When you or a loved one has a stroke, you don’t have time to wonder what you should do.

You need answers.

You need experts who can provide compassionate care.

Vidant Health is proud to offer top-notch neurological services across eastern North Carolina, and that includes a strong network of expert stroke care. This is especially important since stroke is a serious health concern that occurs all too frequently in our communities. A number of our hospitals have earned special stroke certifications, and all are connected by Telestroke, a system that uses videoconferencing and diagnostic imaging review to quickly evaluate and treat stroke.

We hope this guide serves as a resource to help you find the answers and services you need, in order to support your best recovery.
Spot the signs of a stroke.
Call 911 if you see these signs happening to someone.

B E F A S T

Balance loss  Vision changes  Face drooping  Arm weakness  Speech difficulty  Time to call 911

Vidant Medical Center is proud to be a certified Comprehensive Stroke Center.
NATIONAL STROKE RESOURCES

American Heart Association
https://www.heart.org
For more heart-health related information, visit this website.

American Stroke Association
http://www.strokeassociation.org/STROKEORG/
This resource provides information about stroke warning signs, stroke prevention, treatment, and moving forward after stroke.

Family Caregiver Alliance
(800) 445-8106
www.caregiver.org/stroke
This resource is designed to address the needs of caregivers by serving as a resource, offering support, serving as an advocate for caregivers and more. This link provides information on caring for someone with a stroke, after-effects of stroke, treatment different types of stroke, and more.

Lotsa Helping Hands
https://stroke.lotsahelpinghands.com/caregiving/home/
This resource is an online calendar that is used to coordinate caregivers with volunteers to help a patient. “The caregiver-focused Help Calendar enables members to schedule and sign up for tasks that provide respite for the caregiver including meals for the family, rides to medical appointments, visits, and more.”

Mayo Clinic
https://www.mayoclinic.org/diseases-conditions/stroke/symptoms-causes/syc-20350113
This link provides more information about different kinds of stroke, preventive medication, ways to reduce your risk of stroke, and more.

National Stroke Association
Stroke Help Line: 1-800-787-6537
https://www.stroke.org/stroke-resources/
This organization has resources including StrokeSmart magazine, a Stroke Help Line, a resource library, newsletters and more.

USA.gov – Disabilities Services
1-844-872-4681
https://www.usa.gov/disability-services
This resource provides information on financial assistance and support services, government and local disability programs, jobs and education, veterans disability benefits, your legal disability rights, benefits and insurance, caregiver support, and more.
NC STATE
STROKE RESOURCES

Aphasia Treatment Study
This study is designed to study aphasia telerehabilitation for stroke patients with aphasia. This is a treatment approach that uses a computer to provide treatment to a person with aphasia through a speech therapist in another location.

Family Caregiving in North Carolina
Provides information about respite for caregivers, home and community care services, advanced care planning, federal and state benefits, and a list of resources for caregivers in North Carolina.

FamilyWize Prescription Discount Card
Main: (800) 222-2818
Cardholders: (866) 810-3784
Phone is available Monday – Friday, 9 a.m. – 5:30 p.m.
FamilyWize and United Way have a prescription savings card to anyone interested in having one. There is no registration or activation required. Discounts are applied automatically when a card is presented at the pharmacy. Accepted nationwide at over 60,000 pharmacies.

Job Accommodation Network (JAN)
(800) 526-7234
http://askjan.org
JAN provides help with information about workplace accommodations, the Americans with Disabilities Act (ADA), and related legislation.

North Carolina Baptist Aging Ministry (NCBAM)
(877) 506-2226
Call center hours: Monday – Friday, 9 a.m. – 5 p.m.
This statewide agency helps seniors connect with local volunteers for minor home repairs, transportation, respite, and seasonal yard work.
To be eligible for these services, you must be 65 or older, or a caregiver for an adult who is 65 or older.

NC Department of Health and Human Services – Disability Services
(800)-662-7030
2001 Mail Service Center, Raleigh, NC 27699-2000
https://www.ncdhhs.gov/assistance/disability-services
Disabilities Services helps people who have disabilities find employment, find care providers, and gain access to technology helps people continue to live independently.

North Carolina Division of Aging and Adult Services
(919) 855-3400
https://www.ncdhhs.gov/divisions/daas
Works to promote independence and enhance the quality of living for older adults, those with disabilities and their families and caregivers. Includes information on adult care services, in-home care aides and assistance, long term care, and other community resources.
NC STATE
STROKE RESOURCES

NC Health Info
http://www.nchealthinfo.org/health-topics/stroke/

This resource has information about online support groups and stroke forums as well as stroke education material and managing stroke.

NC MedAssist
(704) 536-1790 or call toll-free 1-866-331-1348

Provides free prescription and over-the-counter medications to those who qualify. Call for an application to be mailed, apply in person, or download it off of the website.

North Carolina Stroke Association
(336) 713-5051
Piedmont Plaza 2, Ward A. Riley Ultrasound Center, 2000 W. First St., Suite 504, Winston-Salem, NC 27104
http://www.ncstroke.org

This organization provides information about stroke prevention and education, post-stroke services, information for caregivers, and more.

NC 211
Phone number: 211
www.nc211.org

NC 211 is available in every North Carolina county. Call 211 to speak to someone who can tell you about resources in your area that are relevant to your needs, or visit the website and search the database.

Quitline NC
1-800-784-8669
QuitlineNC.com

Provides free cessation services to residents of North Carolina who want to stop using tobacco products.

Vocational Rehabilitation Resources
https://www.ncdhhs.gov/divisions/dvrs/vr-local-offices

Vocational rehabilitation helps individuals with disabilities overcome barriers to returning to employment or other occupations. Find an office near you using the link above, or contact your local health department.

Area Agency on Aging
https://www.ncdhhs.gov/divisions/aging-and-adult-services/adult-day-services/daas-area-agencies-aging

Caregiver Resource
https://www.highcountryaging.org/services/family-caregiver-support-program

CNCC Pharmacy Network (Map & Information)
https://www.communitycarenc.org

Healthy Agency NC
http://healthyagingnc.com
NC COUNTY STROKE RESOURCES

Beaufort  Duplin  Lenoir  Pitt
Bertie  Edgecombe  Martin  Tyrrell
Camden  Gates  Nash  Washington
Carteret  Greene  Northampton  Wayne
Chowan  Halifax  Onslow  Wilson
Craven  Hertford  Pamlico
Currituck  Hyde  Pasquotank
Dare  Jones  Perquimans

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EDUCATIONAL RESOURCES

Lifestyle Changes to Prevent Stroke

Changes Caused by Stroke

Living at Home after Stroke

Ethnicity and Stroke
https://www.cdc.gov/stroke/docs/hispanics_stroke_factsheet.pdf
https://www.cdc.gov/stroke/docs/fs-hispanics-stroke-sp.pdf

Preventing Another Stroke
https://www.stroke.org/we-can-help/survivors/stroke-recovery/first-steps-to-recovery/preventing-another-stroke/

American Stroke Association
https://www.stroke.org

Physical Activity Keeps Your Mind Sharp Now and Later
http://www.strokeassociation.org/STROKEORG/Professionals/
www.strokeassociation.org/STROKEORG/AboutStroke/StrokePreventionandBrainHealth/BrainHealthResources/
Physical-Activity-Keeps-Your-Mind-Sharp-Now-and-Later_UCM_486466_Article.jsp#.XD8_Ky3Mz-Y

Vidant Health
https://www.vidanthealth.com/Services-Treatments/Conditions/Stroke
http://healthlibrary.vidanthealth.com
MEDICATION ASSISTANCE
MAP (Medication Assistance Program)
• No health insurance / problems affording medications
• Health insurance without prescription coverage
• Not a candidate for Medicaid / third-party prescription coverage
• Meet participating drug companies’ financial guidelines

Program sites:
Agape Community Health Clinic
(252) 940-0602
120 W. Martin Luther King Jr. Dr., Washington, NC 27889

NON-EMERGENCY TRANSPORTATION PROGRAMS
Beaufort Area Transit
(252) 946-5778
1537 W. 5th St., Washington, NC 27889

FREE CLINICS
Agape Community Health Center Clinic
(252) 940-0602
120 E. Martin Luther King Jr. Dr., Washington, NC 27889

Services:
Primary Health Care, On-Site Pharmacy Services, Oral Health, Behavioral Health, Prevention & Wellness, Immunizations, Work/School/Travel Exams, and Pediatric Care. This clinic offers a sliding scale payment system.

The White House - Washington Low Cost Clinic
(252) 948-0710
402 N. Market St., Washington, NC 27889

Clinic Details:
The mission of Metropolitan Community Health Services is to provide high-quality, comprehensive, coordinated, primary health care and supportive services to the low-wealth community and improve the health of persons and communities with effective health interventions, patient education, and chronic disease management.

NUTRITIONAL RESOURCES
Beaufort County Cooperative Extension
(252) 946-0111
155-A Airport Rd., Washington, NC 27889

What they offer:
Educational nutrition programs that focus on areas including local foods, food safety, gardening, and environmental efforts.

Beaufort County Hospital: LifeStyles Medical Fitness Center
(252) 975-4236
1375 Cowell Farm Rd., Washington, NC 27889

What they offer:
Freedom from Smoking: seven weekly meetings, offered about once per year. LEARN Weight Management Program: offered in January, eight-to 10-week program Freedom: $50; LEARN: $25 for members, $50 for non-members
NUTRITIONAL RESOURCES CONT.
Grace Martin Harwell Senior Center
(252) 975-9368
310 W. Main St., Washington, NC 27889

What they offer:
Variety of exercise activities including dance, yoga, walking program, aerobics, stretching, chair exercise, fitness room, etc.
Monthly talks on healthy living habits and weight management, Eat Smart, Move More, Weigh Less for Senior Adults: 13-session program, in partnership with Cooperative Extension
Free for adults 55+; contributions are accepted; Eat Smart: $20

HEALTH DEPARTMENTS
Beaufort County Health Department
(252) 946-1902
1436 Highland Dr., Washington, NC 27889

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Beaufort Hospital
Contact:
Jennifer Lewis
Jennifer.Lewis@vidanthealth.com
(252) 975-8850

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
BERTIE COUNTY

STROKE SUPPORT GROUP
Stroke Survivor Support Group
Chowan County Co-Op Extension Building
730 N. Granville St., Edenton, NC 27932

Contact:
Jackie or Jordan
(252) 482-6767

This group meets on the third Tuesday of each month at 3 p.m.

MEDICATION ASSISTANCE
MAP – Medication Assistance Program
(252) 356-2404
Location: Colerain Primary Care
109 W. River St., Colerain, NC 27924

Hours of operation:
Monday, Tuesday, Wednesday, Friday, 8 a.m. – 5 p.m.

This facility has an in-house pharmacy, so you can attend a medical visit and have your prescriptions filled all in the same location (in many cases at a discounted price), or you can have your prescription sent to and filled at one of the partner pharmacies. Contact this location to see if you qualify for MAP.

Bertie County Department of Social Services – Emergency Assistance
(252) 794-5320
110 Jasper Bazemore Ave., Windsor, NC 27983

Hours of operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

To qualify, individuals must meet the income limits and be in a crisis situation. Walk-in to complete an application, or call to have one mailed to you. Please provide your birth certificate, photo ID, proof of income, utility bill or payment receipt, and the names and Social Security numbers for everyone in the household.

Bertie County Rural Health Association
Provides services health care services and prescription expense assistance to those who qualify.

Program Sites:
• Windsor
  (252) 794-3042
  104 Rhodes Ave., Windsor, NC 27983

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.; Thursday, 8 a.m. – 7 p.m.

• Lewiston:
  (252) 348-2545
  307 S. Main St., Lewiston, NC 27849

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.
MEDICATION ASSISTANCE CONT.
Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

FREE CLINICS
Roanoke Chowan Community Health Center – Colerain Primary Care
(252) 356-2404
109 W. River St., Colerain, NC 27924

Hours of operation:
Monday, Tuesday, Wednesday, Friday, 8 a.m. – 5 p.m.;
Thursday, 8 a.m. – 7 p.m.

This clinic is not free; however, it operates on a sliding scale, meaning that patients pay what they can afford based on their income. Patients must apply in order for the sliding scale to be applied to them.

Bertie County Rural Health Association
(252) 794-3042
www.bcrha.org/index.html

Program sites:
• Windsor
(252) 794-3042
104 Rhodes Ave., Windsor, NC 27983

Hours of operation:
Monday, Tuesday, Wednesday, Friday, 8 a.m. – 5 p.m.,
Thursday, 8 a.m. – 7 p.m.

• Lewiston:
(252) 348-2545
307 S. Main St., Lewiston, NC 27849

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

This is not a free clinic; however, you can apply for a sliding scale payment system, which means that you pay what you can afford based on your income. Call the location nearest you for more information.

FAITH-BASED ORGANIZATIONS
Good Shepherd Food Pantry
(252) 484-3889
1008 N. King St., Windsor, NC 27983
https://goodshepherdpantry.org

Hours of distribution:
Every second and third Saturday, 11:30 a.m. – 3:30 p.m.

This nonprofit organization provides food, healthy cooking classes, and access to the Bertie YMCA.
BERTIE COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Greater Faith Outreach Center – Food Pantry
(252) 414-5476
211 North St. W., Ahoskie, NC 27910

*Hours of distribution:*
Second, third, and last Tuesday of each month,
10 a.m. – 2 p.m.

Clients may receive food once per month and need to fill out an application before they can receive food.

All God’s Children United Methodist Church – Food Pantry
(252) 345-1144
302 Commerce St., Aulander, NC 27805

This food pantry distributes on the last Friday of the month, and an application must be filled out before clients can receive food.

All God’s Children United Methodist Church – Food Pantry
(252) 345-1144
302 Commerce St., Aulander, NC 27805

This food pantry distributes on the last Friday of the month, and an application must be filled out before clients can receive food.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

*Hours of operation:*
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Choanoke Public Transportation Authority
(252) 539-2022
505 N. Main St., Rich Square, NC 27869
www.choanokepta.org

*Hours of operation:*
Monday – Friday, 8 a.m. – 5 p.m.

To schedule transportation, call by 10 a.m. the day before transportation is needed.

COMMUNITY PARAMEDIC
Bertie County EMS
(252) 794-5334 or (252) 325-2460
106 Dundee St., Windsor, NC 27983
http://www.co.bertie.nc.us/departments/em/em.html

*Office Hours:*
8:30 a.m. – 5 p.m.

For emergencies, dial 911.
**BERTIE COUNTY**

**NUTRITIONAL RESOURCES**

*Food Bank of the Albemarle*
(252) 335-4035 or (252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

*Bertie Mobile Food Pantry*
Greater Wynns Grove Church, 221 Wynns Grove Church Rd., Colerain, NC 27924

*Hours of operation:*
Third Thursday of every month, 4:30 p.m. – 6 p.m.

*Congregate Nutrition*
(252) 794-5316
www.co.bertie.nc.us/departments/aging/aging.html

A hot meal is served Monday – Friday, 12 p.m., along with activities and entertainment.

This program has sites in Windsor, Aulander, and Colerain. Call the number listed above for more information.

*Meals on Wheels*
(252) 794-5315
http://www.co.bertie.nc.us/departments/aging/aging.html

A hot mid-day meal is delivered to homebound seniors. Bertie County has two routes in Windsor and Aulander. Meals are offered in Colerain but cannot be delivered to an individual’s home. They must be picked up by a family member or caregiver.

**HEALTH DEPARTMENTS**

*Bertie County Health Department*
(252) 794-5322
102 Rhodes Ave., Windsor, NC 27983
www.arhs-nc.org

**OTHER RESOURCES**

*Bertie County Council on Aging – In-Home Respite*
(252) 794-5315
http://www.co.bertie.nc.us/departments/aging/aging.html

A certified nursing assistant is provided to “relieve” a primary caregiver for loved ones who would be unsafe if left alone.

*Senior Center*
(252) 794-5315
103 W. School St., Windsor, NC 27983
www.co.bertie.nc.us/departments/aging/aging.html

*Hours of operation:*
8:30 a.m. – 5 p.m.

**VIDANT HEALTH COMMUNITY HEALTH LEADERS**

*Vidant Bertie and Chowan Hospitals*

*Contact:*
Kelly Herr
Kelly.Herr@vidanthealth.com
(252) 482-6271

*Services:*
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
CAMDEN COUNTY

MEDICATION ASSISTANCE
Salvation Army of Elizabeth City
(252) 338-4129
602 N. Hughes Blvd., Elizabeth City, NC 27909
https://www.salvationarmycarolinas.org/elizabethcity/home/

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

Community Care Clinic of Pasquotank County – Patient Assistance Program
(252) 384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m. Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and, for patients without insurance. Must meet income eligibility requirements, and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

FREE CLINICS
Community Care Clinic
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of operation:
Monday – Thursday, 8:30 a.m. – 4:30 p.m.
Friday, 8:30 a.m. – 12 p.m.

This clinic is for uninsured adults who meet the income requirements. It is not free; however, it operates on a sliding scale, which means that you pay what you can afford based on your income.

Albemarle Regional Health Services – Adult Health
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

FAITH-BASED ORGANIZATIONS
Camden United Methodist Church
(252) 335-7565
197 N.C. Hwy. 343 S., Camden, NC 27921
Food pantry director: Beth Flythe
http://camdenunitedmethodist.weebly.com/food-pantry.html

Hours of operation:
9:30 a.m. – 11 a.m.

Local food pantry held twice per month on various Tuesdays throughout the year. Visit the link above to view the calendar with dates, or call the number listed above.
CAMDEN COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Catholic Charities – Albemarle Regional Office  
(252) 426-7717  
113 W. Market St., Hertford, NC 27944

*Hours of operation:*  
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Inter-County Public Transportation Authority  
(252) 338-4480  
Camden Co. DSS: (252) 331-4787  
https://icpta.net/services/schedule-transportation/

*Hours of operation:*  
Monday – Friday, 4:30 a.m. – 7:30 p.m.

This service does offer Medicaid Transportation; however, all Medicaid appointments must be scheduled through a county Department of Social Services.

COMMUNITY PARAMEDIC
Pasquotank-Camden Emergency Medical Services  
(252) 335-1524  
1144C N. Road St., Elizabeth City, NC 27909

For emergencies, dial 911.

NUTRITIONAL RESOURCES
Food Bank of the Albemarle  
(252) 335-4035  
(252) 335-4797  
109 Tidewater Way, Elizabeth City, NC 27909  
https://afoodbank.org

South Mills Mobile Food Pantry  
South Mills Ruritan Club: 394 Main St., South Mills 27976

*Distribution:*  
Second Wednesday of every month, 5 p.m. – 7 p.m.

Camden County Senior Center  
(252) 335-2569  
117 N.C. Hwy. 343 N. Camden, NC 27921  
https://www.camdencountync.gov/36-departments/senior-center

*Hours of operation:*  
Monday – Friday, 8 a.m. – 5 p.m.

Congregate Meals  
County residents must be 60 + years of age.

Home-Delivered Meals  
County residents must be unable to participate in the congregate nutrition program due to physical or mental impairment.
CAMDEN COUNTY

HEALTH DEPARTMENTS
Camden County Health Department
(252) 426-4460
160 US 158, Bldg. B, Camden, NC 27921
www.arhs-nc.org

Camden County Department of Social Services
(252) 331-4787
117 N.C. Hwy. 343 S. Camden, NC 27921
www.camdencountync.gov/departments/social-services

OTHER RESOURCES
Day Break Adult Health Care
(252) 338-4375
1407 Parkview Dr., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 7:30 a.m. – 5:30 p.m.

This facility provides two meals and a snack each day, group activities, help with medications, and assistance with grooming. Call Day Break Adult Health Care for more information regarding pricing.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
CARTERET COUNTY

MEDICATION ASSISTANCE
MAP (Medication Assistance Program)

- No health insurance / problems affording medications
- Health insurance without prescription coverage
- Not a candidate for Medicaid / third party prescription coverage
- Meet participating drug companies' financial guidelines

Program sites:
The Broad, Street Clinic
(252) 726-4562
534 N. 35th St., Morehead City, NC 28557

FREE CLINICS
Broad Street Clinic
(252) 726-4562
534 N. 35th St., Suite K, Morehead City, NC 28557

Provides free health care to uninsured individuals. Income must be at or below 200% poverty level.

