



RUTHERFORD POLK MCDOWELL
DISTRICT HEALTH DEPARTMENT

Polk County Health and Wellness Resource Guide



Polk County Wellness Coalition
A Healthy Carolinians Partnership

*Working Together for a
Healthy Community*

This health and wellness guide may be viewed online at:

http://www.rpmhd.org/new/health_res/index.htm

Please send additions and corrections for this resource guide to:

Mary Smith, Health Educator

Rutherford-Polk-McDowell District Health Department

408 Spaulding Road

Marion, NC 28752

Phone: 828-925-0140

E-mail: msmith@rpmhd.org

TABLE OF CONTENTS

| | |
|---|-----------|
| Your Role in Preventative Care | 3 |
| Physical Activity | 4 |
| Places to Go for Fun and Physical Activity | 4 |
| Health and Fitness Centers | 7 |
| Alcohol and Addiction Treatment Services | 9 |
| Mental Health Services | 9 |
| Health Care Services | 10 |
| Other Community Services | 13 |
| Phone Directory | 16 |

Your Role in Preventative Care

You are responsible, in large part, for managing your own preventative care. Your primary-care practitioner should be your partner.

There are other important preventative measures —the kind of commonsense steps that could save millions of medical dollars and prevent injury, illness, disability, and premature death. Here's a checklist:

- Don't smoke, and avoid secondhand smoke.
- Maintain a healthy weight.
- Get regular exercise. Brisk walking for just half an hour every day can be a big factor in weight control and in staying healthy.
- Choose a diet low in animal fat and sodium, and rich in fruits, vegetables, whole grains, and low-fat or nonfat dairy products. Eat at least two servings of fish a week.
- Keep alcohol consumption moderate: no more than one drink daily for a woman, two drinks for a man. If you are a heavy drinker, seek counseling, and cut back or quit.
- Do self-exams of your breasts or testes, as well as skin.
- Fasten seat belts, see that kids ride in proper restraints, and obey the law. Drive sober and defensively.
- Brush and floss to prevent dental disease.

Medical experts may disagree about a lot of things, but they all agree that good health depends on improved access to and increased use of preventative services.



PHYSICAL ACTIVITY

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and disability. Health Canada encourages Canadians to integrate physical activity into their everyday life; at home, at school, at work, at play and on the way ... that's active living!

For children, regular physical activity is essential for healthy growth and development. For adults, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.

For seniors, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity also maintains strength, flexibility, balance, and coordination, and can help reduce the risk of falls.

Being physically active not only strengthens your body, it also makes you feel good about yourself.

PLACES TO GO FOR FUN AND PHYSICAL ACTIVITY

Harmon Field

1 Harmon Field Rd., Tryon, NC 28782

Phone: 828-859-5784

Harmon Field is a public park of approximately 45 acres dedicated to sports and recreation. There are paved walking trails, covered picnic tables, a fenced Tiny Tot playground, baseball fields, soccer fields, tennis courts and a seven-hole putting green. Walk the trails and listen to the river or find an old log cabin. Directions: From I-26, take exit 67, NC 108 west toward Tryon. When the road makes a Y, follow the signs to US 176, toward Saluda, to the right onto Harmon Field Rd. Harmon Field will be on your right.

Raymond Fitness Trail

Hospital Dr., Columbus, NC 28722

Located behind St. Luke's Hospital on Highway 108, the foot path features fitness stations as well as an attractive hardwood forest setting. The trail can be accessed via the back parking lot of the hospital from the Polk County Public Library.

Weaverbarton Shuford Memorial Wildlife Sanctuary

Commune with nature and the inner self in this mixed hardwood forest which provides excellent habitat for birds and other wildlife. The 85-acre tract of land is protected by the Pacolet Area Conservancy.

Three interconnecting loops allow you to design your own walk as the trail connects to the St. Luke's Tom Raymond Fitness Trail and the Isothermal Community College Trail. Directions: From I-26, go west on Highway 108 for approximately 1/4 mile. Take a left on Shuford Rd. Look to your right for the parking area and trail sign. For more information contact the [Pacolet Area Conservancy](#) at 828-859-5060.

