

**Mitchell County
Health & Human Services
Provider Directory**

Mitchell County Health & Human Services Provider Directory

This is a directory of health and human services available to residents of Mitchell County. While this directory is as complete as the available time and information allowed, it should not be regarded as fully comprehensive. Agencies, services and contact information are constantly changing. This directory was produced in 2009 by the Mitchell Community Health Partnership.

Services

Page

Day-care and Preschool

Bakersville Child Development Center.....	8
Bakersville Head Start Center.....	9
Hollifield's Christian Before & After School Program....	10
Jack and Jill Daycare.....	11
Laurel Creek Child Development Center.....	12
Luv N' Care Daycare.....	13
Mitchell County More at Four.....	14
Mitchell County Pre-K School Program.....	15
Phillips-Gwaltney Child Development Center.....	16
Spruce Pine Montessori School.....	17

Dental Services

Dr. Julius Aldridge.....	19
Dr. Barbara Bressert.....	19
Dr. Dean Leming.....	20
Dr. James Thompson.....	20
Dr. Taylor Townsend.....	21
North Carolina Oral Health Section.....	22
Toe River Children's Dental Clinic.....	23

Emergency Services

Bakersville Police Department.....	25
Bakersville Volunteer Fire Department.....	25
Bradshaw Volunteer Fire Department.....	25
Buladean Volunteer Fire Department.....	25
Fork Mountain Volunteer Fire Department.....	25
Mitchell County Emergency Management.....	26
Mitchell County Emergency Medical Service.....	26
Mitchell County Sheriff's Department.....	26
Parkway Volunteer Fire Department.....	26
Spruce Pine Police Department.....	26
Spruce Pine Volunteer Fire Department.....	27

Home Care Services

Blue Ridge Home Care.....	29
Carolina Home Care Specialists.....	30
High Country Home Care.....	31
Mitchell County Community Alternative Program.....	32

Mitchell County Home Health.....	33
Mitchell County Hospice & Palliative Care Center.....	34

Services

Page

Housing Services

Cane Creek Village.....	36
High Country Council of Governments.....	37
Mitchell County Building Inspectors.....	38
Mitchell County Group Home.....	39
Mitchell County Health Department.....	40
Mitchell-Yancey Habitat for Humanity.....	41
North Carolina Rural Communities Assistance.....	42
Northwestern Regional Housing Authority.....	43
OnTrack WNC.....	44
Operation Inasmuch.....	45
Recreation Experiences.....	46
Spruce Pine Housing Authority.....	47
USDA Rural Development.....	48

Human Services

Brian Center Health & Rehabilitation.....	50
Community Care of WNC.....	51
Hospice and Palliative Care Center of Mitchell Co.....	52
JobLink/Employment Security Commission.....	53
Legal Aid, NC.....	54
MAY Coalition.....	55
Mitchell County Department of Social Services.....	56
Mitchell County Forest Resources.....	57
Mitchell County Safe Place.....	58
Mitchell County Transportation.....	59
Mitchell County Veterans Service Office.....	60
Mountain Opportunity Center.....	61
North Carolina Cooperative Extension.....	62
North Carolina Independent Living Services.....	63
Service Center for Latinos.....	64
Shepherd’s Staff.....	65
Tri-County Pregnancy Center.....	66
USDA Farm Loan Program.....	67
USDA Farm Service Agency.....	68
USDA Natural Resource Conservation Service.....	69
WAMY Community Action.....	70

Medical Services

Appalachian Eye Associates.....	72
Bakersville Community Medical Clinic.....	73
Blue Ridge General Surgery.....	74
Blue Ridge Medical Center-Mayland Campus.....	76
Blue Ridge Medical Center-Spruce Pine Campus.....	77
Blue Ridge Medical Center-Yancey Campus.....	78
Blue Ridge Orthopedics.....	79
Blue Ridge Regional Hospital.....	80
Blue Ridge Hospital Rehabilitation-Spruce Pine.....	82
Blue Ridge Hospital Fitness Center-Burnsville.....	83
Blue Ridge Women’s Care.....	84
Blue Ridge Urology.....	85
Boone, Ear, Nose & Throat Associates.	86
Buladean School & Family Health Center.....	87
Dr. Hill and Dr. Smoker (Family Practice).....	88
Mitchell County Health Department.....	89
MY Meds.....	92
North Carolina Services for the Blind.....	93
Regional Resource Center for Deaf/Hard of Hearing.....	94
Dr. Susan Snider (Family Practice).....	95
Tipton Hill School and Family Health Center.....	96
Toe River Project Access.....	97

Mental Health

RHA Health Services.....	99
Aurora Behavioral Interventions.....	100
CNC/Access.....	101
Families Together.....	102
New River Mental Health Center.....	103
Universal Mental Health.....	104
Yancey County Counseling Center-Luz.....	105
Yancey County Counseling Center-Cassida.....	106

Pet Care & Animal Services

Mitchell County Animal Rescue & Shelter.....	108
Mitchell Veterinary Clinic.....	109
Stewart’s Mountain View Animal Hospital.....	110

Senior Services

Alzheimer’s Association.....	112
Brian Center Health and Rehabilitation Center.....	113

High Country Area Agency on Aging.....	114
Mitchell Senior Center.....	115
Youth Services	
Appalachian Riding Center.....	117
Blue Ridge Medical Center.....	118
Child Care Resource & Referral.....	119
Children’s Development Services of the Blue Ridge.....	120
Intermountain Children’s Services.....	121
JobLink Career Center —“Get Real” Youth Program.....	122
Mayland Community College Basic Skills Program.....	123
Mitchell County WIC Program.....	124
Mitchell Head Start Home Base Program.....	125
Mitchell-Yancey Partnership for Children.....	126
Penland School of Crafts	127
Project Challenge.....	128
Toe River Children’s Dental Clinic.....	129
Miscellaneous	
Commonly Requested Phone Numbers.....	131
Mitchell County Pharmacists.....	132
Mitchell County Schools.....	133
Mitchell County Statistics.....	134
Mitchell County Support Groups.....	135

Day-Care & Preschool

Day-Care & Preschool

Bakersville Child Development Center

- Physical Address:** 301 Longview Drive
Bakersville, NC 28705
- Phone:** (828) 688-2403
Fax: (828) 688-2403
- Email Address:** director@mitchell.main.nc.us
- Hours:** Monday – Friday, 6am – 5:30pm
- Clients:** Children ages 6 weeks to 12 years old
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary according to income.
- Services:** Basic child care, age appropriate activities and speech therapy and physical therapy, when needed.

Day-Care & Preschool

Bakersville Head Start Center

- Physical Address:** 604 Highway 226 South
Bakersville, NC 28705
- Mailing Address:** P.O. Box 338
Spruce Box, NC 28777
- Phone:** (828) 688-3518
Fax: (828) 688-3518
- Hours:** Monday – Friday, 8:30am-2:30pm
(August – May)
- Clients:** Children ages 3-5 years old who meet income guidelines. (Children must be 3 years old by 10/16)
- How do clients apply?** Call the Intermountain Children’s Services office at 688-2190.
- Fees:** None
- Transportation:** Transportation is provided to and from the center.
- Services:** We provide a comprehensive child development program including early childhood education, health services, nutrition counseling, mental health services, support for parental involvement, disability services and transition services.

Day-Care & Preschool

Hollifield's Christian Before and After School Program

- Physical Address:** 10 Ellis Road Extension
Spruce Pine, NC 28777
- Phone:** (828) 766-7552
- 2nd location:** 48 Ellis Road Extension
Spruce Pine, NC 28777
- Phone:** (828) 765-2293
- Hours:** Monday – Friday, 5:30am – 5:30pm
- Clients:** Children ages 4 to 12 years old
- How do clients
apply?** Call 766-7552
- Fees:** After school care - \$50 weekly
Before and after school care - \$55 weekly
Summer Program - \$85 weekly
- Services:** Basic child care, age appropriate activities, meals,
homework assistance, Bible study, prayer time and
recognition of Christian holidays.

Day-Care & Preschool

Jack and Jill Daycare and After School Program

Physical Address: 864 Biggerstaff Road
Spruce Pine, NC 28777

After School Program

Address: 31 Cross Street
Spruce Pine, NC 28777

Phone: (828) 765 -0747

Hours: Monday – Friday, 7:30am – 5:30pm

Clients: Children from birth to 12 years old

**How do clients
apply?** Call 765 -0747

Fees: Fees vary according to child's age and county
market rate.

Services: Basic child care, speech therapy and age
appropriate activities.

Day-Care & Preschool

Laurel Creek Child Development Center

- Physical Address:** 209 Laurel Creek Court
Spruce Pine, NC 28777
- Phone:** (828) 766-7677
- Fax:** (828) 766-7642
- Hours:** Monday – Friday, 6am – 5:30pm
- Clients:** Children ages 6 weeks to 12 years old
- How do clients apply?** Come to the office.
- Fees:** Fees vary according to child’s age.
- Services:** Basic child care, age appropriate activities, meals.

Day-Care & Preschool

Luv N' Care Daycare

- Physical Address:** 93 Crabtree Woods
Spruce Pine, NC 28777
- Phone:** (828) 765-9381
- Hours:** Monday – Friday, 6:30am – 5:30pm
- Clients:** Children ages 6 weeks to 12 years old
- How do clients apply?** Call 765-9381
- Fees:** Fees vary according to child's age and county market rate.
- Services:** Basic child care, age appropriate activities, meals, speech and physical therapy when needed.

Day-Care & Preschool

Mitchell County More at Four

Physical Address: **Mitchell County More at Four**
Deyton Primary School
308 Harris Street
Spruce Pine, NC 28777

Intermountain More at Four
Spruce Pine United Methodist Church
11090 Highway 226 South
Spruce Pine, NC 28777

Phone: Deyton (828) 765-2504
Methodist Church (828) 765-7446
Fax: Deyton (828) 765-0052
Methodist Church (828) 765-4994

Hours: Monday – Friday, 8:30am-2:30pm

Clients: Eighteen 4 year olds from Mitchell County
(Children must be 4 years old by 10/16.)

How do clients apply? Call the Intermountain Children’s Services office at 688-2190.

Fees: None

Transportation: Transportation is provided to and from both locations.

Services: We provide a comprehensive child development program including early childhood education,

health services, nutrition counseling, mental health services, support for parental involvement, disability services and transition services.

Day-Care & Preschool

Mitchell County Pre-K School Program

- Physical Address:** 410 South Mitchell Avenue
Bakersville, NC 28705
- Phone:** (828) 688-4392
Fax: (828) 688-6002
- Hours:** Monday – Friday, 7:30am-2:00pm
(Follows school schedule)
- Clients:** Eighteen 3 to 5 year olds from Mitchell County with an identified academic need.
- How do clients apply?** Come by to fill out an application
- Fees:** None
- Services:** General classroom education, special education services, speech therapy, occupational therapy, physical therapy.