Carteret County Health Department – Adult Health
(252) 728-8550
3820 A Bridges St., Morehead City, NC 28557

Hours of operation:
Monday – Friday, 8 a.m. – 4 p.m.
(Closed 11 a.m. – 1 p.m.)

Provides preventive and primary care to adults with both acute and chronic illnesses like diabetes, elevated blood pressure, and cholesterol; refers patients who qualify for a medication assistance program.

FAITH-BASED ORGANIZATIONS
Martha's Mission Cupboard
(252) 726-1717
901 Bay St., Morehead City, NC 28557

Hours of operation:
Monday, Wednesday, Friday, 10:30 a.m. – 3 p.m.

Residents of Carteret County are eligible to receive food and are typically screened by Department of Social Services and Le'Chris Health Systems.

Salvation Army of Carteret County
(252) 726-7147
1700 Arendell St., Morehead City, NC 28557

Hours of operation:
Monday – Thursday, 9 a.m. – 3:30 p.m.
Thrift Store: Monday – Saturday, 9 a.m. – 4:30 p.m.

Provides utility, food, clothing, lodging, medication, and transportation assistance.

Must be a resident of Carteret County. Financial assistance is given once every 18 months and services are based on need and available resources.
NON-EMERGENCY TRANSPORTATION PROGRAMS

Carteret County Area Transportation Program (C-CATS)
(252) 240-1043
3820 Bridges St., Morehead City, NC 28557

Services:
Non-emergency medical transportation and limited out-of-county service for non-emergency medical appointments.

Coastal Community Action
(252) 223-1630
303 McQueen Ave., Newport, NC 28570
http://www.coastalca.org

Nonprofit organization that works to provide needed resources and support for senior services, family services, and housing services.

NUTRITIONAL RESOURCES

Area Agency on Aging, Region P
(252) 638-3185
Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563

What they offer:
Healthy Living with Chronic Conditions: self-management program for any chronic condition, six weekly sessions, in partnership with the Health Departments in some counties.

Free for ages 60+, small fee for those under 60; locations vary.

Carteret County Cooperative Extension
(252) 222-6352
303 College Cir., Morehead City, NC 28557
https://www.carteretcountync.gov/544/Cooperative-Extension

What they offer:
Educational nutrition programs that focus on areas including local foods, food safety, gardening and environmental efforts.

Eat Smart, Move More, Weigh Less, Cook Smart, Eat Smart.

HEALTH DEPARTMENTS

Carteret County Health Department
(252) 728-8550
3820 Bridges St., # A, Morehead City, NC 28557
Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS

Vidant Health Corporate
855-MyVidant
Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
CHOWAN COUNTY

STROKE SUPPORT GROUPS
Stroke Survivor Support Group
Chowan County Co-Op Extension Building
30 N. Granville St., Edenton, NC 27932

This group meets on the third Tuesday at 3 p.m.

MEDICATION ASSISTANCE
MAP (Medication Assistance Program)
• No health insurance / problems affording medications
• Health insurance without prescription coverage
• Not a candidate for Medicaid / third-party prescription coverage
• Meet participating drug companies' financial guidelines

Program sites:
Gateway Community Health Center
(252) 221-2171
2869 Virginia Rd., Tyner, NC 27980

Chowan County Department of Social Services
(252) 482-7441
100 W. Freemason Cir., Edenton, NC 27932

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Offers financial assistance with prescriptions based on circumstances. Must meet income requirements and be in a crisis situation.

Community Care Clinic of Pasquotank County
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Must meet the income requirements, have no insurance and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

FREE CLINICS
Community Care Clinic of Pasquotank County
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Chowan County Health Department
(252) 482-6003
100 W. Freemason Cir., Edenton, NC 27932

There is a fee, based on income, for most services.

Gateway Community Health Centers – Tyner Clinic
(252) 221-2171
Northern Chowan Community Center, 2869 Virginia Rd., Tyner, NC 27980

Hours of operation:
Monday – Thursday, 9 a.m. – 7 p.m.; Friday, 8 a.m. – 12 p.m.

This is not a free clinic; however, you pay what you can afford based on your income.

Albemarle Regional Health Services – Adult Health
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

There is a fee, based on income, for most services.
CHOWAN COUNTY

NON-EMERGENCY TRANSPORTATION PROGRAMS
Inter-County Public Transportation Authority
(252) 338-4480
110 Kitty Hawk Ln., Elizabeth City, NC 27909

Low- or no-cost transportation services

Riverlight Public Transportation
(252) 793-404
209 E. Main St., Plymouth, NC

NUTRITIONAL RESOURCES
North Carolina Cooperative Extension - Perquimans County Center
(252) 426-5428 or 7697
PO Box 87, Hertford, NC 27944, 601-A S. Edenton Road St., Hertford

Services:
Provides food and nutrition education and adult educational programming.

Senior Citizen Center located at Gates County Community Center
(252) 357-0677
130 Hwy. 158 E., Gatesville, NC 27938

Hours of operation:
Monday – Friday, 8 a.m. – 4 p.m.

Must be 60 or older for lunch meals.

Home-delivered meals
• Available to homebound individuals 60 or older. Call to see if you or your loved one qualifies.

Three Rivers Healthy Carolinians
(252) 482-1199
100 W. Freemason Cir., Edenton, NC 27932

What they offer:
Tobacco cessation, physical activity programs, Body & Soul: nutrition program in African-American churches, call for more information.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Contact:
Alexandria Diamond
Alexandria.Diamond@vidanthealth.com
(252) 482-6242

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
CRAVEN COUNTY

MEDICATION ASSISTANCE
Community Care of North Carolina Pharmacy Home

- Realo Discount Drugs - New Bern
  (252) 631-5444
- Realo Discount Drugs - New Bern
  (252) 672-0253
- Realo Discount Drugs – Bridgeton
  (252) 636-0236
- Realo Discount Drugs - New Bern
  (252) 514-0374
- Realo Discount Drugs - New Bern
  (252) 636-1711

FREE CLINICS
MERCI Clinic
(252) 633-1599
1315 Tatum Dr., New Bern, NC 28560

Hours of operation:
Tuesday, Thursday, 8 a.m. – 5:30 a.m.

This clinic is not free; however you can apply for the sliding scale program where you pay what you can afford based on your income.

Goshen Medical Center - New Bern Clinic
(252) 772-9995
4114 Dr. Martin Luther King Jr. Blvd., New Bern, NC 28562

Hours of operation:
Monday – Thursday, 8 a.m. – 5:30 p.m.; Friday, 8 a.m. – 2 p.m. (Closed 12 p.m. – 1 p.m. each day)

This clinic is not free; however you can apply for the sliding scale program where you pay what you can afford based on your income.

FAITH-BASED ORGANIZATIONS
Extended Hands – Food Pantry
(252) 514-9469
723 Professional Dr., New Bern, NC 28560

Hours of operation:
Second and fourth Wednesday, 1 p.m. – 3 p.m.

Religious Community Services – Soup Kitchen/Food Pantry
(252) 633-2767
919 George St., New Bern, NC 28560

Hours of operation:
Soup Kitchen: Monday – Saturday, 10:30 a.m. – 11:45 a.m.; Sunday, 3:30 p.m. – 4:45 p.m.
Food Pantry: Monday – Friday, 12:30 p.m. – 2:30 p.m.

Salvation Army of New Bern
(252) 637-2277
1402 Rhem Ave., New Bern, NC 28562

Hours of operation:
Monday – Friday, 9:30 a.m. – 11:30 a.m.

Verifi cation of household income and expenses for the previous month or a written referral from a partnering agency, ID for each person living in the household. Please provide proof of residency in Craven or Pamlico county.

Word of God Christian Center Food Pantry
(252) 672-0072
3310 Trent Rd., New Bern, NC 28562

Hours of operation:
Every third Saturday of the month, 9 a.m. – 12 p.m.
CRAVEN COUNTY

NON-EMERGENCY TRANSPORTATION PROGRAMS
CARTS (Craven Area Regional Transportation Services)
(252) 636-4917
2822 Neuse Blvd., New Bern, NC 28561

Medical Transportation – DSS
(252) 636-4900, ext. 3036
2818 Neuse Blvd. P.O. Box 12039, New Bern, NC 28561

NUTRITIONAL RESOURCES
Craven County Cooperative Extension
(252) 633-1477
300 Industrial Dr., New Bern, NC 28562
https://craven.ces.ncsu.edu/categories/health-nutrition/

What they offer:
Eat Smart, Move More, Weigh Less; Senior Center program on health topics; Extension and Community Association: group for retirees, meets once monthly, various health topics programs.

Craven County Parks and Recreation
(252) 636-6606
406 Craven St., New Bern, NC 28560

What they offer:
Senior archery (for age 55+), tennis, golf, kayaking, Meet Me at the Park: organized tennis match play, Hooked on Walking: group walking program, Twin Rivers Paddle Club: kayaking club for beginners, also organizes a senior paddle event.

HEALTH DEPARTMENTS
Craven County Health Department
(252) 636-4920
2818 Neuse Blvd., New Bern, NC 28562

Hours of operation:
Monday–Friday, 8 a.m.–5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
CURRITUCK COUNTY

MEDICATION ASSISTANCE
SHIIP – Seniors’ Health Insurance Information Program

- Currituck Co. SHIIP counselor
  (252) 232-2261
  120 Community Way, Barco, NC 27917
  currituck.ces.ncsu.edu/2015/09/do-you-need-help-paying-for-your-prescriptions/

- North Carolina state SHIIP office
  (855) 408-1212
  ncshiip.com
  https://www.ncdoi.com/shiip/Search_For_a_Counselor_By_County.aspx

Helps those who qualify for Medicare understand what programs and services are available to them, as well as help individuals apply for these services.

Low-Income Subsidy (LIS) Program – “Extra Help”

Helps with Medicare Part D prescription drug costs. Medicare beneficiaries must meet certain income, resource, and asset requirements to qualify.

Contact your local SHIIP counselor listed above to see if you qualify and for help applying.

Community Care Clinic of Pasquotank County – Patient Assistance Program
252-384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m. Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and for patients without insurance. Must meet income eligibility requirements and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

FREE CLINICS
Albemarle Regional Health Services – Adult Health
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

Albemarle Hospital Foundation Community Care Clinic
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8:30 a.m. – 4 p.m.

This service is for uninsured adults who meet the income requirements. It is not free; however, it operates on a sliding scale, which means that you pay what you can afford based on your income.

Dr. Norman Dahm, NC (Family Medicine Gyn) – Health Clinic
(252) 491-8550
The Harbinger Center, Suite 3, 8845 Caratoke Hwy., Point Harbor, NC 27964

Hours of operation:
Second Monday from 2 p.m. – 3:30 p.m.

There is a $15 fee to cover the cost of equipment. Services are for those ages 5 and up. Please call to leave your name and phone number, and a team member will return your call to set up an appointment.
FAITH-BASED ORGANIZATIONS
Interfaith Community Outreach
- Mt. Zion United Methodist Church
  (252) 453-3358
  6480 Caratoke Hwy., Grandy, NC 27939
  Interfaithoutreach.com

Hours of operation:
Monday, Wednesday, Friday, 10 a.m. – 2 p.m.

Provides temporary emergency assistance to those in need.

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

Pilmoor Memorial United Methodist Church on the shores of the Currituck Sound – Food Pantry
(252) 232-2136
192 Courthouse Rd., Currituck, NC 27929
http://pilmoor.org

Hours of distribution:
Monday, Wednesday, Friday, 10 a.m. – 1 p.m.

A food pantry is available to individuals in need.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Inter-County Public Transportation Authority
(252) 338-4480
https://icpta.net/services/schedule-transportation/

Hours of operation:
Monday – Friday, 4:30 a.m. – 7:30 p.m.

Call the number listed above to schedule a ride.

This service does offer Medicaid Transportation; however, all Medicaid appointments must be scheduled through a county Department of Social Services.

COMMUNITY PARAMEDIC
Currituck County EMS
(252) 232-7746
2795 Caratoke Hwy., Currituck, NC 27929
https://co.currituck.nc.us/departments/ems/

For emergencies, dial 911.
**NUTRITIONAL RESOURCES**

**Food Bank of the Albemarle**
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
https://afoodbank.org

**Lower Currituck Food Pantry**
(252) 202-6005
109 Forbes Loop #4, Grandy, NC 27939
At “The Shops” in Grandy near Food Lion
lowercurrituckfoodpantry.weebly.com

**Hours of operation:**
Tuesday, 5:30 p.m. – 7 p.m.; Wednesday, 10 a.m. – 1 p.m.

**Currituck Senior Centers - Congregate Nutrition and Home Delivered Meals**
https://co.currituck.nc.us/senior-programs/

**Program sites:**
**Currituck Senior Center**
(252) 232-3505
130 Community Way, Barco, NC 27917

**Hours of operation:**
Monday – Friday, 8 a.m. – 5 p.m.

**Powell’s Point Senior Center**
(252) 491-8173

**Hours of operation:**
Monday – Friday, 8 a.m. – 4:30 p.m.

**Knotts Island Senior Center**
(252) 429-3231

**Hours of operation:**
Monday – Friday, 9 a.m. – 3:30 p.m.

**Congregate Nutrition**
The Currituck County Senior Centers offer lunch at all three locations, at 12 p.m., Monday – Friday. You must sign up by 11:30 a.m. the day before you plan to attend the congregate lunch.

**Home-Delivered Meals**
Meals are delivered Monday – Friday to homebound seniors who are 60 years or older. Call the senior center nearest you to see if you qualify.

**Transportation**
The Currituck County Senior Centers coordinate with the Inter-County Public Transportation service to provide transportation from your home to a senior center. To qualify for free transportation, you must be 65 or older or disabled. Call ICPTA to schedule transportation.

- **Currituck Co. Department of Social Services**
  (252) 232-3080

- **Inter-County Public Transportation (ICPTA)**
  (252) 338-4480
CURRITUCK COUNTY

HEALTH DEPARTMENTS
Currituck Health Department
252) 232-2271
2795 Caratoke Hwy., Currituck, NC 27929
https://www.arhs-nc.org

OTHER RESOURCES
Day Break Adult Health Care
(252) 338-4375
1407 Parkview Dr., Elizabeth City, NC 27909

*Hours of operation:*
Monday – Friday, 7:30 a.m. – 5:30 p.m.

This facility provides two meals and a snack each day, group activities, help with medications, and assistance with grooming. Call Day Break Adult Health Care for more information and to ask about pricing.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

*Services:*
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
**DARE COUNTY**

**MEDICATION ASSISTANCE**

**NC MedAssist Program**
Provides assistance for prescription and over the counter medications. Application required. Call 866-331-1348 or www.medassist.org

**Walmart Reduced Prescription Drug List**
Provides some medications at a discount to all patients with or without insurance.

**Walmart**
5400 N. Croatan Hwy #100
KittyHawk, NC 27949
252-261-6011

**GoodRx**
GoodRx.com
On website, enter zip code and your medication and find lowest cost at area drugstores with coupons and discounts.

**FREE CLINICS**

**Community Care Clinic of Dare**
Free medical clinic that provides assistance for medications for qualifying individuals.

**Program Sites:**
- Nags Head: 425 Health Center Dr., Nags Head, NC
  (252) 261-3041
- Frisco: 50347 NC 12 Hwy., Frisco, NC, Dare County Department of Public Health
  (252) 475-9329

**Albemarle Area United Way**
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

**Hours of operation:**
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

**Albemarle Hospital Foundation Community Care Clinic**
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

**Hours of operation:**
Monday – Friday, 8:30 a.m. – 4 p.m.

This service is for uninsured adults. No one will be turned away for inability to pay.

**FAITH-BASED ORGANIZATIONS**

**Interfaith Community Outreach**
(252) 480-0070
115 Mustain St., Kill Devil Hills, NC 27948
Interfaithoutreach.com

**Hours of operation:**
Monday, Wednesday, Friday, 10 a.m. – 2 p.m.

Provides temporary emergency assistance to individuals in need.

**Catholic Charities – Albemarle Regional Office**
(252) 426-7717
113 W. Market St., Hertford, NC 27944

**Hours of operation:**
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.
DARE COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Mt. Olivet United Methodist Church – Roanoke Island
Food Pantry
(252) 473-2089
300 Ananias Dare St., Manteo, NC 27954

Hours of operation:
Monday – Friday, 9 a.m. – 11 a.m.

A referral is expected, but no one will be rejected. Walk-ins are welcome! If a referral from a local pastor, medical provider or Dare County Department of Social Services is presented, a $20 gift card to a local grocery store will be issued.

Beach Food Pantry
(252) 261-2756
4007 N. Croatan Hwy., Kitty Hawk, NC 27949
https://beachfoodpantry.org

Hours of operation:
Monday – Friday, 2 p.m. – 4 p.m.

Eligibility: Dare County residents only; must show a photo ID, proof of Dare county residency and complete an application. Clients can make only four visits per year.

Ruthie’s Community Kitchen
Contact Gail Leonard: (252) 207-8820
Son Rise Church of Christ, 1311 Goldie St.,
Kill Devil Hills, NC
http://www.ruthiescommunitykitchen.com

Hours of operation:
Meals are served every Tuesday from 5 p.m. – 6 p.m.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Dare County Transportation System
(252) 473-3471
www.darenc.com/departments/transportation

Hours of operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

DCTS provides transportation in Dare County, and out-of-county transportation for medical appointments in North Carolina and Southeastern Virginia. Scheduling for transportation must be done at least two days in advance.

COMMUNITY PARAMEDIC
Dare County EMS
Emergency: Call 911
Non-Emergency phone number: (252) 473-3444
www.darenc.com/departments/ems

Provides emergency medical services to dare county residents. Residents may stop by any EMS station in the county for a free routine blood pressure or glucose check. If you are experiencing a medical emergency, dial 911.

Program Sites:
Station 1, Kill Devil Hills
632 N. Croatan Hwy., Kill Devil Hills, NC 27948

Station 2, Manteo
515 Bowerstown Rd., Manteo, NC 27954

Station 3, Frisco
50346 Hwy. 12, Frisco, NC 27936
COMMUNITY PARAMEDIC CONT.
Station 4, Southern Shores
28 E. Dogwood Trail, Southern Shores, NC 27949; located in Southern Shores Volunteer Fire Department

Station 5, Nags Head
5314 S. Croatan Hwy., Nags Head, NC 27959; located in the Chicamacomico Banks Volunteer Fire Department

Station 7, Dare MedFlight Crews Quarters
1078 Driftwood Dr., Manteo, NC 27954; 1025 Driftwood Dr., Manteo, NC 27954

Station 8, Manns Harbor
6677 Hwy. 64/264, Manns Harbor, NC 27953

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

Mobile Food Pantry Sites:
• Mann’s Harbor Mobile Drop
  Mt. Caramel UMC
  6658 W. Hwy, 64
  Manns Harbor, NC 27953
  Distributes on the second Thursday of each month.

• Mobile Food Pantry Manteo (Dare County TEFAP)
  Manteo Baptist Church
  406 US-64, Manteo
  Manteo, NC 27854
  252-473-3814
  Distributes from 1:30 p.m. – 3:15 p.m.

• Colington Mobile Food Pantry
  First Flight Elementary School: 107 Veterans Dr., Kill Devil Hills, NC 27948
  Distributes from 4:00 p.m. – 6:00 p.m. on the second Thursday of each month

Congregate Nutrition and Home-Delivered Meals
(252) 475-9279 Dare County Center, Manteo
Dare County Center
www.darenc.com/departments/adult-senior-services/nutrition-services

Congregate meals are served at 12 p.m. Monday – Friday. Call at least 72 hours in advance to order your meal.

Home-delivered meals are provided for the homebound elderly in Dare County.

MEALS on WHEELS
Lunch M-F for homebound seniors aged 60 years or older. Call 252-426-7093, ext: 228

OTHER RESOURCES
GEM (Gentle Expert Memorycare) Adult Day Services
12 Juniper Trail, Suite 205
Southern Shores, NC 27949
(252) 480-3354
www.gemdayservices.org

This facility offers adult care day programs for caregivers and patients. Contact Gail Sonnesso, MS, GCM, AFA Certified Partner in Care.
OTHER RESOURCES CONT.

Outer Banks Relief Foundation
103 East Eighth Street
Nags Head, NC 27959
252-261-2004
outerbanksrelieffoundation.com

Provides monetary assistance to patients experiencing a medical crisis.