Woodland Park is approximately 10 acres of natural park located just off Chestnut Street in Tryon. There are wonderful rustic natural trails for short hikes and benches so you can sit next to a meandering stream. For more information contact the Town of Tryon at 828-859-6656

Rogers Park

West Howard St., Tryon

Phone: 828-859-6655

Town park features a 250-seat amphitheater made of stone and a reception/gathering area. A small creek

and short trails meander through the park. The two acre facility is located on West Howard Street behind Tryon Town Hall. It can be reserved for private functions.

Tryon Youth Center

2969 Hwy 176 N

Tryon, NC 28782

Phone: 828-859-3192

The Tryon Youth Center-a place for fun for the entire family-located in the

Pacolet Valley.

Gibson Park

Park St., Columbus, NC 28722

This park features a pool (late May to August), a baseball diamond, an unpaved volleyball court and a small playground.

Stearns Park

E Mills St/Hwy 108, Columbus, NC 28722

Phone: 828-894-8236

Located in the heart of downtown Columbus with a breathtaking view of the mountains on one side and the Historic Polk County Courthouse on the other. There is lots of room for the kids to run and play, with a gazebo, walking track and picnic area as well. Dogs must be leashed.

McCreery Park

Main St., Saluda

Phone: 828-749-2581

McCreery Park features playground equipment and a covered picnic area. Restrooms are available year round. The covered picnic area may be reserved for group gatherings.

Saluda School Tennis Courts and Playground

214 E Main St., Saluda, NC 28773

There are two public tennis courts, one outdoor basketball goal and a baseball field for use by the public when school is not in session, primarily on weekends and summer months. The facilities are located near downtown Saluda.

Pearson's Falls - <http://www.pearsonsfalls.org>

2748 Pearson Falls Rd

Saluda, NC 28733

Phone: 828-749-3031

Beautiful Pearson's Falls is comprised of 268 acres of virgin forest, spring-fed streams and a 90 ft. waterfall.

Spring & Summer Hours - March 1 through October 31

Open Monday through Saturday 10 am to 6 pm (gates close at 5:00 pm)

Sunday noon to 6 pm (gates close at 5:00 pm)

Winter Hours - November 1 through February 28

Open Monday through Saturday 10:00am to 5:00 pm (gates close at 4:00 pm)

Sunday Noon to 5:00 pm (gates close at 4:00 pm)

Closed Thanksgiving, Christmas, New Year's Day and all of January

Admission \$5

Ages 6-12 \$1

Under 6 free

When visiting Pearson's Falls, please remember

the following rules: No Alcohol, No Fires, No Pets (except service and assistance dogs)

No Wading or Swimming



Trails of the Green River Game Lands

Green River Cove Rd
Big Hungry Rd., Saluda, NC 28773
Phone: 1-800-440-7848

The Trails of the Green River Game Lands are a rugged tract of more than 10,000 acres located along the Green River in Henderson and Polk Counties. Owned by the state, the primary purpose of NC Game Lands is wildlife conservation and management--hunting, fishing, trapping are allowed. The Trails in this unique area are maintained to encourage and facilitate foot travel only. There are 16 miles of trails, with access in Polk County at Green River Cove. A map of the hiking trails is available at the First Peak Visitor Center.

Searcy Field

Located along Highway 108 near the Mill Spring cross road, Searcy Field features two baseball fields and limited parking.

Ball Fields at Polk Middle School

321 Wolverine Trail, Mill Spring, NC 28756

This County park offers three baseball fields, a small playground, two tennis courts, a fishing pond with a wooden dock and a hiking trail. For details contact the Polk County Recreation Department at 828-894-8199.

Bike Tours

Biking in rural Polk County provides gentle hills and steep grades where you will encounter mountain vistas, river gorges, and horse farms. Below are a few possibilities from the easy to the highly challenging.

Easy Loops: Warrior Drive - 4 mile loop. Starting at Harmon Field Rd., turn right on US 176, right on Warrior Dr., right on Howard Gap Rd. and return to Harmon Field. Lake Lanier - 4.99 mile loop around Lake Lanier, in and out of NC and SC.

Challenges: Saluda Grade Club - 8 miles from Tryon to Saluda along Scenic Highway/US 176 (900 foot climb).

Fishing in Polk County

Hatchery supported trout waters are stocked with thousands of catchable-size brook, brown and rainbow on a monthly basis from March to August. There's a daily limit of seven trout per day, with no minimum size limit or bait restrictions.

