

**Phone numbers from the 3/20/2020 Conference Call:**

**The numbers for our two senior centers** - Pittsboro: 919-542-4512; Siler City: 919-742-3975

**NCBAM Hope line:** 866.578.4673 (866.578.HOPE). 7 days a week, 9am-9pm during the COVID-19 outbreak. This is a statewide resource of NC Baptist Aging Ministries to offer older adults a friendly voice and someone provide a compassionate ear.

If you are depressed or in need of mental health services, call the **Cardinal Innovations Help-line** at 800-939-5911 (24/7).

The **Friendship Line** is offered 24 hours a day, 365 days a year by the nonprofit Institute on Aging at 800-971-0016. It is both a crisis intervention hotline and a “warm-line” for non-urgent friendly calls.

**Medical rides** - Schedule medically necessary rides through Sigi Markworth by calling 919-542-4512. Check with your healthcare provider, first, to be sure your appointment is essential.

**Assistive equipment**- Call 919-542-4512 and ask for Wynne Fields. She will try and schedule a time for the equipment pick-up. You must call ahead of time—don’t just show up seeking help.

**Meal-related questions (for existing participants)**- Call the senior center you’ve been working with: Pittsboro: 919-542-4512; Siler City: 919-742-3975

**Incontinence Supplies**- We are working hard to secure and provide incontinence supplies but can’t make any promises. Right now we are still operating this service and we hope but can’t guarantee how much or how long it will continue. If you have questions about this, contact Wynne Fields at 919-542-4512.

**SHIIP** - All NC SHIIP/Medicare related calls are being referred to the NC SHIIP Toll Free # 1-855-408-1212.