Welcome to the Business Administration 285 Class’s “Crystal Coast Guide for Senior Citizens” directory. We hope this directory provides you with needed information about available services/resources throughout the Crystal Coast area. This directory was designed to include a wide variety of services/resources for senior citizens that are offered by public, non-profit agencies, and organizations throughout the Crystal Coast.

This directory is as comprehensive as time permitted. All information has been obtained through various websites, brochures, publications, etc... This information is deemed accurate at the time of publication and our class regrets any corrections, changes, and/or omissions to agency information or contact information.

Prepared by:
Carteret Community College
Business Administration 285 Class
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ADULT DAYCARE
Newport Development Center, Inc.
903 Church Street, Newport, NC 28570 (252) 223-4574

The Newport Development Center is licensed to train children from birth through 21 years of age who need help because of developmental and language disorders, mental retardation, autism, emotional handicaps or learning disabilities. The program operates during daytime hours Monday through Friday. In order for a senior citizen to qualify, they must be deemed mentally impaired by a doctor and receive a doctor’s referral to the facility.

Area Agency on Aging (AAA) Eastern Carolina Council
233 Middle Street, New Bern, NC 28562 (252) 638-3185
http://www.insiders.com/crystalcoast/main-retirement.htm

Based in New Bern but serving the elderly throughout eastern North Carolina, this agency helps adults 55 years or older maintain and improve their quality of life by addressing their needs and concerns. Programs include adult day care, care management, disaster preparedness and assistance, family caregiver support program, information and referral, in-home aid, transportation, and more.

Help-At-Home
1202 S. Glenburnie Road, New Bern, NC 28562 (252) 672-9300/(866) 672-3100
http://www.insiders.com/crystalcoast/main-retirement.htm

Providing in-home care 24 hours a day, seven days a week, Help-At-Home allows seniors throughout eastern North Carolina who need just a little bit of “help at home” to stay in their homes and enjoy their independence. This service matches caregivers to senior clients and provides services such as meal planning and preparation, light housekeeping, medication reminders and bill paying assistance, bathing safety monitoring, errand running, and local transportation. Help-At-Home is available 24 hours a day, seven days a week.
ASSISTED LIVING
Southern Assisted Living Carolina House of Morehead City
107 Bryan Street, Morehead City, NC  28557 (252) 726-4454
www.southernassisted.com

Southern Assisted Living residents receive personal, individualized care and assistance on a daily basis. Included in the monthly fee each resident also receives the following services:

- Personalized Care Plans that meet individual needs of each resident based on assessment
- Medication management
- Social and educational services
- Devotional services
- Three nutritious meals served daily in our dining room
- Leisure and recreational activity programs
- Local scheduled transportation
- Coordination with resident’s personal physicians
- Utilities (excluding telephone and cable TV)
- Housekeeping and personal laundry services
- Maintenance of building and grounds

Our residents enjoy a positive and productive lifestyle in a safe environment designed for their special needs. Everything in the building, from the circular wandering paths and the color of the walls to the contrasting upholstered furniture and memory artwork on the walls, has been designed to enhance the lives of our residents.

An individually tailored program designed for each resident promotes successful communication, and our “Life Skills” Program, facilitated by a full time Program Director, strives to fill residents’ days with activities that are familiar, comforting, and meaningful, allowing them to build self-esteem through engaging in familiar and enjoyable activities.

Discovery Program residents have their own common living and dining areas, as well as screened porches and enclosed courtyards so they can enjoy the outdoors, all within the security of a self-contained area with secured entries.
Somerset Court of Newport  
*3020 Market Street, Newport, NC  28570 (252) 223-2600*

An affordable assisted living residence with life enriching services – including personal care, medications monitoring and 24 hour emergency response.

Century Care of the Crystal Coast  
*201 Penny Lane, Morehead City, NC  28557 (252) 726-0031 FAX: (252) 726-5831*

Snug Harbor on Nelson Bay  
*272 Highway 70 East, Sea Level, NC 28577 (252) 225-4411*  
[www.snugharborhome.com](http://www.snugharborhome.com)

Snug Harbor on Nelson Bay is a retirement facility that is Carteret County’s only retirement community to offer all levels of care: independent living, assisted living, and skilled nursing care. The facility has an exceptional medical staff consisting of physicians, RNs, CNAs, physical therapist, speech therapist and occupational therapist to provide on-site care. Private accommodations are provided on a rental plan (no buy-ins). The facility is more than 160 years old although the building and location at Sea Level is less than 20 years old. Residents enjoy a lovely facility in a beautiful setting.

Harborview Health Care Center/Harborview Towers  
*812 Shepard Street, Morehead City, NC  28557 (252) 726-6855/ (252) 726-4053*  
*Fax: (252) 726-3526*  
[www.harborviewenterprises.com](http://www.harborviewenterprises.com)

Harborview Towers is a modern 10-story, 50 apartment, complex that is adjacent to Harborview Health Care Center. It is a skilled and intermediate care facility for 125 patients and two family care facilities. Apartments are sold to residents, and a monthly fee includes the following:

- Maintenance
- Housekeeping
- Laundry
· Emergency and scheduled transportation
· One meal a day in the dining room
· All property expenses except telephone
· Property taxes
· Homeowner’s policy on apartment contents

There are efficiency apartments, as well as one and two bedroom units. All but the smallest units have balconies providing views of either Newport River or Bogue Sound. There is outdoor parking, with some covered parking on the building’s ground floor. This is a newly renovated facility that has an activities director, full time security, and a live-in administrator.
Carteret General Hospital
Carteret General Hospital
3500 Arendell Street, Morehead City NC 28557  (252) 808-6000
http://www.ccgh.org

Fred Odell, President

Carteret General Hospital has been serving the citizens of Carteret County since the early 1900’s. The hospital has grown tremendously since that time. Carteret General Hospital Currently offers:

· Fifty-six active staff physicians, 45 consulting physicians and 12 visiting/courtesy physicians cover a comprehensive range of specialties.

· A Cancer Care Center provides medical oncology for patients who require chemotherapy and a full service radiation therapy center equipped with a state-of-the-art linear accelerator and simulator. The medical oncology clinic is provided through collaboration between the East Carolina University School of Medicine Oncology department and Carteret General Hospital.

· Specialty outpatient clinics are offered at the hospital for neurology and autologous blood transfusions.

· Sophisticated technologies provided include nuclear medicine, CT scanning, mobile lithotrypsy, laser surgery and laparoscopic surgery.

· The hospital has 117 beds with an average of 87 inpatients each day and performs over 410 surgeries each month. In addition, over 4,000 outpatient tests or treatments are provided each month.

· Approximately 23,000 patients are treated in our Emergency Department and over 570 babies are delivered annually in the Brady Birthing Center.

· Our AllWell program, a collaboration between Carteret General Hospital and the Carteret County Health Department, provides successful wellness programs for area employers. This division offers numerous community and industrial health and education programs.

· The Taylor Extended Care Facility provides skilled nursing services for residents who require long-term care. The facility accommodates 104 residents on Nelson’s Bay.
Carteret Home Health and Hospice of Carteret County are divisions of Carteret General Hospital. These mergers have allowed outstanding continuity of care and assistance for patients as they move from Hospital to home.