Peak Resources Outer Banks
Adult Rehabilitation and Nursing Care
430 W Health Center Drive
Nags Head, NC 27959
252-441-3116
www.peakresourcesinc.com

VIDANT HEALTH RESOURCES

The Outer Banks Hospital
4800 S. Croatan Highway
Nags Head, NC 27959
252-449-4500

The Outer Banks Hospital Outpatient Rehabilitation Therapy
4800 S. Croatan Hwy
Nags Head, NC 27959
252-449-4560
PT, OT, Speech, Certified therapist for swallowing

The Center for Healthy Living
Medical Office Building Suite 270
4810 S. Croatan Highway
Nags Head, NC 27959
252-449-5978

Nurse Navigator for Diabetes and Stroke: Robin South, RN
Dietitian: Jaclyn Hall, RDN, LDN

Integrative Medicine: Dr. Christina Bowen
Lifestyle Medicine: Marielle Silk, NP
Health Coach: Denise dePedro
Smoking Cessation Clinic

Health Coach: Mobile Wellness Screenings
www.theouterbankshospital.com/Health-Wellness/Classes-Events/
MEDICATION ASSISTANCE
MAP (Medication Assistance Program)

Program sites:
Rose Hill Medical Center
(910) 289-3027
600 S. Sycamore St., Rose Hill, NC 28458

Goshen Medical Center
(910) 267-0421
444 SW. Center St., Faison, NC 28341

• No health insurance / problems affording medications
• Health insurance without prescription coverage
• Not a candidate for Medicaid / third party prescription coverage
• Meet participating drug companies’ financial guidelines

Eastern Carolina Human Services Agency
(910) 285-5331
1326 N. Teachey Road, Wallace, NC 28466
echsainc.com

Provides comprehensive services and medical assistance to low income, veterans and military families enrolled in the program according to need.

Seniors’ Health Insurance Information Program (SHIIP)
(919) 755-9757
111 Seaboard Ave., North Carolina Department of Insurance, Raleigh, NC 27601

Services:
Helps senior citizens and Medicare eligible adults with Medicare, Medicare supplements, Medicare+Choice, Medicare fraud and abuse, and long-term care insurance questions. Creates educational materials for consumers’ use. Offers prescription drug assistance for individuals and married couples.

FREE CLINICS
Goshen Medical Center
(910) 267-0421
444 S West Center St., Faison, NC 28341
goshenmedical.org

Services:
Provides health care in 20 medical clinics.
• Beulaville
  (910) 298-3125
  119 Crossover Rd., Beulaville, NC 28518
• Wallace
  (910) 285-2330
  110 Eastwood Rd., Wallace, NC 28466
• Plainview Health Services
  (910) 289-3086
  360 E Charity Rd., Rose Hill, NC 28458

Duplin County Health Department – Primary Care
340 Seminary St., Kenansville, NC 28349
(910) 269-2130

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Provides primary care services for adults age 18 and older. Offers screenings for high blood pressure, diabetes, and more. Also offers general physical exams.

This clinic is not free; however you pay what you can afford based on your income.
FREE CLINICS CONT.
Rose Hill Medical Center
(910) 289-3027
600 S. Sycamore St., Rose Hill, NC 28458

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Duplin County Transportation Department
(910) 296-2333
209 Seminary St., Kenansville, NC 28349

Services:
Provides safe and affordable transit services including transportation to nutritional sites for the elderly, and medical appointment transportation for Medicaid recipients.

NUTRITIONAL RESOURCES
Duplin County Health Department
(910) 296-2130
340 Seminary St., Kenansville, NC 28349
http://www.duplincounty.org/dchealth.htm

What they offer:
Smoking Cessation Classes: available upon request.
Diabetes Education

Classes: about eight-week program; walking track and fitness equipment available to the public, free; locations vary.

Pope Wellness Center at Mount Olive College
(919) 635-3773
562 Henderson St., Mount Olive, NC 28365

To enroll contact local county health department:
Duplin (910) 296-2130

What the offer:
Fitness by Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income; free.

Duplin County Services for the Aged
• Senior Center – Congregate Meals
  (910) 269-2140
  Beulaville Presbyterian Church, 205 E. Main St., Beulaville, NC 28518

Hours of operation:
Monday – Friday, 10 a.m. – 2:30 p.m.; lunch is served at 12 p.m.

Must be 60 or older to eat lunch. Please walk in to complete an application.

• Home-Delivered Meals
  (910) 296-2140
  213 Seminary St., Kenansville, NC 28349

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Lunch is served around 12 p.m. to homebound individuals aged 60 or older. Please call to see if you qualify.
DUPLIN COUNTY

HEALTH DEPARTMENTS
Duoplin County Health Department
(910) 296-2130
340 Seminary St., Kenansville, NC 28349

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Duplin Hospital
Contact:
Sue Wells
Sue.Wells@vidanthealth.com
(910) 296-8836

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
STROKE SUPPORT GROUPS

Vidant Edgecombe Stroke Support Network
This support group is for stroke survivors and their caregivers. Please contact Joanna Keeter for more information.

Vidant Medical Center Stroke Support Network
- Monroe AHEC Conference Center
  2000 Venture Tower Dr., Greenville, NC 27834
  Located behind the McDonald’s on Stantonsburg Road near the hospital.

For more information, please contact Michele Horvath at (252) 847-0571 or Michele.Horvath@vidanthealth.com.

This group is open to survivors and their caregivers and family.

Brain Injury and Stroke Support Group
Bryant T. Aldridge Rehab Center (Bridge Gym Area)
2400 Medpark Dr., Rocky Mount, NC 27840

Hours of operation:
Each Thursday from 5 p.m. – 6 p.m.

MEDICATION ASSISTANCE

Tar River Mission Clinic
(252) 962-3450
1041 Noell Ln., Medical Plaza B, Rocky Mount, NC 27804

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

Services available: Primary Medical Care

Freedom Hill Community Health Center
(252) 641-0514
162 N.C. Hwy. 33 E., Princeville, NC 27886

Hours of operation:
June – October: Monday, Tuesday, Thursday, Friday, 8 a.m. – 5 p.m.; Wednesday, 12 p.m. – 9 p.m.
November – May: Monday – Tuesday, Thursday, Friday, 8 a.m. – 5 p.m.; Wednesday, 11 a.m. – 8 p.m.

Provides low-cost health care to underserved individuals. Services include medical care, behavioral health services, and a pharmacy. You pay what you can afford based on your income.

Bloomer Hill Free Clinic
(252) 937-6451
10102 U.S. Hwy. 301, Whitakers, NC 27891

Hours of operation:
First Saturday of the month, 9 a.m. – 12 p.m.

Provides primary care services to the public for no charge.

Rural Health Group at Whitakers
(252) 437-2171
105 S.E. Railroad St., PO Box 769, Whitakers, NC 27891

This clinic operates on a sliding scale, which means that you pay what you can afford based on your income.
MEDICATION ASSISTANCE CONT.
Nash County Health Department – Rocky Mount
(252) 446-0027
322 S. Franklin St., Rocky Mount, NC 27804

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

This facility operates on a sliding scale, which means that you pay what you can afford based on your income.

FAITH-BASED ORGANIZATIONS
Dominion Christian Outreach Ministries
(252) 454-0800
608 Kingston Ave., Rocky Mount, NC 27803
Sheldon Bullock, Pastor

United Community Ministries
(252) 985-1650
341 McDonald St., P.O. Box 2624, Rocky Mount, NC 27802
Leta Lacey, Shelter Manager and Resident Service

Services:
Serves individuals or families in crisis situations. After interview, deserving clients are helped with funds for utilities, rent, fuel, or medicine. A United Way Agency.

Church of God of Deliverance
(252) 446-9166
140 E. Goldleaf St., Rocky Mount, NC 27801
No contact person. Leave message

Serving food boxes and hot meals to elderly, children, and families.

Living Waters Ministries of Pinetops
(252) 827-4592
Town Creek Hills Subdivision, 7421 U.S. Hwy. 258 S., Pinetops, NC 27864

Food is distributed on the fourth Saturday each month, 9 a.m. – 11 a.m.

Inter-Faith Food Shuttle – Mobile Markets
(919) 250-0043
Tarboro, NC 27886
https://www.foodshuttle.org/mobile-markets

Please call to learn about hours and times to arrive depending on location.

Tarboro Community Outreach, Inc. – Food Pantry
(252) 823-8801
701 Cedar Ln., Tarboro, NC 27886

Hours of operation:
Monday – Friday, 8 a.m. – 11:30 a.m.
Other times are based on appointment.

First Pentecostal Holiness Church – Food Pantry
(252) 823-8321
700 W. Howard Ave., Tarboro, NC 27886

Hours of distribution:
Third Thursday of the month; hours vary.
Please call for more details.

Provides free groceries to residents of Edgecombe county.
EDGECOMBE COUNTY

NON-EMERGENCY TRANSPORTATION PROGRAMS

NETS (Nash Edgecombe Transportation Service)
(252) 937-6387

Transportation provided throughout city at designated stop and scheduled times, Monday through Friday.

VOICE – Edgecombe County Health Department
(252) 641-7511
2909 N. Main St., Tarboro, NC 27886

**Hours of operation:**
Monday – Friday, 8:30 a.m. – 5:00 p.m.

Offers transportation for the elderly in Edgecombe County to and from Doctor's appointments, pharmacies, grocery stores, Health Departments, Social Services, etc. Must be 60 or older and a resident of Edgecombe county A United Way Agency.

Home and Community Care Services
(252) 234-5952

**Hours of operation:**
Monday – Friday, 8:30 a.m. – 5:30 p.m.

Eligibility is based on the need for service. Prices vary, so please call for more information.

NUTRITIONAL RESOURCES

Crossworks, Inc.
(252) 446-6964
1041 Noell Ln., Plaza B, P.O. Box 6795, Rocky Mount, NC 27804

**Services:**
Workshop and classes focusing on nutrition, basic meal planning, and food preparation.

E. L. Roberson Center
(252) 641-4263
305 W. Baker St., Tarboro, NC 27886

A multi-purpose senior citizens center that provides a nutrition program.

Rocky Mount Senior Center
(252) 972-1152
427 S. Church St., Rocky Mount, NC 27804
http://www.rockymountnc.gov/parks/senior.html

**What they offer:**
For adults 55+, Gym Walkers program: indoor walking area, Outdoor track, Open Swim, Water Aerobics, Senior Stretch, yoga, tai chi, etc.; Diabetes workshops: offered quarterly, must pre-register. Fitness Center: variety of exercise equipment available for a monthly fee

**EDGECOMBE COUNTY**

**HEALTH DEPARTMENTS**

*Edgecombe County Health Department*
(252) 641-7511
122 E. St. James St., Tarboro, NC 27886

*Hours of operation:*
Monday – Friday, 8 a.m. – 5 p.m.

*County Health Department*
(252) 985-4100
155 Atlantic Ave., Rocky Mount, NC 27801

*Hours of operation:*
Monday – Friday, 8 a.m. – 5 p.m.

**VIDANT HEALTH COMMUNITY HEALTH LEADERS**

*Vidant Edgecombe*

*Contact:*
Michele Cherry
Michele.Cherry@vidanthealth.com
(252) 641-8293

*Services:*
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
GATES COUNTY

MEDICATION ASSISTANCE
Medication Assistance Program – Gateway Community Health Center – Gates
(252) 357-1226
501 Main St., Gatesville, NC, 27938

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves the lives of people in northeastern North Carolina through fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

Community Care Clinic of Pasquotank County – Patient Assistance Program
(252) 384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy Hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m. Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and, for patients without insurance. Must meet income eligibility requirements and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

FREE CLINICS
Gateway Community Health Center
(252) 357-1226
501 Main St., Gatesville, NC 27938

Hours of operation:
Monday, 8a.m. – 7 p.m.; Tuesday, 8 a.m. – 5 p.m.; Wednesday, 1 p.m. – 6 p.m.; Thursday, 1 p.m. – 7 p.m.; Friday, 8 a.m. – 12 p.m.

This clinic accepts Medicare and Medicaid.

Albemarle Regional Health Services – Adult Health
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

Albemarle Hospital Foundation Community Care Clinic
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of operation:
Monday – Friday, 8:30 a.m. – 4 p.m.

This service is for uninsured adults who meet the income requirements. It is not free; however, it operates on a sliding scale, which means that you pay what you can afford based on your income.
GATES COUNTY

FAITH-BASED ORGANIZATIONS
Upper Room Assembly, Compassion Central –
Upper Room Bread Basket
(252) 357-5300
107 Savage St., Gatesville, NC 27938
https://www.uraog.com/soloman-s-porch

Hours of distribution:
Monday – Thursday, 10 a.m. – 2 p.m.

Provides a clothing closet and food pantry. Must be a Gates County resident. Please bring a photo ID along with address and income verification.

Damascus Road Worship Center – Food Pantry
(252) 357-0321
739 N.C. 137, Eure, NC 27935

Hours of distribution:
Third Tuesday of each month, 3 – 6 p.m.

An application must be completed, and income must be verified before an individual can receive food.

Gates Emergency Ministries – Food Pantry
(252) 357-6599
25 Medical Center Rd., Gates, NC 27937

Hours of distribution:
Monday, Wednesday, Friday, 10 a.m. - 12p.m.

An application has to be filled out before you can receive food. Recipient must be a Gates County resident, meet the income requirements, and will need to bring proof of a Gates County address.

Greater Faith Outreach Center – Food Pantry
(252) 414-5476
211 N. St. W., Ahoskie, NC 27910

Hours of distribution:
Second, third, and last Tuesday of each month, 10 a.m. – 2 p.m.

Clients may receive food once per month and need to fill out an application before they can receive food.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.
GATES COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Changing Today for a Brighter Tomorrow – Food Pantry
(252) 455-1383
1454 Hwy. 158, Roduco, NC 27969

Hours of operation:
Third Wednesday of each month, 1 p.m. – 2 p.m.

Please bring a photo ID, proof of address, number of people in the household, proof of EBT or TEFAP and your ZIP code.

Ballard’s Grove Baptist Church Food Pantry
(252) 624-5622
730 N.C. Hwy. 137, Eure, NC 27935

Hours of operation:
Fourth Saturday of each month, 11 a.m. – 2 p.m.

Must fill out an application with your address, income, number of people in the household, a photo ID, and proof of address.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Gates County Rescue & EMS
(252) 357-0388
016 U.S. Hwy. 158 E., Gatesville, NC 27938
(Eason’s Crossroads)

Office hours:
Monday – Friday, 9 a.m. – 5 p.m.

In order to receive this service, a patient must have a Physician Certification Statement for Non-Emergency Ambulance Service (PCS) signed by a physician, physician assistant, nurse practitioner, clinical nurse specialist, discharge planner, or a registered nurse in order to be transported by ambulance.

Gates County Inter-Regional Transportation System (GITS)
(252) 357-GITS (4487)
714 Main St., Gatesville, NC 27938
https://gatescounty.govoffice2.com/?SEC=6D2FFBA2-990B-416F-B062-157A44385511

Hours of operation:
Monday – Friday, 5 a.m. – 7 p.m. Some Saturdays available upon request.

GITS provides transportation to Gates County residents to out-of-county areas including Ahoskie (Hertford Co.), Elizabeth City, (Pasquotank Co.), Edenton (Chowan Co.), Greenville (Pitt Co.), cities in Virginia, and more.

COMMUNITY PARAMEDIC
Gates County Rescue & EMS
(252) 357-3088
016 U.S. Hwy 158 E., Gatesville, NC 27938
(Eason’s Crossroads)

In an emergency, call 911.
GATES COUNTY

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

Gates County Mobile Food Pantry
(252) 357-0677
Gates County Community Center, 130 U.S. 158, Gatesville, NC 27938

Hours of distribution:
Third Thursday of the month at 5 p.m.

Must show proof of county residency to receive supplies.

HEALTH DEPARTMENTS
Gates County Health Department
(252) 357-1380
29 Medical Center Rd., Gates, NC 27937
www.arhs-nc.org

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Roanoke Chowan Hospital
Contact:
Alexandria Diamond
Alexandria.Diamond@vidanthealth.com
(252) 482-6242

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
**GREENE COUNTY**

**MEDICATION ASSISTANCE**
Greene County Health Care Inc. – Snow Hill Medical Center  
(252) 747-2921 for an appointment.  
302 N. Greene St., Snow Hill, NC 28580

*Hours of operation:*
Monday, Wednesday, 8 a.m. – 7:30 p.m.;  
Tuesday, Thursday, Friday 8 a.m. – 5:30 p.m.

**Kate B. Reynolds Medical Center**  
(252) 747-4199 for an appointment.  
205 Martin Luther King Pkwy., Snow Hill, NC 28580

*Hours of operation:*
Monday, Wednesday, Friday 8:30 a.m. – 5:30 p.m.;  
Tuesday, Thursday, 8:30 a.m. – 7:30 p.m.;  
Saturday, 8:30 a.m. – 12:30 p.m.

**FREE CLINICS**
Project Watch Mobile Van – Snow Hill  
(252) 747-8162  
302 N. Greene St., Snow Hill, NC 28580

*Hours of operation:*
Monday, 8 a.m. – 7:30 p.m.; Tuesday, 8 – 5:30; Wednesday, 8 – 7:30; Thursday, 8 – 5:30; Friday, 8 – 5:30

Services available: Comprehensive Health Services

**Snow Hill Medical Center**  
(252) 747-2921  
302 N. Greene St., Snow Hill, NC 28580

*Hours of operation:*
Monday, Wednesday, 8 a.m. – 7:30 a.m.; Tuesday, Thursday, Friday, 8 a.m. – 5:30 a.m.

Not a free clinic, but you pay what you can afford based on your income.

**Kate B. Reynolds Medical Center**  
(252) 747-4199  
205 Martin Luther King Jr. Blvd., Snow Hill, NC 28580

*Hours of operation:*
Monday, Wednesday, Friday, 8:30 a.m. – 5:30 p.m.;  
Tuesday, Thursday, 8:30 a.m. – 7:30 p.m.;  
Saturday, 8:30 a.m. – 12:30 p.m.

**NON-EMERGENCY TRANSPORTATION PROGRAMS**
Greene County Transportation  
(252) 747-8474  
104 Hines St., Snow Hill, NC 28580

Available for eligible Medicaid individuals needing transportation to authorized Medicaid providers, as well as Work First clients, and rides to the Senior Center to the Congregate Meal Site.
NUTRITIONAL RESOURCES
Greene County Cooperative Extension
(252) 747-5831
229 Kingold Blvd., Suite E, Snow Hill, NC 28580

What they offer:
Eat Smart, Move More, Nutrition and Diabetes Program,
Steps to Health

Greene County Senior Center
(252) 747-5436
104 Greenridge Rd., Snow Hill, NC 28580
http://www.co.greene.nc.us/Departments_SeniorServices.aspx

What they offer:
Exercise room with variety of equipment, exercise classes, and health education
classes: topics include diabetes and nutrition, in partnership with Cooperative
Extension.

HEALTH DEPARTMENTS
Greene County Health Department
(252) 747-8181
227 Kingold Blvd., Suite B, Snow Hill, NC 28580

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include health screenings, attendance at health fairs,
outreach, education, and more.
STROKE SUPPORT NETWORKS
Vidant Edgecombe Stroke Support Network
This support group is for stroke survivors and their caregivers. Please contact Joanna Keeter for more information.

MEDICATION ASSISTANCE
Medication Assistance Program (MAP)

Program Sites:
Rural Health Group at Enfield
(252) 445-2332
114 Market St., Enfield, NC 27823

Rural Health Group at Lake Gaston
(252) 586-5411
108 N. Mosby Ave., Littleton, NC 27850

Rural Health Group at Roanoke Rapids
(252) 536-5000
500 Jackson St., Roanoke Rapids, NC 27870

Rural Health Group at Scotland Neck
(252) 826-3143
919 Jr. High School Rd., Scotland Neck, NC 27874

Rural Health Group at Twin County (Hollister)
(252) 586-5151
204 Evans Rd., Hollister, NC 27844

The Medication Assistance Program (MAP) provides access to free/low cost prescription drugs for uninsured, low-income individuals. Prescription drugs are available through a participating MAP site. Contact the clinic nearest you to find out if you qualify.

