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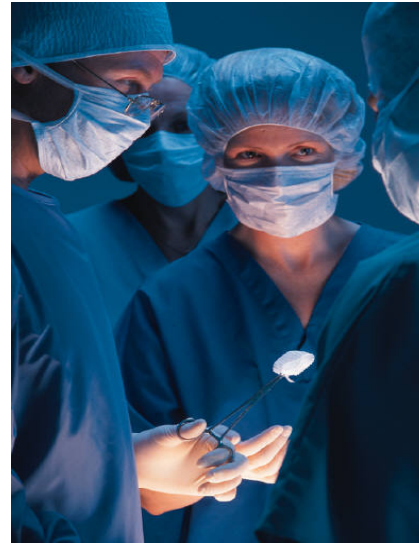
The Gaston Community Healthcare Commission  
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**GCHC**

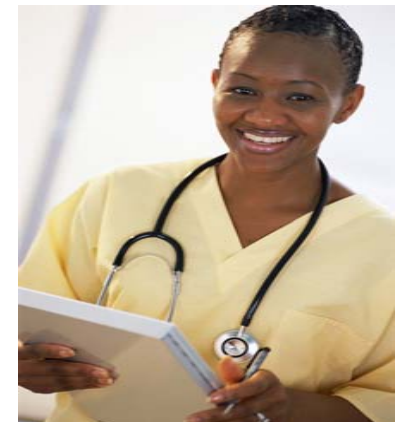
**Gaston Community Healthcare Commission**  
*in partnership with Gaston Together*

P.O. Box 817  
Gastonia, NC 28053  
(704) 867-9869  
[www.gastonttogether.org](http://www.gastonttogether.org)

*The GCHC is a certified Healthy Carolinians Partnership*



## Health Service Directory for Gaston County



**GCHC**

**Gaston Community Healthcare Commission**  
*in partnership with Gaston Together*

### *A Message to Our Community:*

The Gaston Community Healthcare Commission is pleased to provide this guide to health care resources in our community. Our Commission, which is the certified *Healthy Carolinians Task Force* for Gaston County, is charged with assessing unmet health care needs and developing programs to fill gaps in services. In 2003, the Commission began distribution of the *Health at Home* reference handbooks to residents of Gaston County who were potentially underserved by our health care system. This guide is designed as a companion reference to the *Health at Home* handbook. We hope the guide will provide you with information to improve access to needed care and services.

The Gaston Community Health Care Commission gratefully acknowledges the Carrie E. & Lena V. Glenn Foundation for providing funding to publish this reference guide.

Robert Spencer  
2005 Chair, GCHC

## Hotlines

AIDS Hotline:	800-342-2437
Alcohol Drug Council of NC:	800-688-4232
Alcoholics Anonymous:	212-870-3400
American Council for Drug Ed:	800-488-3784
Center for Substance Abuse:	301-443-5700
Cocaine Anonymous:	800-347-8998
Covenant House Nineline:	800-999-9999
Disability Advocacy:	800-772-1213
Eye Care Project:	800-222-3937
Families Anonymous:	800-736-9805
Gamblers Anonymous:	213-386-8789
Intervention Services:	800-622-2255
Marijuana Anonymous:	800-766-6779
Medicine Savings:	800-511-1314
Nat'l Alliance for the Mentally Ill:	800-950-6264
Nat'l Domestic Violence Hotline:	800-799-7233
Nat'l Health Info. System:	800-336-4797
Nat'l Institute for Drug Abuse:	800-336-4797
Nat'l STD Hotline:	800-227-8922
Pharmaceutical Patient Asst.:	800-762-4636
Nat'l Recovery Systems:	800-303-2873
Runaway Hotline:	800-621-4000
Tough Love:	800-333-1069
Veterans Administration:	800-827-1000



## Veterans Services

**Phone Number:** (704) 866-3959  
**Fax Number:** (704) 852-6048  
**Location:** 965 Roberts Dr.  
Gastonia, NC 28054  
**Mailing Address:** same as above  
**Website:** <http://www.co.gaston.nc.us/veterans>  
**Hours of Operation:** Monday - Friday 8:30 a.m. – 5:00 p.m.

### Description/Purpose of Agency:

The Veterans Services Office assists veterans, their families and their dependents in processing, presenting and establishing claims and obtaining benefits to which they are entitled under Federal, State, and local law.

**Whom do you serve?** Veterans.

### What services do you provide?

The Veterans Services Office provides veterans with the North Carolina Division of Veterans Affairs State Scholarships, helps with hospital affairs and bills, assists with the completion of GI Loans, handles compensation and pension Claims, and finds insurance opportunities for veterans in need. They provide educational Assistance (also available to wives, widows, and children of veterans who are eligible) and on-the-job training. They help with appeals, review of discharges, and obtaining Dental Treatment. They also assist veterans in obtaining license plates, wheelchairs, other prostheses, hunting and fishing licenses for severely disabled, clothing allowances, special inquiries about non-receipt of checks, and incorrect addresses.

### What can people expect when they contact you for help?

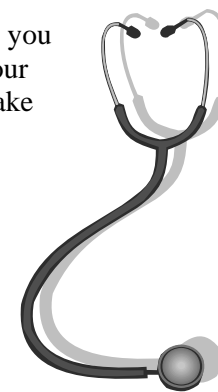
They will be directed based on their needs.

### Additional Information:

Contact the Veterans Service Office for the complete list of services or for more information.

## Communicating with Your Healthcare Professional

Make the most of your time with your doctor. The time you actually spend with your doctor can be short, but it is your time and your health! Make the most of your visit and take charge of your health! Here are some tips:



- Be organized before arriving at the doctor's office; come prepared with information about your symptoms.
- Come prepared with a list of medications you are taking.
- Come prepared with a list of your questions and concerns to talk to your doctor about.
- Share information with your doctor about symptoms, health conditions, and what medications you take—the more information you provide, the better!
- Take notes during your office visit, you will have them once you get home.
  - Consider taking a family member or trusted friend with you to see your healthcare professional.
  - Ask questions and make sure that you understand the answers that your healthcare professional gives you. If you don't understand his answers or instructions, ask him to explain.
  - Remember that communication is a two way street—the doctor doesn't know your questions if you don't speak up!



## Your Medical Information

(Fill this out and take with you to your doctor visits)

Primary Care Physician: \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Specialty Care Physician: \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

Other Physician: \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

### Medications you are taking:

Medication	Dose	How Often

I am allergic to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## The United Way of Gaston County

**Phone Number:** (704) 864-4554  
**Fax Number:** (704) 864-9464  
**Location:** 200 E. Franklin Blvd.  
 Gastonia, NC 28052  
**Mailing Address:** PO Box 2597  
 Gastonia, NC 28053  
**Email Address:** uwaygc@bellsouth.net  
**Website:** www.unitedwaygaston.com  
**Hours of Operation:** Monday – Friday 8:30 a.m. – 5:00 p.m.

