

Community Resource Guide for Older Adults

In Hickory, NC

Prepared by Dale Hamilton

Western Piedmont Area Agency on Aging

The Western Piedmont Council of Governments Area Agency on Aging is responsive to the changing needs of older people, persons with disabilities, and their families through a community based system of supports and services.

Services	Information for Older Adults & Families, Regional Planning for Aging Services, Operation Fan/Heat Relief, Senior Tar Heel Legislature Support, Presentations on Aging Issues, Regional Long-Term Care Ombudsman Program, Family Caregiver Support Program, Sponsorship of the Unifour Senior Games and SilverArts, Technical Assistance to Agencies Serving Older Adults, County Aging Plans
Address	1880 2nd Avenue NW Hickory, NC 28601 Hickory, NC 28603
Hours	8:15 AM - 5:00 PM – M-F
Email	shiela.weeks@wpcog.org
Phone	(828) 322-9191
Website	http://www.wpcogaaa.org

Catawba Council on Aging

The Catawba County Council on Aging is a private non-profit agency providing services for senior adults in Catawba County.

Services	Provides a focal point for aging resources, as well as, opportunities designed to extend independent living and enrich the quality of life for older adults in Catawba County
Address	400 17th St. SW Hickory, NC 28602
Hours	8:30 AM - 4:30 PM – M-F
Phone	(828) 328-2269
Website	http://www.catawbacoa.org

Senior Centers

- **Westmont Senior Center**

Services	Lunch groups, Dinner Groups, Shopping Trips, Karate Classes, Games (Bridge, Canasta, Billiards), Line Dancing Classes, Senior Water Exercise Classes, Fitness Center.
Address	1316 Main Ave NW Dr. Hickory, NC 28601
Hours	9:00 AM - 5:00 PM – M-F
Email	marymode@catawbacouncilonaging.org
Phone	(828) 324-1200
Website	http://www.hickorync.gov

- **West Hickory Senior Citizens Center**

Services	Bi-monthly newsletter, Bingo, Classes, Computer Lab, Crocheting & Knitting Class, Drawing & Painting Class, Exercise Classes, Exercise Room, Health & Wellness Programs, Holiday Events, Income Tax Assistance, Joy makers Chorus, Legal Services, Line Dancing, Notary Service, Operation Heat Relief, Pen Pal Program, Seniors Morning Out (nutrition), SHIP Counseling, Travel Opportunities, Visually Impaired Lions Club, Yoga
Address	400 17th St. SW Hickory, NC 28602
Hours	8:30 AM - 4:30 PM – M-F
Phone	(828) 328-2269
Website	http://www.catawbacouncilonaging.org

Adult Day Centers

- **Adult Life Programs, Inc. - Hickory Center**

Licensed for 50 participants and is design to meet the needs of those with Alzheimer’s disease who wander. They provide support, respite and education to caregivers and affordable, quality day and treatment services enabling adults to remain in their communities.

Services	Beauty Salon, Care for individuals needing diabetes management, need wound care; tube feeding, injections, incontinence, Alzheimer’s care, and shower facility.
Address	1265-A 21 Street, NE Hickory, NC 28601
Hours	6:30 AM – 5:30 PM
Phone	(828) 324-1313
Website	http://www.adultlifeprograms.com/Hickory.html

- **Pace@Home**

PACE@Home is a Program of All-inclusive Care for the Elderly that allows individuals in need of skilled nursing home care to remain in their home or community setting. PACE@Home is a voluntary, medical/social-based model of care for those who are eligible.

Services	Adult day health services, Medical care and medical specialists, Dental, vision, hearing and foot care, Meal planning and nutrition services, Home healthcare and personal care including assistance with bathing and dressing, Medications, Social Services, Respite care Physical, therapy, occupational therapy and speech therapy, Recreational and social activities, Transportation to health-related appointments and the PACE@Home center, Hospital care, emergency services and nursing facility care
Address	1915 Fairgrove Church Road SE Newton, NC 28658
Phone	(828) 468-3980
Website	http://www.pace-at-home.org/index.html

Wellness & Nutrition Programs

- **YMCA of Catawba Valley**

We are committed to serving as many members in our community as possible. Our facilities offer specific programs, classes and services to our members that can vary from branch to branch. Programs and services are available to everyone. Financial assistance is provided to anyone regardless of ability to pay the standard fees.