Day-Care & Preschool

Phillips-Gwaltney Child Development Center

Physical Address:	200 Mayland Drive Spruce Pine, NC 28777
Phone:	(828) 765-1401
Fax:	(828) 765-0728
Web Address:	www.mayland.edu
Email Address:	lsilvers@mayland.edu
Hours:	Monday – Friday, 6 am-5:30pm
Clients:	Children ages 6 weeks to 12 years
How do clients apply?	Call or come by the center
Fees:	Market rate
Services:	Childcare

Day-Care & Preschool

Spruce Pine Montessori School Preschool Program

- Physical Address:** 67 Walnut Avenue
Spruce Pine, NC 28777
- Phone:** (828) 765-7779
- Web Address:** www.SprucePineMontessori.org
- Hours:** Monday – Friday, 8:15 am-2:45pm
- Clients:** Children 2.5 to 6 years old
(Children must be potty trained)
- How do clients apply?** Call or come to the school
- Yearly Fees:** Morning Program: 8:15am to 12 noon - \$2550
Extended Day Program: 8:15am to 2:45pm - \$3550
- Services:** It is basic to the Montessori method that single classrooms be created for children in age groups of three successive years; thus, the preschool has two classrooms which each include children from 2.5 to 6. The children learn to work cooperatively in small groups and are encouraged to pursue individual interests at their own pace.
All five senses are involved in learning, so our unique materials allow the child to manipulate objects to discover abstract concepts. Both language arts and mathematics utilize unique materials in the same special ways.

We want students to love learning, to value knowledge and creatively, and to become responsible, critical thinkers as well as caring, compassionate members of society.

Dental Services

Dental Services

Dr. Julius Aldridge

Physical Address: 342 Oak Avenue
Spruce Pine, NC 28777

Phone: (828) 765-8125
Fax: (828) 765-2988

Hours: Monday – Thursday, 9am – 5pm

Clients: No Medicaid

How do clients apply? Call the office

Services: General dentistry

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Dr. Barbara Bressert

Physical Address: 54 Broad Street
Spruce Pine, NC 28777

Phone: (828) 765-7383
Fax: (828) 765-5293

Hours: Tuesday – Thursday, 8:30am – 5pm
Alternate Mondays and Fridays

Clients: General public

How do clients

apply? Call the office

Services: General dentistry

Dental Services

Dr. Dean Leming

Physical Address: 598 Oak Avenue
Spruce Pine, NC 28777

Phone: (828) 765-9002

Fax: (828) 765-1614

Hours: Monday – Thursday, 8am – 5pm
(Lunch: 12-1pm)

Clients: General public

**How do clients
apply?** Call the office

Services: General dentistry

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Dr. James Thompson

Physical Address: 598 Oak Avenue
Spruce Pine, NC 28777

Phone: (828) 765-9002

Fax: (828) 765-1614

Hours: Monday – Thursday, 8am – 5pm
(Lunch: 12-1pm)

Clients: General public

**How do clients
apply?**

Call the office

Services:

General dentistry

Dental Services

Dr. Taylor Townsend

Address:

54 Broad Street
Spruce Pine, NC 28777

Phone:

(828) 765-7383

Fax:

(828) 765-5293

Hours:

Monday-Friday, 9 am – 5 pm
With alternating Monday and Fridays off
(Lunch: 12 – 1)

Clients:

General Dentistry, Medicaid for special needs

**How do clients
apply?**

Call the office to schedule an appointment

Services:

General Dentistry

Dental Services

NC Oral Health Section

Physical Address:	644 Valley Road Spruce Pine, NC 28777
Mailing Address:	P.O. Box 616 Spruce Pine, NC 28777
Phone:	(828) 765-5400
Fax:	(828) 765-5400
Email Address:	betty.tumey@dhhs.nc.gov
Hours:	Monday – Friday, 8am – 5pm
Clients:	School-aged children (largest concentration) and the community at large.
How do clients apply?	Call for referrals
Fees:	None
Services:	Dental education, health and career fairs in communities, schools and companies.

Dental Services

Toe River Children's Dental Clinic

Physical Address: 89 North Mitchell Avenue
Bakersville, NC 28705

Mailing Address: P.O. Box 74
Bakersville, NC 28705

Phone: (828) 688-8384 (TETH)

Fax: (828) 688-8383

Hours: Monday, Wednesday, Thursday
8am – 5pm
(Lunch: 12:30-1:30pm)

Clients: Clients are children ages 0-18 who qualify for Medicaid or NC Health Choice. A low-income assistance program is also available for those children who do not qualify for Medicaid or NC Health Choice.

How do clients apply? Call or come to the office. Referrals from physicians, pediatricians and the Department of Social Services are also accepted.

Fees: Fees vary according to income.

Transportation: Mitchell, Avery and Yancey County Transportation will provide transportation to the clinic. Clients make the arrangements.

Services:

General dentistry

Emergency Services

Emergency Services

Bakersville Police Department

Physical Address: 26 South Mitchell Avenue
Bakersville, NC 28705
Phone: (828) 688-2113

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Bakersville Volunteer Fire Department

Physical Address: Baker Lane
Bakersville, NC 28705
Phone: (828) 688-9027

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Bradshaw Volunteer Fire Department

Physical Address: Rural Route 1
Green Mountain, NC 28705
Phone: (828) 688-9008

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Buladean Volunteer Fire Department

Physical Address: 28 Firehouse Road
Bakersville, NC 28705
Phone: (828) 688-4322

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Fork Mountain Volunteer Fire Department

Physical Address: Fork Mountain Road

Phone: Bakersville, NC 28705
(828) 688-4794

Emergency Services

Mitchell County Emergency Management

Physical Address: 46 Crimson Laurel Circle, Suite 6
Bakersville, NC 28705

Phone: (828) 688-4615

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Mitchell County Emergency Medical Services (EMS)

Physical Address: 5623 Highway 226 South
Bakersville, NC 28705

Phone: (828) 688-2014

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Mitchell County Sheriff's Department

Physical Address: 63 Crimson Laurel Circle, Suite 8
Bakersville, NC 28705

Phone: (828) 688-3982

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Parkway Volunteer Fire Department

Physical Address: 2492 Highway 19-E
Spruce Pine, NC 28777

Phone:

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Spruce Pine Police Department

Physical Address: Spruce Pine Town Hall

Phone: 138 Highland Avenue
Spruce Pine, NC 28777
(828) 765-2233

Emergency Services

Spruce Pine Volunteer Fire Department

Physical Address: Spruce Pine Town Hall
P.O. Box 724
Spruce Pine, NC 28777

Phone: (828) 765-2233

Home Care Services

Home Care Services

Blue Ridge Home Care

- Physical Address:** 220 Hospital Drive
Spruce Pine, NC 28777
- Phone:** (828) 765-5731 or 1-800-851-5774
- Fax:** (828) 765-8111
- Web Address:** www.spchospital.org
- Hours:** Monday – Friday, 8:30am – 5pm
On-call staff available 24 hours daily
- Clients:** Clients are referred by their physicians.
- How do clients apply?** Clients should discuss home care services with their physicians first.
- Fees:** Fees are based on insurance coverage.
- Transportation:** Transportation of medical equipment is provided.
- Services:** We provide home care services including respiratory care (oxygen, nebulizers, aerosol medication, CPAP, etc.), home medical equipment (hospital beds, wheelchairs, etc.), infusion and enteral products.

Carolina Home Care Specialists

- Physical Address:** 125 Skyview Circle
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 549
Spruce Pine, NC 28777
- Phone:** (828) 765-4343 or toll-free (866) 765-4340
Fax: (828) 765-4340
- Email Address:** carolinahome@bellsouth.net
- Hours:** Monday – Friday, 7:30am – 4pm
- Clients:** Medicaid, private pay, private insurance, VA recipients who require assistance with personal care tasks such as bathing, dressing, grooming and home management tasks, meal preparation, cleaning, laundry and shopping.
- How do clients apply?** Call the office.
- Fees:** Medicaid reimbursement, private insurance (assignment of benefits), VA benefits, private pay.
- Transportation:** Transportation can be provided.
- Services:** Personal care assistance, home management, assistance with monitoring of vital signs, finger stick blood sugar testing, medication and diet

compliance, essential shopping and companionship.

Home Care Services

High Country Home Care

- Physical Address:** 496-A Balsam Avenue
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 1074
Spruce Pine, NC 28777
- Phone:** (828) 766- 9977
Fax: (828) 766-7454
- Hours:** Monday – Friday, 7am – 4:30pm
On-call staff available 24 hours daily
- Clients:** Personal care service (PCS) clients, community alternatives program (CAP) clients, VA clients, Medicaid recipients and those with private insurance.
- How do clients apply?** Upon referral for services, a registered nurse will visits clients in their homes to assess their need for services.
- Services:** Personal care service (PCS), home management, housekeeping and essential shopping.

Home Care Services

Mitchell County Community Alternative Program Department of Social Services

- Physical Address:** 347 Long View Drive
Bakersville, NC 28705
- Phone:** (828) 688-2175
Fax: (828) 688-4940
- Email Address:** larry.deyton@ncmail.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Individuals with low-income
(eligibility with low-income)
- How do clients apply?** Come to the office
- Fees:** Fees vary according to service
- Transportation:** Transportation provided for Medicaid recipients
- Services:** Cash assistance for families, Medicaid, food stamps, NC Health Choice, protective services for adults and children, emergency assistance, energy assistance

Mitchell County Home Health

Physical Address: 130 Forest Service Drive, Suite D
Bakersville, NC 28705

Phone: (828) 682-7825

Fax:

Hours: Monday – Friday, 8am – 4:30pm
On-call nurse available 24 hours

Clients: Most clients are homebound individuals with an illness that requires the skilled services of a nurse or therapist. Clients must have a plan of care as ordered by a physician. Clients must also meet guidelines mandated by Medicare, Medicaid or private insurances. Referrals can be made by anyone, but a physician's orders are required.

How do clients apply? Call the office

Fees: Fees vary according to insurance.

Services: Skilled nursing, home health aides, occupational therapy, physical therapy, speech therapy, medical/social workers.

Hospice & Palliative Care Center

- Physical Address:** 236 Hospital Drive
Spruce Pine, NC 28777
- Phone:** (828) 765-5677
Fax: (828) 765-5680
- Hours:** Monday – Friday, 8:30 am – 5:00pm
On-call nurse available 24 hours
- Clients:** Terminally ill with a prognosis of 6 months or less, if the disease follows its expected course. Physician certification of terminal illness requires.
- How do clients apply?** Referrals
- Fees:** Medicaid and Medicare accepted as payment is full. Fees vary according to insurance.
- Services:** Based on the plan of care and may include physicians, nurses, CANs, chaplains, social workers, and volunteers.

Housing Services

Cane Creek Village

- Physical Address:** 101 Rhododendron Circle
Bakersville, NC 28705
- Phone:** (828) 688-3744
Fax: (828) 688-1904
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** People with low incomes who are in need of housing.
- How do clients apply?** Applications are available at the office.
- Fees:** Fees vary according to income.
- Services:** We assist clients with low-income housing. We provide access to adult scholarships and learning technology, coordinate a youth recognition program and help clients enroll in a home ownership program and a wellness program.

High Country Council of Governments

Physical Address: 468 New Market Blvd.
Boone, NC 28607

Phone: (828) 265-5434

Fax: (828) 265-5439

Email Address regiondcog@regiond.org
mball@regiond.org

Clients: individual local member governments of Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey counties

Services: Community Development Block Grant housing rehabilitation programs, focused on major renovation or replacement of owner-occupied homes.

