

See our online version of this guide at [www.polkfitfreshandfriendly.org/resources.html](http://www.polkfitfreshandfriendly.org/resources.html)



**2-1-1 provides 24/7 information regarding community resources and can be accessed by phone (2-1-1) or online (nc211.org). Resources can be requested by county, city, state or zip code.**



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## Behavioral Health Services

<b>RHA Mobile Crisis Management</b>		24/7/365	888-573-1006
24/7/365 CRISIS LINE: 1-888-573-1006 Provides behavioral and mental health services for individuals of all ages and families in crisis.			
<b>Direct Care Community Based Services, LLC</b>	668 Withrow Rd. Forest City, NC	Monday- Friday 9am-5pm	828-286-4466 <a href="http://www.directcare.co">www.directcare.co</a>
Provides personal, high-quality mental health services for children and adults that include day treatment, outpatient therapy and residential treatment. After hour crisis care available for Polk day treatment, call crisis line at 828-429-8503.			
<b>Family Preservation Services (Pathways by Molina)</b>	84 White Drive Columbus, NC	Monday- Friday 8:00am-5:00pm	828-894-2290 <a href="http://www.pathways.com">www.pathways.com</a>
Provides emergency same day, walk-in services for behavioral, mental health and substance abuse concerns.			
<b>Polk Health Center Blue Ridge Community Health</b>	155 West Mills Street Columbus, NC	Monday- Friday 8am-5pm	828-894-2222 <a href="http://www.brchs.com">www.brchs.com</a>
A federally funded community health center that provides behavioral health services including substance abuse and mental health groups for adults and children. Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. See also Health and Wellness Services.			
<b>Vaya Health (Formerly)Smoky Mountain LME/ MCO</b>	200 Ridgefield Ct. Ste. 206 Asheville, NC	Monday- Friday 8:00am-5:00pm	800-849-6127 <a href="http://www.vayahealth.com">www.vayahealth.com</a>
Provides assistance for those with behavioral health and intellectual or developmental disabilities through referrals to local providers. Check your mental health with an anonymous screening at <a href="http://www.vayamindful.org">www.vayamindful.org</a> .			
<b>Cooper Riis Healing Community</b>	101 Healing Farm Lane Mill Spring, NC	Monday- Friday 8:30am-5:00pm	800-894-7140 <a href="http://www.cooperriis.org">www.cooperriis.org</a>
Offers hope and healing to adults who struggle with complex mental health issues. Residential treatment available.			
<b>Pavillon Treatment Center</b>	241 Pavillon Place Mill Spring, NC	Monday-Friday 8:30am-5pm	800-392-4808 <a href="http://www.pavillon.org">www.pavillon.org</a>
Comprehensive addiction treatment and recovery services that provide residential, outpatient and extended patient care programs.			
<b>St. Luke's Hospital Center of Behavioral Medicine</b>	101 Hospital Drive Columbus, NC	24/7	864-894-3311 <a href="http://www.saintlukeshospital.com">www.saintlukeshospital.com</a>
Inpatient geriatric psychiatry services for adults age 55 and over. Accepts self-referrals as well as physician, social services, rest home, adult daycare and/ or hospital referrals. See also Health and Wellness Services, Support Groups and Education Classes.			

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<p align="center"><b>St. Luke’s Hospital Senior Life Solutions</b></p>	<p align="center">48 Hospital Dr. Ste 2A Columbus, NC</p>	<p align="center">Monday- Friday 8am-5pm</p>	<p align="center">828-894-9890 <a href="http://www.saintlukeshospital.com">www.saintlukeshospital.com</a></p>
<p>An intensive outpatient counseling program which addresses the emotional and behavioral health of adults over the age of 65. See also Health and Wellness Services, Support Groups and Education Classes.</p>			
<p align="center"><b>Lifespan Psychological Services, PC Dr. Gordon Schneider,</b></p>	<p align="center">801 W. Mills St. Ste. B Columbus, NC</p>	<p align="center">Monday- Friday 8am-5pm</p>	<p align="center">828-894-2300</p>
<p>Provides behavioral health services that include mental health, developmental disabilities and substance abuse services to children and adults. Accepts Medicaid, Medicare and private insurance. Financial assistance for behavioral health services to those that meet eligibility criteria, call for more information.</p>			