Specific Medical Services:

**Eastern Carteret Medical Center**
Hwy 70, Sea Level, North Carolina 28577

Eastern Carteret Medical Center provides community residents with primary and preventive health care as well as acute care for minor emergencies. Appointments for medical care for the entire family can be made and walk-ins will be worked in as quickly as possible. The Medical Center also provides **lab draws** and **x-rays** for our patients as well as for area residents with doctor’s orders from other offices.

Eastern Carteret Medical Centers is open Monday-Friday, from **8:30 am** to **4:30 pm** (closed from 12:00 pm to 1:00 pm for lunch).

**Cancer Care Center**

Carteret General Hospital is dedicated to fighting cancer. The Coleman Radiation Center, located in the hospital, is where radiation treatment is administered., Chemotherapy is administered in the RAAB Specialty Clinic which is an outboard of the ECU Medical Center. This Clinic is located at 302 Medical Park Bridges Street, Morehead City. If you have any questions about the Cancer Care Center please email cancercare@ccgh.org.

**Surgical Services**

The Surgical Services Department is committed to 24 hour care. This department offers an operating room with endless capabilities, a large Post Anesthesia Care Unit, a Day Surgery Unit, and an Anesthesia Department. All of these departments and units focus on keeping patients calm and educated about what is occurring.

**Emergency Department**

Recently expanded, the Emergency Department of Carteret General offers 24 hour services to help and heal those in need. With state-of-the-art equipment, the highly trained physicians and nurses perform quickly to protect the life of loved ones and stabilize conditions.
The Pharmacy

The Pharmacy provides 24-hour pharmaceutical care for all Carteret General Hospital patients. The staff of Registered Pharmacists and Pharmacy Technicians provides all medications needed, monitor drug therapy and make recommendations that ensure drug use is appropriate for the patient’s diagnosis or condition. They also promote cost effective drug use and educate patients on actions and interactions of drugs for best medical treatment.

Cardiopulmonary

The Cardiopulmonary department includes Echocardiography, EKG, EEG, Stress Testing, Pulmonary Function Testing, and Respiratory Therapy. The department works with patients throughout the hospital on an inpatient basis and provides outpatient services to the people of the community and surrounding communities.

The Laboratory

The laboratory at Carteret General Hospital performs tests ordered by physicians for outpatients and inpatients to help diagnose illness, monitor treatment, or to check general health 24 hours a day. Our laboratory performs a wide variety of laboratory, pathology, and cytotechnology procedures using state-of-the-art instrumentation. The Blood Bank is one of the laboratory’s services with Blood furnished by the Mid-Atlantic Region of the American Red Cross. Autologous blood transfusions are also available through our Blood Bank. The Laboratory’s Outpatient hours are 7:30 AM to 5:30 PM Monday through Friday (except holidays) and 8 AM to Noon on Saturday.

The Sleep Disorder Lab

Recognizing the need for sleep services in our county, Carteret General Hospital opened a Sleep Disorders Laboratory. The lab consists of two bedroom suites for performing a broad range of sleep related services. Patients arrive just in time of their normal bedtime and are watched closely throughout the night. A camera records the patient’s activity and electrodes monitor a patient’s brainwaves and cardiovascular output during the night. These findings are analyzed to help determine the cause of a patient’s sleeplessness. By improving sleep related disorders, a person not only can get a good night’s sleep, but improve their overall health as well.
Physical Therapy

The Physical Therapy department is staffed by Physical Therapists and support personnel. Their goal is rehabilitation of function and prevention of disability following disease, injury, or loss of body part.

The therapeutic properties of exercise, heat, cold, electricity, and massage are used to improve circulation, strengthen muscles, encourage motion, and train or retrain an individual to perform the activities of daily living.

Food and Nutritional Services

The Food & Nutritional Services department is dedicated to serving attractive, appealing, and nourishing meals for all patients, hospital employees, and visitors. Menus are planned by Registered Dietitians to meet the nutritional needs of the patients served in accordance with the physician’s order.

Patient and Family Services

This department provides discharge planning services and a social worker to assist patients and families in planning a smooth transition for the patient when they are discharged from the hospital. The social worker also provides counseling and referral for those who may need assistance.

Chaplin Ken Turner at Carteret General Hospital offers patients and family members comfort, friendship, and pastoral counseling when they are feeling distressed, anxious or at a loss.
Coastal Community Action, Inc. (CCA)
303 McQueen Avenue/P.O. Box 729, Newport, N.C. 28570 (252) 223-1630

This agency was organized in 1965 and offers a variety of programs to help low income citizens in the Carteret County area. In addition to helping those in Carteret County, CCA also provides assistance to low income individuals in Craven, Duplin, Jones, Lenoir, Onslow, and Pamlico Counties. Helping others to achieve self-sufficiency is Coastal Community Action, Inc. primary goal. Their vision is: “To be a leading force in improving the lives of those we serve.” Their mission is: “To respectfully and responsibly provide comprehensive quality programs designed to improve the economic, social, educational, and health status of low income and elderly people, enabling them to achieve self-sufficiency and an enhanced quality of life.” The programs that Coastal Community Action, Inc. offers that would be most beneficial to senior citizens are as follows:

Weatherization Program: This program reduces the energy cost for the low income households by increasing the energy efficiency of their homes. This is done by the insulation of attics, walls, floors, and water heaters, the repair or replacement of doors or /and windows and the use of a blower door to identify areas of air infiltration. The Heating Appliance Repair and Replacement Program (HARRP) and the Urgent Repair Program (URP) are both administered by the weatherization staff. HARRP provides repair or replacement of primary heating systems of the homes weatherized under the Weatherization program. The Urgent Repair Program repairs housing conditions which threaten the life or safety of low and very low income homeowners. URP also provides accessibility modifications and other repairs which prevent the displacement of low income and very low income special needs homeowners. For more information call (252)223-1645 or (252)223-1646.

Foster Grandparent Program: This program is designed to offer significant volunteer opportunities to seniors of modest incomes who are willing to serve up to 20 hours a week working with special needs children in Carteret, Craven, Jones, and Pamlico counties. The volunteers receive 40 hours of orientation and training in addition to in-service training monthly from sponsoring agencies. Along with the training Foster Grandparents receive an annual physical exam, transportation costs, and a small salary. For more information, call (252)223-1650.

Retired and Senior Volunteer Program (RSVP): This program recruits volunteers who are 55 or older to provide community groups, government agencies, and needy individuals with a wide range of services and donate work that totals tens of thousands
of hours annually. This program provides retirees and seniors with the opportunities
to continue their contributions to the area through volunteer services. It differs from
other services in that this program recruits volunteers from all economic backgrounds.
For more information, call (252)223-1654.

**Senior Companion Program:** This program enables the frail and elderly to live at
home with the assistance of companions who are also senior citizens. The services
CCA companions provide in Carteret, Craven, Lenoir, and Pamlico counties help
participants and their families avoid the costs of hospitalization or nursing home
confinement. Senior Companions are of modest incomes that are willing to serve up to
20 hours a week. These volunteers also receive training and orientation in addition to
monthly in service training. The Senior Companions also receive an annual physical
exam, transportation costs, and a small salary.

**Community Services Programs:** This program is operated with funds from the state,
through the Community Services Block Grant (CSBG). The CSBG program combines
a variety of strategies for helping individuals and families move out of poverty. They
help individuals and families with paying different bills, including rent, electric
and gas. In addition they help low income and very low income individuals get
prescriptions they can not fill on their own. They help provide payment for medical
services. The Community Services Programs also helps in many other areas. For more
information, call (252)223-1655.

