www.pardeehospital.org</a></td>
<td>Judy Bolster, Manager</td>
<td>Screenings occur once a year, usually in May of June; Call for current dates</td>
<td>None</td>
<td>Phone call to register</td>
<td>For those who have not seen a dermatologist in the past year</td>
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<td>Center)</td>
<td>to the development of a skin cancer. The screening is</td>
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<td>conducted by a local dermatologist. Appointment required.</td>
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<td>Take Off Pounds Sensibly (Pardee Signature</td>
<td>Take Off Pounds Sensibly (TOPS) is a national weight loss</td>
<td>Henderson</td>
<td>1800 Four Seasons Boulevard</td>
<td><a href="http://www.pardeehospital.org">www.pardeehospital.org</a></td>
<td>Judy Bolster, Manager</td>
<td>3rd Wednesday of the month, 1:00 p.m. - 3:00 p.m.</td>
<td>None</td>
<td>Phone call; In person; Pre-registration not required</td>
<td>For those diagnosed with Myasthenia Gravis and their loved ones</td>
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<td>Care Center)</td>
<td>program. Meets weekly.</td>
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Transylvania County 2-1-1 Resources (3.5.15)

Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792

Website: www.pardeehospital.org

Contact: Judy Bolster,
judy.bolster@pardeehospital.org

Hours: Tuesday, 5:30 p.m. - 6:30 p.m.

Program Fees: Yearly membership fee and monthly dues; Call for more information

Application: Walk in

Eligibility: No Restrictions

Languages:

Vision Screening (Pardee Signature Care Center)

Description: Vision screenings that check for distance, macular degeneration, depth perception and acuity. Does not screen for glaucoma or cataracts. Bring any prescription eyeglasses to the screening if applicable.

County: Henderson

Address: 1800 Four Seasons Boulevard
Blue Ridge Mall
Hendersonville, NC 28792

Website: www.pardeehospital.org/calendar/index.php

Contact: Judy Bolster, Manager
828-692-4600

Hours: **This program is temporarily out of resources.**

Program Fees: None

Application: Call to make appointment

Eligibility: No restrictions; Must call ahead to make an appointment

Languages:

Home Health Care (Park Ridge Health)

Description: Provides skilled services to patients who are recovering from illness, accident, or surgery in the comfort of their own homes. Skilled services include nursing, physical therapy, occupational therapy, and speech therapy, Social Work, Certified Nurse Assistant, and Dietary. Park Ridge provides these services to Buncombe, Henderson, Polk, and Transylvania counties.

County: Henderson

Address: 895 Howard Gap Road
Fletcher, NC 28732

Website: www.parkridgehealth.org

Contact: LaHoya Gordon, Administrator
828-687-5261
Diane.Sedgwick@ahss.org

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; 24 hour answering service

Program Fees: Accepts Medicaid; Medicare; Private insurance

Application: Phone Call; Fax

Eligibility: Must be home bound and have doctor's order for home care

Languages:
**Pathway of Hope (Park Ridge Health)**

**Description:** Program is for women with emotional, behavioral, or psychiatric challenges. Addresses stress management, grief and loss, communication skills, and crisis management. Works on self-esteem and aftercare planning. Provides group and individual therapy, psychiatric evaluation, medication management, and discharge planning. Participants live at home while attending this voluntary program.

**County:** Henderson

**Address:** 50 Hospital Drive
3rd Floor
Hendersonville, NC 28791

**Website:** www.parkridgehealth.org

**Contact:** Linda Riley, Intake Coordinator

**Program Fees:** None

**Application:** Visit website

**Languages:** Spanish interpreter available

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**Provider Directory (Park Ridge Health)**

**Description:** Provider directory associated with Park Ridge Health.

**County:** Henderson

**Address:** 100 Hospital Drive
Hendersonville, NC 28792

**Website:** www.myprh.com

**Contact:** Jimm Bunch, President and CEO
828-681-2102

**Hours:** Website available 24 hours per day, 7 days per week, 365 days per year

**Program Fees:** None

**Application:** Visit website

**Eligibility:**

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**Women's Services (Park Ridge Health)**

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**Description:** Park Ridge Health provides comprehensive medical care to the people of Western North Carolina.

**County:** Henderson

**Address:** 100 Hospital Drive
Hendersonville, NC 28792

**Website:** www.parkridgehealth.org

**Contact:** Jimm Bunch, President and CEO
828-681-2102

**Hours:** 24 hours per day, 7 days per week, 365 days per year

**Program Fees:** Vary; Accepts Medicaid, Medicare, private insurance

**Application:** In person

**Eligibility:** No restrictions

**Languages:**

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**Pathway of Hope (Park Ridge Health)**

**Description:** Program is for women with emotional, behavioral, or psychiatric challenges. Addresses stress management, grief and loss, communication skills, and crisis management. Works on self-esteem and aftercare planning. Provides group and individual therapy, psychiatric evaluation, medication management, and discharge planning. Participants live at home while attending this voluntary program.

**County:** Henderson

**Address:** 50 Hospital Drive
3rd Floor
Hendersonville, NC 28791

**Website:** www.parkridgehealth.org

**Contact:** Linda Riley, Intake Coordinator

**Program Fees:** Vary; Accepts Medicaid, Medicare, private insurance

**Application:** In person

**Eligibility:** No restrictions

**Languages:**

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Transylvania County 2-1-1 Resources (3.5.15)

Description: Ob-Gyn Services at Park Ridge Park Health offers complete obstetrics, gynecology and women's health services for women of all ages. Routine gynecological care includes: Yearly exams with PAP smears, Family planning visits, Diagnosis and treatment of gynecological problems; Other services include: Free Pregnancy tests from Park Ridge Women's Services, Maternity care, Infertility care, Urinary incontinence, Pelvic prolapse care, Minimally invasive surgery, On-site ultrasound, On-site laboratory, Bilingual staff, On-site Medicaid application, Certified Midwife.

County: Henderson
Address: 2605 Chimney Rock Road
Office of Kelly Thompson, FNP, CNM
Hendersonville, NC 28792
Website: www.parkridgehealth.org
Contact: Jimm Bunch, President and CEO
828-681-2102
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Vary; Free Pregnancy Test; Accepts Medicaid, Medicare, private insurance
Application: Phone call for appointment; No appointment needed for pregnancy test, walk-ins welcome.
Eligibility: No restrictions
Languages:

Women's Services (Park Ridge Health)
Description: Ob-Gyn Services at Park Ridge Park Health offers complete obstetrics, gynecology and women's health services for women of all ages. Routine gynecological care includes: Yearly exams with PAP smears, Family planning visits, Diagnosis and treatment of gynecological problems; Other services include: Free Pregnancy tests from Park Ridge Women's Services, Maternity care, Infertility care, Urinary incontinence, Pelvic prolapse care, Minimally invasive surgery, On-site ultrasound, On-site laboratory, Bilingual staff, On-site Medicaid application, Certified Midwife.

County: Henderson
Address: 50 Hospital Drive
Suite 4A
Hendersonville, NC 28792
Website: www.parkridgehealth.org
Contact: Jimm Bunch, President and CEO
828-681-2102
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Vary; Free Pregnancy Test; Accepts Medicaid, Medicare, private insurance
Application: Phone call for appointment; No appointment needed for pregnancy test, walk-ins welcome.
Eligibility: No restrictions
Languages:

Parkinson's Support Group (Brevard-Davidson River Presbyterian Church)
Description: Provides support to Parkinson's patients, their caregivers, and any interested party.

County: Transylvania
Address: 249 East Main Street
Brevard, NC 28712
Website: www.bdrpc.org
Contact: David Eden, Support Group Coordinator
### Transylvania County 2-1-1 Resources (3.5.15)

- **828-862-8820**
- **wrinkles3@compor ium.net**

**Hours:** Meetings are held the 2nd Tuesday of the month at 10:00 a.m. except during the summer months

**Program Fees:** None

**Application:** Walk-in

**Eligibility:** No Restrictions

**Languages:**

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#### Partnership for Prescription Assistance

**Description:** Offers assistance with finding patient assistance programs from pharmaceutical companies for prescription medications.

**County:** New York

**Address:** Confidential
New York, NY 10101

**Website:** www.pparx.org

**Contact:**
Mollie Milner, LCSW, Therapist, Licensed Clinical Social Worker
828-299-0394
mtnmollie@charter.net

**Hours:** Tuesday, 2:00 p.m. - 3:30 p.m.

**Program Fees:** None

**Application:** Call or visit website for more information

**Eligibility:** For women living with cancer

**Languages:** Spanish

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#### Planned Parenthood South Atlantic - Asheville Health Center

**Description:** Services Provided: Women's Health Care: Birth Control, Prescriptions available without an exam, Refills available by mail, Reproductive health checkups, Breast exams, Pap tests, Cervical cancer screenings, Mammogram referrals, Vaginal infection testing and treatment, Morning-After Pill (Emergency Contraception); Pregnancy Planning Services, Pregnancy testing, Pregnancy options and referrals (adoption, abortion), Fertility awareness education; STI Testing, Treatment and Vaccines, STI prevention, including:

---

#### Pathways of the Heart

**Description:** Support group held at the Biltmore United Methodist Church for women with cancer. Please call Facilitator for more detailed information before attending the group. This is facilitated by a Licensed Clinical Social Worker. This is not a drop-in support group.

