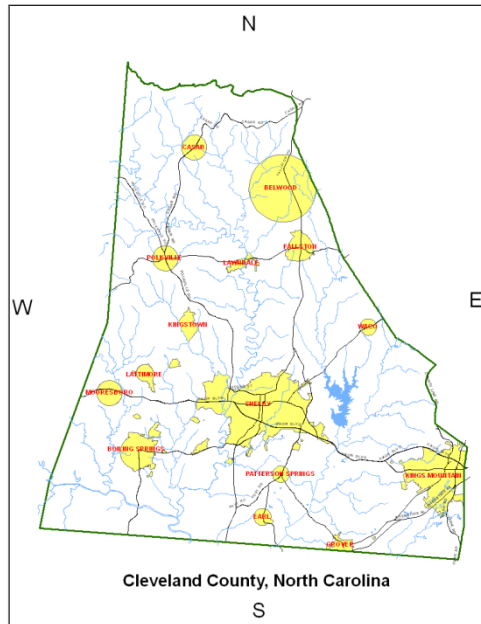

*Health and Wellness
Resource Guide for
Cleveland County*

Health and Wellness Resource Guide For Cleveland County



This resource guide was compiled in part through the work of two individuals who served as interns at the Cleveland County Health Department:
Sarah Jolley and Alicia Glenn

Inclusion in this guide is based upon organization/agency/individual response to a request for information and is presented for community reference only. Inclusion should not be considered an endorsement of a program or service. Information contained in this guide was compiled over a twelve-month period and represents the authors' best effort to obtain accurate information.

Adventure House

924 North Lafayette Street

Shelby, NC 28150

Phone: (704) 482-3370 Fax: (704) 482-3383

Email: adventureh@aol.com

Hours of Operation: Monday – Friday (8:00am- 4:30pm)



The Adventure House is a day rehabilitation program that provides services to adult residents of Cleveland County with mental illness, and helps them to regain the confidence and skills necessary to lead productive lives.

Services provided include:

- Employment programs
- Supported housing
- Work ordered day
- Supported education
- Social and recreational program
- Community support services
- Transportation

For more information about services provided, refer to www.adventurehouse.org

Alliance for Health in Cleveland County, Inc.

315 East Grover Street

Shelby, NC 28150

Phone: (704) 484-5112 Fax: (704) 484-5135

Email: Anne.short@clevelandcounty.com

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



The Alliance for Health in Cleveland County is the county's certified Healthy Carolinians partnership and functions as a community-based organization to identify and address emerging health issues in Cleveland County.

Mission Statement: The Alliance for Health will collaboratively organize, operate and fund a unified system of preventive health initiatives to improve community health.

Governed by a Board of Directors, the Alliance hosts five meetings annually with its partner members to engage in community dialogue about emerging health issues.

The Alliance works with five coalitions on a regular basis: the Minority Health Council, the Teen Pregnancy Prevention Task Force, the Cleveland County Asthma Coalition, the Substance Abuse Prevention Coalition and the Eat Smart Move More Coalition.

American Heart Association

Mid-Atlantic Affiliate

222 South Church Street, Suite 303

Charlotte, NC 28202

Phone: (704) 481-1012 Fax: (704) 481-1013

Email: aha.nsc.general@heart.org



Our mission statement is “Building healthier lives, free of cardiovascular disease and stroke”

We serve all Americans with educational and informational services as well as providing research, guidelines and courses.

Information is free – please visit the web site www.heart.org

Cleveland County programs include the Search Your Heart/Power to End Stroke programs offered in collaboration with the Alliance for Health in Cleveland County, Inc.

American Red Cross

1333 Fallstown Road Hwy 18 North

Shelby, NC 28150

Phone: (704) 487-8594 Fax: (704) 487-8595

Email: redcross@clevelandcountyredcross.org

Hours of Operation: Monday – Thursday (9:00am-5:00pm)

Friday (9:00am-12:00pm)



The Cleveland County Chapter of the American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement. The organization provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.

Services provided include:

- Service to the armed forces
- Emergency Services
- Blood services
- Health & Safety Classes

For more information about services provided, refer to www.redcrosshelps.org/clevelandcounty

Broad River Greenway

PO Box 1015

Boiling Springs, NC 28017

Phone: (704) 434-2357 Fax: (704) 434-2358

Email: kduren@broadrivergreenway.com

Hours of Operation: Everyday (6:00am- 6:00pm EST)

(6:00am- 9:00pm DST (daylight savings time))



The Broad River Greenway is a 501c3 not-for-profit corporation dedicated to developing the passive recreation activities along the Broad River, creating exciting educational opportunities for the region, and preserving open space for the community.

Services provided include:

- Outdoor recreation- hiking, biking, horseback riding, and canoeing

For more information about services provided, refer to www.broadrivergreenway.com

Care Solutions

208 East Grover Street

Shelby, NC 28150

Phone: (704) 487-0968 Fax: (704) 487-4209

Email: jwrigh@carolinas.org

Hours of Operation: Monday- Friday (8:00am- 5:00pm)

Care Solutions is a care management service that helps older and disabled adults and their families who are coping with the challenges of aging and changes in functional abilities. Care Solutions helps caregivers identify needs and locate resources that are available based upon individual caregiving needs.

Services provided include:

- In-home assessments to identify needs
- Coordination of services
- Respite information and referrals
- Information, referral and assistance on community resources and aging issues

For more information about services provided, refer to www.caresolutions.org



Carolina Community Health Partnership

315 E Grover St.

Shelby, NC 28150

Phone: 704-484-5152 Fax: 704-669-3113

E-mail: nancy.hunt@clevelandcounty.com

Hours of Operation: Monday-Friday (8:00am-5:00pm)



Established in 1998, Community Care is a partnership between the NC Department of Health and Human Services and 14 independent networks covering all 100 NC counties. Community Care brings together 4,200 local doctors, as well as hospitals, health clinics, mental health agencies and other healthcare stakeholders to improve care and save money in the NC Medicaid system.

