

Long Term Care Facilities

Adult Care Homes

A custodial level of care provided in a licensed residence for the aged or disabled adults who require some personal care and supervision. The three types of licensed adult care facilities in the state are: family care homes, rest homes, and group homes for the developmentally disabled adults.

Laurel Woods Assisted Living

1062 West Mills Street

Columbus, NC 28722

828-894-3900

www.laurelhurst-laurelwoods.com

RidgeRest

354 Woodland Drive

Columbus, NC 28722

828-894-8612

Twin Lanes Home for the Aged

333 Warrior Drive

Tryon, NC 28782

828-859-6182

Continuing Care Retirement Community

Continuing Care Retirement Communities – CCRC's are communities that provide a continuum of care to older adults under a contract for the life of an individual or for a period longer than one year.

Tryon Estates

617 Laurel Lake Drive

Columbus, NC 28722

828-894-3083

www.actsretirement.com

Family Care Homes

A licensed adult care home that provides residential care for two to six adults who require some supervision and personal assistance, along with room and board, to assure their safety and comfort. The building itself is a normal house and is usually in a regular neighborhood with other homes and families next door.

Tryon Lanes Family Care Home

1363 Warrior Drive

Tryon, NC 28782

828-859-6095

Nursing Homes

Skilled Nursing Care Facilities

Autumn Care of Saluda

PO Box 488

501 Esseola St.

Saluda, NC 28773

828-749-2261

www.autumncorp.com

White Oak Manor – Tryon

PO Box 1535

70 Oak Street

Tryon, NC 28728

828-859-9161

www.whiteoakmanor.com

Willow Brooke Court at Tryon Estates

619 Laurel Lake Drive

Columbus, NC 28722

828-894-5500

www.actsretirement.com

Alzheimer's Information

Alzheimer's Association – Western N.C. Chapter

31 College Place

Suite D 320

Asheville, NC 28801

1-800-522-2451

www.alz-nc.org

Black Mountain Neuro-Medical Treatment Center

932 Old US 70 Hwy

Black Mountain, NC 28711

828-669-3379

www.bmcnc.org

- Respite and Residential Services

Area Agency on Aging Services

Area Agency on Aging

PO Box 841

111 West Court Street

Rutherfordton, NC 28139

828-287-2281

www.regionc.org

- An advocate for Senior Adults
- Develops an Area Plan for the service area, and evaluates the effectiveness of the resources in meeting the needs of seniors and enters into agreements with providers of supportive services
- Furnishes technical assistance in the planning area

Family Caregiver Support Program

828-287-2281 Ext: 1258

- Bring together community resources to aid family caregivers

Regional Long Term Care Ombudsman

828-287-2281 Ext: 1225 and 1222

- Advocates for Resident's Rights – Investigates complaints and concerns that are made by or on behalf of Nursing and Adult Care Home residents

The Senior Community Service

Employment Program – (Title V)

828-287-2281 Ext: 1231

- Provides Employment for qualifying older adults

Credit Counseling

Consumer Credit Counseling Services

of the Carolina Foothills, Inc.