Polk County Hatchery Supported Trout Waters

North Pacolet River from Pacolet Falls to Hwy 108 bridge

Fork Creek Church on SR 1100 to N. Pacolet River

Big Fall Creek portion above water supply reservoir

Green River Henderson County line to mouth of Bright's Creek

Little Cove Creek

Big Fall Creek-portion below water supply reservoir

Cove Creek Camp Creek-Henderson County line Green River

Laughter Pond is stocked with catfish. Located off Highway 108, it can be accessed through the Polk County Recreation Complex at Polk County Middle School. There are no size restrictions on catfish and the daily limit is six catfish per licensed person.

Lake Adger, located in Mill Spring off Silver Creek Rd., has been stocked with Muskellunge (Muskie) as part of the North **Carolina Wildlife Resources** fish stocking program. The Muskies are raised at the Table Rock State Fish Hatchery and the juvenile fish are released into Lake Adger in October. The average size fish released is 8" to 18' in length. Boating: Public boat ramp. Personal boat needed to access lake.

Consult The Regulations Digest for North Carolina Inland Fishing, Hunting and Trapping for guidelines on fishing. The book and licenses are available at Columbus Hardware 828-894-8985, Silver Creek

Campground, Mill Spring 828-894-2331, Curtis Wright Outfitters, Saluda 828-749-3444, Green River Adventures, Saluda 828-749-2800, Jack Scruggs and Son, Green Creek 828-863-2691.

Gibson Park Pool

236 Park St.

Columbus, NC 28722

Phone: 828-894-2646

Public swimming pool. Summer hours: Tuesday through Saturday 12 noon to 5 pm. Sunday, 1:00 to 5 pm. Fee for pool use. Annual pass available.



Green River Cove Tubing— www.greenrivercovetubing.com

5200 Green River Cove Road, Saluda, NC 28773

Green River Cove

Green River Cove Rd., Saluda, NC 28773

Phone: 828-894-2324

North Carolina game lands with two access areas to the Green River--Fish Top and Big Rock offering kayaking, tubing, hiking and other outdoor activities. However, swimming is not allowed. Hiking trail map available through First Peak Visitor Center.

Note: Swimming is illegal (a misdemeanor) at any wildlife access area.

FENCE - Foothills Equestrian Nature Center

<http://www.fence.org>

3381 Hunting Country Rd

Tryon, NC 28782

Phone: 828-859-9021

On this 390-acre nature preserve, find hiking and horseback-riding trails, nature center, pond, boardwalk, and picnic area. FENCE and the Pacolet Area Conservancy Saturday hikes throughout the year. Also, check the calendar for equestrian events, bird walks, concerts, and more. Free and open to the public. Lodge is available for private gatherings with reservation and rental fee.

DIRECTIONS: From I-26, East or West - Take S.C. Exit #1 from I-26, toward Landrum, S.C. Go 1.5 miles, then turn right onto Bomar Road (look for the Land Mart on the corner). Go one short block and turn right onto Prince Road. After 1.7 miles, turn left onto Hunting Country Road, just before the I-26 bridge. Go .6 mile to the FENCE entrance on the right.

HEALTH & FITNESS CENTERS IN POLK COUNTY

Adawehi Institute & Healing Center <http://www.adawehi.com>

93 Adawehi Lane

Columbus, NC 28722

Phone: 828-894-0124 ext. 1 or 828-894-5260

Healing must happen on all four levels of a person's being – physical, emotional, mental, and spiritual.

Adawehi offers healing in whichever of these four areas you need support.

Healing Services at Adawehi include:

Chiropractic Care, Massage Therapy, Nutrition Counseling, Colon Hydrotherapy, Acupressure with Color and Sound, Life Counseling, and Music Imagery for children are all provided by healing practitioners who excel in their arts.

Ongoing **Wellness Classes** offered at Adawehi include:

- **Personal Growth Classes** Blocked expression can lead to illness. Through these classes you can learn how to express more of the real you.
- **Iyengar Yoga** Allow your body to gently stretch, tone, and release with respect for where you are. Peacefully build strength and flexibility.
- **Chair Yoga** Gently improve posture, release tension, and increase core strength with a series of poses using an ordinary straight back chair.
- **T'ai Chi** Experience your own "moving meditation" and greatly enhance your energy flow and relaxation.
- **Healthy Cooking** Learn to prepare healthy recipes using seasonings and herbs instead of fat, sugar, and salt.
- **African Drumming** Experiencing different rhythms through drumming helps you to expand your physical awareness of life's natural pace.
- **Orff Music for Children** Children take on the stress that surrounds them. Support that release by allowing your child to explore and create music, using rhymes, rhythms, movement, songs, mallet and unpitched percussion instruments.
- **Toning/Abs** Experience gentle yet effective exercises that build strength in your abdominal area while providing overall body toning. Improve your body awareness, flexibility, posture and grace!
- **Trinity Workout** No nonsense self-defense at a heart pumping cardio pace. Every move is broken down into 3 easy steps without punches or risky high kicks. Fun fitness for ages 12-90.