Clinical Improvement Initiatives:

- Chronic Care Management
 - Asthma Disease Management
 - Diabetes Disease Management
 - Aged, Blind, and Disabled
 - Congestive Heart Failure Disease Management
 - Emergency Room Utilization
 - Care Management of High Risk/high Cost Patients
 - Hypertension Initiative
 - Hospital Transition Initiative
 - Chronic Obstructive Pulmonary Disease (COPD) Initiative
- Medical Pain Initiative
- Health Check Initiative
- New Pilot Initiatives
 - Palliative Care
 - Behavioral Health Integration into Primary Care
 - Pregnancy Medical Home
 - Care Coordination for Children

Pharmacy Management Initiative:

- Generic Prescribing
- Implement Drug of Choice List (DOC)
- Encourage Provider's use of e-Prescribing
- Network Pharmacist Assisted Medication Reconciliation after hospital discharge
- Monitor patient adherence to medication plan

For more information about services provided, refer to www.communitycarenc.org

Carillon Assisted Living of Shelby

1550 Charles Road
Shelby, NC 28152

Phone: (704) 471-2828 Fax: (704) 471-2829

Email: alice.reynolds@carillonassistedliving.com

Hours of Operation: Monday- Friday (9:00am- 5:00pm)

Care staff available 24 hours a day



Carillon Assisted Living develops and operates assisted living communities for seniors who desire assistance and prefer not to live alone. They provide quality care for residents while seeking to enrich their physical, social and emotional well being.

Services provided include:

- Alzheimer's and Dementia care
- Three nutritious meals served daily in the dining room
- Medication Management
- Social, educational and devotional services
- Leisure and recreational activity program
- Local scheduled transportation
- Coordination with resident's personal physician
- Utilities (excluding telephone and cable tv)
- Housekeeping and personal laundry services

For more information about services provided, refer to www.carillonassistedliving.com

Child Care Connections of Cleveland County, Inc.

327-A Market Street
Shelby, NC 28192

Phone: (704) 487-7397 Fax: (704) 487-6220

Email: director@ccchildcareconnections.org

Hours of Operation: Monday- Friday (8:00am – 5:00pm)



Child Care Connections is a child care resource and referral service. It is a non-profit community-based organization funded in part by Smart Start through the Cleveland County Partnership for Children and the North Carolina Division of Child Development.

Services provided include:

- Free and confidential child care referrals to families which will assist them in their search for child care services for children birth to twelve years of age.
- Parent education on quality child care indicators
- Assist families in connecting with community resources to help meet each child's needs

For more information about services provided, refer to www.ccchildcareconnections.org

Children's Developmental Services Agency

1429 E Marion Street

Suite 5

Shelby, NC 28150

Phone: 704-480-5440 Fax: 704-480-5477

Email: Thomas.Mchee@ncmail.net

Hours of Operation: Monday-Friday (8:00am-5:00pm)



The infant toddler program for children 0-3 years of age provides services to children with special needs and support to their families.

Services provided include:

- Service Coordination
- Physical, occupational and speech-language therapies
- Family support
- Special instruction
- Assistive technology
- Other services

For more information about services provided, refer to <http://www.bearly.nc.gov/>.

Children's Homes of Cleveland County

425 C Cherryville Road

Shelby, NC 28150

Phone: (704) 484-2558 Fax: (704) 484-2042

Email: mcchcc@bellsouth.net

Hours of Operation: Monday, Wednesday – Friday (8:30am – 5:00pm)

Tuesday (8:30am – 7:30pm)

James Home & Aaron's House (24 hours/day, 7 days/week)



Children's Homes of Cleveland County is a community based, non-profit agency serving children and families with an array of services.

Services provided include:

- Residential care
- Supervised visitation
- Social services to families
- Adoptions
- Parenting classes
- Therapeutic services
- Co-parenting classes
- Stewards of children training

For more information about services provided, refer to www.chccinc.org

CLECO Primary Care Network



CLECO of Cherryville

600 West Church Street
Cherryville, NC 28021
Phone: (704) 435-4111
Fax: (704) 435-4113
Hours: M-F (8:00am – 5:00pm)

CLECO Primary Care- Upper Cleveland

5009 Fallston Road
Lawndale, NC 28090
Phone: (704) 538-8532
Fax: (704) 538-5802
Hours: M-F (8:00am – 5:00pm)

CLECO Medical Center of Shelby

808 Schenck Street
Shelby, NC 28150
Phone: (704) 480-9344
Fax: (704) 482-9958
Hours: M-F (8:00am – 7:00pm); Sat. (8:00am-12:00pm)

CLECO of Kings Mountain

812 West King Street
Kings Mountain, NC 28086
Phone: (704) 739-5456
Fax: (704) 739-5271
Hours: M-F (8:00am – 5:00pm)

CLECO Primary Care Network is a local community network of not-for-profit health care centers. Providing care for adults and children, the centers provide outpatient medical services, and when needed will arrange for hospital admissions.

Services provided include:

- Physical exams
- Sports/school physicals
- Pap and pelvic exams
- Wart/mole removal
- Treatment for illnesses and injuries
- Diabetes monitoring
- EKGs and lab work
- Allergy and flu shots

For more information about services provided, refer to www.clevelandregional.org

Cleveland County Abuse Prevention Council (APC)

407 W. Warren Street

Shelby, NC 28150

Phone: (704) 487-9325 Fax: (704) 487-9314

Hotline: (704) 481-0043 Shelter: (704) 481-1066

Email: crobertson@apcouncil.com

Hours of Operation: Monday – Friday (9:00am- 5:00pm)

Hotline and Shelter (24 hours/day, 7 days/week)

The Cleveland County Abuse Prevention Council, Inc. provides quality, confidential services to survivors of domestic violence, rape, sexual assault, homelessness, and homemaker displacement. They do so by providing safe shelter, advocacy, support services, and preventive education.