## Bill/ Utility Assistance

Name	Address	Days/ Hours of Operation	Phone
<b>Crisis Intervention Program (CIP) Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
Serves individuals and families who are experiencing or in danger of experiencing a heating or cooling related crisis as long as funds are available. See also Childcare Resources, Food Assistance, Transportation and Miscellaneous.			
<b>Low Income Energy Assistance Program (LIEAP) Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
Provides a one-time annual vendor payment to help eligible families pay their heating expense as long as funds are available. See also Childcare Resources and Miscellaneous.			
<b>Thermal Belt Outreach Ministry</b>	134 White Drive Columbus, NC	Monday- Thursday 9am-11:30am, 12:30pm-3:30 Friday 9am-12pm	828-894-2988 <a href="http://www.tboutreach.org">www.tboutreach.org</a>
Financial assistance provided to help families with basic needs such as electric, gas, kerosene, water, firewood, heaters and fans. In addition financial assistance is provided for mortgage and rent payment and Emergency dental, diagnostic, testing and prescription medications. See also Food Assistance. (V)			
<b>Salvation Army</b>	239 3 <sup>rd</sup> Ave. East Hendersonville, NC	Monday- Friday 8:30am-5:00pm	828-693-4181 <a href="http://www.salvationarmycarolinas.org/hendersonville/home/">www.salvationarmycarolinas.org/hendersonville/home/</a>
Financial assistance provided to eligible families. Call for more information. (V)			

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## Childcare Resources

Name	Address	Days/ Hours of Operation	Phone
<b>Western Carolina Community Action Columbus Children’s Center</b>	2060 Lynn Rd. Columbus, NC	Monday- Friday 8am-5pm	828-859-0165
Childcare (Headstart) offered to children birth to age 3, free for eligible families. WCCA also offers home-based program based on the same criteria as the Headstart program.			
<b>Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
Child Day Care Subsidy provides childcare vouchers to eligible low income families. See also Bill/ Utility Assistance, Food Assistance, Miscellaneous and Transportation.			
<b>Polk County Schools Pre-K Program</b>	125 East Mills Street Columbus, NC	Monday-Friday 8:00am-5:00pm	828-894-3051 <a href="http://www.polkschools.org/preschool">www.polkschools.org/preschool</a>
Children that will be 3 or 4 years of age before August 31 are eligible. Children may be eligible as fee-paying or may qualify for the Head Start.			

## Clothing and Thrift Shops

Name	Address	Days/ Hours of Operation	Phone
<b>Second Chance Thrift Store</b>	232 East Mills Street Columbus, NC	M, W, F 10am-4pm Tues, Thurs 10am-5pm Saturday 10am-1pm	828-894-2373 <a href="http://www.stepstohope.org/scts/second-chance-thrift-store.html">www.stepstohope.org/scts/second-chance-thrift-store.html</a>
Provides gently used merchandise for purchase. (V)			
<b>Thrift Barn Hospice of the Carolina Foothills</b>	1810 SC-14 Landrum, SC	M-TH 10am-4pm Friday 10am-6pm Saturday 10am-5pm	864-457-7348 <a href="http://www.hospiceofrutherford.org">www.hospiceofrutherford.org</a>
Provides gently used merchandise for purchase. (V)			
<b>Tryon Seventh-Day Adventist Thrift Store</b>	2820 Lynn Road Tryon, NC	Sunday 10am-3pm M, T, Th 9am-3pm Wed, Fri 9am-1pm	828-859-6407 <a href="http://www.tryonsdachurch.org/share/thrift-store">http://www.tryonsdachurch.org/share/thrift-store</a>
See also Food Assistance. (V)			
<b>Good Neighbor Thrift Store Columbus Baptist Church</b>	45 Houston Road Columbus, NC	Thursday 9am-1pm Friday 9am-1pm Saturday 9am-12pm	828-894-8588 <a href="http://www.columbusbc.org">www.columbusbc.org</a>
Provides gently used merchandise for purchase. (V)			
<b>A Thrift Barn</b>	64 Greenville St. Saluda, NC	Wednesday-Saturday 10am-4pm	828-393-7891
Provides gently used merchandise for purchase. (V)			
<b>Bethlehem United Methodist Church</b>	253 School Street Mill Spring, NC	Call for Information	828-551-9686 <a href="http://www.bethlehemunitedmethodist.com">www.bethlehemunitedmethodist.com</a>
Clothing is available in all sizes for children as well as adults. There are also free diapers, personal hygiene items, cleaning supplies, and even pet food. See also Meals.			
<b>Habitat for Humanity Restore</b>	132 N. Trade Street Landrum, SC	M-F 9am-4pm Saturday 10am-4pm	864-457-2666 <a href="http://www.thermalbelthabitat.org/tbh/">www.thermalbelthabitat.org/tbh/</a>
Provides gently used home furnishings for purchase. (V)			

