

Senior Resource Directory

Lee-Russell Council of Governments Area Agency on Aging



LEE-RUSSELL
COUNCIL OF GOVERNMENTS

SERVING SENIORS AND INDIVIDUALS WITH DISABILITIES IN LEE AND RUSSELL COUNTIES OF ALABAMA

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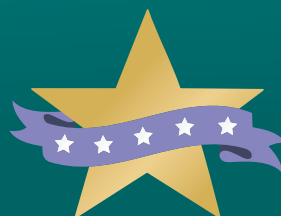
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AT TUSCALOOSA SUPPLY COMPANY, WE PARTNER WITH YOU TO DELIVER MORE THAN JUST SUPPLIES — IT COMES WITH HOPE AND A SMILE AS WELL. TRUST US AS YOUR MEDICAID WAIVER SUPPLIER, AND WE WILL BE SURE TO TAKE CARE OF OUR UTMOST PRIORITY:
YOU!



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henry@tuscsupplyco.com

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205-561-7001
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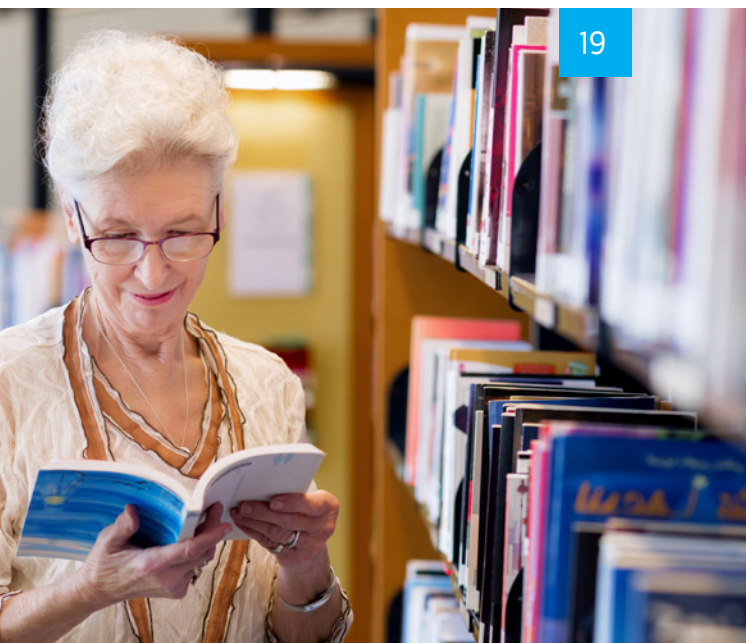
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205-861-7415
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COUNCIL OF GOVERNMENTS



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**Lee-Russell Council
of Governments**

2207 Gateway Drive
Opelika, AL 36801

334-749-5264 or
1-800-AGE-LINE

www.lrcog.com

Your Area Agency On Aging

■ The Lee-Russell Council of Governments Area Agency on Aging is part of a state-wide aging network that provides a variety of home and community based services to seniors and those living with disabilities and their caregivers in Lee and Russell Counties.

The Lee-Russell Council of Governments (LRCOG) is pleased to serve and provide assistance and benefits to seniors and those living with disabilities and their caregivers in Lee and Russell Counties.

AGING AND DISABILITY RESOURCE CENTER (ADRC)

The Aging and Disability Resource Center assists seniors and individuals with disabilities, their families, and caregivers by connecting them to social service and health care resources. Individuals may work with an ADRC specialist in person or by phone.

The ADRC can help provide access to options such as counseling, long term care support, assistance with program applications and more.

ALZHEIMER'S AND CAREGIVERS SUPPORT GROUP

Monthly meetings for professional caregivers, family caregivers, and personal caregivers are provided for those who have loved ones with Alzheimer's disease, dementia, or other chronic diseases. The support group provides emotional support, information and education. Call 334-749-5264 for location and times.

ALABAMA CARES

Alabama Cares is a program designed to support family caregivers by providing training, assistance, and resources to help them take care of their aging loved ones and themselves.

Services Provided:

- Information on local resources
- Counseling
- Homemaker and personal care services
- Respite care
- Supplemental services for caregivers

LEGAL ASSISTANCE

Representation and/or consultation for persons over the age of 60 in the areas of:

- Social Security
- SSI
- Medicare/Medicaid
- Durable Power of Attorney
- Estate Planning
- Guardianship/Conservatorship Defense
- Long-Term Care Planning
- Retirement Planning
- Elder Abuse



SENIORX

Alabama SenioRx is a program designed to assist seniors with applying for free or discounted medications that are offered by pharmaceutical companies. SenioRx is also able to assist persons of any age that have received a letter stating that they qualify for disability and are in the waiting period of 24 months for prescription drug coverage.

If a person has prescription insurance in their job or has a Medicare Part D plan that does not cover the medication needed, or if the co-pay is too expensive, SenioRx can possibly help with that medication.

OMBUDSMAN

The Ombudsman investigates complaints and answers questions from residents and their families concerning care in nursing homes, domiciliary, and other long-term care facilities. This program is part of Alabama's continuing effort to improve conditions for seniors in long-term care facilities. The Ombudsman is available to help family members make decisions about long-term care. The Ombudsman is also available for



Your Area Agency On Aging

speaking engagements to discuss long-term care options. Volunteers are welcome.

Areas in which the Ombudsman may assist:

- Resident Care
- Long Term Care Counseling
- Billing Problems
- Lost/stolen items
- Suspected Abuse
- Facility Problems
- The overall wellbeing of clients and residents in a long-term care facility

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

SHIP counselors are committed to helping Medicare beneficiaries make informed choices regarding insurance benefits. Counselors are not affiliated with any insurance company and will not attempt to sell insurance. All counseling records are strictly confidential.

Areas of assistance:

- Medicare Benefits
- Medicare Prescription Drug Plan Option
- Supplemental Insurance (Medicap)
- Long Term Care Insurance Options
- Medicare Claims and Appeals

ALABAMA COMMUNITY TRANSITION (ACT) WAIVER

The Alabama Community Transition Waiver serves individuals with disabilities or long-term care illnesses who currently reside in an institution and who desire to transition to the home or community setting.

Alabama Community Transition (ACT) may provide:

- Case Management
- Assistive Technology
- Home Delivered Meals
- Skilled Nursing (upon availability)

- Home Modifications (upon approval)
- Transitional Assistance
- Homemaker Services
- Personal Care Services
- Respite Care
- Personal Assistance
- Adult Companion Services
- Medical Equipment
- Supplies and Appliances
- Personal Emergency Response Systems

ELDERLY AND DISABLED MEDICAID WAIVER PROGRAM

The Elderly and Disabled Medicaid Waiver Program enables eligible blind, elderly, and disabled persons to receive care in their homes and avoid or delay their move to an institution.

Elderly and Disabled Medicaid Waiver may provide:

- Case Management
- Assistive Technology
- Home Delivered Meals
- Skilled Nursing (upon availability)
- Home Modifications (upon approval)
- Homemaker Services
- Personal Care Services
- Respite Care
- Personal Assistance
- Adult Companion Services
- Medical Equipment
- Supplies and Appliances
- Personal Emergency Response Systems

T3 HOMEMAKER PROGRAM

Applicants must be 60 or older and need assistance with Activities of Daily Living. Applicants must be screened to receive assistance. T3 Homemaker services include light housekeeping.

HOME DELIVERED MEALS

Recipients of the Home Delivered Meals program must be at least 60 years old and homebound. Applicants will be screened by the agency to determine their qualification. The program provides frozen meals delivered weekly.

TECHNOLOGY ASSISTED WAIVER (TA WAIVER)

The Technology Assisted Waiver serves individuals who were receiving private duty nursing services through the Early Periodic Screening, Diagnosis, and Treatment Program upon turning 21 and for whom private duty nursing continues to be medically necessary based upon approved private duty nursing criteria.

TA Waiver may provide:

- Private duty nursing
- Personal Care/Attendant Services
- Medical Supplies
- Assistive Technology

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Senior Community Service Employment Program (SCSEP) provides subsidized, part-time employment opportunities in community service employment and training for low-income persons age 55 and older.

For more information call the toll-free SCSEP help line at 1-877-872-5627 or call Lee Russell Council of Governments at 334-749-5264.

