

## 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 groups homes for the developmentally disabled adults.

#### Carolina House of Forest City

493 Piney Ridge Road  
Forest City, NC 28043  
828-288-1171  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

#### Colonial Manor Rest Home

160 Health Care Drive  
Rutherfordton, NC 28139  
828-287-7353

#### Haven-N-Hills Living Center

2391 NC Highway 226  
Bostic, NC 28018  
828-245-2998

#### Henderson Care Center

PO Box 648  
125 Henderson Circle  
Forest City, NC 28043  
828-248-3800

#### Hillcrest Adult Care Facility

2270 Oakland Road  
Forest City, NC 28043  
828-245-9765

#### Holly Springs Senior Citizens

1881 Big Island Road  
Rutherfordton, NC 28139  
828-245-7781

#### Oakland Living Center, Inc.

704 Poors Ford Road  
Rutherfordton, NC 28139  
828-286-3379

Restwell Home  
401 US Highway 221 South  
Rutherfordton, NC 28139  
828-287-4042

Southern Manor Retirement Home  
390 Hardin Road  
Forest City, NC 28043  
828-248-9532

Sunnyside Retirement Home  
1600 US Highway 221 South  
Forest City, NC 28043  
828-286-3025

### 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.

Country Living and Moore  
Family Care Home  
336 NC Highway 120  
Mooresboro, NC 28114  
828-453-0006

Kelly's II Family Care Home  
521 Oscar Justice Road  
Rutherfordton, NC 28139  
828-2872630

Dellinger's Retirement Home  
156 US 221-A  
Forest City, NC 28043  
828-245-8223

Forest Lake Retirement Home  
542 Forest Lake Road  
Forest City, NC 28043  
828-248-3714

Golden Harvest Living Ctr. #1

133 Country Meadows Lane  
Forest City, NC 28043  
828-247-0092

Golden Harvest Living Ctr. #2

128 Country Meadows Lane  
Forest City, NC 28043  
828-245-8226

Hopewell Family Care Home

141 Fox Run Drive  
Forest City, NC 28043  
828-245-3592

Joyful Home Family Care

113 Beacon Hill  
Ellenboro, NC 28040  
828-453-0608

Kelly's Care Home

2073 Harris-Henrietta Road  
Mooresboro, NC 28114  
828-657-4757

Tryon Assisted Living #4

199 Allen Loop Road  
Rutherfordton, NC 28043  
828-286-3769

Tryon Assisted Living #5

175 Allen Loop Road  
Rutherfordton, NC 28139  
828-286-2463

Union Mills Living Center #1

6480 Hudlow Road  
Union Mills, NC 28167  
828-287-7077

Union Mills Living Center #2

6470 Hudlow Road  
Union Mills, NC 28167  
828-286-3702

Union Mills Living Center #3

PO Box 155  
Union Mills, NC 28167  
828-286-3685

Yelton's Family Care #1

5023 US Highway 64  
Union Mills, NC 28167  
828-286-2545

Yelton's Family Care #2

1234 Whitesides Road  
Forest City, NC 28043  
828-287-7382

Yelton's Family Care #3

136 Yelton's Circle  
Forest City, NC 28043  
828-286-4825

Open Arms Family Care Home

149 Reid Street  
Forest City, NC 28043  
828-245-1127

**Nursing Homes**

Skilled Nursing Care facilities

Autumn Care of Forest City

830 Bethany Church Road  
Forest City, NC 28043  
828-245-2852  
[www.autumncorp.com](http://www.autumncorp.com)

Fair Haven

149 Fair Haven Drive  
Bostic, NC 28018  
828-245-9095

Oak Grove Healthcare Center

518 Old US 221 Highway  
Rutherfordton, NC 28139  
828-287-7655

White Oak Manor – Rutherfordton

188 Oscar Justice Road  
Rutherfordton, NC 28139  
828-286-9001  
[www.whiteoakmanor.com](http://www.whiteoakmanor.com)

Willow Ridge Nursing Home

237 Tryon Road  
Rutherfordton, NC 28139  
828-286-7200

**Adult Day Care**

The provision of group care and supervision of adults (who may be physically or mentally disabled) in a place other than their usual residence on a less than 24 hour basis. Services are designed to support the adult's personal independence, as well as their physical, social, and emotional well-being.