Adawehi Fitness Facility

93 Adawehi Lane
Columbus, NC 28722
Phone: 828-894-5260
<http://www.adawehi.com>

This is not your typical gym. The Adawehi Fitness Gym is a warm and inviting place where local folks come to exercise at their own pace. Our equipment is state-of-the-art and extremely well maintained. If you are looking for a place to grow your physical health, check it out. Your body will thank you!

Foothills Wellness Center

10 N Trade St, Tryon, NC 28782
Phone: (828) 859-5004
Chiropractic, alternative internal health, and sports medicine

Healthy Balance Yoga

104 Palmer St
Tryon, NC 28782
Phone: 828-817-1064

Creating a peaceful, healthy haven for balance, personal growth and loving renewal also teach NIA, a form of movement and dance for stress relief

Pro Physical Therapy - <http://www.prophysicaltherapy.com>

60 Shuford Rd
Columbus, NC 28722
Phone: 828-894-0277

Offering physical fitness and massage therapies. Nautilus, Pilates, spinning and yoga classes, fitness & weight loss programs, personal trainers and physical therapists on site.

Tryon Health and Fitness Club

66 Academy St
Tryon, NC 28782
Phone: 828-859-5935

Don't abandon your fitness routine just because you are on vacation. Join us for yoga, Pilates, mobility balancing, agility, step aerobics, urban rebounding, body sculpting. Personal trainers available. Various classes offered.

ALCOHOL AND ADDICTION TREATMENT & MENTAL HEALTH SERVICES

For Immediate Help call 1-800-951-3792 to guide you through the process and help find an appropriate provider of services.

Addiction Recovery Institute

92 Pacolet Street
Tryon, NC
828-859-2277

<http://addictionrecoveryinstitute.org/index.htm>

A non-profit corporation providing leadership training and professional development services to the mental health and substance abuse fields. Established in 2002, ARI utilizes a faculty made up of leading authorities in the field to offer state-of-the-art training designed to improve the professional competence and private lives of participants. It also provides research, consulting, referral and educational services to public and private organizations and individuals.

Provides Comprehensive Intervention Services to Families:
Planning, Execution, Follow-up

Addiction Recover Institute Provides Faith-based Services:

To educate ministers, staff and lay leaders on addiction issues so as to increase their knowledge, awareness and understanding in ways that enhance their ministry, and to explain the vital role faith communities can (must) play in Recovery Oriented Communities of Care

To prepare participants for an effective SBIRT (Screening, Brief Intervention, Referral to Treatment) program in their churches

To offer ongoing training and dialogue on related issues such as:

Spiritual dimension of the 12 Steps

Mental health and substance abuse recovery awareness and support services

Community resources

How/when/where to refer

ARP Addiction Recovery & Prevention

828-254-2700
Toll-free: 877-678-2696
Fax: 828-254-1524
Email: info@arpnc.org
www.arpnc.org

Referral Information for:

- Substance Abuse & Mental Health Assessments
- Adult & Youth Substance Abuse treatment
- DWI Assessments, Education & Treatment
- Integrated Mental Health & Substance Abuse Counseling
- Family and Marriage Counseling
- Medication Management - Psychiatric

- Residential Treatment for Pregnant Women & Mothers - Mary Benson House
- Science-based Prevention & Education Programs
- Methamphetamine and Crack Cocaine Treatment
- Workplace Substance Abuse Assessments & Treatment

Cooperris

101 Healing Farm Lane
Mill Spring NC 28756
Phone: 828-894-5557

<http://www.cooperris.org/>

CooperRiis is a healing community whose mission is to enable individuals, whose lives are impeded by mental illness or emotional distress, to develop their capabilities for creativity, wholeness, relationship and optimal health, so that they can achieve their highest levels of fulfillment and functioning and respond productively to their future challenges and opportunities for growth.