Services provided include:

- 24-hour Crisis Hotline
 - Safe shelter
 - Court advocacy
 - Professional counseling
 - Support groups
 - Career planning
 - Hospital accompaniment
 - Supportive housing
 - Comprehensive case management
 - New Choices

For more information about services provided, refer to www.apcouncil.wordpress.com

Cleveland County Asthma Coalition

315 East Grover Street
Shelby, NC 28150

Phone: 704-484-5195 Fax: 704-484-5112

Email: Pam.Ellwood@clevelandcounty.com



The mission of the Cleveland County Asthma Coalition is to increase community awareness of asthma in Cleveland County through a comprehensive public health approach.

The Coalition was founded in 2002 and will celebrate its tenth anniversary in 2012.

Activities of the coalition include:

- Air Quality Flag program available to sites throughout Cleveland County
- Anti-Idling campaign addressing air quality issues in the county
- Annual No-Wheeze Asthma Day Camp for youth diagnosed with asthma
- Nebulizer loaner program in collaboration with Medical Arts Pharmacy
- Asthma Resource and Referral line for community education – number above
- Asthma education for individuals and community groups
- Co-sponsorship of Healthy Kids Day to include an Asthma Expo

For more information, refer to www.nowheezecclevelandcounty.com

Cleveland County Department of Social Services (DSS)

130 South Post Road
Shelby, NC 28151

Phone: (704) 487-0661 Fax: (704) 484-1051

Hours of Operation: Monday- Friday (8:00am- 5:00pm)



From birth to death, families count on County Departments of Social Services for direct services that address issues of poverty, family violence and exploitation. County DSSs provide citizens with resources and services to maximize their well-being and self-determination. They aim to prevent abuse, neglect, and exploitation of vulnerable citizens- the poor, the children, the aged, the disabled and the sick - as well as, promote self-reliance and self-sufficiency for individuals and families.

Services provided include:

- Social work services
- Economic services programs
- Food and nutrition services
- Crisis intervention

For more information about services provided, refer to www.ncdhhs.gov/dss

Cleveland County Emergency Medical Services (EMS)

100 Justice Place Room 104A

Shelby, NC 28151

Phone: (704) 484-4984 Fax: (704) 484-4990

Email: ccemsjlord@yahoo.com

Hours of Operation: 24 hours/day, 7 days/week, 365 days/year



The mission of Cleveland County Emergency Medical Services (CCEMS) is to provide a superior patient care system which is compassionate and cost effective. To continuously strive to develop and incorporate advancements in pre-hospital care and knowledge to improve the quality of patient care.

Services provided include:

- Ambulance services
- Safety education classes
- Free blood pressure and blood glucose checks
- Flu clinic

For more information about services provided, refer to www.cncems.clevelandcounty.com

Cleveland County Guardian ad Litem Program

100 Justice Place

Shelby, NC 28150

Phone: (704) 484-4774, Ext. 2 Fax: (704) 480-5487

Email: betsy.sorrell@nccourts.org

Hours of Operation: Monday- Friday (8:00am- 5:00pm)



The Guardian ad Litem (GAL) is a trained community volunteer appointed by a district court judge to investigate and determine the needs of abused and neglected children who are petitioned into the court system by the Department of Social Services. The Guardian ad Litem makes independent recommendations to the court for services, which focus on the needs of the child and advocates for a permanent and safe home for every child within the shortest time possible.

Services provided include:

- Independent investigation and written report
- Considers the best interest of the child and what the child's wishes are
- The Attorney Advocate presents the volunteer's recommendations
- For more information about services provided, refer to www.clevelandcounty.com

Cleveland County HealthCare System

Cleveland County Regional Medical Center

201 E. Grover Street

Shelby, NC 28150

Phone: (980) 487-3000 Fax: (980) 487-3794

Email: patricia.aycock@carolinashealthcare.org

Hours of Operation: 24 hours/day, 7 days/week, 365 days/year (See website for program hours)

Cleveland County HealthCare System is committed to providing excellent care and service to all those we serve. Our staff strives daily to care for and fulfill patients' needs with compassion and respect.

Services provided include:

- Blumenthal Cancer Center
- Breastfeeding Support Group
- Mom to Mom Support Group
- Bridges Educational Program
- Cardiac Rehab
- Charity Care
- Cleveland County Safe Kids
- Daddy Boot Camp
- Diabetes Center/Support Group
- Early Bird Pregnancy Class
- Expectant Grandparents Class
- Healthy Hearts Support Group
- Infant/Child CPR
- Joint Academy
- Kangaroo Kapers
- Lifeline
- Medical Services/ Emergency
- Rehabilitation Services
- Safe Sitter
- Volunteer Services
- Wings Cancer Support Group
- Women's Life Center
- Wound Healing Center

Kings Mountain Hospital

706 W King Street

Kings Mountain, NC 28086

Phone: (980) 487-5000

Hours of Operation: 24 hours/day, 7 days/week, 365 days/year (See website for program hours)

Services provided include:

(Kings Mountain)

- Sanger Heart and Vascular Institute
- Diagnostic Services
- Emergency Department
- Pain Management Center
- Psychiatric/Adult Behavioral Health
- Radiology Services
- Rehabilitation Services
- Dental Care
- Skilled Nursing Center
- Pharmacy Services
- Speech Language Pathology
- Occupational Therapy
- Life Enhancement Activities
- Resident Council
- Psychiatric Services