Mitchell County Building Inspectors

- Physical Address:** 130 Forest Service Drive, Suite B
Bakersville, NC 28705
- Phone:** (828) 688-4771
- Fax:** (828) 688-3668
- Hours:** Monday – Friday, 8am – 4pm
- Clients:** General public
- How do clients apply?** Call or come by the office.
- Fees:** Fees are based on permit issued.
- Services:** Commercial, residential and industrial building permits for new construction, additions to existing buildings and renovation work, permits for single and double-wide mobile homes and modular homes; evaluates construction in the county and makes sure it meets appropriate codes and standards

Housing Services

Mitchell County Group Home

Physical Address:	86 Richmond Road Bakersville, NC 28705
Phone:	(828) 688-2521
Fax:	(828) 688-2521
Hours:	Open 24 hours daily
Clients:	Adults 18 or older with developmental disabilities.
How do clients apply?	Applications are available at New Vistas in Spruce Pine across from the Blue Ridge Regional Hospital.
Fees:	None
Transportation:	Yes
Services:	Residential services with habitative training, activities of daily living, money skills, social skills, communication and personal care, all which increase personal care.

**Mitchell County Health Department
Septic Permit Program
Environmental Health Division**

Physical Address: 130 Forest Service Drive, Suite A
Bakersville, NC 28705

Phone: (828) 208-3580

Fax: (828) 688-3866

Hours: Monday – Friday, 8am – 4:30pm

Clients: General public

**How do clients
apply?** Come to the office.

Fees: Fees vary according to building project.

Services: Before a house or building can be built,
environmental health workers must visit the site to
determine where the septic system will be located.

Water and radon sampling are other services
provided by environmental health. Fees vary
according to the test being performed.

Mitchell-Yancey Habitat for Humanity

- Physical Address:** 563 Oak Avenue
Spruce Pine, NC 28777
- Phone:** (828) 766-9000
Fax: (828) 765-9176
- Email Address:** myhfh@bellsouth.net or
donna_myhfh@yahoo.com
- Hours:** Office: Monday – Friday, 9am – 5pm
Resale Store: Thursday & Friday, 9am – 5pm
Saturday, 9am – 2pm
- Clients:** Families or individuals of low-income
(20-80% of the county’s median income) in need of
adequate housing.
- How do clients
apply?** Come to the Habitat office and ask for the executive
director. Clients must pick up a sign-up packet. Those
interested in applying should watch the newspapers for
announcements regarding application acceptance dates
- Fees:** No initial fees. Income and debt load are assessed for
eligibility. Client must have potential for carrying a
low-cost, no interest mortgage. –Sweat equity” in home
building project required if chosen for home
ownership.
- Services:** Housing and home ownership coupled with community
involvement and credit/debt counseling.

North Carolina Rural Communities Assistance

Physical Address:	21 Hillsboro St. Pittsboro, NC 27312
Mailing Address:	PO Box 941
Phone:	(828) 236-0550 – Rich Holder (919) 542- 7227
Fax:	(919) 542- 2329
Email Address:	holder@ncrcap.org
Clients:	NCRCA works with countywide survey projects to identify wastewater straight-pipes and failing septic systems
How do clients apply?	NCRCA works with the low-income households from the countywide survey to find viable technical and financial resources to correct the problems
Fees:	None, but donations are greatly appreciated
Services:	Assistance with septic system repair/replacement

Northwestern Regional Housing Authority

Physical Address: 101 Rhododendron Circle – Suite A
Bakersville, NC 28705

Phone: (828) 688-3744

Fax: (828) 688-1904

Clients: Individuals who are disabled, elderly, or have low income

How do clients apply? Contact the local office to be able to enroll in our various programs

Fees: Assistance is made possible through our active partnerships with private banking and investment with federal, state, and local government

Services: Financial counseling, rental assistance, and foreclosure avoidance, providing adequate and affordable housing and economic opportunity for a suitable living environment free from discrimination

OnTrack WNC

- Physical Address:** 50 South French Broad Avenue,
Asheville, NC 28801
- Phone:** (800) 737-5485
(828) 255-5166
- Fax:** (828) 255-5129
- Web Address:** ontrackwnc.org
- Hours:** Appointments available in the Asheville office on weekdays, and Saturdays
- Clients:** General public
- How do clients apply?** Call our office to schedule and in-person or telephone appointment with one of our certified financial counselors
- Fees:** All classes are free of charge unless otherwise noted
- Services:** Financial education and counseling, foreclosure prevention

Operation Inasmuch

- Mailing Address:** PO Box 406
Spruce Pine, NC 28777
- Phone:** Neil Brown
(828) 766-5922 –c
(828) 765-6704 –h
- Email Address:** brownneil@bellsouth.net
- Clients:** Needy, elderly, and handicapped citizens of Mitchell County
- How do clients apply?** Contact Neil Brown
- Fees:** Assistance is based off of donation
- Services:** A non-profit coalition of local churches providing financial assistance, minor home repairs, handicapped access, and volunteer services

ReCreation Experiences

- Physical Address:** 53 Red Oak School Rd.
Weaverville, NC 28787
- Phone:** (828) 645-4800
(828) 775-4261 –Jorge Herrera
- Fax:** (828) 645-4811
- Email Address:** info@recreationexperiences.org
- Web Address:** www.recreationexperiences.org
- Clients:** Low income, fixed income, handicapped, and the elderly
- Fees:** See website for specific group project rates. All costs are per person and include: all meals for the duration of the experience, lodging, work site materials, and a t-shirt for each participant
- Services:** Home repair mission that provides materials and labor for most building renovation activities, including septic system installation. Committed to providing groups of youth, adults, and families with opportunities to “share their faith through home repair mission.”

Spruce Pine Housing Authority

Physical Address: 11 Fairground Street
Spruce Pine, NC 28777

Mailing Address: P.O. Box 645
Spruce Pine, NC 28777

Phone: (828) 765-9182

Fax: (828) 765-5972

Email Address: sphousin@bellsouth.net

Hours: Monday – Friday, 8am – 4pm

Clients: We serve low-income families as well as low-income elderly and disable persons.

Walnut Avenue Apartments and Mineral City Heights Apartments: Clients must only qualify as elderly or disabled and be within the currently set low-income limits.

Sunshine Hill Apartment: Clients must qualify as an elderly person within the currently set very low-income limits. Standing on our waiting list is determined by family size and any preferences that the applicant may qualify for.

How do clients apply?

Come by the Fairview Street office and fill out an application.

Fees: Deposits required at time of move-in vary according to complex.

Services: Safe, decent, affordable housing for low-income persons and families.

USDA Rural Development

- Physical Address:** Spruce Pine Shopping Center
11943 Highway 226 South, Suite D
Spruce Pine, NC 28777
- Phone:** (828) 765-0889
Fax: (828) 765-8455
- Web Address:** www.rurdev.usda.gov
Email Address: anita.burleson@nc.usda.gov
- Hours:** Monday – Friday, 7:30am – 5pm
- Clients:** Individuals who wish to own a home or individuals who own a home and need repairs – there are income credit guidelines and in individual’s ability to repay a loan is also taken into consideration.
- How do clients apply?** Call, come by the office, mail or email.
- Fees:** There are no direct fees except for mortgages (mortgages include fees for an attorney, a land survey and insurance).
- Transportation:** For housing repairs, the staff will come to your home.
- Services:** Low-interest (1%) home improvement loans and grants for very low income individuals (50% or less median income), 100% first-time homebuyer financing (115% median income or less); can finance new wells for qualified applicants

Human Services

Brian Center Health & Rehabilitation

- Physical Address:** 218 Laurel Creek Court
Spruce Pine, NC 28777
- Phone:** (828) 765-7312
Fax: (828) 765-7295
- Email Address:** albradford@marinerhealthcare.com
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Adults in need of long-term care or short-term rehabilitation.
- How do clients apply?** Call admissions office or apply in person.
- Fees:** Cost will be discussed at admission inquiry.
- Transportation:** Ambulance, personal car or facility van.
- Services:** Long-term care or rehabilitation

Community Care of WNC

- Physical Address:** 53 South French Broad Avenue, Suite 300
Asheville, NC 28801
- Phone:** (828) 259-3879
(828) 772-6746
- Fax:** (828) 259-3875
(828) 682-6262
- Clients:** Medicaid recipients and the uninsured
- How do clients apply?** Care management services can be initiated by referral from providers, by Care managers, patients, or parents.
- Fees:** None
- Services:** Non-profit, community-based health care delivery system for chronic care assistance

Hospice and Palliative Care Center of Mitchell County

- Physical Address:** 236 Hospital Drive
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 38
Spruce Pine, NC 28777
- Phone:** (828) 765-5677
Fax: (828) 765-5680
- Email Address:** cturner@hospicemc.com
- Hours:** Monday – Friday, 8:30am – 5pm
On-call staff available 24 hours daily
- Clients:** Individuals who have a life-limiting illness with a prognosis of less than six months to live if the disease follows its expected course.
- How do clients apply?** Call or come by the office.
- Fees:** Reimbursement is received from Medicare, Medicaid and most private insurances companies. A sliding-fee scale is available for individuals who have no insurance coverage.
- Services:** End of life care provided by a team of medical professionals that includes a physician, registered nurses, social workers, certified nursing assistants and counselors (grief, spiritual, and dietary). Services include the provision of the medications, medical supplies and equipment related to the terminal illness. Supportive services are available to surviving family members and caregivers for up to 13 months following the patient’s death.

**JobLink Career Center
Mitchell County Employment Security Commission**

- Physical Address:** 100 Kim Thickets Road
Spruce Pine, NC 28777
- Phone:** (828) 765-7376
Fax: (828) 765-8552
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** General public ages
(Must be at least 16 years old)
- How do clients apply?** Call or come by the office.
- Fees:** None.
- Services:** We provide referrals to jobs, information on careers, assistance with resume writing, job seeking skills, and job development. We also provide mock interviews for clients/

Our supporting agencies include:
Connect Inc, Economic Development Commission, Get Real (Resources, Employment, Advancement and Learning) Youth Program, Mayland Community College Workforce Development and Vocational Rehabilitation.

Legal Aid, NC

- Physical Address:** 211 East Union St.
Morganton, NC 28655-3449
- Phone:** (866) 219-5262 toll-free
(828) 437-8280
- Fax:** (828) 437-9397 –Tadra Martin
(828) 236-2008
- Web Address:** legalaidnc.org
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** Individuals with low income
- How do clients apply?** Call the Morganton office to arrange a time to meet with an attorney or paralegal
- Fees:** None
- Services:** Provides free legal services in civil matters in order to ensure equal access to justice; foreclosure avoidance; assists tenants with sub-standard housing

MAY Coalition

- Physical Address:** 167 Locust Street
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 704
Spruce Pine, NC 28777
- Phone:** (828) 765-8880
Fax: (828) 765-9655
- Web Address:** www.maycoalition.org
Email Address: mayloan@bellsouth.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Small business owners and individuals who are self-employed.
- How do clients apply?** Call or come to the office.
- Fees:** None
- Services:** Low interest business loans; help create high quality employment opportunities for unemployed and underemployed residents of Mitchell, Avery, and Yancey counties

Mitchell County Department of Social Services

- Physical Address:** 347 Long View Drive
Bakersville, NC 28705
- Phone:** (828) 682-6148
Fax: (828) 682-6712
- Email Address:** Larry.Deyton@ncmail.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Individuals with low income
(eligibility varies by program)
- How do clients apply?** Come to the office.
- Fees:** Fees vary according to service.
- Transportation:** Transportation provides for Medicaid recipients.
- Services:** Cash assistance for families, Medicaid, food stamps, NC Health Choice, protective services for adults and children, emergency assistance, energy assistance.