### Description/Purpose of Agency:

The mission of The United Way is to unite our community to help and care for one another. Their vision is to build a stronger community where people can realize their full potential.

### Whom do you serve?

All residents of Gaston County.

### What services do you provide?

We provide referrals to 28 agencies and 50 programs, along with referrals to outside agencies to assist with any need. We also have volunteers that assist with numerous programs within the United Way and the United Way Agencies.

### What can people expect when they contact you for help?

People can expect kindness, openness and willingness to assist with any problem or concern. We will also offer support for business, education and other agencies that are non-United Way related as well as the recruitment of volunteers for different opportunities through out the year with United Way & United Way agencies.

### What do people have to provide to receive services?

Nothing but the need itself.

**Additional services include:** Call if you have any questions.

## The Shelter of Gaston County

**Phone Number:** (704) 810-6495  
(704) 810-6492  
24 hour crisis line: (704) 852-6000

**Fax Number:** (704) 852-6004

**Location:** 330 North Marietta St.  
Gastonia, NC 28052

**Mailing Address:** same as above

**Website:** www.co.gaston.nc.uc - Department: Shelter

**Hours of Operation:** Monday - Friday 8:00 a.m. – 5:00 p.m.

### Description/Purpose of Agency:

The Shelter strives to decrease the incidence of domestic violence in our community by offering temporary shelter and resource services to the women and children of Gaston County who are victims of domestic violence. Of particular interest is the safety, both physical and psychological, of our residents and the continued education of our community toward domestic violence.

**Whom do you serve?** Gaston County residents.

### What services do you provide?

The Shelter of Gaston County provides a safe, emergency residence where victims can live in times of crisis. They also provide counseling, court advocacy, information and referral, direct services, support group meetings for women and children, a children's program, transportation to appointments, and a strong support system through the Shelter Staff.

### What can people expect when they contact you for help?

If they need it, they will be provided with a place to stay and the services provided by the Shelter. If the Shelter is full, they will seek other safe accommodations.

### Additional information:

We have a home visit program for our clients after they leave our Shelter and we are on call from 8:00 am - 5:00 pm to assist victims of domestic violence who are in the emergency room.

## Insurance Information:

Company Name: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
Policy Holder's Name: \_\_\_\_\_  
Policy Number: \_\_\_\_\_

I have (check all that apply to you):

- ♦ Heart Disease
- ♦ Arthritis
- ♦ Allergies
- ♦ Diabetes
- ♦ Asthma
- ♦ Lung Disease
- ♦ Kidney Disease
- ♦ Respiratory problems
- ♦ High Blood Pressure
- ♦ Poor Vision
- ♦ Poor Hearing
- ♦ Other: \_\_\_\_\_



My symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My symptoms began: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My questions for the doctor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My notes from the doctor: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Pathways

**Phone Number:** *Front Desk:* (704) 884-2501  
*First Appointment and Referral:* 1-800-898-5898  
**Fax Number:** (704) 884-2578  
**Location:** 901 S. New Hope Rd.  
 Gastonia, NC 28054  
**Mailing Address:** 901 S. New Hope Rd.  
 Gastonia, NC 28054  
**Website:** [www.pathmhddsa.org](http://www.pathmhddsa.org)  
**Hours of Operation:** Monday – Friday 8:00 a.m. – 5:00 p.m.

### Description/Purpose of Agency:

Pathways will be the leader in the management, development and coordination of mental health, developmental disabilities, and substance abuse services through collaborative efforts and influence of public policy implementation in our local communities. Pathways will create a system that facilitates independence, promotes wellness, encourages personal responsibility, and advocates for community integration.

**Whom do you serve?** We oversee the service delivery system of private providers who serve consumers of Mental Health, Developmental Disability, and Substance Abuse services in Gaston, Lincoln, and Cleveland counties.

**What services do you provide?** Pathways directly provides crisis emergency services and screening, triage, and referral services.

### What can people expect when they contact you for help?

- A. To be screened, triaged, and referred as appropriate.
- B. If appropriate for services, to be given a choice of providers who can serve the consumers' needs.
- C. Extensive knowledge of mental health, developmental disabilities, and substance abuse

**What can people expect when they contact you?**

Individuals contacting Holy Angels will be directed to the appropriate program director at Holy Angels based on the information they need.

**What do people have to provide to receive services?**

An appointment will be made with Holy Angels' Director of Social Work for a tour and overview of the application process.

**Additional services include:**

Volunteering opportunities, giving opportunities, employment opportunities with excellent benefits.

**Medicaid**

See Department of Social Services on page 18.

**Medicare**

**Phone Number:** 1-800-583-2236

**Description/Purpose of Agency:**

This 800 number listed above puts an individual in contact with an automated service. The service has many different options and it is also available in Spanish. Some of the options include customer service, frequently asked questions about Medicare, general information about Medicare, and information regarding the status of claims.

**Whom do you serve?**

Any individual who has questions concerning their Medicare status.

**AIDS Council of Gaston County**

**Phone Number:** (704) 853-5101  
(704) 853-5105  
**Fax Number:** (704) 862-5307  
**Location:** 991 W. Hudson Blvd.  
Gastonia, NC 28052AIDS  
**Mailing Address:** PO Box 1071  
Gastonia, NC 28053  
**Email Address:** aidscouncil@co.gaston.nc.us  
**Hours of Operation:** Monday – Friday 8:30 a.m. – 5:30 p.m.

**Description/Purpose of Agency:**

The AIDS Council provides and promotes education to stop the spread of HIV infection, and encourage a compassionate community response, and assists persons infected and affected by HIV/AIDS.

**Who do you serve?** Residents of Gaston and Lincoln Counties.

**What services do you provide?**

We issue county resource guides, presentations on HIV, STDs, and risk reduction strategies. We provide information, referrals, an HIV-positive speaker's bureau, youth peer educators, an African American Task Force, HIV-positive support groups, advocacy, and emergency financial assistance.

**What can people expect when they contact you for help?**

All calls are confidential. No fees for support services provided to HIV-positive residents. Fees may apply for educational presentations. Staff can provide additional information depending on service needed.

**What do people have to provide to receive services?**

Residents living with HIV need to provide proof of HIV status and relevant medical and financial information to access support groups and emergency funds.

**American Cancer Society**

**Phone Number:** (704) 552-6147  
1-800-237-6914  
**Fax Number:** (704) 552-6936

**Location:** 6000 Fairview Rd.  
Suite 200  
Charlotte, NC 28210

**Mailing Address:** same as above

**Website:** [www.cancer.org](http://www.cancer.org)

**Hours of Operation:** Monday – Friday 8:30 a.m. – 5:00 p.m.

**Description/Purpose of Agency:**

The American Cancer Society is the nationwide community based, voluntary, health organization. It is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy, and service.

**Who do you serve?** Cancer patients and their caregivers.

**What services do you provide?**

The American Cancer Society provides cancer patients with wigs, hats, turbans, scarves and prosthesis. They also provide pamphlets and programs – both educational and fundraising.

