

Prevention & Wellness Services

Making Choices for a Healthier Future

A better theme for 2007 Older American's Month or any month this year for that matter, is just "Beat It". I am amazed by the resiliency of the "Greatest Generation". For example, a 91 year old man works out on a treadmill three times a week because he refuses to let a recent hip replacement keep him down. Rather, he reports, he is going to "beat it." My own 81 year old mother is insisting upon major surgery because she refuses to live for the rest of her life with an infection that she contracted during heart surgery. The heart surgery was successful, but the infection has kept her house bound for the three years. She's had enough; she's fighting back. The current senior population starting making healthy choices years ago; they gave up smoking, they started health food stores and food coops, they embraced nutritional supplements to enhance health, they starting cutting fat out of their diets, growing their own food, making their breads, all by choice.

Based upon these life style changes, it should NOT be a surprise that more and more people are living into their 90's or over 100 years of age. The Greatest Generation has also proven that taking care of others helps them take care of themselves. Many seniors spend many hours volunteering in this community to improve the quality of life for all of us. Over 85 percent of seniors volunteers report that they feel like their volunteer activities make a positive impact on the community. Ninety-four percent of senior volunteers report that they feel better, physically and mentally, as a result of their volunteering activities. Seems to me that the current senior population has written the best prescription for a long, healthy life....take control, fight back, give to others, and live life to the fullest. *Trena K. Palmer MSW/MPA, Executive Director of Charlotte Mecklenburg Senior Centers*

AARP

601 E. St, NW, Washington, DC 20049
T 888 687 2277 www.aarp.org

AARP – North Carolina State Office

225 Hillsborough St, Suite 440, Raleigh, NC 27603
T 866 389 5650 ncaarp@aarp.org

American Council on Exercise

4851 Parmount Dr., San Diego, CA 92123
T 800 825 3636

American Lung Association

8801 Lake Boone Trail, Ste 190, Raleigh, NC 27607
T 800 892 5654

American Senior Fitness Association

PO Box 2575, New Smyrna Beach, FL 32170
T 800 243 1478
www.seniorfitness.org

American Stroke Association

7272 Greenville Ave., Dallas, TX 75231
T 888 478 7653

Center for Disease Control

P.O. Box 6003, Rockville, MD 20850
T 800 342 2437 www.cdcnpin.org

Diabetic Support Program

3381 Fairlane Farms Rd, Ste 1A, Wellington, FL 33414
T 800 799 1477

Eldercare Exercise Locator

T 800 677 1116
<http://www.eldercare.gov/>

Epilepsy Association of NC

MC Bldg, Medical Center Blvd, Rm 536,
Winston-Salem, NC 27157 T 800 451 0694

National Association of Geriatric Care Managers

1604 N. Country Club Rd., Tucson, AR 85716
T 520 881 8008 www.caremanager.org

National Council on Aging

300 D St, SW, Ste 801, Washington, DC 20026
T 202 479 6973 www.ncoa.org

National Heart, Lung, and Blood Institute

Building 31, Room 5A48, 31 Center Dr MSC 2486,
Bethesda, MD 20892
T 301 592 8573 www.nhlbi.nih.gov

National Safety Council

1121 Spring Lake Dr., Itasca, IL 60143
T 630 285 1121 info@nsc.org

National Mental Health Association

2000 N Beauregard St, 6th Fl., Alexandria, Virginia 22311
T 800 969 6642 www.nmha.org

President's Council on Physical Fitness and Sports

Dept W, 200 Independence Ave, SW., Washington, DC 20201
T 202 690 9000 www.fitness.gov

WebMD

669 River Dr, Center 2, Elmwood Park, NJ
T 201 703 3400 www.webMD.com

ANSON

Grace Senior Center

199 NC Hwy 724 S, Wadesboro, NC 28170
T 704 694 6616

CABARRUS

Senior Center

Department of Aging
331 Corban Ave. SE, Concord, NC 28025
T 704 920 3484

United Family Services

952 Copperfield Blvd, Concord, NC 28025
T 704 786 7918

YMCA Senior Center

115 YMCA Dr., Kannapolis, NC 28081
T 704 939 9627

YMCA

101 YMCA Dr, Kannapolis, NC 28081
T 704 939 9622
5325 Langford Ave, NW, Concord, NC 28027
T 704 795 9622

CLEVELAND

Neal Senior Center

100 T.R. Harris Drive, Shelby, NC 28150
T 704 482 3488

YMCA

411 Cherryville Hwy, Shelby, NC 28150 T 704 484 9622
12 East College Ave, Boiling Springs, NC 28017 T 704 434 0441
211 N Cleveland Ave, Kings Mtn, NC 28086 T 704 739 9631

Prevention & Wellness Services (continued)