Crawley Memorial Hospital

315 West College Avenue

Boiling Springs, NC 28017

Phone: (980) 487-1300

For more information about services provided, refer to www.clevelandregional.org

Cleveland County Health Department

315 East Grover Street

Shelby, NC 28150

Phone: (704) 484-5100

Hours of Operation: Monday- Friday (8:00am-5:00pm)

CLEVELAND COUNTY
HEALTH DEPARTMENT

General Clinic Services

Phone: (704) 484-5110

- Immunizations
- Tuberculin skin tests
- Communicable disease/STD clinic
- Sickle cell testing
- Professional counseling
- Pregnancy testing
- Foreign travel immunizations
- Eye Clinic
- Diabetes Clinic

Family Planning Unit Services

Phone: (704) 484-5140

- Contraception
- Initial and annual physicals
- Early diagnosis and treatment
- Referrals
- Postpartum services
- Pregnancy tests and counseling
- Infertility services
- Diabetes Clinic

Maternal Health Services

Phone: (704) 484-5150

- Medical care
- Screening test for genetic disorders
- Counseling
- Health education
- Nutrition & WIC
- Breastfeeding education and support
- Car seat program
- Referral to pregnancy care management

Child Health Services

Phone: (704) 484-5120

- Routine physicals
- Sports physicals
- Blood pressure screening
- Developmental screening
- Blood lead screen
- Vision and hearing screen

- Nutritional counseling
- Hemoglobin screen
- Immunizations

School Health Services

Phone: (704) 484-5211

- Immunizations
- Medication administration
- Lab tests, physicals
- Education
- Referrals

Dental Services

Phone: (704) 484-5260

- Preventative services
- Restorative services
- Emergency treatment
- Referrals
- Interpreters

Nurse Family Partnership

Phone: (704) 669-3152

- Referrals for healthcare, childcare, job training,
- Healthy pregnancy and healthy baby

For more information about services provided, refer to www.clevelandcounty.com/cchd

Cleveland County Partnership for Children

312 W. Marion Street

Shelby, NC 28150

Phone: (704) 480-5620 Fax: (704) 480-5625

Email: crtaylor@carolina.rr.com

Hours of Operation: Monday- Thursday (8:00am- 5:00pm)

Friday (8:00am- 12:00 pm)



The Cleveland County Partnership for Children is the administrative unit for the Smart Start initiative in Cleveland County.

Services provided include:

- Preschool classrooms
- Scholarships for child care
- Referrals
- Financial assistance for child care services
- Support for children with developmental delays and children with disabilities
- Support to provide immunizations and well child checks
- Activities for young children such as art, drama, and storytelling
- Dental education and services
- Parenting information

For more information about services provided, refer to www.ccchildcareconnections.org

Cleveland Rutherford Kidney Association

1017 N. Washington Street

Shelby, NC 28150

Phone: (704) 481-9535

Email: michellecrka@aol.com

Hours of Operation: Monday-Friday (9:00am- 5:00pm)

Cleveland Rutherford Kidney Association's mission is to identify and meet the needs of patients with kidney disease in Cleveland and Rutherford county of North Carolina.

Services provided include:

- Transportation
- Medication assistance
- Grocery assistance
- Stress management counseling
- Education
- Holiday assistance
- The Rainbow newsletter
- Patient/family support center; advocacy
- Organ and tissue donor program
- Post-transplant support
- Volunteer training

For more information about services provided, refer to www.freewebs.com/crkarainbow

Cleveland County Salvation Army

311 North Lafayette Street
Shelby, NC 28150

Phone: (704) 482-0375

Hours of Operation: Monday- Friday (10:00am – 12:00pm, 1:00pm – 2:00pm)



The Salvation Army is committed to doing the most good for the most people.

Services provided include:

- Emergency food
- Clothing
- Medication
- Housing referrals
- Utility assistance

For more information about services provided, refer to www.salvationarmyusa.org

Cleveland Physical Therapy Associates



335-B West College
Boiling Springs, NC 28152
Phone: (704) 434-8175 Fax: (704) 434-8176

110-9 W. King Street
Kings Mountain, NC 28086
Phone: (704) 739-5995 Fax: (704) 739-2442

1129 East Marion Street
Shelby, NC 28150
Phone: (704) 471-0001 Fax: (704) 471-0004

The mission of CPTA is to glorify and honor God by reaching out to people with the love of Jesus Christ. At CPTA, we strive to achieve this by providing exceptional care and by using our resources to promote healing in the lives of our associates, our patients, and our community.

Services provided include:

- Physical/Occupational Therapy
- Advanced Manual Therapy
- Post Surgical Rehab
- Aquatic Therapy
- Gait Lab/Orthotics
- Low back and Neck Pain
- TMJ/Headaches
- Therapeutic Exercise
- Functional Capacity Evaluations (FCEs)
- Wellness Center/Gym
- Sports Performance Training

For more information about services provided, refer to www.cpta-rx.com

Cleveland County YMCA

Dover Foundation YMCA

411 Cherryville Highway
Shelby, NC 28150

484-9622 Fax: (704) 669-3605 Phone: (704) 434-0441

Email: wlegrand@clevecoymca.org

Hours of Operation: Mon.-Thurs. (5am – 10pm)
Friday (5:00am – 9:00pm)
Saturday (8:00am – 6:00pm)
Sunday (1:00pm – 6:00pm)

Ruby C. Hunt YMCA

1322 Patrick Avenue
Boiling Springs, NC 28017 Phone: (704)

Fax: (704) 669-3650

Email: ccorder@clevecoymca.org

Hours of Operation: Mon.-Thurs. (5am-9pm)
Friday (5:00am-7:00pm)
Saturday (8:00am-3:00pm)
Sunday (1:00pm- 5:00pm)

Girls Club YMCA

821 West Warren Street
Shelby, NC 28150

Phone: (704) 482-8431

Email: cjohnson@clevecoymca.org

Hours of Operation: School Days (2:30pm – 6:00pm)
Teacher Workdays (7:30am – 5:30pm)
Holidays & Summer (7:30am – 5:30pm)