Mitchell County Forest Resources

- Physical Address:** 125 Forest Service Road
Bakersville, NC 28705
- Phone:** (828) 688-9405
- Web Address:** www.dfr.state.nc.us/contacts/mitchell.htm
- Hours:** Monday – Friday, 8am – 4:30pm
- How do clients apply?** Come to the office.
- Fees:** Fees vary according to service.
- Services:** Forest Resources provides consultation regarding management of timberlands, timber disease, and insect problems.

Mitchell County Safe Place

- Mailing Address:** P.O. Box 544
Spruce Pine, NC 28777
- Office Phone:** (828) 765-4015
Crisis Line: (828) 765-4044
Fax: (828) 765-4011
- Web Address:** www.mitchellcountysafeplace.com
Email Address: safeplace@mitchellcountysafeplace.com
- Hours:** Monday – Friday, 9am – 9pm
Saturday, 10am – 4pm
Sunday, 9am – 5pm
On-call staff available 24 hours daily
- Clients:** Victims of domestic violence, rape and sexual assault.
- How do clients apply?** Call the crisis line at 765-4044.
- Fees:** None
- Services:** Emergency temporary shelter, financial assistance, in-kind assistance, community outreach, advocacy, and court advocacy.

Mitchell County Transportation

Physical Address: 73 Crimson Laurel Court, Suite 7
Bakersville, NC 28705

Phone: (828) 682-6344

Fax: (828) 682-4625

Web Address: www.mitchellcounty.org

Email Address: barbbuch@mitchell.main.nc.us

Hours: Monday – Friday, 7:30am – 4:30pm

Clients: We serve the public, particularly the elderly, the disabled and children. All are eligible with 24-hour notice and upon availability of driver. We operate under a first come, first serve policy.

How do clients apply? Call the office.

Fees: A small fee applies to all but families with children 5 years old and younger.

Transportation: Our fleet of vehicles includes one sedan, three minivans, three lift-equipped vans and four 14 passenger vans.

Services: Transportation in county and out of county to human service agencies, medical appointments and Mayland Community College, for shopping, bill paying and work. We also provide transportation for recreational trips for groups of 10 or more.

Mitchell County Veterans Service Office

Physical Address: 130 Forest Service Drive, Suite C
Bakersville, NC 28705

Phone: (828) 688-2200
Fax: (828) 688-3668

Web Address: www.ces.ncsu.edu/mitchell
Email Address: mitins@mitchell.main.nc.us

Hours: Monday – Friday, 9am – 4pm

Clients: Veterans, their spouses and dependants.

How do clients apply? Call or come to the office.

Fees: None

Services: Assistance in applying for veteran’s benefits, all services confidential.

Mountain Opportunity Center

- Physical Address:** 36 North Mitchell Avenue
Bakersville, NC 28705
- Mailing Address:** P.O. Box 132
Bakersville, NC 28705
- Phone:** (828) 688-3050
Fax: (828) 688-3409
- Hours:** Monday – Friday, 8am – 4pm
- Clients:** Developmentally disabled adults ages 18 and older.
- How do clients apply?** Contact New Vistas at (828) 765-8808
- Fees:** None
- Transportation:** Transportation provided by private vans and Mitchell County Transportation.
- Services:** Basic education, daily living skills workshops and paid community work (for example, clients perform work for Ethan Allen).

North Carolina Cooperative Extension

- Physical Address:** 10 South Mitchell Avenue
Bakersville, NC 28705
- Phone:** (828) 688-2051
Fax: (828) 688-2051
- Web Address:** www.ces.ncsu.edu/mitchell
Email Address: jeffery_vance@ncsu.edu
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Mitchell County citizens
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary with services provided.
- Services:** Offering educational programs in agriculture, natural resources, 4-H and youth development, family and consumer education, and community and rural development.

North Carolina Independent Living Services

- Physical Address:** 245 Winklers Creek, Suite A
Boone, NC 28607
- Phone:** (828) 265-5410 or toll-free (888) 521-5054
Fax: (828) 265-5359
- Web Address:** <http://dvr.dhhs.state.nc.uc/DVR/IL/ilhome.htm>
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** A person with a significant disability that severely limits his or her ability to live independently and for whom our services will significantly improve the person’s ability to live independently.
- How do clients apply?** Call and ask for the rehabilitation counselor who serves your county.
- Fees:** Fees vary according to the client’s financial situation. Some services are available to eligible individuals regardless of financial need.
- Transportation:** Transportation to our office is not necessary since we take an application to the individual’s home.
- Services:** May include, but are not limited to, guidance and counseling, rehabilitation engineering, home or vehicle modifications for accessibility, housing information and placement assistance, independent living skills training, purchases of adaptive equipment, recreation and leisure therapy.

Service Center for Latinos

- Physical Address:** 31 Cross Street, Suite 92
Spruce Pine, NC 28777
- Phone:** (828) 765-9980
Fax: (828) 765-1873
- Email Address:** latinoss@bellsouth.net
- Hours:** Monday – Friday, 9am – 1pm
- Clients:** The Hispanic Community
- How do clients apply?** Call the office.
- Fees:** There are no fees; however, are accepted
- Transportation:** Transportation can be provided if it is needed.
- Services:** We offer information and referral services for Latinos. We make arrangements for medical and dental care and sponsor two health fairs each year (one in April and one in September). We also offer phone translation services.

**Shepherd's Staff Secondhand Store
and Food Pantry**

- Physical Address:** 31 Cross Street, Suite 90
Spruce Pine, NC 28777
- Phone:** (828) 765-5385
Fax: (828) 765-5385
- Email Address:** mitchellstaf@aol.com
- Hours:** Monday – Friday, 9:30am – 4:30pm
- Clients:** Secondhand Store – general public
Food Pantry – low-income families
- How do clients
apply?** Call or come to the store.
- Transportation:** On emergency basis
- Services:** Help with past due utility bills and past due rent,
food boxes for low-income families, short-term
medication (mainly antibiotics), The Emergency
Food Assistance Program for the elderly through
MANNA Food Bank in Asheville and secondhand
items for sale.

Tri-County Pregnancy Center

- Physical Address:** 19 Burnsville School Road
Burnsville, NC 28714
- Mailing Address:** P.O. Box 125
Burnsville, NC 28714
- Phone:** 1-800-676-9482
Fax: (828) 682-7250
- Hours:** Monday and Wednesday, 9am – 5pm
Friday, 9am – 1pm
- Clients:** General Public
- How do clients apply?** Call or come to the office.
- Fees:** None
- Services:** Free pregnancy tests, prenatal/parenting classes, baby clothes and supplies, maternity clothes, extensive referral index, counseling and support groups, nutrition classes.

USDA Farm Loan Program

- Physical Address:** Spruce Pine Shopping Center
11943 Highway 226 South
Spruce Pine, NC 28777
- Phone:** (828) 765-5648
Fax: (828) 765-6601
- Web Address:** www.fsa.usda.gov
Email Address: barbara.smith@nc.usda.gov
- Hours:** Monday – Friday, 7am – 4:30pm
- Clients:** Farmers who cannot arrange credit needs through conventional sources (certain eligibility requirements exist)
- How do clients apply?** Call, come to the office, mail or email
- Fees:** \$32 credit report fee and loan closing costs (only if loan is approved).
- Services:** Loans to eligible farmers.

USDA Farm Service Agency

- Physical Address:** Spruce Pine Shopping Center
11943 Highway 226 South, Suite A
Spruce Pine, NC 28777
- Phone:** (828) 765-5049
Fax: (828) 765-6601
- Web Address:** www.fsa.usda.gov
Email Address: brenda.slagle@nc.usda.gov
- Hours:** Monday – Friday, 7:30am – 4:30pm
- Clients:** Farmers (certain eligibility requirements exist)
- How do clients apply?** Call, come to the office, mail or email.
- Fees:** None
- Services:** Administer government programs to eligible farmers.

USDA Natural Resource Conservation Service

- Physical Address:** Spruce Pine Shopping Center
11943 Highway 226 South, Suite C
Spruce Pine, NC 28777
- Phone:** (828) 765-4701
Fax: (828) 765-2608
- Web Address:** www.nrcs.usda.gov
Email Address: cliff.vinson@nc.usda.gov
ken.deyton@nc.usda.gov
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Individuals with soil or water related questions
- How do clients apply?** Call, come to the office, mail or email.
- Fees:** None
- Services:** Technical advice on soil and water problems.

W.A.M.Y. Community Action, Inc.

- Physical Address:** 29 Crystal Street #102
Spruce Pine, NC 28777
- Phone:** (828) 682-6618
Weatherization Number- (828) 766-9157
(Protecting your home against winter weather)
- Fax:** (828) 682-7563
- Email Address:** Larry.Deyton@ncmail.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Low-income families from Watauga, Avery, Mitchell or Yancey County with children under 18 years old.
- How do clients apply?** Call or come to the office.
- Fees:** None
- Services:** Our Total Family Development Program is a comprehensive program of developmental and support services designed to assist families in their efforts to become self-sufficient. Services may include: assistance with education, job training, job searches, clothing, transportation, child care, school supplies and other educational items. Other services may include emergency fuel and utility assistance and minor medical bills and prescription assistance. Referrals to other resources and agencies are also provided. Weatherization, energy assessments and improvements, single-family home rehab, homelessness assistance

Medical Services

Medical Services

Appalachian Eye Associates

- Physical Address:** 54 Hill Street
Spruce Pine, NC 28777
- Phone:** (828) 765-2020
Fax: (828) 765-2451
- Email Address:** speye@bellsouth.net
- Hours:** Monday and Friday, 9am – 6pm
Tuesday and Wednesday, 9am – 5pm
Thursday, 9am – 7pm
- Clients:** General public
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary according to the services and materials provided.
- Services:** General eye care, treatment of eye injury, chronic medical eye conditions such as glaucoma, iritis, and dry eyes.
- Physicians on staff:** Dr. Diane Walker, optometrist
Dr. Marvin Walker, optometrist

Medical Services

Bakersville Community Medical Clinic

Physical Address:	86 North Mitchell Avenue Bakersville, NC 28705
Mailing Address:	P.O. Box 27 Bakersville, NC 28705
Phone:	(828) 688-2104
Fax:	(828) 688-4257
Web Address:	www.bakersville.com/clinic
Email Address:	Duncan@bakersville.com
Hours:	Monday – Friday, 8:30am – 5pm
Clients:	General public
How do clients apply?	Call or come to the office.
Fees:	Fees vary according to visit. Medicaid and Medicare accepted.
Transportation:	Mitchell County Transportation provides transportation to and from the clinic.
Services:	Family healthcare
Physicians	

on staff: Dr. Rebecca Brooks, family practice physician
Dr. Jerry Cade, family practice physician
Dr. Jim Carroll, family practice physician
Dr. Stephen James, family practice physician
Dr. Barbara King, family practice physician
Dr. Arch Woodard, family practice physician

Medical Services

Blue Ridge Medical Center General Surgery

Physical Address: 125 Hospital Drive
Spruce Pine, NC 28777

Phone: (828) 765-9933

Fax: (828) 765-0800

Hours: Monday, Tuesday, Wednesday and Friday
8:30am – 5:30pm

Clients: Patients (adult and pediatric) who need surgery and/or care and treatment by a surgeon.