**County:** Buncombe

**Address:** 376 Hendersonville Road
Biltmore United Methodist Church
Asheville, NC 28803

**Website:**

**Contact:** Mollie Milner, LCSW, Therapist, Licensed Clinical Social Worker
828-299-0394
mtnmollie@charter.net

**Hours:** Tuesday, 2:00 p.m. - 3:30 p.m.

**Program Fees:** None

**Application:** Call first before joining the group

**Eligibility:** For women living with cancer

**Languages:**
Condoms, HPV vaccine (Gardasil), STI/safe sex education, STI Testing (Available without a physical exam and available for walk-ins), Chlamydia and gonorrhea testing, Rapid HIV Testing; LGBTQ Services: Education, resources, services referral, transgender support, hormone replacement therapy; General Health Care for Men and Women: Routine physical exams for men and women aged 13 and older, Anemia testing, Cholesterol screening, Vaccinations (including Flu and Tetanus), Urinary tract infection testing and treatment, Thyroid screening, Treatment of cold and flu viruses, Physicals for school and work; Men's Health Care: Reproductive health checkups, Testicular exams, Erectile dysfunction referrals, Male infertility screenings and referrals, Jock itch exams and treatment. There may be endowment funds available to assist with the cost of an abortion.

County: Buncombe
Address: 68 McDowell Street
Asheville, NC 28801
Website: www.ppsat.org
Contact: Caitlin Owens, Health Center Manager
828-252-7928 x6215
caitlin.owens@pps at.org
Hours: Monday, Thursday, 12:00 p.m. - 7:00 p.m.; Wednesday, 9:00 a.m. - 3:00 p.m.; Friday, 9:00 a.m. - 1:00 p.m.; Saturday, 10:00 a.m. - 2:00 p.m
Program Fees: Sliding scale rates for individuals without insurance; Accepts Medicaid, private insurance, major credit cards
Application: Call or visit the website to make appointment; Pregnancy testing, emergency contraception, and STI Testing on a walk-in basis
Eligibility: Men and women age 13 or older

Languages: Spanish

Safety Programs (Safety and Health Council)
Description: Offers on site and off site OSHA compliance training for the workplace. Also offers a number of safety certificates for individuals. Type of Courses: MESH (Manager of Environmental Safety and Health), OSHA, and Annual NC Safety Congress and Annual Meeting in November.

County: Mecklenburg
Address: 2709 Water Ridge Parkway
Suite 120
Charlotte, NC 0
Website: www.safetync.org
Contact: Bobby Williams, Controller
bobbyw@safetync.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.; Training offered at other times
Program Fees: Vary; Call for more information
Application: Phone call; Website
Eligibility: No restrictions
Languages: Spanish

Safety Programs (Safety and Health Council)
Description: Offers on site and off site OSHA compliance training for the workplace. Also offers a number of safety certificates for individuals. Type of Courses: MESH (Manager of Environmental Safety and Health), OSHA, and Annual NC Safety Congress and Annual Meeting in November.
**Transylvania County 2-1-1 Resources (3.5.15)**

<table>
<thead>
<tr>
<th>County</th>
<th>Wake</th>
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<tbody>
<tr>
<td>Address:</td>
<td>3739 National Drive</td>
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<tr>
<td></td>
<td>Cumberland Building, Suite 125</td>
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<tr>
<td></td>
<td>Raleigh, NC 27612</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.safetync.org">www.safetync.org</a></td>
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<tr>
<td>Contact:</td>
<td>Bobby Williams, Controller</td>
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<tr>
<td></td>
<td><a href="mailto:bobbyw@safetync.org">bobbyw@safetync.org</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday - Friday, 8:00 a.m. - 5:00 p.m.; Training offered at other times</td>
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<tr>
<td>Program Fees:</td>
<td>Vary; Call for more information</td>
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<td>Application:</td>
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<td>Eligibility:</td>
<td>No restrictions</td>
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<td>Languages:</td>
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**SAGE - Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders**

| Description: | National Resource Center on LGBT Aging that provides education resources available through their website or telephone, in English and Spanish, regarding the lesbian, gay, bisexual and transgender elder communities. |
| County       | New York                                   |
| Address:     | 305 7th Avenue                             |
|              | Floor 6                                    |
|              | New York, NY 10001                         |
| Website:     | www.sageusa.org                            |
| Contact:     | Hilary Meyer                               |
|              | 212-741-2247                               |
|              | hmeyer@sageusa.org                         |
| Hours:       | Monday - Friday, 9:00 a.m. - 5:00 p.m.     |

**County New York**

| Address:   | 305 7th Avenue                             |
| Floor 6    | New York, NY 10001                         |
| Website:   | www.sageusa.org                            |
| Contact:   | Hilary Meyer                               |
|            | 212-741-2247                               |
|            | hmeyer@sageusa.org                         |
| Hours:     | Monday - Friday, 9:00 a.m. - 5:00 p.m.     |

**St. Gerard House**

| Description: | Offers treatment for individuals with Autism Spectrum Disorder (ASD), learning disabilities, developmental delays, and behavioral health needs. In addition, training, consultation, and support for families, educators, institutions, and any others involved with the treatment or care of these individuals is also provided. Services are available to families and professionals in Western North Carolina. Grotto School serves children ages 2.5 - 7. It is an intensive, one-on-one, Applied Behavior Analysis (ABA), early-intervention program. Connect Program is an after-school social skills class for ages 5 - 19. No diagnosis is necessary. Family Group Night is a free monthly support group for the entire family. It takes place every 3rd Monday of the month from 5:30 p.m. - 7:30 p.m. Serves a healthy meal and then breaks into 5 groups: Parents, Siblings, Youth with special needs, Children with special needs and Childcare. |
| County      | Henderson                                 |
| Address:    | 620 Oakland Street                        |
|             | Hendersonville, NC 28791                  |
| Website:    | www.stgerardhouse.com                     |
| Contact:    | Bertha Medina, Assistant Director/Volunteer Coordinator |
|            | 828-693-4223 x14                          |
|            | info@stgerardhouse.com                    |

| Program Fees: | None                                      |
| Application:  | Phone call or visit website www.lgbtagingcenter.org or www.sageusa.org |
| Eligibility:  | LGBT Elders and families                  |
| Languages:    | Spanish                                   |
**Shriners Hospital**

**Description:** Acute care children’s hospital with more than 20 orthopedic treatment specialties: Cerebral Palsy; Scoliosis and other spinal abnormalities; Clubfoot and other problems of the foot; Limb deficiencies and prosthetic restoration; Myelodysplasia; Pediatric Sports Injuries.

**County:** Greenville

**Address:** 950 West Faris Road
Greenville, SC 29605

**Website:** www.shrinershospitalsforchildren.org/en/Locations/greenville

**Contact:** Randy Romberger, Hospital Administrator
864-271-3444

**Hours:** Office Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

**Program Fees:** Care and services are provided regardless of the patients’ ability to pay

**Application:** For information about a completed application or for other questions, e-mail patientreferrals@shrinenet.org, or call 800-237-5055

**Languages:** Spanish, Russian, and French

**Eligibility:** Children up to age 18 with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate are eligible for care and receive all services in a family-centered environment, regardless of the patients’ ability to pay.
Urgent Care South (Sisters of Mercy Urgent Care)

Description: Care and treatment of non-life-threatening injuries and illnesses by board certified physicians, without an appointment. Also provide sports, D.O.T. and employment physicals, drug screening, digital x-ray, lab work, most urgent care prescriptions for $15, workers compensation follow up, and vaccines (tetanus, hepatitis, TB skin testing, etc.).

County: Buncombe
Address: 1833 Hendersonville Road
Asheville, NC 28803
Website: www.urgentcares.org
Contact: Cheryl Fore, Clinical Team Leader 828-274-1462
Hours: Monday - Friday, 8:00 a.m. - 7:00 p.m.; Saturday - Sunday, 9:00 a.m. - 5:00 p.m.; (Closed Easter, Thanksgiving, and Christmas)

Program Fees: Application for financial assistance available; Accepts Medicaid, Medicare, major credit cards, private insurance. Cash discount for self-pay patients at time of service.

Application: Walk-in only, first come, first served
Eligibility: Picture ID, income verification required
Languages: Spanish

Smiles Change Lives - The Virginia Brown Community Orthodontic Partnership

Description: Smiles Change Lives provides access to essential orthodontic treatment for qualified children from low-income families.

County: Jackson
Address: 2405 Grand Boulevard
Suite 300
Kansas City, MO 64108
Website: www.smileschangelives.org
Contact: Melanie Johnston, marketing@smileschangelives.org
Hours: Monday - Friday, 9:00 a.m. - 6:30 p.m. (8:00 a.m. – 5:30 p.m. CST)

Program Fees: $30 Application fee and $600 program fee if approved for treatment through Smiles Change Lives.

Application: Submit a complete application packet including the most recent year’s tax return (or SSI award letter) and SCL Dental Referral Form. Depending on program demand, it could take 3 to 24 months to complete the application process and/or be assigned to an orthodontic treatment.

Eligibility: Be 10-18 years of age; Have no more than four (4) baby teeth; Have "good" dental hygiene (as certified by the child’s general dentist); Have no unfilled cavities; Not be wearing braces currently; Have a total household income at or below 200% of the Federal Poverty Level.

