



# **ONE – STOP – SHOP**

## **Aging Transitions Services**

### **Locations**

#### **Central Orange Senior Center**

103 Meadowlands Drive  
Hillsborough, NC 27278  
(919) 245-2015

#### **Robert and Pearl Seymour Center**

2551 Homestead  
Chapel Hill, NC 27516  
(919) 968-2070

**Visit us online:** [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)

**Like us on Facebook:** [www.facebook.com/](http://www.facebook.com/)

[OrangeCountyDepartmentOnAging/](https://www.facebook.com/OrangeCountyDepartmentOnAging/)



## About the **ONE – STOP – SHOP**



### **What is the One – Stop – Shop?**

A collaboration between the Orange County  
Departments on Aging and Social Services

### **Benefits**

- Residents can learn about aging-related services and supports
  
- The Aging Transitions Team can help people:
  - Determine what services they are eligible for
  - Make future plans

### **Contact Information**

**Phone:** (919) 968-2087

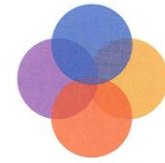
- For information in Chinese, call: (919) 259-0232
- For information in Spanish, call: (919) 245-4279x1

**Email:** [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)



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## **Free Services**



### **In-Home Safety Inspections**

Occupational Therapists can make recommendations that could help prevent falls and enhance mobility.

### **Public Transportation**

A Transportation Specialist can help identify transportation options for non-drivers.

Call the center at (919) 717-1853, Monday-Friday.

### **Durable Medical Equipment**

Gently used medical equipment is available.

Please consider donating gently used equipment.

### **Telephone Reassurance**

Volunteers make “good morning” safety calls

Monday-Friday from 8 a.m.-9:30 a.m.

## **Friend to Friend Program**

Volunteers provide companionship to seniors.

## **Insurance and Benefits**

Counselors help clients understand the public benefits system.

## **Long-Term Care Planning**

Certified Options Counselors help create plans for immediate and long-term care needs.

## **Caregiver Support Services**

Both senior centers offer Dementia and Parkinson's caregiver support groups.

## **Caregiver Day Out Respite Program**

Respite program provides lunch and activities at the Seymour Center on Wednesdays from 11 a.m.-4 p.m. Call the helpline (919) 968-2087 to register.



# **Aging Transitions Team**



**Mary Fraser, DSW**  
(Administrator)

**Keisha Andrews, MSW**  
(Social Worker)

**Lisa Berkley, MSW**  
(Transportation Specialist)

**Carolyn Jefferson, BSN**  
(Caregivers Day Out Coordinator)

**Ryan Lavalley, MOT, OTR/L**  
(Occupational Therapy Consultant)

**Anna Lima, MSW**  
(Bilingual Social Worker/SHIIP Coordinator)

**Beverly Shuford, BS**  
(Information and Benefits Specialist)

**Pam Tillet, MSW**  
(Social Worker)

**Mary-Ann Weston**  
(Social Worker)

**Jenny Womack, MS OTR/L**  
(Occupational Therapy Consultant)

**Zhenzhen Yu, MSW**  
(Bilingual Social Worker)