FREE CLINICS
Rural Health Group
Patient Navigator: (252) 438-3549
http://rhgnc.org/patients/

Program Sites:
Rural Health Group at Enfield
(252) 445-2332
114 Market St., Enfield, NC 27823

Rural Health Group at Lake Gaston
(252) 586-5411
108 N. Mosby Ave., Littleton, NC 27850

Rural Health Group at Roanoke Rapids
(252) 536-5000
500 Jackson St., Roanoke Rapids, NC 27870

Rural Health Group at Scotland Neck
(252) 826-3143
919 Jr. High School Rd., Scotland Neck, NC 27874

Rural Health Group at Twin County (Hollister)
(252) 586-5151
204 Evans Rd., Hollister, NC 27844

Rural Health Group is not a free clinic; however, their services can be available at a reduced rate for those who qualify for the “Sliding Fee.” Contact a RHG Patient Navigator to see if you might qualify. For more information about the Sliding Fee program, visit the website.
HALIFAX COUNTY

FAITH-BASED ORGANIZATIONS
Hobgood Citizens Group – Food Pantry
(252) 826-4573
Food Pantry Coordinator: Dorothy Davis, (252) 813-3126
401 Beech St., Hobgood, NC 27843

Hours of operation:
Monday – Friday: 8 a.m. – 5 p.m.

Hours of distribution:
First and third Friday of each month, 3 p.m. – 7 p.m.

My Father’s House Ministries Food Pantry
(252) 883-3614
543 Richardson Rd., Enfield, NC 27823

Please call in advance. Clients must provide their name, address, number and age of each person in the household.

St. Peters Baptist Church
(252) 536-3306
408 Mulberry St., Weldon, NC 27890

The Way of the Cross Outreach – Food Assistance
(252) 535-1276
64 Craigmont Ave., Roanoke Rapids, NC 27870

Hours of distribution:
Third Saturday of each month

Please provide your monthly or weekly income information.

Twilight Missionary Baptist
(252) 536-2412
1381 Aurelian Springs Rd., Weldon, NC 27890

Hours of distribution:
Second Wednesday of each month, 9 a.m. – 11 a.m.

Catholic Charities
(252) 355-5111
2780 B Dickinson Ave., Greenville, NC 27834
https://www.catholiccharitiesraleigh.org/greenville/

Hours of operation:
Tuesday, 9 a.m. – 3:30 p.m.; closed 12 p.m. – 1 p.m.

There are no restrictions; please call or walk in to apply/register.

Union Mission of Roanoke Rapids – Food Program
(252) 537-3372
1310 Roanoke Ave., Roanoke Rapids, NC 27870

Please call to apply.

Hollister REACH - TEFAP
(252) 586-3215
64 Knight Rd., Hollister, NC 27844

Hours of operation:
Second Thursday, 11 a.m. until supplies run out.

Clients must fill out an application before receiving food.
NON-EMERGENCY TRANSPORTATION PROGRAMS
Choanoke Public Transportation Authority
(252) 539-2022
Dial this number and extension 222 to schedule a ride.
505 N. Main St., Rich Square, NC 27869
www.choanokepta.org

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

To schedule transportation, call by 10 a.m. the day before transportation is needed.

Halifax County Council on Aging – Transportation Services
(252) 583-1688, ext. 2284
26 N. King St., Halifax, NC 27893

Hours of operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

Must be 60+ years old or under 60 with a disability, not a recipient of Medicaid and no access to other transportation.

Jo Story Senior Center for Active Adults
(252) 533-2849, ext. 5
701 Jackson St., Roanoke Rapids, NC 27870

Hours of operation:
Monday – Thursday, 7:30 a.m. – 5 p.m.;
Friday, 7:30 a.m. – 12 p.m.

Must be 60 or older, live within the City of Roanoke Rapids or within two miles of the city.

Please call to get more information about applying for this program.

COMMUNITY PARAMEDIC
Halifax County EMS
(252) 583-2088
10 N. King St., Halifax, NC 27839
www.halifaxnc.com/174/Emergency-Services

For emergencies, dial 911.

NUTRITIONAL RESOURCES
The Halifax County Health Department Nutrition Program
(252) 583-5021
https://www.halifaxnc.com/192/Nutrition

Provides nutrition consults with a referral from a doctor. The website listed above has information on nutrition, physical activity, diabetes and diabetes management, as well as heart-healthy cooking demonstrations.

Halifax County Council on Aging
(252) 583-1688, ext. 2284

Program sites:
Jo Story Senior Center for Active Adults
(252) 533-2849, ext. 5
701 Jackson St., Roanoke Rapids, NC 27870

Hours of operation:
Monday – Thursday, 7:30 a.m. – 5 p.m.;
Friday, 7:30 a.m. – 12 p.m.
HALIFAX COUNTY

NUTRITIONAL RESOURCES CONT.
Scotland Neck Senior Center
(252) 826-3891
1403 Church St., Scotland Neck, NC 27874

- Congregate Meals – meals are served to those who are 60 or older, Monday through Friday. Call or walk in to apply.

- Meals on Wheels – meals are served around noon Monday through Friday to homebound seniors who are unable to attend the congregate meals.

- Community Supplemental Food Program – Must be 60 or older to be eligible. You must provide proof of age, Medicaid, and income. Go to the Scotland Neck Senior Center to apply or call. Distribution hours: second Friday of the month at 1 p.m.

Big Heart Pantry – Soup Kitchen
(252) 308-1755
1408 River Rd., Henrico, NC 27842

Hours of operation:
Saturday, 10 a.m. – 12 p.m.

You must register, and anyone in need of a meal may attend.

HEALTH DEPARTMENTS
Halifax County Health Department
(252) 583-5021
19 N. Dobbs St., Halifax, NC 27839
www.halifaxnc.com/182/Health-Department

OTHER RESOURCES
Halifax County Home Health & Hospice
(252) 308-0700

Helpful Hands and Hearts
(252) 586-3000
2357 Eaton Ferry Rd., Littleton, NC 27850
http://helpfulhandsandhearts.org/contact.aspx

Hours operation:
Tuesday – Wednesday, 9:30 a.m. – 3 p.m.

Volunteer-based services for older adults. Services include transportation to medical appointments, grocery stores or shopping, minor home repairs, home visits and more. Must be 60 or older. Please call, email or apply online.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
HERTFORD COUNTY

MEDICATION ASSISTANCE
Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves the lives of people in northeastern North Carolina through fundraising, certifying agencies, supporting programs, assessing needs and serving as an information and referral service.

Community Care Clinic of Pasquotank County – Patient Assistance Program
(252) 384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy Hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m. Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and for patients without insurance. Must meet income eligibility requirements and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

Roanoke Chowan Community Health

Program Sites:
Ahoskie Comprehensive Care
(252) 332-3548
120 Health Center Dr., Ahoskie, NC 27910

Hours of operation:
Monday, Thursday, 7 a.m. – 7 p.m.; Tuesday, 7 a.m. – 5 p.m.; Wednesday, 7:30 a.m. – 5 p.m.; Friday, 7 a.m. – 4 p.m.;
Saturday, 8 a.m. – 12 p.m.

Murfreesboro Primary Care
(252) 398-3323
305 Beachwood Blvd., Murfreesboro, NC 27855

Hours of operation:
Monday, Tuesday, Thursday, 7:30 a.m. – 5 p.m.; Wednesday, 7:30 a.m. – 7 p.m.;
Friday, 7:30 a.m. – 4 p.m.

RCCH’s Prescription Expense Program provides prescriptions for only $4 to those who qualify.
**FREE CLINICS**
Roanoke Chowan Community Health

*Program sites:*
Ahoskie Comprehensive Care  
(252) 332-3548  
120 Health Center Dr., Ahoskie, NC 27910  

*Hours of operation:*
Monday, Thursday: 7 a.m. – 7 p.m.; Tuesday, 7 a.m. – 5 p.m.; Wednesday, 7:30 a.m. – 5 p.m.; Friday, 7 a.m. – 4 p.m.;  
Saturday, 8 a.m. – 12 p.m.

Murfreesboro Primary Care  
(252) 398-3323  
305 Beachwood Blvd., Murfreesboro, NC 27855  

*Hours of operation:*
Monday, Tuesday, Thursday, 7:30 a.m. – 5 p.m.; Wednesday, 7:30 a.m. – 7 p.m.;  
Friday, 7:30 a.m. – 4 p.m.

RCCH’s Prescription Expense Program provides prescriptions for only $4 to those who qualify.

Community Care Clinic of Pasquotank County – Patient Assistance Program  
(252) 384-4736  
918 Greenleaf St., Elizabeth City, NC 27909

*Pharmacy Hours:*
Monday – Thursday, 8:30 a.m. – 4 p.m.;  
Friday, 8:30 a.m. – 12 p.m.

This clinic is for uninsured adults who meet the income requirements. It is not free; however, it operates on a sliding scale, which means that you pay what you can afford based on your income.

**FAITH-BASED ORGANIZATIONS**
Ahoskie Food Pantry  
(252) 332-3192  
701 E. Church St., Ahoskie, NC 27910

*Program hours:*
Monday – Friday, 9:30 a.m. – 12 p.m.

Must be a Hertford County resident and have a referral from the Hertford County Department of Social Services. Clients can receive food three times per year.

Calvary Missionary Baptist Church Food Pantry  
(252) 332-4821  
600 Alton St., Ahoskie, NC 27910

*Hours of distribution:*
Fourth Saturday of each month, 8 a.m. – 11 a.m.

Must fill out an application.

Faith, Hope and Deliverance Ministries – Food Pantry  
(252) 370-7428  
415 E. Holloman Ave., Ahoskie, NC 27910

*Hours of distribution:*
Fourth Saturday of each month, 8 a.m. – 12 p.m.

Clients must fill out an application before they can receive food.
HERTFORD COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Greater Faith Outreach Center – Food Pantry
(252) 414-5476
211 North St. W., Ahoskie, NC 27910

*Hours of distribution:* Second, third, and last Tuesday of each month, 10 a.m. – 2 p.m.

Clients may receive food once per month and need to fill out an application before they can receive food.

All God’s Children United Methodist Church – Food Pantry
(252) 345-1144
302 Commerce St., Aulander, NC 27805

This food pantry distributes on the last Friday of the month from 12 p.m. – 2 p.m.

An application must be filled out before clients can receive food. Available to some Hertford County residents.

Mt. Sinai Baptist Church – Food Pantry
(252) 398-3673
406 Boone Bridge Rd., Como, NC 27818

*Program hours:* Tuesday, Thursday, 10:30 a.m. – 12 p.m.

An application must be completed before clients can receive food.

Faith Tabernacle Church Food Pantry
(252) 395-1848
918 E. Main St., Murfreesboro, NC 27855

*Hours of operation:* Monday – Friday, 9 a.m. – 5 p.m.

Only Hertford County residents on food stamps are eligible for USDA (TEFAP) food. Clients may receive food once per month and should bring proof of residency.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

*Hours of operation:* Monday, Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

Ballard’s Grove Baptist Church Food Pantry
(252) 624-5622
730 N.C. Hwy. 137, Eure, NC 27935

*Hours of operation:* Fourth Saturday of each month, 11 a.m. – 2 p.m.

Must fill out an application with address, income, number of people in the household, photo ID, and proof of address.
**HERTFORD COUNTY**

**NON-EMERGENCY TRANSPORTATION PROGRAMS**

Choanoke Public Transportation Authority  
(252) 539-2022  
505 N. Main St., Rich Square, NC 27869  
www.choanokepta.org

*Hours of operation:*  
Monday – Friday, 8 a.m. – 5 p.m.

To schedule transportation, call by 10 a.m. the day before transportation is needed.

Bertie Ambulance Service, Inc.  
(252) 794-9141

Non-emergency ambulance transport service franchised by Hertford County.

MedEx Medical Transport Service, Inc.  
(252) 332-4555

Non-emergency transportation service franchised by Hertford County.

White Oak Medical Transport Service, Inc.  
(252) 794-4772

Non-emergency transportation service franchised by Hertford County.

**COMMUNITY PARAMEDIC**

Hertford County EMS  
(252) 358-7899

**NUTRITIONAL RESOURCES**

Food Bank of the Albemarle  
(252) 335-4035  
(252) 335-4797  
109 Tidewater Way, Elizabeth City, NC 27909  
https://afoodbank.org

*Mobile Food Pantry Site*  
Hertford County Mobile Food Pantry  
Murfreesboro Baptist Church, 200 W. Main St., Murfreesboro, NC 27855

*Hours of distribution:*  
Second Tuesday of each month, 3 p.m. – 4 p.m.

Winton Senior Center  
(252) 358-7856  
408 S. Camp St., Winton, NC 27986

*Hours of operation:*  
Monday – Thursday, 8:30 a.m. – 6:30 p.m.;  
Friday, 8:30 a.m. – 5 p.m.

*Congregate Meals*  
Lunch is served Monday – Friday at 12 p.m.

A hot mid-day meal is served to participants at the Senior Center. Those who are 60+ eat for free, and those under 60 years old are charged a fee of $5.

Walk in to complete an application, and please call at least 24 hours before your planned meal to reserve your spot.
HERTFORD COUNTY

NUTRITIONAL RESOURCES CONT.
Murfreesboro Nutrition Site
(252) 358-7856
320 W. Main St., Murfreesboro, NC 27855

Hours of operation:
Monday – Thursday, 8:30 a.m. – 6:30 p.m.;
Friday, 8:30 a.m. – 5 p.m.

• Congregate Meals
  Lunch is served Monday – Friday at 12 p.m.

  A hot mid-day meal is served to participants at the Senior Center. Those who are
  60+ eat for free, and those under 60 years old are charged a fee of $5.

  Walk in to complete an application, and please call at least 24 hours before your
  planned meal to reserve your spot.

Ahoskie Nutrition Site
(252) 385-7856
418 Everett St., Ahoskie, NC 27910

Hours of operation:
Monday – Thursday, 8:30 a.m. – 6:30 p.m.;
Friday, 8:30 a.m. – 5 p.m.

• Congregate Meals
  Lunch is served Monday – Friday at 12 p.m.

  A hot mid-day meal is served to participants at the Senior Center. Those who are
  60+ eat for free, and those under 60 years old are charged a fee of $5.

  Walk in to complete an application, and please call at least 24 hours before your
  planned meal to reserve your spot.

Hertford County Office of Aging
(252) 358-7856

• Home-Delivered Meals
  A hot mid-day meal is delivered Monday – Friday around 12 p.m.

  Home-delivered meals are available to the homebound. Call the Hertford Co.
  Office of Aging to find out if you qualify.

HEALTH DEPARTMENTS
Hertford County Health Department
(252) 862-4054
828 S. Academy St., Ahoskie, NC 27910
www.arhs-nc.org

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Roanoke Chowan Hospital
Contact:
Alexandria Diamond
Alexandria.Diamond@vidanthealth.com
(252) 482-6242

Services:
Community health programs include health screenings, attendance at health fairs,
outreach, education, and more.
HYDE COUNTY

MEDICATION ASSISTANCE
Hyde County Health Department
1151 Main St., Swan Quarter, NC 27885
hydehealth.com/medical-assistance-program/

To qualify, you must be a resident of Hyde county or Eastern Beaufort county, must provide proof of total household income, have no insurance coverage for medication or qualify for government or third-party programs that provide prescription medications.

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

FREE CLINICS
Hyde County Health Department – Adult Primary Care
(252) 926-4399
Ocracoke residents: (252) 928-1511
1151 Main St., Swan Quarter, NC 27885

Clinic hours:
Monday – Friday, 8 a.m. – 5 p.m.; clinic times may vary.

Payment: most services are offered for a sliding fee, which means that you pay what you can afford based on your income. Accepts Medicaid, Medicare, and private insurance. Call the clinic to schedule an appointment.

Engelhard Medical Center
(252) 925-7000
33270 US Hwy. 264, Engelhard, NC 27824

Clinic hours:
Monday – Friday, 8 a.m. – 5 p.m.;
closed 12 p.m. – 1 p.m.

• Ocracoke Health Center
(252) 928-1511
305 Back Rd., Ocracoke, NC 27960

Accepts Medicare, Medicaid, private insurance and self-pay. This clinic offers a sliding scale for service fees for Hyde County residents only. If you are uninsured, call to ask about the Medical Access Plan.

Agape Health Services
(252) 940-0602
120 W. Martin Luther King Jr. Dr., Washington, NC 27889
https://www.agapechc.org/our-services

Clinic hours:
Monday, 8 a.m. – 7 p.m.; Tuesday – Friday, 8 a.m. – 5 p.m.; Saturday, 8 a.m. – 1 p.m.

This clinic operates on a sliding scale, which means that you pay what you can afford based on your income. Please provide your last two pay stubs at your appointment.
FAITH-BASED ORGANIZATIONS
Soule United Methodist Church Mobile Food Pantry
(252) 423-0045
1430 Main St., Swan Quarter, NC 27885

Hours of distribution:
Fourth Wednesday of each month, 10:30 a.m. – 1 p.m.,
at the old O.A. Peay School Building in Swan Quarter.
Apply at the operation desk.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.
Provides free groceries to those in need. There are no eligibility restrictions.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Hyde County Transit
(252) 926-1637
20968 U.S. Hwy. 264, Swan Quarter, NC 27885
hydecountync.gov/public_transportation.php

Trips are scheduled over the phone and must be scheduled by 12 p.m. the day
before a ride is needed. If a trip is on a Monday, it must be scheduled by 12 p.m. on
the Friday before.
HCT provides discounted or free rates for individuals 60+ years old or those with a
disability.
Medicaid Transit must be approved by the Department of Social Services.

COMMUNITY PARAMEDIC
Hyde County EMS
(252) 926-4375
809 Main St., Swan Quarter, NC 27885
For emergencies, dial 911.

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

Mobile Food Pantry Sites:
• Swan Quarter Mobile Food Pantry
  20421 U.S. 264, Swan Quarter, NC 27885
Distributes on the fourth Wednesday of each month from
11:45/noon – 1:15 p.m.

• Engelhard Mobile Food Pantry
  Engelhard Fire Department: 34545 U.S. 264,
  Engelhard, NC 27824
Distributes on the 4th Wednesday of each month from
2:30 p.m. – 3:30 p.m.

• Hyde County Mobile Food Pantry (Scranton)
  BRACE Community Outreach: 4240 Hwy. 264,
  Scranton, NC 27875
Distributes on the first Tuesday of each month from
11:30 a.m. – 1 p.m.
HYDE COUNTY

NUTRITIONAL RESOURCES CONT.
Mattamuskeet Senior Center
(252) 926-1956
160 Juniper Bay Rd., Swan Quarter, NC 27885

Hours of operation:
Monday – Thursday, 7 a.m. – 3:30 p.m.; Friday, 7 a.m. – 1 p.m.

• Congregate Meals
  Lunch is served Monday – Friday, 11:30 a.m. – 12 p.m.

  Must be 60+ to participate in the congregate meals program. Please call or visit the senior center to apply. After your application is complete, please call at least 24 hours before you plan to attend a congregate meal to reserve your spot.

• Meals on Wheels

  Meals are delivered Monday – Friday around 12 p.m. to homebound seniors who are 60 or older and are unable to participate in congregate meals. Call the Mattamuskeet Senior Center to apply.

HEALTH DEPARTMENTS
Hyde County Health Department
(252) 926-4399
1151 Main St., Swan Quarter, NC 27885
www.hydehealth.com

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Beaufort Hospital
Contact:
Jennifer Lewis
Jennifer.Lewis@vidanthealth.com
(252) 975-8850

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.

The Outer Banks Hospital
Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
MEDICATION ASSISTANCE
Catholic Charities – Senior Pharmacy Program
(252) 638-2188
502 Middle St., New Bern, NC 28560

Hours of operation:
Monday – Thursday, 8:30 a.m. – 5 p.m.;
closed from 12 p.m. – 1 p.m. each day.

This program is for seniors (age 60 and older) who meet the income standards and are not eligible for Medicaid, have no private insurance for prescription costs, and have a chronic illness.

Religious Community Services – Prescription Medication Assistance
(252) 633-2767
919 George St., New Bern, NC 28560

Hours of operation:
Monday – Friday, 9 a.m. – 2:30 p.m.

Must be medication prescribed by a doctor. Anyone in need of medication assistance is eligible. You must come into RCS in person with your prescription. RCS doesn’t provide permanent assistance, although they may be able to assist with copays on a regular basis within their guidelines.