Languages: Spanish
Supplemental Security Income, Lump Sum Death Benefits, Medicare, Survivors Insurance and Social Security Cards. Visit the website for more information about all of Social Security's programs. At the website, you can also: Apply for certain kinds of benefits; Change your address; Apply for a password so you can check your benefits or change your direct deposit; Request a replacement Medicare card; Ask for a letter to confirm your benefit amount; and Find copies of our publications.

County: Henderson
Address: 205 South Grove Street
Hendersonville, NC 28792
Website: www.socialsecurity.gov
Contact: Sheron Craig, District Manager, Hendersonville Office  
sheron.craig@ssa.gov
Hours: Monday, Tuesday, Thursday, Friday, 9:00 a.m. - 3:00 p.m.; Wednesday, 9:00 a.m. - 12:00 p.m.
Program Fees: None
Application: Phone call; To locate a doctor accepting Medicare, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227)
Eligibility: See description; Social Security Number must be provided at this time of service
Languages:

Blue Ridge Free Dental Clinic (Southwestern Commission AAA)
Description: Provides high quality restorative dental care to hundreds of needy patients each year from the surrounding tri-county area.
County: Jackson

Community Pharmacy (The Free Clinics)
Description: Low-cost medications available for $3 filling fee to eligible residents of Henderson, Polk, and Transylvania counties.
County: Henderson
Address: 841 Case Street
Hendersonville, NC 28792
Website: www.thefreeclinics.org
Contact: Pat Sells, Pharmacy Coordinator 828-697-8422
info@thefreeclinics.org

Address: 130 Highway 64 East
Cashiers, NC 28717
Website: www.blueridgefreedentalclinic.org
Contact: Karen Minton, Executive Director 828-743-3393
info@blueridgefreedentalclinic.org
Hours: Monday, Wednesday, 10:00 a.m. - 5:00 p.m.
Program Fees: None.
Application: Appointment only, on a first come, first served basis, with priority given to emergencies. Call to be placed on the waiting list. At first appointment at the Clinic, provide proof of residency, such as a driver’s license or vehicle registration.
Eligibility: Currently only able to serve patients living in Jackson, Macon and Transylvania Counties. Cannot serve any patients who are on Medicaid or covered by any type of dental insurance.
Languages:
Transylvania County 2-1-1 Resources (3.5.15)

Hours: Monday, 12:00 p.m. - 5:00 p.m.; Tuesday, 5:00 p.m. - 8:00 p.m.; Wednesday, 8:00 a.m. - 12:00 p.m.; Friday, 9:00 a.m. - 3:00 p.m.

Program Fees: Low-cost medications available for $3 filling fee.

Application: Call for details about eligibility guidelines. Come during pharmacy hours for an eligibility intake.

Eligibility: Uninsured residents of Henderson, Polk, or Transylvania Counties; Low-income--at or below 200% of Federal Poverty Level

Languages: Spanish

The NC Radon Program - North Carolina Department of Health and Human Services

Description: The NC Radon Program offers education presentations to the public, such as schools, citizens groups, real estate agents, home inspectors and home builders. Maintains a website to provide citizens with information on radon and those who can test and mitigate. Works closely with home builders to understand the radon resistant techniques in new construction (RRNC), so they can build more houses in North Carolina with radon resistant features; will also work very closely with school district officials to promote the idea of testing existing school buildings and building more new schools with radon resistant techniques. Provides free short-term test kits for expecting mothers. The month of January is Radon Action Month and they give free test kits until supplies run out.

Contact: Phillip Ray Gibson, WNC Radon Program Coordinator
828-712-0972
phillip.gibson@dhh.s.nc.gov

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees: No fees for services. Test kits are approximately $5.

Application: Phone call

Eligibility: North Carolina residents

Languages: Some materials available in Spanish

The North Carolina AgrAbility Partnership

Description: A federally-funded grant program through the U.S. Department of Agriculture National Institute for Food Safety (USDA-NIFA). Mission is to educate and assist farmers, ranchers, and farm workers engaged in production agriculture who are living with disabilities. Provides direct services to farmers, ranchers, farm workers and their family members engaged in production agriculture: provides information on resources relevant to an individual's needs, and/or conducting on-site farm assessments to determine barriers to completing tasks and meeting occupational goals on the farm; Can recommend assistive technologies (equipment/tools/devices), modified work practices, and/or other adaptive solutions to reducing disability-related limitations; Can refer individuals to other service providers (e.g., rehabilitation, educational, financial) for potential assistance specific to the individual's needs; Provides educational opportunities through trainings and professional development sessions for rural health care professionals, allied health and agricultural engineering degree students, cooperative extension and staff to organizations who may be assisting farmers with disabilities. Does not provide funding.
Transylvania County 2-1-1 Resources (3.5.15)

County: Wake
Address: 127 D.S. Weaver Labs
Box 7625 - NCSU
Raleigh, NC 27695
Website: www.ncagrability.org
Contact: Michele Proctor, MID, Project Coordinator
336-430-2970
coordinator@ncagrability.com
Hours: Vary
Program Fees: None
Application: Phone Call; Website contact page; Email
Eligibility: North Carolina farmers, ranchers, and farmworkers engaged in production agriculture who are living with disabilities
Languages: Translator Services Available

The Starkey Hearing Foundation

Description: The program provides hearing aids to low income individuals who have no other resources to acquire hearing aids. All applicants must meet the financial criteria, complete the application process and be approved for assistance. Call the office to discuss eligibility.

County: Hennepin
Address: 6700 Washington Avenue South
Eden Prairie, MN 55344
Website: www.starkeyhearingfoundation.org
Contact: Joanita Stelter,
Joanita_Stelter@starkey.com
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: There is a fee of $125 per hearing aid provided. Call the office to discuss eligibility.
Application: Phone call; Ask operator for the "Hear Now" program.
Eligibility: Call for eligibility requirements; Determined by income, household size, and assets
Languages:

Trans-Positive Support

Description: TransHealth Coordinators and WNCAP (Western North Carolina AIDS Project) are offering an HIV + peer support network. "TransPositive Support" focuses on the empowerment of transgender, gender non-conforming and intersexed people with HIV + status. Offers support with obtaining housing, job discrimination, accessing respectful and compassionate healthcare along with leadership and community building and outreach training.

County: Buncombe
Address: 554 Fairview Road
Western North Carolina AIDS Project
Asheville, NC 28803
Website: www.transhealthcoordinators.org
Contact: Jennifer Barge, Director
828-669-3889
transhealth@rocketmail.com
Hours: 1st and 3rd Monday of the month, 1:00 p.m.
Program Fees: None
Application: Email Jennifer Barge at transhealth@rocketmail.com to register
Eligibility: Transgender
**Emergency Medical Services (Transylvania County Emergency Services)**

**Description:** TCEMS provides emergency and non-emergency medical care and transportation to residents and visitors of Transylvania County.

**County:** Transylvania  
**Address:** 155 Public Safety Way  
Brevard, NC 28712  
**Website:** [www.transylvaniacounty.org/emergency-services](http://www.transylvaniacounty.org/emergency-services)  
**Contact:** Robert Cooper, Director  
828-884-3108 x6  
bobby.cooper@transylvaniacounty.org  
**Hours:** Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.  
Emergencies: 24 hours per day, 7 days per week, 365 days per year

**Program Fees:** None  
**Application:** Phone call; In person  
**Eligibility:** No restrictions  
**Languages:** Spanish

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**Breast and Cervical Cancer Control Program (Transylvania Public Health)**

**Description:** Pelvic exam with pap smear. Clinical breast exam and mammogram. Breast biopsy if indicated. Women with cancer diagnosis through BCCCP screening may be eligible for Medicaid special coverage.

**County:** Transylvania  
**Address:** 106 East Morgan Street  
**Website:** [http://transylvaniacounty.org/](http://transylvaniacounty.org/)  
**Contact:** Laura Petit, BCCCP Coordinator  
828-884-3135 x224  
laura.petit@transylvaniacounty.org  
**Hours:** By appointment only; Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

**Program Fees:** $25  
**Application:** Phone call

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**Cancer Prevention Program (Transylvania Public Health)**

**Description:** Provides PAP smears and clinical breast exams to women age 18-49 who are not covered by third party insurance. Also provides education for self breast exam.

**County:** Transylvania  
**Address:** 106 East Morgan Street  
Brevard, NC 28712  
**Website:** [http://transylvaniacounty.org/](http://transylvaniacounty.org/)  
**Contact:** Laura Petit, CPP Coordinator  
laura.petit@transylvaniacounty.org  
**Hours:** By appointment only; Office Hours, Monday - Friday, 8:30 a.m. - 5:00 p.m.

