

Appendix D: Caldwell County Health Resource Guide

Health Care

UNC Caldwell Hospital

CMH is the only hospital in the county and is the parent organization to more than 20 private physicians' offices. The facility provides general and orthopedic surgery, urology, gynecology, obstetrics, and ophthalmology. Medical services include emergency medicine, outpatient surgery, x-ray, nuclear medicine, ultrasound/MRI/CT scanning, physical therapy, EKG, stress testing, respiratory therapy, and emergency medicine services 24hrs a day.

For more information please visit: www.caldwellmemorial.org

P.O. Box 1890
321 Mulberry Street, SW
Lenoir, NC 28645
Phone: 828-757-5100

The Center for Breast Health

This facility is owned and operated by CMH and is the only breast health center in the county. This facility provides diagnostic imaging for the treatment of breast cancers and other related breast tissue disorders.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite B
Lenoir, NC 28645
Phone: 828-757-5502

The Center for Diabetes Health

This facility is owned and operated by CMH and is the only diabetes management and education center in the county.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd.
Suite A
Lenoir, NC 28645
Phone: 828-757-6450

Caldwell County Health Department

Caldwell County Health Department is the only health department in the county. This facility provides a variety of services including preventive screenings, education, diagnosis, and treatment of many health conditions.

Dental clinic

Basic preventative and restorative dental services for children between the ages of 4-18 who are enrolled in North Carolina Health Choice or Medicaid.

For more information please call: Phone: 828-426-8525

Health Education

Information and assistance with healthy lifestyle choices related to nutrition, physical activity, tobacco cessation, preventive screenings, STD awareness, healthy pregnancies, chronic disease self-management, diabetes self-management courses and a variety of other health-related issues.

For more information please contact: 828-426-8506

Clinical Services

The clinic provides a comprehensive range of services that include primary care for acute illness for adults and children, physicals, family planning services, maternity care, immunizations, surveillance, testing and treatment of communicable diseases, and STD testing and follow up. The Breast and Cervical Center Control Program (BCCCP) is also available for women ages 50 and older. The program provides clinical breast exams, pap smears, and mammograms for financially eligible women.

For more information please contact: 828-426-8400

Child Health

Care Coordination for Children (CC4C) is a program that helps families find and use community services. The program aims to connect families with services for children and families, to support children in reaching their developmental potential, and to help ensure that children are raised in healthy, safe, and nurturing environments. Children birth to age three at risk for developmental delay or disability, long term illness and/or social, emotional disorders and children ages birth to five diagnosed with developmental delay or disability, long term illness may be eligible for the program.

For more information please contact: 828-426-8428

Women's Health

This program provides client-centered services to pregnant and post-partum women. Services include pregnancy testing, counseling, routine and sick maternal health clinic visits and ultrasounds.

For more information please contact: 828-426-8488

WIC

This service provides nutrition counseling and supplemental food vouchers for women who are pregnant, post-partum, or breastfeeding, as well as infants and children up to the age of five years of age who meet financial eligibility requirements and who are at nutritional risk.

For more information please contact: 828-426-8407

www.mywic.org

Environmental Health

This program provides permits for new septic systems and existing systems, new private drinking water wells and repairs to existing wells. Staff provide routine inspections of restaurants, motels, bed and breakfasts, institutions, hospitals, school cafeterias, and summer camps, pools, tattoo parlors, and daycares to insure sanitation standards are met. This department also provides testing of blood lead levels and conducts investigations of confirmed elevated blood lead levels in children to determine point of contact.

For more information please contact: 828-426-8537

[For more information on health department services please visit](http://www.caldwellcountync.org)

www.caldwellcountync.org

2345 Morganton Blvd

Lenoir, NC 28645

Phone: 828-426-8400

Home Care Management Corporation

Home Care Management Corporation provides the services necessary for people with disabilities to be as comfortable and independent as possible in their own homes. The services provide a viable, affordable alternative to institutional living. The programs serve developmentally disabled adults and children and people with physical disabilities. The agency offers in-home personal care, mental health services, services under the Community Alternatives Program for Disabled Adults, Mentally Retarded, and Developmentally Disabled (CAP-DA, MR/DD) assessment, vocational rehabilitation supported employment and employee leasing to human service agencies. They also offer Multisystem Therapy, Early Childhood Intervention and in-school behavioral support programs for children with special needs in NC.