Wilmington District Office – NC Division of Services for the Blind, Medical Eye Care Program
(910) 251-5743
3240 Burnt Mill Dr., Suite 7, Wilmington, NC 28403

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Provides help with glaucoma medications, eye drops for acute infections, cataract surgery when visual acuity is severely affected, laser surgery for diabetes and retinal tears, and emergency eye-related surgeries. Those who are uninsured or underinsured and in need of services who meet the income limits are eligible. Call to be referred to a social worker for the blind.

FREE CLINICS
Goshen Medical Center – Trenton Clinic
(252) 772-9995
104 E. Lakeview Dr., Trenton, NC 28585
www.goshenmedical.org/new-bern.html

Hours of operation:
Monday – Thursday, 8 a.m. – 12 p.m., 1 p.m. – 5:30 p.m.;
Friday, 8 a.m. – 2 p.m.

No restrictions. This is not a free clinic; however, it does operate on a sliding scale. For the sliding scale fee, provide federal tax return or food stamp eligibility statement.

MERCI Clinic
(252) 633-1599
1315 Tatum Dr., New Bern, NC 28560
www.merciclinic.org/patient-services_

Hours of operation:
Tuesday, Thursday, 8 a.m. – 5:30 p.m.

Available to uninsured adults with a household income less than 250% of the federal poverty level. Must provide photo ID, proof of residency, proof of household income, Medicaid denial letter from the local Department of Social Services, list of current medications, and list of other health care providers seen in the last year.
FREE CLINICS CONT.

Morehead City Community-Based Outpatient Clinic
(252) 240-2349
5420 Hwy. 70, Morehead City, NC 28557

Hours of operation:
Monday – Friday, 8 a.m. – 4:30 p.m.

This clinic provides services free of charge to veterans. The application process can be done over the phone.

Kinston Community Health Center
(252) 522-9800
324 N. Queen St., Kinston, NC 28501

Hours of operation:
Monday – Friday, 8 a.m. – 6 p.m.

KCHC offers a sliding-scale fee program. To apply you may use the website or call the office. KCHC also helps with applying for pharmaceutical assistance programs.

FAITH-BASED ORGANIZATIONS

Religious Community Services
919 George St., New Bern, NC 28560
rcsnewbern.com

RCS offers services including rent and utilities assistance, emergency prescription medication assistance and a homeless shelter and runs a soup kitchen/food pantry.

Salvation Army
(910) 743-0126
510 Main St., Maysville, NC 28555

Hours of operation:
Monday, Wednesday, Friday, 9 a.m. – 4 p.m.

Offers a food pantry for emergency food assistance. Clothing may also be available, depending on donations. Requires referral from the Department of Social Services.

NON-EMERGENCY TRANSPORTATION PROGRAMS

Craven Area Rural Transit System
(252) 636-4917
www.cravencountync.gov/165/Transportation-CARTS

Hours of operation:
Monday – Friday, 7 a.m. – 5:15 p.m.
Transportation Hours: Monday – Friday, 5 a.m. – 6 p.m.

Walk in for fixed route buses. Call for scheduled trips. Trips must be scheduled at least by 12 p.m. two business days before the trip.
COMMUNITY PARAMEDIC
Jones County EMS

Program Sites:
Phillips Crossroads Volunteer EMS
(252) 448 1880
3085 N.C. Highway 58 N., Trenton, NC 28585

Comfort Volunteer EMS
(919) 324-4008
4255 N.C. 41 Hwy. W., Trenton, NC 28585

Trenton Volunteer EMS
(252) 448-2646
105 S. Cherry St., Trenton, NC 28585
http://www.trentonvfd.com

Wyse Fork Volunteer EMS
(252) 527-1122
6939 Wyse Fork Rd., Dover, NC 28526
https://www.wfvfr.com/home

Maysville Volunteer EMS
(910) 743-2709
404 Main St., Maysville, NC 28555
http://maysvillefire.com

Pollocksville Volunteer EMS
308 2nd St., Pollocksville, NC 28573

NUTRITIONAL RESOURCES
Jones County Department of Social Services - SNAP
(252) 448-2581
418 Hwy. 58 N., Trenton, NC 28585
epass.nc.gov

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

People are eligible for the Supplemental Nutrition Assistance Program (SNAP, formerly known as “Food Stamps”) based on income and household size. Provide proof of income, monthly expenses, and the names and Social Security numbers for everyone in the household.

HEALTH DEPARTMENTS
Jones County Health Department
(252) 448-9111
418 Hwy. 58 N., Unit C, Trenton, NC 28585
www.jonescountyhealth.com

OTHER RESOURCES
Jones County Department of Social Services
(252) 448-2581
418 N.C. Hwy. 58, Unit D, Trenton, NC 28585

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include health screenings, attendance at health and wellness events, guest speaking, and more.
STROKE SUPPORT GROUPS
Vidant Medical Center Stroke Support Network
Open on the second Thursday of every month, 6:00 – 8:00 p.m.

• Monroe AHEC Conference Center
  2000 Venture Tower Dr., Greenville, NC 27834
  Located behind the McDonald’s on Stantonsburg Road near the hospital.

For more information, please contact Michele Horvath at 252-847-0571 or email Michele.Horvath@vidanthealth.com. This group is open to survivors and caregivers.

MEDICATION ASSISTANCE
MAP (Medication Assistance Program)

Program Sites:
Kinston Community Health Center
324 N. Queen St., Kinston, NC 28501
(252) 522-9800, ext. 224

• No health insurance / problems affording medications
• Health insurance without prescription coverage
• Not a candidate for Medicaid / third-party prescription coverage
• Meet participating drug companies' financial guidelines

Inter-Church Out-Reach ICOR
(252) 522-4357
6 Churches Plaza-McLewean St., Kinston, NC 28504

Combination of community churches which provides financial assistance with utilities, medicine, etc.

Community Care of North Carolina Pharmacy Home

Program Sites:
Realo Discount Drugs
(252) 527-6929
(252) 523-6069

New Vision Outreach Worship Center
(252) 523-0303
1500 W. New Bern Rd., Kinston, NC 28504

Hours of operation:
Saturday, 7 p.m.; Sunday, 10 a.m.; Tuesday, 7 p.m.

FREE CLINICS
Kinston Community Health Center
(252) 522-9202
324 N. Queen St., Kinston, NC 28501

Hours of operation:
Monday – Friday, 8 a.m. – 6 p.m.

Services available: General physical exams, flu shots, treatment and counseling for heart disease, diabetes and hypertension management.

Family Medicine & Rehab Center
(919) 679-2600
2601 N. Heritage St., Kinston, NC 28501

Hours of operation:
Monday – Friday, 9 a.m. – 5 p.m.
LENOIR COUNTY

FAITH-BASED ORGANIZATIONS

Faith Health, NC
(252) 355-2801

Salvation Army of Kinston – Food and Clothing Assistance
(252) 523-5175
2110 N. Queen St., Kinston, NC 28501

Hours of operation:
Monday – Thursday, 9 a.m. – 4 p.m.
(Closed from 12 p.m. – 1 p.m.); Friday, 9 a.m. – 12 p.m.

Saint Mark Church Ministries – Food Pantry
(252) 522-4100
306 S. Adkin St., Kinston, NC 28501

Hours of operation:
Monday – Friday, 10 a.m. – 3 p.m.

Greater Victory Apostolic Church – Food Pantry
(252) 523-7867
Hwy. 258 and Allen Rd., Kinston, NC 28502

Hours of operation:
Tuesday – Thursday, 11 a.m. – 1 p.m.

New Vision Outreach Worship Center – Food Assistance
(252) 523-0303
1500 W. New Bern Rd., Kinston, NC 28504

Hours of operation:
Saturday, 7 p.m.; Sunday, 10 a.m.; Tuesday, 7 p.m.

NON-EMERGENCY TRANSPORTATION PROGRAMS

Lenoir County Transit
(252) 559-6457
201 E. King St., Kinston, NC 28501

Senior Solutions
(252) 522-3529
1136 Hwy. 258 North, Suite 115, Village Square, Kinston, NC 28504

Provides non-medical in-home services such as home maintenance, transportation to go shopping, appointments, prescription pick-ups, etc.

COMMUNITY PARAMEDIC

Lenoir County EMS Community Paramedic Stroke Program
(252) 521-1838

NUTRITIONAL RESOURCES

Lenoir County Council on Aging
(252) 527-1545

Congregate nutrition and Home-delivered Meals

Meals on Wheels - Kinston, NC
(252) 939-6697
LENOIR COUNTY

NUTRITIONAL RESOURCES CONT.
Lenoir County Cooperative Extension  
(252) 527-2191  
1791 N.C. Hwy. 11 S, Kinston, NC 28504

What they offer:  
Eat Smart, Move More, Weigh Less and Adult Expanded Food and Nutrition Education Program: Free.

Lenoir Memorial Hospital  
Main: (252) 522-7000  
Minges Wellness Center: (252) 522-7014  
Diabetes Center: (252) 522-7616  
Diabetes Support Group: (252) 523-1593  
100 Airport Rd., Kinston, NC 28501

What they offer:  
Wellness Talks: held periodically on a variety of topics; QuitSmart Smoking Cessation; Community Diabetes Nutrition Series: offered monthly; Diabetes Support Group: third Thursday of each month.  
QuitSmart: $50, partial scholarships available, Diabetes Series and Support Group, free

HEALTH DEPARTMENTS

Lenoir County Health Department  
(252) 526-4200  
201 N. McLewean St, Kinston, NC 28501

Hours of operation:  
Monday-Friday 7:30am-4:30pm

VIDANT HEALTH COMMUNITY HEALTH LEADERS

Vidant Health Corporate  
855-MyVidant

Services:  
Community health programs include health screenings, attendance at health and wellness events, guest speaking, and more.
STROKE SUPPORT GROUP
Stroke Survivor Support Group
• Chowan County Co-Op Extension Building
  730 N. Granville St., Edenton, NC 27932

  Contact:
  Jackie or Jordan
  (252) 482-6767

Third Tuesday of each month, 3 p.m.

Vidant Edgecombe Stroke Support Network
This support group is for stroke survivors and their caregivers. Please contact Joanna Keeter for more information.

Vidant Medical Center Stroke Support Network
Second Thursday of every month, 6 – 8 p.m.

  • Monroe AHEC Conference Center
    2000 Venture Tower Dr., Greenville, NC 27834
    Located behind the McDonald’s on Stantonsburg Road near the hospital.

For more information, please contact Michele Horvath at 252-847-0571 or email Michele.Horvath@vidanthealth.com. This group is open to survivors and caregivers.

MEDICATION ASSISTANCE
Martin-Tyrrell-Washington District Health Department
(252) 793-1625
210 W. Liberty St., Williamston, NC 27892
ww.mtwdistricthealth.org

  Hours of operation:
  Monday – Friday, 8 a.m. – 5 p.m.

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
https://www.albemarleareauw.org

  Hours of operation:
  Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information, and referral service.

Agape Health Services
(252) 789-0401
1130 Godwin Dr., Williamston, NC 28301

  Hours of operation:
  Monday – Friday, 8 a.m. – 5 p.m.

Offers free and low-cost prescriptions to those who qualify. Must provide proof of income.

FREE CLINICS
Agape Health Services
(252) 789-0401
1130 Godwin Drive, Williamston, NC 28301
https://www.agapechc.org

  Hours of operation:
  Monday – Friday, 8 a.m. – 5:30 p.m.

This clinic operates on a sliding scale. This means that services may or may not be free depending on an individual’s income.
FREE CLINICS CONT.
Above and Beyond Clinic
(252) 795-5004, ext. 1
7356 Hwy. 64 Alt. Robersonville, NC 27871

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Provides services to those with no insurance or who are underinsured. Must be at the 200% poverty line and a resident of Martin county. Most services are free; please call for more information.

FAITH-BASED ORGANIZATIONS
Back Swamp Church of Christ Food Pantry
(252) 792-8220
1395 Bear Grass Rd., Williamston, NC 27892

Hours of operation:
10 a.m. – 2 p.m.

Provides food assistance on the second and fourth Thursday of each month.

Bible Way Church “Project Feed”
(252) 795-3271 or 792-1358
301 Center St., Williamston, NC

Provides food assistance on the second and fourth Wednesday of the month and 1st, 2nd and 4th Friday of the month from 8 a.m. to 10 a.m.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

Holy Trinity Catholic Church Food Pantry
(252) 792-4091
830 East Bldv., Williamston, NC 27892

Hours of distribution:
Second and third Saturday of each month, 9 a.m. – 12 p.m.

Clients may receive food once each month. Please provide a photo ID, a phone number, and the number of people in the household.

Liberty Christian Center Food Pantry
(252) 792-8880
607 Washington St., Williamston, NC 27892

Hours of operation:
Every two weeks on Wednesday, 1 p.m. – 4 p.m.

An application must be completed before clients can receive food.
NON-EMERGENCY TRANSPORTATION PROGRAMS

General Transportation Program
(252) 789-4390

This service provides rides for the elderly to buy groceries, visit nutrition sites, pay bills, pick up medicine and more. Transportation is provided by Martin County Transit and you must call 24 hours before transportation is needed to schedule a ride.

Martin County Transit (MCT)
(252) 789-4390
www.martincountyncgov.com/transit

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Medicaid Transportation
(252) 789-4460
https://www.martincountyncgov.com/transit

Trips to Medicaid-covered treatments and services are free for patients who have full Medicaid coverage. Please call to find out if you are eligible.

NUTRITIONAL RESOURCES

Martin County Council on Aging – Congregate Meals & Meals on Wheels
This program provides a hot lunch and activities four days a week. Contact the Senior Center location near you for more information. These sites also offer home-delivered meals. Please call the senior center nearest you to apply.

Program Sites:
Martin County Senior Center in Williamston
(252) 792-1027
201 Lee St., Williamston, NC 27892

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

Jamesville Senior Center/Nutrition Site
(252) 792-1215
1601 Roanoke Ct., Jamesville NC 27846

Hours of operation:
Monday – Thursday, 9:00 a.m. – 1:00 p.m.

Oak City Senior Center/Nutrition Site
(252) 798-9761
415 W. Commerce St., Oak City, NC 27857

Hours of operation:
Monday – Thursday, 10:00 a.m. – 2:00 p.m.

Robersonville Senior Center/Nutrition Site
(252) 795-4580
203 Green St., Robersonville NC 27871

Hours of operation:
Monday – Thursday, 9:00 a.m. – 1:00 p.m.

COMMUNITY PARAMEDIC

Williamston Fire Rescue EMS
(252) 792-3521
901 Washington St., Williamston, NC 27892
www.townofwilliamston.com/departments/fire_department/index.php
NUTRITIONAL RESOURCES CONT.
Martin County Department of Social Services
(252) 789-4400
305 E. Main St., Williamston, NC 27892

Supplemental Nutrition Assistance Program (SNAP), formerly known as “Food Stamps,” provides food assistance.

Food Bank of the Albemarle
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.

HEALTH DEPARTMENT
Martin-Tyrrell-Washington District Health Department
(252)-793-1625
210 W. Liberty St., Williamston, NC, 27892
www.mtwdistricthealth.org

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.

Adult & Aging Services Department
(252) 789-4300
305 E. Main St., Williamston, NC 27892
www.martincountyncgov.com/aging

Services to the elderly, their families and caregivers. For a list of services and programs visit the website below or call the Martin County Senior Center in Williamston at (252) 792-1027.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Edgecombe
Contact:
Michele Cherry
Michele.Cherry@vidanthealth.com
(252) 641-8293

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.

Vidant Bertie and Chowan Hospitals
Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
NASH COUNTY

STROKE SUPPORT NETWORKS
Vidant Edgecombe Stroke Support Network
This support group is for stroke survivors and their caregivers. Please contact Joanna Keeter for more information.

Brain Injury and Stroke Support Group
Bryant T. Aldridge Rehab Center (Bridge Gym Area)
2400 Medpark Dr., Rocky Mount, NC 27840

Thursday, 5 p.m. – 6 p.m.

MEDICATION ASSISTANCE
Faith Christian Ministries of Nash County
(252) 459-7977
Nash County DSS: (252) 459-9818
245 W. Washington St., Nashville, NC 27856
239 W. Washington St., Nashville, NC 27856

This organization can provide help with rent, utilities, gas, prescription medications and other monetary needs. Medical supplies as well as wheel chairs, walkers and other items are free of charge. Those in need of clothes can get clothes each change of season. To receive benefits, you need a referral from the Nash County Department of Social Services for proof of residency. Call the Faith Christian Ministry for more information.

Word Tabernacle Church – REACH Center
(252) 937-2942
821 Word Plaza, Rocky Mount, NC 27804

Hours of operation:
Tuesday – Thursday, 10 a.m. – 3 p.m.

Assistance to low income individuals and families. Please call to apply. Clients are seen by appointment only.

FREE CLINICS
Rural Health Group at Whitakers
(252) 437-2171
105 S.E. Railroad St., Whitakers, NC 27891
Rhgnc.org/whitakers/

Hours of operation:
Monday – Friday, 8:30 a.m. – 5:00 p.m.

This nonprofit organization provides primary care services free of charge.

Opportunities Industrialization Center of Rocky Mount Family Medical Center
Program Sites:
Fairview
(252) 446-3333
111 S. Fairview Rd., Rocky Mount, NC 27801

Hours of operation:
Monday – Thursday, 8 a.m. – 6 p.m.; Friday, 8 a.m. – 5 p.m.; Saturday, 9 a.m. – 1 p.m.

Guardian Court
(252) 212-3350
90 Guardian Ct., Rocky Mount, NC 27804

Hours of operation:
Monday – Friday, 8:30 a.m. – 5:30 p.m.

Happy Hill
(252) 210-9856
300 North Grace St., Rocky Mount, NC 27804

Hours of operation:
Medical services: Monday – Friday, 8 a.m. – 6 p.m.
Pharmacy: Monday – Friday, 8 a.m. – 5:30 p.m.
NASH COUNTY

FREE CLINICS CONT.
Community Health Plaza
(252) 316-8205
1041 Noell Ln., Suite 105, Rocky Mount, NC 27804

Hours of operation:
Thursday, 8 a.m. – 5 p.m.

Fees depend on income and family size.

Shepherd’s Care Medical Clinic
(919) 404-2474
304 Pony Rd., Zebulon, NC 27597

Hours of operation:
Monday – Thursday, 9 a.m. – 4:30 p.m.;
Friday, 9 a.m. – 1:30 p.m.

This clinic is for uninsured or uninsured, low-income adults. Please call to apply.

Bloomer Hill Free Clinic
(252) 937-6451
10102 U.S. Highway 301, Whitakers, NC 27891

Hours of operation:
First Saturday of the month, 9 a.m. – 12 p.m.

Provides select primary care services to the public for free, once per month.

FAITH-BASED ORGANIZATIONS
Faith Christian Ministries of Nash County
(252) 459-7977
Nash County DSS: (252) 459-9818
245 W. Washington St., Nashville, NC 27856
239 W. Washington St., Nashivlle, NC 27856
This organization can provide help with rent, utilities, gas, prescription medications and other monetary needs. Medical supplies as well as wheel chairs, walkers and other items are free of charge. Those in need of clothes can get clothes each change of season. To receive benefits, you need a referral from the Nash County Department of Social Services for proof of residency. Call the Faith Christian Ministry for more information.

Catholic Charities
(252) 355-5111
2780 B Dickinson Ave., Greenville, NC 27834
https://www.catholiccharitiesraleigh.org/greenville/

Hours of operation:
Tuesday, 9 a.m. – 3:30 p.m.;
closed 12 p.m. – 1 p.m. each day.

There are no restrictions, please call or walk in to apply/register.

United Community Ministries – Community Kitchen and Food Pantry
(252) 985-0078
916 Branch St., Rocky Mount, NC 27802

Hours of operation:
Monday – Friday, 8 a.m. – 5 p.m.
Meals are served Monday – Friday, around 12 p.m.

Food boxes are given out on Monday, Wednesday, and Friday.
Please call or walk in to apply.
NASH COUNTY

NON-EMERGENCY TRANSPORTATION PROGRAMS
Tar River Transit
(252) 972-1174
TRT@rockymountnc.gov
www.tarrivertransit.org
This public transportation system has bus routes in Rocky Mount, NC. A live bus tracker app is available for download.