**What can people expect when they contact you for help?**

Individuals will receive any resources that the American Cancer Society has or is aware of. Patients will also have access to referral for the Patient Navigation Center.

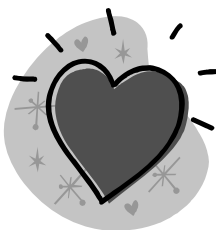
**What do people have to provide to receive services?**

There is no fee for any of their services.

**Additional Information:**

American Cancer Society Hotline is 1-800-282-4914 or 1-800-ACS-2345. The website also provides numerous links to various resources and volunteer opportunities available to cancer patients and their family and friends.

## American Heart Association



**Phone Number:** (704) 374-0632

**Fax Number:** (704) 374-0634

**Location:** 222 S. Charlotte St.  
Suite 303  
Charlotte, NC 28202

**Mailing Address:** same as above

**Website:** <http://www.americanheart.org>

**What can people expect when they contact you for help?**

Depends on the circumstance

## Holy Angels



**Phone Number:** (704) 825-4161

**Fax Number:** (704) 825-0553

**Location:** 6600 Wilkinson Blvd.  
Belmont, NC 28012

**Mailing Address:** PO Box 710  
Belmont, NC 28012

**Email Address:** [info@holyangelsnc.org](mailto:info@holyangelsnc.org)

**Website:** <http://www.holyangelsnc.org>

**Hours of Operation:** Office Hours: Monday - Friday, 9 a.m. - 6 p.m.  
24 hours/7 days a week for residents

**Description/Purpose of Agency:**

Holy Angels offers residential and developmental services and programs for children and adults with varying degrees of mental retardation who may also have multiple disabilities. We provide children and adults with dignified and empowering opportunities for living.

**Whom do you serve?**

Holy Angels provides round-the-clock care for children and adults who are medically fragile, with severe/profound mental retardation and disabilities.

**What services do you provide?**

The residents participate in a holistic, innovative program, which includes medical services, special education, physical therapy, speech, music, horticulture and creative arts therapies, recreation, and opportunities for spiritual growth. All residents participate in innovative education and active treatment, assisting each resident to reach his or her greatest potential

*Programs include:* Morrow Center (Specialized Community Residential Center) for children; five ICF/MR group homes (Intermediate Care Facility for the Mentally Retarded); four community group homes (for adults with mild/moderate mental retardation); Great Adventures (club for adults with/without mental retardation); Cherubs Café & Candy Bouquets (vocational program for adults with mental retardation); Little Angels Child Development Center (on-site day care); Horticulture and Creative Arts programs for all residents and Camp Hope (recreational facility located on the South Fork River - handicapped accessible).



education and preventive care services for those who need healthcare in our community without regard to the ability to pay.

**Whom do you serve?**

Patients 13 and under without insurance, those with private insurance, or with Medicaid

**What services do you provide?**

We provide pediatric dental care, including cleaning, filling, pulling teeth, surgery as needed, and dental education.

**What can people expect when they contact you for help?**

Appointments are available for anyone seeking primary dental care for their child.

**What do people have to provide to receive services?**

Patients must be 13 years of age and under. If you have no insurance, you qualify for sliding fee scale based on federal poverty guidelines. For this, you need to provide a proof of income.

## Heart Society of Gaston County

**Phone Number:** (704) 865-1214  
**Fax Number:** (704) 865-7342  
**Location:** 220 E. Franklin Blvd.  
Gastonia, NC 28052  
**Mailing Address:** same as above  
**Email Address:** heartsoc@vnet.net  
**Website:** www.gastontogogether.org/heart  
**Hours of Operation:** Monday - Friday 9:00 a.m. – 5:00 p.m.

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**Description/Purpose of Agency:**

The mission of the Heart Society of Gaston County is to increase awareness of cardiac disease, to promote heart healthy lifestyles, and to provide services to heart patients in Gaston County.

**Whom do you serve?** Gaston County.

**What services do you provide?**

The Heart Society of Gaston County provides cholesterol and blood pressure screenings, medication assistance, and cardiovascular health education.

**Hours of Operation:** Monday – Friday 8:30 a.m. – 5:00 p.m.

---

**Description/Purpose of Agency:**

The American Heart Association fights against heart disease and stroke through education, advocacy and fundraising.

**Who do you serve?** The general public.

**What services do you provide?**

This program provides information to prevent heart disease, stroke, and additional information about healthy lifestyle activities. The American Heart Association has authored numerous pamphlets and publications and provides fundraising opportunities in our community.

**What can people expect when they contact you for help?**

Individuals will receive information and resource tips.

**Additional information:**

The website features news stories relevant to heart disease and stroke as well as resource links for help, education, and volunteer opportunities.

## American Red Cross - Gaston County Chapter

**Phone Number:** (704) 864-2623  
**Fax Number:** (704) 864-7904  
**Location:** 190 S. Oakland Street  
Gastonia, NC 28052  
**Mailing Address:** same as above  
**Website:** http://www.gastoncounty.redcross.org  
**Hours of Operation:** Monday - Friday 9:00 a.m. – 5:00 p.m.

---

**Description/Purpose of Agency:**

The American Red Cross helps people prevent, prepare for, and respond to emergencies efficiently.

**Who do you serve:** All residents of Gaston County.

**What services do you provide?**

The Gaston County Chapter of the American Red Cross provides the following services for individuals seeking them: Armed Forces Emergency Services, Disaster Services, Disaster Training Sessions, numerous blood

drives, Family Caregiving, Workplace Training, Adult CPR, Infant and Child CPR, Community CPR, Standard First Aid, Babysitting Training, Basic First Aid (FA), Blood borne Pathogens, Automated External Defibrillation (AED) Training, FA/CPR/AED Instructor Training, Pet CPR and First Aid, Preventing Disease Transmission, HIV/AIDS education, the Explorer Post and the Clown-Around Troupe for Youth, Lifeguard Training, and Water Safety.

They also have authored many brochures and pamphlets available to the public in both English and Spanish about emergency safety for situations such as heat wave, tornadoes, hurricanes, fires, earthquakes, and thunderstorms. They also provide Emergency Preparedness Checklists and Family Disaster Plans.

**What can people expect when they contact you for help?**

Individuals who contact us for help can receive assistance in meeting their needs, whether the Red Cross provides it or if a referral to another agency or organization is needed. No one will be turned down due to the inability to pay.

**What do people have to provide to receive services?**

Information needs from people vary according to the service requested. Typically information needed by the agency is name, address, and phone number.

**Additional Information:**

The Red Cross provides numerous volunteer opportunities to the public.

**ARP phoenix Substance Abuse Counseling Center**

**Phone Number:** (704) 854-4830  
**Fax Number:** (704) 854-4860  
**Location:** The Recovery Center  
2505 Court Drive  
Gastonia, NC 28054  
**Mailing Address:** same as above  
**Hours of Operation:** Monday-Friday 8:00a.m. – 5:00p.m.  
Evening groups and appointments available upon request.