Gardner-Webb Student YMCA

PO Box 2272
Shelby, NC 28150

Phone: (704) 484-9622

Email: ccorder@clevecoymca.org

Hours of Operation: see website

Kings Mountain Family YMCA

211 North Cleveland Avenue
Kings Mountain, NC 28086

Phone: (704) 739-9631 Fax: (704) 669-3691

Email: hwilson@clevecoymca.org

Hours of Operation: Monday- Thursday (5:00am- 9:00pm)
Friday (5:00am-7:00pm)
Saturday (8:00am-3:00pm)
Sunday (2:00pm-5:00pm)



The YMCA is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

Services provided include: (see individual campus websites for class schedules and programs)

- Health & Wellness
- Family Programs
- Aquatics
- Sports

For more information about services provided, refer to www.clevecoymca.org

Council on Aging/Neal Senior Center

100 T.R. Harris Drive

Shelby, NC 28150

Phone: (704) 482-3488 Fax: (704) 481-0151

Email: pputnam@agingcouncil.org

Hours of Operation: Monday- Friday (8:00am- 5:00pm)



The Council on Aging provides a program of services to Cleveland County residents 55 and above that promotes quality of life and independent living throughout the life span by maintaining the Senior Center as a focal point, promoting aging as a normal process and opening doors that improve the quality of life.

Services provided include:

- Home visits and assessment of needs
- Information referral and case management answer question and provides access to needed services available in Cleveland County
- Incontinent supplies and nutritional supplements
- Trained counselors provide insurance counseling- SHIIP (Seniors Health Insurance Information Program)
- Home delivered meals
- Medical Equipment
- Transportation for groceries and medical

For more information about services provided, please call.

Country Time Inn

602 Brevard Road

Kings Mountain, NC 28086

Phone: (704) 739-2760 Fax: (704) 739-4775

Hours of Operation: 24 hours/day, 7 days/week

The Country Time Inn is an assisted living care unit for Alzheimers & Dementia Residents.

Services provided include:

- 24 hour care
- Assisted Living
- Memory Care
- Respite Care

For more information about services provided, please call.

Crossroads Rescue Mission

206 Mt. Sinai Church Road

Shelby, NC 28152

Phone: (704) 484-8770 Fax: (704) 484-8768

Email: crm@crossroadsrescuemission.org

Hours of Operation: Monday – Saturday (8:00am- 9:00pm)

Crossroads Rescue Mission is a 45 bed, faith based, long-term residential recovery center for people with addictions.

Services provided include:

- Residential substance abuse program
- Educational resources

For more information about services provided, refer to www.crossroadsrescuemission.org



Eat Smart Move More Coalition of Cleveland County

315 E Grover St.

Shelby, NC 28150

Phone: 704-484-5138 Fax: 704-669-3123

E-mail: joyce.king@clevelandcounty.com

Hours of Operation: Monday-Friday (8:00am- 5:00pm)



The mission of the Eat Smart Move More Coalition of Cleveland County is to empower Cleveland County residents to prevent and reduce chronic diseases and related risk factors through environmental approaches that impact policies addressing lifestyle changes such as healthy eating, physical activity, and tobacco use.

Strategies:

- Create a Sustainable Infrastructure
- Advocate for Nutrition Environmental/Policy Changes
 - Faith-based nutrition policy changes
 - Community gardens
 - Mobile Farmers' Markets
 - Healthy meetings policies for workplaces
 - Healthy choice menu options at local restaurants
 - Healthy snack policies for after school programs
- Advocate for Physical Activity Environmental/Policy Changes
 - Physical activity policies for after school programs
 - Community walking routes with appropriate signage
 - Faith-based physical activity policy changes
 - Development of pedestrian-friendly plans for county municipalities
 - Support development of trails/greenways network across county
 - Worksite physical activity strategies
 - Community walking programs

Faith and Health Ministry of Greater Cleveland County

201 E Grover St.

Shelby, NC 28150

Phone: 704-487-4781 Fax: 704-487-4209

E-mail: linda.page@carolinashealthcare.org

Hours of Operation: Tuesdays 1:00pm-5:00pm, Wednesdays and Thursdays 9:00 am-5:00 pm by appointment. Calling ahead is recommended.



The Faith and Health Ministry of Greater Cleveland County's purpose is to coordinate a volunteer ministry of nurses and lay persons who are interested in the connection between faith and health.

Services provided include:

- Assisting registered nurses, pastors and lay persons with forming health committees or teams within the church for the purpose of providing health education and disease prevention education
- Provide monthly meeting for faith community nurses and health team representatives to provide education, encouragement and networking
- Provide Healing Link meetings monthly.

For more information about services provided, refer to www.clevelandregional.org

First in Families of NC

Gaston/Cleveland Chapter

PO Box 550533

Gastonia, NC 28055

Phone: 704-689-6648

E-mail: lmaddox@fifnc.org

Hours of Operation: Monday-Friday (9:00am-5:00pm)



The mission of First in Families of NC Gaston/Cleveland Chapter is to empower people with developmental disabilities and their families, one family at a time, to strengthen their health, hope and home by embracing partnerships and bridging resources between communities and families.

For more information about services provided, refer to <http://www.fifnc.org>

Florence Crittenton Services of North Carolina

1300 Blythe Blvd.
Charlotte, NC 28203
Phone: (704) 372-4663
Email: kcaya@fcsnc.org



**Florence Crittenton Services
of North Carolina**
Health & hope for tomorrow's children

Florence Crittenton Services is one of the largest comprehensive residential programs for at-risk and pregnant girls and women in the United States. Established in 1903, our agency serves as a healthy alternative for at-risk and pregnant adolescents and women in North Carolina.