SENIOR CENTERS

Senior centers provide a variety of benefits to Lee and Russell County residents. *For a list of senior centers see next section.*

Senior Centers

■ Senior centers provide a central location in the community for senior services, playing an important role in keeping seniors active. Each senior center is unique to its community and to its seniors' needs, offering a variety of activities. LRCOG supports 9 sites in the region with each site providing a variety of benefits including:

- Social Activities
- Health Counseling
- Nutritious Meals
- Nutrition Education
- Information and Referral
- Consumer Education
- Exercise

AUBURN SENIOR CENTER

Boykin Community Center
400 Boykin Street
Auburn, AL 36832
Phone Number: 334-501-3247

BEULAH SENIOR CENTER

1741 Lee Road 270
Cusseta, AL 36852
Phone Number: 334-749-5928

CENTRAL SENIOR CENTER

1500 14th Street
Phenix City, AL 36867
Phone Number: 334-298-8582

CRAWFORD/LEGACIES SENIOR ACTIVITY CENTER

5 AL Highway 169 South
Phenix City, AL 36870
Phone Number: 334-214-3389

HURTSBORO SENIOR CENTER

9 School Loop
Hurtsboro, AL 36860
Phone Number: 334-667-7577

OPELIKA SENIOR CENTER

1103 Glenn Street
Opelika, AL 36801
Phone Number: 334-745-2679

RUSSELL COUNTY SENIOR CENTER

540 Highway 165
Fort Mitchell, AL 36856
Phone Number: 334-855-0637

SMITHS SENIOR CENTER

3072 Lee Road 242
Smiths, AL 36877
Phone Number: 334-297-9101

THE FAMILY ENRICHMENT CENTER

1 Day Lily Street
Loachapoka, AL 36865
Phone Number: 334-466-0023



Emergency & Utility Assistance

■ The Lee-Russell area is a giving community with many businesses, churches, nonprofits and agencies who can help provide support and emergency assistance with food, utilities, rent and other services.

ALABAMA COUNCIL ON HUMAN RELATIONS

Address:

950 Shelton Mill Road
Auburn, 36830
[Mailing] P.O. Box 3770
Auburn, AL 36831-3770

Phone:

334-821-8336 [office]
334-246-5266 [Utility Assistance]

Fax:

334-745-4476

Website:

www.achr.com

Area Served:

Lee County

Services Provided:

- Head Start/Early Head Start
- Utility Assistance
- Rent Assistance and Housing Counseling
- Child and Adult Care Food Program
- After-School and Summer Care
- Volunteer Opportunities

Application:

Programs have eligibility criteria and income guidelines.

AUBURN UNITED METHODIST CHURCH

Address:

137 S Gay Street
Auburn, AL 36830

Phone:

334-826-8800

Website:

www.aumc.net

Area Served:

Lee County

Services Provided:

- Food Pantry [Friday morning 8-11 AM]
- Volunteer Opportunities
- Referrals and information on local resources

Application:

Call the office for program eligibility and guidelines.

LEE-RUSSELL COUNCIL OF GOVERNMENTS

Address:

2207 Gateway Drive
Opelika, AL 36801

Phone:

334-749-5264 or
1-800-AGE-LINE

Website:

www.lrcog.com

Areas Served:

Lee and Russell County

Services Provided:

- Public Transportation
- Various programs and services directed to help and assist disabled and aging residents of Lee and Russell Counties
- Utility Assistance [upon availability]

Application:

Call for more information on bus routes and eligibility for transportation as well as requirements for aging and disability programs.

MACON-RUSSELL COMMUNITY ACTION

Address:

1113 2nd Place S.
Phenix City, AL 36867

Phone:

334-727-6100

334-298-6610

Website:

www.mrcaa.org

Area Served:

Macon and Russell Counties

Services Provided:

- Utility and Rent Assistance

Application:

Funds are limited; call the office for more information and eligibility guidelines.

OPELIKA SHARE

Agency:

The City of Opelika/ The United Way

Address:

2133 Executive Park Drive

Opelika, AL 36801

Phone:

334-745-5540

Website:

www.unitedwayofleecounty.com

Area Served:

Residents of Opelika

Services Provided:

- Power bill assistance

Application:

Residents are screened through the United Way.

PRESBYTERIAN COMMUNITY MINISTRY

Address:

143 East Thach Avenue

Auburn, AL 36830

Phone:

334-887-3777

Website:

www.pcm-al.org

Area Served:

Residents of Lee County

Services Provided:

- Zero interest loans for utility assistance, rent assistance, emergency home repair

Application:

Call the office for more information on eligibility application process.

THE SALVATION ARMY OF LEE COUNTY

Address:

1038 Opelika Road

Auburn, AL 36830

Phone:

334-826-0073

334-826-0442

Fax:

334-502-8091

Area Served:

Lee County

Services Provided:

- Clothing
- Food Assistance (food pantry open on Wednesdays)
- Furniture

Application:

Expenses must exceed income; assistance is provided on an emergency basis.

ST. MICHAEL'S CATHOLIC CHURCH

Address:

1100 North College Street

Auburn, AL 36830

Phone:

334-887-5540

Website:

www.stmichaelsauburn.com/st-vincent-de-paul

Area Served:

Residents of Lee County and surrounding areas

Services Provided:

- Food assistance -Thursday 9-11
- Must sign up on Thursday-7 emergency bags per year
- Utility assistance-334-332-0305

Application:

Call the office for more information on program eligibility and application.



Home Health, Home Care & Hospice Agencies

■ Home health, home care and hospice services are provided in the home, with coordination of care, to assist seniors and individuals with disabilities in their home. These services are provided by agencies throughout Lee and Russell Counties.

ADDUS HEALTHCARE

Address:

100 Interstate Park Drive, Suite 105
Montgomery, AL 36109

Phone:

334-213-7382
877-214-7382

Fax:

334-244-6192

Website:

www.addus.com

Area Served:

Statewide

Services Provided:

- Homemaker
- Personal Care
- Unskilled Respite
- Companion Services

Eligibility:

Eligible for services by referring agency or private pay

Application:

Contact office for more information.

AMEDISYS HOME HEALTH CARE

Address:

3320 Skyway Drive, Suite 804
Opelika, AL 36801

Phone:

334-887-7234
866-610-4127

Fax:

334-887-7287

Website:

www.amedisys.com/al/opelika

Area Served:

Lee and Russell Counties

Services Provided:

- Skilled Nursing
- Home Health Aides
- Physical and Occupational Therapy
- Case Management
- Specialized nursing for diabetes, wound treatment, infusion therapy, etc.

Eligibility:

Referred to by a physician

Application:

Contact office for more information.

ANSWERED PRAYER HOME CARE

Address:

3365 Skyway Drive
Auburn, AL 36830

Phone:

334-467-0023

Fax:

334-521-7168

Website:

www.answeredprayerhomecare.com

Area Served:

Lee and Russell Counties

Services Provided:

- Sitter Services
- Personal Care
- Light Housekeeping
- Transportation for appointments
- Shopping and errands
- Dementia Care
- Medication Management
- Companionship

Eligibility:

Contact office personally for services

Application:

Contact office for more information.



CHATTAHOOCHEE HOSPICE INC.

Address:

#6 Medical Park North
Valley, AL 36854

Phone:

334-756-8043
1-800-770-8043

Fax:

334-756-8049

Website:

www.chattahoocheehospice.com

Area Served:

Lee and Russell Counties

Services Provided:

End of life care and support for clients and their families

Application:

Contact the office for eligibility and information.

COLUMBUS HOSPICE OF ALABAMA

Addresses:

7020 Moon Road
Columbus, GA 31909
1200 14th Street Suite D
Phenix City, AL 36867

Phone:

334-664-0075 (Alabama residents)
706-569-7992 (Georgia residents)
1-800-950-4244

Website:

www.columbushospice.com

Area Served:

Lee and Russell Counties

Services Provided:

- Skilled Nursing
- Home Health Aides
- Case Management
- Specialized Nursing Programs
- Chaplain Services

Eligibility:

Clients must have a life expectancy of 6 months or less and be referred by a physician

Application:

Contact office for information.

COMFORT KEEPERS

Address:

119-A South 8th Street
Opelika, AL 36804
(Mailing) P.O. Box 1527
Opelika, AL 36803

Phone:

334-749-8461

Fax:

334-749-8819

Website:

www.comfortkeepers.com

Area Served:

Lee and Russell Counties

Home Health, Home Care & Hospice Agencies

Services Provided:

- Companion Services
- Meal Preparation
- Light Housekeeping and Laundry
- Shopping and Errand Services
- Medication Reminders
- Personal Care
- Respite Care

Eligibility and Application:

Contact office for information.