**Senior Games:** In 1983, North Carolina Senior Games began with a vision to create
a year round health program for North Carolinians, 55 years of age and older. Today
senior adults throughout the state participate in the senior games. The goals of these
games are to motivate seniors to health and wellness. These games provide seniors
with the opportunity to be healthy active and involved. They provide a safe fun and
competitive experience. The senior games are hosted by local parks and recreation
departments, local schools, fitness centers, and senior adult organizations. The
senior games are sponsored statewide. They offer archery, badminton, basketball
3 on 3, basketball shooting, billiards, bowling, cheerleading, croquet, cycling,
field events, football, golf, horseshoes, race walking, racquetball, shuffle boarding,
softball throwing, spin casting, swimming, table tennis, tennis, and track events.
They also offer visual arts such as acrylics, drawings, mixed media oils, pastels, and
photography. Performing arts are available, which include comedy/drama, dance,
vocal and instrumental. Literary arts include essays, short stories, poems, and life
experiences. The heritage arts that are available include but are not limited to basket
weaving, china painting, crocheting, hooked rug, knitting, needlework, quilting,
stained glass, tole painting, tatting and neck lacing, thrown and hand built pottery, weaving, wood carving, and wood working. They also offer wellness workshops, health screenings, fitness information, and health expos. The senior games are a holistic approach, to body, mind, and spirit staying fit; while enjoying the company of friends, family, spectators, and volunteers. For more information, call (252) 808-3301.
Counseling/Emotional Support
American Association of Retired Persons (AARP)

National Organization 1-888-687-2277

The AARP is a national organization for senior citizens. Membership includes persons 50 years old and older.

Credit Card Services – low interest rates just for members
Health Insurance – program for supplemental protection at reasonable rates
Investment Program – for capital growth assistance
Insurances – Auto, Homeowners, and Life Insurance
Pharmacy – for shop at home convenience and competitive prices on prescriptions
Purchase Privileges – savings on car rentals and hotels
Tax Preparation – This service is also hosted at the Leon Mann Enrichment Center.
Member Publication – Information
Motor Plan – for emergency roadside assistance

Bereavement Support Group
Munden Funeral Home
2112 Arendell Street, Morehead City, NC 28557 (252) 726-8066

Cancer Service Support
American Cancer Society Local Representative: Tony LaFond 800-227-2345
www.cancer.org

The American Cancer Society hosts various support groups. Morehead City’s local representative is listed above and can best be reached through the 800 number.

Carteret Senior Services
(252) 247-2626

Disease Prevention/Health Promotion Seminars
This service is provided at the Leon Mann Center. Seminars promoting good health are held two or three times each month. An exercise program is available and a well-equipped gym is provided. The gym is open Monday through Friday from 8:00 A.M. until 5:00 P.M.
Carteret General Hospital Support & Education Programs
3500 Arendell Street, Morehead City, NC  28557 (252) 808-6000
http://www.ccgh.org

Services Offered:

**AWAKE (Alert, Well and Keeping Energetic) Support Group** – Meets 3rd Thursday quarterly. Call 808-6615 for more information. Complimentary equipment checks by homecare companies provided.

**Breast Cancer Support Group** – Meeting Room B on the 3rd Thursday monthly. Contact Gail Russell at 808-6642 for more information.

**Congestive Heart Failure (CHF) Educational Program** – Meeting Room A. A series of three seminars to help educate and inspire individuals with CHF or those at risk. Call Patient Scheduling at 808-6200 to register or contact CHF patient educator at 808-6454 with questions.

**Diabetic Excellence Program** – For more information, contact 808-6353. If untreated, diabetes can cause blindness, kidney failure, heart and vessel disease, neurological damage, impotence in men, and gastrointestinal disturbances.

**Free Prostate Screening** – The service is provided in Day Surgery each September. Please call 808-6000 for more information or check the hospital website at http://www.ccgh.org.

**Freedom from Smoking** – Please call 808-6611 to register and for exact times. The cost is $50 per participant and is a seven-week class.

**Ostomy Support & Education Group** - Please call 808-6690 to register. The group meets in Meeting Room A the last Thursday of each month.

**Total Joint Excellence Prep Class** – Located in the Third Surgical Dept, the class is held 1st & 3rd Tuesday of the month. The class is designed to prepare patients for their hospitalization and for their return home. Patients who are having hip or knee surgery are now offered enhanced ways to return to the quality of life they deserve. Meet the staff and tour the 32-bed Surgical Dept. Start the admission process by calling Patient Scheduling at 808-8200.
Domestic Violence Support/Domestic Violence Program  
**PO Box 2279, Morehead City, NC  28557  (252) 728-3788**

This service offers shelter, counseling and support groups, medical and court escort for victims of domestic violence. Call their number for times and locations.

Guardian Angel Alternative Care  
**3005 Fairway Road, Morehead City, NC  28557  (252) 808-2990**

This program was set up to help older or chronically ill persons live independently. The subscribers have a special machine attached to their home telephone and wear a small device at all times. In case of a fall or other emergency, the subscriber simply depresses the button on the portable unit, which activates and assistance is sent right away.

Helpline  
**PO Box 281, Morehead City, NC  28557 (252) 247-6434**

This is a 24 hour telephone crisis and information/referral resource. Assistance is given to anyone in a crisis or to people who just need someone to talk with.

Hospice of Carteret County  
**PO Box 1818/3601-E Bridges Street, Morehead City, NC  28557 (252) 808-6085**

This program provides services for the terminally ill and their families in Carteret County by offering nursing services, social workers, and spiritual and bereavement services. To be eligible, one must have a life expectancy of 6 months or less and a doctor’s referral.

LeChris Counseling Service  
**3332 Bridges Street - Suite A, Morehead City, NC  28557  (252) 726-9006**

This center offers outpatient mental health and substance abuse counseling, case management, psychiatric services, crisis intervention services, consultation, and education services.
Lifeline Program  
1-800-852-5433

This program no longer operates out of Carteret General. Please see the Guardian Angel Alternative Care Program for local support.

Senior Games: Carteret County Parks & Recreation  
801 Arendell Street, Morehead City, NC 28557 (252) 808-3301

This program is for residents 55 and older. Local games are held each May, and a year-round program leads up to the annual games in July. Competitions include tennis, golf, swimming, biking, and more. Arts and crafts, sculpting, writing, and painting are also available. Competitions are held both state and nationwide.

Senior Health Insurance Information Program (SHIIP)  
Leon Mann Enrichment Center  
3820 Galantis Drive, Morehead City, NC 28557 (252) 247-2626/(252) 808-4066

SHIIP is a service of the Retired Seniors Volunteer Program (RSVP) that refers senior citizens’ health insurance questions to trained volunteers. The volunteers help compare the benefits and disadvantages of various policies, so senior citizens can make an educated buying decision. They also assist with filing insurance and Medicare claims and helps to find solutions to insurance problems. They will conduct insurance policy evaluations that can save hundreds of dollars for each senior citizen. SHIIP representatives will go to the client’s home or meet them at the Leon Mann Center.