Services	SilverSneakers membership, yoga, spin, and group fitness classes, healthy lifestyles classes, social groups and activities, fitness center, aquatic facility, tennis,
Address	701 1st Street NW and 2254 HWY 70 SE Hickory, NC 28601 Hickory, NC 28602
Hours	5:00 AM – 9:00 PM – Mon – Thurs 5:00 AM – 8:00 PM – Friday 8:00 AM – 5:00 PM – Saturday 1:00 PM – 5:00 PM – Sunday
Phone	(828) 324-2858 and (828) 322-7690
Website	http://ymcacv.org/index.html

- **Catawba Valley Medical Center's Fitness Plus**

Services	Group Exercises Classes: Quick Spin, SilverSneakers, Yoga, and Zumba. Aquatic Classes: Aerobics, Gentle waves. Heart Smart Nutrition Class
Address	701 1st Street NW and 2254 HWY 70 SE Hickory, NC 28601 Hickory, NC 28602
Hours	5:30 AM – 8:30 PM – Monday – Thurs 5:30 AM – 7:30 PM – Fridays 7:00 AM – 2:00 PM - Saturday 1:00 AM – 5:00 PM - Sunday
Phone	(828) 326-3680
Website	https://catawbavalleymedical.org/group-exercise-classes-a-schedule/

Other Nutrition Programs

○ Catawba County Senior Nutrition Services

- **Meals on Wheels** – Five meals delivered Monday – Thursday.
 - **Eligibility:**
 1. Age 60 or older and physically or mentally unable to prepare meals.
 2. Homebound
 3. Living alone or having no one in the home able or willing to prepare a meal.
 - **Phone:** (828) 695-5610

- **Seniors Morning Out** – Seniors gather for a nutritious lunch, fellowship, health & wellness activities
 - **Time:** 8:30 AM – 12:30 PM - Monday – Thursday
 - **Eligibility:** 60 years of age and older.
 - **Cost:** Donations accepted
 - Transportation provided
 - **Locations:**

West Hickory Senior Center 400 17th Street SW Hickory, NC 28602 (828) 323-8746	Highland United Methodist Church 1020 12th Street Place NE Hickory, NC 28602 (828) 320-5963
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Government Services

- **Catawba County Department of Social Services (DSS): Adult Services**
Catawba County Social Services works to strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy.

Services	Home & Community Based Services include: Adult Day Care, Community Alternatives Program (CAP), In-Home Aide Services, Nutrition, Services for the Blind, Special Assistance In-Home, Free Interpretation Services, Transportation
Address	3030 11th Ave Dr. SE Hickory, NC 28602
Hours	8:00 AM – 5:00 PM – M-F
Phone	(828) 324-1313
Website	http://www.catawbacountync.gov/dss/Adult/AdultServicesnew.asp

Home Health Agencies

- **Catawba County Home Health**

Serving Catawba and surrounding counties: Alexander, Burke, Caldwell, Iredell and Lincoln; every day, we impact patients' lives by helping them regain independence while maintaining their dignity in the comfort of their home.

Services	Home Health Aid, Medical Social Workers, Medicare, Skilled Nursing Care, Occupational Therapy, Physical Therapy, Speech Pathology, Nutritionists/Registered Dieticians
Address	3070 11th Ave Dr. SE Hickory, NC 28602
Hours	8:00 AM – 5:00 PM – M-F
Phone	(828) 695-5849
Website	http://www.catawbacountyhomehealth.com/default.asp

- **Home Instead Senior Care**

The Home Instead Senior Care® network of locally owned and operated franchises is one of the most trusted networks of home care worldwide. An innovator in eldercare since 1994, Home Instead Senior Care is dedicated exclusively to helping seniors stay in their homes as they age.

Services	Companionship Home Helper, Personal Services, Respite Care, Alzheimer's and Dementia Care, Short-Term Recovery, Incidental Transportation Services
Address	833 2nd Ave. SW Hickory, NC 28602
Hours	Not listed
Phone	(828) 256-0184
Website	http://www.homeinstead.com/628/Pages/HomeInsteadSeniorCare.aspx

Geriatric Specialty Practices

- **Dr. Anne R. Gonzalez, MD**

Services	Geriatric Medicine
Address	915 Tate Blvd SE Suite 170 Hickory, NC 28602
Phone	(828) 345-0800
Insurance Accepted	Aetna, AmeriGroup, Assurant Health, BCBS North Carolina, CIGNA, Commercial, Insurance Company, CoreSource, Coventry Health Care, GEHA, Golden Rule, HealthSmart Holdings, Humana, MedCost, Medicare, Thrivent Financial, United HealthCare, Universal American, Wells Fargo TPA

- **Dr. Russell W. Faulkenberry, MD**

Services	Geriatric Medicine
Address	420 N Center St Hickory, NC 28601
Phone	(828) 315-5000
Insurance Accepted	Aetna, Blue Cross and Blue Shield, CIGNA, Coventry Health Care, Humana, Medicaid, Medical Mutual of Ohio, Medicare, MultiPlan, Principal Financial, United HealthCare, WellPath Select, WellPoint