Family Preservation Services

330 Carolina Drive
Tryon, NC 28782
Business: (828) 859-6661
Fax: (828) 859-9487

Individual, family and group therapy, community based professional and paraprofessional services.

Pavillon

241 Pavillon Place
Mill Spring, NC 28756
Phone: 800-392-4808
<http://www.pavillon.org/>

Residential and Outpatient Drug and Alcohol Treatment Center

Polk County Community Wellness Center

801 W. Mills St.
Columbus, NC 28722
828-894-2222

An integrated care facility with services for primary care, mental health, addictions and substance use disorders.

Western Highlands Network

356 Biltmore Ave.
Asheville, NC 28801
828-225-2800
800-951-3792
www.westernhighlands.org

HEALTH CARE SERVICES

Assertive Community Treatment Team (ACT Team)

668 Withrow Rd.
Forest City, NC 28043
Phone: 828-287-9913

ACT's goal is to give consumers adequate community care and help them have a life that isn't dominated by their mental illness. ACT Teams work with consumers to see which medication works best for them, find housing, apply for food stamps, go back to school, get a job, etc.

CAP Community Alternatives Program for Disabled Adults

St. Luke's Hospital

101 Hospital Dr.
Columbus, 28722
Phone: 828-894-0564 or 828-894-0563
In home nursing care.

Center for Behavioral Medicine

St. Luke's Hospital
101 Hospital Dr.
Columbus, NC 28722
Phone: 828-894-3311 or 828-429-9492
Geriatric– Psychiatric Inpatient Care

**Color and Sound with Acupressure
Adawehi Institute & Healing Center**

400 Adawehi Court
Columbus, NC 28722
Phone: 828-894-0124 ext. 4

http://www.adawehi.com/healers/color_sound_acupressure.asp

This natural healing treatment can clear out energetic blockages, relax tight muscles, improve circulation, reduce stress, and provide a sense of relaxation and rejuvenation. Many find this healing therapy effective for such conditions as arthritis, migraines, colds/flu, back pain, digestive problems, menstrual cramping, and general well being.

Collins Dental Center

158 White Drive
Columbus, NC
Phone: 1-866-216-6884

Established to serve children from Polk and Rutherford Counties. Accept Medicaid and Health Choice insurance only, and have a sliding fee scale for uninsured patients.

Community Health Connections

2186 A Lynn Rd.
Lynn, NC 28750
Phone: 828-894-3308
In-home personal nursing aid assistance.

Polk County Health Department

161 Walker Street
Columbus NC 28722
Phone: 828-894-8271

www.rpmhd.org

Child health clinic for well child exams, child service coordination, pregnancy testing and referral, WIC nutrition education, children's and adults immunizations, women's preventive health screenings, family planning services for women of child bearing age, Maternal Care Coordination (Baby Love), referrals to OB doctors for pregnant women ,post partum home visits for mother and New Born Screening home visit for infants, Communicable Disease and Sexually Transmitted Disease testing counseling and treatment.

Polk County Home Health Agency

161 Walker Street
Columbus, NC 28722
Phone: 828-894-5395

Home health aide: Registered nurse, physical therapy, speech therapy, occupational therapy, medical social worker; Medicare and Medicaid certified; Private insurance accepted. Accredited by the Commission for Health Care.

Saluda Medical Center, Inc.

86 Greenville St.
Saluda NC 28773
Phone: 828-749-4411

- Primary and continued patient care
- Preventive care/Well Exams
- Pediatric and geriatric services
- Minor surgical procedures
- Disability, employment, and DOT physicals
- Sports physicals
- Immunizations and Flu shots
- Family Planning—Referral to medical specialty

St. Luke's Hospital Outpatient Rehabilitation Center

799 B W. Mills St.
Columbus, NC
Phone: 828-894-8419

Certified physical and occupational speech therapists to treat variety of illnesses and injuries with limited gym membership following discharge.