COMPASSUS HOSPICE OF EAMC

Address:

333 Village Ct. Suite B
Auburn, AL 36830

Phone:

334-826-1899

Fax:

334-826-0756

Website:

www.compassus.com

Area Served:

Chambers, Lee, Macon, Randolph,
Russell, and Tallapoosa Counties

Services Provided:

- End of Life Care for Clients at Home or in a Nursing Home
- Bethany House
- Medical Services including RNs and CNAs
- Psycho-social Support for clients and families
- Spiritual Support and Grief Counseling
- Volunteer Opportunities

Eligibility:

Referral by physician

Application:

Contact office for information.

EAST ALABAMA SERVICES FOR THE ELDERLY (EASE)

Address:

1300 Commerce Drive
Auburn, AL 36830

Phone:

334-826-5811

Fax:

334-826-6468

Website:

www.ease-inc.org

Area Served:

Lee and Russell Counties

Services Provided:

- In-home services for services seniors and disabled individuals
- Transport and companion services
- Foster Grandparent Volunteer Program
- Senior Housing
- Information and referral services

Eligibility:

Varies with programs and services

Application:

Contact office for eligibility and information.

Interim H O M E C A R E®

Some of the services we offer:

- Personal Care Services: Bathing, Dressing and Grooming
- Light Housekeeping and Laundry Assistance
- Companionship
- Medication Reminders
- Meal Preparation
- Shopping and Errands
- Memory Care
- After Surgery Care

There is no place like home.

For more information call us today:

(334) 539-5140

We help enhance independence and quality of life while remaining at home.



We are always looking for compassionate employees to join our team. Give us a call!

Home Health, Home Care & Hospice Agencies

ENHABIT HOME HEALTH AND HOSPICE

Address:

2312 Center Hills Drive, Suite B
Opelika, AL 36801

Phone:

334-741-9952 [home health]
334-741-9918 [hospice]

Fax:

334-741-9870

Website:

www.alacare.com

Area Served:

Lee and Macon Counties

Services Provided:

- Skilled Nursing
- Home Health Aides
- Hospice Services
- Physical, Speech, and Occupational Therapy
- Case Management
- Nutritional Guidance

- Health and Welfare Counseling
- Information and referrals for resources

Eligibility:

Referred to by a physician

Application:

Contact the office for more information.

HOME CARE OF EAST ALABAMA

Address:

1661 Shug Jordan Parkway Suite 505
Auburn, AL 36830

Phone:

334-826-3131

Fax:

334-821-8894

Website:

www.lhcgroup.com

Area Served:

Lee, Russell, Macon, Chambers, and Tallapoosa Counties

Services Provided:

- Skilled Nursing
- Occupational, Speech, and Physical Therapist
- Home Health Aides
- Dietetics and Nutrition Guidance
- Case Management

Eligibility:

Referral and under the care of a physician; clients must be in need of skilled nursing care and be mostly homebound

Application:

Contact office for information.

HOME INSTEAD SENIOR CARE

Address:

2011 Executive Park Drive
Opelika, AL 36801

Phone:

334-321-1050
877-871-2512



Traveling Angels Nursing Services

Non-Medical Nursing Services for the Elderly and Disabled
With our service, you will have peace of mind knowing there is help for your loved ones when you can't be there.

We provide quality care including:

- Medication Reminders
- Basic Personal Care and Grooming
- Light Housekeeping
- Light Meal Prep
- Companionship
- Grocery Shopping
- Respite Care

To learn more call 334.758.0829 AL / 706.224.8308 GA
Or visit www.travelingangelnurses.com

Home Health, Home Care & Hospice Agencies

Fax:

334-321-1051

Website:

www.homeinstead.com/657

Area Served:

Lee, Macon, Russell, Tallapoosa, and Chambers Counties

Services Provided:

- Companionship
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Errands and Transportation
- Personal Care
- Memory Care

Eligibility:

Private pay and long-term care insurance

Application:

Contact office for information.

IN HOME CARE

Address:

P.O. Box 591
Hurtsboro, AL 36860

Phone:

334-667-6394

Fax:

334-667-0077

Office Hours:

Monday-Friday
8 AM-4 PM CT

Area Served:

Lee and Russell Counties

Services Provided:

- Homemaker
- Personal Care
- Unskilled Respite
- Companionship

Eligibility and Application:

Contact office for information.

INTERIM HOME CARE

Address:

611 East Glenn Avenue Suite C
Auburn, AL 36830

Phone:

334-539-5140

Website:

www.interimhealthcare.com/
location/auburn-al

Area Served:

Lee and Russell Counties

Services Provided:

- Personal Care
- Light Housekeeping
- Companionship
- Medication Reminders
- Meal Prep
- Errands and Shopping Services
- After Surgery Care

Eligibility and Application:

Contact office for information.

KIND CARE

Address:

233 12th Street
Columbus, GA 31901

Phone:

706-466-8372

Fax:

706-400-4411

Website:

www.kindcareservices.org

Area Served:

Lee and Russell Counties

Services Provided:

- Nursing Services
- Light Housekeeping
- Personal Care
- Errands and Shopping Services
- Medication Reminders
- Meal Planning and Cooking

Eligibility and Application:

Private pay, long term care insurance, veteran's benefits, workers compensation, Medicare/Medicaid

KINDRED HOSPICE

Address:

1417 Hwy 280 Bypass
Phenix City, AL 36867

Phone:

334-298-8898

Fax:

334-298-9535

Website:

www.kindredhealthcare.com

Area Served:

Barbour, Bullock, Chambers, Lee, Macon, and Russell Counties

Services Provided:

- End of Life Care
- Skilled Nursing

- Home Health Aides
- Case Management
- Bereavement Coordinators
- Hospital supplies for the home
- Chaplain Services

Eligibility:

Clients must have 6 months or less life expectancy and be referred by a physician

Application:

Contact office for information.

PRIME HOME HEALTH

Address:

2125 Executive Park Drive
Opelika, AL 36801

Phone:

334-745-7966

877-349-1663

Fax:

334-745-2153

Website:

www.primehomehealth.net

Area Served:

Lee and Russell Counties

Services Provided:

- Skilled Nursing
- CNAs
- Physical, Speech, and Occupational Therapy
- Case Management

Eligibility and Application:

Contact office for information.

PRO HEALTH HOME HEALTH AND HOSPICE

Address:

1922 Professional Circle Suite 101
Auburn, AL 36830

Phone:

334-521-8810

Website:

www.prohealthgroup.com

Area Served:

Lee and Russell Counties

Services Provided:

- Skilled Nursing
- End of Life Care

Eligibility and Application:

Contact office for information.



Full support for *fuller lives*

SYNERGY HomeCare services are available for loved ones of all ages. All of our clients receive the highest standard of care. From personal assistance and companionship to 24/7 care and even family caregiver respite, we provide full support for fuller lives.

Talk to a care specialist today.

334-203-1850

[SYNERGYHomeCare.com](https://www.SYNERGYHomeCare.com)

OUR SERVICES:

- Personal care
- Memory care
- Bathing, dressing, incontinence care, hygiene, etc.
- Hospital-to-home care
- Companionship
- Medication reminders
- Meal preparation
- Assistance with special diets
- Light housekeeping
- Assistance getting ready for the day/night
- Fall prevention
- Exercise encouragement
- Personalized care plans
- Transportation to the doctor
- Support with running errands



SYNERGY HomeCare

Locally owned and operated by Scott and Lynn Slocum
3320 Skyway Drive, Suite 801, Opelika
Alabama, USA, 36801

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Home Health, Home Care & Hospice Agencies

SYNERGY HOME CARE

Address:

3320 Skyway Drive Suite 801
Opelika, AL 36801

Phone:

334-203-1850

Fax:

334-460-0991

Website:

www.synergyhomecare.com

Area Served:

Lee, Russell, Tallapoosa, Chambers,
Bullock, and Macon Counties

Services Provided:

- Hospital Discharge Service
- Light Housekeeping
- Personal Care
- Errands and Shopping Services
- Medication Reminders
- Memory Care
- Meal Prep

Eligibility and Application:

Private pay, long term care insurance,

veteran's benefits, some private insurance policies

TRAVELING ANGELS NURSING SERVICES

Address:

2108 Executive Park Drive
Opelika, AL 36801

Phone:

334-758-0829

Website:

www.travelingangelnurses.com

Area Served:

Lee and Russell Counties

Services Provided:

- Personal Care
- Light Housekeeping
- Companionship
- Medication Reminders
- Light Meal Prep
- Shopping Services
- Respite Care

Eligibility and Application:

Contact office for information.