GASTON

Adult Recreation Center

519 W. Franklin Blvd, Gastonia, NC 28052
T 704 866 6848

American Cancer Society

246 E. Garrison Blvd., Gastonia, NC 28054
T 704 864 1271

Gaston County Senior Center

1303 Dallas-Cherryville Hwy., Dallas, NC 28034
T 704 922 2170

YMCA

615 W Franklin Blvd, Gastonia, NC 28052 T 704 865 8551
196 YMCA Dr, Belmont, NC 28012 T 704 822 9622
119 E Main St, Cherryville, NC 28021 T 704 435 9620
3210 Union Rd, Gastonia, NC 28065 T 704 865 2193

IREDELL

Senior Center

344 East Front St., Statesville, NC 28687
T 704 873 5171

South Iredell Senior Center

215 N. Main St., Mooresville, NC 28115
T 704 663 5112

Iredell County YMCA

828 Wesley Dr., Statesville, NC 28677
T 704 873 9622

LINCOLN

Lincoln County Senior Center

514 S Academy St., Lincolnton, NC 28093
T 704 732 9053

MECKLENBURG

Al-Alon Family Groups

Serving Cabarrus, Mecklenburg & Union
4800 Wedgewood Dr., Charlotte, NC 28210
T 704 333 9523 T 800-344-2666

Alcoholics Anonymous

1427 South Blvd, Ste 106, Charlotte, NC 28203
T 704 332 4387

Alzheimer's Association

Western Carolina Chapter
3800 Shamrock Dr., Charlotte, NC 28215
T 704 532 7392 P 800-888-6671 www.alz-nc.org/northcarolina

American Cancer Society

6000 Fairview Rd, Ste 200, Charlotte, NC 28210
T 704 552 6147

American Diabetes Association

222 S. Church St, Ste 336M, Charlotte, NC 28202
T 704 373 9111 www.diabetes.org

American Heart Association

222 S. Church St, Ste 303, Charlotte, NC 28202
T 888 478 7653

American Red Cross - Carolina Region

2425 Park Rd., Charlotte, NC 28203
T 704 376 1661

Arthritis Foundation - Carolinas Chapter

4530 Park Road, Ste 230, Charlotte, NC 28209
T 800 883 8806 or 704 529 5166
<http://www.arthritis.org>

Carolina Center for Development & Rehabilitation

1718 E 4th St., Charlotte, NC T 704 372 5997

Carolinas Physical Therapy Network

10724 Park Rd., Bldg 500, Ste 502, Charlotte, NC
T 704 544 4540

Charlotte Institute of Rehabilitation

1100 Blythe Blvd., Charlotte, NC T 704 355 4300

Charlotte Mecklenburg Senior Games

P.O. Box 36857, Charlotte, NC 28236
T 704 332 4020 www.cmseniorgames.org

Diabetes Center - Carolinas Medical Center

1025 Morehead Medical Dr, Ste 500, Charlotte, NC 28204
T 704 347 4033

Korean Senior Center

517 A Blair Rd., Charlotte, NC 28217
T 704 689 8013

Levine Senior Center

1050 DeVore Lane Matthews, NC 28105
T 704 846 4654

Leukemia and Lymphoma Society

5950 Fairview Rd, Ste 250, Charlotte, NC 28210 www.tlls.org
T 704 998 5012

Lupus Foundation of America

2540 Plantation Center Dr, Unit 4B, Matthews, NC 28105
T 704 849 8271

Mecklenburg Aquatic Center

800 E 2nd St., Charlotte, NC 28202
T 704 336 3483

Metrolina Aids Project

227 East Blvd., Charlotte, NC 28203
T 704 333 1435 www.metrolinaaidsproject.org

Muscular Dystrophy Association

5950 Fairview Rd, Ste 320, Charlotte, NC 28210
T 704 567 2912 www.mdasa.org

National Kidney Foundation

5950 Fairview Rd, Ste 550, Charlotte, NC 28210
T 704 552 1351 www.nkfn.org

National Multiple Sclerosis Society

9801-I Southern Pines Blvd., Charlotte, NC 28273
T 704 525 2955
www.nationalmssociety.org

North Meck Senior Services

(Providing classes in Huntersville, Davidson and Cornelius)
T 704 892 4041

Parkinson Association of the Carolinas

601 E Fifth St, Ste 140, Charlotte, NC 28202
T 704 248 3722 www.parkinsonassociation.org

Senior Health Program @ Bette Rae Thomas Center

2921 Tuckaseegee Rd., Charlotte NC 28208
T 704 393 7333

Shamrock Senior Center

3925 Willard Farrow Dr., Charlotte NC 28215
T 704 531 6900

Tyvola Senior Centers

2225 Tyvola Rd., Charlotte, NC 28210
T 704 522 6222

Prevention & Wellness Services (continued)

United Family Services

601 E. Fifth St, Ste 400, Charlotte, NC 28202
 T 704 332 9034 info@ufscit.org
 153 N. Main St., Mooresville, NC 28115
 T 704 663 1520
 9601 Holly Point Dr, Ste 200, Huntersville, NC 28078
 T 704 655 8745