Senior Safety Program: Carteret County Sheriff’s Department  
PO Drawer 239, Beaufort, NC 28516 (252) 504-4800

This is a free service where a personal telephone call is made every morning around 8:00 A.M. to senior citizens enrolled in the program to verify their safety. If the senior citizen does not answer telephone, then a specified contact person is called; if no answer there, a patrol car will be dispatched to the senior citizen’s residence.
Department of Social Services
Carteret County Department of Social Services

Craven Street, Beaufort, NC 28516 (252) 728-3181

The Carteret County Department of Social Services offers many helpful services to senior citizens. They are as follows:

**Adult Foster Care** – residential placement services are available to individuals and families for nursing home or rest home care. Social workers assess the needs, the medical recommendations, and the individual’s resources to make appropriate recommendations for care. Services also include recruitment, study, and development of family care homes and group care facilities.

**Community Alternatives Program** – designed to offer an alternative to nursing home placement. It is available to the residents of Carteret County who are at risk of intermediate or skilled nursing home placement. This includes all participants eligible for Medicaid. In-home services cannot exceed $2055 per month for intermediate-level care or $2732 per month for skilled-level care. Community Alternatives Program saves dollars for eligible people who can be cared for at home with supportive services. Must be doctor referred.

**Food Stamps** – provides food stamps to qualified low-income persons. These stamps are used to purchase edible items at participating stores. They are designed to help prevent hunger and malnutrition by increasing the food purchasing power. Allotment depends on income.

**Health Support Services** – help individuals and families to recognize health needs.

**In-Home Aide Level II** – provides in home aide to eligible agency clients through a private contractor who supplies aides trained to do home management and personal care tasks. Services focus on assisting clients with daily living activities to enable clients to remain in their homes when they are not able to care for themselves without help. Funding for this service is limited.

**In-Home Aide IV** – provides a qualified Department of Social Service’s staff paraprofessional. Services include assistance with household management, transportation, budgeting, planning, nutritious meals, helping with household duties, basic personal health care, and helping individual’s access community resources.
Medicaid for the Aged, Blind, or Disabled – an individual must be 65 years old or be disabled based on the Social Security Administration Definition.

Medicare – if individuals met income and reserve requirements and are eligible for Medicare part A or B, Medicaid will pay their out-of-pocket expenses.

Protective Services for Adults – are provided to prevent or correct abuse, neglect, or exploitation of elderly, disabled, or handicapped adults.

Transportation – services assist eligible clients in getting to and from medical appointments, doing essential shopping and bill paying, and accessing needed community resources.
Education
Carteret County Health Department  
_Courthouse Square Beaufort, NC 28516  (252) 728-8550_
http://www.co.carteret.nc.us/departments/healthdepartment.htm

Provides educational programs to persons of all ages, including programs on Nutrition, Cease Smoking, and Diabetes.

Literacy Council c/o Public Library  
_210 Turner Street, Beaufort, NC 28516  (252) 728-2050_
http://carteret.cpclib.org/cart/carteret.htm

Provides reading services for the functionally illiterate. Services available to senior citizens are large print books, brail books, bookmobile services, and homebound services (a service where the library comes to seniors who are homebound and bring them books). Hours: Monday - Thursday: 8:30 am to 9 pm  Friday: 8:30 am to 6:00 pm  Saturday: 8:30 am to 5:00 pm.

Western Carteret Library  
_230 Taylor Notion Road, Cape Carteret, NC 28584  (252) 393-6500_
http://carteret.cpclib.org/wc/wc.htm

Provides large print books and books on tape and CD. Hours: Monday - Friday, 9:30 am to 6:00 pm, Saturday 1pm to 5pm.

Carteret Community College  
_3505 Arendell Street, Morehead City, NC 28557  (252) 222-6000_
http://www.carteret.edu/

Carteret Community College has an open-door policy where classes are open to adults of all ages and academic levels. Senior citizens 65 years of age or older may enroll in occupational courses free of charge; however, senior citizens are not exempt from registration fees for certain Community Services courses or workshops, unless otherwise noted. Some courses require an insurance fee of $1.25 or other materials. Senior citizens are not exempt from the insurance fee or materials fees required for the course. The CCC Library is open to the public during school hours, including Saturdays.
Food Assistance
Hope Mission of Carteret County, Inc.
1412 Bridges Street/PO Box 3601, Morehead City, NC 28557 (252) 247-2534

They provide a full meal at noon to those less fortunate and others in the community unable to prepare a hot meal. This service is provided Monday through Saturday.

Martha’s Mission Cupboard
901 Bay Street, Morehead City, NC 28557 (252) 726-1717

Once a person is approved through the Department of Social Services, Martha’s Mission Cupboard will provide a package of food, once per month.

Meals on Wheels
2005 Arendell Street, Morehead City, NC 28557 (252) 247-6909

They provide five day delivery of noon meals to shut-ins and others who cannot prepare their own meals. The cost is $2.65 per meal. Some persons may qualify for a reduced rate. Volunteer driver’s deliver the meals. Referrals for service are made by physicians, hospitals, church pastors, or the Department of Social Services. This service is hosted at the Leon Mann Jr., Enrichment Center.
Medicine/Medical Care
The Broad Street Clinic
500 N 35th Street, Morehead City, NC 28557 (252) 726-4562 / Fax: (252) 726-4459

Elayne D. Foisy: Executive Director

Patient Services: Tuesday’s and Thursday’s 4:00PM – 8:00PM

“The Broad Street Clinic provides stopgap, disease specific medical care to individuals suffering from five chronic conditions which may have been determined to be the leading health risks for mortality in Carteret County: Hypertension, heart disease, diabetes, chronic pulmonary disease and cancer. The Clinic doesn’t provide acute or primary care nor does it compete with services provided by private physicians.

Clients must be residents of Carteret County and are screened for financial and medical need. Services are free. The Clinic is staffed entirely by volunteer physicians, nurses, pharmacists, and intake workers.”

This and more information can be found under: www.ncfreeclinics.org.

The Heart Center of Eastern Carolina
3332 Bridges Street, Suite 3B, Morehead City, NC 28557 (252) 808-0145

Hours of Operation: Monday-Friday 8:00AM to 5:00PM

The Heart Center of Eastern Carolina is a full-service cardiology practice featuring the most up-to-date treatments in the diagnosis, treatment and prevention of cardiac and vascular diseases. This medical practice of eight board-certified cardiologists offers patients many kinds of non-invasive and invasive treatments: diagnostic catheterization, balloon angioplasty, nuclear cardiology, peripheral vascular disease treatments, atherectomy, stent placement, pacemaker implant and follow-up echo cardiology, hypertension treatment, and lipid management. Patients are seen by referral and appointment. The Heart Center of Eastern Carolina, which is available 24 hours a day for emergency service for patients, also has offices in New Bern (see our New Bern Healthcare chapter), and at 47 Office Park Drive, Jacksonville, (910) 577-8881.
Eastern Carteret Medical Center  
_U.S. Hwy. 70, Sea Level, NC 28577 (252) 225-1134_

Hours of Operation: Monday, Tuesday, Wednesday, and Friday 8:30AM to 4:30PM  
Closed Thursdays.

Eastern Carteret Medical Center, a subsidiary of Carteret General Hospital,  
provides treatment of minor emergencies and illnesses and offers complete family care.

Beaufort Care  
_106-D Professional Drive, Beaufort, NC 28516 (252) 728-5003_

Beaufort Care offers urgent care and primary care. Care to patients is provided  
by a physician and a physician’s assistant. It is open from 9 AM until 7 PM Monday through Saturday.