TREASURE HOME HEALTH CARE SERVICES

Address:

284 Columbus Parkway
Opelika, AL 36801

Phone:

334-759-7440

Area Served:

Lee and Russell Counties

Services Provided:

- Personal Care
- Light Housekeeping
- Companionship
- Medication Reminders
- Light Meal Prep
- Shopping Services
- Respite Care

Eligibility and Application:

Contact office for information.

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Transportation

■ Our region offers a variety of public and private transportation options for seniors and individuals with disabilities.

ARIGHT RIDE TRANSPORTATION

Address:

1047 Opelika Road
Auburn, AL 36831
(Mailing) P.O. Box 1912
Auburn, AL 36830-1912

Phone:

334-209-4848

Fax:

334-323-7980

Website:

www.arightride.com

Transportation Hours:

Monday-Friday
8 AM-6 PM CT
Saturday:
9 AM-5 PM CT

Area Served:

Lee and Russell Counties

Services Provided:

- Non-emergency transportation
- Contracts with Medicaid, but accepts all forms of insurance with

proper paperwork

- Accepts cash, money orders, and major credit cards
- Provides transportation to various locations including grocery stores, places of employment, home from the hospital, family events, one way trips, and local airports [min. 2 passengers for airport transportation]

Rates:

Contact office for rate information

To Schedule a Ride:

An appointment for transportation can be made online or over the phone.

GROOME TRANSPORTATION

Address:

1530 East Glenn Avenue
Auburn, AL 36830

Phone:

334-821-3399

Website:

www.groometransportation.com

Area Served:

Auburn/Opelika area

Services Provided:

- Atlanta Airport shuttle from Auburn

To Schedule a Ride:

Call to request more information.

JOHNSON'S EXPRESS, INC.

Address:

990 Lee Road 203
Salem, AL 36874

Phone:

334-298-3957

After Hours:

334-298-3957

334-214-5407

Fax:

334-297-1278

Website:

www.johnsonsexpressinc.com

Transportation

Area Served:

Lee and Russell Counties

Services Provided:

- Non-emergency transportation
- Drivers are first aid and CPR certified

Rates:

Contact office for rate information

To Schedule a Ride:

Call the office to make an appointment. If the office is closed, you may visit the website and submit a trip request. Trip requests must be made 48 hours in advance.

JUNKINS TRANSPORTATION

Address:

6 Leah Court
Phenix City, AL 36869

Phone:

706-505-9217
334-846-0792

Area Served:

Phenix City area

Services Provided:

Non-emergency medical transportation

To Schedule a Ride:

Call to request more information about eligibility and fare prices.

LEE-RUSSELL PUBLIC TRANSIT (LRPT)

Address:

2207 Gateway Drive
Opelika, AL 36801-6834

Phone:

334-749-9092
877-743-3739

Fax:

334-749-6582

Website:

www.lrcog.com

Transportation Hours:

Auburn/Opelika:
Monday-Friday
6 AM-6 PM CT
Phenix City:
Monday-Friday
8 AM-4 PM ET

Areas Served:

Auburn, Opelika, and Phenix City

Services Provided:

Public Transportation for Lee and Russell Counties

Rates:

Contact office for rate information

To Schedule a Ride:

Call the office to schedule transportation appointments. Clients may schedule up to 1-2 weeks in advance for transportation; requests can be made no later than 24 hours prior to appointment. Transportation is provided on a first come, first serve basis.

PHENIX CITY EXPRESS

Address:

2207 Gateway Drive
Opelika, AL 36801-6834

Phone:

334-749-5264

Fax:

334-749-6582

Website:

www.lrcog.com/pex

Transportation Hours:

Monday-Friday:
8 AM-4 PM ET

Area Served:

The City of Phenix City

Services Provided:

- Transportation along a fixed route within the Phenix City limits
- PEX also travels to Columbus, GA to drop off at the METRA stops

Rates:

Contact office for rate information

To Schedule a Ride:

Appointments are not required to ride PEX. Drivers do not make change; riders must carry exact fare.

OLE RELIABLE TRANSPORTATION

Address:

1202 Preston Street
Opelika, AL 36801

Phone:

334-707-4024

Area Served:

Auburn/Opelika area

Services Provided:

- Non-emergency transportation
- Certified for Medicaid and workman's comp

To Schedule a Ride:

Call to request more information about eligibility and fare prices.

ROYAL TRANSPORTATION

Address:

1502 Harper Street
Opelika, AL 36801

Phone:

334-737-8373

Area Served:

Auburn/Opelika area

Services Provided:

- Non-emergency medical transportation
- General transportation to various locations

To Schedule a Ride:

Call to request more information about eligibility and fare prices.

VILLAGE FRIENDS (SENIOR NETWORK)

Phone:

334-209-4641

Email:

aovillageseniors@gmail.com

Website:

www.vfv-v.clubexpress.com

Area Served:

Auburn/Opelika area

Services Provided:

- Transportation for members

To Schedule a Ride:

Call to request more information about membership.

VINES TRANSPORTATION

Address:

211 B Street S.W.
LaFayette, AL 36862-2095
[Mailing] P.O. Box 540
LaFayette, AL 36862-0309

Phone:

334-864-0309
334-234-1199

Fax:

334-864-8184

Area Served:

Lee County

Services Provided:

Ambulatory/non-emergency transportation

To Schedule a Ride:

Call to request more information about eligibility and fare prices.

Vocational & Educational Resources

■ Our area is one of the fastest growing sections of Alabama and is considered one of the best places to live in the United States because of its high quality of life and an outstanding educational system with highly-regarded public and private schools, including a nationally-recognized University. Growing communities offer great job and volunteer opportunities.

ACHIEVEMENT CENTER-EASTER SEALS SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP)

Address:

2125 E South Boulevard
Montgomery, AL 36116

Phone:

334-387-3257

Website:

www.achievement-center.org

Area Served:

Chambers, Clay, Coosa, Lee, Randolph, Russell, Talladega, and Tallapoosa Counties

Services Provided:

Temporary job training

Eligibility:

Seniors 55 or older, low income, and barriers to employment

ALABAMA CAREER CENTER SYSTEMS

Address:

2300 Frederick Road
Opelika, AL 36801

Phone:

334-749-5065
1-800-361-4524

Fax:

334-749-5031

Email:

opelika@alcc.alabama.gov

Area Served:

Chambers, Coosa, Lee, Macon, Russell, and Tallapoosa Counties

Services Provided:

- Job referral
- Job placement
- Testing and employment counseling
- Information and Referral
- Internet accessible computer resource center

Eligibility:

Open to anyone seeking employment

ALABAMA UNEMPLOYMENT COMPENSATION AGENCY

Phone:

866-234-5382

Email:

opelika@alcc.alabama.gov

**Alabama Unemployment Compensation Claims can be filed online or over the phone.*

AUBURN PUBLIC LIBRARY

Address:

749 E. Thach Avenue
Auburn, AL 36830

Phone:

334-501-3190

Website:

www.auburnalabama.org/library

Area Served:

Residents of Auburn

Services Provided:

- Print books
- Videos and CDs
- Audio books
- Local and national newspapers
- Online magazines

Vocational & Educational Resources

- Magazines
- Homework Help programs
- Adult and senior book clubs
- Volunteer programs
- Basic computer classes
- Spring and Fall book sales
- Alabama Virtual Library database

Eligibility:

Resident of Auburn

AUBURN UNIVERSITY DEPARTMENT OF COMMUNICATION DISORDERS SPEECH AND HEARING CLINIC

Address:

1199 Haley Center at Auburn University
Auburn, AL 36849

Phone:

334-844-9600

Fax:

334-844-9684

Website:

www.auburn.edu/speechandhearingclinic

Area Served:

East Alabama and West Georgia (within a 50 mile radius of Auburn)

Services Provided:

- Professional development training
- Programs for adult learners
- Summer camps for youths
- Community courses
- Conference administration

Application:

Call office or visit website for more information.

CHATAHOOCHEE VALLEY COMMUNITY COLLEGE

Address:

2602 College Drive
Phenix City, AL 36869

Phone:

334-291-4900

Website:

www.cv.edu

Area Served:

Lee and Russell county area

Services Provided:

- Degree programs
- Training programs

Application:

Call office or visit website for more information.

CIRCLES OF OPELIKA

Address:

2133 Executive Park Drive
Opelika, AL 36801

Phone:

334-203-1860

Website:

www.circlesopelika.org

Area Served:

Lee County

Services Provided:

- Financial education program for low income and impoverished families
- Group meets weekly; childcare provided

Application:

Call the office for more information and eligibility requirements.