How do clients apply? Referral by primary care physician or by calling the office for an appointment.

Fees: Fees for services are based on the fair market value for services provided by a Board Certified General Surgeon in this region of the country. Payment services due at the time of the visit. All electric cosmetic procedures must be paid in full at the time procedure is preformed. Private pay, minimum \$200 due at time of initial visit or registration. Financial payment plans may be available for qualified clients with initial \$200 payment.

Services: Patients (adult and pediatric) who need surgery and/or care and treatment by a surgeon, (breast

cancer diagnosis, surgery and treatment; cancer surgery; laparoscopic and open hernia repair, gallbladder, abdominal, appendix, intestinal; pacemakers; skin lesions and skin cancers, vasectomies, tubal ligation; trauma surgery). endoscopy, colonoscopy, wound care, burn care and treatment, cosmetic Botox, spider veins, sclerotherapy.

Physician:

Dr. David Robinson

Blue Ridge Medical Center – Mayland Campus

- Physical Address:** 7968 Highway 19-E Highway
Spruce Pine, NC 28777
- Phone:** (828) 765-5672 (Adults)
(828) 765-4111 (Pediatrics)
- Fax:** (828) 765-5676
(828) 765-4113
- Hours:** Monday, Tuesday, Wednesday, & Friday
8am – 5:30pm
CLOSED ON THURSDAY
- Clients:** Adults and Pediatrics
- How do clients apply?** New Patient Screening Form,
Call for an appointment
- Fees:** Co-pays due at the time of check-in,
Payment due at the time of services,
Private pay requires minimum payment of \$50 due
at time of check-in,
Balance due upon completion of services
- Transportation:** Transportation to and from the clinic is provided
by Mitchell County Transportation.
- Services:** Internal medicine, family healthcare, and
pediatrics
- Medical Staff:** Dr. Sergio Cassanego, Internal Medicine
Dr. Richard Rheinbolt, Pediatrics
Dr. Joyce Thisse, Family Practice
Kathy Jenkins, Family Nurse Practitioner

Blue Ridge Medical Center—Spruce Pine Campus

Address:	496 Altapass Road Spruce Pine, NC 28777
Phone:	(828) 765-0330
Fax:	(828) 765-5877
Hours:	Monday-Thursday, 8 am - 5 pm CLOSED FRIDAY
Clients:	Primarily Adults
How do clients apply?	New patient screening form, Call for an appointment
Fees:	Co-pays due at the time of check-in Payment due at time of services Private pay requires minimum payment of \$50 due at time of check-in Balance due upon completion of ser vices,
Services:	Primarily Internal Medicine/Gerontology Case by case basis for pediatric & adolescents
Physicians on staff:	Dr. David Larson, Internal Medicine Dr. Ian Garriques, Internal Medicine Dr. Jennifer Larson, Internal Medicine Kathy Jenkins, Family Nurse Practitioner

Blue Ridge Medical Center - Yancey Campus

Address:	800 Medical Campus Drive Burnsville, NC 28714
Phone:	(828) 682-0200
Fax:	(828) 682-4171
Hours:	Monday-Friday, 8 am - 5 pm <u>Urgent Care Hours: Mon.—Fri. 9am - 5pm</u> <u>Saturday & Sunday 8 am—4:30 pm</u>
Clients:	Adults and pediatrics
How do clients apply?	New patient screening form, Call for an appointment
Fees:	* Co-pays due at the time of check-in * Payment due at time of services * Private pay requires minimum payment of \$50 due at time of check-in * Balance due upon completion of services,
Services:	Internal Medicine, Family Practice & Pediatrics
Physicians on staff:	Dr. Shehla Khan, Internal Medicine Dr. Kyle Kramer, Family Practice Dr. Joyce Thisse, Family Practice Dr. Lucia Criveanu, Pediatrics Dr. Susan MaClean, Pediatrics Andrea McAlister, Physicians Asst. Certified

Blue Ridge Orthopedics

- Address:** 78 Broad Street
Spruce Pine, NC 28777
- Phone:** (828) 765-8200
- Fax:** (828) 765-9999
- Hours:** Monday-Thursday 9am - 5 pm
Friday 9am—12pm
- Clients:** General public
- Fees:** Co-pays due at the time of check-in,
Payment due at time of services,
Private pay requires minimum payment of \$200 due at
time of check-in,
Balance due upon completion of services
- Services:** Orthopedic care
(No back or neck care)
- Physicians:** Dr. Russell Flint
Dr. Robert Miller
Tim Renfro, Ortho. Technician

Blue Ridge Regional Hospital

- Physical address:** 125 Hospital Drive
Spruce Pine, NC 28777
- Mailing address:** P.O. Drawer 9
Spruce Pine, NC 28777
- Phone:** (828) 765-4201
1-877-SPRUCE0 (1- 877-777-8230)
- Fax:** (828) 765-0824
- Web address:** www.blueridgehospital.org
- Hours:** 24 hours daily
- Clients:** General public
- Fees:** Fees vary according to services provided.
All insurance, Medicaid and Medicare
are accepted.
- Services:** **Cardiopulmonary**
EEGs and EKGs
Stress Testing
Discharge Planning
Assistance with discharge planning, terminal
arrangements, and access to community services
Emergency Care
24-hour physician and RN coverage
Blue Ridge Fitness & Rehabilitation Center
Burnsville, NC (828) 678-3488
Disease Management
Cardiac Rehabilitation
Pulmonary Rehabilitation

Laboratory

Nutrition

Observation Unit Medical-Surgical/Critical Care Unit/Intensive Care Unit

Obstetrics

Childbirth Classes
Labor & Delivery tours
(for new mothers)
Labor Tub

Orthopedics

Pharmacy

Imaging

Bone Density
CT Colonography (Virtual Colonoscopy)
CT Scans
Echocardiography
Mammography
MRI
Nuclear Medicine
Swallow Studies
Ultrasound

Rehabilitation Services

Aquatic Therapy
Occupational Therapy
Physical Therapy
Speech Therapy
Urinary Incontinence

Specialty Clinics

Allergy & Asthma
Cardiology (heart)
Dermatology (skin)
Gastroenterology
Hand Rehabilitation
Hearing Testing
Nephrologists (kidney)
Oncology (cancer)
Ophthalmology (eyes)
Otolaryngology (ear, nose, throat)
Pain Management
Podiatry (feet)
(stomach, intestines)
Pulmonologist (lungs)
Rheumatology (arthritis)
Sleep Studies
Urology (urinary tract)

Surgical Procedures

Dental
Endoscopy
Gastroenterology
General
Gynecology
Laparoscopy
Ophthalmology
Orthopedic
Otolaryngology
Urology

**Blue Ridge Hospital Rehabilitation
(Spruce Pine)**

- Physical address:** 125 Hospital Drive
Spruce Pine, NC 28777
- Phone:** (828) 765-7901
- Web address:** www.blueridgehospital.org
- Hours:** Monday—Friday 8 am—4 pm
- Clients:** Physician referrals only
- Fees:** Please call our office for service fees associated with individual therapies
- Services:** We treat many types of orthopedic and neurological problems, including car accident injuries, back, neck and shoulder pain, brain injury, stroke, sports injuries, balance problems, arthritis, degenerative joint disease, fibromyalgia, and multiple sclerosis. Therapies include Aquatic,

**Blue Ridge Hospital Fitness & Rehabilitation Center
(Burnsville)**

Physical address: 155 Love Fox Drive
Burnsville, NC 28714

Phone: (828) 678-3488
Fax: (828) 682-3762

Web address: www.blueridgehospital.org

Hours: Monday-Thursday 6 am—8:45 pm
Friday 6 am—7:45 pm
Saturday 8 am—5:45 pm
Sunday 1 pm—4:45 pm

Clients: The general public for the fitness center
Rehabilitation is with physician order

Fees: **Fitness Center fees are subject to change**
Full facility walk-in fee: \$10 per day
Class Fee \$7
Sole mates Walking Club \$20

Registration fees of \$50—\$100 apply

Single	—	\$42 per month
Couple	—	\$54 per month
Family	—	\$64 per month
1 Parent Family	--	\$52 per month
Student	—	\$32 per month
Senior Single	—	\$32 per month
Senior Couple	—	\$44 per month

Services: The fitness center features membership plans for individuals and families, plus full free weight area. Other member benefits include spin, indoor walking track, aerobics and specialty classes, hot tub, functional training, classes for all fitness levels and a racquet ball court.

Blue Ridge Women's Care

Physical Address:	Located on the first floor of the Blue Ridge Regional Hospital
Mailing Address:	
Phone:	(828) 766-3030
Fax:	(828) 766-3033
Hours:	Monday—Tuesday, 8 am - 5 pm Friday, 8 am - 12:00 pm
Clients:	Adolescents, teens and women of all ages for general obstetrics and gynecology
How do clients apply?	Call the office to make an appointment.
Fees:	Payment for services expected at time of visit. Fees vary according to visit for private pay.
Services:	All gynecological & obstetrics services, including gynecological surgery such as hysterectomy, tubal ligation and bladder surgery
Physician on staff:	Dr. Harry Ervine, MD

**Blue Ridge Urology
Dr. Sam Steele**

- Physical Address:** Blue Ridge Regional Hospital
125 Hospital Drive
Spruce Pine, NC 28777
- Mailing Address:** P.O. Drawer 9
Spruce Pine, NC 28777
- Phone:** (828) 766-1670
Fax: (828) 765-0824
- Hours:** Tuesday and Wednesday, 8am-5pm
- Clients:** General Public
- How do clients apply?** Call the office for an appointment
(Physician referral or self-referral)
- Fees:** Fees vary according to service. Private insurance, Medicaid and Medicare are accepted.
- Services:** Adult and pediatric urology, urinary tract infections, prostate disease, prostate ultrasound, stone disease, male sexual dysfunction, male infertility, vasectomy, vasectomy reversal, interstitial cystitis

Boone Ear, Nose & Throat Associates

Physical Address: Thursday 36 Hospital Drive
Spruce Pine, NC 28777
Other days 895 State Farm Road
Boone, NC 28607

Phone: Spruce Pine (828) 688-2104
Boone 1-800-443-7385

Fax: (828) 262-0969

Email Address: www.brentnc.com

Hours: Monday – Friday, 8am – 5pm

Clients: Birth - geriatrics

How do clients apply? Call either office.

Fees: Fees based on insurance coverage.