East Carolina Internal Medicine (ECIM)  
_906 W. B. McLean Drive, Cape Carteret, NC 28584 (252) 393-9007_

The ECIM office in Cape Carteret provides primary care along with urgent  
medical care for patients in Carteret County and surrounding areas. Emergency-trained physicians and physician assistants at ECIM Urgent Medical Care, part of the ECIM network based in New Bern, provide treatment for minor emergencies and family medical needs. Hours of operation are 9 AM to 5 PM Monday through Saturday. Appointments may be scheduled for primary care; however, no appointment is necessary for urgent medical care.

Emerald Isle Primary Care  
_7901 Emerald Drive, Suite 7, Emerald Isle, NC 28594(252) 354-6500_

A medical doctor, surgeon, cardiologist, pediatrician, physician’s assistant and family nurse practitioner are all available in Emerald Isle six days a week for complete outpatient medical services. The physicians rotate their times and all provide quality services by appointment or on an emergency walk-in basis. The facility is open 9 AM to 5 PM Monday through Friday and 9 AM to 1 PM Saturday.
Med Center One

*Atlantic Beach Causeway, Atlantic Beach, NC 28512 (252) 247-2464*

This privately owned facility treats minor emergencies and offers primary general medical care. The facility offers an in-house X-ray service and a dispensing pharmacy for patients of record. Med Center One provides services on a walk-in basis. Hours are from 8 AM until 6 PM Monday through Friday, 9 AM to 6 PM Saturday and noon to 5 PM on Sunday.

Beach Care Urgent Medical Care Center

*5059 U.S. Highway 70 West, Morehead City, NC 28557 (252) 808-3696*

From colds to cardiac problems, BeachCare treats emergencies, offers primary care and performs minor surgery. The center has in-house lab and X-ray services. This privately owned center, staffed by a full-time physician and a physician’s assistant, is open 9 AM to 9 PM Monday through Saturday and 9 AM to 5 PM Sunday.

Newport Family Practice Center

*338 Howard Boulevard, Newport, NC 28570 (252) 223-5054*

Since the nearest emergency room and hospital facilities are in Morehead City or New Bern, Newport Family Practice Center offers a needed service in the Newport community. This privately owned clinic, which has in-house X-ray and lab facilities as well as a pharmacy next door, is open from 8 AM to 4:15 PM weekdays and from 8:30 to 11:30 AM on Saturday. The center prefers seeing patients who have made appointments in advance but will accept walk-ins in an emergency.

Carteret Urgentcare Center

*3104 Arendell Street, Morehead City, NC 28557 (252) 247-0770*

Vacationers and regular patients are welcome without an appointment at this privately owned practice. With a resident physician always on site, this center provides routine medical care and urgent care with on-site X-ray, lab work, EKG, pharmacy and other services. Center hours are noon to 8 PM Monday, 8:30 AM to 5 PM Tuesday and 8:30 AM to 2 PM Wednesday and Friday. Carteret Urgentcare Center files all types of insurance.
Carteret County Health Department

3820 Suite A, Bridges Street, Morehead City, NC 28557 (252) 728-8550
http://www.co.carteret.nc.us/departments/healthdepartment.htm

Hours of Operation: Monday-Friday 8:00AM to 5:00PM

J.T. Garrett, Director

The Carteret County Health Department offers a variety of services. These services include; dental programs, screenings for chronic diseases, physical assessments, immunizations, and programs designed to educate and make aware of warning signs leading up to medical conditions. The Health Department also offers a variety of programs designed to reach out to both females and males, advising on medical conditions concerning both genders.
Pharmacies
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<tr>
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<td>252-728-2006</td>
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<td>319 McLean Dr</td>
<td>252-393-3345</td>
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<td>331 Front Street</td>
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<td>Eckerd Drugs</td>
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<td>2 Medical Park Ct</td>
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<td>252-726-2106</td>
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37
WAL-MART
300 Hwy 24
Morehead City
252-247-2501
Recreation Opportunities
Carolina Beach Bingo
5058 Hwy. 70, Morehead City, N.C. 28557 (252) 247-7457

Operating Hours- Wed. - Sun. 7:00p.m.until 11:00 p.m.
Charges are 25 cents per sheet, 3 sheets for 50 cents or 5 sheets for 1 dollar. They offer free bingo games. The winnings for these games are $10.00.

Carteret Lanes
5148 Hwy. 70, Morehead City N.C, 28557 (252) 247-4481

Operating Hours- Sun. – Fri.  10:00 a.m.-10:00 p.m.
               Sat. - 10:00 a.m. - until at least 12:30a.m.
Senior Citizens cost per game is $2.00 before 6:00p.m. After 6:00 p.m. the cost is $3.50 per game. In addition there is a shoe rental charge of $2.00 per person.

Beachfront RV Park
Eastview Drive, Emerald Isle, N.C. 28594 (252) 354-6400

Yearly rentals are available. Years begin June 1st. The Cost ranges from $2400 to $3300 for waterfront property. The park is located next to Bogue Inlet Fishing Pier.

Salter Path Family Campground
(252)247-3525

Cost ranges from $33-$45 per night based on 2 people. This campground has access to the sound and the ocean. Every site has water, electric, and cable hookups at every site. Each site also has a picnic table. Sewer hookups are available. There is a pool, boat basin and ramp, laundry center, camp store, and recreation director. Reservations are recommended.

Cedar Creek Campground and Marina
111 Canal Drive, Sea Level, N.C. 28577 (252) 225-9571

This campground is open from April 1st- November 30th. They are located 2 ½ miles from Drum Inlet, and 15 miles from the Cedar Island/Ocracoke Ferry. Charge for full hookup lots is $25.00 and tent lots will cost $17.00. There is a 10% discount for parties that use 5 lots or more. This campground offers an in ground pool, boat ramp, bathhouse with hot and cold water, pool tables, arcade machines, swing sets, and plenty of fishing spots.
Bogue Banks Country Club Inc.

Pine Knoll Shores, N.C. 28512 (252) 726-1034

This country club offers golf to the public. For more information call.

Brandywine Bay Country Club

224 Brandywine Boulevard, Morehead City, N.C. 28557 (252) 247-2541

This club is located between Hwy 24 and Hwy 70. They are approximately 10 to 15 minutes from both Atlantic Beach and Emerald Isle. Golf is available April-Sept. 18 hole golf will cost $45.00 and 9 hole will cost $30.00.

Star Hill Golf Course

202 Club House Drive, Cape Carteret, N.C. 28584 (252) 393-8111

This Golf Course is located about 5 minutes from Emerald Isle. Hours of Operation are 7 a.m.-6 p.m. A game of 18 holes will cost $57.00 while a game of 9 holes will cost $32.00. Twilight games are also available after 3:30 p.m. These games cost $37.00.

Carolina Princess

6th St Waterfront, Morehead City, N.C. 28557 1-800-682-3456

www.carolinaprincess.com

Offers full day, half day, or 18 hr. fishing trips. All tackle, bait, and assistance provided as you bottom fish the Gulf Stream waters. Other special trips are available including stand up, big game fishing for Tuna, Dolphin, Wahoo, and Marlin. Also available are breakfast and dinner cruises. Call for reservations.