**Program Fees:** None  
**Application:** Phone call or Referral  
**Eligibility:** Transylvania County resident; Female age 40-64; No insurance, Medicaid or Medicare; Meet financial guidelines  
**Languages:** Spanish with prior notice; Deaf accessible with prior notice
Eligibility: Transylvania County resident; Female age 18-49 who do not qualify for the family planning program; No insurance, Medicare, or Medicaid
Languages: Spanish with prior notice; Deaf accessible with prior notice

Child Health Screening (Transylvania Public Health)
Description: Well child assessment including history, physical assessment, appropriate labs, developmental assessment, anticipatory guidance, and parenting education.
County Transylvania
Address: 106 East Morgan Street
Brevard, NC 28712
Website: http://transylvaniahealth.org/
Contact: Amanda Lambert, RN
Amanda.Lambert@transylvaniacounty.org
Hours: By appointment only; Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Accepts Medicaid; Follows WIC financial guidelines
Application: Phone call; In person
Eligibility: Transylvania County resident
Languages: Spanish with prior notice; Deaf accessible with prior notice

Family Planning (Transylvania Public Health)
Description: Complete physical exam for the provision of birth control. Method including Depo-Provera, IUD, birth control pills, NuvaRing and condoms. Emergency contraception available.
County Transylvania
Address: 106 East Morgan Street
Brevard, NC 28712
Website: http://transylvaniahealth.org/
Contact: Velina Netherton, Nurse Supervisor
velina.netherton@transylvaniacounty.org
Hours: By appointment only; Office Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Sliding scale; Accepts Medicaid

Environmental Health (Transylvania Public Health)
Description: Provide sanitation inspections for commercial food, lodging, day care, and other institutional establishments, including swimming pools. Permits and inspects ground absorption's septic tank systems. Consults and advises in private water supplies, sewage systems, rodent control, indoor air quality, lead hazard, and public health nuisances.
County Transylvania
Address: 106 East Morgan Street
Brevard, NC 28712
Website: http://transylvaniahealth.org/
Contact: Raime Hebb, Secretary
raime.hebb@transylvaniacounty.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Vary
Application: Phone call; In person; Authorized agent; Mail
Eligibility: Transylvania County resident
Languages: Spanish with prior notice; Deaf accessible with prior notice
### Transylvania County 2-1-1 Resources (3.5.15)

<table>
<thead>
<tr>
<th>Application:</th>
<th>Phone call; Referral; In person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>Transylvania County resident; Female; Male for condoms; Minors do not need parental consent</td>
</tr>
<tr>
<td>Languages:</td>
<td>Spanish; Deaf accessible with prior notice</td>
</tr>
</tbody>
</table>

### Health Education (Transylvania Public Health)

- **Description:** Provides education to school, civic, church, and other community organizations. Topics cover a wide variety of subjects that promote a healthy lifestyle.
- **County:** Transylvania
- **Address:** 106 East Morgan Street
  Brevard, NC 28712
- **Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)
- **Contact:** Tara Rybka, Health Educator
tara.rybka@transylvaniacounty.org
- **Hours:** Monday - Friday, 8:30 a.m. - 5:00 p.m.
- **Program Fees:** None
- **Application:** Phone call
- **Eligibility:** Transylvania County resident
- **Languages:** Spanish; Deaf accessible with prior notice

### Healthy Smiles Dental Health Project (Transylvania Public Health)

- **Description:** Preschool children receive dental education and screenings in child care centers. Preventative care and treatment provided by volunteer dentists in their office.
- **County:** Transylvania
- **Address:** 106 East Morgan Street
  Brevard, NC 28712
- **Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)
- **Contact:** Lori Clark, RDH,
lori.clark@transylvaniacounty.org
- **Hours:** Monday - Friday, 8:30 a.m. - 3:00 p.m.; By appointment only
- **Program Fees:** Accepts Medicaid; Health Choice; Or income qualified individuals
- **Application:** In person; By appointment only
- **Eligibility:** Transylvania County resident; Age 0-5
- **Languages:** Spanish with prior notice; Deaf accessible with prior notice

### HIV Testing/Counseling (Transylvania Public Health)

- **Description:** Counseling for HIV risk factors and safer sex. Blood testing provided. Linkage to resources for those with positive results.
- **County:** Transylvania
- **Address:** 106 East Morgan Street
  Brevard, NC 28712
- **Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)
- **Contact:** Velina Netherton, Nurse Supervisor
  velina.netherton@transylvaniacounty.org
- **Hours:** Monday - Friday, 8:30 a.m. - 5:00 p.m.
- **Program Fees:** None
- **Application:** Phone call; Referral; In person
- **Eligibility:** Transylvania County resident
- **Languages:** Spanish; Deaf accessible with prior notice
Immunizations (Transylvania Public Health)

**Description:** Vaccines for children through state/federal vaccine program. Vaccines for adults, which include routine TD booster, Hepatitis A, and Hepatitis B. Flu vaccine available in fall. For individuals 60 years old and up, Shingles vaccines are available.

**County:** Transylvania

**Address:** 106 East Morgan Street
Brevard, NC 28712

**Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)

**Contact:** Sabrina Griffin,
sabrina.griffin@transylvaniacounty.org

**Hours:** Monday - Friday, 8:30 a.m. - 5:00 p.m.

**Program Fees:** Vary; Accepts some private insurance; Childhood vaccines free of charge if eligible (18 and under and either has Medicaid; Uninsured; or American Indian or Alaska Native)

**Application:** In person

**Eligibility:** Transylvania County resident; Required childhood vaccines free; Medicare for flu; Fee for non-state supplied vaccines

**Languages:** Spanish; Deaf accessible with prior notice

Pregnancy Care Management (Transylvania Public Health)

**Description:** Case management for pregnant women. Includes needs assessment, linkage to community resources, care plan development, and education on pregnancy issues.

**County:** Transylvania

**Address:** 106 East Morgan Street
Brevard, NC 28712

**Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)

**Contact:** Heather Bradley, RN
heather.bradley@transylvaniacounty.org

**Hours:** Monday - Friday, 8:30 a.m. - 5:00 p.m.

**Program Fees:** Accepts Medicaid

**Application:** Phone call; In person

**Eligibility:** Transylvania County resident; Must be pregnant and have Medicaid/baby love eligible

Postpartum/Newborn Home Visiting, Transylvania County Health Department (Transylvania County Health Department)

**Description:** Home visit provided by public health nurses. Visit includes limited physical assessment of mother and baby, newborn care, safety and developmental information, post-partum care for mother.

**County:** Transylvania

**Address:** 106 East Morgan Street
Brevard, NC 28712

**Website:** [http://transylvaniahealth.org/](http://transylvaniahealth.org/)

**Contact:** Amanda Lambert,
Amanda.Lambert@transylvaniacounty.org

**Hours:** Monday - Friday, 8:30 a.m. - 5:00 p.m.

**Program Fees:** Accepts Medicaid

**Application:** Referral

**Eligibility:** Transylvania County resident; New parent; Low income or Medicaid eligible

**Languages:** Spanish; Deaf accessible with prior notice
Transylvania County 2-1-1 Resources (3.5.15)

Pregnancy Testing (Transylvania Public Health)
Description: Urine pregnancy testing with counseling to provide resource information for follow-up. Information on pregnancy resources, options and entry into care. Contraceptive information and appointment given if desired.

County: Transylvania
Address: 106 East Morgan Street  
Brevard, NC 28712
Website: http://transylvaniahealth.org/
Contact: Heather Bradley, R.N.  
heather.bradley@transylvaniacounty.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Sliding Scale
Application: Walk-in
Eligibility: Transylvania County resident; Female
Languages: Spanish; Deaf accessible with prior notice

STD Clinic (Transylvania Public Health)
Description: Examination, diagnosis, and treatment for individuals with suspected STD. Risk reduction for prevention of STD's provided.

County: Transylvania
Address: 106 East Morgan Street  
Brevard, NC 28712
Website: http://transylvaniahealth.org/

Contact: Velina Netherton, Nurse Supervisor  
velina.netherton@transylvaniacounty.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: None; Accepts Medicaid
Application: In person
Eligibility: Transylvania County resident
Languages: Spanish; Deaf accessible with prior notice

Transylvania County Medication Assistance Program
Description: The MAP program is an income based program designed to help uninsured or under insured patients receive their prescribed medications at no cost or at a lower cost. Many maintenance medications are available through the MAP program, however, not all are. Enrolling for medication assistance can take up to 4 weeks for processing at the pharmaceutical company. Once approved in to the program, client will be eligible to receive most medications in 3 month supplies for one year before needing to re-enroll. Most medications have to be shipped directly to the physician’s office. When possible, the medication will be shipped directly to the patient’s home.

County: Transylvania
Address: 518 South Broad Street  
Gordon Family Pharmacy  
Brevard, NC 28712
Website:  
Contact: Sandy Beason, MAP Director/Patient Advocate  
828-883-4454  
mapdir@transylvania.map.org
Transylvania County 2-1-1 Resources (3.5.15)

Hours: MAP Office Hours: Monday, Tuesday, Thursday, 9:00 a.m. - 4:00 p.m.

Program Fees: Free to sign up; Medications will be free to low cost depending on medication needed

Application: Call to make appointment

Eligibility: Transylvania County residents or using doctor in Transylvania County; A current prescription for the medication from your physician for a 90 day supply with 3 refills; Proof of income for each household member

Languages:

Diabetes Care Program (Transylvania Regional Hospital)

Description: The diabetes care program teaches diagnosed diabetics how to self-manage the disease. Personal and group classes focus on how the disease affects the body, tips on how to keep the body in balance, and methods to avoid the devastating side effects of uncontrolled diabetes. Program has a registered dietitian, an exercise physiologist, and 2 RN (CDE) who are certified Diabetes educators on staff.