For more information please visit: www.homecaremgmt.org

315 Wilkesboro Boulevard NE
Suite 2-A
Lenoir, NC 28645
Phone: 828-754-3665

Helping Hands Clinic

Helping Hands Clinic provides high-quality, free medical care to patients without health insurance. A full-time provider is available 5 days per week for acute, urgent, follow-up and preventative care. Helping Hands Clinic provides a high quality, cost-effective alternative to the local emergency room. Patients with chronic diseases like Diabetes, COPD and similar respiratory diseases, complicated heart disease and some forms of arthritis can be enrolled in the Caldwell Health Access Program or CHAP. This program pairs uninsured patients with volunteer medical providers in Caldwell County who have agreed to manage patients with chronic diseases in their offices. Patients enrolled in CHAP have access to all Helping Hands services. Helping Hands offers a fully licensed pharmacy with free medications available to eligible patients. Most medications are accessed through the Patient Assistance Program and may take up to 8 weeks to be available. Helping Hands Clinic does not write prescriptions for or dispense narcotics of any kind. Helping Hands Clinic believes that patients who are invested in their personal health become healthier, so patients are asked to purchase any medications available for \$4 at a local retail pharmacy.

For more information please visit: www.helpinghandsclinic.org

810 Harper Avenue NW
Lenoir, NC 28645
Phone: 828-754-8565

West Caldwell Health Council

Happy Valley and Collettsville Medical Centers

Both facilities operate on a sliding fee scale for uninsured and underinsured patients. These facilities accept all insurance including Medicaid and Medicare. Services include dental exams, chronic disease management, preventive care, gynecologic care, pediatric care, immunizations, physicals, and family planning services.

For more information please visit:

Collettsville Medical Center

4329 Collettsville Rd
Collettsville, NC 28611
Phone: 828-7542409

Happy Valley Medical Center

1345 Highway 268
Patterson, NC 28661
Phone: 828-754-6850

ALFA-AIDS Leadership Foothills Area-Alliance

ALFA, formerly known as AIDS Leadership Foothills Area-Alliance, has provided supportive services to those infected and/or affected by HIV/AIDS since 1987. ALFA currently provides supportive and medical case management, prevention education, and outreach to an eight county service area. ALFA's service area consists of Alexander, Alleghany, Ashe, Burke, Caldwell, Catawba, Watauga, and Wilkes counties.

For more information please visit: www.alfainfo.org

1120 Fairgrove Church Rd SE
Suite 28 Hickory, NC 28602
Phone: 828-322-1447

Caldwell Pregnancy Care Center

The Caldwell Pregnancy Care Center provides confidential services including free pregnancy tests, abortion education, post abortion care, information on STDs & community referrals.

For more information please contact:

Caldwell Pregnancy Care Center
301 Connelly Springs Rd
Lenoir, NC 28645
Phone: 828-757-9555

Caldwell County Hospice and Palliative Care

With a holistic approach to care, Caldwell Hospice serves the physical, emotional and spiritual needs of the terminally ill and those they love. They recognize dying as a natural part of living, and help patients live as pain-free and comfortably as possible, so they can enjoy each day with their loved ones. Caldwell Hospice professionals provide direct care and teach caregivers how to address many of the patients' physical needs; a physician, nurse practitioner, nurse, social worker and chaplain are on call. Medical social workers, a counselor, chaplains and volunteers provide emotional and spiritual support.

For more information please visit: www.caldwellhospice.org

902 Kirkwood Street, NW
Lenoir, NC, 28645
Phone: 828-754-0101

Mental Health

The Caldwell House

The Caldwell House provides structure, responsibility and accountability which are key to a person's recovery. The House accepts only those persons who have completed at least 4 weeks of in-patient substance abuse treatment. The residents are adult males only. Residents accepted to the Caldwell House are able to benefit from its therapeutic program as they learn how to re-enter society in a safe and healthy environment. Intake procedures include, reviewing assessments (which helps identifies maladapted behavior or the presence of other conditions, which may cause susceptibility to abuse by self or others) and going over treatment and aftercare plans to determine if the resident meets program admission criteria. Individuals who do not meet certain admission criteria may not be accepted to the House. An average stay at Caldwell House is between 8 and 12 months. The House requires at least a 4 month commitment from residents and active involvement in the implementation of aftercare plans and employment.

For more information please visit: www.thecaldwellhouse.com

951 Kenham PL SW
Lenoir, NC 28645
Phone: 828-754-5148

RHA Behavioral Health

RHA offers a range of behavioral health services including clinical Intake/diagnostic assessments, community support services, deaf and hard of hearing services, DWI services, facility based crisis interventions, intensive in-home services, jail diversion and re-entry programs and several outpatient detox programs.