**Description/Purpose of Agency:**

We provide outpatient treatment for substance abuse, inpatient treatment for

Thurs. - Fri. 8:00 a.m. – 5:00 p.m.  
Closed for lunch 12:00 – 1:00 p.m.

**Description/Purpose of Agency:**

The Dental Clinic of Gaston County is part of Gaston Family Health Services – a comprehensive, community sponsored family-centered provider of health, education and preventive care services for those who need healthcare in our community without regard to the ability to pay.

**Whom do you serve?**

Patients without insurance, those with private insurance, or with Medicare or Medicaid

**What services do you provide?**

We provide family dental care including cleaning, filling, pulling teeth, and dental education.

**What can people expect when they contact you for help?**

Appointments are available for anyone seeking primary dental care.

**What do people have to provide to receive services?**

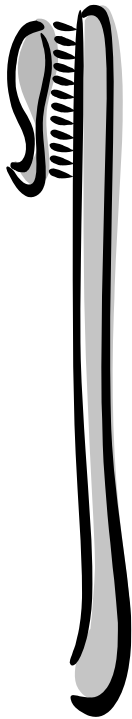
If you have no insurance, you may qualify for sliding fee scale based on federal poverty guidelines. For this, you need to provide proof of income.

**GFHS Pediatric Dentistry**

**Phone Number:** (704) 853-5449  
**Fax Number:** (704) 853-5455  
**Location:** 2311 Aberdeen Blvd.  
Gastonia, NC 28053  
**Mailing Address:** 991 West Hudson Boulevard  
Gastonia, NC 28052  
**Hours of Operation:** Monday - Friday 8:00 a.m. – 5:00 p.m.  
Closed for lunch 12:00 – 1:00 p.m.

**Description/Purpose of Agency:**

GFHS Pediatric Dentistry is a part of Gaston Family Health Services -- a comprehensive, community sponsored, family-centered provider of health,



**Mailing Address:** PO Box 1578  
Gastonia, NC 28053-1578  
**Email Address:** EMS Director: [mlamphiear@co.gaston.nc.us](mailto:mlamphiear@co.gaston.nc.us)  
Asst. Director: [jwaldrep@co.gaston.nc.us](mailto:jwaldrep@co.gaston.nc.us)  
Training Coordinator: [rprice@co.gaston.nc.us](mailto:rprice@co.gaston.nc.us)  
Improvement Coordinator: [sskipper@co.gaston.nc.us](mailto:sskipper@co.gaston.nc.us)  
**Website:** <http://www.co.gaston.nc.us/GEMSH>  
**Hours of Operation:** 24 hours, 7 days a week  
Wheelchair vans by appointment only: Monday - Friday

**Description/Purpose of Agency:**

The mission of the Gaston County Emergency Medical Services is to preserve and enhance the quality of life for the residents and visitors of Gaston County GEMS by provides timely, superior-quality, cost-effective, field medical care and transportation as well as collaborative public safety preparedness and operations, including comprehensive rescue response, support, and public education.

**Whom do you serve?** The residents and visitors of Gaston County.

**What services do you provide?**

GEMS provides Emergency Medical services response at the Advance Life Support level and wheelchair transport.

**What can people expect when they contact you for help?**

People will find an immediate response by a highly trained and experienced team of Paramedics who will utilize state-of-the-art vehicles and equipment.

**Additional services include:**

We also offer Specialized Rescue Services (Trench, Confined Space, and Collapse), heavy rescue services, and specialized teams (Search and Rescue, SCUBA, Swiftwater rescue, Tactical Medics, Bomb Medics, Bike Medic, Honor Guard). GEMS is a Certified Advanced EMS Instructional Institution.

**GFHS Dental Clinic**

**Phone Number:** (704) 853-5131  
**Location:** 991 W. Hudson Blvd.  
Gastonia, NC 28052  
**Mailing Address:** same as above  
**Hours of Operation:** Monday 8:00 a.m. – 5:00 p.m.  
Tues. - Wed. 8:00 a.m. – 7:00 p.m.

detoxification and rehabilitation for substance abuse, inpatient treatment for crisis stabilization, and adolescent inpatient for substance abuse.

**What services do you provide:**

We have a Detoxification/Crisis unit which is inpatient, non-hospital, medical model, and 3-5 day detoxification. We also have a 14-day rehabilitation program for substance abusers and a crisis unit for crisis stabilization. We provide outpatient substance abuse counseling which includes 20 hour, 40 hour, and 90 hour groups, court services for substance abuse assessments and referral to treatment, DWI assessments and referral to treatment, ADETS, and drug education.

There is a Women's Program which provides outpatient treatment for substance abuse and mental health including domestic violence, sexual abuse, parenting, and self esteem. We also sponsor the Hope Program which is a grant funded program for homeless women and women with children.

We can also supply case management and employment services.

**What can people expect when they contact you for help?**

ARP Phoenix will plan an appointment with the necessary and appropriate program to address their needs. If we do not have the service that they need, we will refer them elsewhere.

**What do people have to provide to receive services?**

One must supply a health care card or information about income. We accept Medicaid, Medicare, private insurance, and a sliding fee scale.

**Additional services include:**

My House Residential program – call for information.

**Bessemer City Health Care Center**



**Phone Number:** (704) 629-3465  
**Fax Number:** (704) 629-1355  
**Location:** 119 W. Pennsylvania Ave.  
Bessemer City, NC 28016  
**Mailing Address:** same as above  
**Hours of Operation:** Monday - Friday 8:00 a.m. – 5:00 p.m.  
Closed for lunch 12:30 p.m. – 1:30 p.m.

**Description/Purpose of Agency:**

The Bessemer City Health Care Center is part of Gaston Family Health Services – a comprehensive, community sponsored, family-centered provider of health, education and preventative care services for those who need health-care in our community without regard to the ability to pay.

**Whom do you serve?**

Patients without insurance, with private insurance, or with Medicare or Medicaid.

**What services do you provide?**

We provide comprehensive family medical care with referrals to specialists as needed, behavioral and medication counseling, and medication assistance enrollment.

**What can people expect when they contact you for help?**

Appointments are available for anyone seeking a primary care provider.

**What do people have to provide to receive services?**

If you have no insurance, you qualify for sliding fee scale based on federal poverty guidelines. For this, you need to provide proof of income.

## Cancer Services of Gaston County

**Phone Number:** (704) 864-1271

**Fax Number:** (704) 866-4262

**Location:** 220 E. Franklin Blvd.  
Gastonia, NC 28052

**Mailing Address:** same as above

**Website:** [www.gastoncancerservices.org](http://www.gastoncancerservices.org)

**Hours of Operation:** Monday – Friday 9:00 a.m. – 5:00 p.m.

**Description/Purpose of Agency:**

Cancer Services of Gaston County encourages prevention and early detection of cancer through education and accessible cancer screening services as well as providing services and rehabilitation to cancer patients throughout Gaston County.