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## Emergency Shelter

Name	Address	Days/ Hours of Operation	Phone
<b>Steps to Hope</b>	60 Ward Street Columbus, NC	24/7	828-894-3702 828-894-2340- 24 Hour Crisis Help-Line <a href="http://www.stepstohope.org">www.stepstohope.org</a>
A SAFE PLACE FOR VICTIMS OF DOMESTIC VIOLENCE AND/OR SEXUAL ASSAULT. Temporary, emergency safe shelter is available, along with options-counseling with someone who is a compassionate listener. (V)			
<b>Hendersonville Rescue Mission</b>	639 Maple Street Hendersonville, NC	24/7	828-697-1354 <a href="http://www.hendersonvillerescuemission.com">www.hendersonvillerescuemission.com</a>
Provides shelter, food and clothing to anyone in need. (V)			
<b>Grace of God Rescue Mission</b>	537 West Main Street Forest City, NC	24/7	828-245-9141
Provides shelter and food to anyone in need. See also Meals. (V)			

## Food Assistance

Name	Address	Days/ Hours of Operation	Phone
<b>Thermal Belt Outreach Ministry</b>	134 White Drive Columbus, NC	Monday- Thursday 9am-11:30am, 12:30pm-3:30 Friday 9am-12pm	828-894-2988 <a href="http://www.tboutreach.org">www.tboutreach.org</a>
Food Pantry available for clients to shop once a month for food. Commodities are available weekly. Holiday program provides Thanksgiving and Christmas meals for families that may have difficulty during the season. Feed-a-Kid program delivers bags of food to local schools for nutritionally at-risk children. Garden Hope Program/ Microform. See also Bill/ Utility Assistance. (V)			
<b>Feed A Family United Church of Christ</b>	210 Melrose Ave. Tryon, NC	Varies. Call for more information	828-859-9509 <a href="http://www.ucctryon.org">www.ucctryon.org</a>
An extension of the Feed a Kid program by TBO. Provides a meal each week to families throughout the summer months.			
<b>Hickory Nut Gorge Outreach</b>	2594 Memorial Hwy Lake Lure, NC	Monday, Thursday, Friday 10am-3pm	828-625-4683 <a href="http://www.hickorynutgorgeoutreach.org">www.hickorynutgorgeoutreach.org</a>
Food Pantry provides 3-5 day emergency food supply to local families and individuals. Family food assistance is offered on a weekly basis. Food for Kids provides nutritious food for school age children over the weekend during the school year. Serves Rutherford County Residents only. (V)			
<b>Faith Temple Baptist Church</b>	662 Mountain Laurel Drive Mill Spring, NC	Varies. Call for more information	828-894-0001 828-817-5942
Food pantry available. Call for more information.			
<b>Green Creek Missionary Baptist Church</b>	2382 Coxe Rd Tryon, NC	Wednesday 9am-12pm	828-863-2549
Food pantry available. Call for more information.			
<b>Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
Provides monthly allotment for food stamp benefits through Electronic Benefit Transfer cards (ATM cards). See also Childcare Resource, Bill/ Utility Assistance, Miscellaneous and Transportation.			



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<b>Columbus Farmers Market</b>	Courthouse Street Columbus, NC	Saturdays 8am-12pm	828-548-1316 <a href="http://www.polkcountyfarms.org/farmer-markets/">www.polkcountyfarms.org/ farmer-markets/</a>
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
<b>Saluda Tailgate Market</b>	West Main Street Saluda, NC	Fridays May- Oct. 4:30pm-6:30pm	828-548-1316 <a href="http://www.polkcountyfarms.org/farmers-markets/">www.polkcountyfarms.org/ farmers-markets/</a>
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
<b>Tryon Farmers Market</b>	Tryon Depot Tryon, NC	Thursdays May- Nov. 4:30pm-6:30pm	828-548-1316 <a href="http://www.appalachiangrown.org/listing/show/696-tryon-tailgate-market">www.appalachiangrown.org/ listing/show/696-tryon- tailgate-market</a>
Credit/ Debit cards accepted as well as EBT/ SNAP (Supplemental Nutrition Assistance Program)			
<b>Tryon Seventh-Day Adventist Pop-up Markets</b>	Various Locations throughout Polk County	Days and hours vary. Call or see website	828-859-6407 <a href="http://www.tryonsdachurch.org/share/share-thy-bread">http://www.tryonsdachurc h.org/share/share-thy- bread</a>
Pop-up market locations include Polk County Wellness Center, Ashley Meadows Apts., The Meeting Place, Ridge Oak Apts., , Levi Rd, Bethlehem Methodist Church, Independence Rd. Mobile Park, Landrum Rd. Mobile Homes, Roseland Community Center, Community House, Newview Apts, Smith- Waldrop, Full Proof Ministries, Garrison Chapel. See also Clothing and Thrift Shops.			
<b>Landrum Farmers Market</b>	111 N. Trade Ave. Landrum, SC	Saturdays May- Oct. 8:00am-12:00pm	864-457-6585 <a href="http://www.cityoflandrumsc.com">www.cityoflandrumsc.com</a>
Seniors Farmers Market Nutrition Program (SFMNP), Senior Checks and WIC Vouchers			
<b>Rutherford County Farmers Market</b>	172 Depot Street Forest City, NC	Tuesday 8am-1pm Thursday 3pm-7pm Saturday 8am-1pm	828-287-6080 <a href="http://www.rutherfordcountync.gov/farmersmarket">www.rutherfordcountync.g ov/farmersmarket</a>
Accepts WIC FMNP (Farmers Market Nutrition Program) and Senior FMNP			