- **Dr. Rudy A. Santoso, MD**

Services	Neurology, Psychiatry
Address	327 1st Ave NW Hickory, NC 28601
Phone	(828) 695-5900
Insurance Accepted	Aetna, BCBS North Carolina, Blue Cross and Blue Shield, CIGNA, Commercial Insurance Company, HealthSmart Holdings, Humana, Medicare, Wells Fargo TPA

Hospitals, Emergency Rooms & Urgent Cares

- **Catawba Valley Medical Center**
810 Fairgrove Church Road SE
Hickory, NC 28602
(828) 326-3000
- **Frye Regional Medical Center**
420 N Center Street
Hickory, NC 28601
(828) 315-5000
- **Piedmont Urgent Care**
2972 N Center St
Hickory, NC
(828) 431-4955
Hours: 10:00 AM – 8:30 PM
- **Urgent Care of Mountain View**
2872 North Carolina 127
Hickory, NC 28602
(828) 330-2103
Hours: 9:00 AM – 9:00 PM

Financial Help with services

- **Greater Hickory Cooperative Christian Ministry (GHCCM)**

Services	Free clinic, free pharmacy, diabetes education center, financial help with heat/electric bill during the winter and summer, crisis intervention, emergency food, thrift store
Address	31 1st Ave SE Hickory, NC 28602
Hours	Mon: 9:00 AM - 4:00 AM Tue: 9:00 AM - 6:00 AM Wed - Thu: 9:00 AM - 4:00 AM
Phone	(828) 327-0979
Website	http://www.ccmhickory.com/about_us.html

Other Resources/Opportunities for Senior Citizens

AARP of Catawba-Hickory	Educational programs, health information, social security information, special events and trips for seniors age 50 and older. Dues are \$5.00 per year. Meets 1st Tuesdays, 2:00 pm, First Baptist Church - Hickory, in the Fellowship Hall. (828) 327-7440.
Catawba Science Center	Exhibits, planetarium, aquarium, educational programs and volunteer opportunities. Volunteer opportunities for seniors as well as discounts for any of the programs being offered. Call (828) 322-8169.
Catawba Seniority from Catawba Valley Medical Center	Program sponsored by Catawba Valley Medical Center for people over 50. Offers discounts on prescriptions, health screenings, and access to educational programs on senior topics and exercise classes. Call the Health First Center at (828) 485-2300.
Hickory Museum of Art	Provides art exhibits, programs and volunteer opportunities. Great volunteering opportunity for senior citizens. Call (828) 327-8576
RSVP (The Retired and Senior Volunteer Program	RSVP matches the skills and interests of individual volunteers with the requirements of available volunteer jobs and positions where the volunteer will be most comfortable in working. Volunteers have the option of trying something new or continuing in a familiar field with respect to volunteer opportunities. Call (828) 754-3000.
Senior Citizens Club of Hickory	The purpose of this group is fellowship with seniors. Business meetings are held on 1 st Thursdays at Shuford House at 12:45pm. The other Thursdays of the month, the club meets at 1:00 pm for Bridge or other card games. \$2.00 monthly dues. Call (828) 327-9630.

Transportation

- **Greenway Public Transportation offers several Dial-A-Ride Services**
Greenway Public Transportation’s mission is to enhance the quality of life in the region by delivering safe, convenient and more environmentally efficient transportation solutions. Senior citizens receive a discount for using the service.

Services	Complementary Paratransit (American with Disabilities Act/ADA), Demand Response (general public) service, Agency contracted Dial-A-Ride service (such as DSS)
Address	1515 4th St. SW Conover, NC 28613
Hours	5:45 AM – 6:50 PM – M-F 8:45 AM – 4:50 PM - Saturdays Currently there is no Sunday service.
Phone	(828) 464-9444
Website	http://www.mygreenway.org/how/van.html

- **Medicaid Transportation Services (DSS)**

Services	Non-medical transportation for Medicaid approved individuals. <ul style="list-style-type: none"> • Individuals able to transfer independently to and from the vehicle. • Individuals who are unable to transfer independently to and from the vehicle or use a wheelchair. • Provides gas vouchers to assist you in getting to your Medicaid appointments if you own a vehicle or have access to a vehicle.
Address	3030 11th Ave Dr. SE Hickory, NC 28602
Hours	8:00 AM – 5:00 PM – M-F
Phone	(828) 695-5608
Website	http://www.catawbacountync.gov/dss/Adult/MedicaidTransportation.asp

- **Other Agencies That Provide Transportation (Already listed above)**
 - Pace@Home
 - Home Instead Senior Care