## Gaston Memorial Hospital

**Phone Number:** (704) 834-2000

Lincolnton # - (704) 735-5335

**Location:** 2525 Court Dr.  
Gastonia, NC 28054

**Website:** <http://www.gastonhealthcare.org>

**Hours of Operation:** 24 hours, 7 days a week

**Description/Purpose of Agency:**

Gaston Memorial is a not-for-profit enterprise that strives to provide excellent general health care and acute health care services to patients and their families.

**Whom do you serve?**

Residents and visitors of Gaston and surrounding counties

**What services do you provide?**

Gaston Memorial caters to many needs through services including The Birthplace, The Comprehensive Cancer Center, CaroMont Heart Center, Emergency Services, Imaging Services, Neurosciences, The Pain Center, Psychiatric Services, Rehab and Sports Medicine, The Sleep Center, Special Care Units, Surgical Services, and CaroMont Wound and Diabetes Centers.

**What can people expect when they contact you for help?**

By phone, the caller will reach the front desk and then transferred to their needed extension. If it is an emergency, call 911.

**Additional services include:**

Numerous support groups are available for patients and family members who are struggling with specific ailments or issues. More information is available online.

## Gaston Emergency Medical System (GEMS)

**Phone Number:** *Emergency:* 911

*Business:* (704) 866-3312

**Fax Number:** (704) 866-3203

**Location:** 615 North Highland St.  
Gastonia, NC 28053-1578

- Volunteer – family support and respite
- Chaplain – spiritual care
- Bereavement counselor – grief care after patient death (up to 13 months)

Services are provided in the patient's home. The full range of services is also available to persons whose home is a contracted facility – nursing home, assisted living facility, continuous care retirement community or group home.

### **What can people expect when they contact you for help?**

If they contact the Gaston Hospice office directly, someone will be glad to explain services and answer any questions.

### **What do people have to provide to receive services?**

Gaston Hospice must receive certification from a physician that a person has a prognosis of six months or less and that he will give medical orders.

### **Additional services/information include:**

New Hope Counseling Center for Grief and Loss – Individual counseling, grief education classes, support groups and grief assessment are available to anyone in the community who has experienced the loss of a loved one.

Butterflies - This program of the Counseling Center provided grief counseling for children who have lost a loved one or whose loved one is dying.

Camp Phoenix - An overnight camp for grieving children.

Advance Care Planning – Individual or group education about the importance of advance directives (living will, health care power of attorney). Staff available to explain and notarize advance directives – appointments preferred.

Hospice House - A 12-bed inpatient hospice facility to provide hospice services to patients who, for various reasons, are not able to be cared for in their own homes. The facility will be located on a 20-acre tract in Dallas, the geographical center of Gaston County. Construction is scheduled to begin by the end of 2005 with completion expected by the end of 2006.

### **Whom do you serve?**

Residents of Gaston County

### **What services do you provide?**

Cancer Services of Gaston County provides cancer education programs to all of Gaston County's 52 public schools as well as to other community organizations as requested. We also provide medication assistance and have a sickroom supply closet with supplies such as adult incontinence products and liquid nutritional supplements. We also have a warehouse from which we loan out medical equipment such as hospital beds, wheelchairs, walkers, canes, etc.

### **What can people expect when they contact you for help?**

We work with each individual on a case by case basis and are glad to help in any way that we can.

### **What do people have to provide to receive services?**

Each individual must provide proof that he or she lives in Gaston County and is currently being treated for cancer.

## **Carolinas Poison Center**



**Phone Number:** 1-800-222-1222  
**Location:** strictly a telephone service  
**Mailing Address:** PO Box 32861  
 Charlotte, NC 28232  
**Website:** www.ncpoisoncenter.org  
**Hours of Operation:** 24 hours, 7 days a week

### **Description/Purpose of Agency:**

Carolinas Poison Center is an emergency telephone resource for poisoning information that is staffed 24 hours a day, seven days a week by registered nurses and pharmacists who are specialists in poison information. They are trained to provide diagnostic and treatment advice for acute and chronic poisonings to the public and healthcare professionals. These poison specialists are backed up by board-certified medical toxicologists.

**Whom do you serve?**

North Carolina residents.

**What services do you provide?**

The Carolinas Poison Center assists with the diagnosis of unknown, suspected poisonings, recommends optimal patient management, determines the need for antidotal therapy, provides guidance on therapy endpoints and patient disposition, and provides in-patient consultation for patients at Carolinas Medical Center. They also offer a variety of materials including brochures, magnets, phone stickers, and coloring books and have developed a train-the-trainer program called Caution Curriculum for children 0 to 5 years old. These materials are available off-line or by sending a request by mail.

**What can people expect when they contact you for help?**

They will reach a specialist trained in poison information and then be directed or counseled depending on the circumstance.

**What do people have to provide to receive services?**

The caller must provide information on the patient's age, weight, medical history, type and time of exposure, symptoms, product information (have container available if source is known), and a telephone number.

**Additional information:**

Patients may be referred by physicians to the Medical Toxicology Clinic which is held Tuesdays from 8:00-10:30 a.m. at Carolinas Medical Center in Charlotte, NC. Appointments may be made by calling (704) 355-4212. Services are also available for independent medical examinations and worker's compensation patients.

**What services do you provide?**

Comprehensive family medical care with referrals to specialists as needed; AIDS/HIV case management; asthma and diabetes education; behavioral, medication and nutrition counseling, medication assistance enrollment; and a professional Pharmacy.

**What can people expect when they contact you for help?**

Appointments are available for anyone seeking a primary care provider.

**What do people have to provide to receive services?**

If you have no insurance, you may qualify for a sliding fee scale based on federal poverty guidelines.

**Gaston Hospice**

**Phone Number:** (704) 861-8405  
**Fax Number:** (704) 865-0590  
**Location:** 258 E. Garrison Blvd.  
Gastonia, NC 28054  
**Mailing Address:** PO Box 3984  
Gastonia, NC 28054  
**Email Address:** gastonhospice@carolina.rr.com  
**Website:** www.GastonHospice.org  
**Hours of Operation:** office: Monday – Friday 8:30 a.m. - 5 p.m.  
On call services: 24 hours/7 days a week

**Description/Purpose of Agency:**

The mission of Gaston Hospice is to enhance the quality of life for patients and families and provide a caring system to deliver palliative, supportive, and educational services as one approaches the end of life.

**Whom do you serve?**

Hospice services are available to persons with any advanced, incurable illness whose physicians believe their life expectancy is six months or less.

**What services do you provide?**

Services are provided by professionals and volunteers that include:

- Nurse – pain management and symptom control
- CNA – personal care
- Social worker – legal paperwork (wills, POA, DNR), family counseling, community resources

Counseling, and Insulin Counseling. Classes or individual sessions are available. The classes and counseling sessions are also available for the Spanish speaking population.