## Health and Wellness Services

Name	Address	Days/ Hours of Operation	Phone
<b>St. Luke's Hospital</b>	101 Hospital Drive Columbus, NC 28722	24/7	864-894-3311 <a href="http://www.saintlukeshospital.com">www.saintlukeshospital.com</a>
A local, not-for-profit community hospital that offers an emergency department, psychiatry/ geriatric care, surgery, rehab/ therapy, radiology, laboratory services, respiratory therapy, pain management, diabetes prevention/ management, and Senior Life Solutions. See also Behavioral Health Services, Support Groups and Education Classes. (V)			
<b>The Free Clinics (at Polk Health Center)</b>	155 West Mills Street Columbus, NC	Monday-Friday 9am-5pm	828-774-9129 828-697-8422 <a href="http://www.thefreeclinics.org">www.thefreeclinics.org</a>
A free clinic that provides healthcare and prescription services to residents of Polk and Henderson counties. Requires state ID, proof of residence, and proof of income for eligibility. Main office located in Henderson; Local case manager available in Polk County. (V)			
<b>Polk Health Center Blue Ridge Community Health</b>	155 West Mills Street Columbus, NC	M, W, Th, Fr 8am-5pm Tuesday 8am- 8pm	828-894-2222 <a href="http://www.brchs.com">www.brchs.com</a>
A federally qualified community health center that provides comprehensive primary care for adults and children. Accepts Medicaid, Medicare and Private Insurance. Sliding-fee scales are available based on a patient's family income and size. See also Behavioral Health Services.			
<b>Polk County Health Department</b>	161 Walker Street Columbus, NC	Monday – Friday 8:30am-5pm	828-894-8271 <a href="http://www.rpmhd.org">www.rpmhd.org</a>
Provides community and environmental health services that include but are not limited to immunizations, well child exams, women's preventive services, communicable disease control, sexually transmitted disease clinic, maternal health services, tuberculosis control, postpartum home visits, pregnancy medical home program and Women, Infants and Children (WIC).			
<b>Collins Dental Center</b>	158 White Drive Columbus, NC	Monday- Thursday 8:30am-3:00pm	828-894-3120 <a href="https://www.brchs.com/collins-dental-polk">https://www.brchs.com/collins-dental-polk</a>
Provides dental care for all ages. Sliding fee scale are available based on a family income and size. Offers emergency dental care for the uninsured through Thermal Belt Outreach partnership.			
<b>Columbus Lions Club</b>			828-894-7062
Assist with eye exam and glasses expenses as well as lending out medical equipment.			

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<b>NC Medical Eye Care Program Polk Social Worker for the Blind</b>	231 Wolverine Trail Mill Spring, NC	Monday-Friday 8:30am-5:00pm	828-894-2100
Provides preventive and corrective vision services as well as eye-related surgery/ treatment and medication assistance for NC residents who don't qualify for Medicaid and have no other resources.			
<b>Med-Assist</b>	75 Carmel Lane Columbus, NC	Tuesdays 9am-12pm	828-894-0001 <a href="http://polkcountymeetingplace.com/senior_resources">http://polkcountymeetingplace.com/senior_resources</a>
Med-Assist is a resource for seniors that assist with access to life-saving prescription medications each month. APPOINTMENT REQUIRED.			
<b>Affordable Care Act Health Insurance Help</b>	Various Locations throughout Polk County	Days and hours vary. Call or see website.	855-733-3711 <a href="http://www.getcoveredamerica.org/get-covered-connector-national/">www.getcoveredamerica.org/get-covered-connector-national/</a>
Provides access to affordable health insurance for those that do not have coverage.			
<b>Senior Health Insurance Information Program (SHIIP)</b>	75 Carmel Lane Columbus, NC	Tuesdays and Thursdays 9am-2pm	828-894-0001 <a href="http://polkcountymeetingplace.com/senior_resources">http://polkcountymeetingplace.com/senior_resources</a>
Certified SHIIP counselors answer Medicare beneficiaries and caregivers questions about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. APPOINTMENT REQUIRED.			
<b>Veterans Services</b>	75 Carmel Lane Columbus, NC	Tuesday-Thursday 8:30am-5:00pm	828-894-0003 <a href="http://www.polknc.org/veterans_services.php#.WNVK5jvYvZu">www.polknc.org/veterans_services.php#.WNVK5jvYvZu</a>
Assists in processing claims for veteran benefits. See also Miscellaneous.			