LEE COUNTY EXTENSION SYSTEM

Address:

600 S 7th Street, Suite 4
Opelika, AL 36801

Phone:

334-749-3353

Website:

www.aces.edu

Area Served:

Lee County

Services Provided:

- Enrichment Classes
- Personal finance management and counseling

Application:

Contact office for more information.

LEE COUNTY EMERGENCY MANAGEMENT AGENCY (EMA) OFFICE OF HOMELAND SECURITY

Address:

908 Avenue B
Opelika, AL 36801
[Mailing] 908 Avenue B
Opelika, AL 36801

Phone:

334-749-8161

Emergency 24/7 number

334-275-6327

Fax:

334-749-6058

Website:

www.leecoema.com

Area Served:

Lee County

Services Provided:

- Response and recovery to all natural disasters
- Provides training for citizens through CERT (Community Emergency Response Team) Program
- Training for first responders

OPELIKA PUBLIC LIBRARY

Address:

1100 Glenn Street
Opelika, AL 36801

Phone:

334-705-5380

Fax:

334-705-5381

Area Served:

Lee County

Services Provided:

- Computers and internet
- Print and electronic materials
- Computer Classes

Eligibility:

Open to public

OSHER LIFELONG LEARNING INSTITUTE (OLLI) AT AUBURN UNIVERSITY

Address:

1031 South College Street
Auburn University
Auburn, AL 36849

Phone:

334-844-3102

334-844-3105

Website:

www.auburn.edu/outreach/olliatauburn/

Area Served:

Greater Lee County and surrounding areas

Services Provided:

Non-credit education programs for older adults; Sunny Slope, Auburn Public library, Boykin Community Center and Center for Arts and Humanity at Pebble Hill

Application:

Contact the office for more information; limited scholarships available.

Vocational & Educational Resources

PHENIX CITY-RUSSELL COUNTY PUBLIC LIBRARY

Address:

1501 17th Avenue
Phenix City, Alabama 36867

Phone:

334-297-1139

Website:

www.phenixcitylibrary.com

Area Served:

Phenix City and Russell County

Services Provided:

- Print and audio books
- DVDs
- Free Computer Classes
- Children’s Story Time-Wednesdays 10 AM
- Summer reading programs for all ages

SOUTHERN UNION STATE COMMUNITY COLLEGE

Address:

301 Lake Condy Road
Opelika, AL 36801

Phone:

334-745-6437

Website:

www.suscc.edu

Area Served:

Lee and Russell county area

Services Provided:

- Degree programs
- Training programs

Application:

Call office or visit website for more information.

TROY UNIVERSITY PHENIX CITY

Address:

1510 Whitewater Avenue
Phenix City, AL 36867

Phone:

800-414-5756

Website:

www.troy.edu/about-us/phenix-city-campus

Area Served:

Lee and Russell county area

Services Provided:

- Degree programs
- Training programs

Application:

Call office or visit website for more information.

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Auburn Opelika Key Team

Counseling & Support

■ Mistreatment comes in many forms, including various types of abuse, neglect, exploitation and fraud. Abuse can occur anywhere. Elder abuse affects seniors of all socio-economic groups, cultures, and races. The Lee-Russell Council of Governments Area Agency On Aging provides information and can help direct you to the right resources if you or someone you know needs help.

ALABAMA COUNCIL ON HUMAN RELATIONS

Address:

950 Shelton Mill Road
Auburn, AL 36830

Phone:

334-821-8336

Website:

www.achr.com

Area Served:

Residents in Lee and Russell Counties

Services Provided:

Lee County Only:

- Low-income energy assistance
- Weatherization

Lee & Russell County:

- Head Start and Early Head Start
- Child & Adult Care Food Program supporting at-home daycares

Application:

Call the office for more information on programs.

AMERICAN CANCER SOCIETY

Phone:

800-227-2345

Website:

www.cancer.org

Area Served:

Statewide

Services Provided:

- Lodging and Transportation
- Emotional Support
- Financial Assistance
- Medical Information and more



AUBURN POLICE DEPARTMENT**Address:**

161 North Ross Street
Auburn, AL 36830

Phone:

334-501-3100 [Non-Emergency]
334-501-3150 [House Check Request]
911 [Emergency]

Website:

www.auburnalabama.org/ps

Area Served:

Auburn Residents

Services Provided:

- Public Safety
- Neighborhood Watch
- Security Surveys for homes, businesses, industries, executive offices, and banks
- Crime Prevention
- Safety Education

CRISIS CENTER-RUSSELL COUNTY**Address:**

1018 13th Street
Phenix City, AL 36867

Phone:

334-297-4401

Area Served:

Russell County

Services Provided:

- Personal advocacy, emotional support and safe housing for victims of domestic violence

Application:

Call the office for more information.

DOMESTIC VIOLENCE INTERVENTION CENTER**Address:**

P.O. Box 2183
Opelika, AL 36803

Phone:

334-749-9284 [Office]
334-749-1515 [Crisis Hotline]

Website:

www.dviceastal.org

Area Served:

Chambers, Lee, Macon, Randolph, and Tallapoosa Counties

Services Provided:

- 24 hr. crisis line
- Emergency shelter
- Confidential counseling
- Referrals to needed services
- Support Groups
- Education and outreach

Application:

Contact the office for more information on services.

INTEGREA COMMUNITY MENTAL HEALTH SYSTEM**Address:**

2506 Lambert Drive
Opelika, AL 36801

Phone:

334-742-2700 [Office]
334-742-2700 [Emergencies]
800-815-0630 [Hotline]

Website:

www.integreahealth.org

Area Served:

Chambers, Russell, and Tallapoosa Counties

Services Provided:

- Outpatient treatment
- Day programs & residential programs for persons with mental illness or intellectual disabilities, Substance Abuse
- Family and Children's Services
- Inpatient and emergency services
- Intensive Treatment

Application:

Contact office for appointments or for more information.

THE FAMILY CENTER: UNITED WAY COMMUNITY PARTNER**Address:**

1350 15th Avenue
Columbus, GA 31901

Phone:

706-327-3238

Website:

www.thefamilyctr.org

Area Served:

Clients within a 50-mile radius of Columbus, GA

Services Provided:

- Information and Referrals
- Health and Welfare Counseling
- Marriage, Family, and Individual Counseling
- Group Counseling
- Consumer Credit Program
- "Big Brother/Big Sister" mentoring program
- Parenting Classes
- Anger Management Classes

Application:

Contact the office for more information on programs and eligibility requirements.

JAN NEAL LAW FIRM, LLC**Address:**

207 North 4th Street
Opelika, AL 36801

Phone:

334-745-2779
800-270-7635

Website:

www.janneallaw.com

Area Served:

Lee and Russell Counties

Services Provided:

Wills, Trusts, and Estates
Elder and Health law counseling
Probates
Power of Attorney
Medicaid and Medicare planning
Disability and special needs planning
Guardianships/conservatorships
Social Security assistance
Caregiver legal advice

Application:

Persons 60+ years and older are provided legal assistance for case types specified by the Older Americans Act at no charge.

LEE COUNTY DEPARTMENT OF HUMAN RESOURCES**Address:**

1715 Corporate Drive
Opelika, AL 36801

Phone:

334-737-7778
334-737-7871 [Front Desk]

Area Served:

Lee County

Services Provided:

- Food Stamp Program
- Child Support Program
- Family Preservation
- TANF [Temporary Assistance for Needy Families]
- Protective services for children and adults
- Foster Care/Adoptions
- Family Guidance Program [daycare assistance]

Application:

Contact office for more information and program eligibility.

Counseling & Support

LEE COUNTY SHERIFF'S DEPARTMENT

Address:

W.S. Jones Center
1900 Frederick Road
Opelika, AL 36801

Phone:

334-749-5651

Website:

www.leecountysheriff.org

Area Served:

Lee County

Services Provided:

- Public Safety

LEE COUNTY EMERGENCY MANAGEMENT AGENCY (EMA) OFFICE OF HOMELAND SECURITY

Address:

908 Avenue B
Opelika, AL 36801

Phone:

334-749-8161

Fax:

334-749-6058

Website:

www.www.leecoema.com

Area Served:

Lee County

Services Provided:

- Training for disaster preparedness
- Coordination for disaster recovery

LEGAL SERVICES OF ALABAMA

Address:

2567 Fairlane Drive, Suite 200
Montgomery, AL 36116

Phone:

866-456-4995

Website:

www.legalservicesalabama.org
www.legalhelp.org

Area Served:

Lee, Russell, Tallapoosa, Macon, and Chambers Counties

Services Provided:

Legal aid concerning:

- Housing
- Bankruptcy
- Consumer collections
- Spousal abuse
- Divorce
- Public benefits
- Unemployment compensation
- Food Stamps

- Social security

- SSI

Eligibility:

Services provided to low-income residents of Alabama; call for eligibility requirements

OPELIKA POLICE DEPARTMENT

Address:

501 South 10th Street
Opelika, AL 36801

Phone:

334-705-5250

Website:

www.opelika.org

Area Served:

Opelika residents

Services Provided:

- Public Safety
- Crime Prevention
- Safety Education Programs

OPEN DOOR COMMUNITY HOUSE, INC.