### **What can people expect when they contact you for help?**

Patients can be referred by their Doctor, Nurse Practitioner, or Physician Assistant by asking for an appointment at Gaston Diabetes Center. The Health Care Provider will fax a referral. Patients can also call the Gaston Diabetes Center and we will complete a referral and fax to their Health Care Provider. Once we receive a referral, we will contact the patient and make an appointment.

### **What do people have to provide to receive services?**

Most insurance companies, Medicare and Medicaid will cover some or all the cost of the services. Gaston Family Health Services offers a sliding fee scale for uninsured and/or underinsured patients. Household income and number of household members must be assessed to determine the fee.

## **Gaston Family Health Services**

**Phone Number:** (704) 853-5079  
**Fax Number:** (704) 853-5269  
**Location:** 991 West Hudson Blvd.  
Gastonia, NC 28052-6430  
**Mailing Address:** same as above  
**Hours of Operation:** Mon. & Wed. 8:00 a.m. – 7:00 p.m.  
Tues., Thurs. & Fri. 8:00 a.m. – 5:00 p.m.  
Closed for lunch 12:30 - 1:30 p.m.



### **Description/Purpose of Agency:**

Gaston Family Health Services is a comprehensive, community sponsored, family-centered provider of health, education and preventive care services for those who need healthcare in our community, without regard to ability to pay.

### **Whom do you serve?**

Patients without insurance, those with private insurance, or with Medicare or Medicaid.

## **Community Health Partners**

**Phone Number:** (704) 853-5069  
**Fax Number:** (704) 853-5239  
**Location:** 991 W. Hudson Blvd.  
Gastonia, NC 28052  
**Mailing Address:** same  
**Email Address:** clynch@co.gaston.nc.us  
**Hours of Operation:** Monday - Friday 8:00 a.m. – 5:00 p.m.

### **Description/Purpose of Agency:**

The goal of CHP is to provide care management services to assure quality health care for eligible Carolina ACCESS recipients in a cost-effective manner.

### **Whom do you serve?**

Carolina ACCESS enrollees in Gaston and Lincoln Counties.

### **What services do you provide?**

Our major initiatives provide care management services in the following areas: asthma, diabetes, Emergency Room utilization, inpatient utilization for ambulatory sensitive conditions, high cost recipients, and pharmacy.

### **What can people expect when they contact you for help?**

Our staff works with Carolina ACCESS physician practices and recipients to identify patients who are at high risk in one of the above initiatives. We then assess patient needs, connect the patient to community resources, provide the patients and their families with education to deal with the problem(s), and make sure they are aware of their medical benefits. We also act as patient advocates.

**Additional services include:** Community Health Partners works closely with Health Check in dealing with emergency room utilization and preventive services, medical, vision and dental appointments for children under age 21 in Gaston County.

## Crisis Centers Available to Gaston County

Crisis Centers provide assistance and services to help individuals retain their self-sufficiency. There are Crisis Centers located throughout Gaston County.



### **Crisis Assistance Ministry**

**Phone Number:** 704-862-7500 **Hours of Operation:** 8 a.m.– 5 p.m.

**Mailing Address:** 330 N. Marietta St. Gastonia, NC 28052

### **The Salvation Army**

**Phone Number:** 704-867-6145 **Hours of Operation:** please call

**Mailing Address:** 107 S. Broad St. Gastonia, NC 28052

### **Belmont Community Organization**

**Phone Number:** 704-825-4526 **Hours of Operation:** 9 a.m.– 1 p.m.

**Mailing Address:** 91 E. Catawba St. Belmont, NC 28012

### **Dallas/High Shoals Christian Social Ministry**

**Phone Number:** 704-922-1236 **Hours of Operation:** 8 a.m.– 11 a.m.

**Mailing Address:** 214 Holland St. Dallas, NC 28034

### **Bessemer City Crisis Center**

**Phone Number:** 704-629-2147 **Hours of Operation:** 9 a.m.– 1:30 p.m.

**Mailing Address:** 111 N. 12th St. Bessemer City, NC 28016

### **Cherryville Area Ministry**

**Phone Number:** 704-435-3816 **Hours of Operation:** 10 a.m.– 4 p.m.

**Mailing Address:** 212 N. Mountain St. Cherryville, NC 28021

### **Community Relief Org. of Mt. Holly**

**Phone Number:** 704-827-0450 **Hours of Operation:** 9 a.m.– 5 p.m.

**Mailing Address:** P.O. Box 831 Mt. Holly, NC 28120

### **Cramerton Ministerial Relief Fund**

**Phone Number:** 704-824-4286 **Hours of Operation:** 9 a.m.– 12 p.m.

**Mailing Address:** 288 8th Ave. Cramerton, NC 28032

resource to compliment the Health Curriculum. They teach the Family Life Component of the Health Curriculum in 5<sup>th</sup> and 6<sup>th</sup> grades, develop support groups, provide information for community resources, supports family in finding and using treatment services. They work with staff development to develop workshops and in-service training for staff regarding health issues such as OSHA, Blood borne Pathogen Training, chronic illness, stress management and employee health.

### **What can people expect when they contact you for help?**

They can expect assistance and information regarding health issues as it relates to student health in the school environment.

## Gaston Diabetes Center

**Phone Number:** (704) 862-5310

**Fax Number:** (704) 853-5239

**Location:** 991 West Hudson Boulevard  
Gastonia, NC 28052

**Mailing Address:** same as above

**Website:** <http://www.co.gaston.nc.us/DiabetesCenter>

**Hours of Operation:** Monday - Friday 7:00 a.m. – 5:00 p.m.

### **Description/Purpose of Agency:**

Our mission is to provide comprehensive assessment and educational programming to assist referred patients in developing the skills and resources to actively participate in their own care to prevent diabetes related complications and facilitate improvement of their health status.

People with diabetes need special skills to maintain their good health and prevent diabetes-related complication. We believe people with diabetes and their families can learn from these skills to actively participate in their own care. As a newly diagnosed patient, these classes will ease fears patients may have about diabetes. They will learn about the changes that they will need to make in order to stay in good health. For those who have been diagnosed in the past, these classes will provide a thorough review of diabetes and an update on the latest available treatments.

### **Whom do you serve?**

All citizens of Gaston County and those with Gaston County Health Care Providers

### **What services do you provide?**

Diabetes Basics Class, Diabetes Self-Management Program, Nutrition



## Gaston County Schools Health Services

**Phone Number:** (704) 866-6264  
**Fax Number:** (704) 866-6194  
**Location:** 366 W. Garrison Blvd.  
Gastonia, NC 28054  
**Mailing Address:** same as above  
**Email Address:** aragan@gaston.k12.nc.us  
**Website:** <http://www.gaston.k12.nc.us/departments/health>  
**Hours of Operation:** Monday - Friday 8:00 a.m. – 5:00 p.m.

### Description/Purpose of Department:

We strive to eliminate or alleviate health-related barriers that are interfering with a student's ability to learn. In turn, this decreases school absences and school dropout rates and increases academic performance. These health services work to ensure a safe, healthy, and orderly school environment for our students and employees.