## Housing

Name	Address	Days/ Hours of Operation	Phone
<b>Foothills Housing Partnership</b>			828-429-3822 Dgraham2@charter.net
This is a program for rehabilitation, weatherization, continued maintenance or other improvements of housing owned by or available for low income residents. They also provide information and resources regarding housing needs of low income, and to promote, develop, construct or otherwise provide housing for low income families. Also they provide economic opportunities for low and moderate income families in the field of housing construction and rehabilitation. (V) See also miscellaneous.			
<b>Ridge Oak Apartments</b>	160 Shuford Road Columbus, NC	Monday- Friday 8:30am-5:00pm	864-457-2280
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
<b>Highwood Apartments</b>	15 Pinetree Lane Columbus, NC	Monday- Friday 8:30am-5:00pm	828-894-3499
Low income housing for the elderly population.			
<b>Ashley Meadows at White Oak</b>	113 Ashley Meadows Circle Columbus, NC	Monday- Friday 8:30am-5:00pm	828-894-2671
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
<b>Arc Hds New View Apartments</b>	120 Carson Street Tryon, NC	Monday- Friday 8:30am-5:00pm	828-273-4404 x21
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			
<b>Arc Hds Polk County Group Home</b>	7 Mimosa Lane Tryon, NC	Monday- Friday 8:30am-5:00pm	919-782-4632
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			

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<b>Viewmont Apartments</b>	974 Hooper Creek Road Tryon, NC		828-817-2744
This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons. Contact this apartment for low rent Disabled housing with subsidized government low income rates.			

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## Job Resources

Name	Address	Days/ Hours of Operation	Phone
<b>Polk Vocational Services</b>	451 Industrial Park Columbus, NC	Monday-Friday 8:00am-4:00pm	828-894-3041 <a href="http://www.polkvocational.com">www.polkvocational.com</a>
Provides vocational rehabilitation, developmental services, and employment for people with disabilities, disadvantages and other barriers to employment.			
<b>NC Vocational Rehabilitation Services</b>	277 Commercial Drive Forest City, NC	Monday-Friday 8:30am-5:00pm	828-245-1223 <a href="http://www.ncdhhs.gov/divisions/dvrs">www.ncdhhs.gov/divisions/dvrs</a>
Assists individuals with chronic physical, mental, or emotional impairments that affect their ability to obtain and maintain employment. Most services are at no cost, however, for some services there are financial eligibility criteria.			
<b>First Staffing</b>	1987 Lynn Road Columbus, NC	Monday- Friday 8:00am-5:00pm	828-859-0438 <a href="mailto:Columbusjobs@1firststaffing.com">Columbusjobs@1firststaffing.com</a> <a href="mailto:Amanda@1firststaffing.com">Amanda@1firststaffing.com</a>
Assist jobseekers and employers through temporary staffing.			
<b>Work First Services</b> <b>Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
A one-time vendor payment up to \$500 as long as funds are available designed to support job retention and advancement, strengthen the family, promote the healthy development of children and parents, and encourage the formation and maintenance of two-parent families. Gross income at or below 200% of poverty, must have children in home.			
<b>Rutherford NCWorks Career Center</b>	223 Charlotte Road Rutherfordton, NC	Monday- Friday 8am-4:30pm	828-286-3042 <a href="mailto:lace.boal@ncommerce.com">lace.boal@ncommerce.com</a>
Offers employment and career assistance.			