Services provided include:

- Housing/Financial assistance
- Counseling
- Medical and health care
- Education services and vocational training
- Spiritual enrichment
- Parenting support
- Early Child Development education
- Adoption support
- Mother-infant/non-pregnant residential foster care program

For more information about services provided, refer to www.fcsnc.org

Greater Cleveland County Baptist Association, Inc.

1175 Wyke Road
Shelby, NC 28150
Phone: (704) 481-9119 Fax: (704) 482-1107
Email: charles@gccba.org
Hours of Operation: Monday- Thursday (8:30am-5:00pm)
Friday (8:30am-12:00pm)



Organization that provides services to people in crisis and need in Cleveland County, NC

Services provided include:

- Counseling
- Emergency assistance for life-saving medications
- Rent
- Utilities
- Food
- Clothing

For more information about services provided, refer to www.gccba.org

Habitat for Humanity of Cleveland County

323 W. Grover St

Shelby, NC 28150

Phone: 704-482-6200 Fax: 704-482-2070

E-mail: edclevelandcohhf@carolina.rr.com

Hours of Operation: Tuesday-Friday (10:00am-6:00pm), Saturday (8:00am-noon)



HFH in Cleveland County is a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization. Habitat for Humanity works in partnership with people in need to build and renovate decent, affordable housing. The houses then are sold to those in need at no profit and with no interest charged.

For more information about services provided or to volunteer, refer to local.habitat.org/clevelandconc

Hospice Cleveland County

951 Wendover Heights Drive

Shelby, NC 28150

Phone: (704) 487-4677 Fax: (704) 481-8050

Email: patti.mcmurry@hospicecares.cc

Hours of Operation: 24 hours/day, 7 days/week



Hospice Cleveland County exists to provide high quality skilled compassionate care and support for individuals with a life-limiting illness, their families, and the community, regardless of their ability to pay.

Services provided include:

- Hospice Medical Director
- Nursing
- Social Worker
- Chaplain Services
- Hospice Aide
- Volunteer Services
- Grief Support

For more information about services provided, refer to www.hospicecares.cc

House of Mercy

21 McAuley Drive
Belmont, NC 28012

Administration

701 Mercy Drive
Belmont, NC 28012

Phone: (704) 825-8832 Fax: (704) 825-9976

Email: hse4mercy@aol.com

Hours of Operation: Monday- Friday (8:30am-5:00pm)



House of Mercy

The House of Mercy provides compassionate nursing care to persons living with advanced AIDS.

Services provided include:

- HIV case management
- Coordination of recreational and social activities
- Residential care
- Coordination of medical services
- Health education
- Nutritional services and meals

For more information about services provided, refer to www.thehouseofmercy.org

H. Lawrence Patrick Senior Center

909 E. King Street

Kings Mountain, NC 28086

Phone: (704) 734-0447 Fax: (704) 734-4477

Email: mthornburg@cityofkm.org

Hours of Operation: Monday – Friday (8:00am-5:00pm)



The H. Lawrence Patrick Senior Life and Conference Center is a non-profit public organization that provides services to persons 55 years of age and older. The center serves as a focal point on aging providing a broad range of ever changing services and programs that enhance the well-being and dignity of senior adults in the greater Kings Mountain area.

Services provided include:

- Health & wellness programs
- Information and referral service
- Educational opportunities
- Transportation services
- SHIP insurance counseling
- Loan out medical equipment
- Nutrition site and Meals on Wheels
- Annual Health Care Fair

For more information about services provided, refer to www.cityofkm.com/senior_0.asp

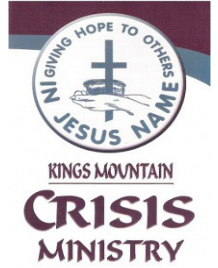
Kings Mountain Crisis Ministry

208 North Cleveland Ave.

Kings Mountain, NC 28086

Phone: (704) 739-7256

Hours of Operation: Monday, Wednesday-Friday (10:00am-2:00pm)
Tuesday (closed)



The Kings Mountain Crisis Center provides temporary assistance to families and individuals who live in the Kings Mountain and Grover areas of Cleveland County.

Services provided include:

- Clothing and food assistance
- Rent and utilities assistance
- Medicine

For more information about services provided, refer to www.kmcrisisministry.com

La Leche League of Cleveland County

Private residence- contact for location

Phone: (704) 538-9601 Helpline-24 hours: (877) 452-5324

Meetings: 1st Friday of the month (10:00am)



The mission of the La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Services provided include:

- Local meetings
- Lending library
- Breastfeeding information
- 24-hour telephone help

For more information about services provided, refer to www.llusa.org

Life Enrichment Center



110 Life Enrichment Blvd.
Shelby, NC 28150
Phone: (704) 484-0405 Fax: (704) 484-0406

Hours of Operation: Monday- Friday (5:30am- 6:00pm)

222 Kings Mountain Blvd.
Kings Mountain, NC 28086
Phone: (704) 739-4858 Fax: (704) 739-2868

Life Enrichment Center Adult Day Care and Health Service is a private, not-for-profit organization doing “whatever it takes” to help families stay together in the home and community by providing a wide range of services during the day for adults of all ages.

Services provided include:

- Health Care
- Physical, speech, and occupational therapies
- Personal care
- Socialization
- Overnight respite
- Meaningful programs
- Veteran’s services

For more information about services provided, refer to www.lifeenrichmentcenter.org

Mental Health Association of Cleveland County

215 E. Warren Street
Shelby, NC
Phone: (704) 481-8637 Fax: (704) 481-1960
Email: mha@clevelandcountymha.org

Hours of Operation: Monday –Thursday (9:00am-2:00pm)



The Cleveland County Mental Health Association will create and promote education, advocacy and support for individuals and families affected by mental illness. We will work tirelessly to eliminate the stigma of mental illness and create an informed community of citizens who will defend and support the rights of those persons impacted by mental illness.