County Transylvania
Address: 260 Hospital Drive
Brevard, NC 28712
Website: www.trhospital.org
Contact: Diane Davis, RN, CDE, Diabetes Educator
828-883-5195

RX Assistance Program (Transylvania Regional Hospital)

Description: This program helps uninsured patients complete the forms necessary to apply for free prescription medications from

County
Address:
Website:
Contact:

Emergency Services (Transylvania Regional Hospital)

Description: The emergency department is staffed 24 hours a day, 7 days a week by physicians and nurses with specialized training in emergency medicine and trauma care.

County Transylvania
Address: 260 Hospital Drive
Brevard, NC 28712
Website: www.trhospital.org
Contact:

Program Fees: Accepts Medicare, Medicaid, Private Insurance, self pay, Major credit cards; some financial assistance available for low income patients
Application: Referral from a provider needed to make appointment or call for more information
Eligibility: Diagnosed with diabetes
Languages: Telephone interpreter services available for most languages

Hours: Office Hours: Monday, Wednesday, Friday, 10:00 a.m. - 4:30 p.m. (or until all patients are seen for the day); Office hours may vary; By Appointment Only
pharmaceutical companies. Not all medications are available. No controlled substances.

County: Transylvania
Address: 260 Hospital Drive
         Brevard, NC 28712
Website: www.trhospital.org
Contact: Brenda Riddle, Coordinator
Hours: Monday - Friday, 1:00 p.m. - 4:00 p.m. By appointment only
Program Fees: May be a co-pay for some medications
Application: Phone call to schedule appointment
Eligibility: Uninsured; Social Security Card; Picture ID required; Income verification
Languages:

Toxaway Health Center (Transylvania Regional Hospital)
Description: Provides primary care services serving residents of southwest Transylvania County and east Jackson County.
County: Transylvania
Address: 16825 Rosman Highway
         Lake Toxaway, NC 28747
Website: www.toxawayhealth.com
Contact:
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Accepts Medicare, Medicaid, private insurance and self-pay
Application: Phone Call
Eligibility: Serves residents of southwest Transylvania County and east Jackson County
Languages:

Treatment, Healing, and Education Center for Disordered Eating
Description: A resource/referral/educational center with free support groups offered weekly. Provides information on a national level for treatment facilities, educational resources, and workshops for and about eating disorders. Also provides a referral/information service to local therapists and physicians who treat disordered eating problems. Adult Eating Disorder Support Group meets Wednesdays from 7:00 p.m. - 8:00 p.m. Family Support Group for loved ones, parents, and friends meets on the 1st and 3rd Monday of the month from 5:30 p.m. - 6:30 p.m. Teen Support Group for teens ages 15-17 years old and currently working with a therapist meets on the 1st and 3rd Monday of the month from 5:30 p.m. - 6:30 p.m.
County: Buncombe
Address: 297 Haywood Street
         Asheville, NC 28801
Website: www.thecenternc.org
Contact: Elaine O’Barr, Director
         828-337-4685
         thecenternc@gmail.com
Hours: By appointment only; Answering machine available 24 hours per day, 7 days per week, 365 days per year; Adult Eating Disorder Support Group: Meets Wednesday, 7:00 p.m. - 8:00 p.m.; Family Support Group for loved ones, parents, and friends meets on the 1st and 3rd Monday of the month from 5:30 p.m. - 6:30 p.m.
Program Fees: None
Application: Phone Call or Email to schedule appointment; Support Groups: Phone call or walk-in to attend meeting
Eligibility: No Restrictions; For Teen Support Group: Attendees must be 15-17 yrs old and be in Treatment currently with a therapist.
Languages:

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**Adolescent Pregnancy Prevention Campaign of NC (United Way of Central Carolinas)**

Description: PURPOSE: To promote and support a cooperative approach among the public, private, and volunteer sectors toward the end of preventing adolescent pregnancy in North Carolina.
SERVICES: 1. Technical assistance, consultation, support, guidance, and resources to existing and start-up local councils in all counties 2. bi-monthly meetings open to interested persons, 3. training for professionals and volunteers; 4. monitoring and advocacy for legislative actions that impact teen pregnancy, sexuality, and childbearing; 5. community awareness programs for clubs and organizational meetings; 5. Extensive library of books, pamphlets, videos on subject and 6. a catalyst for prevention models throughout the state. Foster strategies that focus on prevention.

County: Durham
Address: 3708 Mayfair Street
Suite 310
Durham, NC 27707
Website: [www.appcnc.org](http://www.appcnc.org)
Contact: Kay Phillips, Chief Executive Officer
919-226-1880 x101
kphillips@appcnc.org

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**Arthritis Foundation (United Way of Central Carolinas)**

Description: PURPOSE: To support research through grants; to educate the general public and the health care professionals about arthritis and its treatment; and to offer programs and services for people who suffer from arthritis SERVICES: Support groups for people with arthritis, self-help courses for people with arthritis and their families, aquatics programs in a variety of heated pool across the county, public education forums, speakers bureau, information and referral service, educational literature, legislative advocacy

County: Mecklenburg
Address: 4530 Park Rd.,
Suite 230
Charlotte, NC 28209
Website: [HTTP://www.arthritis.org](http://www.arthritis.org)
Contact: Gail Norman,
mmatheso@arthritis.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: Do not need to be a member to receive free information. $20.00 membership includes 6 issues of the magazine "Arthritis Today"
Application: No restrictions
Eligibility: No restrictions
American Cancer Society (United Way of Central Carolinas)
Description: To fight cancer through balanced programs of research, education, patient services and rehabilitation.
County: Mecklenburg
Address: 6000 Fairview Rd., Suite 200
Charlotte, NC 28210
Website: HTTP://www.cancer.org
Contact: Rita Harmon Law, Mission Delivery Manager
rlaw@cancer.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: 1-800-227-2345
Eligibility: Call 800-227-2345 for English or Spanish
Languages: Call 800-227-2345 for English or Spanish

Disability Rights & Resources (United Way of Central Carolinas)
Description: Guards the civil rights of people with disabilities by empowering people to live as they choose. Services: - Advocacy; Peer Mentoring; Independent Living Skills -Travel Training: On-hands training on how to use Charlotte Area Transit System and Lynx light rail for people who want to live independently -Social Security denial appeals - Workshops
County: Mecklenburg
Address: 5801 Executive Center Drive
Suite 101
Website: www.disability-rights.org
Contact: Julia Sain, Executive Director
704-537-0550
juliasain@disability-rights.org
Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: Most services are available at no cost; some services are provided on a fee-for-service basis; fees vary by service provided.
Application: Call for an appointment.
Eligibility: A person with a disability; family member of someone with a disability; any business or employer interested in disability issues.
Languages:

Epilepsy Foundation of North Carolina, Inc. (United Way of Central Carolinas)
Description: Non-profit with multiple affiliated organizations throughout the United States that has led the fight against seizures. Programs include training programs in seizure recognition and first aid for school personnel, police officers, first responders and other community members and public servants. Services: Works to prevent, control and cure epilepsy through community services; public education; federal and local advocacy; and supporting research into new treatments and therapies.
County: Forsyth
Address: Wake Forest University Health Science Medical Center Boulevard Winston Salem, NC 27157
**Transylvania County 2-1-1 Resources (3.5.15)**

Website: www.epilepsyfoundation.org

Contact: Pat Gibson, pgibson@wakehealth.edu

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.

Program Fees:

Eligibility:

Languages:

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**The Living Bank (United Way of Central Carolinas)**

Description: PURPOSE: An independent non-profit public interest foundation that registers organ donors. SERVICES: Educational information about organ and whole body donations and referrals to other agencies, including financial aid.

County: Harris

Address: 4545 Post Oak Place Dr., Suite 340

Houston, TX 77027

Website: www.livingbank.org

Contact: Lisa Whitaker, CEO/President

info@livingbank.org

Hours: Monday - Thursday, 7:30 a.m. - 4:30 p.m.

Program Fees: No fees

Application: Registration form

Eligibility: No Restriction. Call for more information.

Languages: Spanish, Russian, French.

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**NC MedAssist (United Way of Central Carolinas)**

Description: Provides free prescription medications to qualifying low-income North Carolina residents.

County: Mecklenburg

Address: 601 East 5th Street

Suite 350

Charlotte, NC 28202

Website: www.medassist.org

Contact: Lori Giang, Executive Director

704-536-9766

lgiang@medassist.org

Hours: Office Hours: Monday - Friday, 8:00 a.m - 4:30 p.m.; Pharmacy Hours: Monday, Thursday, 10:00 a.m. – 5:30 p.m.; Tuesday, 1:00 p.m. - 5:30 p.m.; Wednesday, 1:00 p.m. – 5:30 p.m.; Friday, 9:00 a.m. – 2:00 p.m.

Program Fees: None.

Application: Phone Call or In Person; Clients are screened during initial interview. Need to provide proof of income, proof of county residency (such as utility bill) and written prescriptions from a physician. Need to have last year's tax return and the past 30-days

Eligibility: North Carolina resident of any age who fall below 200% of Federal Poverty Level and have no prescription coverage.

Languages: Spanish

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**North Carolina Assistive Technology Program (NCATP) (United Way of Central Carolinas)**

Description: PURPOSE: Provides assistive technology services statewide to people of all ages and abilities. Make everyday activities easier and increase independence with assistive technology.
SERVICES: FREE - Assistive technology hands-on demonstration centers; assistive technology equipment loan program; assistive technical assistance; assistive technology training; group presentations; outreach and awareness activities on assistive technology; funding specialist available to help identify funding resources, develop funding strategies and obtain assistive technology.