CHIROPRACTIC CARE

Adawehi Institute & Healing Center

Dr. Bob Lilly
400 Adawehi Court
Columbus, NC 28722
Phone: 828-894-0124 ext. 3
http://www.adawehi.com/healers/directional_non_force_chiropractic.asp

Dr. Winn Sams
93 Adawehi Lane
Columbus, NC 28722
Phone: 828-894-5260
http://www.adawehi.com/healers/activator_technique_chiropractic.asp

Baker Chiropractic

1053 South Trade Street, Tryon - (828) 859-5055

Carolina Medical Multi-Care

89 East Mills Street, Columbus - (828) 894-0377

Becker, Daniel J DC

104 Palmer Street, Tryon - (828) 817-5524

Rindge, Fred H DC

54 South Trade Street, Tryon - (828) 859-6976

MASSAGE THERAPY

Adawehi Institute & Healing Center

Deep Tissue Massage

Russell Woods, LMBT (NC License #732)

400 Adawehi Court

Columbus, NC 28722

Phone: 828-894-0124 ext. 2

http://www.adawehi.com/healers/deep_level_emotional_release_massage_therapy.asp

Since beginning his practice in 1991, Russell Woods has developed his own unique and innovative approach to bodywork that he calls the Deep Level Emotional Release technique. Using this natural healing approach, Russell is able to access the deeply held, stuck emotions that generate muscular tension and blocked energy flow.

Relaxing Massage

Louise Hillenbrand, LMBT (NC License #1608)

93 Adawehi Lane

Columbus, NC 28722

Phone: 828-894-5260

http://www.adawehi.com/healers/relaxing_massage_therapy.asp

Louise incorporates a variety of massage techniques in her practice that she has developed in her years of providing natural healing massages including: Hot Stone Massage, Swedish, Deep Tissue, Polarity, and Shiatsu; each designed for ultimate relaxation and nurturing.

Color and Sound with Acupressure

Autumn Singleton, LMBT (NC License #9228)

400 Adawehi Court

Columbus, NC 28722

Phone: 828-894-0124 ext. 4

http://www.adawehi.com/healers/color_sound_acupressure.asp

During a healing session with Autumn Singleton, you will receive a head-to-toe front and back treatment of all the acupuncture meridian lines. If you have a specific ailment, Autumn activates acupressure and hand/foot reflex points to promote the natural healing process.

OTHER COMMUNITY SERVICES

Access II Care

Call Patsy Brock, Health Navigator for an appointment

Phone: 828-899-0194

Help the uninsured find healthcare, mental health, substance abuse and social services.

American Red Cross, Polk County Chapter

231 Ward Street

Columbus NC 28722

Phone: 828-894-2700

Area Agency on Aging

PO Box 841

111 West Court Street

Rutherfordton, NC 28139

828-287-2281

www.regionc.org

An advocate for Senior Adults

Big Brothers Big Sisters of WNC

301 N. Trade St.
Tryon NC 28782
Phone: 828-859-5364
Youth Services / Mentoring

JobLink/Employment Security Commission

Department of Social Services
330 Carolina Drive
Tryon, NC 28782
Phone: 828-859-5825
At DSS every Tuesday, call for an appointment

Listening Heart Crisis Center**CALL (877) 344-0669**

Cliff Rubin, Executive Director
Email at cliff@listening-heart.org
Website: <http://listeningheartcrisiscenter.org/>
Provides peer listening and referral to individuals in crisis seeking emotional support;
Services to reassure the elderly that they are not alone and connect them with the services they need.

Meeting Place Senior Center

75 Carmel Lane
Columbus, NC 28722
Phone: 828-894-0001

Meeting Place Senior Center

Suite B
330 Carolina Dr, Tryon - (828) 859-9708
<http://www.polknc.org/departments/meetingplace/index.php>

Green Creek Family Life Center

25 Shields Road
Columbus, NC 28722
828-863-2795

All three facilities serve seniors 60+ years of age with a broad range of services and activities
Meals, Congregate served at center
Home delivered meals, delivered to homebound residents
Senior Health Insurance Information Program (SHIIP) Trained Counselors, to help with questions regarding your Medicare claims
Health Screenings
Information and Referral

NC Cooperative Extension Service

Annex Bldg Gibson and Ward St
Columbus NC 28722
PO Box 187
8:30-5:00 Mon-Fri
Phone: (828) 894-8218

Website: <http://polk.ces.ncsu.edu>

Provides research-based information and education to help families and individuals improve quality of life. Programs include nutrition and wellness, parenting and care giving, financial management, safe and healthy environments, and leadership development.

N.C. Vocational Rehabilitation

277 Commercial Dr.
Forest City NC 28043
Phone: 828-245-1223 828-245-1224

Counseling, training, education, transportation, job placement, assistive technology and other support services. These services are provided to people with physical, psychiatric or intellectual disabilities to assist them with living independently and with finding a job and staying on the job.

