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| **Service** | **Eligibility/Information** | **Agency** | **Number** |
| **Adult Day Care/Day Health** | For anyone at least 18 years of age and in need of supportive services. | Adult Life Programs | 828-326-9120 |
| **Caregiver Support Group** | Meets 2nd Tuesday of each month at 1 pm. | West Hickory Senior Center | 828-328-2269 |
| **Congregate Meals** | Catawba County residents age 60 or older, pre-registration required. | Senior Nutrition Services @ West Hickory Senior Center | 828-323-8746 |
| **Counseling about Insurance** | Catawba County resident currently on Medicare or new to Medicare, including those on Medicare due to disability. Group meetings are held periodically throughout the year and individual counseling sessions are by appointment. | West Hickory Senior Center (SHIIP Coordinating Site) | 828-328-2269 |
| **Disaster Preparedness Training** | Offered annually through Catawba County Emergency Management Services. | West Hickory Senior Center  Catawba County Emergency Management Services | 828-328-2269  828-465-8473 |
| **Durable Medical Equipment/Assistive Devices** | A loan closet is maintained for those needing equipment. No charge or income requirement.  Grace Care Ministry provides free used medical mobility equipment. | West Hickory Senior Center  Lakeview Baptist Church | 828-328-2269  828-324-8085 |
| **Energy Assistance** | Heaters and fans are available seasonally at no charge, first come.  Christian Ministries through Duke Energy Share the Warmth Program offers assistance with energy bills.  LIEAP Program offers assistance with energy bills based on income. | West Hickory Senior Center  Greater Hickory Cooperative Christian Ministries  Eastern Catawba Cooperative Christian Ministries  Department of Social Services | 828-328-2269  828-327-0979  828-465-1702  828-695-5600 |
| **Fitness/Health Promotion** | Exercise and health education programs are offered on a regular basis. Flu shot clinics are offered annually at locations throughout the county. | West Hickory Senior Center | 828-328-2269 |
| **Food Distribution** | A food pantry is maintained for those needing food. No charge or income requirements. | West Hickory Senior Center | 828-328-2269 |
| **General Transportation** | Fixed route transportation in Conover, Hickory, and Newton. Seniors 65 or older and disabled persons ride for $.60. Van service is available by request. | Greenway Transportation | 828-465-7634 |
| **Health Screenings** | Blood pressure checks offered monthly, mammograms annually. | West Hickory Senior Center | 828-328-2269 |
| **Home Delivered Meals** | For Catawba County residents 60 and older who are home bound. | Senior Nutrition Services/Meals on Wheels | 828-695-5639 |
| **Home Health/In-Home Aide Services** | Community Alternatives Program (CAP) allows eligible persons to remain safely at home instead of entering a nursing home | Department of Social Services | 828-695-5600 |
| **Home Repair/Modification** | Habitat Repairs Program offers home repair to eligible persons. Home must be owned by applicant.  Urgent Repair Program corrects housing conditions that threaten the life or safety of special needs homeowners. | Habitat for Humanity  Western Piedmont Council of Governments | 828-328-4663  828-322-9191 |
| **Housing Assistance** | Foreclosure Prevention, Section 8 Rental Assistance.  Public housing-federally supported subsidized housing where tenants pay 30% of their incomes in rent. | Western Piedmont Council of Governments  Hickory Housing Authority | 828-322-9191  828-328-5373 |
| **Job Placement** | On-line resource for job seekers, can search for jobs, create resumes, and find education and training.  Career Center in Conover Station  Open M-Th 8-4:30, F 8-12 | NCWorks | 828-466-5535 |
| **Job Training** | On-line resource for job seekers, can search for jobs, create resumes, and find education and training.  Career Center in Conover Station  Open M-Th 8-4:30, F 8-12 | NCWorks | 828-466-5535 |
| **Legal Services** | Free legal services, such as will preparation, are offered for by appointment each year at the West Hickory Senior Center on a first come basis. Waiting list is maintained. | West Hickory Senior Center  Legal Aid of North Carolina  Legal Aid Senior Hotline | 828-328-2269  1-800-849-5195  1-877-579-7562 |
| **Long-term care/AAA Ombudsman** | Available to those in a long- term care facility. | Area Agency on Aging | 828-322-9191 |
| **Medicaid Benefits** | Based on income and resources, application required. | Department of Social Services | 828-695-5600 |
| **Medical Transportation** | Age 60 and older. | Greenway Transportation | 828-464-9444 |
| **Medicare A&B** | Sign up on-line at ssa.gov, call the local SS office, or visit in person at 1501 US-321, Hickory. Assistance with applying is available by appointment at the West Hickory Senior Center. | Social Security Administration | 1-888-877-1615 |
| **Medicare Part D** | Assistance with applying is available at the West Hickory  Senior Center by appointment. | West Hickory Senior Center  (SHIIP Coordinating Site) | 828-328-2269 |
| **Mental Health** | Outpatient treatment, residential treatment, and crisis management. | Catawba Valley Healthcare | 828-695-5900 |
| **One-on-One Reverse Mortgage Counseling** | Counseling is provided by phone. Assistance with calling is available at the West Hickory Senior Center by appointment. | Housing Options Provided for the Elderly (HOPE) | 844-432-6467 |
| **Rehabilitation Services** | Counseling, training, education, transportation, job placement, assistive technology, and other support services for disabled individuals. | Vocational Rehabilitation | 828-322-2921 |
| **Respite** | Temporary relief for caregivers. | Area Agency on Aging Family Caregiver Program  Project C.A.R.E. | 828-485-4256  828-485-4267 |
| **Senior Games** | Competitive games for people 50 years of age and older held at various locations throughout the Unifour region each Spring, registration forms  available at the West Hickory Senior Center. | Hickory Parks and Recreation | (828) 324-1200 |
| **Social Security Benefits** | Sign up on-line at ssa.gov, call the local SS office, or visit in person at 1501 US-321, Hickory. A Social Security representative visits the West Hickory Senior Center at least once per year to present information and answer questions. | Social Security Administration | 1-888-877-1615 |
| **Tax Preparation/Counseling** | AARP Tax Aid provides free tax preparation and counseling at the West Hickory Senior Center, Patrick Beaver Library, and Newton Library. | West Hickory Senior Center | 828-328-2269 |
| **Telephone Reassurance** | Senior Center volunteers call participants who sign up for this program to chat and provide information.  “Are You Ok?” Program contacts older adults at a prearranged time each day to ensure they are safe. | West Hickory Senior Center  Catawba County Sheriff’s Department | 828-328-2269  828-464-4639 |