Services provided include:

- Effective information and referral
- Emergency Medication Fund
- Support Groups
- Community Outreach and Education
- Effective advocacy, training and workshops

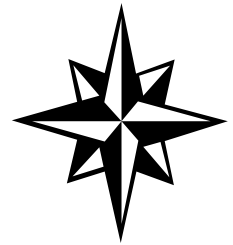
For more information about services provided, refer to www.clevelandcountymha.org

Minority Health Council of Cleveland County

315 East Grover Street

Shelby, NC 28150

Telephone: 704-484-5112 Fax: 704-484-5135



The Minority Health Council is sponsored by the Alliance for Health, the Cleveland County Health Department and the Cleveland County HealthCare System to identify and respond to identified health disparities in the county.

Membership is open to any member of the minority community in Cleveland County. The Council annually develops a strategic plan based upon information provided from the Community Assessment or State of the County Health report.

The Council also sponsors an annual Minority Health Conference focusing on a topic selected by its members.

Currently in its tenth year of operation, the Council is chaired by Mr. Robert Miller.

March of Dimes

Greater Piedmont Division

7506 E Independence Blvd. Suite 114

Charlotte, NC 28227

Phone: 704-377-2009 Fax: 704-377-0950

E-mail: ktbrennan@marchofdimes.com

Hours of Operation: Monday-Friday (9:00am-5:00pm)



The March of Dimes mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. We carry out this mission through research, community services, education and advocacy to save babies' lives.

Services/Programs provided include:

- March for Babies
- Bikers for Babies
- Helping Families Prepare for a Disaster
- Grand Rounds
- The March of Dimes North Carolina Preconception Health Campaign
- North Carolina Community Grants Program
- Breastfeeding Initiative

For more information about services provided, refer to <http://www.marchofdimes.com/northcarolina>

National Multiple Sclerosis Society Mid-Atlantic Chapter

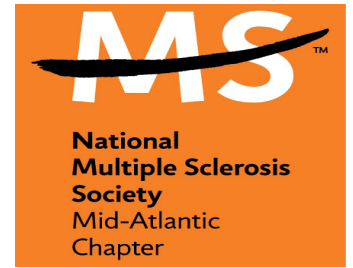
9801- I Southern Pine Blvd.

Charlotte, NC 28273

Phone: (704) 525-2955 Fax: (704) 527-0406

Email: NCP@NMSS.ORG

Hours of Operation: Monday- Friday (9:00am-5:00pm)



The Mid-Atlantic Chapter is dedicated to achieving a world free of MS. We help each person address the challenges of living with MS.

Services provided include:

- Educational materials and programs about MS
- Employment and financial counseling
- Support groups
- Financial assistance
- Supports national research to find a cure for MS
- For more information about services provided, refer to www.nationalmssociety.org

North Carolina Services for the Blind

130 South Post Road

Shelby, NC 28150

Phone: (704) 487-0661 Fax: (704) 480-5549

Email: lucyplyler@clevelandcounty.com



The North Carolina Division of Services for the Blind (DSB) has a long and rich history of services to the blind and visually impaired citizens of the State.

Services provided include:

- Assistance for eye examinations, glasses, treatments, surgeries, and eye medications
- Mobility instruction and equipment
- Training in self-help skills, techniques, and home management

For more information about services provided, refer to www.ncdhhs.gov/dsb/aboutus/index.htm

Nurse Family Partnership of Cleveland County

315 E Grover St

Shelby, NC 28150

Phone: 704-669-3152 Fax: 704-669-3155

Hours of Operation: Monday-Friday (8:00am-5:00pm)



Nurse-Family Partnership is an evidence-based, community health program that uses nurse home visits to help transform the lives of low income, first-time parents and their children. The Nurse Family Partnership is currently implemented in over 32 states across our country. NFP strives to help women have a healthy pregnancy and a healthy baby.

They can help you:

- Become a better parent.
- Build a strong network of support for you and your baby.
- Make your home a safe place for your baby to live and play.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Find ways to continue your education and develop job skills.
- Set goals for your family's future and find ways to help you reach them.

For more information about services provided, refer to www.nursefamilypartnership.org.

Pathways Local Management Entity (LME)

901 S. New Hope Road

Gastonia, NC 28054

Phone: (704) 884-2501 Fax: (704) 854-4809

Email: webmaster@pathwayslme.org

Hours of Operation: Monday- Friday (9:00am-5:00pm)



Pathways Local Management Entity manages developmental disability, mental health and substance abuse services for the citizens of Cleveland, Gaston and Lincoln counties.

Services provided include:

- Intellectual and developmental disabilities
- Mental health
- Substance abuse
- Evaluation
- Psychiatric services
- Outpatient counseling/therapy
- Medication administration

For more information about services provided, refer to www.pathwayslme.org

Piedmont Family Services

824 Dekalb Street
Shelby, NC 28151

Phone: (704) 482-2460 Fax: (704) 487-5950

Email: piedmontfamilyse@bellsouth.net

Hours of Operation: Monday & Wednesday (8:30am-7:00pm)
Tuesday, Thursday, & Friday (8:30am- 5:00pm)
Saturday (By appointment)



Piedmont Family Services works with patients from adolescence onward providing individual, couples, family, and group therapy.

Services provided include:

- Individual psychotherapy
- Psychoanalysis
- Couples therapy
- Family therapy
- Group therapy
- Medication management

For more information about services provided, refer to www.piedmontfamilyservices.com

Pregnancy Resource Center of Cleveland County

232 S. Lafayette Street
Shelby, NC 28151

Phone: (704) 487-4357

Email: prccc@carolina.rr.com

Hours of Operation: Monday-Friday (9:00am-5:00pm)



The Pregnancy Resource Center provides services for women and families facing unplanned pregnancies through Godly education and by helping them with their spiritual, emotional, and maternal needs.