N.C. Vocational Rehabilitation

277 Commercial Dr.
Forest City NC 28043
Phone: 828-245-1223 828-245-1224

Counseling, training, education, transportation, job placement, assistive technology and other support services. These services are provided to people with physical, psychiatric or intellectual disabilities to assist them with living independently and with finding a job and staying on the job.

Pisgah Legal Services

PO Box 2276
Asheville, NC 28802
828-253-0406
1-800-489-6144
www.pisgahlegal.org

Polk County Department of Social Services

330 Carolina Drive
Tryon, NC 28782
828-859-5825

Polk County Transportation Authority

PO Box 308
Columbus, NC 28722
828-894-8203
<http://www.polknc.org/departments/transportation/index.php>
Transportation services for medical and shopping needs

Polk County Wellness Coalition

Phone: 828-899-9355
Community members working together to address health needs related to prevention education, access to care, mental health, substance abuse and obesity. Monthly meetings are held on the 4th Thursday at the Polk Co. Public Library, 1289 W Mills St., Columbus, NC

Polk Vocational Services

451 Industrial Park Drive
Columbus, NC 28722
828-894-3041

Social Security Administration

205 S. Grove St.
Hendersonville, NC 28792
828-692-0534
1-800-772-1213
www.socialsecurity.gov

Steps To Hope, Inc.

60 Ward Street
Columbus NC 28722
Phone: 828-894-2340

Helps victims of domestic violence and sexual assault and provides support programs designed to prevent and break the generational cycle of violence in our community.

Thermal Belt Habitat For Humanity

PO Box 626
 Tryon, NC 28782-0626
 Phone: (828) 894-0197

Thermal Belt Outreach

PO Box 834
 Columbus NC 28722
 Phone: 828-894-2988 828-894-2352
 Helps people out of crisis situations and into self-sufficiency.

Veterans Service Office

330 Carolina Drive
 Tryon, NC 28782
 828-859-5121
<http://www.mass.gov/?pageID=veteranshomepage&L=1&L0=Home&sid=Eveterans>

Emergency Services

| | Columbus | Saluda | Tryon |
|-------------------|-----------------|---------------|--------------|
| Police | 894-3001 | 749-2691 | 859-9195 |
| Fire | 894-3001 | 692-3233 | 859-9335 |
| Hospital | 894-3311 | 894-3311 | 894-3311 |
| Ambulance Service | 894-3001 | 894-3001 | 894-3001 |
| Rescue Squad | 894-3001 | 894-3001 | 859-9195 |
| Sheriff | 894-3001 | 894-3001 | 894-3001 |

Polk County Offices

| | |
|-----------------------------|----------------|
| Animal Control | (828) 894-3001 |
| Board of Commissioners | (828) 894-3301 |
| Board of Elections | (828) 894-8181 |
| Building & Fire Inspections | (828) 894-3739 |
| Communications | (828) 894-3001 |
| Cooperative Extension | (828) 894-8218 |
| County Manager | (828) 894-3301 |
| Economic Development | (828) 894-2895 |
| EMS and Emergency Services | (828) 894-3067 |
| Finance | (828) 894-3302 |
| Jail | (828) 894-3001 |
| Library | (828) 894-8721 |
| Planning and Zoning | (828) 894-2732 |
| Public Buildings | (828) 894-5350 |
| Recreation | (828) 894-8199 |
| Registrar of Deeds | (828) 894-8450 |
| Sheriff | (828) 894-3001 |
| Social Services | (828) 859-5825 |
| Soil and Water | (828) 894-8550 |

| | |
|----------------------------|----------------|
| Solid Waste | (828) 894-3737 |
| Systems Coordinator | (828) 894-3001 |
| Tax Assessor and Collector | (828) 894-8954 |
| The Meeting Place | (828) 894-0001 |
| Transportation | (828) 894-8203 |
| Travel and Tourism | (828) 894-2324 |

DIAL 911 FOR EMERGENCIES



RUTHERFORD POLK MCDOWELL DISTRICT HEALTH DEPARTMENT

www.rpmhd.org

**In Polk County:
161 Walker Street
Columbus, NC 28722**

**Health Department 828-894-8271
Home Health 828-894-5395
Environmental Health 828-894-3557
Dental Health 828-287-6018
WIC (Women, Infants and Children) 828-894-3888**