Medicaid Transit
(252) 459-2731
Provides free transportation to medical and health related resources for those who are eligible. Call the number listed above or contact your local Department of Social Services for more information.
• Nash County Department of Social Services
  (252) 459-9818
  120 W. Washington St., Nashville, NC 27856

COMMUNITY PARAMEDIC
Nash County EMS
(252) 459-1634
Nashcountync.gov/159/Emergency-Medical-Services

Nash County Senior Services
(252) 459-7681
• Home-delivered meals:
  Residents of Bailey, Middlesex, Samaria, Castalia, Corinth, Spring Hope, Nashville, West Mount, Red Oak, and Dortches
• Congregate meals:
  Monday – Friday, Covenant Homes Retirement Community.

Hours of Operation:
Monday – Thursday, 8 a.m. – 7 p.m., Friday, 8 a.m. – 5 p.m.

Program Sites:
Covenant Homes Retirement Community
(252) 459-7681
135 Covenant Ct., Rocky Mount, NC 27804
Offers a congregate meal, Monday – Friday.

Nash County Senior Center
(252) 459-7681
103 N. Alston St., Nashville, NC 27856
Hours of Operation:
Monday – Thursday, 8 a.m. – 7 p.m.; Friday, 8 a.m. – 5 p.m.

NUTRITIONAL RESOURCES
Nash County Department of Social Services
(252) 459-9818
120 W. Washington St., Nashville, NC 27856
Administers government programs, including Supplemental Nutrition Assistance Program (SNAP).
NASH COUNTY

HEALTH DEPARTMENTS
Nash County Health Department
(252) 459-9819
214 S. Barnes St., Nashville, NC 27865
P.O. Box 849

Nash County Senior Center/Office on Aging
The NASH (new Ageless Senior Haven)
(252) 459-7681
103 N. Alston St., Nashville, NC 27856

Hours of Operation:
Monday – Thursday, 8 a.m. – 7 p.m.; Friday, 8 a.m. – 5 p.m.

Rocky Mount Senior Center
(252) 972-1152
427 S. Church St., Rocky Mount, NC 27802
rockymountnc.gov/departments-services/parks-recreation/senior_center

Hours of Operation:
Monday – Thursday, 8 a.m. – 7 p.m.; Friday, 8 a.m. – 5 p.m.

OTHER RESOURCES
The Wright’s Center
(252) 442-8363
513 W. Raleigh Blvd., Rocky Mount, NC 27803
www.thewrightscenter.com

Hours of Operation:
Monday – Friday, 7 a.m. – 5 p.m.

Adult day health care facility for seniors and disabled adults.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Edgecombe
Contact:
Michele Cherry
Michele.Cherry@vidanthealth.com
(252) 641-8293

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
NORTHAMPTON COUNTY

MEDICATION ASSISTANCE
Rural Health Group at Jackson
(252) 534-1661
9425 N.C. Hwy. 305, Jackson, NC 27845
rhgnc.org

Hours of Operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

Rural Health Group at Rich Square
(252) 539-2082
200 S. Main St., Rich Square, NC 27869
rhgnc.org

Hours of Operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

FREE CLINICS
Rural Health Group at Jackson
(252) 534-1661
9425 N.C. Hwy. 305, Jackson, NC 27845
rhgnc.org

Hours of Operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

Rural Health Group at Rich Square
(252) 539-2082
200 S. Main St., Rich Square, NC 27869
rhgnc.org

Hours of Operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

FAITH-BASED ORGANIZATIONS
Galatia Baptist Church
(252) 585-1174
1219 Galatia Rd., Seaboard, NC 27846

Hours of Operation:
Monday – Friday, 9 a.m. – 2 p.m.

Typically, a reference from the Department of Social Services is required for food assistance.

J W Faison Senior Center
(252) 534-1012
110 Ridge Crest Ln., Jackson, NC 27845

Hours of Operation:
Monday – Friday, 8:30 a.m. – 5 p.m.

Provides food assistance for those in need.

Choanoke Area Development of North Carolina Incorporated (CADA)
(252) 539-4155
120 Sessoms Dr., Rich Square, NC 27869

Food assistance for those in need.
FAITH-ORGANIZATIONS CONT.
Greater Faith Outreach Center – Food Pantry
(252) 414-5476
211 North Street W., Ahoskie, NC 27910

Distribution hours:
Second, third, and last Tuesday of each month,
10 a.m. – 2 p.m.

Clients may receive food once per month and need to fill out an application before they can receive food.

Catholic Charities
(252) 355-5111
2780 B Dickinson Ave. Greenville, NC 27834
https://www.catholiccharitiesraleigh.org/greenville/

Hours of Operation:
Tuesday, 9 a.m. – 3:30 p.m.;
closed 12 p.m. – 1 p.m.

There are no restrictions, please call or walk in to apply/register.

Jackson United Methodist Church Food Pantry
(252) 534-8711
206 Thomas Bragg Dr., Jackson, NC 27845

Hours of Operation:
Fourth Monday of each month, 4 p.m. – 6 p.m.

Must provide photo ID and proof of county residency.

First United Methodist Church of Roanoke Rapids – Food Pantry
(252) 537-2173
339 Roanoke Ave., Roanoke Rapids, NC 27870

Hours of Operation:
Second and fourth Wednesdays, 1 p.m. until supplies run out.

First time clients must register.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Choanoke Public Transportation Authority
(252) 539-2022
505 N. Main St., Rich Square, NC 27869
choanokepta.org

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

To schedule transportation, call by 10 a.m. the day before transportation is needed.

J.W. Faison Senior Center
(252) 534-1012
110 Ridgecrest Ln., Jackson, NC 27845

Provides medical and non-medical transportation.
Call or walk in to apply.
NORTHAMPTON COUNTY

COMMUNITY PARAMEDIC
Northampton County EMS
(252) 534-6811
132 Landfill Rd., Jackson, NC 27845
For emergencies, call 911

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035 or (252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
https://afoodbank.org

Food Pantry Sites
Northampton Council on Aging
The Wellness Center, 9536 Hwy. 305, Jackson, NC
Distributes on the second Thursday every quarter from 9 a.m. – 12 p.m.

Northampton Mobile Food Pantry
CADA building: 120 Sessoms Dr., Rich Square, 27869
Distributes on the fourth Monday of each month, 12 p.m. – 1 p.m.

Jackson Mobile Food Pantry
(252) 534-8711
Jackson UMC, 206 Thomas Bragg Dr., Jackson, 27845
Distributes from 3:45 p.m. – 4:45 p.m.

HEALTH DEPARTMENTS
Northampton County Health Department
(252) 534-5841
9495 N.C. Highway 305, Jackson, NC 27845

Northampton County Home Health
(252) 534-1291
9495 N.C. Highway 305, Jackson, NC 27845

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Roanoke Chowan Hospital
Contact:
Alexandria Diamond
Alexandria.Diamond@vidanthealth.com
(252) 482-6242

Services:
The Vidant Wellness Center in Ahoskie can provide health screenings, information about support groups, specialized exercise programs, guest speaking, and more.
ONSLOW COUNTY

MEDICATION ASSISTANCE

SHIIP – Seniors’ Health Insurance Information Program
(855) 408-1212
www.ncdoi.com/SHIIP/Default.aspx

SHIIP is a Medicare Savings Program for those who receive Medicare benefits.

Contact the North Carolina Department of Insurance by visiting the website or calling the number listed above.

The Caring Community Clinic
(910) 346-6149
200 Doctors Dr., Suite M, Jacksonville, NC 28546
www.onslowco.org/clinic

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

Free program that provides medical services to uninsured and low-income individuals. This clinic also provides prescription assistance programs and medicine vouchers.

Wilmington District Office – NC Division of Services for the Blind, Medical Eye Care Program
(910) 251-5743
3240 Burnt Mill Dr., Suite 7, Wilmington, NC 28403

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.

Provides help with glaucoma medications, eye drops for acute infections, cataract surgery when visual acuity is severely affected, laser surgery for diabetes and retinal tears, and emergency eye related surgeries. Those who are uninsured or underinsured and in need of services who meet the income limits are eligible. Call to be referred to a social worker for the blind.

FREE CLINICS

The Caring Community Clinic
(910) 346-6149
200 Doctors Dr., Suite M, Jacksonville, NC 28546 (in Northwoods Shopping Center)
www.onslowco.org/clinic

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

Free program that provides medical services to uninsured and low-income adults. Apply online at:

Please provide a photo ID, a Social Security card, proof of residency (bill with address), and proof of income for the last 60 days for both applicant and spouse (pay stubs and 1040 tax forms; letter showing VA, unemployment, or Social Security benefits, Disability Determination letter, etc. Also provide food stamp letter and Medicaid denial letter from local DSS.

Morehead City Community-Based Outpatient Clinic
(252) 240-2349
5420 Hwy. 70, Morehead City, NC 28557

Hours of Operation:
Monday – Friday, 8 a.m. – 4:30 p.m.

This clinic provides services free of charge to veterans. The application process can be done over the phone.
ONSLow County

Faith-Based Organizations
Enon Chapel Midway Park – Food Pantry
(910) 353-403
101 Barbara Ave., Midway Park, NC 28544
http://www.enonchapel.com/templates/System/details.asp?id=26344&PG=contact&RecordType=&pkg

Hours of Operation:
Tuesday – Thursday, 9 a.m. – 4 p.m.

To receive these services, residents must live within a 5-mile radius; bring a photo ID and recent copy of a utility bill.

First United Methodist Church Food Bank
• Sneads Ferry Community Center (Location of the food bank)
  (910) 327-3335
  126 Park Ln., Sneads Ferry, NC 28460

• First United Methodist Church
  (910) 327-4011

Open on the third Monday of every month 9 a.m. – 10:30 a.m.; show up at or before 9 a.m. on the day of to register.

Folkstone Original Free Will Baptist
(910) 803-0280 or contact Yvonne Saunders (910) 358-7510
133 Old Folkston Rd., Holly Ridge, NC 28445
http://folkstonechurch.com/site/cs/Index.asp

Open Monday, Wednesday and Friday, 10 a.m. – 11 a.m.

Share the Table – Faith Harbor United Methodist Church
(910) 616-8897
12395 N.C. Hwy. 50, Hamstead, NC 28443
http://www.sharethetablenc.com/

Community meal is served on Sunday, 5:30 p.m. – 6:30 p.m.

Food Pantry Hours:
Tuesday and Wednesday, 10 a.m. – 11:30 a.m.;
1 p.m. – 2:30 p.m.
Thursday, 10 a.m. – 11:30 a.m.; 2 p.m.-3:30 p.m.
Sunday, 6 p.m. – 6:30 p.m. (after community meal)

Iglesia de Dios Pentecostal
1042 Country Club Rd., Jacksonville, NC 28540

Hours:
First, third, and fourth Thursday of each month,
10 a.m. – 12 p.m.

St. Anne’s Episcopal Church Unseen Guest Ministry
(910) 347-3774
711 Henderson Dr., Jacksonville, NC 28540
https://stannesjacksonville.ecdio.org/Ministries/unseen-guest.html

Food Pantry Hours:
Tuesday and Thursday from 10 a.m. – 12 p.m., every two months.
Please call to apply.
ONSLOW COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Second Chance Mission of Hope – Food for the Hungry, Second Chance Mission of Hope Shelter
(910) 300-7085
309 Court St., Jacksonville, NC 28540

Food pantry hours:
Tuesday, 10 a.m. – 12 p.m.

Please call in advance.
Residents of the shelter are eligible for all services and community residents are eligible based upon need, income, and resources.

Lutheran Church of Our Savior – Food Pantry
(910) 347-2207
1115 Lejeune Blvd., Jacksonville, NC 28540

Hours of Operation:
One Monday each month, 10 a.m. – 11 a.m.

Provides 10 bags of food on a first-come, first-served basis.
Please bring a photo ID.

Salvation Army
• Jacksonville:
  (910) 346-8800
  535 Bell Fork Rd., Jacksonville, NC 28540

Hours of Operation:
Monday – Thursday, 9 a.m. – 4 p.m.

• Maysville:
  (910) 743-0126
  510 Main Street, Maysville, NC 28555
  www.salvationarmycarolinas.org/jacksonville/

Hours of Operation:
Monday, Wednesday, Friday, 9 a.m. – 4 p.m.
Food pantry hours:
Monday – Friday, 9 a.m. – 12 p.m.; 1 p.m. – 3 p.m.

Requires a referral from the Department of Social Services.

Bethel Word Ministries.
(910) 938-3855, ext. 0
1675 Halltown Rd., Jacksonville, NC 28540

Emergency food:
Monday and Thursday, 9 a.m. – 11 a.m.
Food bank:
Second Friday of the month, 7:30 a.m. – 1 p.m.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Jacksonville Transit
(910) 938-7433
www.jacksonvillenc.gov/224/Jacksonville-Transit

Hours of Operation:
Monday – Friday, 5:54 a.m. – 7:55 p.m.; Saturday, Sunday; Holidays, 9:54 a.m. – 7:55 p.m.
NON-EMERGENCY TRANSPORTATION PROGRAMS

Onslow United Transit System
(919) 346-2998
605 New Bridge St., Jacksonville, NC 28540
www.onslowunitedtransit.org/welcome.html

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.

Jacksonville Transit
(910) 938-7433
www.jacksonvillenc.gov/224/Jacksonville-Transit

*Hours of Operation:*
Monday – Friday, 5:54 a.m. – 7:55 p.m.; Saturday, Sunday; Holidays, 9:54 a.m. – 7:55 p.m.

Onslow United Transit System
(919) 346-2998
605 New Bridge St., Jacksonville, NC 28540
www.onslowunitedtransit.org/welcome.html

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.

Onslow County Senior Services – Transportation Services
Medical Transportation: (910) 989-3013
Congregate Meal Transportation: (910) 989-3006
4024 Richlands Hwy., Jacksonville, NC 28540

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.
Provides transportation to medical appointments and congregate meal sites for older adults. Please call to schedule a ride.

Onslow Co. Department of Social Services – Elderly and Disabled Transportation Assistance Program
(910) 989-0230
612 College St., Jacksonville, NC 28540

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.
This service is for older adults and adults with disabilities. Please call or stop by the agency for more information and regarding program fees.

COMMUNITY PARAMEDIC

Onslow County EMS
(910) 347-4270
1180 Commons Dr. N., Jacksonville, NC 28546
https://www.onslowcountync.gov/793/Emergency-Medical-Services

For emergencies, dial 911.
ONSLOW COUNTY

**NUTRITIONAL RESOURCES**

**Food and Nutrition Services, EBT**
(910) 219-4812  
www.onslowcountync.gov/351/Food-Nutrition-Services

This program promotes better nutrition for low-income families. Call the number above to see if you qualify.

**SNAP - Department of Social Services (DSS)**
(910) 455-4145  
1915 Onslow Dr. Ext., Jacksonville, NC 28541

SNAP (formerly known as “Food Stamps”) is a food assistance program. Contact the Onslow County DSS for more information.

**Senior Services Home-Delivered Meals**
(910) 455-2747  
4024 Richlands Hwy., Jacksonville, NC 28540

A hot meal will be delivered to your home. Call the Senior Services Department for more information.

**Onslow Senior Nutrition Sites**
https://www.onslowcountync.gov/547/Nutrition

**Program Sites:**

**Jacksonville**
(910) 989-3006  
4024 Richlands Hwy, Jacksonville, NC

**Belgrade**
(910) 743-0800  
482 Springhill Rd., Maysville, NC

**Richlands**
(910) 324-1357  
106 E. Franck St., Richlands, NC

**Sneads Ferry**
(910) 741-0670  
242 Sneads Ferry Rd., Sneads Ferry, NC

**Swansboro**
(910) 340-1253  
830 Main St. Ext, Swansboro, NC

Individuals 60+ may visit one of the five sites in Onslow County for a free congregate meal and entertainment. Reservations must be made before 12 p.m. on the day before you plan to visit.

**Onslow Community Outreach – Food Bank**
(910) 455-5733  
1210 Hargett St., Jacksonville, NC 28540  
www.onslowco.org/soup

**Hours of Operation:**
Second Monday of every month, 9 a.m. – 3 p.m.

**Onslow Community Outreach – Soup Kitchen**
(910) 455-5733  
600 Court St., Jacksonville, NC 28540  
www.onslowco.org/soup

**Hours of Operation:**
Monday – Friday, 11 a.m. – 12 p.m.
Onslow County

Health Departments
Onslow County Health Department
(910) 347-2154
612 College St., Jacksonville, NC 28540
www.onslowcountync.gov/149/Health

Other Resources
Onslow County Department of Social Services
(910) 455-4145
612 College St., Jacksonville, NC 28541

Onslow County Senior Services – Friends of the Aging
(910) 989-3022
4024 Richlands Hwy., Jacksonville, NC 28540

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

Individuals who need assistance to remain safely in their home or because of a crisis situation are eligible. Must be 55 or older.

May be able to provide non-perishable food, medical equipment, diapers, and/or liquid nutrition supplements for older adults to remain safely in their homes. Also, may be able to provide financial assistance with emergency expenses. Services are provided on a case-by-case basis.

Vidant Health Community Health Leaders
Vidant Duplin Hospital
Contact:
Sue Wells
Sue.Wells@vidanthealth.com
(910) 296-8836

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
MEDICATION ASSISTANCE
Catholic Charities – Senior Pharmacy Program
(252) 638-2188
502 Middle St., New Bern, NC 28560

Program hours:
Monday – Thursday, 8:30 a.m. – 5 p.m.;
Closed from 12 p.m. – 1 p.m.

This program is for seniors (age 60 and older) who meet the income standards and are not eligible for Medicaid, have no private insurance for prescription costs, and have a chronic illness.

Religious Community Services – Prescription Medication Assistance
(252) 633-2767
919 George St., New Bern, NC 28560

Hours of Operation:
Monday – Friday, 9 a.m. – 2:30 p.m.

Must be medication prescribed by a doctor. Anyone in need of medication assistance is eligible. You must come into RCS in person with your prescription. RCS doesn’t provide permanent assistance, although they may be able to assist with copays on a regular basis within their guidelines.

Wilmington District Office – NC Division of Services for the Blind, Medical Eye Care Program
(910) 251-5743
3240 Burnt Mill Dr., Suite 7, Wilmington, NC 28403

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.

Provides help with glaucoma medications, eye drops for acute infections, cataract surgery when visual acuity is severely affected, laser surgery for diabetes and retinal tears, and emergency eye related surgeries. Those who are uninsured or underinsured and in need of services who meet the income limits are eligible. Call to be referred to a social worker for the blind.

Hope Clinic – Medical Clinic
(252) 745-5760
203 North St., Bayboro, NC 28515
https://www.hopeclinic.net

Hours of Operation:
Monday – Wednesday, Friday – Sunday, 10 a.m. – 3 p.m.; Thursday, 10 a.m. – 8:30 p.m.

Provides free primary health care and to uninsured adults at or below 200% of the federal poverty level. Free medications are available for patients. Must provide proof of income, most recent tax return, bank account number, food stamp reward letter if available, and proof of address (lease, utility bill, etc.)

FREE CLINICS
Morehead City Community-Based Outpatient Clinic
(252) 240-2349
5420 Hwy. 70, Morehead City, NC 28557

Hours of Operation:
Monday – Friday, 8 a.m. – 4:30 p.m.

This clinic provides services free of charge to veterans. The application process can be done over the phone.
PAMLICO COUNTY

FREE CLINICS CONT.
Hope Clinic – Medical Clinic
(252) 745-5760
203 North St., Bayboro, NC 28515
https://www.hopeclinic.net

*Hours of Operation:*
Monday – Wednesday, Friday – Sunday, 10 a.m. – 3 p.m.; Thursday, 10 a.m. – 8:30 p.m.

Provides free primary health care and to uninsured adults at or below 200% of the federal poverty level. Free medications are available for patients. Must provide proof of income, most recent tax return, bank account number, food stamp reward letter if available, and proof of address (lease, utility bill, etc.)

Pamlico County Health Department – Sick Care Clinic
(252) 745-5111
203 North St., Bayboro, NC 28515

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.

This is not a free clinic, but most of the services will be based on the individual’s income.

FAITH-BASED ORGANIZATIONS
Religious Community Services
919 George St., New Bern, NC 28560
rcsnewbern.com

RCS offers services including rent and utilities assistance, emergency prescription medication assistance, a homeless shelter, and a soup kitchen/food pantry.

Salvation Army of New Bern
(252) 637-2277
1402 Rhem Ave., New Bern, NC 28560

*Hours of Operation:*
Monday – Friday, 9:30 a.m. – 11:30 p.m.