Director:

Rev. Kim Jenkins

Address:

2405 2nd Avenue
Columbus, GA 31901

Phone:

706-323-5518

Website:

www.odch.org

Area Served:

Phenix City, AL, and Columbus, GA

Services Provided:

- After school and summer children's program
- Virginia D Jackson Transition Home for Women
- Welcome Home
- Auditorium rentals
- -Culinary Arts Training Program
- Circles in Columbus Educate and Empower

Application:

Call for more information/ applications for services.

PASTORAL INSTITUTE COUNSELING

Address:

2205 15th Avenue
Columbus, GA 31901

Phone:

706-649-6500

Website:

www.pastoralinstitute.org

Area Served:

Lee, Russell, Macon and Chambers Counties

Services Provided:

- Counseling
- Clergy Services
- Life Coaching
- Testing for ADD/ADHD, Autism, Anxiety, Depression
- Employee Assistance

Application:

Contact the office for more information.

PHENIX CITY POLICE DEPARTMENT

Address:

1111 Broad Street
Phenix City, AL 36867

Phone:

334-298-0611

Website:

www.phenixcityal.us

Area Served:

City of Phenix City Jurisdiction

Services Provided:

- Crime Prevention
- Neighborhood Watch
- Safety Education
- Public Safety

RAPE COUNSELORS OF EAST ALABAMA

Address:

6759 Lee Road 54 Suite B
Auburn, AL 36830

Phone:

334-741-0707
334-705-0510 (Hotline)

Website:

www.rapecounselorsofeastalabama.com

Area Served:

Lee, Macon, Chambers, Russell, and Tallapoosa Counties

Services Provided:

- Medical Advocacy
- Legal Advocacy
- Crisis Intervention
- Information and referrals for resources

- Assistance with filing for the Alabama Crime Victim Compensation

Application:

Call for information.

RUSSELL COUNTY DEPARTMENT OF HUMAN RESOURCES**Address:**

1901 Opelika Road
Phenix City, AL 36867

Phone:

334-214-5780

Fax:

334-214-5814

Website:

www.dhr.alabama.gov

Area Served:

Russell County

Services Provided:

- Food Stamp Program
- Financial Assistance
- TANF (Temporary Assistance for Needy Families)
- Protective Services for Children and Adults
- Foster Care
- Adoption
- Daycare Assistance
- Homemaker Services
- Emergency Shelter Care
- Child Support Assistance

Application:

- No requirements for referrals or protection services.
- Programs subject to eligibility requirements and federal/state guidelines

RUSSELL COUNTY SHERIFF'S DEPARTMENT**Address:**

305 Prentiss Drive
Phenix City AL 36869

Phone:

334-298-6535

Website:

www.rcso.org

Area Served:

Russell County

Services Provided:

- Crime Prevention
- Neighborhood Watch

- Safety Education
- Public Safety

RUSSELL COUNTY EMERGENCY MANAGEMENT AGENCY (EMA) OFFICE OF HOMELAND SECURITY**Address:**

311 Prentiss Drive
Phenix City, AL 36869

Phone:

334-291-5079

Fax:

334-448-9178

Website:

www.rcema.us.gov

Area Served:

Russell County

Services Provided:

- Training for disaster preparedness
- Coordination for disaster recovery

RUSSELL COUNTY EXTENSION**Address:**

508 14th Street
Phenix City, AL 36867

Phone:

334-298-6845

Website:

www.aces.edu

Area Served:

Russell County

Services Provided:

- Enrichment classes
- Personal financial management and counseling
- 4-H
- Food Safety and Preservation
- Food Nutrition Classes
- Forestry and Wildlife
- Agriculture and Animal Science

Application:

Call the office for more information.

VALLEY RESCUE MISSION**Address:**

2903 Second Avenue
Columbus, GA 31904

Phone:

706-322-8267

Website:

www.valleyrescuemission.net

Area Served:

Residents of Phenix City and Columbus

Counseling & Support**Services Provided:**

- Health and Welfare Counseling
- Food Assistance with DFACS referral
- Clothing
- Emergency Shelter
- Drug/Alcohol Recovery Program
- Summer camp for children ages 7-11

Application:

Call the office for more information.

UNITED WAY OF THE CHATTAHOOCHEE VALLEY**Address:**

1005 Front Avenue
Columbus, GA 31901

Phone:

706-327-3255

Website:

www.unitedcv.org

Area Served:

Russell County

Services Provided:

- Domestic violence counseling
- Food Assistance programs
- Education and literacy programs

Application:

Call the office for more information.

UNITED WAY OF LEE COUNTY**Address:**

2133 Executive Park Drive
Opelika, AL 36801

Phone:

334-745-5540

Website:

www.unitedwayofleecounty.com

Area Served:

Lee County

Services Provided:

- Domestic violence counseling
- Food Assistance programs
- Education and literacy programs

Application:

Call the office for more information.

Nutrition & Food Insecurity



■ There are many causes of food insecurity, especially in seniors on a fixed income. There are many organizations in the Lee-Russell County area that offer aid to help ensure access to enough food for an active, healthy life.

PUBLIC FOOD ASSISTANCE IN ALABAMA

Supplemental Nutrition Assistance Program (SNAP):

Formally known as the Food Stamp Program, SNAP offers nutrition assistance to eligible, low-income households, access to a healthy diet, education on food prep and provides economic benefits to communities. Recipients spend their benefits (provided on an electronic card that is used like an ATM card) to buy eligible food in authorized retail food stores. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service (FNS) works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits. FNS also works with State partners and the retail community to improve program administration and ensure program integrity.

Alabama Elderly Simplified Application Project (AESAP):

AESAP is designed to reinvent the Food Assistance Program application process for those households where all members are elderly (age 60 or older), and have no earned income. This project is a major outreach effort to a segment of our population facing barriers to participation in the Food Assistance Program due to complexity of the application process and problems associated with age, such as transportation, mobility and disability. It is designed to increase the efficiency of the Food Assistance Program and improve delivery of food assistance benefits to eligible households by improving program administration.

**To find out more about these programs, see the Lee and Russell County Department of Human Resources listings on the following page.*

AUBURN UNITED METHODIST CHURCH FOOD PANTRY

Address:

302 East Magnolia Avenue
Auburn, AL 36830
[Mailing] P.O. Box 3135
Auburn, AL 36831

Phone:

334-826-8800

Website:

www.aumc.net

Area Served:

Auburn area

Services Provided:

- Food Pantry
- Clothing
- School supplies
- Reading supplies
- Christian Women's Job Corp

Application:

Contact the office for more information and dates/times picking up food.

FEEDING THE VALLEY, FOOD BANK**Contact:**

Steve Watson

Address:

6744 Flat Rock Road
Midland, GA 31820
[Mailing] P.O. Box 8904
Columbus, GA 31908

Phone:

706-561-4755

Fax:

706-561-0896

Website:

www.feedingthevalley.org

Area Served:

Russell County and 17 counties in Georgia

Services Provided:

- Collect, store, and redistribute donated food and grocery products to members of non-profit organizations only who directly serve citizens in need.

Application:

Contact the office for more information.

FOOD BANK OF EAST ALABAMA AND LEE COUNTY BROWN BAG PROGRAM FOR SENIORS**Address:**

355 Industry Drive
Auburn, AL 36832

Phone:

334-821-9006

Fax:

334-821-4697

Website:

www.foodbankofeastalabama.com

Areas Served:

Barbour, Chambers, Lee, Macon, Randolph, Russell, and Tallapoosa Counties

Services Provided:

The Food Bank is a centralized warehouse that stores and distributes donated and purchased perishable and nonperishable food items. The Brown Bag is a food program that provides monthly supplementary groceries for seniors 60 and older who live below the poverty level. More than 560 senior households are enrolled.

Application:

The Food Bank does not serve individuals directly. The Food Bank distributes food to 501C3 or equivalent organizations such as churches that have an outreach to the community.