Diamond City Cruises

405 Evans Street, Morehead City, N.C. 28557 (252) 726-2182

www.mysteryboat.com

Offers a variety of cruises to North Carolina’s beautiful Outer Banks. In addition they also offer dinner cruises. The mystery cruise is a scenic harbor tour which is completely narrated. You will see Blackbeard’s house and the famous ponies of the Barrier Island. The Cost is $12.00. Senior citizens receive a $1.00 discount. Dinner cruises range from $31.00 for seafood to $46.00 for fine dinning. A lunch cruise is also available for $23.00. Contact Matt for more information and reservations.
Island Ferry Adventures  
610 Front Street, Beaufort, N.C. 28516 (252) 728-7555

As well as offering passenger ferry service, this company also offers tours. Dolphin Watching and Scenic Nature Cruises are available on demand and the prices vary. They provide all day free parking. They are located between Lookout Express and Lookout Cruises on the Beaufort waterfront. Look for a ticket booth and an American flag on the dock.

Outer Banks Ferry Service  
328 Front Street, Beaufort, N.C. 28516 (252) 728-4129

Provides trips with fishing, shelling, camping, surfing, swimming, hiking, exploring, and bird and horse watching. Rides to Carrot Island are $8.00 per person. Rides to Shackleford Banks are $14.00 per person. (There is a minimum of 35.00 per group for Shackleford Banks trips.) Departs on Demand. Also rents houseboats. Call for reservations.

Portside Marina  
209 Arendell Street, Morehead City, N.C. 28557 (252) 726-7678  
www.portsidemarina.com

Have available- fishing charters, ferry boats, rental boats. Offers 20’ Sea Skimmer Flats Boat for $100.00 per hour with a 3 hour minimum. Offshore charter boats are available also. Call for prices. Boat renters must show and/or demonstrate boat handling experience.

Water Bug Boat Rides (Ticket booth across from Maritime Museum)  
Beaufort, N.C. 28516 (252) 728-4129/(252) 342-3577  
www.WaterBugTours.com

Daily one hour tours depart hourly from 9:00 a.m. Ride Costs $15.00. Explore Carrot Island and see the ponies. See dolphins and their babies. All tours are led by USCG-licensed captains who are trained in first aid and CPR.
Discovery Diving Co. Inc.
414 Orange Street, Beaufort, N.C. 28516 (252) 728-2265

Classes are a 4 day course taken over 2 weekends. The cost of a class is $240.00. They also offer Charters. For a full day the cost is $90.00, while a half day costs $55.00.

Olympus Dive Center
713 Shepard Street, Morehead City, N.C. 28557 (252) 726-9432

Offers full and half day charter dives. Full day dives cost $105.00 while half day dives cost $60.00. Offers all air fills, classes and training needed. You can rent all your equipment from them. Dives are all wreck dives.

Inland Bay Fishing
Beaufort Waterfront, Beaufort, N.C. 28516 (252) 728-7827

Half day trips from 8:00 a.m until noon. They provide calm inland fishing for a variety of types of fish. Includes bait, tackle, rods, reels, and ice. Ride along only is ½ price.

Beaufort Ghost Walk
Front St, Beaufort, N.C. 28516 (252) 342-0715
www.TourBeaufort.com

See Blackbeard’s house and a 300 year old cemetery. Starts every day at dusk. Cost is $10.00. This company offers other activities such as horses and shelling safari, and Blackbeard Tour.

Golfin Dolphin
134 Golfin Dolphin Drive, Cape Carteret, N.C. 28584 (252) 393-8131

Hours of Operation- Memorial Day- Labor Day.9:00 a.m.-11:00 p.m. Open year round. Check for additional hours. Prices vary, however there is a senior discount available upon request. In addition to having miniature golf, there is also a large driv-
Crystal Coast Guide for Senior Citizens: A Directory of Services

**Outer Banks Riding Stables**
*120 Driftwood Drive, Cedar Island, N.C. 28520 (252) 225-1185*

Offers year round horseback riding on the beach with a guide. Cost is $40.00. There will be an additional charge for those who are over 200 lbs. Three rides are available during the day: One at 12:30 p.m., one at 4:30 p.m., and the final ride starts at 6:30 p.m. Call for appointment.

**Sunny Fields Equestrian Center**
*609 Whitehorse Fork Road, Swansboro, N.C. 28584 (252) 393-7184*

Boarding, leasing, horse show access and training are available. They offer English and Western lessons. Miles of trails and access to the beach is available. Call for appointment or questions.

**Zeigler Stables and Cross Country Track**
*144A Mason Lane, Newport, N.C. 28570 (252) 223-5100-for stables/(252) 223-0311-for track*

Offers full care boarding as well as riding lessons. They are located conveniently to Cherry Point and the beaches.

**Atlantic Station Cinemas**
*Atlantic Station Shopping Center, N.C. 28512 (252) 247-7016*

Located on the Beach. Open daily. Plays most new movies. Call to see what is playing.

**Cinema 6 Movie Theater**
*500 McCotter Boulevard, Havelock, N.C. 28532 (252) 447-1116*

Plays 6 separate movies in separate theater rooms. Plays new movies. Call to see what is playing.

**Emerald Plantation Cinemas**
*8700 Emerald Drive, Emerald Isle N.C. 28594 (252) 354-5012*
Crystal Coast Guide for Senior Citizens: A Directory of Services

Located on the beach. Plays new movies. Call to see what is playing.

**Morehead Cinema 3**

*3017 Bridges Street, Morehead City, N.C. 28557 (252) 726-2081*

Plays 3 separate movies in separate theater rooms. Plays new releases. Call to see what is playing.

**Carolina Strut Performing Arts Center**

*303 N. 35th Street, Morehead City, N.C. 28557 (252) 726-0431*

Offers Tap, Ballet, and Jazz classes. Also Adult keyboard lessons are available. They are taught by Sunnie G. Ballou. Call for time availability. Speak with Melanie Marcotte.

**Dance Arts Studio**

*123 Bonner Studio, Morehead City, N.C. 28570 (252) 726-1720*  
[www.DanceArtsStudio.net](http://www.DanceArtsStudio.net)

Offers Jazz, Ballet, and Tap to individuals over the age of 50. These classes are available morning or evening. Speak with Julie.

**Crystal Coast Jamboree**

*1311 Arendell Street, Morehead City, N.C. 28557 (252) 726-1501*

This is a variety show with a blend of country, bluegrass, dancing, gospel, oldies, and comedy performances. They perform every Friday and Saturday night. Tickets cost $21.00. They only cost $19.00 for individuals over 62. Every 3rd Saturday there is a 1:45p.m. Matinee. The show lasts approximately 2 hours. Call for schedule and for ticket reservations.

**Crystal Coast School of the Arts**

*Bridges Street, Morehead City, N.C. 28557 (252) 726-5050*

Offers ballroom dancing every Thursday night. The cost is $10.00 per class or $15.00 per couple. You can get unlimited visits for $50.00 a month for individuals or $70.00 per couple.
Feel Good Yoga Therapy

1406 Evans Street, Morehead City, N.C. 28557 (252) 726-1313

Yoga classes cost $5.00- $10.00 per class. Therapeutic body massage work costs $50.00 per massage. Call for availability. Contact Sherri Wells.

Island Cuts Day Spa

714 W. Fort Macon Road, Atlantic Beach, N.C. 28512
(Located @ Pepper Tree Resort Bldg. 4) (252) 247-5555
www.islandcuts.com

This is a full service day spa and salon. They offer facials, nail care, massage, body wraps, and hair care. They also offer permanent cosmetic make-up. Call for prices and appointment.