The Salvation Army provides food and clothing assistance once every three months.

Please provide verification of household income and expenses for the previous 30 days, or a written referral from a partnering agency or organization; identification for each person living in the household; photo ID with Craven or Pamlico county address.

Pamlico County Fishes and Loaves Outreach, Inc.
(252) 249-7297
St. Peter the Fisherman Catholic Church, 1149 White Farm Rd., Oriental, NC 28571

Mobile Food Pantry
*Hours of Operation:*
First Wednesday of each month.

First-come, first-served basis to clients who are in line no later than 9:45 a.m. The number of families in line by 9:45 a.m. is counted, then the amount of food on the truck is divided. Must provide proof of address, photo ID, and the number of people in the household.
PAMLICO COUNTY

FAITH-BASED ORGANIZATIONS CONT.
Referral Food Pantry

*Hours of Operation:*
Second, third, and fourth Tuesday and Thursday of the month, 11 a.m. – 4 p.m. Deliveries are made three times per month to clients who are homebound.

Primarily by referral from county agencies and local clergy. Clients may contact the pantry directly to be evaluated for program eligibility. Please note that there may be a waiting list for this service.

NON-EmerGENCY TRANSPORTATION PROGRAMS
Pamlico County Senior Services
(252) 745-7196
800 Main St., Alliance, NC 28509

*Hours of Operation:*
Monday – Friday, 7:30 a.m. – 5 p.m.

Transportation to medical appointments, congregate lunch meals, grocery stores, pharmacies, banks, and more.

Craven Area Rural Transit System
(252) 636-4917
www.cravencountync.gov/165/Transportation-CARTS

*Hours of Operation:*
Monday – Friday, 7 a.m. – 5:15 p.m.
Transportation Hours: Monday – Friday, 5 a.m. – 6 p.m.

Walk in for fixed route buses. Call for scheduled trips. Trips must be scheduled at least by 12 p.m. two business days before the trip.

• ADA Complementary Paratransit
  Door-to-door transportation for those with disabilities unable to use regular, fixed route bus services. Call to see if you qualify.

COMMUNITY PARAMEDIC
Pamlico County Rescue Squad
(252) 745-3200
911 Grace Daniels Rd., Bayboro, NC 28515
For emergencies, dial 911.

NUTRITIONAL RESOURCES
Pamlico County Senior Services
(252) 745-7196
800 Main St., Alliance, NC 28509

*Hours of Operation:*
Monday – Friday, 7:30 a.m. – 5 p.m.

• Hom-Delivered Meals
  Meals are delivered Monday – Friday around 12 p.m. to homebound individuals who are 60 years or older and unable to attend the congregate meals. Call to see if you are eligible.

• Congregate Meals
  Lunch is served Monday – Friday around 12 p.m. Must be 60 or older for congregate meals. Call or walk in to apply.
NUTRITIONAL RESOURCES CONT.

Pamlico County Department of Social Services – Food and Nutrition Services
(252) 745-4086
828 Alliance Main St., Bayboro, NC 28515

Hours of Operation:
Monday – Friday, 7 a.m. – 6 p.m.

The Pamlico Co. DSS can provide monthly benefits to help those with little to no income buy food. Benefits are issued on an EBT card. Eligibility is based on income and household size. Call, walk in, or visit epass.nc.gov to apply.

HEALTH DEPARTMENTS

Pamlico County Health Department
(252) 745-5111
203 North St., Bayboro, NC 28515

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS

Vidant Health Corporate
855-MyVidant

Services:
Community health programs include senior services, community health screenings, and more.
PASQUOTANK COUNTY

MEDICATION ASSISTANCE
Community Care Clinic of Pasquotank County – Patient Assistance Program
(252) 384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy Hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m.
Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and for patients without insurance. Must meet income eligibility requirements and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs and serving as an information and referral service.

FREE CLINICS
Albemarle Regional Health Services – Adult Health
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

Albemarle Hospital Foundation Community Care Clinic
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of Operation:
Monday – Friday, 8:30 a.m. – 4 p.m.

This service is for uninsured adults that meet the income requirements. It is not free; however, it operates on a sliding scale which means that you pay what you can afford based on your income.
FAITH-BASED ORGANIZATIONS
First Baptist Church Elizabeth City
(252) 338-3904
300 W. Main St., Elizabeth City, NC 27909

Hours of Operation:
Second and fourth Wednesday of each month, 3:30 – 5 p.m.

Provides a community meal, a food pantry, and a clothing closet to those in need.

There are no eligibility requirements.

Samuel Chapel Missionary Baptist Church – Food Pantry
(252) 338-8795
774 Trinkaloe Rd., Elizabeth City, NC 27090

Distribution hours:
Second Monday or Tuesday of each month, 12 p.m. – 3 p.m. Call to verify the date and time for each month.

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of Operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Inter-County Public Transportation Authority
(252) 338-4480
https://icpta.net/services/schedule-transportation/

Hours of Operation:
Monday – Friday, 4:30 a.m. – 7:30 p.m.
Call the number listed above to schedule a ride.

This service does offer Medicaid Transportation; however, all Medicaid appointments must be scheduled through a county Department of Social Services.

COMMUNITY PARAMEDIC
Pasquotank-Camden Emergency Medical Services
(252) 335-1524
1144C N. Road St., Elizabeth City, NC 27909
For emergencies, dial 911.

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035
(252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

Albemarle Resource Center
(252) 333-1202
400 E. Elizabeth St., Elizabeth City, NC 27909

Hours of Distribution:
First Thursday of each month from 6 p.m. – 8 p.m.
Call to make an appointment.
HEALTH DEPARTMENTS
Pasquotank County Health Department
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909
www.arhs-nc.org

OTHER RESOURCES
Day Break Adult Health Care
(252) 338-4375
1407 Parkview Dr., Elizabeth City, NC 27909

Hours of Operation:
Monday – Friday, 7:30 a.m. – 5:30 p.m.

This facility provides two meals and a snack each day, group activities, help with medications, and assistance with grooming. Call for more information regarding pricing.

Albemarle Commission Area Agency on Aging – Home and Community Care Services
(252) 426-5753, ext. 222
512 S. Church St., Hertford, NC 27944

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

Services include home health aides, adult day programs, legal services, transportation, and more. Eligibility is based on need for the service.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Health Corporate
855-MyVidant

Services:
Community health programs include senior services, community health screenings, and more.
PERQUIMANS COUNTY

STROKE SUPPORT GROUP
Stroke Survivor Support Group
Chowan County Co-Op Extension Building
730 N. Granville St., Edenton, NC 27932

Contact:
Jackie or Jordan
(252) 482-6767

This group meets on the third Tuesday of each month at 3 p.m.

MEDICATION ASSISTANCE
Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

Community Care Clinic of Pasquotank County – Patient Assistance Program
252-384-4736
918 Greenleaf St., Elizabeth City, NC 27909

Pharmacy Hours:
Monday, Tuesday, Thursday, 9 a.m. – 4 p.m.
Prescriptions may be picked up or dropped off Monday – Friday, 9 a.m. – 4 p.m.

The pharmacy expense assistance program is based on income and for patients without insurance. Must meet income eligibility requirements and must be a resident of Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, or Perquimans county.

FREE CLINICS
Albemarle Regional Health Services – Adult Health
(252) 338-4400
711 Roanoke Ave., Elizabeth City, NC 27909

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

Albemarle Hospital Foundation Community Care Clinic
(252) 384-4733
918 Greenleaf St., Elizabeth City, NC 27909

Hours of Operation:
Monday – Friday, 8:30 a.m. – 4 p.m.

This service is for uninsured adults that meet the income requirements. It is not free; however, it operates on a sliding scale, which means that you pay what you can afford based on your income.
PERQUIMANS COUNTY

FAITH-BASED ORGANIZATIONS
Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of Operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

First Baptist Church Elizabeth City
(252) 338-3904
300 W. Main St., Elizabeth City, NC 27909

Hours of Operation:
Second and fourth Wednesday of each month, 3:30 – 5 p.m.

Provides a community meal, a food pantry, and a clothing closet to those in need.

There are no eligibility requirements.

Samuel Chapel Missionary Baptist Church – Food Pantry
(252) 338-8795
774 Trinkaloe Rd., Elizabeth City, NC 27090

Distribution hours:
Second Monday or Tuesday of each month, 12 p.m. – 3 p.m. Call to verify the date and time for each month.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Inter-County Public Transportation Authority
(252) 338-4480
https://icpta.net/services/schedule-transportation/

Hours of Operation:
Monday – Friday 4:30 a.m. – 7:30 p.m.

Call the number listed above to schedule a ride.

This service does offer Medicaid Transportation; however, all Medicaid appointments must be schedule through a county Department of Social Services.

COMMUNITY PARAMEDIC
Perquimans County EMS
(252) 426-5646
159 Creek Dr., Hertford, NC 27944

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035 or (252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

• Perquimans County Mobile Food Pantry
  Old BILO (vacant grocery store) parking lot at far the end
  392 W. Grubb Rd., Hertford, 27944

Hours of Operation:
Second Wednesday of each month, 5 p.m. – 7 p.m.

Albem Nutritional Resources
arie Resource Center
(252) 333-1202
400 E. Elizabeth St., Elizabeth City, NC 27909

Hours of Distribution:
First Thursday of each month, 6 p.m. – 8 p.m.
Call to make an appointment.
PERQUIMANS COUNTY

NUTRITIONAL RESOURCES CONT.
Perquimans County Department of Social Services – Food and Nutrition Services
(252) 426-7373
103 Charles St., Hertford, NC 27944

Monthly benefits to help those with little to no income buy groceries. Eligibility is based on income and household size.

Albemarle Commission Area Agency on Aging – Congregate Meals and Home Delivered Meals
(252) 426-7093
512 S. Church St., Hertford, NC 27944

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.

- Home-Delivered Meals
  Provides a hot mid-day meal to homebound seniors who are 60 years or older. Call to see if you are eligible.

- Congregate Meals
  This service is for adults who are 60 and older. Meals are served around 12 p.m., Monday – Friday.

OTHER RESOURCES
Albemarle Commission Area Agency on Aging – Home and Community Care Services
(252) 426-5753 ext. 222
512 S. Church St., Hertford, NC 27944

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

Services include home health aides, adult day programs, legal services, transportation, and more. Eligibility is based on need for the service.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Bertie and Chowan Hospitals
Contact:
Kelly Herr
Kelly.Herr@vidanthealth.com
(252) 482-6271

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.

HEALTH DEPARTMENTS
Perquimans County Health Department
(252) 426-2100
103 ARPDC St., Hertford, NC 27944
www.arhs-nc.org

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.
STROKE SUPPORT GROUPS
Vidant Medical Center Stroke Support Network
Second Thursday of every month, 6 p.m. – 8 p.m.

Monroe AHEC Conference Center
2000 Venture Tower Dr., Greenville, NC 27834
Located behind the McDonald’s on Stantonsburg Road near the hospital.

For more information, please contact Michele Horvath at 252-847-0571 or email Michele.Horvath@vidanthealth.com.

This group is open to survivors and caregivers.

MEDICATION ASSISTANCE
MAP (Medication Assistance Program)

Program Sites:
Access East/HealthAssist
(252) 847-7106
650 Medical Dr., Greenville, NC 27835

ECU Pharmacy Services
(252) 744-5890
1800 W. 5th St., Greenville, NC, 27834

• No health insurance / problems affording medications
• Health insurance without prescription coverage
• Not a candidate for Medicaid / third party prescription coverage
• Meet participating drug companies’ financial guidelines

Community Care of North Carolina Pharmacy Home

Program sites:
Home Town discount Pharmacy
(252) 752-0003
Medical Park Pharmacy
(252) 321-0222

Realo Discount Drugs – Greenville
(252) 355-3538

FREE CLINICS
Pitt County Care Clinic
(252) 744-2983
201 Government Cir., Greenville, NC 27834

Hours of Operation:
Sunday 12 p.m. – 4 p.m.

Services are available to the uninsured and include Medical, Lab, limited medications, specialty referral through HealthAssist.

Oakmont Baptist Church Medical Clinic
(252) 756-1245
1400 Red Banks Rd., Greenville, NC 27858

Hours of Operation:
Second and fourth Tuesday of every month, 6 – 7:30pm

Services available: Chronic hypertension, diabetes, general health
PITT COUNTY

Greenville Community Shelter Clinic
(252) 758-9244
600 Chestnut St., Greenville, NC 27834

Hours of Operation:
Monday, 6:45 p.m. – 8:30 p.m.;
Women and Children's Clinic on select Thursdays of each month, 6:45 p.m. – 8:30 p.m.

Services available: General medical care, physical exams, vision acuity, and limited minor procedures.

James D. Bernstein Community Health Center
(252) 695-6352
261 Belvoir Hwy., Greenville, NC 27834
http://www.greenecountyhealthcare.com/

Hours of Operation:
Monday – Thursday, 8:30 a.m. – 7:30 p.m.;
Friday, 8:30 a.m. – 5:30 p.m.

This clinic is not free; however, you pay what you can afford based on your income.

FAITH-BASED ORGANIZATIONS

Oakmont Community Center
(252) 756-1245
1100 Red Banks Rd., Greenville, NC 27858

Community Food Co-Op
(252) 215-9042
103 E. Arlington Blvd., Greenville, NC 27858

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

Provides fresh and non-perishable food items to families at a reduced cost. Clients buy in with a monthly fee and volunteer hours, learn how to budget money, and set realistic financial goals. $50 monthly fee.

Philippi Church Food Pantry
(252) 551-6132
3760 Philippi Dr., Greenville, NC 27834

Hours of Operation:
Monday – Saturday, 10 a.m. – 1:30 p.m.

Anyone in need of food is welcome. Please bring a photo ID.

St. Paul's Episcopal Church Food Pantry
(252) 752-3482
401 E. 4th St., Greenville, NC 27858

Hours of Operation:
Thursday, 1 p.m. – 3 p.m.

Need a referral from another agency or church.

St. Peter Catholic Church – Food Pantry
(252) 757-3259
2700 E. 4th St., Greenville, NC 27858

Hours of Operation:
Every other Tuesday, 12 p.m. – 1:30 p.m.
FAITH-BASED ORGANIZATIONS CONT.
The Memorial Baptist Church – Food Pantry
(252) 756-5314
1510 Greenville Blvd. S.E., Greenville, NC 27858

Hours of Operation:
Second and fourth Tuesday, 1:30 p.m. – 3:00 p.m.

Please be ready to register and bring a photo ID. Registration begins at 9 a.m.

Churches Outreach Network
1206 Evans St., Suite 25, Greenville, NC 27834

Programs:
Food Pantry
(252) 717-9600

Hours of Operation:
First Wednesday of each month, 9 a.m.

Provides groceries to those in need.

Elderly Touch of the Heart
(252) 717-9599

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

Provides groceries to Pitt county residents who are over the age of 60 or have a disability and their families and caregivers.

Please call or visit http://www.con2007.org/elderly_application to apply.

Salvation Army of Greenville – Food and Clothing Assistance
(252) 756-3388
2718 S. Memorial Dr., Greenville, NC 27834

Hours of Operation:
Food Pantry: Monday – Friday, 2 p.m. – 4 p.m.
Walk-In Day: First and third Wednesday of the month, 2 p.m. – 4 p.m.

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.
(closed 12 p.m. – 1 p.m.)

Joy Soup Kitchen
(252) 561-7519
700 Albemarle Ave., Greenville, NC 27834

Serves a free meal, 10:30 a.m. – 11:45 a.m.

NON-EMERGENCY TRANSPORTATION PROGRAMS
Greenville Area Transit (GREAT)
(252) 329-4532
Pitt Area Transit System (PATS)
(252) 902-2002
PITT COUNTY

COMMUNITY PARAMEDIC
Pitt County Community Paramedic Program
Office: (252) 902-3950
Direct: (252) 902-3955

NUTRITIONAL RESOURCES
Pitt County Council on Aging
Congregate Nutrition (252) 752-1717

Pitt County Cooperative Extension
(252) 902-1700
403 Government Cir., Suite 2, Greenville, NC 27834
pitt.ces.ncsu.edu/

Eat Smart, Move More, Weigh Less; costs vary.

Offers educational programs that help people make better-informed decisions and grow our economy. Programs cover areas such as local foods, food safety, gardening, and environmental efforts.

Food Bank CENC at Greenville
(252) 752-4996
1712 Union St., Greenville, NC 27834
greenville.foodbankcenc.org

Medical Food Pantry at ECU Brody School of Medicine
(252) 847-7821
600 Moye Blvd., Greenville, NC 27834

Hours of Operation:
Monday – Friday, 10 a.m. – 4 p.m.

Provides emergency food boxes to patients containing nutritious food recommended by their health care teams based on their medical conditions.

HEALTH DEPARTMENTS
Earl Trevathan Jr., M.D. Public Health Center / Pitt County Health Department
(252) 902-2300

• Pitt County Office Park
  201 Government Cir., Greenville, NC 27834

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

NC WISEWOMAN Program
Eligibility requirements: women between ages 40–64, uninsured, low-income, and no recent diagnosis of cancer. Must be eligible for BCCCP, although you do not have to be enrolled.

The Well-Integrated Screening and Evaluation for Women Across the Nation is a cardiovascular disease and stroke screening program. It focuses on cardiovascular disease and stroke screening, intervention, and counseling for eligible BCCCP women.

Services: clinical screening (blood pressure, cholesterol, A1C/glucose, height, weight), health coaching, and risk reduction counseling, and lifestyle support programs. Services are free to those who meet eligibility requirements.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Medical Center
Contact:
Catherine Nelson
CNelson@vidanthealth.com
(252) 847-6077

Services:
Community health programs include senior services, community health screenings, and more.
TYRRELL COUNTY

STROKE SUPPORT GROUP
Stroke Survivor Support Group
Chowan County Co-Op Extension Building
730 N. Granville St., Edenton, NC 27932

Contact:
Jackie or Jordan
(252) 482-6767

This group meets on the third Tuesday of each month at 3 p.m.

MEDICATION ASSISTANCE
Martin-Tyrrell-Washington District Health Department
(252) 793-1625
210 W. Liberty St., Williamston, NC 27892

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

Agape Community Health Clinics

Program sites:
Williamston Clinic:
(252) 789-0401
1130 Godwin Dr., Williamston, NC 27892

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

Washington Clinic
(252) 940-0602
120 W. Martin Luther King Jr. Dr., Washington, NC 27889

Hours of Operation:
Monday, 8 a.m. – 7 p.m.; Tuesday – Friday, 8 a.m. – 5 p.m.; Saturday, 8 a.m. – 1 p.m.

Provides low-cost health care, free prescriptions, primary care, and more to underserved individuals. Fees are based on a sliding scale, which means you pay what you can afford based on your income. Must provide proof of income.

FREE CLINICS
Agape Community Health Clinics

Program sites:
Williamston Clinic:
(252) 789-0401
1130 Godwin Dr., Williamston, NC 27892

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.
FREE CLINICS CONT.

Washington Clinic:
(252) 940-0602
120 W. Martin Luther King Jr. Dr., Washington, NC 27889

Hours of Operation:
Monday, 8 a.m. – 7 p.m.; Tuesday – Friday, 8 a.m. – 5 p.m.; Saturday, 8 a.m. – 1 p.m.

Provides low-cost health care, free prescriptions, primary care, and more to underserved individuals. Fees are based on a sliding scale, which means you pay what you can afford based on your income. Must provide proof of income.

FAITH-BASED ORGANIZATIONS

Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market Street, Hertford, NC 27944

Hours of Operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

Church Road Emergency Food Closet
(252) 791-0916
2028 Old Terrace Rd., Columbia, NC 27925

Hours of Distribution:
Every Thursday from 9:30 a.m. – 12:30 p.m.

Must be a Tyrrell County resident to receive food and can receive food each week. TEFAP food may be received only one time per month. An application must be completed with income verification, the number of people in the household and provide address verification.

Mt. Herman United Methodist Church – Mobile Food Pantry
(252) 797-4355
906 U.S. Hwy. 64, Columbia, NC 27925

Hours of Distribution:
Fourth Tuesday of each month, 5 p.m. – 7 p.m.

Anyone in need of food is welcome. Clients must register.

NON-EMERGENCY TRANSPORTATION PROGRAMS

Tyrrell County Senior and Disabled Transportation
(252) 796-0365
406 Bridge St., Columbia, NC 27925

Provides transportation to seniors and disabled citizens around Tyrrell county. Call to apply.