LAZARUS SOCIETY**Address:**

607 16th Street
Phenix City, AL 36867

Phone:

334-298-8552

Area Served:

Lee and Russell County

Services Provided:

- Food and clothing assistance [clothing vouchers available to use at thrift store located next door]
- Prescription assistance

Application:

Call the office for more information on eligibility and the application process.

LEE COUNTY DEPARTMENT OF HUMAN RESOURCES FOOD ASSISTANCE PROGRAM (SNAP)**Address:**

1715 Corporate Drive
Opelika, AL 36801

Phone:

334-737-7871

334-737-7778

Fax:

334-737-1250

Website:

www.dhr.alabama.gov

Area Served:

Lee County

Services Provided:

- Food Stamp Assistance
- Eligibility and Application:**
- Income and resources guideline requirements determined by USDA standards
 - Visit the website or call for more information.

Nutrition & Food Insecurity**RUSSELL COUNTY DEPARTMENT OF HUMAN RESOURCES FOOD ASSISTANCE PROGRAM (SNAP)****Address:**

1901 Opelika Road
Phenix City, AL 36867

Phone:

334-214-5780

Fax:

334-214-5811

Website:

www.dhr.alabama.gov

Area Served:

Russell County

Services Provided:

- Food Stamp Assistance

Eligibility and Application:

- Income and resources guideline requirements determined by USDA standards
- Visit the website or call the office for more information.

LAKEVIEW BAPTIST CHURCH**Address:**

1600 E. Glenn Avenue
Auburn, AL 36830

Phone:

334-887-7094

Fax:

334-826-6512

Website:

Lakeviewbaptist.org

Area Served:

Lee County

Services Provided:

- Food Assistance

Application:

Call the office for more information on eligibility and the application process.

ST. VINCENT DE PAUL FOOD PANTRY ST. MICHAEL'S CATHOLIC CHURCH**Address:**

1100 N. College Street
Auburn, AL 36830

Phone:

334-887-5540

Website:

www.stmichaelsauburn.com

Area Served:

Auburn, Opelika, and Tuskegee

Nutrition & Food Insecurity

Services Provided:

- Food and utility assistance
- Food assistance sign-up and distribution offered every Thursday from 9 AM-11 AM CT
- Utility Assistance-334-332-0305

Application:

Call the office for more information on eligibility and the application process.

SUMMERVILLE BAPTIST CHURCH

Address:

3500 Summerville Road
Phenix City, AL 36867

Phone:

334-298-4416

Fax:

334-298-3266

Website:

www.summervillebc.com

Area Served:

Russell County

Services Provided:

- Food Assistance

Eligibility and Application:

- Only eligible every 3 months
- Must provide photo ID, and proof of residency for everyone in household

THE CHILDREN AND FAMILY CONNECTION

Address:

910 13th Street
Phenix City, AL 36867
[Mailing] P.O. Box 2458
Phenix City, AL 36868

Phone:

334-448-1010

Fax:

334-448-1066

Website:

www.childrenandfamilyconnection.com

Office Hours:

Monday and Thursdays
9 AM-2 PM ET

Area Served:

Russell County

Services Provided:

- Onsite food pantry
- Various family programs
- Counseling services

- Medication assistance program
- Workforce Development Program

Eligibility and Application:

Call the office for more information about programs and eligibility.

THE SALVATION ARMY- LEE COUNTY

Address:

1038 Opelika Road
Auburn, AL 36830

Phone:

334-826-0073

256-496-3708

Fax:

334-502-8091

Facebook:

www.facebook.com/
LeeCoSalvationArmy

Area Served:

Lee County, Macon and South
Chambers Counties

Services Provided:

- Clothing
- Food Assistance (food pantry open Wednesday 10 AM-1 PM CT)

Eligibility and Application:

Expenses must exceed income; assistance is provided on an emergency basis.

THE BRIDGE CHRISTIAN CENTER

Address:

1000 Lee Road 263
Cusseta, AL 36852

Phone:

334-742-0144

Hours of Operation:

Every Tuesday
9:30 AM-10:15 AM CT

Area Served:

Lee County and surrounding counties
in Alabama

Services Provided:

- Food Pantry

SMITHS STATION BAPTIST CHURCH

Address:

2460 Panther Pkwy.
Smiths Station, AL 36877

Phone:

334-297-4932

Hours of Operation:

By appointment only

Area Served:

Lee and Russell Counties and surrounding counties in Alabama

Services Provided:

- Food Pantry
- Clothes Closet

VALLEY RESCUE MISSION

Address:

2903 Second Avenue
Columbus, GA 31904

Phone:

706-322-8267

Website:

www.valleyrescuemission.net

Area Served:

Residents of Phenix City and
Columbus

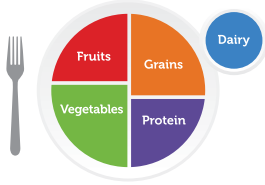
Services Provided:

- Health and Welfare Counseling
- Food Assistance with DFACS referral
- Clothing
- Emergency Shelter
- Drug/Alcohol Recovery Program
- Summer camp for children ages 7-11

Application:

Call the office for more information.

Start simple
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-23
March 2022

Assisted Living & Long Term Care

■ What is the best type of community for you or a senior loved one when remaining at home is no longer a choice? Assisted living and long term care facilities provide different levels of care and living arrangements for seniors and those with disabilities. Our region offers a wide selection of excellent assisted living and long term care communities for most needs.

ARABELLA HEALTH AND WELLNESS

Address:

3900 Lakewood Drive
Phenix City, AL 36867

Phone:

334-298-8247

Fax:

334-298-1073

Area Served:

Lee and Russell Counties as well as surrounding areas

Services Provided:

- Skilled Nursing Services
- Restorative Therapy

Eligibility and Application:

Receives Medicare, Medicaid, and private pay; call the office for more information about eligibility and the application process.

ARBOR LAKE HEALTH AND REHAB CENTER AND THE RESIDENCES AT ARBOR LAKE

Address:

1365 Gatewood Drive
Auburn, AL 36830

Phone:

334-826-7200

Fax:

334-821-7239

Website:

www.traylorporterhealthcare.com/arbor-lake

Area Served:

The Auburn/Opelika area as well as surrounding areas

Services Provided:

- Physical, Occupational, and Speech Therapy
- Stroke rehabilitation
- Wound treatment therapy
- Planned daily activities
- "Serenity Suite" for a resident's family members who are wishing to stay with a resident who is near the end of life

Eligibility and Application:

Contact the office for more information on eligibility and application process.

ARBOR SPRINGS HEALTH AND REHAB CENTER

Address:

1910 Pepperell Parkway
Opelika, AL 36801

Phone:

334-749-1471

Fax:

334-749-1828

Website:

www.arborspringshealth.com

Area Served:

Chambers, Lee, Macon, Russell, Tallapoosa Counties

Services Provided:

- Long Term Skilled Nursing Care and Specialized Short Term Rehabilitation Care

- Registered Dietician
- Physical, Speech, and Occupational Therapy
- Social Services
- Daily Activities Schedule
- Physician, Podiatrist, and Optometrist Services
- Discharge Planning
- Barber/Beauty Shop
- Memory Care Unit
- Volunteer Opportunities

Eligibility and Application:

Clients must meet the medical and financial criteria as stated and approved by state and federal guidelines. Call the office for more information.

AUBURN ASSISTED LIVING

Address:

350 Samford Village Court
Auburn, AL 36830

Phone:

334-246-0822

Website:

www.auburnassistedliving.com

Area Served:

Lee County and surrounding areas

Services Provided:

- Assisted Living
- Management On Call & Available 24/7
- Theatre
- Exercise and Therapy Room
- Nutritious Chef-Prepared Meals
- Medication Management
- Walking Paths
- Private and Shared Suite Options
- Wellness Programs
- Transportation
- Complimentary Cable TV and WiFi

Eligibility and Application:

Contact office for more information.

AZALEA TRACE NURSING CENTER

Address:

8329 Stevens Lane
Columbus, GA 31909

Phone:

706-323-9513
866-333-6002

Fax:

706-323-9355

Area Served:

Muscogee County

Services Provided:

- Skilled Long- and Short-Term Care
- Physical, Speech, and Occupational Therapy
- Social Services
- Daily Activities Calendar
- Special Diet Options
- Restorative Care

Eligibility and Application:

Clients must meet the medical and financial criteria as stated and

approved by state and federal guidelines. Call the office for more information.