## Meals

Name	Address	Days/ Hours of Operation	Phone
<b>The Meeting Place Polk County Senior Center</b>	75 Carmel Lane Columbus, NC	Monday- Friday 8:30am-4:30pm	828-894-0001 <a href="http://www.polkcountymeetingplace.com">www.polkcountymeetingplace.com</a>
Congregate meals served daily Monday-Friday from 11:30am-12:30pm. Free to senior's age 60+. (V)			
<b>The Meeting Place 2 Green Creek</b>	25 Shield Dr. Green Creek, NC	Monday-Friday 11:45pm-1pm	828-863-2795 <a href="http://www.polkcountymeetingplace.com">www.polkcountymeetingplace.com</a>
Congregate meals served daily Monday-Friday from 11:45am-12:30pm. Free to senior's ages 60+. (V)			
<b>Meals on Wheels Polk and Green Creek</b>	75 Carmel Lane Columbus, NC	Monday-Friday 8:30am-4:30pm	828-894-0001
Home-delivered meals for those that qualify daily Monday-Friday. For more information please call. (V)			
<b>Meals on Wheels Saluda</b>	64 Greenville St. Saluda, NC	Monday- Friday 8:30am-2:30pm	828-749-9245
Home-delivered meals for those that qualify daily Monday- Friday. For more information please call. (V)			
<b>Bethlehem United Methodist Church The Thursday Table</b>	253 School Street Mill Spring, NC	Every Thursday 6:00pm-7:00pm	828-551-9686 <a href="http://www.bethlehemunitedmethodist.com">www.bethlehemunitedmethodist.com</a>
Free meal to the public, take-out plates available.			
<b>Polk Baptist Association Care Kitchen "Food From the Heart"</b>	208 Blanton St. Columbus, NC	Every Friday 11:30am-12:30pm	828-894-5633 <a href="http://www.polkbaptistassociation.org">www.polkbaptistassociation.org</a>
<b>Columbus Baptist Church</b>	45 Houston Rd. Columbus, NC	Every 3 <sup>rd</sup> Wednesday 5:30pm	828-894-8588 <a href="http://www.columbusbc.org">www.columbusbc.org</a>
Congregate meals served free to the community during the school year. See also Clothing and Thrift shops.			
<b>Columbus Presbyterian Church</b>	21 Peniel Road Columbus, NC	Breakfast every Sunday at 9:20am. Dinner every Wednesday at 6pm.	828-894-3368 <a href="http://www.columbuspresbyterian.homestead.com">www.columbuspresbyterian.homestead.com</a>
Congregate meals served free to the community.			

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<b>Grace of God Rescue Mission</b>	537 West Main Street Forest City, NC	Everyday 5:00pm	828-245-9141
Offers meals to anyone in the community. See also Emergency Shelters. (V)			
<b>Saluda United Methodist Church Saluda Welcome Table</b>	132 Greenville Street Saluda, NC	Tuesday 5:30pm-6:45pm	828-749-9764
Congregate meals served free to the community.			
<b>Landrum United Methodist Church</b>	227 N. Howard Ave. Landrum, SC	Every 4 <sup>th</sup> Saturday 4:00pm-6:00pm	864-457-3984 <a href="http://www.landrumumc.net">www.landrumumc.net</a>
Congregate meals served free to the community.			
<b>Landrum First Baptist Church</b>	300 East Rutherford St. Landrum, SC	Every 3 <sup>rd</sup> Saturday 4:00pm-6:00pm	864-457-4118 <a href="http://www.fbclandrum.com">www.fbclandrum.com</a>
Congregate meals served free to the community.			



## Miscellaneous

Name	Address	Days/ Hours of Operation	Phone
<b>Foothills Housing Partnership</b>			828-429-3822 Dgraham2@charter.net
This is a program for rehabilitation, weatherization, continued maintenance or other improvements of housing owned by or available for low income residents. They also provide information and resources regarding housing needs of low income, and to promote, develop, construct or otherwise provide housing for low income families. Also they provide economic opportunities for low and moderate income families in the field of housing construction and rehabilitation. (V) See also housing.			
<b>Community Alternatives Program (CAP)</b>	48 Hospital Drive Ste.3 Columbus, NC	Monday-Friday 8:30am-5:00pm	828-894-0564
A Medicaid funded program that provides services to individuals in their homes that would otherwise require the level of care provided in a skilled nursing facility.			
<b>Veterans Services</b>	75 Carmel Lane Columbus, NC	Tuesday-Thursday 8:30am-5:00pm	828-894-0003 <a href="http://www.polknc.org/veteransservices.php#.WNVK5jvyyZu">www.polknc.org/veteransservices.php#.WNVK5jvyyZu</a>
Assists in processing claims for veteran benefits. See also Health and Wellness Services.			
<b>Pisgah Legal Services</b>	169 N. Main Street Rutherfordton, NC	Monday-Friday 8:30am-5:00pm	800-489-6144 <a href="http://www.pisgahlegal.org">www.pisgahlegal.org</a>
Provides free civil legal aid to the most vulnerable people in WNC: disadvantaged children, seniors, at risk families & domestic violence victims.			
<b>Isothermal Planning and Development Commission</b>	111 West Court Street Rutherfordton, NC	Monday-Friday 8:30am-5:00pm	828-287-2281 <a href="http://www.regionc.org">www.regionc.org</a>
Housing rehabilitation and urgent repair, weatherization.			
<b>Helping Hands United Church of Christ</b>	210 Melrose Ave. Tryon, NC	Varies	828-859-9509 <a href="http://www.ucctryon.org">www.ucctryon.org</a>
Assist with housing repairs and problems such as winterizing, basic repair, handicap access ramps, etc. (V)			
<b>Emergency Assistance (EA) Polk County DSS</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
A one-time vender payment up to \$250 as long as funds are available designed to assist families with a sporadic emergency need, such as utility cut-off or eviction notice. Gross income at or below 200% of poverty, must have children in home.			