COMMUNITY PARAMEDIC

Washington – Tyrrell County EMS
(252) 793-7636
116 Adams St., Plymouth, NC 27962
TYRRELL COUNTY

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035 or (252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

• Tyrell County Mobile Food Pantry:
  Tyrrell meeting hall OR across from Wilco Hess:
  883 U.S. 64 E., Columbia, NC 27925

  **Hours of Operation:**
  4th Tuesday of each month from 5:45 p.m. – 6:45 p.m.

Food and Nutrition Services
(252) 796-3421
102 North Road St., Columbia, NC 27925

**Hours of Operation:**
Monday – Friday, 8:30 a.m. – 5 p.m.;
closed between 12 p.m. – 1 p.m. every day.

Monthly benefits for groceries are available to those who have little to no income.
Benefits are issued on an EBT card. Eligibility is based on income and household size.
Call, walk-in, or apply online at epass.nc.gov.

Tyrell County Senior Adult Activity Center
(252) 796-0365
406 Bridge St., Columbia, NC 27925

**Hours of Operation:**
Monday – Friday, 9 a.m. – 5 p.m.

• Congregate Meals
  Lunch is free to people who are 60 or older.

• Home-Delivered Meals
  Must be 60 or older and unable to attend the congregate meals. Call to find out if you are eligible.

HEALTH DEPARTMENTS
Martin-Tyrell-Washington District Health Department
(252) 793-1625
210 W. Liberty St., Williamston, NC 27892
mtwdistricthealth.org

**Office Hours:**
Monday – Friday, 8 a.m. – 5 p.m.

OTHER RESOURCES
Albemarle Commission Area Agency on Aging – Home and Community Care Services
(252) 426-5753 ext. 222
512 S. Church St., Hertford, NC 27944

**Hours of Operation:**
Monday – Friday, 9 a.m. – 5 p.m.

Services include home health aides, adult day programs, legal services, transportation, and more. Eligibility is based on need for the service.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Bertie and Chowan Hospitals
Contact:
Kelly Herr
Kelly.Herr@vidanthealth.com
(252) 482-6271

**Services:**
Community health programs include, health screenings, attendance at health fairs, outreach, education, and more.
WASHINGTON COUNTY

STROKE SUPPORT GROUPS
Stroke Survivor Support Group
Chowan County Co-Op Extension Building
730 N. Granville St., Edenton, NC 27932

Contact:
Jackie or Jordan
(252) 482-6767

This group meets the third Tuesday of each month at 3 p.m.

MEDICATION ASSISTANCE
Martin-Tyrrell-Washington District Health Department
(252) 793-1625
210 W. Liberty St., Williamston, NC 27892

Albemarle Area United Way
(252) 333-1510
1413 Parkview Dr., Elizabeth City, NC 27907
www.albemarleareauw.org

Hours of Operation:
Monday: Friday, 9 a.m. – 5 p.m.

The Albemarle Area United Way is a nonprofit organization that improves residents’ lives in the rural counties of northeastern North Carolina through a coordinated response that includes fundraising, certifying agencies, supporting programs, assessing needs, and serving as an information and referral service.

FREE CLINICS
Martin-Tyrrell-Washington District Health Department
Washington Co. Health Center
(252) 793-3023
198 NC Hwy. 45 N., Plymouth, NC 27962

FAITH-BASED ORGANIZATIONS
Catholic Charities – Albemarle Regional Office
(252) 426-7717
113 W. Market St., Hertford, NC 27944

Hours of Operation:
Monday and Thursday, 9:30 a.m. – 11:30 a.m.

Provides free groceries to those in need. There are no eligibility restrictions.

Mount Herman United Methodist Church Mobile Food Pantry
Washington County
(252) 394-0160
11424 Newland Rd., Creswell, NC 27928

Hours of Distribution:
Fourth Tuesday of each month, 5 p.m. – 7 p.m.

Anyone in need of food is welcome. Clients must register.

People’s Faith COGiC Food Pantry
(252) 661-1135
411 Hortontown Rd., Roper, NC 27970

Hours of Operation:
Third Wednesday of the month, 10 a.m. – 2 p.m.

Anyone in need of food is welcome. Clients must register.
WASHINGTON COUNTY

NON-EMERGENCY TRANSPORTATION PROGRAMS
Washington County Department of Social Services – River Light Transit
(252) 793-4041, ext. 255
209 E. Main St., Plymouth, NC 27962

*Hours of Operation:*
Monday – Friday, 8:30 a.m. – 4:30 p.m.

Eligibility is based on income. Call to see if you qualify.

COMMUNITY PARAMEDIC
Washington – Tyrrell County EMS
(252) 793-7636
116 Adams St., Plymouth, NC 27962

NUTRITIONAL RESOURCES
Food Bank of the Albemarle
(252) 335-4035 or (252) 335-4797
109 Tidewater Way, Elizabeth City, NC 27909
afoodbank.org

- Washington County Mobile Food Pantry:
  (252) 335-4035
  11424 Newland Rd., Creswell, NC 27928

  *Hours of Operation:*
  Food is available the fourth Tuesday of each month, 3 p.m. – 4:30 p.m.

Plymouth Food Pantry
(252) 793-4152
811 Washington St., Plymouth, NC 27962

*Hours of Operation:*
Tuesdays and Thursdays, 9 a.m. – 11:15 a.m.

Must be a resident of Washington county, and can only receive food one time each month. Must provide proof of residence, number of people in a household, and proof of income.

Washington County Department of Social Services
(252) 793-4041
209 E. Main St., Plymouth, NC 27962

*Hours of Operation:*
Monday – Friday, 8:30 a.m. – 5 p.m.

Monthly benefits to help individuals with little to no income buy groceries.

Eligibility is based on income and household size. Call, walk in, or visit epass.nc.gov to apply.
WASHINGTON COUNTY

NUTRITIONAL RESOURCES CONT.
Washington County Senior Center
(252) 793-3816
198 N.C. Hwy. 45 N., Plymouth, NC 27962

Hours of Operation:
Monday – Friday, 8 a.m. – 7 p.m.; lunch is served at 11:30 a.m.

Must be 60 or older for congregate lunch.
Call or walk in to apply.

Albemarle Commission Area Agency on Aging
(252) 426-7093
512 S. Church St., Hertford, NC 27944

Office Hours:
Monday – Friday, 8 a.m. – 5 p.m.

• Home-Delivered Meals
  Must be 60 or older, or under 60 with a disability- physically or mentally unable
  to prepare meals. Must have a referral from a doctor. Please call for more
  information.

• Congregate Meals
  Must be 60 or older to participate. Walk in to complete registration. Call to find
  the site nearest you.

OTHER RESOURCES
Albemarle Commission Area Agency on Aging – Home and Community Care Services
(252) 426-5753 ext. 222
512 S. Church St., Hertford, NC 27944

Hours of Operation:
Monday – Friday, 9 a.m. – 5 p.m.

Services include home health aides, adult day programs, legal services, transportation, and more. Eligibility is based on need for the service.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Bertie and Chowan Hospitals
Contact:
Kelly Herr
Kelly.Herr@vidanthealth.com
(252) 482-6271

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.

HEALTH DEPARTMENTS
Martin-Tyrrell-Washington District Health Department
Washington Co. Health Center
(252) 793-3023
198 N.C. Hwy. 45 N., Plymouth, NC 27962
STROKE SUPPORT GROUPS

Stroke Support Group
- Wayne UNC Health Care - Auditorium (Ground Floor)
  2700 Wayne Memorial Dr., Goldsboro, NC 27534

This group meets on the first Monday of each month, 5:30 p.m. – 7 p.m.

For more information or to register, please contact Sara Ginn: (919) 587-4885

This group is a resource for stroke survivors, caregivers of stroke survivors, or anyone who would like to learn about stroke education.

MAP (Medication Assistance Program)

Program Sites:
WATCH
(919) 731-6934
2700 Wayne Memorial Dr., Goldsboro, NC 27534

Mount Olive Family Medicine Center
(919) 658-4954
201 N. Breazeale Ave., Mount Olive, NC 28365

- No health insurance / problems affording medications
- Health insurance without prescription coverage
- Not a candidate for Medicaid / third party prescription coverage
- Meet participating drug companies’ financial guidelines

FREE CLINICS

WATCH Healthcare Program
(919) 731-6934, (919) 222-4451, or (919) 222-4450
Three locations; Mobile unit travels to predetermined location in Wayne County each month.

Locations available upon request:
Goldsboro Family YMCA Location:
1105 Parkway Dr., Goldsboro, NC 27534

Hours of Operation:
Monday – Friday, 8 a.m. – 4 p.m.
Campus Clinic at Wayne Memorial Hospital (behind the Emergency Department)

Mobile unit travels to predetermined sites in Wayne County each month:
Tuesday and Wednesday, 9 a.m. – 3 p.m.;
Campus Clinic: Monday – Thursday, 8 a.m. – 4:30 p.m.;
YMCA Clinic: Monday – Friday, 8 a.m. – 4:30 p.m.

Services available: primary and acute healthcare, chronic disease management, labs, and medication assistance for those who qualify financially.

Goshen Medical Center

Program Sites:
Community Health Services Clinic
(919) 658-5900
325 N.C. Hwy. 55 W., Mount Olive, NC 28365

Lambert Clinic
(919) 658-2505
130 N.E. Center St., Mount Olive, NC 28365

Not a free clinic but has a sliding scale fee option.
FREE CLINICS CONT.
Family Medicine and Rehabilitation Center
(919) 679-2600
2902 Central Heights Rd., Goldsboro, NC 27534

NON-EMERGENCY TRANSPORTATION PROGRAMS
Gateway Transit
(919) 736-1374;
1615 E. Beech St., Goldsboro, NC 27530

Community transit system serves human service agencies and the public through subscription, deviated fixed, and dial-a-ride routes.

Wayne County Services on Aging
(919) 705-1785 Fax: (919) 580-4024
P. O. Box 227, Goldsboro, NC 27530
2001 E. Ash St., Goldsboro, NC 27530

Provides travel to and from community resources such as medical appointments and nutrition sites, or other designated areas for older adults needing access to services and activities necessary for daily living.

NUTRITIONAL RESOURCES
Wayne UNC Hospital
(919) 736-1110
2700 Wayne Memorial Dr., Goldsboro, NC 27534
https://www.wayneunc.org

What they offer:
Diabetes Support Group; support and education for people with diabetes and their families.

Mended Hearts; support and education for people/families with heart disease.
Overeaters Anonymous; 12-step program for people with eating problems.

Weight and Exercise Support Group; for anyone wishing to exercise in a group to lose weight.
Free.

Wayne County Cooperative Extension
(919) 731-1525
Wayne.ces.ncsu.edu/

What they offer:
Cooking with Heart and Soul: cooking sessions delivered to African-American congregations.

Eat Smart, Move More, and Weigh Less: 15 one-hour sessions.

Supplemental Nutrition Assistance Program (SNAP-ED): 14-week program targeting nutrition, physical activity, food safety, and food budgeting.

What’s on Your Plate: 1-hour program.

Women Living Healthy, Women Living Well: CD-ROM program focused on healthy eating, physical nutrition, and women’s health issues.

Call for cost, locations vary.
WAYNE COUNTY

NUTRITIONAL RESOURCES
Wayne Area Diabetes and Education Center (WADEC)
(919) 731-6508

What they offer:
Weight Management and Cholesterol Control Class: group class led by the WADEC Dietitian, need physician referral.

$17.

WAGES
(919) 734-1178
601 Royall Ave., Goldsboro, NC 27534

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.; lunch served at 12 p.m.

Must be at least 60 years old.

Home-Delivered Meals:
(919) 734-1178
Meals are delivered Monday – Friday around 12 p.m.

Available to homebound seniors who are unable to prepare meals or attend a congregate lunch.

HEALTH DEPARTMENTS
Wayne County Health Department
(919) 731-1000
301 N. Herman St., Goldsboro, NC 27530

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Duplin Hospital
Contact:
Sue Wells
Sue.Wells@vidanthealth.com
(910) 296-8836

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
WILSON COUNTY

STROKE SUPPORT GROUPS
Vidant Medical Center Stroke Support Network
Second Thursday of every month, 6 p.m. – 8 p.m.

Monroe AHEC Conference Center
2000 Venture Tower Dr., Greenville, NC 27834
Located behind the McDonald’s on Stantonsburg Road near the hospital.

For more information, please contact Michele Horvath at 252-847-0571 or email Michele.Horvath@vidanthealth.com.

This group is open to survivors and caregivers.

Vidant Edgecombe Stroke Support Network
This support group is for stroke survivors and their caregivers. Please contact Joanna Keeter for more information.

MEDICATION ASSISTANCE
Wilson Community Health Center
(252) 243-9800
303 E. Green St., Wilson, NC 27893

Hours of Operation:
November – May
Monday, 8 a.m. – 8 p.m.
Tuesday – Friday, 8 a.m. – 5 p.m.

June – October
Monday, 8 a.m. – 9 p.m.
Tuesday – Friday, 8 a.m. – 5 p.m.

This clinic provides low-cost prescriptions, and if the price is still too high, staff may see if the patient is eligible for other medication assistance programs.

Wilson County Department of Social Services – Alternative Services
(252) 206-4000
100 Gold St. N.E., Wilson, NC 27893

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

Assists those in emergencies. Proof of crisis is required.

FREE CLINICS
Wilson Community Health Center
(252) 243-9800
303 E. Green St., Wilson, NC 27893

Hours of Operation:
November – May
Monday, 8 a.m. – 8 p.m.
Tuesday – Friday, 8 a.m. – 5 p.m.

June – October
Monday, 8 a.m. – 9 p.m.
Tuesday – Friday, 8 a.m. – 5 p.m.

This is not a free clinic; however, low-cost health care is provided.
**WILSON COUNTY**

**FAITH-BASED ORGANIZATIONS**

**Salvation Army of Wilson**
(252) 243-2696
316 S. Tarboro St. W., Wilson, NC 27893

*Hours of Operation:*
Monday – Friday, 9 a.m. – 11 a.m.

Provides food assistance and clothing vouchers through appointment. Assistance is provided to each individual once every three months, or as needed. Must provide proof of residency. Call before 9 a.m. the day before assistance is needed to make an appointment.

**Wilson County Interfaith Services, Inc. - Hope Station**
(252) 291-6689
309 Goldsboro St. E., Wilson, NC 27893
http://hopestation-wilson.org

*Office Hours:*
Monday – Thursday, 8 a.m. – 4 p.m.; Friday, 8 a.m. – 1 p.m.

**Food Pantry Hours:**
Monday, Wednesday, Friday, 9 a.m. – 11:30 a.m.

**Shelter Hours:**
Daily, 7 p.m. – 7 a.m. (6 p.m. – 7 a.m. during winter months)

Provides a food pantry, shelter for homeless men, and assistance with rent and utilities.

**New Christian Food Pantry**
(252) 265-6165
111 Douglas St. S., Wilson, NC 27893
https://www.wilsonfoodpantry.org

*Food Pantry Hours:*
Tuesdays, depending on supplies. Please call for more information.

*Clothing Closet Hours:*
Monday – Thursday, 9 a.m. – 3 p.m.; Friday, 9 a.m. – 1 p.m.

Provides food, clothing, furniture, and household items to Wilson county residents who lack the basic necessities to survive. There are no restrictions, but please bring a photo ID.

**St. Marks (Guadalupe) Episcopal Church**
(252) 206-9996
106 Reid St. S.E., Wilson, NC 27893

*Distribution hours:*
First Tuesday of the month, food delivery from Greenville food bank in the morning.

Monday, Tuesday, Wednesday, Thursday, 3 p.m. – 5 p.m.; canned goods distributed if they are available.

Call to check for availability.

This organization offers a food pantry to those in need.

**Impact Church – Food Pantry**
(252) 291-1573
3338 Corbett Ave., Elm City, NC 27822
https://impactchurchwilson.com

*Hours of Operation:*
Hours vary, clients are seen by appointment only.

Provides free groceries to those in need. Please call to make an appointment.
WILSON COUNTY

FAITH-BASED ORGANIZATIONS CONT.

Catholic Charities
(252) 355-5111
2780 B Dickinson Ave., Greenville, NC 27834
https://www.catholiccharitiesraleigh.org/greenville/

*Hours of Operation:*
Tuesday, 9 a.m. – 3:30 p.m.;
closed from 12 p.m. – 1 p.m. each day.

There are no restrictions, please call or walk in to apply/register.

NON-EMERGENCY TRANSPORTATION PROGRAMS

Wilson Community Improvement Association – Gee Corbett Village Senior Center
(252) 243-4855
504 Green St. E., Wilson, NC 27893

*Hours of Operation:*
Monday – Friday, 8 a.m. – 5 p.m.

Provides non-medical transportation services for a fee.

Upper Coastal Plain Area Agency on Aging – Home and Community Care Services
(252) 234-5952
121 W. Nash St., Wilson, NC 27893

*Hours of Operation:*
Monday – Friday, 8:30 a.m. – 5:30 p.m.

Eligibility is based on need for services. There may be a waiting list, so please call to apply. Fees vary depending on services.

Wilson County Transportation Services
(252) 234-0385

Reservations for transportation must be made by 2 p.m. one business day before transportation is needed.

WCTS provides Medicaid transit, so please be prepared to provide your Medicaid Number when making an appointment for Medicaid Transit.

COMMUNITY PARAMEDIC

Wilson County Rescue Squad
(252) 237-8315
1817 Glendale Dr. SW, Wilson, NC 27893

For emergencies, dial 911.
NUTRITIONAL RESOURCES
Wilson Community Improvement Association – Gee Corbett Village Senior Center
(252) 243-4855
504 Green St. E., Wilson, NC 27893

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

• Congregate Meals
  Meals served Monday – Friday, 12 p.m.

Wilson county Office of Senior Citizens Affairs
(252) 237-1303
2306 Cedar Run Pl., Wilson, NC 27896

Hours of Operation:
Monday – Friday, 9 a.m. – 1 p.m.

Services provided include home-delivered meals, congregate meals, and transportation to congregate nutrition sites. Call to see if you qualify for any of these services.

• Congregate nutrition:
  Must be 60 years or older. Persons under 60 with a disability may participate.

• Home-delivered meals:
  Must be 60 years or older and homebound. Also, must have a referral from your doctor.

HEALTH DEPARTMENTS
Wilson County Health Department
(252) 237-3141
1801 Glendale Dr. S.W., Wilson, NC 27893

Hours of Operation:
Monday – Friday, 8 a.m. – 5 p.m.

VIDANT HEALTH COMMUNITY HEALTH LEADERS
Vidant Edgecombe
Contact:
Michele Cherry
Michele.Cherry@vidanthealth.com
(252) 641-8293

Services:
Community health programs include health screenings, attendance at health fairs, outreach, education, and more.
STROKE
SUPPORT NETWORKS AND GROUPS
Come join our Outpatient Stroke Support Network!

Vidant Medical Stroke Center has the longest standing stroke support network in eastern North Carolina. The support network provides networking, support and education for stroke survivors and their families.

Share your story.

It matters not only to us, but to other stroke survivors, too. Our support network provides a comfortable environment for people to talk about their journey to stroke recovery.

Learn more about your stroke.

There's a lot to learn after a stroke and new information can be too much to absorb in the hospital or during rehabilitation. Our support network is an opportunity for continued education and awareness.

We can't wait to see you.

Second Thursday of Each Month
6 P.M. - 8 P.M.
Monroe AHEC Conference Center
2000 Venture Tower Drive
Greenville, NC 27834

For more information or to receive monthly notices of meetings, please call (252) 847-0571 or email Michele.Horvath@vidanthlth.com
Stroke Survivor Support Group

Vidant Chowan Hospital hosts a stroke support group the third Tuesday of each month at 3:00 PM in the Chowan Ag Building/Co-op Extension.

Open to all survivors and their caregivers, it is an opportunity to offer encouragement and give people a chance to meet others who are experiencing similar challenges. It is free of cost to participate.

This informal event will serve as a chance for people to share stories, experiences, and challenges associated with their stroke recovery. Participants are not required to share and can simply listen if that is how he/she chooses to participate.

Please join us for companionship and inspiration.

No need to RSVP, but if you need more information, please call Jack or Jordan in the Rehabilitation Department at 432-6767.