Services: We treat patients with diseases of the ears, nose and throat. We provide hearing tests, hearing screenings and hearings aids. We are a North Carolina Telecommunications Equipment Distributor. Some hearing tests and surgeries are performed Blue Ridge Regional Hospital.

Physicians on staff: Dr. Barry Ellis; ear, nose and throat physician
Dr. Gene Tudor; ear, nose and throat physician

Buladean School & Family Health Center

- Physical Address:** Buladean School
12190 Highway 226 North
Bakersville, NC 28705
- Phone:** (828) 688-3977
Fax: (828) 688-1184
- Hours:** Monday – Friday, 8am – 11am
- Clients:** School students and general public
- How do clients apply?** Call or come to the office.
- Fees:** Fees are based on patient’s ability to pay.
- Services:** Health and wellness education and counseling, first-aid, weight checks, nutrition information, blood sugar testing, health histories, urine testing.
- Registered Nurse on staff:** Anita McGee, RN

**Dr. Hill and Dr. Smoker
(Family Practice)**

Physical Address: 88 Hospital Drive
Spruce Pine, NC 28777

Phone: (828) 765-6101
Fax: (828) 765-2383

Hours: Monday – Thursday, 8am – 5pm
Friday, 8am – 3pm

Clients: General public

**How do clients
apply?** Call or come to the office.

Fees: Fees vary according to visit.

Services: Family healthcare

Mitchell County Health Department

- Physical Address:** 130 Forest Service Drive, Suite A
Bakersville, NC 28705
- Phone:** (828) 688-2371
- Fax:** (828) 688-3866
- Hours:** Monday – Friday, 8am – 4:30pm
Toe River Health District administrative
on-call 24 hours daily
- Clients:** We serve the public, any age, through a variety of programs. Eligibility depends on program type with a focus on serving low-income and uninsured or underinsured individuals. NOTE: Spanish speaking staff available to assist Hispanic clients.
- How do clients apply?** Self-referral by appointment for most program services including WIC. Walk-ins accommodated to the extent possible. No appointment required for immunizations and HIV testing.
- Fees:** Fees for services including some environmental health services. Medicaid, third party reimbursement and self-pay. Limited free services. Sliding fee scale for uninsured self-pay. Eligibility related to federal poverty guideline.
- Services:** **Adult health** – screening clinic for adults 21 years and older providing limited medical care.

(Continued on next page)

Breast and Cervical Cancer Control Program – breast and cervical cancer screening for women 18 to 64 with focus on ages 50 to 64. Mammograms may be provided for eligible women 18-64 and for women who are uninsured or underinsured who are at or below 200% of the federal poverty level. Client may not be eligible for Medicaid or Medicare.

Child Services – services for children from birth to 3 years of age who meet at-risk criteria. Children from 3 to 5 years who have a diagnosed medical condition.

Communicable Disease – investigation, surveillance and monitoring of communicable diseases.

Environmental Health – inspection of food, lodging, and institutional sanitation. Inspections and permits for septic systems and water sources, rabies control, and food borne illness outbreak investigation.

Health Promotion – community-based health education and promotion activities designed to effect behavior and to support environmental policy changes.

HIV – free HIV testing and referral as needed for disease investigation.

Immunization Services – provided for any age. Clients from birth to 18 years old are eligible for free, state-supplied vaccines required by North Carolina law.

Laboratory Services – tests are either conducted in-house or sent to the State Laboratory of Public Health or to the Reference Lab.

Lactation Support – services for breastfeeding mothers.

Maternal Health – prenatal care for low-risk pregnant women with delivery services at Blue Ridge Regional Hospital by health department's nurse midwives or hospital's on-call physician. Skilled nurse maternal home visit ordered by attending health care provider.

(Continued on next page)

Maternal Care Coordination – assistance for women during pregnancy and up to 60 days postpartum in accessing needed services.

Maternal Outreach Worker – support services for pregnant women. Client must be enrolled in Maternal Care Coordination Program. Support service for the baby up to 1 year of age.

Postpartum/Newborn Home Visit Program – new mother and baby home visit after delivery for screening assessment by RN.

School Health – limited screening services provided in school.

STD Care and Prevention Services – free testing, treatment, and disease investigation.

TB Control – free tuberculosis medicines when indicated and disease investigation.

Vital Records – deputy registrar for birth and death certificate registration.

WIC – nutritional supplement program for women, infants, and children who meet medical and financial eligibility determination requirements. Must be at or below 185% of federal poverty level. Eligible clients are pregnant women, women in the postpartum period to 6 months, or if breastfeeding, up to 1 year after delivery. Infants and children 0 to 5 years of age are eligible.

Women’s Preventative Health – family planning services for females and males including minors. Folic acid distribution program for women of childbearing age to prevent infant neural tube defects.

MY Meds

- Physical Address:** 3011 US Highway 19-E
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 892
Spruce Pine, NC 28777
- Phone:** (828) 766-6337
Fax: (828) 766-6336
- Email Address:** my98@bellsouth.net
- Hours:** Monday – Thursday, 10am – 4pm
(Lunch, 12-1pm)
- Clients:** Anyone who meets the financial guidelines and who don't have prescription drug coverage.
- How do clients apply?** Call the office fro a prescreening interview. If you are eligible, an application packet will be mailed to you. An appointment will also be scheduled at this time.
- Fees:** There is a suggested donation of \$10 per prescription received.
- Services:** Prescription drugs are made available to those without prescription drug coverage who would be unable to afford the medicine they need otherwise.

North Carolina Services for the Blind

- Physical Address:** Watauga County Dept. of Social Services
132 Poplar Grove Connection, Suite C
Boone, NC 28607
- Phone:** (828) 265-8100, ext. 346
Fax: (828) 265-7638
- Web Address:** www.dhhs.state.nc.us/dsb
Email Address: susan.king@ncmail.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Individuals who are visually impaired and those with vision and hearing loss.
- How do clients apply?** Call the office.
- Fees:** None
- Services:** Adjustments to vision loss, safe travel training, assistive technology, college, university, community college, technical school and business or trade school training in order to get or keep a job, on the job training, short-term job coaching, low vision aids, training in Braille, hearing aids and assistive listening devices.

**Regional Resource Center for the Deaf
and Hard of Hearing**

- Physical Address:** 12 Barbetta Drive
Asheville, NC 28806
- Phone:** 1-800-681-7998
TTY Line: 1-800-251-6293
Fax: (828) 251-6860
- Web Address:** <http://dsdhh.dhhs.state.nc.us>
Email Address: audrey.godshall@ncmail.net
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Individuals who are deaf, hard of hearing, deaf-blind, deaf with other disabilities and families of these individuals.
- How do clients apply?** Call or come to the office.
- Fees:** None
- Services:** Advocate for the rights and needs of individuals who are deaf, hard of hearing or deaf-blind, assist with communication needs (hearing aids, sign language interpreting, assistive technology, telecommunication needs, captioning services), assist in accessing appropriate community resources (legal, financial, medical, mental health, technology, employment, social services, housing, education, independent living skills, recreation), provide information and support in achieving full participation in daily life, provide consultation and educations to community agencies and service providers in meeting the needs of people with hearing loss.

**Dr. Susan Snider
(Family Practice)**

Physical Address: 139 Broad Street
Spruce Pine, NC 28777

Phone: (828) 765-6595
Fax: (828) 765-6599

Hours: Monday, Tuesday, Thursday 8am – 5pm
Wednesday, 8am – 12 noon
Friday, 8am – 3pm

Clients: General public

**How do clients
apply?** Call or come to the office.

Fees: Fees vary according to visit.

Services: Family healthcare

Tipton Hill School & Family Health Center

- Physical Address:** Tipton Hill School
4256 Highway 197
Green Mountain, NC 28740
- Phone:** (828) 688-5998
Fax: (828) 688-2949
- Hours:** Monday – Friday, 12-3pm
- Clients:** School students and general public
- How do clients apply?** Call or come to the office.
- Fees:** Fees are based on patient’s ability to pay.
- Services:** Health and wellness education and counseling, first-aid, weight checks, nutrition information, blood sugar testing, health histories, urine testing.
- Registered nurse on staff:** Cindy Stafford, RN

Toe River Project Access

- Physical Address:** Blue Ridge Regional Hospital
125 Hospital Drive
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 247
Spruce Pine, NC 28777
- Phone:** (828) 766-1850
Fax: (828) 766-1851
- Hours:** Monday – Friday, 8:30am – 4pm
(hours may vary)
- Clients:** Low-income, uninsured residents of Mitchell or Yancey counties. Clients must have an active health problem, be a resident of Mitchell or Yancey County for more than 30 days, have a household income of less than 150% of the Federal Poverty Guidelines and not be eligible for receiving Medicare, Medicaid, private health insurance or working with Vocational Rehabilitation for medical services.
- How do clients apply?** Call the office to set up an appointment
- Fees:** Depending on income, a minimal fee is charged for medical and dental services.
- Services:** We provide low-income, uninsured residents of Mitchell and Yancey counties access to medical and dental service for reduced fees.

Mental Health Services

RHA Mental and Behavioral Health

- Physical Address:** 129 Skyview Circle
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 397
Spruce Pine, NC 28777
- Phone:** (828) 765-8808
(877) 877-5868 (toll free)
(828) 678-9544 (Burnsville Office)
- Fax:** (828) 765-0039
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** At risk youth and those with developmental disabilities.
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary depending on the service provided.
- Services:** We provide 24 hour community based services in non-hospital settings where room, board and supervision are an integral part of the care, treatment, habilitation, and rehabilitation. We have psychiatry services, assertive community treatment teams, community support for children and adults, substance abuse services, outpatient therapy and 24/7 emergency services.

Aurora Behavioral Intervention, LLC

- Physical Address:** 517 Altapass Road
Spruce Pine, NC 28777
- Phone:** (828) 766-7637
- Clients:** Adults and adolescents in need of mental health and substance abuse counseling.
- How do clients apply?** Call the office.
- Fees:** Fees vary depending on service provided.
- Services:** Outpatient mental health and substance abuse counseling for adult and adolescents.

CNC/Access

Physical Address: 1049 US Highway 19-E
Building 3, Suites 13 and 14
Burnsville, NC 28714

Mailing Address: P.O. Box 908
Burnsville, NC 28714

Phone: (828) 678-9116

Fax: (828) 678-9121

Clients: Mental health patients (adults and children) and those with developmental disabilities.

How do clients apply?

Call the office for mental health; referrals are taken from case managers for the developmentally disabled.

Fees: Fees vary with service provided.

Services: We offer community support for children, adolescents and adults, individual and group therapy, personal care and assistance, crisis services, vocational rehabilitation, case management and residential support.

Families Together

- Physical Address:** 13 West Main Street
Burnsville, NC 28714
- Phone:** (828) 698-7823
- Clients:** Mental health patients (adults and children) and those with developmental disabilities.
- How do clients apply?** Call the office for mental health; referrals are taken from case managers for the developmentally disabled.
- Fees:** Fees vary with service provided.
- Services:** We offer community support and day treatment for children, adolescents and adults, individual and group therapy, personal care and assistance, crisis services, substances abuse services, vocational rehabilitation, case management and residential support.