**Whom do you serve?** Students and employees of Gaston County Schools.

### What services do you provide?

The Gaston County Schools Health Services conducts periodic health assessments of students, develops health care plans for students with acute or chronic illnesses, and provides for emergency care of illness and injury through Crisis/Emergency Action Plans. They certify staff in CPR/First Aid, monitor prescribed treatments and administration of medications to students, provide for staff training, conduct health promotion programs for school staff, and work with a multidisciplinary team and school staff to decrease absenteeism and the drop-out rate to increase school performance.

The manager of Student Health Care develops, interprets and evaluates school health policies and procedures. They ensure the policies and procedures adhere to laws and standards of school nursing practice and monitor students' compliance with state immunization laws. They monitor communicable disease, serves as a liaison and resource person between home, school and community/service organizations, and coordinates health care in the schools for students with chronic handicapping conditions.

They also provide an educator or counselor that interprets student health needs to family and school staff. They make home visits, help students understand and adjust to changes and limitations and serve as a classroom

### S.O.C.K.S

**Phone Number:** 704-827-8780 **Hours of Operation:** 9 a.m.– 1 p.m. MTTF  
**Mailing Address:** P.O. Box 269 McAdenville, NC 28101

## Crisis Pregnancy Center

**Phone Number:** Gastonia: (704) 867-3706  
Lincolnton: (704) 732-3384  
**Fax Number:** Gastonia: (704) 868-4656  
Lincolnton: (704) 868-4656  
**Location:** Gastonia: 3303 Union Rd.  
Gastonia, NC 28056  
Lincolnton: 814 E. Main St.  
Lincolnton, NC 28092

**Mailing Address:** same as above  
**Email Address:** [cpcdir@bellsouth.net](mailto:cpcdir@bellsouth.net)  
**Website:** [www.cpcgaston.org](http://www.cpcgaston.org)  
**Hours of Operation:** *Gastonia:*

Mon. & Wed. 8:30 a.m. – 5:00 p.m.  
Tues. & Thurs. 8:30 a.m. – 8:00 p.m.  
Friday 8:30 a.m. – 2:00 p.m.

*Lincolnton:*

Mon., Tues. & Thurs. 8:30 a.m. – 2:00 p.m.

### Description/Purpose of Agency:

The Crisis Pregnancy Center of Gaston County, Inc. affirms the value of life by compassionately sharing the gospel of Jesus Christ and providing the services to those in need with the hope of changing lives.

### Whom do you serve?

Women, men, and families in the surrounding area affected by crisis pregnancy situations.

### What services do you provide?

The Crisis Pregnancy Center provides pregnancy counseling, abstinence education, limited ultrasounds and various other medical services, adolescent parenting programs, and post abortion counseling.



**What can people expect when they contact you for help:**

Fairness. All of our services are free of charge. Our policy is that clients have to wait 6 weeks before receiving more baby items, simply because we want to serve as much of the community in need as possible.

**What do people have to provide to receive services?**

Absolutely nothing. They just need to make an appointment to be seen.

## Department of Social services

<b>Phone Number:</b>	Main DSS #	(704) 862-7500
	Abuse Hotline	(704) 862-7555
	Administration	(704) 862-7540
	Adult Services	(704) 862-7540
	Adult Day Care – Gastonia	(704) 825-5428
	Adult Day Care – Belmont	(704) 866-3677
	Child Support	(704) 862-7520
	Child Day Care	(704) 862-7515
	Children & Family Services	(704) 862-7530
	Food Stamps	(704) 862-7510
	<b>Medicaid Services</b>	(704) 862-7515
	DSS Personnel	(704) 862-7540
	Work First	(704) 862-7525
	Adult Abuse Hotline	(704) 862-7575
	Shelter Hotline	(704) 862-6000
	<b>Fax Number:</b>	Administration/Personnel (704) 862-7885
		Adult Services (704) 862-6777
		Child Day Care Services (704) 862-6607
		Child Support (704) 862-6607
		C&F Services #1 (704) 862-7898
		C&F Services #2 (704) 862-7899
		Food Stamps (704) 862-7966
		Legal and Accounting (704) 869-6897
		<b>Medicaid Services</b> (704) 862-6712
		Work First (704) 862-7939
<b>Location:</b>	330 N. Marietta St. Gastonia, NC 28053-1578	
<b>Mailing Address:</b>	same as above	
<b>Website:</b>	<a href="http://www.co.gaston.nc.us/DSS">http://www.co.gaston.nc.us/DSS</a>	
<b>Hours of Operation:</b>	Monday - Friday 8:00 a.m. – 5:00 p.m.	

## Gaston County Health Department

<b>Phone Number:</b>	(704) 853-8563
Spanish:	(704) 853-5073
<b>Fax Number:</b>	(704) 853-5252
<b>Location:</b>	991 W. Hudson Blvd. Gastonia, NC 28052
<b>Mailing Address:</b>	same as above
<b>Website:</b>	<a href="http://www.co.gaston.nc.us/healthdept/">www.co.gaston.nc.us/healthdept/</a>
<b>Hours of Operation:</b>	Monday 8:00 a.m. – 7:00 p.m.
	Tuesday – Friday 8:00 a.m. – 5:00 p.m.

**Description/Purpose of Agency:**

The purpose of the Gaston County Health Department is to protect and promote the health of all Gaston County residents through environmental, clinical, educational services, and programs.

**Whom do you serve?**

We serve all Gaston County residents through programs designed to prevent the onset of epidemics and encourage healthy lifestyles. We provide clinical care to patients who have limited access to private health and medical services.

**What services do you provide?**

We provide: breast and cervical cancer detection; child health clinic; communicable disease control; food handling inspections; family planning/birth control; health education services; HIV/AIDS testing; immunizations; maternity services; rabies exposure treatment; sexually transmitted disease testing and treatment; shots for adults, tuberculosis control; vital records; well and septic system inspections; and the Women, Infants, and Children Program (WIC).

**What can people expect when they contact you for help?**

Our staff treats all requests for information, treatment, or advice with strict confidentiality. We link each caller to the appropriate service area, where staff will provide needed information and make required appointments. Our fees are based on the specific service delivered; our staff tells callers if there is a charge for their needed services, and they are computed.

	Saturday	7:00 a.m. – 6:00 p.m.
	Sunday	1:30 – 5:30 p.m.
South Gaston:	Mon. -Thurs.	5:30 a.m. – 10:00 p.m.
	Friday	5:30 a.m.- 8:30 p.m.
	Saturday	8:00 a.m. - 4:30 p.m.
	Sunday	1:00 - 4:30 p.m.
Cherryville:	Mon. -Thurs.	5:30 a.m. - 9:30 p.m.
	Friday	5:30 a.m.- 9:00 p.m.
	Saturday	7:30 a.m. – 5:00 p.m.
	Sunday	1:30 – 5:00 p.m.
Karyae Park YMCA Outdoor Family Center:	Available by reservation Call (704) 865-8551	

### **Description/Purpose of Agency:**

We strive to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

### **Whom do you serve?**

Primarily Gaston County residents.