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<b>Saluda Living in Place (SLIP)</b>	PO Box 322 Saluda, NC	Varies	828-749-1975
Offers a variety of services for seniors including support services, home safety and accessibility and social activities. Call for information. (V)			
<b>AARP Foundation Tax-Aide</b>	Polk County Library	Wednesday Call for Appointment	828-894-8721 Ext. 221
Tax assistance for Seniors. This service is available January 31-April 11, 2018.			
<b>Big Brother Big Sisters of WNC</b>	301 N. Tryon Street Tryon, NC	Monday-Friday 8:30am-5:00pm	828-859-9230 <a href="http://www.bbbswnc.org/big-brothers-big-sisters-polk">www.bbbswnc.org/big-brothers-big-sisters-polk</a>
Matches mentors with children from single-parent homes and support the growth and enrichment of their relationship by providing on-going resources and trainings and support services for families and volunteers. (V)			

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## Permanent Medicine Drop Locations

Name	Address	Days/ Hours of Operation	Phone
<b>Columbus Police Department</b>	95 Walker Street Columbus, NC	Monday- Friday 8am-5pm	828-894-5464
<b>Lake Lure Police Department</b>	2950 Memorial Hwy. Lake Lure, NC	Monday- Friday 9am-5pm	828-625-4911
<b>Polk County Sherrif's Office</b>	40 Courthouse St. Columbus, NC	Monday- Friday 8am-5pm	828-894-3001
<b>Saluda Police Department</b>	2 East Main Street Saluda, NC	Monday- Friday 8am-5pm	828-749-2691
<b>Tryon Police Department</b>	291 North Trade St. Tryon, NC	Monday- Friday 8am-5pm	828-859-9195

## Support Groups/Education/ Classes

### Support Groups

Name	Address	Days/ Hours of Operation	Phone
<b>Alcoholics Anonymous Columbus</b>	76 N. Peak St Columbus, NC	Tuesdays 6:30-8pm	828-894-2168
<b>Alcoholics Anonymous Mill Spring</b>	Cooper Riis	Thursdays 8pm	828-859-7099
<b>Alcoholics Anonymous Landrum</b>	404 East Rutherford St. Landrum, SC	Mondays 7pm	864-266-2404
<b>Alcoholics Anonymous Saluda</b>	64 Greenville Street Saluda	Tuesdays 6pm	828-749-2251 800-286-1326
<b>Alcoholics Anonymous Foothills</b>	St. Luke's Hospital Classroom 704	Thursdays 7pm	
<b>Nicotine Support Group</b>	St. Luke's Hospital	Thursdays 7pm	828-699-9001 828-817-2481
<b>Mental Health and Wellness Awareness</b>	Columbus Presbyterian Church 21 Peniel Rd.	Thursdays 7-8:30pm	828-894-3368
<b>Adolescent Substance Abuse Support Group</b>	84 White Drive Columbus, NC	Every Monday 4:00pm-5:00pm	828-894-2290
<b>Adult Substance Abuse Support Group</b>	84 White Drive Columbus, NC	Every Tuesday 1:00pm-2:30pm	828-894-2290
<b>Celebrate Recovery</b>	Midway Baptist Church	Thursdays 6:30pm	828-894-5633
<b>Celebrate Recovery</b>	The Well	Fridays 6:30pm	828-817-9789
<b>Lap Babies</b>	Landrum Library	Thursdays 10:30am	864-457-2218

See our online version of this guide at [www.polkfitfreshandfriendly.org/resources.html](http://www.polkfitfreshandfriendly.org/resources.html)

<b>Narcotics Anonymous</b>	Saluda Center	Fridays 8pm	864-457-7278
<b>Female Domestic Abuse</b>	Steps to HOPE	Mondays at 12:30pm	828-894-2340
Batterer Intervention Program (BIP) is a 26 week course focusing on healthy family relationships. Call for more information.			
<b>Male Domestic Abuse</b>	Steps to HOPE	Mondays 6-7:30pm	828-894-2340
Batterer Intervention Program (BIP) is a 26 week course focusing on healthy family relationships. Call for more information.			
<b>Women's Support Group</b>	Steps to HOPE	Wednesdays 5:30pm	828-894-2340
<b>Rising Readers</b>	Polk County Library	Tuesdays 10:30-11am	828-894-5790
<b>Weight Watchers</b>	Tryon United Methodist Church	Meets every Tuesday at 5:30pm	828-859-9218
<b>Foothills Parkinson's Support Group</b>	Landrum Library	2nd Wed. of Month 1:30pm	864-404-8001
<b>Diabetes Support Group</b>	St. Luke's Hospital	Varies	828-894-0944
<b>Smoking Cessation Support Group</b>	St. Luke's Hospital	Thursdays 7pm	828-894-0847
<b>Survivors of Child Sexual Abuse</b>	Call for location	Every other Thursday 6:30pm	828-817-4267
<b>Be a Voice 4 Kids</b>			<a href="mailto:beavoice4kids@yahoo.com">beavoice4kids@yahoo.com</a>
<b>Seasons of Grief</b>	60 Ward Street Columbus, NC	Tuesdays 6:00-7:30pm	828-894-2340