OTHER USEFUL ASSISTIVE TECHNOLOGY RESOURCES: (1) Buy or sell used assistive equipment - go to the exchange post on Partnerships in Assistive Technology’s website: www.pat.org or call 919-872-2298 (Voice/TTY); (2) Questions about disability rights or disability rights related to assistive technology services in North Carolina contact Sonya Clark at 877-235-4210 (Voice/TTY).

County: Mecklenburg
Address: 5501 Executive Center Drive
        Suite 105
        Charlotte, NC 28212
Website: www.ncatp.org
Contact: Celeste Helling,
        chelling@ncatp.org
Hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.
Program Fees: Some services are free for consumers if there is no funding source. Fee based assistive technology and assistive technology and augmentation communication evaluations are available and are funded through various agencies.

Sudden Infant Death Syndrome - SIDS Alliance (United Way of Central Carolinas)

Description: PURPOSE: To provide counseling and support to SIDS parents; to promote research concerning SIDS; and to educate the public about SIDS SERVICES: Parent support services including telephone counseling; parent-to-parent contacts; referrals to other professional services; educational programs for the public that include literature and films; support of medical research into the cause, and prevention of SIDS through fundraising activities.

County: Harford
Address: 2105 Laurel Bush Rd., Suite 201

Quick Deck (United Way of Central Carolinas)
Transylvania County 2-1-1 Resources (3.5.15)

Bel Air, MD 21015
Website: www.firstcandle.org
Contact: Kelly Mariotti, Executive Director
443-640-1049
kelly@firstcandle.org
Hours: 24 hours, 7 days a week - Bilingual Crisis Counselors Available
Program Fees: No fees charged.
Application: Call.
Eligibility: Open to all persons interested in SIDS, Stillbirth, Miscarriage.
Languages: Spanish.

SHIIP, North Carolina Department of Insurance (United Way of Davie County)
Description: Helps senior citizens and Medicare eligible adults with Medicare, Medicare supplements, Medicare+Choice, Medicare fraud and abuse and long term care insurance questions. Creates educational materials for consumers' use. Offers prescription Drug assistance for individuals and married couples.
County: Wake
Address: 111 Seaboard Avenue
North Carolina Department of Insurance
Raleigh, NC 27601
Website: www.ncdoi.com/SHIIP/
Contact: Kim Shuskey,
kim.shuskey@co.davie.nc.us
Hours: Monday - Friday 8:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Phone Call
Eligibility: Helps any North Carolina resident regardless of age who has Medicare or are about to enroll in Medicare
Languages:

Cancer Hope Network (United Way of Greater Greensboro)
Description: Cancer Hope Network is a non-profit organization that provides free and confidential one-on-one support to cancer patients and their families. As our core offering, we match cancer patients or family members with trained volunteers who have themselves undergone and recovered from a similar cancer experience. For patients, professionals and volunteers we offer a secured social network where people who are affected by cancer can exchange experiences and share thoughts.
County: Morris
Address: 2 North Road
Suite A
Chester, NJ 7930
Website: http://www.cancerhopenetwork.org
Contact: Wanda S. Diak, Executive Director
908-879-4039
info@cancerhopenetwork.org
Hours: Monday-Friday, 8:30am-5:30pm (Eastern Standard time)
Program Fees: None.
Application: Call or visit website. If calling, call the toll-free number and a volunteer will call you back so there is never an expense to the patient/caller. Online Chat is also available.
Eligibility: Adults age 18 and over (and their family members) in the United States or Canada who have been diagnosed with cancer.
Languages: English, Spanish.

Make-A-Wish Foundation Central and Western North Carolina (United Way of Greater Greensboro)
Description: Foundation grants the wishes of children with life-threatening medical conditions.
County: Guilford
Address: 7025 Albert Pick Road
Suite 104
Greensboro, NC 27409
Website: www.ncwish.org
Contact: Jodi Caruso, Development Coordinator
336-790-9760
jcaruso@ncwish.org
Hours: Monday-Friday, 9:00am-5:00pm.
Program Fees: No fees charged.
Application: Parent or guardian can call, email, or visit website to request a wish. Child's physician must certify that the child has a life-threatening medical condition.
Eligibility: Children between the ages of 2 and 1/2 and 18. Child's physician must determine medical eligibility based on Make-A-Wish criteria. Must not have received a wish from another wish-granting organization. Child does NOT have to have a terminal medical condition.
Languages: English.

Make-A-Wish Foundation Central and Western North Carolina (United Way of Greater Greensboro)
Description: Foundation grants the wishes of children with life-threatening medical conditions.
County: Mecklenburg
Address: 1131 Harding Place
Charlotte, NC 28204
Website: www.ncwish.org
Contact: Jodi Caruso, Development Coordinator
336-790-9760
jcaruso@ncwish.org
Hours: Monday-Friday, 9:00am-5:00pm.
Program Fees: No fees charged.
Application: Parent or guardian can call, email, or visit website to request a wish. Child's physician must certify that the child has a life-threatening medical condition.
Eligibility: Children between the ages of 2 and 1/2 and 18. Child's physician must determine medical eligibility based on Make-A-Wish criteria. Must not have received a wish from another wish-granting organization. Child does NOT have to have a terminal medical condition.
Languages: English.

National Multiple Sclerosis Society - Greater Carolinas Chapter, Greensboro (United Way of Greater Greensboro)
Description: The mission of the National Multiple Sclerosis Society is to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. Chapter serves people living with multiple sclerosis in a 97-county area in North Carolina and provides a variety of
programs for people with MS, their families, and medical professionals. Services offered include information and referral, emergency financial assistance, case management, lending library, counseling, respite care, equipment loan, local support groups, educational seminars, peer support, advocacy, family programs, etc.

<table>
<thead>
<tr>
<th>County</th>
<th>Guilford</th>
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<tbody>
<tr>
<td>Address:</td>
<td>2211 West Meadowview Road</td>
</tr>
<tr>
<td></td>
<td>Suite 30</td>
</tr>
<tr>
<td></td>
<td>Greensboro, NC 0</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.nationalmssociety.org/ncc">www.nationalmssociety.org/ncc</a></td>
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<tr>
<td>Contact:</td>
<td>Cameron Harris, Director of Development</td>
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<td></td>
<td>336-299-4136</td>
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<td><a href="mailto:cameron.harris@mss.org">cameron.harris@mss.org</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday-Friday, 9:00am-5:00pm.</td>
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<tr>
<td>Program Fees:</td>
<td>Most services are free of charge. Minimal fee for some programs.</td>
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<tr>
<td>Application:</td>
<td>Call for information.</td>
</tr>
<tr>
<td>Eligibility:</td>
<td>People with MS, their families, and medical professionals.</td>
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<tr>
<td>Languages:</td>
<td>English.</td>
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**Florence Crittenton (United Way of Lee County)**

Description: Florence Crittenton Services is home to young women and adolescents from throughout the Carolinas who need a safe and healthy environment through the delivery of their baby. Our services include: A Safe Place to Live, Counseling, Medical and Health Care, Education Services, Vocational Training, Spiritual Enrichment, Parenting Support, Early Child Development Education, Adoption Support, Mother-Infant Residential Foster Care Program, Non-Pregnant Foster Residential Faster Program, and Aftercare Services.

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<tr>
<th>County</th>
<th>Mecklenburg</th>
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<tbody>
<tr>
<td>Address:</td>
<td>1300 Blythe Boulevard</td>
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<tr>
<td></td>
<td>Charlotte, NC 28236</td>
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<tr>
<td>Website:</td>
<td><a href="http://www.fcsnc.org">www.fcsnc.org</a></td>
</tr>
<tr>
<td>Contact:</td>
<td><a href="mailto:lwatson@fcsnc.org">lwatson@fcsnc.org</a></td>
</tr>
<tr>
<td>Hours:</td>
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**Adolescent Pregnancy Prevention Coalition of North Carolina (United Way of Lee County)**

Description: APPCNC provides low-cost trainings to providers and parents to help prevent teen pregnancy and support teen parents, including outreach to special populations such as the Hispanic Community and Male Involvement. Free books, curriculum, and videos are loaned from the library to residents of North Carolina. For further information, visit the website at www.appcnc.org.
Ronald McDonald House of Eastern North Carolina (United Way of Pitt County)

Description: The Ronald McDonald House provides low-cost short-term housing for families who have a child at Children's Hospital in Greenville, NC. Families who reside outside 30 miles from the Children's Hospital may stay at the house. Families are typically referred to the House by social workers or local physician offices.

County: Pitt
Address: 529 Moye Blvd
Greenville, NC 27834
Website: http://www.rmhenc.org
Contact: Cathy Ahlschlager, Community Outreach Director
252-847-5435
rmhcathy@suddenlink.com
Hours: Families are free to check-in and check out during business hours between 7:00 a.m.-9:00 p.m. seven days a week.
Program Fees: $10 per family per night.
Application: Must be referred by a social worker at Children's Hospital in Greenville, or by a local doctor.
Eligibility: Families who reside outside 30 miles from the Children’s Hospital may stay at the house.
Languages:

Randolph Hospital (United Way of Randolph County)

Description: Cancer services 336-626-0033;
Diabetes Center 336-625-9400;
Maternity Services 336-629-8817;
Cardiac Services 336-629-5151;
Home Health 336-629-8896;
Rehabilitation Services 336-629-8886;
Lifeline 336-629-8889;
Volunteers 336-629-8889;
Emergency Services 336-625-5151.