West Side Wellness Program

2921 Tuckaseegee Rd., Charlotte, NC 28208
 T 704 393 7333.

YMCA

9405 Bryant Farms Rd, Charlotte, N 28277 T 704 716 4600
 400 E Morehead St, Charlotte, NC 28203..... T 704 716 6100
 900 W. Trade St, Charlotte, NC 28202..... T 704 716 4700
 5900 Quail Hollow Rd, Charlotte, NC 28210..... T 704 716 6800
 3025 N Davidson St, Charlotte, NC 28205..... T 704 716 6300
 21300 Davidson St, Cornelius, NC 28..... T 704 716 4400
 1402 E Gaston St, Lincolnton, NC..... T 704 748 9311
 3801 Beatites Ford Rd, Charlotte, NC 28216..... T 704 716 6500
 664 E Plaza Dr, Mooresville, NC 28117 T 704 716 4000
 6824 Democracy Dr, Charlotte, NC 28212..... T 704 716 6600
 3127 Weddington Rd, Matthews, NC 28105 T 704 716 4200
 2135 Ayrley Town Rd, Charlotte, NC 28104 T 704 716 4900
 8100 Old Mallard Creek Rd, Charlotte, NC 28262... T 704 716 6700
 301 S College St, Charlotte, NC 28202..... T 704 716 6400
 2633 West Blvd, Charlotte, NC..... T 704 716 4800

YWCA

3420 Park Rd., Charlotte, NC 28209
 T 704 525 5770 www.ywcacentralcarolinas.org

ROWAN

American Cancer Society

828 Jake Alexander Blvd., Salisbury, NC 28144
 T 704 857 0614

Hurley YMCA

828 W. Jake Alexander Blvd., Salisbury, NC 28144
 T 704 636 0111 www.rowanymca.com

J Fred Corriher YMCA

950 Kimball Rd, China Grove, NC 28023
 T 704 857 7011

NCSU Cooperative Extension-Rowan Ctr.

2727-A Old Concord Rd, Salisbury, NC 28146
 T 704 216 8970 http://rowan.ces.ncsu.edu

Rowan County Senior Services Dept.

1120-A Martin Luther King Jr Ave., Salisbury NC 28144
 T 704 216 7700

Rowan Park/Recreation

6800 Bringle Ferry Rd, Salisbury, NC 28146
 T 704 216 7800 www.co.rowan.nc.us/parks

Rufty Holmes Senior Center

1120 S. Martin Luther King Jr. Ave., Salisbury, NC 28144-5658
 T 704 216 7714

Saleeby-Fisher YMCA

790 Crescent Rd, Rockwell, NC 28138
 T 704 279 1742

Salisbury Park/Recreation

132 N Main St, Salisbury, NC 28144
 T 704 638 5294 www.salisburync.gov/pkrec

Salisbury/Rowan Senior Games and Silver Arts

3541 Old Mocksville Rd., Salisbury NC 28144
 T 704 216 7783

STANLY

Stanly County Senior Center

283 N. 3rd St., Albemarle NC 28001
 T 704 986 3769

YMCA of Stanley County

427 N 1st St., Albemarle NC 28001
 T 704 982 1916

UNION

Council on Aging

1401 Skyway Dr., Monroe, NC 28111
 T 704 292 1799

Ellen Fitzgerald Senior Center

327 South Haynes St., Monroe, NC 28112
 T 704 282 4657

United Family Services

105-A E. Jefferson St, Monroe, NC 28112
 T 704 226 1352

LANCASTER, SC

Prime Time for Seniors

309 S. Plantation Rd., Lancaster, SC 29720
 T 803 285 6956
 T 704 434 0441

YORK COUNTY, SC

Aquatic Center

325 Rawlinson Rd., Rock Hill, SC 29732
 T 803 817 7665
 857 Promenade Walk, Fort Mill, SC 29708
 T 803 548 8020
 107 South Main St., Clover, SC 29710
 T 803 222 9622
 157 Columbia St., Chester, SC 29706
 T 803 581 9622

Catawba Indian Nation Senior Center

985 Avenue of the Nations, Rock Hill, SC 29730
 T 803 328 2208

York County Council on Aging

Rock Hill Senior Citizens Center

917 Standard St., Rock Hill, SC 29730
 T 803 327 6694

York Senior Center

14 North Congress St., York, SC 29745
 T 803 684 6115

YMCA

103 East Madison St., York, SC 29745
 T 803 684 2247
 1735 Heckle Blvd., Rock Hill, SC 29732
 T 803 366 9622
 402 Charlotte Ave., Rock Hill, SC 29732
 T 803 329 9622
 107 South Main St., Clover SC 29710
 T 803 222 9622
 857 Promenade Walk, Fort Mill, SC 29708
 T 803 548 8020
 1785 Gold Hill Rd., Fort Mill, SC 29708
 T 803 548 9622