## Education and Classes

<b>Polk County Library Kids Program</b>	Polk County Library	Wednesdays 12:30pm	828-894-8721
<b>Holistic Health Network</b>	835 N. Trade Street Tryon, NC	Third Saturday from 10-11:30am	828-290-9110
<b>Circle of Parents</b>	Morgan Center 2820 Lynn Road	Every Wednesday 8:30am-10:30am	817-8022 or 625-4008 <a href="mailto:polkcop@pfcfoothills.org">polkcop@pfcfoothills.org</a>
<b>Cookbook Club</b>	Polk County Library	12:00pm	828-894-8721
<b>Gentle Yoga</b>	Landrum Library 111 Asbury Dr.	Every Wednesday at 10am	864-547-2218
<b>Tai Chi</b>	Saluda Center	Every Tuesday at 6pm	<a href="mailto:saludacenter@hotmail.com">saludacenter@hotmail.com</a>
<b>Gentle Yoga</b>	Saluda Center 64 Greenville St.	Monday-Friday at 9:00am	828-749-9245 <a href="mailto:saludacenter@hotmail.com">saludacenter@hotmail.com</a>
<b>Free Fitness Classes</b>	Stearns Gym 105 N. Peak Street	Monday and Wednesdays 12:15-1:15pm	Debbi Ware <a href="mailto:ware-house@att.net">ware-house@att.net</a>
<b>Saluda Living in Place (SLIP)</b>	PO Box 322	Varies	828-749-1975
Provides educational classes on ways to improve your health and vitality of seniors. Call for more information. (V)			
<b>Diabetes Prevention Program</b>	St. Luke's Hospital	Varies- Call for Schedule	828-894-0824 <a href="mailto:buffy.ashmore@slhnc.org">buffy.ashmore@slhnc.org</a>
A CDC diabetes prevention program designed for pre-diabetics offered in a group setting			
<b>Diabetes Self-Management Education Classes</b>	St. Luke's Hospital	Varies- Call for schedule	828-894-0944
One-on-one and group classes for diabetics to learn to manage all aspects of diabetes.			
<b>Living Healthy with Diabetes</b>	Region C Area on Aging	Varies- Call for schedule	828-894-8219
A six week self-management program to help you learn more about and control your diabetes.			
<b>Living Healthy with Chronic Pain</b>	St. Luke's Hospital	Varies- Call for schedule	828-894-8419 <a href="http://www.ccwjc.com/living_healthy.asp">http://www.ccwjc.com/living_healthy.asp</a>
<b>Community Health Talks</b>	St. Luke's Hospital	Topics, dates and time vary. Call for schedule	828-894-0972

See our online version of this guide at [www.polkitfreshandfriendly.org/resources.html](http://www.polkitfreshandfriendly.org/resources.html)

<b>Smoking Cessation Class</b>	St. Luke's Hospital	Varies-Call for schedule 10:30am-12pm	828-894-3311
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## Transportation

Name	Address	Days/ Hours of Operation	Phone
<b>Polk County Transportation</b>	County Annex Gibson and Ward Street Columbus, NC	Monday- Friday 8am-4:30pm	828-894-8203 <a href="http://www.polknc.org/departments/transportation/">http://www.polknc.org/departments/transportation/</a>
Public transportation program that operates county-wide and provides access to health care around the region. A minimal fare is charged. However, programs are available for the elderly and disabled, as well as those who need financial assistance to get to work or college. Call ahead 3 business days for trips outside the county including area airports and a shopping Shuttle on Fridays to Hendersonville. Call the day before by 10 am for trips inside the county.			
<b>Saluda Living in Place (SLIP)</b>	PO Box 322 Saluda, NC 28773	As Needed	Jane Ella 828-749-0049
Provides transportation to all SALUDA senior adult residents in need- medical, food, clothing, job interview, etc. (V)			
<b>Non- Emergency Medical Transport (NEMT) Polk County Department of Social Services</b>	231 Wolverine Center Mill Spring, NC	Monday- Friday 8:30am-5pm	828-894-2100 <a href="http://www.polknc.org/social_services.php">www.polknc.org/social_services.php</a>
Non-Emergency transportation to medical appointments for eligible Medicaid recipients. See also Childcare Resources, Bill/ Utility Assistance, Miscellaneous and Food Assistance.			