For more information please visit: www.rhbehavioralhealth.org

2415 Morganton Blvd, SW
Lenoir, NC 28645
Phone: 828-394-5563

Smoky Mountain Center

Smoky Mountain Center is a regional organization that coordinates high quality prevention, treatment, and support services for individuals and families in our communities with developmental disabilities, mental health, or, substance abuse needs. Services include mental health counseling, intellectual/developmental disability interventions, and substance abuse services.

For more information please visit: www.smokymountaincenter.com

825 Wilkesboro Blvd. SE
Lenoir, NC 28645
Phone: 828-759-2160

Bethel Colony of Mercy

Bethel Colony of Mercy is a residential drug and alcohol rehabilitation center with a faith based approach using the Bible and Christian principles in counseling. Residents can expect a 65-day stay with daily teaching, counseling, devotionals, guided personal Bible study and prayer.

For more information please visit: www.bethelcolony.org

1675 Bethel Colony Road
Lenoir, NC 28645
Phone: 828-754-3781

Children and Families

Blue Ridge Community Action

Blue Ridge Community Action offers programming in Burke and Caldwell Counties. Services including the operation of 4 nutrition sites throughout the county that offer hot, nutritionally balanced meals to adults ages 60 and older, licensed child care centers, licensed adult day care centers, assistance with urgent home repairs, weatherization, rental housing and a heating appliance repair/replacement program.

For more information please visit: www.brcainc.org

800 North Green Street
Morganton, NC 28655
Phone: 828-438-6255

Shelter Home of Caldwell County

The Shelter Home of Caldwell County exists to work toward the elimination of domestic violence, and to provide emergency and support services for victims/survivors of domestic violence, rape and sexual assault and their children. This agency provides safety and basic needs to victims of domestic violence, rape and sexual assault: to listen, to help clients identify their options, discover their strengths, and provide information, referrals and positive support for change. They also inform, educate and provide prevention services to the community.

For more information please visit: www.shelterhomecc.org

PO Box 426
Lenoir, NC 286454
Phone: 828-758-0888

Robin's Nest Children's Advocacy Center

The Children's Advocacy Center of Caldwell County serves the needs of severely physically abused and sexually abused children in Caldwell County. Robin's Nest provides a central location for delivery of services to abused children, using the Multi-Disciplinary Team approach to providing care for child victims. Services include interview and case review, medical examinations, shelter and protective services as needed, advocacy throughout the legal process, and counseling.

For more information please visit: <http://www.robinsnestcac.org>

1051 Harper Avenue
Lenoir, NC 28645
Phone: 828-754-6262

Caldwell Council on Adolescent Health

The Caldwell Council on Adolescent Health, a non-profit organization, was founded in 1983, for the purpose of reducing teen pregnancy and sexually transmitted infections. The council promotes positive life choices by using best practice models in the classroom.

For more information please visit: <http://ccahlenoir.org/>

901 West Avenue
Lenoir, NC 28645
Phone: 828-757-9020

Caldwell Friends, Inc.

For a period of one year, this agency matches a caring, positive and stable adult volunteer with an at-risk youth in the community. These youth are in need of a positive, consistent role model to encourage development of sound values and appropriate behavior to improve self-esteem. This agency provides ongoing supervision and support to the youth and volunteer.

For more information:

918 West Avenue NW
Lenoir, NC 28645
Phone: 828-758-4683

Communities in Schools

Communities in Schools (CIS) of Caldwell County is an intervention program created by a public/private partnership to target and meet the needs of identified students in Caldwell County Schools. The program operates in four middle schools, three high schools, and two elementary schools in the county. The partnership is made up of industry, government, social service agencies, the school system, and community volunteers. Our mission is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school, and prepare for life.

For more information please visit:

616 Ashe Avenue NW
Lenoir, NC 28645
Phone: 828-759-2852

Crossroads Church/Storehouse Daily Bread

Crossroads Church/Storehouse Daily Bread is a food pantry for families and individuals in Caldwell County. Participants must complete an application, have a valid ID, and live in Caldwell County but can be served one time if they live out of the county. Hours are 3:30 p.m. to 5:00 p.m. on Monday only.

For more information please contact: 828-612-6802

2075 Morganton Blvd
Lenoir, NC 28645

Mountain Grove Baptist Church Food Pantry

Mountain Grove Baptist Church offers a food pantry for families and individuals in need no matter what county you reside in. No appointment or referral needed. Must complete application and have photo ID. Hours are 2nd and 4th Tuesdays from 5:30 pm to 7:30 pm.

For more information please contact: 828-728-9557

2485 Connelly Springs Rd
Granite Falls, NC 28630

Baptist Children's Homes – Care House

The Care House is a residential program for teen mothers and babies. Referrals are not required but appointments must be made in advance. Residents must be in the custody or placement of DSS to be eligible for services.

