

Resources for Older Adults



Get help.

- ⋮ Dial 2-1-1 for local resources and programs
- ⋮ Call (828) 250-5800 for Adult Protective Services



Stay home.

- ⋮ Call (828) 253-5286 for Meals on Wheels
- ⋮ Call (828) 277-8288 for home grocery delivery



Connect.

Call (828) 771-3445 or email Tasha.Woodall@mahec.net for info on the Social Bridging Project, pairing older adults with trained student volunteers for conversation and technology training to help connect socially with loved ones.