1-800-567-7062

On Track Financial Education & Counseling

828-255-5166

www.debtstress.gov

Crisis Intervention

American Red Cross

231 Ward Street
Tryon, NC 28782

828-894-2700

www.redcross.org

www.americanredcross.com

Department of Social Services

330 Carolina Drive

Tryon, NC 28782

828-859-5825

www.dhhs.state.nc.us/dss/index.htm

Steps to Hope

60 Ward Street

Columbus, NC 28722

828-894-2340

(email) steps@stepstohope.org

Thermal Belt Outreach Ministry

PO Box 834

Columbus, NC 28722

828-894-2988

www.tboutreachministry.org

- Basic needs, food, clothing, fuel, medical needs

Western Highlands Network – Mental Health

356 Biltmore Ave.

Asheville, NC 28801

828-225-2800

800-951-3792

www.westernhighlands.org

Education/Employment

Isothermal Community College

1255 West Mills

Columbus, NC 28722

828-894-3092

www.isothermal.edu

In some instances tuition or fees may be waived for ages 65 and over

JobLink/Employment Security Commission

Department of Social Services

330 Carolina Drive

Tryon, NC 28782

828-859-5825

- At DSS every Tuesday, call for an appointment

NC Cooperative Extension Services

PO Box 187

Columbus, NC 28722

828-894-8218

<http://www.ces.ncsu.edu>

NC Vocational Rehabilitation Services

227 Commercial Drive

Forest City, NC 28043

828-245-1223

Polk Vocational Services

451 Industrial Park Drive

Columbus, NC 28722

828-894-3041

The Senior Community Service

Employment Program – (Title V)

PO Box 841

111 West Court Street

Rutherfordton, NC 28139

828-287-2281

www.regionc.org

- Provides Employment for qualifying older adults

Elder Abuse Prevention & Adult Protective Services

Elder Abuse Reporting- State Law requires that any suspected neglect, abuse or exploitation be reported.

Department of Social Services - Adult Protective Services

330 Carolina Drive

Tryon, NC 28782

828-859-5825

www.dhhs.state.nc.us/dss/index.htm

Regional Long Term Care Ombudsman

PO Box 841

111 West Court Street

Rutherfordton, NC 28139

828-287-2281

www.regionc.org

Emergency Services - Call 911 For All Emergencies

For all service with a direct phone number not listed call 911, for all EMERGENCIES CALL 911

Carolinas Poison Center	800-848-6946
Columbus Police Department	828-894-5464
EMS	828-894-3067
NC State Highway Patrol	800-445-1779
Polk County Sheriff	828-894-3001
Tryon Fire Department	828-859-9335

Financial Assistance

Department of Social Services

330 Carolina Drive

Tryon, NC 28782

828-859-5825

www.dhhs.state.nc.us/dss/index.htm

- Food stamps

Tax Collector

PO Box 308

Columbus, NC 28722

828-894-8500

- Homestead Exemption

Thermal Belt Outreach Ministry

PO Box 834

Columbus, NC 28722

828-894-2988

www.tboutreachministry.org

- Basic needs, food, clothing, fuel, medical needs

Health

American Cancer Society

6000 Fairview Road
Suite 200
Charlotte, NC 28212
1-800-227-2345

Department of Social Services

330 Carolina Drive
Tryon, NC 28782
828-859-5825
www.dhhs.state.nc.us/dss/index.htm

- Medicaid
- Services for the Blind

Polk County Health Department

161 Walker Street
Columbus, NC 28722
828-894-8271

St. Luke's Hospital

101 Hospital Drive
Columbus, NC 28722
828-894-0111
www.saintlukeshospital.com

St. Luke's Hospital Center for Behavioral Medicine

101 Hospital Drive
Columbus, NC 28722
828-894-3311

St. Luke's Hospital - Medical Alert Services

101 Hospital Drive
Columbus, NC 28722
828-894-3524

- Medical Alert is an emergency call system connected to the telephone in the home of the elderly

Western Highlands Network – Mental Health

356 Biltmore Ave.
Asheville, NC 28801
828-225-2800
800-951-3792
www.westernhighlands.org

Health Insurance and Medication Information & Assistance

Medicare Prescription Drug Plan Finder

<http://www.medicare.gov>

Benefits Checkup

www.benefitscheckup.org

North Carolina Rx

Application available online or call

1-888-488-6279 for application to be mailed to you

http://www.ncrx.gov/Enrollment_Application_for_NCRx.pdf

Department of Social Services

330 Carolina Drive

Tryon, NC 28782

828-859-5825

www.dhhs.state.nc.us/dss/index.htm

- Medicaid

Senior Health Insurance Information Program

Medicare Part D

The Meeting Place – Senior Center

330 Carolina Drive

Tryon, NC 28782

828-859-9707

www.ncshiip.com

- Provides Assistance to Senior Adults regarding Medicare, and Medicaid supplement policies and claims
- Medicare Part D sign-ups and questions
NO SALES