County: Randolph
Address: 364 White Oak Street
Asheboro, NC 27203
Website: www.randolphhospital.org
Contact: Steve Eblin, President
Hours: Visiting hours are 11am-8:30pm daily
Program Fees:
Application: Call.
Eligibility:
Languages: English, Spanish

The Royal Home (United Way of Sampson County)

Description: The Royal Home provides assistance to young women who are pregnant and unmarried. Women living at the home must enroll in school or work, and they’re required to attend church. A counselor gives lessons in childbirth, parenting and other life skills. The women are also counseled in the pros and cons of keeping the baby or adoption.
Transylvania County 2-1-1 Resources (3.5.15)

County: Sampson
Address: 109 Clinton Street
Salemburg, NC 28385
Website: http://theroyalhome.org/
Contact: John Wheeler, Director
910-525-5554
fch.jcw@gmail.com

Easter Seals UCP of North Carolina (United Way of the Cape Fear Area)
Description: Offers variety of programs designed to enhance the quality of life for people with disabilities and their families: Inclusive developmental preschool serving children with and without developmental needs. Serves children ages 0-5, year-round program. Information and referral. Benefit planning, and assistance to individuals receiving social security. Government policy. Medical equipment assistance.

American Diabetes Association (United Way of the Greater Triangle)
Description: We lead the fight against the deadly consequences of diabetes and fight for those affected by diabetes. We fund research to prevent, cure and manage diabetes. We deliver services to hundreds of communities. We provide objective and credible information. We give voice to those denied their rights because of diabetes.

County: New Hanover
Address: 5171 Glenwood Ave
Suite 100
Wilmington, NC 28405
Website: http://nc.eastersealsucp.com
Contact: info@nc.easterseal.sucp.com
Hours: Monday - Friday, 9:30 a.m. - 5:00 p.m.

Program Fees: Please call.
Application: Please call.
Eligibility: Those affected by diabetes.
Languages: Spanish.
**Transylvania County 2-1-1 Resources (3.5.15)**

**Description:** ASHA believes that sexual health includes far more than avoiding disease or unplanned pregnancy. We also believe that having a sexually transmitted infection or unwanted pregnancy does not prevent someone from being or becoming a sexually healthy. We hope you will explore our site to learn more about some other ways to actively engage in your own sexual health. Being Sexually Healthy means understanding that sexuality is a natural part of life and involves more than sexual behavior. Recognizing and respecting the sexual rights we all share. Having access to sexual health information, education, and care. Making an effort to prevent unintended pregnancies and STD's and seek care and treatment needed. Being able to experience sexual pleasure, satisfaction, and intimacy when desired. Being able to communicate about sexual health with others including sexual partners and healthcare providers. Areas of Interest Herpes, HPV, HIV/AIDS, Vaccine Information, STD/STI, Healthcare Providers, Women's Health, Gay and Lesbian Health, Sexual and Reproductive Health, Sexual Assault and Advocacy, Minority Health and Adolescents Teens Information.

**County** Durham  
**Address:** 1005 Slater Road  
1st Floor, Suite 101  
Durham, NC 27703  
**Website:** www.asashasexualhealth.org  
**Contact:** Lynn Barclay, ASHA President and CEO  
919-361-8400  
lynnbarclay@asha sexualhealth.org  
**Hours:** Office hours - Monday - Sunday, 8:00 a.m. - 8:00 p.m.  
Hotline - 24 hours per day, 7 days per week, 365 days per year.  
**Program Fees:** None.

**Application:** None.  
**Eligibility:** ASHA offer tools and resources for men, women, parents, health professionals, and the media.  
**Languages:** Spanish and may other lauguages.

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**Arthritis Foundation (United Way of the Greater Triangle)**

**Description:** Provide access to the information and resources needed to minimize the impact of arthritis we mobilize funds and capacity to create broader reach and meaningful engagement that helps people adopt and maintain healthy behaviors. Reduce arthritis related disparities in health and health care we create greater capacity to assist underserved populations that have a significant arthritis burden.

**County** Mecklenburg  
**Address:** 200 East Woodlawn Road  
Suite 156  
Charlotte, NC 28217  
**Website:** www.arthritis.org  
**Contact:** Mella Matheson, Senior Director of Operations/HRIS  
704-705-1795  
mmatheson@arthrits.org  
**Hours:** Monday - Friday, 9:00 a.m. - 5:00 p.m.  
**Program Fees:** $20 contribution for membership.  
**Application:** Please call.  
**Eligibility:** Open to public.  
**Languages:**
Duke Eye Center Touchable Art Gallery (United Way of the Greater Triangle)

Description: Arts & Health partners with local artists to enrich the environment of care with musical performances and visual art exhibits. Arts & Health maintains several galleries for showcasing works of art by individual artists and groups.

County: Durham
Address: 2351 Erwin Road
Durham, NC 27705
Website: http://www.dukehealth.org/patients_and_visitors/volunteer_services/programs
Contact: Sharon Swanson, Program Coordinator
919-684-6223
sharon.swanson@duke.edu
Hours: Monday - Friday, 9:00 a.m. - 4:00 p.m.
Program Fees: Free.
Application: None.
Eligibility: Persons with vision loss, physical disability or a cognitive disability and anyone that is interested in art.
Languages:

Epilepsy Association of North Carolina Triangle Area (United Way of the Greater Triangle)

Description: Provides community education on epilepsy to the entire state, counseling to parents and persons with epilepsy and assistance with development of local support groups. Also, help raise money with Bowman-Gray and can help buy medicine.

County: Forsyth
Address: Piedmont One
Suite 5541A, 1920 West First Street
Winston Salem, NC 27104
Website: www.epilepsync.org
Contact: Richard Gibbs, Contact person
800-451-0694
rgibbs@wfubmc.edu
Hours: Monday - Friday, 9:00 a.m. -5:00 p.m.
Program Fees: Call for referral.
Application: None.
Eligibility: Persons with epilepsy or epilepsy families.
Languages:

Family Support Network of North Carolina Triangle Area (United Way of the Greater Triangle)

Description: The Central Directory of Resources at Family Support Network of North Carolina provides information and referral for families of children with or at risk for special needs and their service providers. Referrals are made to service agencies, parent programs, support groups and disability organizations on a local, state and national level. Printed information is provided on diseases, disabilities, chronic illnesses and related issues.

County: Orange
Address: Carr Mill Mall
200 North Greensboro Street, Suite D-9
Carrboro, NC 27510
Website: www.fsnnc.org
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Contact: Irene Zipper, Director
Phone: 919-966-6395
Email: izipper@unc.edu

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: None.
Application: Please call.
Eligibility: None. Serve children with or at risk for special needs, aged birth through 21, their families and service providers.
Languages: Spanish.

NC Department of Insurance (United Way of the Greater Triangle)

Description: Provides technical assistance, educational programs, and an awareness of the state building code requirements.

County: Wake
Address: 430 North Salisbury Street
Raleigh, NC 27603
Website: www.ncshiip.com
Contact: Jim Long, Insurance Commissioner
Phone: 919-807-6900
Email: shiip@ncdoi.net

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees: No fees charged.
Application: Call for information. Information available through toll free number and arranged one on one sessions in various areas in state.
Eligibility: Anyone with questions about Medicare, Medicare supplements, Medicare managed care, long term care insurance, or health ins claims.

Languages:

NC Division of Services for the Deaf and Hard of Hearing (United Way of the Greater Triangle)

Description: Services are geared to meet the very specific needs of Hard of Hearing individuals in achieving equal access, effective communication and a better quality of life. What services are provided Advocacy and Consultation. Staff at the regional centers assist Deaf, Hard of Hearing and Deaf-Blind individuals in achieving equal access, reasonable accommodations and effective communication in a variety of areas in their communities. Referrals are made with the Employment Security Commission ESC, the United States Department of Justice and other state and federal agencies. Also communication support, Information and Referral, workshops, training and outreach.

County: Wake
Address: DSDHH Administrative Office
Woodoak Building, GL-3, 1100 Navaho Drive
Raleigh, NC 27609
Website: www.ncdhhs.gov/dsdhh
Contact: Linda Harrington, Acting Director
Phone: 919-890-0859
Email: angela.trull@ncmail.net

Hours: Monday - Friday, 8:00 a.m. - 5:00 p.m.
Program Fees:
Application:
Eligibility:
Languages:
Prescription Discount Cards, United Way of Transylvania County (United Way of Transylvania County)

Description: United Way of Transylvania County offers two prescription discount cards: Coast2Coast RX Discount Prescription Card: The free Coast2Coast RX Discount Prescription Card saves on individual or family dental, vision, veterinary, hearing, diabetic equipment/supplies, lab and imaging services - all non-insurance discounted benefits. Save up to 75% on prescriptions at 60,000 participating pharmacies. No health restrictions. Use immediately. Covers medications not covered in health plans. Covers many pet prescriptions. For information on all benefits, to print out a card, search for a provider and see frequently asked questions, call 1-800-931-8872 or the website to sign up for a card. Website has language translation options at the bottom right corner. www.coast2coastrx.com/unitedway/nc/transylvania/
FamilyWize Prescription Savings Card: There are no forms to fill out, waiting period or registration. The card is really just like a reusable prescription coupon on all FDA approved medicines. Anyone in your family, your work, your church or your neighborhood can use it. Immediately. You can even use it if you have health insurance, both during deductible periods and for anything your insurance does not pay for. You always get the lowest price. Your cost will be the discount price with the FamilyWize card or the pharmacy’s usual and customary retail price, whichever is lower. You are responsible for the entire payment of the prescription medicine purchase after any discounts are applied. The FamilyWize card cannot lower the co-pay for medicine covered by insurance. www.familywize.org/card

Rainbow in My Tummy (Verner Center for Early Learning)

Description: Rainbow in My Tummy is a comprehensive nutrition program where is the goal is to enable Early Care and Education centers to increase the quality of nutritious foods served to young children. Rainbow In My Tummy staff provide consultation, assessments, menus, recipes, and training to child care providers to implement Rainbow In My Tummy in their centers.