Oasis Day Spa and Salon

5380 Hwy 70, Morehead City, N.C. 28557 (252) 726-2600
www.oasisdayspa.com

They offer full service hair salon, massage therapy, skin care treatment, manicures, pedicures, nail treatment with massage, and much more. Gift certificates are available. Call for prices and reservations.

AB Kayaks

326 Front Street, Beaufort, N.C. 28516 (252) 728-6330/1-800-KAYAK-NC
www.abkayaks.com

Rentals are $10.00 per hour, $30.00 for ½ day, or $55.00 for a full day for a single. For tandem, it will cost $15.00 per hour, $45.00 for ½ day, or $65.00 for a full day. Weekly and multi-day rates are also available. They also provide guided tours. Call to inquire about instruction, guided services, expedition planning, surf kayaking, multi-day adventures, B&B packages and group rates. Located across from the Maritime Museum.

Beaufort Inlet Water Sports

Intersection Front and Queen Street, Beaufort, N.C. 28516 (252) 728-7607

Offers parasailing. Water tubing is also available. Come as you are. Swim wear not required. No experience is necessary. Fully guided, custom trips, and group rates available. Single and Tandem flights available daily. Single rates are: 500 ft-$60.00; 800 ft-$70.00. Tandem rates are: 500 ft: $100.00; 800 ft-$120.00.
Lookout Express Boat Rides
Beaufort Waterfront, Beaufort, N.C. 28516 (252) 728-7827

Offers high speed ocean thrill ride, 1 ½ hour light house cruise, light house sunset cruise, and a ½ day island cruise. Trips may be extremely wet, depending on sea conditions. No refunds are available. Call for prices and reservations.

Outer Banks Sailing and Kayak
612 Atlantic Beach Cswy., Atlantic Beach, N.C. 28512 (252) 247-6300
www.obsk.com

Sailing lessons are available. This company also offers kayak rentals and guided and unguided tours. There is a sunset dinner cruise and a sailing trip to Cape Lookout. Call for price list and reservations.

Water Sport Rentals and Dolphin Deck Tiki Bar
(2 locations on Atlantic Beach) Atlantic Beach, N.C. 28512
(252) 247-7303/(252) 247-4 FUN

Offers wave runners for $40.00 per ½ hour or $70.00 per hour. Paddle boats are available for $10.00 per hour. Parasailing is available for $50.00 for a single and $90.00 for tandem. Banana boat is $15.00 per person with a minimum of three people. The Dolphin Deck and Tiki Bar is open from 10:00 a.m. until sunset. There is also a gift shop and ice cream bar available.

Carteret County Senior Games
c/o Carteret County Parks and Recreation
801 Arendell St. Suite 4, Morehead City, N.C. 28557 (252) 808-3301

The senior games are hosted by local parks and recreation departments, local schools, fitness centers, and senior adult organizations. The senior games are sponsored statewide. They offer archery, badminton, basketball 3 on 3, basketball shooting, billiards, bowling, croquet, cycling, field events, football, golf, horseshoes, race walking, racquetball, shuffle boarding, softball throwing, spin casting, swimming, table tennis, tennis, and track events. They also offer visual arts such as acrylics, drawings, mixed media oils, pastels, and photography. Performing arts are available, which include comedy/drama, dance, vocal and instrumental. Literary arts include essays, short stories, poems, and life experiences. The heritage arts that are available include but are not limited to basket weaving, china painting, crocheting, hooked rug, knitting, needlework, quilting, stained glass, tole painting, tatting and neck lacing, thrown and hand built pottery, weaving, wood carving, and wood working. They also offer
wellness workshops, health screenings, fitness information, and health expos. These events are offered to North Carolina residents age 55 and older. Call for more information, or for reservations.
Rest Homes/Nursing Homes
Broman Rest Home

453 Howard Boulevard, Newport, NC 28570 (252) 223-4554

Provides full-time residence. They operate on volunteer services and accept low-income Medicaid persons. Broman Rest Home keeps up the livelihood of senior citizens by bringing in animals to enjoy from the Humane Society.

Southern Assisted Living: Carolina House of Morehead City

107 Bryan Street, Morehead City, NC 28557 (252) 726-4454

www.southernassisted.com

Southern Assisted Living residents receive personal, individualized care and assistance on a daily basis. Included in the monthly fee each resident also receives the following services:

- Personalized Care Plans that meet individual needs of each resident based on assessment
- Medication management
- Social and educational services
- Devotional services
- Three nutritious meals served daily in our dining room
- Leisure and recreational activity programs
- Local scheduled transportation
- Coordination with resident’s personal physicians
- Utilities (excluding telephone and cable TV)
- Housekeeping and personal laundry services
- Maintenance of building and grounds

Our residents enjoy a positive and productive lifestyle in a safe environment designed for their special needs. Everything in the building, from the circular wandering paths and the color of the walls to the contrasting upholstered furniture and memory artwork on the walls, has been designed to enhance the lives of our residents.
An individually tailored program designed for each resident promotes successful communication, and our “Life Skills” Program, facilitated by a full time Program Director, strives to fill residents’ days with activities that are familiar, comforting, and meaningful, allowing them to build self-esteem through engaging in familiar and enjoyable activities.

Discovery Program residents have their own common living and dining areas, as well as screened porches and enclosed courtyards so they can enjoy the outdoors, all within the security of a self-contained area with secured entries.

**Somerset Court of Newport**  
3020 Market Street, Newport, NC 28570  (252) 223-2600

An affordable assisted living residence with life enriching services – including personal care, medications monitoring and 24 hour emergency response.

**Century Care of the Crystal Coast**  
201 Penny Lane, Morehead City, NC 28557  (252) 726-0031/FAX:  (252) 726-5831

Snug Harbor on Nelson Bay  
272 Highway 70 East, Sea Level, NC 28577  (252) 225-4411  
www.snugharborhome.com

Snug Harbor on Nelson Bay is a retirement facility that is Carteret County’s only retirement community to offer all levels of care: independent living, assisted living, and skilled nursing care. The facility has an exceptional medical staff consisting of physicians, RNs, CNAs, physical therapist, speech therapist and occupational therapist to provide on-site care. Private accommodations are provided on a rental plan (no buy-ins). The facility is more than 160 years old although the building and location at Sea Level is less than 20 years old. Residents enjoy a lovely facility in a beautiful setting.
Taylor Extended Care
468 Highway 70, Sea Level, NC 28577  (252) 225-4611/(252) 225-1228

Taylor Extended Care is a family oriented nursing facility located in the beautiful surrounds of Nelson Bay at Sea Level. We offer on site physician services and fully qualified full time physical/occupational therapy. Our recreation program is among the top in the state. This facility has a longstanding reputation for its care and community/family feel along with an experienced and comprehensive support team dedicated to the needs of each resident. Coming to Taylor Extended Care is not a decision to give up your independence, but rather a decision to join our family where compassion and love is our top priority.