For more information please contact: 828-757-0700

1120 Taylorsville Rd
Lenoir, NC 28645
www.bchfamily.org

Caldwell County Department of Social Services

The mission of the Caldwell County Department of Social Services is to help families and individuals optimize their self-reliance and self-sufficiency, and to protect vulnerable people – particularly children, older adults, and the disabled – from abuse, neglect, and exploitation. This department offers a variety of services.

For more information please visit: www.caldwellcountync.org

2345 Morganton Blvd
Lenoir, NC 28645
Phone: 828-426-8200

Caldwell County Family Resource Center (Family, Infant and Preschool Program)

FIPP operates a Family Resource Center in Lenoir, North Carolina. The Resource Center is a place where all families of young children can relax, share information, find support, and play with their children in a nurturing environment. The Resource Center offers a large and well equipped playroom, and shares the facility with a variety of other programs for families and children. In Caldwell County, FIPP offers parent-child playgroups and enrichment activities, developmental screenings, assessments, and evaluations, early childhood education/therapeutic experiences, and a lending library for parents.

For more information please visit: www.fipp.org/caldwell.php

609 Harper Avenue
Lenoir, NC 28645
Phone: 828-757-8632

South Caldwell Christian Ministries

The ministry serves the needs of the people in Southern Caldwell County through the cooperative efforts of member churches, United Way, individuals, schools, non-profit groups, businesses, and the public. Assistance is provided through clothing, diapers, financial assistance, food, fans, furniture, household needs, school supplies, A/C (elderly or handicapped only), monthly food delivery to the elderly, counseling, budgeting, referrals, and follow-up.

For more information please contact: 828-396-4000

5 Quarry Rd
Granite Falls, NC 28630

Health Promotion

Quest 4 Life Wellness Center

Quest 4 Life is owned and operated by Caldwell Memorial Hospital. The facility offers a full range of exercise equipment, aerobic and fitness classes, and additional educational classes. Classes dealing with tobacco cessation, nutrition, diabetes, and other topics are taught on a monthly basis. Anyone is eligible to join with a membership fee. Some member discounts are offered to individuals belonging to a specific business such as Caldwell County Government employees, Bernhardt Factory employees and others.

For more information please visit: www.caldwellmemorial.org

1031 Morganton Blvd
Lenoir, NC 28645
Phone: 828758-8753

Satie and JE Broyhill Senior Center

The center provides social and physical activities, academic activities, senior referral services, health screenings, exercise programs, legal assistance, income tax preparation, and many other activities for seniors. It is open to anyone but most programs are focused on the senior adult population.

For more information please visit: www.caldwellseniorcenter.org/

650 A Pennton Avenue SW
Lenoir, NC 28645
Phone: 828-758-2883

Caldwell County Cooperative Extension

The Caldwell County Cooperative Extension Center gives our county's residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Caldwell County citizens. The foods, nutrition and health program in Caldwell County focuses on food safety education, and nutrition education to community groups and schools about the basics of good nutrition. Classes and educational materials on Food Safety, food preservation and Heart Healthy information are available.

For more information please visit: <http://caldwell.ces.ncsu.edu/index.php?page=home>

120 Hospital Avenue NW
Lenoir, NC 28645
Phone: 828-757-1290

Recreation

City of Lenoir Parks and Recreation

The City of Lenoir Parks and Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities and classes, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities. Services are available for varying registration fees but City of Lenoir employees can enroll their families at no charge.

For more information please visit: www.ci.lenoir.nc.us

720 Mulberry Street
Lenoir, NC 28645
Phone: 828-757-2165

Town of Hudson Recreation Center

The Town of Hudson Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.ci.hudson.nc.us

550 Central Street
Hudson, NC 28638
Phone: 828-728-8272

Town of Granite Falls Recreation Department

The Granite Falls Recreation Department provides recreational opportunities including organized youth sports leagues, summer camps, exercise facilities, adult tournaments and softball leagues, adult water aerobics, swimming lessons for children, gymnastics and other recreational opportunities.

For more information please visit: www.granitefallsnc.com

30 Park Square.
Granite Falls, NC 28630
Phone: 828-396-3131

Caldwell County Pathways

Caldwell County Pathways partner with multiple agencies to develop, coordinate and promote non-motorized, multi-use pathways for the enhancement of the quality of life in Caldwell County. This organization provides guides or maps of all walking trails in Caldwell County. Membership is open to any interested resident of Caldwell County.

For more information please visit: www.caldwellcountypathways.com/

PO Box 1954

Lenoir, NC 28645

Email: caldwellpathways@gmail.com