### **What services do you provide?**

The following are core programs the YMCA offers: Afterschool Child Care, Summer Camp, Youth and Adult sports leagues, aquatics classes and water safety for all ages, fitness/wellness programs, Teen Leadership Programs, Family Programs, financial assistance for programs, memberships and special events.

### **What can people expect when they contact you for help?**

People can expect that the YMCA will help those who contact our organization or we will refer persons to another agency where they can receive help.

### **Additional services include:**

Karyae Park YMCA Outdoor Family Center is a 52-acre park with the following amenities: a pavilion that can seat 300 persons, an enclosed multi-purpose area, a new playground area, basketball courts, a volleyball court, a 75 seat amphitheatre, 8 element ropes course, a pond, walking trails, outdoor picnic tables, and a full size soccer field. Typical group reservations have been for: company group picnics, church picnics, family reunions, and school groups. Reservations are open to groups by calling Steve D'Avria, Senior Youth Program Director, at the Central YMCA. Mr. D'Avria can be reached at (704) 865-8551 or at his e-mail address:

[sdavria@gastonymca.org](mailto:sdavria@gastonymca.org).

### **Description/Purpose of Agency:**

We provide services responsive to the unique needs of Gaston County citizens through the coordination of federal, state, and local resources, resulting in the strengthening of families.

### **Whom do you serve?**

Citizens of Gaston County who meet eligibility guidelines for state and federal programs

### **What services do you provide?**

DSS provides numerous services including adult, allied, children and family, and economic services. Adult services enhance the well being of adults, especially the disabled, the elderly, and those who are neglected or exploited. Allied Services is responsible for the business activities of the agency, including the financial activities, budgeting, accounting and statistical reporting which qualifies the county to receive reimbursement through various Federal, State and other sources. Children and Family Services provides services for the protection and well being of children and their families, and Economic Services provides temporary financial and employment services to qualifying adults and children.

**Adult Services:** Adult Services Intake, Adult Care Home Case Management Services, Adult Care Homes Licensure, Adult Placement Services, Adult Social Work Services, At-Risk Case Management Services, Congregate Meals, Community Alternatives Program for Disabled Adults, Day Care for Adults, Family Caregiver Support Program, Guardianship Services, Home Delivered Meals, In-Home Aide Services, Protective Services for Adults, Senior Community Service Employment Program, And Transportation Services

**Allied Services:** Day Care for Children, Human Services Planning, and The Shelter of Gaston County which provides emergency services for victims of domestic violence.

**Children & Family Services:** Adoption services, Children & Family Services Intake, Foster Care for children, Foster Care Licensure, Home Investigations, Intensive Family Preservation Services, Intensive Reunification Services, LINKS, In-Home Aide Services, Problem Pregnancy, Protective Services for children, Psychological Services, and Residential Contracts.

**Economic Services:** Child Support, The Crisis Intervention Program, Emergency Assistance, Food Stamp Program, Fraud or Investigative Overpayment Services, Low Income Energy Assistance Program, Managed Care Programs, Medicaid, Medicaid for Adults, Medicaid for Family and

Children, Medicaid/Special Assistance, North Carolina Health Choice, Work First Cash Assistance, Work First Employment Program, and the Gaston Workforce Investment Act.

**What can people expect when they contact you for help?**

The Gaston County Department of Social Services is an agency that is professionally responsible for our citizens’ needs through daily caring outreach and simultaneously acting as an advocate for those in need. We strive to be community-minded and community-spirited. We abide by federal, state and county operating instructions in providing services. Citizens should and can expect to be treated fairly, professionally, and with the respect they deserve while visiting the DSS facility.

**Fitness and Nutrition Council**

**Phone Number:** (704) 862-6134  
**Fax Number:** (704) 853-5252  
**Location:** Gaston County Health Department  
**Mailing Address:** 991 W. Hudson Blvd.  
Gastonia, NC 28052  
**Email Address:** LPartlow@co.gaston.nc.us  
**Website:** <http://www.co.gaston.nc.us/FitnessandNutrition>  
**Hours of Operation:** Monday-Friday 8:00-5:00pm



**Description/Purpose of Agency:**

The Fitness and Nutrition Council was established by the Gaston Community Healthcare Commission, a Healthy Carolinians Task Force, in 1997. It works to prevent the onset of chronic diseases – such as heart disease, cerebrovascular disease, diabetes, and cancer – by encouraging community residents to engage in regular physical activity and healthy nutritional practices. Specifically, the Council increases community awareness of existing program opportunities, helps create new programs, and works to establish community standards for regular physical activity and healthy eating.

**Whom do you serve?** Gaston County residents.

**What services do you provide?**

The Fitness and Nutrition Council provides programs that focus on physical activity and nutrition.

**What can people expect when they contact you for help?**

They will receive information on increasing their physical activity and resources on healthy eating.

**What do people have to provide to receive services?**

There are no requirements. Services are free and we often ask program participants to complete program evaluations.

**Additional services/information include:**

The mission of the Fitness and Nutrition Council is to enhance the quality of life of Gaston County residents by helping them adopt sound physical activity and nutritional practices that contribute to physical, emotional, spiritual, and social health.

**Gaston County Family YMCA**

<b>Phone Number:</b>	Central Family YMCA	(704) 865-8551
	Stowe Family YMCA	(704) 822-9622
	South Gaston Family YMCA	(704) 865-2193
	Cherryville Family YMCA	(704) 445-9622
	Karyae Park YMCA Outdoor Family Center	(704) 865-8551
<b>Fax Number:</b>	Central Family YMCA	(704) 867-4781
	Stowe Family YMCA	(704) 822-9087
	South Gaston Family YMCA	(704) 864-9710
	Cherryville Family YMCA	(704) 435-8136
	Karyae Park	(704) 867-4781
<b>Location:</b>	Central Family YMCA	615 W. Franklin Blvd. Gastonia, NC 28052
	Stowe Family YMCA	196 YMCA Dr. Belmont, NC 28012
	South Gaston Family YMCA	3210 Union Rd. Gastonia, NC 28054
	Cherryville Family YMCA	119 East Main St. Cherryville, NC 28021
	Karyae Park	Use Central Y Address
<b>Mailing Address:</b>	same as above	
<b>Website:</b>	<a href="http://www.gastonymca.org">www.gastonymca.org</a>	
<b>Hours of Operation:</b>	Central:	Mon. – Thurs. 5:30 a.m. – 9:30 p.m.
	Friday	5:00 a.m. – 9:00 p.m.
	Saturday	7:00 a.m. – 5:00 p.m.
	Sunday	1:30 – 5:00 p.m.
	Stowe:	Mon. – Fri. 5:30 a.m. – 7:30 p.m.