New River Mental Health Center

Physical Address: 360 Beech Street
Newland, NC 28657

Phone: (828) 733-4357
(866) 333-8545

Clients: Mental health patients (adults and children) and those with developmental disabilities.

How do clients apply? Call the office for mental health; referrals are taken from case managers for the developmentally disabled.

Fees: Fees vary with service provided.

Services: We offer community support for children, adolescents and adults, individual and group therapy, personal care and assistance, crisis services, vocational rehabilitation, case management and residential support.

Universal Mental Health

- Physical Address:** 1722 W US Highway 19-E
Burnsville, NC 28714
- Phone:** (828) 678-3503
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** Patients with mental health and developmental disabilities.
- How do clients apply?** Call the office; referrals are taken from case managers.
- Fees:** Fees vary depending on service provided, accept Medicaid and Medicare.
- Services:** Home and community support, personal care for adults with Medicaid, personal assistance, and respite care.

Bonita Luz, LPC
Yancey County Counseling Center

- Physical Address:** 10 North Main Street
Burnsville, NC 28714
- Mailing Address:** P.O. Box 396
Burnsville, NC 28714
- Phone:** (828) 678-1551 ext. 113
Fax: (828) 682-2119
- Email:** trecelunas@aol.com
- Clients:** Adults & Couples, Relationships, Anxiety, and PTSD
- How do clients apply?** Call the office; referrals are taken from case managers.
- Fees:** Fees vary depending on service provided, accept Medicaid and Medicare.
- Services:** CBT, EMBR, Motivational Interviewing

Beth Cassida, LPC
Yancey County Counseling Center

- Physical Address:** 10 North Main Street
Burnsville, NC 28714
- Mailing Address:** P.O. Box 396
Burnsville, NC 28714
- Phone:** (828) 678-1551 ext. 112
- Fax:** (828) 682-2119
- Email:** bethcassida@verizon.net
- Clients:** Children & Adults
- How do clients apply?** Call the office; referrals are taken from case managers.
- Fees:** Fees vary depending on service provided, accept Medicaid and Medicare.
- Services:** Cognitive Behavioral Therapy, Insight Oriented Therapy, Solution Focused Therapy, Dial electrical Behavioral Therapy, Expressive

Pet Care & Animal Services

Mitchell County Animal Rescue & Shelter

- Physical Address:** 2492 Highway 19-E
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 308
Spruce Pine, NC 28777
- Phone:** (828) 765-6952
Fax: (828) 765-6765
- Web Address:** www.mcar.petfinder.com
Email Address: mcarpets@mitchell.main.nc.us
- Hours:** Tuesday - Friday 10:30am – 4:30pm
Saturday, 10am – 3pm
24-hour Emergency Hot Line
- Clients:** Any resident of Mitchell County who has animal/pet problems
- How do clients apply?** Call or come to the shelter
- Fees:** There is no charge to surrender an unwanted pet, but we do ask that you call first to make sure we have room in the shelter. Adoption fee for shelter pets is \$45 which includes spay or neuter, vaccinations and de-worming.
- Services:** We care for unwanted and homeless pets in Mitchell County. We offer low-cost spay/neuter programs, help reduce the number of stray animals (thereby limiting the problems they cause) and provide pet food to individuals in need.

Mitchell Veterinary Clinic
Dr. Greg Stanbery, Veterinarian

Physical Address: 11172 Highway 226 South
Spruce Pine, NC 28777

Phone: (828) 765-6039

Fax: (828) 765-6962

Hours: Monday – Friday, 8am – 5:30pm
Saturday, 8am – 12 noon

Clients: Dog and cat owners

**How do clients
apply?** Call or come to the office.

Fees: Fees vary according to service provided.

Services: Veterinary medicine and surgery is provided for dogs and cats. Boarding services are also provided.

**Stewart's Mountain View Animal Hospital
Dr. Jennie Stewart, Veterinarian**

- Physical Address:** 2918 Highway 19-E
Spruce Pine, NC 28777
- Phone:** (828) 765-7059
Fax: (828) 765-9994
- Hours:** Monday – Friday, 8am – 5:30pm
Saturday, 9am – 12 noon
- Clients:** Dog, cat, bird and exotic pet owners
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary according to service provided.
- Services:** Veterinary medicine and surgery is provided for dogs, cats, birds and some exotics. Bathing and boarding services are also provided.

Senior Services

Alzheimer's Association

- Physical Address:** 31 College Place, Suite D 320
Asheville, NC 28801
- Phone:** (828) 254-7363
- Fax:** (828) 255-0948
- Hours:** Monday – Friday, 8:30am – 5pm
- Clients:** General public
- How do clients apply?** Call or come to the office.
- Fees:** The only fees are those associated with the educational programs presented to caregivers.
- Services:** Provides services and information to families with loved ones with Alzheimer's disease and other dementias.

Brian Center Health and Rehabilitation Center

- Physical Address:** 218 Laurel Creek Court
Spruce Pine, NC 28777
- Phone:** (828) 765-7312
Fax: (828) 765-7295
- Hours:** Monday – Friday, 9am – 5pm
- Clients:** General public
- How do clients apply?** Call or come to the office.
- Fees:** Fees vary according to insurance.
- Transportation:** A transport van is available for residents
- Services:** A staff of skilled and experienced nurses, therapists, social workers and caregivers work diligently to ensure each resident reaches and maintains the highest quality of life possible. Amenities include scheduled daily activities, barber/beauty shop onsite, facility transport van, psychiatric and optometry consults onsite.
- The Rehabilitation Department provides physical, occupational and speech therapy on an inpatient and outpatient basis. Home assessments are completed when a resident is able to return home, increasing the success of the transition.

High Country Area Agency on Aging

Physical Address:	719 A Greenway Road Boone, NC 28607
Mailing Address:	P.O. Box 1820 Boone, NC 28607
Phone:	(828) 265-5434
Fax:	(828) 265-5439
Web Address:	www.regiond.org
Hours:	Monday – Friday, 8:30am – 5pm
Clients:	Individuals 60 and older
How do clients apply?	Call the office.
Fees:	None
Transportation:	Yes
Services:	<p>The Area Agency of Aging works on behalf of older adults and their caregivers. The agency has grant agreements with the counties it serves to deliver the following services: transportation, congregate and home delivered meals, in-home aid, health promotion, adult day care, respite care, health screening, legal assistance, home improvement and senior center operations.</p> <p>The agency houses the Long-term Care Ombudsman Program which protects the rights of residents in nursing and adult care homes as well as the Family Caregiver Support Program which advocates for the family caregiver's needs and seeks to develop programs to meet those needs. The High Country Area Agency on Aging serves Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey counties.</p>

Mitchell Senior Center

- Physical Address:** 152 Ledger School Road
Bakersville, NC 28705
- Phone:** (828) 688-3019
Fax: (828) 688- 2314
- Email Address:** aging@mitchell.main.nc.us
- Hours:** Monday – Friday, 8am – 4:30pm
- Clients:** Anyone 60 or older and his or her spouse regardless of age
- How do clients apply?** A client registration packet must be completed by a staff person at the Senior Center. To receive in-home services, additional paperwork will be completed during a required home visit.
- Fees:** There are no fees. Contributions, however, are encouraged and appreciated.
- Transportation:** Mitchell County Transportation provides transportation to and from the center.
- Services:** A nutritious lunch five days a week, a craft department, a game room with two pool tables, a computer room, a library, an exercise class three times each week, —The Golden Age Singers” meet each Wednesday afternoon and Thursday morning to practice, bingo most Tuesdays and movies most Thursdays, presentations and short classes (on topics such as healthy nutrition, utilizing Medicare, emergency management and fraud and scam alerts), seasonal and holiday celebrations, free tax preparation during tax season, yearly health screening as funding allows, home delivered meals and nutritional supplements, in-home aide program, caregiver respite program, health promotion program and medication management program.

Youth Services

Appalachian Therapeutic Riding Center

- Physical Address:** 176 Chimney Ridge
Burnsville, NC 28714
- Phone:** Main Number (828) 675-5814
Riding Center (828) 675-5630
- Hours:** Vary depending on clients
- Clients:** Physically, mentally, and emotionally impaired children ages 3 and older
- How do clients apply?** Call 675-5814
- Fees:** Fees are very minimal
- Services:** We use horses as therapeutic tools to provide physical therapy or to reinforce learning skills in a safe and enjoyable environment.

Blue Ridge Medical Center

- Physical Address:** 7968 Highway 19-E
Spruce Pine, NC 28777
- Phone:** (828) 765-4111
Fax: (828) 765-4113
- Hours:** Monday – Friday, 9am – 5pm
Physician is on-call after hours and on the weekends.
- Clients:** Children from birth to high school age
- How do clients apply?** Call the office
- Fees:** Fees vary according to visit. Medicaid is accepted.
- Transportation:** Transportation to and from the clinic is provided by Mitchell County Transportation.
- Services:** Pediatric healthcare
- Physicians on staff:** Dr. Susan MacLean, pediatrics
Dr. Melissa Will, pediatrics

Child Care Resource and Referral

- Physical Address:** 131 North Main Street
Burnsville, NC 28714
- Mailing Address:** P.O. Box 1387
Burnsville, NC 28714
- Phone:** (828) 682-0717
Fax: (828) 682-7978
- Email Address:** m-ypfc.crr@trcomputing.com
m-ypfc.rs@trcomputing.com
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Child care centers in Mitchell and Yancey County
and residents of Mitchell and Yancey County
seeking information on child care resources
- How do clients
apply?** Call or come to the office
- Fees:** None
- Services:** We guide parents through the process of finding
the appropriate care for their children. We have a
lending library with children’s books and books
on parenting education. We also offer technical
assistance in child care centers and family child
care homes in Mitchell and Yancey counties.

Children's Developmental Services of the Blue Ridge
(formally referred to as CDSA-BR)

- Physical Address:** 71 Blue Ridge Lane
Burnsville, NC 28714
- Phone:** (828) 682-4772
Toll free family number 1-866-448-5781
- Fax:** (828) 682-6884
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Children from birth to 5 years old who are at risk for or are suspected of having developmental delays
- How do clients apply?** Phone referrals are accepted and followed up with a home visit for preliminary assessment and explanation of services.
- Fees:** There are no fees for evaluations. Treatment services provided to children from birth – 3 years old are based on a sliding fee scale.
- Services:** **For children birth – 3 years old:** evaluation, case management, referral and or provision of special therapies, community based rehabilitation services (We are the lead agency for early intervention).
- For children 3 – 5 years old:** evaluation for determination of eligibility for pre-school services.

Intermountain Children's Services

- Physical Address:** 4929 Highway 226 South
Bakersville, NC 28705
- Mailing Address:** P.O. Box 338
Spruce Pine, NC 28777
- Phone:** (828) 688-2190
Fax: (828) 688-9195
- Email Address:** headstart@ccvn.com
- Hours:** Monday – Friday, 8am – 5pm
- Clients:** Children ages 3 to 5 years old who meet income guidelines for Head Start
(Children must be 3 years old by 10/16)
- How do clients apply?** Call the office
- Fees:** None
- Transportation:** Transportation provided to and from the Bakersville Head Street center and More at Four locations. Limited transportation is available for parents for specific services.
- Services:** We provide a comprehensive child development program including early childhood education, health services, nutrition counseling, mental health services, support for parental involvement, disability services and transition services.
We provide these services through Bakersville Head Start, our Mitchell Head Start Home Base Program and the Mitchell County More at Four programs. We also work with the Mitchell County Pre-K School Program at Bowman.