Rutherford Life Care

859 Thunder Road  
Spindale, NC 28160  
828-288-1697  
[www.rutherfordlifefervices.com](http://www.rutherfordlifefervices.com)

**Alzheimer's Information**

Alzheimer's Association – Western N.C. Chapter

31 College Place  
Suite D 320  
Asheville, NC 28806  
1-800-522-2451  
[www.alz-nc.org](http://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](http://www.bmcnc.org)

## 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](http://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 Service

#### Of the Carolina Foothills, Inc.

200 Ohio Street  
Spindale, NC 28160  
828-286-7062

- Financial counseling

## Crisis Intervention

### American Red Cross

838 Oakland Road  
Forest City, NC 28043

828-287-5916

[www.redcross.org](http://www.redcross.org)

[www.americanredcross.com](http://www.americanredcross.com)

### Chase Corner Ministries

1604 Chase High Road  
Forest City, NC 28043  
828-247-0096

### Department of Social Services

389 Fairground Road  
Spindale, NC 28160  
828-287-6269

[www.dhhs.state.nc.us/dss/index.htm](http://www.dhhs.state.nc.us/dss/index.htm)

- Energy Assistance
- Food Stamps
- Medicaid

### Family Preservation Services of NC Inc.

#### Mental Health

271-A Callahan-Koon Road  
Spindale, NC 28160  
828-287-6110

### Family Resources of Rutherford County Inc.

#### Administrative Office

652 S. Broadway  
Forest City, NC 28043  
828-247-0366

- Resource and referral for child care, parental classes
- Clara Allen Family Center – Help for abused children, anger management classes etc.
- PATH – Domestic Violence Shelter

### Salvation Army Services

PO Box 1653  
524 Withrow Road  
Forest City, NC 28043  
828-287-0119

Western Highlands Network – Mental Health

356 Biltmore Ave.

Asheville, NC 28801

800-951-3792

828-225-2800

[www.westernhighlands.org](http://www.westernhighlands.org)

Yokefellow

Blanton Street

Spindale, NC 28160

828-287-0776

- Assists with, food, clothing, utilities, housing (rent)

**Education/Employment**

Isothermal Community College

286 ICC Loop Road

Spindale, NC 28160

828-286-3636

[www.isothermal.edu](http://www.isothermal.edu)

JobLink/Employment Security Commission

139 E. Trade Street

Forest City, NC 28043

828-245-9841

NC Cooperative Extension Services

193 Callahan-Koon Road

Spindale, NC 28160

828-287-6010

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

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

NC Vocational Rehabilitation Services

277 Commercial Drive

Forest City, NC 28043

828-245-1223

Rutherford Life Services

230 Fairground Road

Spindale, NC 28160

828-286-4352

The Senior Community Service  
Employment Program – (Title V)

PO Box 841  
111 West Court Street  
Rutherfordton, NC 28139  
828-287-2281  
[www.regionc.org](http://www.regionc.org)

- Provides Employment for qualifying older adults

**Elder Abuse and Adult Protective Services**

Department of Social Services

389 Fairground Road  
Spindale, NC 28160  
828-287-6199  
828-287-6165  
[www.dhhs.state.nc.us/index.htm](http://www.dhhs.state.nc.us/index.htm)

Regional Long Term Care Ombudsman Program

PO Box 841  
111 West Court Street  
Rutherfordton, NC 28139  
828-287-2281  
[www.regionc.org](http://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
EMS	828-287-6075
First Call for Help	828-286-3916
Forest City Fire Department	828-245-2111
Forest City Police Department	828-245-5555
NC State Highway Patrol	800-445-1779
Rutherford County Sheriff	828-287-6247
Rutherfordton Fire Department	828-287-7367
Rutherfordton Police Department	828-287-5062

## Financial Assistance

Chase Corner Ministries  
1604 Chase High Road  
Forest City, NC 28043  
828-247-0096

Department of Social Services  
389 Fairground Road  
Spindale, NC 28160  
828-287-6165  
[www.dhhs.state.nc.us/dss/index.htm](http://www.dhhs.state.nc.us/dss/index.htm)

- Energy Assistance
- Food Stamps
- Medicaid

Salvation Army Services  
PO Box 1653  
524 Withrow Road  
Forest City, NC 28043  
828-287-0119

Tax Office/Assessors  
PO Box 143  
Rutherfordton, NC 28139  
828-287-6176

- Homestead Exemption

United Way of Rutherford County  
668 Withrow Road  
Forest City, NC 28043  
828-286-3929  
[www.unitedwayofrutherford.com](http://www.unitedwayofrutherford.com)

Yokefellow  
102 Blanton Street  
Spindale, NC 28160  
828-287-0776

- Assists with, food, clothing, utilities, housing (rent)

## Health

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

Department of Social Services  
389 Fairground Road  
Spindale, NC 28160  
828-287-6269  
[www.dhhs.state.nc.us/dss/index.htm](http://www.dhhs.state.nc.us/dss/index.htm)

- Medicaid
- Services for the Blind

Family Preservation Services of NC Inc.  
Mental Health  
271-A Callahan-Koon Road  
Spindale, NC 28160  
828-287-6110

Rutherford Hospital  
288 Ridge Crest Avenue  
Rutherfordton, NC 28139  
828-286-5000  
[www.rutherfordhosp.org](http://www.rutherfordhosp.org)

Lifeline – Rutherford Hospital  
288 S. Ridgecrest Avenue  
Rutherfordton, NC 28139  
828-286-5673  
[www.rutherfordhosp.org](http://www.rutherfordhosp.org)

- Medical Alert Units connected to the telephone, installed in the homes of elderly/disabled persons