Social Security Administration

205 S. Grove St.

Hendersonville, NC 28792

828-692-0534

1-800-772-1213

www.socialsecurity.gov

- SSI – Supplement Security Income
- Retirement
- Disability
- Sign up for Medicare Part D subsidy

Thermal Belt Outreach Ministry

134 White Drive
Columbus, NC 28722
828-894-2988
www.tboutreachministry.org

- Prescription assistance, medical needs

Home Care Services (Including Respite Care)

In-Home Aide involves the provision of paraprofessional services that assist functionally impaired older adults and/or their families with essential home management and personal care and/or supervision to enable the older adult to remain at home as long as possible.

ACTS – Home Health Agency

619 Laurel Lake Drive
Columbus, NC 28722
828-894-2143
www.homehealth/acts.com

At Home Care

PO Box 327
Lynn, NC 28750
828-859-9510

Black Mountain Neuro-Medical Treatment Center

932 Old US 70 Hwy
Black Mountain, NC 28711
828-669-3379
www.bmcnc.org

- Overnight respite care

Community Health Connections

PO Box 280
2186A Lynn Road
Lynn, NC 28750
828-894-3308

Foothills Home Care

235 N. Washington Street
Rutherfordton, NC 28139
828-894-3775

Polk County Home Health

161 Walker Street
Columbus, NC 28722
828-894-5395

ResCare HomeCare
127 N. Powell Street
Forest City, NC 28043
828-245-8095

Non-Health Related Home Assistance

Here-2-Help, LLC
380 Morning Ride Drive
Columbus, NC 28722
828-817-0916
H2hhere2help@yahoo.com

- Errands, transportation, yard work, repairs, etc.

Home Repairs

Isothermal Planning and Development Commission
PO Box 841
111 West Court Street
Rutherfordton, NC 28139
828-287-2281

- Housing Rehabilitation and Urgent Repair
- Weatherization

Hospice

Hospice of the Carolina Foothills
130 Forest Glenn Drive
Columbus, NC 28722
828-894-7000
www.hocf.org

- Provides physical, emotional and spiritual care for the terminally ill patient and their families
- Also providing palliative care

Legal

Consumer Protection Agency – Department of Justice

919-716-6006

www.ncdoj.com

- Mediation of Consumer Complaints
- Enforcement of Consumer Protection Statutes

Pisgah Legal Services

PO Box 2276

Asheville, NC 28802

828-253-0406

1-800-489-6144

www.pisgahlegal.org

Senior Centers

The Meeting Place – Senior Center

330 Carolina Drive

Tryon, NC 28782

828-859-9707

<http://www.polknc.org/departments/meetingplace/index.php>

- Serves Seniors 60+ years of age with a broad range of services and activities
- Meals, Congregate served at center
- Home delivered meals, delivered to homebound residents
- Senior Health Insurance Information Program (SHIIP) Trained Counselors, to help with questions regarding your Medicare claims
- Health Screenings
- Information and Referral

➤ Satellite Centers

Saluda Senior Center

P. O. Box 892

64 Greenville Street

Saluda, NC 28773

828-749-9245

Green Creek Family Life Center

25 Shields Road

Columbus, NC 28722

828-863-2795

Social Security Information

Social Security Administration

224 6th Ave. East Suite – C

Hendersonville, NC 28792

828-692-0534

1-800-772-1213

www.socialsecurity.gov

- SSI – Supplement Security Income
- Retirement
- Disability
- Sign up for Medicare Part D subsidy

Transportation

Polk County Transportation Authority

PO Box 308

Columbus, NC 28722

828-894-8203

<http://www.polknc.org/departments/transportation/index.php>

- Medical
- Shopping

Veterans Services

Veterans Service Office

330 Carolina Drive

Tryon, NC 28782

828-859-5121

<http://www.mass.gov/?pageID=veteranshomepage&L=1&L0=Home&sid=Eveterans>

Polk County - Web Directory

<http://www.polknc.org/departments/index.php>