Services provided include:

- Free pregnancy tests,
- Free first and second trimester limited ultrasound,
- Information about pregnancy and sexually transmitted infections,
- Clothing and furnishings for mom and baby through the Solid Foundation program,
- Referrals for adoption, housing, medical assistance and community services,
- Volunteer peer counseling for women, men, and families.

For more information about services provided, refer to www.prccc.org

Safe Kids Coalition of Cleveland County

201 E Grover St

Shelby, NC 28150

Phone: 980-487-3826 Fax: 980-487-3399

E-mail: joan.mabry@carolinashealthcare.org

Hours of Operation: Hours vary according to activities and events



Every year in North Carolina, some 200 children die from accidental injuries and another 45,000 visit a doctor's office for treatment of such injuries. Safe Kids North Carolina works to prevent these injuries in children 14 and under through education and outreach.

Services provided include:

- Providing child safety information to parents and caregivers
- Advocating and promoting child passenger safety laws in NC
- Operation Medicine Drop
- Buckle Up Kids
- Fire Safety for Kids
- Buckle Bear

For more information about services provided, refer to www.ncsafekids.org

Substance Abuse Prevention Coalition

315 E Grover St

Shelby, NC 28150

Phone: 704-484-5199 Fax: 704-669-3123

E-mail: deshay.oliver@clevelandcounty.com

Hours of Operation: Monday-Friday (8:00am- 5:00pm)



The Cleveland County Substance Abuse Prevention Coalition's mission is to bring Cleveland County together for the common goal of reducing the use of alcohol, tobacco, and other drugs among the community through coordinated and committed efforts.

Services provided include:

- Inform the public about alcohol and other drug related issues
- Provide information and referral to community resources
- Identify community needs concerning alcohol and drug abuse and find ways to meet them through coordinated services
- Create home and school environments in which to raise healthy, drug-free kids
- Equip parents with the necessary skills and knowledge to help their children fight the temptation of alcohol and drug use
- Provide healthy and entertaining activities to participate in that exclude alcohol and other drug use
- Educate and empower youth to advocate for issues concerning alcohol and drug use

Summit Place of Kings Mountain

1001 Phifer Road

Kings Mountain, NC 28086

Phone: (704) 739-6772 Fax: (704) 739-6449



Summit Place of Kings Mountain is a warm, inviting community providing assisted care service for senior adults.

Services provided include:

- Assisted living
- Alzheimer's/ Memory /Care
- Apartment amenities
- Community amenities
- Social/physical activities
- Medication management
- Respite care and short term stays

For more information about services provided, refer to www.summitplaceofkingsmountain.com

Transportation Administration of Cleveland County, Inc. (TACC)

952 Airport Road

Shelby, NC 28150

Phone: (704) 482-6465 Fax: (704) 484-6954

Cleveland County Transit: (704) 482-2311

Email: tacc2@bellsouth.net

Hours of Operation: Monday- Friday (6:00am- 6:00pm)



TACC is a non-profit agency that coordinates and provides rural and general public transportation for all of Cleveland County.

Services provided include:

- Provides transportation services to all citizens of Cleveland County

For more information about services provided, refer to www.tacc.cc

Teen Pregnancy Prevention Coalition

315 East Grover Street

Shelby, NC 28150

Phone: 704-484-5112 Fax: 704-484-5135

Email: anne.short@clevelandcounty.com

Hours of Operation: Monday-Friday (8:00 a.m.-5:00 p.m.)

The Teen Pregnancy Prevention Coalition is collaboratively sponsored by the Alliance for Health in Cleveland County and the Cleveland County Health Department to address the issue of teen pregnancy in the county.

The Coalition meets monthly and is charged with reviewing, researching, developing and implementing programs in five target areas: school-based, community-based, adolescent health services, parent education and community awareness. Membership is open to the public.



UCAN Inc. (Upper Cleveland County Area Needs)

The Bliss Center

230 East Main Street

Lawndale, NC 28090

Phone: (704) 538-8417 Fax: (704) 538-0089

Email Address: ucan@carolina.rr.com

Hours of Operation: Monday-Friday (9:00am-12:00pm)

UCAN serves all citizens in Upper Cleveland County

Services provided include:

- Financial assistance for power, water, rent, and life-saving medication
- Food
- Clothing assistance

For more information about services provided, please call or email.

United Way of Cleveland County

132 West Graham Street

Shelby, NC 28150

Phone: (704) 482-7344 Fax: (704) 482-9662

Hours of Operation: Monday- Friday (8:00am-5:00pm)



The United Way of Cleveland County remains a local, independent, not-for-profit organization, governed by volunteers from our community whose mission is to enhance the organized capacity of Cleveland County citizens to assist and care for one another through volunteer and professional leadership and action.

Services provided include:

- funds local health and human service agencies
- offers information and referral services which links people in need with appropriate resources

For more information about services provided, refer to www.uwclevco.org

County Fitness Centers – Source: Shelby Star, January 2012

Dover Foundation YMCA
411 Cherryville Road
Shelby, NC 28150
(704) 484-9622

Ruby C. Hunt YMCA
1322 Patrick Avenue
Boiling Springs, NC 28017
(704) 434-0441

Kings Mountain Family YMCA
211 North Cleveland Avenue
Kings Mountain, NC 28086
(704) 739-9631

Planet Fitness
1659 East Dixon Boulevard
Shelby, NC 28150
(704) 600-6550

Shelby City Park
850 West Sumter Street
Shelby, NC 28150
(704)-484-6811

State Parks

Crowder's Mountain State Park
522 Park Office Lane
Kings Mountain, NC 28086
(704) 853-5375

South Mountain State Park
3001 South Mountain Park Avenue
Connelly Springs, NC 28612
(828) 433-4772