Harborview Health Care Center/Harborview Towers
812 Shepard Street, Morehead City, NC 28557
(252) 726-6855/ (252) 726-4053/Fax: (252) 726-3526
www.harborviewenterprises.com

Harborview Towers is a modern 10-story, 50 apartment, complex that is adjacent to Harborview Health Care Center. It is a skilled and intermediate care facility for 125 patients and two family care facilities. Apartments are sold to residents, and a monthly fee includes the following:

- Maintenance
- Housekeeping
- Laundry
- Emergency and scheduled transportation
- One meal a day in the dining room
- All property expenses except telephone
- Property taxes
- Homeowner’s policy on apartment contents

There are efficiency apartments, as well as one and two bedroom units. All but the smallest units have balconies providing views of either Newport River or Bogue Sound. There is outdoor parking, with some covered parking on the building’s ground floor. This is a newly renovated facility that has an activities director, full time security, and a live-in administrator.
Senior Citizen’s Center
Carteret County Senior Citizen Center
Leon Mann Jr. Enrichment Center, “Everything Under the Sun”
3820 Galantis Drive, Morehead City, NC 28557 (252) 247-2626

Shannon Wilson, Agency Director

Hours of Operation: Monday – Friday  8:00 a.m. to 5:00 p.m.
The Center is for Senior Citizens age 50 and older.
The Center is available nights and weekends for meetings and rentals.

The Center and Senior Programs exist to: support frail older adults in their preference to be cared for at home; improve/maintain the physical and mental health status of older adults; enable older adults to maintain/regain independent functioning; provide community service opportunities for older adults. Activities change schedules. Please call for more information on the times of events.

The Social Security Department has its office house open from 8:30am  to 3:30pm on Wednesday’s and appointments are preferred.

SENIOR SERVICES
In-Home Aide
Congregate Nutrition
Home Delivered Meals
Transportation
Legal Services
SHIIP
Older Workers Program
Health Promotion
Outreach
Case Management Referral
Retired Senior Volunteer Program
Senior Companion
Foster Grandparent

ACTIVITIES
Bingo
Crystal Coast Guide for Senior Citizens: A Directory of Services

Arts and Crafts
Painting
Dances and Classes
Drama
Music
Ceramics
Bridge, Canasta, Pinochle
Billiards
Board Games and Chess
Table Tennis, Shuffle Board, Horseshoes
Travel Club
Celebrations and Parties

**HEALTH AND FITNESS**
Exercise Machines
Flexercise
Stretchercise
Low Impact Aerobics
Tai - Chi
Yoga
Stretch for Strength
Chair Massage
Pedicures and Manicures
Support Groups
Blood Pressure Checks
Showers Available
Transportation
Carteret County Area Transportation System (CCATS)  
(252) 240-1043

CCATS offers various transportation services to Seniors who qualify through either the Department of Social Services or the Senior Citizens Center.

Carteret County Department of Social Services  
Craven Street, Beaufort, NC 28516 (252) 728-3181

The Department of Social Services (DSS) offers transportation through CCATS to eligible Seniors who need assistance in getting to and from medical appointments, essential shopping, paying bills, and accessing needed community services.

Carteret County Senior Citizen Center  
3820 Galantis Drive, Morehead City, NC 28557 (252) 247-2626

The Senior Citizen Center offers transportation for medical needs, shopping, nutrition, recreation, and human service needs. Seniors who choose to use this service donate fees according to their income. This transportation option is available Monday through Friday through CCATS.

Convalescent Transport  
4619 Arendell Street, Morehead City, NC 28557 (252) 808-3247/1-800-887-5384

Convalescent Transport offers two main types of services for the elderly. They offer ambulance and wheelchair services. Ambulance services are available 24 hours a day, 7 days a week, 365 days a year and include transportation to the emergency room, from the hospital to their home or a nursing home, doctor appointments, and dialysis treatments. Wheelchair services are available Monday through Friday and will take elderly patients to and from any medical appointments. Convalescent Transport is a private, for profit organization so if a patient does not have insurance the company will assists clients in setting up payment through social services.

Convalescent Transportation is a private ambulance services which provides a wide variety of medical transportation options. Services include doctor visits, getting to and from the hospital, long distance medical transportation, and medic level transportation to the Emergency Room. A base fee of $320.00 is combined with a mileage fee to arrive at the final price.
Veterans Information
Because of the many military bases and military hospitals in North Carolina, Carteret County is home to many veterans. There are numerous veterans’ organizations in the area, and all welcome new members.

The **Veterans’ Service Office** at 613 Cedar Street in Beaufort, (252) 728-8440, offers problem-solving services to veterans. [http://www.insiders.com/crystalcoast/main-retirement.htm](http://www.insiders.com/crystalcoast/main-retirement.htm)

The **Carteret County Veterans Council**, (252) 393-6178, is the coordinating body for member veterans’ organizations of Carteret County. The council sponsors the Morehead City Veterans Day Parade and Carteret County Memorial Day Ceremony and promotes exhibits and issues relevant to veterans. [http://www.insiders.com/crystalcoast/main-retirement.htm](http://www.insiders.com/crystalcoast/main-retirement.htm)

The **Morehead City VA Outpatient Clinic**, (252) 240-2349, operated by the Durham VA Medical Center, is located at 5420 U.S. 70 W. The clinic, which is open Monday through Friday, provides primary care, mental health, immunization and blood-drawing services by appointment to VA-enrolled patients in Carteret, Craven, Jones and Pamlico counties. Walk-in and emergency services are not available. [http://www.insiders.com/crystalcoast/main-retirement.htm](http://www.insiders.com/crystalcoast/main-retirement.htm)

Other veterans’ organizations in the area are:

- **American Legion Post 99**, 100 Lockhart Lane, Beaufort, (252) 728-3549
- **American Legion Post 46**, 1881 N. 20th Street, Morehead City, (252) 726-5427
- **Military Order of the Purple Heart Chapter 639**, (252) 808-3766
- **Veterans of Foreign Wars Post 2401**, 107 Earl Avenue, Beaufort, (252) 728-4390
- **Veterans of Foreign Wars Post 9960**, VFW Road (off N.C. Highway 58), Swansboro/Cape Carteret, (252) 393-8053
- **Veterans of Foreign Wars Post 8986**, 1316 Hibbs Road, Newport, (252) 726-8806
- **Vietnam Veterans of America Chapter 749**, (252) 393-6178
Critical County Phone Numbers

EMERGENCIES................911

Atlantic
Fire/EMS 225-5751

Atlantic Beach
Police 726-2523
Fire/EMS 726-7361
Town Hall 726-2121

Beaufort
Police 728-4561
Town Hall 728-2141

Cape Carteret/Bogue/Cedar Point Area
Police 393-2183
Town Hall 393-8483

Davis
Fire/EMS 729-8311

Emerald Isle
Police 354-2021
Fire/EMS 354-4081
Town Hall 354-3424

Indian Beach/Salter Path Area
Police 247-6700
Town Hall 247-3344

Marshallberg
Fire 729-5111

Morehead City
Police 726-5361 / 726-3131
Fire/EMS 726-5040 / 247-2611
Town Hall 726-6848
<table>
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<th>Location</th>
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<th>Fire/EMS</th>
<th>Town Hall</th>
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State Highway Patrol: 726-5766

Carteret County Sheriff’s Office: 504-4800

Carteret General Hospital: 808-6000/808-6026

Funeral Homes

Barrow’s Funeral Home: 726-5194

Brooks Funeral Home and Crematory: 726-5580

Jones Funeral Home: (910) 326-5013

Munden Funeral Home and Crematory: 726-8066

Oscar’s Mortuary: (252) 633-1156

Rivers-Morgan Funeral Home: (252) 637 5141
Printing of this directory made possible by the Carteret County Economic Development Council