Rutherford Health Department  
221 Callahan-Koon Road  
Spindale, NC 28160  
828-287-6100

Western Highlands Network – Mental Health  
356 Biltmore Ave.  
Asheville, NC 28801  
800-951-3792  
[www.westernhighlands.org](http://www.westernhighlands.org)

## Health Insurance and Medication Information & Assistance

### Medicare Prescription Drug Plan Finder

<http://www.medicare.gov>

### Benefits Checkup

[www.benefitscheckup.org](http://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](http://www.ncrx.gov/Enrollment_Application_for_NCRx.pdf)

### Rutherford Medication Assistance Program

#### Green River Baptist Association

668 N. Washington Street

Rutherfordton, NC 28139

828-288-8872

- Medication Access and Management

### Senior Health Insurance Information Program (SHIIP)

#### Medicare Part D

193 Callahan-Koon Road

Spindale, NC 28160

828-287-6409

[www.ncshiip.com](http://www.ncshiip.com)

### Department of Social Services

389 Fairground Road

Spindale, NC 28160

828-287-6269

[www.dhhs.state.nc.us/dss/index.htm](http://www.dhhs.state.nc.us/dss/index.htm)

- Energy Assistance
- Food Stamps
- Medicaid

### Social Security Administration

#### Local Office

707 Schenck Street

Shelby, NC 28150

828-287-0433

[www.socialsecurity.gov](http://www.socialsecurity.gov)

- SSI – Supplemental Security Income Benefits
- Retirement
- Disability

## Home Care Services (Including Respite Care)

### Advantage Home and Community Care

343 West Main Street  
Forest City, NC 28043  
828-248-9008

### Black Mountain Neuro-Medical Treatment Center

932 Old US 70 Hwy  
Black Mountain, NC 28711  
828-669-3379

[www.bmcnc.org](http://www.bmcnc.org)

- Overnight respite care

### Carolina Assisted Care

117 Mountain Creek Road  
Rutherfordton, NC 28139  
828-287-0001

### Carolina Community Care

212 Allendale Drive  
Forest City, NC 28043  
828-245-3575

### Foothills Home Care

235 N. Washington Street  
Rutherfordton, NC 28139  
828-288-7175

### Harris Home Care Inc.

618 W. Main Street  
Spindale, NC 28160  
828-286-2050

### ResCare HomeCare

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

### Rutherford Home Health Agency

221 Callahan-Koon Road  
Spindale, NC 28160  
828-287-6026

Smith Vital Care  
Home Infusion Services  
139 E. Main Street  
Forest City, NC 28043  
828-245-9215

Non-Health Related Home Assistance

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

Rutherford Housing Partnership Project  
PO Box 1525  
Rutherfordton, NC 28139  
828-248-3431  
<http://www.rutherfordhousingpartnership.com>

## Hospice

Hospice of Rutherford County  
PO Box 366  
374 Hudlow Road  
Forest City, NC 28043  
828-245-0095  
[www.hospiceofrutherford.com](http://www.hospiceofrutherford.com)

## Legal Service

### Pisgah Legal Service

PO Box 2276  
Asheville, NC 28802  
1-800-489-6144  
828-253-0406

### Consumer Protection Agency – Dept. of Justice

(919) 716-6006

[www.ncdoj.com](http://www.ncdoj.com)

- Mediation of consumer complaints
- Enforcement of consumer protection statutes

## Senior Centers

### Senior Center / Rutherford County Department of Aging

193 Callahan-Koon Road  
Spindale, NC 28160  
(828) 287-6409

[http://www.rutherfordcountync.gov/dept/senior\\_center/Main.php](http://www.rutherfordcountync.gov/dept/senior_center/Main.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

#### Ellenboro – Bethel Baptist

379 Main Street  
Ellenboro, NC 28040  
828-453-8895

#### Ruth – Southern Baptist

140 Church Street  
Rutherfordton, NC 28139  
828-287-3989

#### Henrietta Baptist Church

PO Box 265  
Henrietta, NC 28076  
828-657-5441

#### Shingle Hollow Club House

2630 Cove Road  
Rutherfordton, NC 28139  
828-287-0960

## Social Security Information

### Social Security Administration

Local Office

707 Schenck Street

Shelby, NC 28150

828-287-5645

[www.socialsecurity.gov](http://www.socialsecurity.gov)

- SSI – Supplemental Security Income Benefits
- Retirement
- Disability

## Transportation

### Rutherford County Transit

294 Fairground Road

Spindale, NC 28160

(828) 287-6339

<http://www.rutherfordcountync.gov/dept/transit/Main.php>

- Medical
- Shopping and personal business
- Operates routes through Forest City, Spindale, and Rutherfordton

## Veterans Services

### Veterans Service Office

303 Fairground Road

Spindale, NC 28160

(828) 287-6185

<http://www.rutherfordcountync.gov/dept/veteranservices/Main.php>

## Rutherford County – Web Directory

<http://www.rutherfordcountync.gov>