County: Buncombe
Address: 2586 Riceville Road
Asheville, NC 28805
Website: www.rainbowinmytummy.org
Contact: Bronwen McCormick, Rainbow In My Tummy Director
828-298-0808 x105
Vision Assistance (Brevard Lions Club)

Description: Provide Transylvania County low-income residents with reduced-cost eye exams and glasses.

County: Transylvania
Address: Confidential
Brevard, NC 28712
Website: http://e-clubhouse.org/sites/brevard/
Contact: Ed Brackney, Secretary
828-884-3518
brevardlionsclub@comporium.net
Hours: Voicemail available Monday - Friday, 9:00 a.m. - 6:00 p.m.
Program Fees: Vary
Application: Leave voice mail with name and call-back number
Eligibility: Transylvania County residents meeting income requirements
Languages:

HIV/AIDS and Hepatitis C Outreach/Educational Services (Western North Carolina AIDS Project)

Description: Provides prevention/education programs to the community on the topics of HIV/AIDS; STDs; and Hepatitis. Educators provide adapted programs to community agencies, families,
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schools, faith-based groups, organizations, treatment centers, jails, and businesses. Also provides free HIV and Hepatitis C testing - call for an appointment.

County: Buncombe
Address: 554 Fairview Road
Asheville, NC 28803
Website: www.wncap.org
Contact: Michael Harney, Health Educator
828-252-7489
wncap@wncap.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to schedule a program, schedule HIV test, or to get answers to general questions.
Eligibility: No restrictions
Languages: Spanish

HIV/AIDS and Hepatitis C Outreach/Educational Services (Western North Carolina AIDS Project)
Description: Provides prevention/education programs to the community on the topics of HIV/AIDS; STDs; and Hepatitis. Educators provide adapted programs to community agencies, families, schools, faith-based groups, organizations, treatment centers, jails, and businesses. Also provides free HIV and Hepatitis C testing - call for an appointment.

County: Cleveland
Address: 315 East Grover Street
Shelby, NC 28150
Website: www.wncap.org
Contact: Michael Harney, Health Educator
828-252-7489
wncap@wncap.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to schedule a program, schedule HIV test, or to get answers to general questions.
Eligibility: No restrictions
Languages: Spanish

County: Jackson
Address: 26 West Sylva Shopping Area
Sylva, NC 28779
Website: www.wncap.org
Contact: Michael Harney, Health Educator
828-252-7489
wncap@wncap.org
Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.
Program Fees: None
Application: Call to schedule a program, schedule HIV test, or to get answers to general questions.
**HIV/AIDS Support Group (Western North Carolina AIDS Project)**

**Description:** Monthly support group for people living with HIV/AIDS. Free and confidential.

**County:** Buncombe  
**Address:** 554 Fairview Road  
Asheville, NC 28803  
**Website:** www.wncap.org  
**Contact:** Chris Winebrenner, Volunteer Services  
828-252-7489  
wncapvolunteer@wncap.org  
**Hours:** Every 1st and 3rd Tuesday, 6:00 p.m. - 7:00 p.m.  
**Program Fees:** None  
**Application:** Call the main office in Asheville  
**Eligibility:** HIV positive adults  
**Languages:** Spanish; Sign language

**Western North Carolina Brain Injury Support Network**

**Description:** This group is for brain injury survivors, their families, friends and caregivers. Professionals in the field and students are also welcome to attend. Typically has a speaker every other month and a discussion based meeting the other months. Those attending are welcome to bring food or drinks to share with the group. Also has at least two social gatherings a year that will be held at a park for (for annual picnic) or at a restaurant around the winter holidays. Meets monthly on the 4th Tuesday of each month from 6:00 p.m. - 7:30 p.m. at Foster Seventh-Day Adventist Church on 375 Hendersonville Road.

**County:** Buncombe  
**Address:** 375 Hendersonville Road  
Foster Seventh-Day Adventist Church  
Asheville, NC 28803  
**Website:** www.bianc.net  
**Contact:** Karen Keating, Resource Coordinator - Brain Injury Association of North Carolina  
828-277-4868  
karen.keating@bianc.net  
**Hours:** Support Group meets the 4th Tuesday of the month, 6:00 p.m. - 7:30 p.m; Meeting is cancelled for weather in the event that AB Tech cancels evening classes  
**Program Fees:** None  
**Application:** Please call or email for up to date information about what we will be doing on any particular month  
**Eligibility:** People with brain injury and their families and caregivers  
**Languages:**

**Western North Carolina Brain Tumor Support**

**Description:** An adult support group for brain tumor patients, survivors, their families, and caregivers. WNC Brain Tumor Support (BTS) recognizes that individuals and families respond uniquely to the trauma that a brain tumor imposes on their lives. WNC BTS strives to provide educational and emotional support in order to assist them in their journey in obtaining the best possible state of physical, mental, and spiritual health. Meets the 3rd Thursday of every month, 6:15 p.m. -
8:00 p.m. Location: MAHEC, 121 Hendersonville Road, Asheville, NC 28803

County: Buncombe
Address: 121 Hendersonville Road
MAHEC
Asheville, NC 28803
Website: www.wncbraintumor.org
Contact: George Plym, Founder/Leader
828-691-2559
wncbts@bellsouth.net

Hours: 3rd Thursday of month, 6:15 p.m. - 8:00 p.m.
Program Fees: None
Application: Walk-In; Phone call; Referral; Email
Eligibility: Adult brain tumor patients, survivors, their families, and caregivers
Languages: French, Spanish, Russian

Focus on Literacy (Winston-Salem Industries for the Blind)
Description: Focus on Literacy is a one of a kind project designed to enhance the core literacy skills of students with visual impairments by providing greater access to independent learning outside of the classroom setting. Focus on Literacy provides optical aids and specialty low vision eye exams, free of charge, to any school-age child with a documented visual impairment that resides in any of North Carolina's 100 counties. Focus on Literacy addresses the needs of students by directing the placement of appropriate assistive devices, such as video magnifiers, for in-home use. The technology that supports the independence of each student in the classroom is generally cost prohibitive for the home setting. Equipped with the appropriate tools, however, program participants have the opportunity to independently access print to read for pleasure or for completing school assignments. This groundbreaking concept exists through the generous contributions of both private and public donors; any student in N.C. who is visually impaired is eligible to participate.

County: Forsyth
Address: 7730 North Point Drive
Winston Salem, NC 0
**Transylvania County 2-1-1 Resources (3.5.15)**

**Website:** http://bit.ly/ABPFFacebook

**Contact:** Barbara Harward, Low Vision Services Manager  
336-245-5691  
lowvision@wsifb.com

**Hours:** Monday - Thursday from 8:00 am - 4:00 pm

**Program Fees:** Free

**Application:** Clients may apply on site or by phone

**Eligibility:** School Children, K-12

**Languages:** We have on call interpreters for most languages

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**Mobile Low Vision Care (Winston-Salem Industries for the Blind)**

**Description:** Serves blind and visually handicapped people who are at least 18 years old through work evaluation, vocational training, and employment. Must be referred by NCDHR-Services for the Blind. Persons are employed on site (no outside job placement). Performs a lot of Dept of Defense contracts. No upper age limit.

**County:** Forsyth

**Address:** 7730 North Point Drive  
Winston Salem, NC 0

**Website:** http://bit.ly/ABPFFacebook

**Contact:** Barbara Harward, Low Vision Services Manager  
336-245-5691  
lowvision@wsifb.com

**Hours:** M-F, 8:00am-4pm

**Program Fees:** Based on your income

**Application:** Clients may apply on site or by phone

**Eligibility:** No limits

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**Recycle for Sight (Winston-Salem Industries for the Blind)**

**Description:** Recycle for Sight. Community Low Vision Center is proud to redistribute donated magnifiers to individuals who are visually impaired, free of charge. Supported through partnership with the North Carolina Lions Foundation, this program helps countless people be self-sufficient.

**County:** Forsyth

**Address:** 7730 North Point Drive  
Winston Salem, NC 0

**Website:** http://bit.ly/ABPFFacebook

**Contact:** Barbara Harward, Low Vision Services Manager  
336-245-5691  
lowvision@wsifb.com

**Hours:** Monday - Thursday from 8:00 am - 4:00 pm

**Program Fees:** Refundable Deposit

**Application:** Clients may apply on site or by phone

**Eligibility:** 20+

**Languages:** We have on call interpreters for most languages