JobLink Career Center
“Get Real” Youth Program
(Resources, Employment, Advancement & Learning)

Physical Address:	100 Kim Thickets Road Spruce Pine, NC 28777
Mailing Address:	P.O. Box 827 Spruce Pine, NC 28777
Phone:	(828) 765-7758
Fax:	(828) 765-8552
Hours:	Monday – Friday, 8:30am – 5pm
Clients:	Low-income, at-risk youth ages 16-21
How do clients apply?	Call or come to the office
Fees:	None
Services:	Provides resources, employment, advancement and learning opportunities for youth to insure success and obtainment of goals. Assistance from career coach to make informed career decisions, obtain and keep employment, advance on a job, and learn skills and trades to obtain life long goals. Provides skill assessment and development, leadership development, work experience, counseling and support.

**Mayland Community College
Basic Skills Program**

- Physical Address:** Mayland Community College
200 Mayland Drive
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 547
Spruce Pine, NC 28777
- Phone:** (828) 765-7351, exts. 207, 216 or 291
Fax: (828) 765-0728
- Hours:** Monday – Thursday, 8am – 9pm
Friday, 8am – 1pm (students)
Friday, 8am – 5pm (office staff available)
- Clients:** Individuals 16 years old and older who are interested in earning their high school diplomas and those interested in preparing for college (special documentation required for those under 18).

Each year, this program serves 1,200 – 1,500 students. Approximately 200-250 receive their GED.
- How do clients apply?** Call or come to the office
- Fees:** All classes and services are free. There is a processing fee of \$7.50 for the GED test
- Services:** Assistance with basic skills such as reading and math, assistance attaining GED, college preparation, assistance with college placement exams, English as a Second Language (ESL) classes and compensatory education for individuals with mental, emotional or physical disabilities.

Mitchell County WIC Program
Mitchell County Health Department

- Physical Address:** Mitchell County Health Department
130 Forest Service Drive, Suite A
Bakersville, NC 28705
- Phone:** (828) 688-4668
Fax: (828) 688-3866
- Hours:** Monday – Friday, 8am – 4:30pm
- Clients:** Women who are pregnant or in the postpartum period up to 6 months, women who are breastfeeding up to one year after delivery and infants and children ages 0 to 5. Eligible clients must be at or below 185% of federal poverty level.
- How do clients apply?** Call for an appointment
- Fees:** None
- Transportation:** Mitchell County Transportation will provide transportation.
- Services:** Nutritional supplement program for women, infants and children.

Mitchell Head Start Home Base Program

Physical Address: 4929 Highway 226 South
Bakersville, NC 28705

Mailing Address: P.O. Box 338
Spruce Pine, NC 28777

Phone: (828) 688-2190

Fax: (828) 688-9195

Email Address: headstart@ccvn.com

Hours: Office: Monday – Friday, 8am – 5pm
Centers: Monday – Thursday, 8:30am – 2:30pm;
Friday, 8:30am – 12:30pm

Clients: This program serves 12 children in the county.

**How do clients
apply?** Call the office

Fees: None

Services: A home base teacher goes to the child's home twice weekly and work's one on one with the child.

Mitchell-Yancey Partnership for Children

- Physical Address:** Main office: 131 North Main Street
Burnsville, NC 28714
Satellite: Spruce Pine Library
142 Walnut Avenue
Spruce Pine, NC 28777
- Mailing Address:** P.O. Box 1387
Burnsville, NC 28714
- Phone:** (828) 682-0047
Fax:
- Email Address:** m-ypfc@trccomputing.com
- Hours:** Monday – Friday, 8am – 5pm
Other hours by appointment
- Clients:** Programs serve families and children from birth to age 5. We also support agencies who work with young children and families.
- How do clients apply?** Most of our programs are contracted through other community agencies; call our main office for more information or referrals.
- Fees:** Most services are free of charge.
- Transportation:** Through Mitchell County Transportation, family members and pre-school aged children can access transportation services to child care, medical appointments and other human services.
- Services:** Subsidized child care, transportation, parenting education, breastfeeding support, a resource library, patent referrals for child care, as well as other support programs for child care facilities.

Penland School of Crafts

Physical Address: 67 Dora's Trail
Penland, NC 28765

Phone: (828) 765-2359

Web Address: www.penland.org

How do clients apply? Call or come by the office

Services: One, two, and eight week programs and can also earn college credits. Books and paper, clay, drawing and painting, glass, iron, metals, photography, printmaking, textiles, and wood.

Project Challenge North Carolina, Inc.

Physical Address:	7548 B Highway 19-E Spruce Pine, NC 28777
Phone:	(828) 765-0776
Fax:	(828) 765-7206
Hours:	Monday – Friday, 8am – 4:30pm
Clients:	Court referred youth
How do clients apply?	Clients are referred to our program through the court system.
Fees:	None
Transportation:	Transportation to community service projects is provided.
Services:	Community service, restitution, youth leadership development and challenging recreational activities.

Toe River Children's Dental Clinic

Physical Address: 89 North Mitchell Avenue
Bakersville, NC 28705

Mailing Address: P.O. Box 74
Bakersville, NC 28705

Phone: (828) 688-8384 (TETH)

Fax: (828) 688-8383

Hours: Monday, Wednesday, Thursday
8am – 5pm
(Lunch: 12:30 – 1:30pm)

Clients: Clients are children ages 0-18 who qualify for Medicaid or NC Health Choice. A low-income assistance program is also available for those children who do not qualify for Medicaid or NC Health Choice.

How do clients apply? Call or come to the office. Referrals from physicians, pediatricians and the department of social services are also accepted.

Fees: Fees vary according to income.

Transportation: Mitchell, Avery, and Yancey County Transportation will provide transportation to the clinic. Clients make the arrangements.

Services: General dentistry

Miscellaneous

Commonly Requested Phone Numbers

For emergencies dial 911

Bakersville Community Medical Clinic	688-2104
Bakersville Post Office	688-2571
Bakersville Town Hall	688-2113
Blue Ridge Regional Hospital	765-4201
Driver's License Offices	
Spruce Pine Office	766-7649
Burnsville Office	678-9886
Mitchell County Administration	688-2139
Mitchell Co. Agricultural Extension Office	688-2051
	or 688-4811
Mitchell County Board of Education	688-4432
Mitchell County Board of Elections	688-3101
Mitchell Co. Chamber of Commerce	765-9033
	or 1-800-877-3912
Mitchell County Clerk of Court	688-2161
Mitchell County Manager/Finance	688-1239
Mitchell County Department of Social Services	688-2175
Mitchell Co. Economic Dev. Commission	688-2139
	or 765-9033
Mitchell County Health Department	688-2371
Mitchell County Public Library	688-2511
Mitchell County Magistrate's Office	688-2146
Mitchell County Parks and Recreation	688-5901
Mitchell County Register of Deeds	688-2451
Mitchell County Sheriff's Department	688-3982
Mitchell County Tax Office	688-2451
Mitchell County Transportation Authority	688-4715
Mitchell County WIC Program	688-4668
Mitchell News Journal	765-7169
NC Department of Motor Vehicles	765-2926
Spruce Pine Parks and Recreation	765-3000
Spruce Pine Police Department	765-2233
Spruce Pine Post Office	765-4508
Spruce Pine Public Library	765-4673
Spruce Pine Town Hall	765-3000
Henline-Hughes Funeral Home	688-4813
Webb Funeral Home	765-4277

Mitchell County Pharmacies

Bakersville Pharmacy 580 South Highway 226 Bakersville, NC 28705	688-3241
CVS Pharmacy Spruce Pine Commons Shopping Center Spruce Pine, NC 28777	765-7076
Hospital Drive Pharmacy 409 Altapass Road Spruce Pine, NC 28777	765-2025
Ingles Pharmacy 145 Greenwood Road Spruce Pine, NC 28777	765-7997

Mitchell County Schools

Public Schools

Bowman Middle School	688-2752
Buladean School	688-2324
Deyton Elementary School	765-2504
Gouge Elementary School	688-2141
Greenlee Primary School	766-9562
Harris Middle School	765-2321
Mitchell County Board of Education	688-4432
Mitchell High School	688-2101
Tipton Hill School	688-4853

Private School

Spruce Pine Montessori	765-7779
Tri-County Christian School	765-2969

Pre-School Programs

Bakersville Child Development	688-2403
Mitchell County Head Start Center	765-6842
Mitchell County More at Four	765-1433
Mitchell County Pre-K Program	688-4391
Spruce Pine Montessori	765-7779

School Health

School Food Service	688-3601
Buladean School and Family Health Center	688-3977
Tipton Hill School Health Center	688-5998
Exceptional Children's Program	688-4432

Mitchell County Statistics

Source: 2000 Census

Population:	15,784
Persons under 18:	19.7%
Persons 65 and older:	19.6%
White:	97.7%
Black:	.2%
American Indian:	.4%
Asian:	.2%
Hispanic:	5.5%
Female:	51.1%
Male:	48.9%
High School Graduates:	68.6%
College Graduates:	12.2%
Median household income:	\$36,239
Individuals Below Poverty Level:	15.8%
Uninsured Rate:	51.6%
Area:	221 square miles
Average temperature:	46.7° Fahrenheit
Fire Districts:	Bakersville Bradshaw Buladean Fork Mountain Ledger Parkway Spruce Pine Little Switzerland

Mitchell County Support Groups

AA Meetings

Every Monday – 8pm
Ledger Baptist Church

Every Thursday – 8pm and Saturday – 10am and 8pm
Trinity Episcopal Church, Spruce Pine
www.booneaa.org or www.aa-carolina.org

Abused Women Support Group

Every Tuesday – 6pm
Mitchell County Safe Place

Al-Anon

Every Monday – 8pm
Ledger Baptist Church

Every Thursday – 8pm
Trinity Episcopal Church, Spruce Pine

Cancer Support Group

Last Thursday of every month
Blue Ridge Regional Hospital – 6:30pm

English as a Second Language

Every Tuesday and Thursday – 6pm
Trinity Episcopal Church, Spruce Pine

Mitchell-Avery-Yancey Multiple Sclerosis Support Group

First Tuesday of each month
Blue Ridge Regional Hospital – 11am

Mitchell County Support Groups
(Continued)

Parents Healing Together

(for parents who've lost children due to miscarriage or infant death)

First Tuesday of every month

Blue Ridge Regional Hospital – 7pm

Smoking Cessation

Every Monday – 6:30pm

Sallie's Mountain View Restaurant, Bakersville

The Compassionate Friends International

(for families who've lost children due to accident or suicide)

Second Monday of every month – 7pm

First Baptist Church of Spruce Pine (parlor)

Weight Control Meetings

Every Tuesday – 5:30pm

Snow Hill Baptist Church, Bakersville

Weight Watchers

Every Tuesday – 5:30pm and Thursday – 5pm

Spruce Pine United Methodist Church