CANTERBURY HEALTHCARE FACILITY

Address:

1720 Knowles Road
Phenix City, AL 36869

Phone:

334-291-0485

Fax:

334-297-7412

Website:

www.canterbury-rehab.com

Area Served:

Lee, Russell, Macon, Muscogee and Chambers Counties, and surrounding areas

Services Provided:

- Long Term Care and Specialized Rehabilitation Services
- Physical, Occupational, and Speech Therapy
- Memory Care
- Hospice Care
- Activities For Residents

Eligibility and Application:

Clients must meet the medical and financial criteria as stated and approved by state and federal guidelines. Call the office for more information.

THE HARBOR AT OPELIKA

Address:

1001 Fox Run Parkway
Opelika, AL 36801

Phone:

334-749-7992

Fax:

334-749-9943

Website:

www.harboropelika.net

Area Served:

Opelika and surrounding areas

Services Provided:

- Specialty Care Assisted Living; 1 bedroom and studio apartments
- Memory Care with Alzheimer's and dementia certified caregivers
- Daily Activities

HELPING YOU LIVE LIFE TO THE FULLEST.



Morningside of Auburn is a cozy assisted living community that offers the care you need and the charming, southern lifestyle you deserve. A single-floor design makes it easy to get around, and a full calendar of activities and events lets you be as active and involved as you'd like. Here, you're not just treated like family... you are family. Our dedicated, caring team members provide everyday support so you can live every day to the



871 Twin Forks Avenue
Auburn, AL 36830
(334) 887-1061

Assisted Living & Long Term Care

- Transportation
- Housekeeping and Laundry Services

Eligibility and Application:

Contact office for eligibility requirements and guidelines.

LAKWOOD ASSISTED LIVING FACILITY

Address:

3020 Lee Road 430
Smith's Station, AL 36877

Phone:

334-298-9002

Fax:

334-298-9481

Area Served:

Lee and Russell Counties as well as surrounding counties

Services Provided:

- Assisted Living
- Assistance with bathing, dressing, grooming, safety, and medication management

Eligibility and Application:

Contact office for more information.

MORNINGSIDE OF AUBURN

Address:

871 Twin Forks Avenue
Auburn, AL 36830

Phone:

334-887-1061

Website:

www.fivestarliving.com

Area Served:

Lee County and surrounding areas

Services Provided:

- 1–2-bedroom apartments
- Respite and short-term care
- Pet friendly
- Restaurant style dining room
- 24/7 medical care
- Assistance with Activities of Daily Living
- Transportation
- Housekeeping
- Daily Activities

Application:

Call the front office for a tour of the facility and for more information.

PARKWOOD HEALTH CARE

Address:

3301 Stadium Drive
Phenix City, AL 36867

Phone:

334-297-0237

Website:

www.crownehealthcare.com

Area Served:

Russell County and surrounding areas

Services Provided:

- Skilled Nursing
- Case management by a social worker
- Social support for resident family members
- Daily activities
- Physical, Occupational, and Speech Therapy
- Registered dietitian
- Continued staff training

Application:

Contact the office for more information on eligibility and application process.

THE PHOENIX AT OPELIKA

Address:

1200 Willow View Drive
Opelika, AL 36801

Phone:

334-319-9813

Website:

www.phoenixsriving.com/
communities/the-phoenix-at-opelika/

Area Served:

Lee County and surrounding areas

Services Provided:

- Independent Living
- Memory Care
- Short Term Respite Care

Application:

Contact office for more information.

SUMMER VILLAGE AT AZALEA PLACE—A SOMERBY COMMUNITY

Address:

1601 Professional Parkway
Auburn, AL 36830

Phone:

334-501-0904
334-740-3813

Fax:

334-501-0940

Website:

www.somerbyliving.com

Area Served:

Lee County and surrounding areas

Services Provided:

- 1–2-bedroom cottages available for independent living
- Assisted living accommodations available for help with daily living
- Recreational and social activities
- Scheduled transportation and outings
- Housekeeping and laundry services
- Beauty/Barber shop

Eligibility and Application:

Call the office for more information on eligibility and application process.

SUMMER VILLAGE AT CAMELLIA PLACE—A SOMERBY COMMUNITY

Address:

1171 Gatewood Drive. Building 206
Auburn, AL 36830

Phone:

334-502-6008

Website:

www.somerbyliving.com

Area Served:

Lee County and surrounding areas

Services Provided:

- Independent living apartments & assisted living accommodations
- Memory Care
- Scheduled transportation and outings
- Activities and recreational programs

Eligibility and Application:

Call the office for more information on eligibility and application process.

SUMMER VILLAGE AT MAGNOLIA PLACE—A SOMERBY COMMUNITY

Address:

1553 Professional Parkway
Auburn, AL 36830

Assisted Living & Long Term Care

Phone:

334-826-9857

Fax:

334-826-9716

Website:

www.somerbyseiorliving.com

Area Served:

Lee County and surrounding areas

Services Provided:

- Studio and 1–2-bedroom units
- Units with kitchenettes are available
- Secure Memory Care
- Restaurant style dining room
- Housekeeping and Laundry services available
- Beauty/Barber Shop
- Pet friendly
- Daily activities
- Transportation
- RNs/LPNs available 24/7 to assist with medical needs

Eligibility and Application:

Call the office for more information on eligibility, criteria for living in the community, and the application process.



Excellence In Skilled Nursing & Rehabilitation Services

Discover the serene beauty and restorative ambiance of Arbor Lake, a premier destination for skilled nursing and rehabilitation services. Our lakeside retreat is designed to offer a tranquil yet stimulating environment where health and wellness go hand in hand with nature's calming presence.



1365 Gatewood Drive • Auburn AL, 36830 • 334.826.7200
www.traylorporterhealthcare.com/self-health-rehab

The Long-Term Care Ombudsman Program

Ombudsman programs are resident advocates!

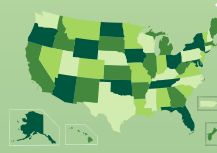
What does the long-term care Ombudsman program do?

The Ombudsman program advocates for residents of nursing homes, and other similar adult care facilities. Ombudsman programs work to resolve problems individual residents face and affect change at the local, state, and national levels to improve the quality of life and care for all individuals receiving long-term care.

For more information, visit ltombudsman.org/about/about-ombudsman

The Ombudsman Program by the Numbers

The Ombudsman program is made up of:



53 State Ombudsmen

1,955 Full-time staff

3,443 Volunteers trained to investigate and resolve complaints

In 2023, the program:

Information and Assistance

Providing information on issues impacting residents, such as resident rights, and/or providing assistance to access services.

Provided information and assistance

502,484 times to residents, family members, concerned individuals, etc.
159,064 times to long-term care facility staff

Conducted **342,189**

visits to long-term care facilities

Provided **3,106**

training sessions for long-term care facility staff

Attended **1,271**

Family Council meetings

Attended **17,095**

Resident Council meetings

Long-Term Care Ombudsman Programs are Dedicated to Solving Problems

The program worked to resolve **202,894** complaints initiated by residents, their families, and other concerned individuals



The three most frequent nursing facility complaints handled by Ombudsman program representatives:

- 1 Discharge or eviction
- 2 Response to requests for assistance
- 3 Physical abuse

The three most frequent residential care community (e.g., assisted living, board & care) complaints handled by Ombudsman program representatives:

- 1 Discharge or eviction
- 2 Medications
- 3 Food services

The statistics in this graphic are based on federal fiscal year (FFY) 2023 NORS Data (October 1, 2022 - September 30, 2023). For more information about the Long-Term Care Ombudsman Program, and volunteer opportunities, visit ltombudsman.org or email ombudcenter@theconsumerveoice.org.



Senior Housing

■ Is it time to downsize, or is your current living arrangement proving too challenging? Senior housing may be the best choice for you. There are quite a few options in our area and the Lee-Russell Council of Governments Area Agency On Aging can help you find the best living arrangements based on your needs, income level, and location.



ARBOR PLACE APARTMENTS**Address:**

515 Fox Run Parkway
Opelika, AL 36801

Phone:

334-745-0565

Area Served:

Lee County

Services Provided:

- 1 bedroom apartments

Eligibility:

- Rent is based on monthly income; other medical/non-medical bills are considered when determining rent
- Tenant pays utility bills

Application:

Contact the office for more information about eligibility and the application process.

ASHTON WAY APARTMENTS**Address:**

201 Samford Avenue
Opelika, AL 36801

Phone:

334-741-8661

Area Served:

Residents of Lee County

Services Provided:

- Senior living

Eligibility:

- Must be 55 years old or older
- Rent includes garbage and pest control
- Accepts Section 8 housing choice vouchers

Application:

Contact the office for more information about eligibility and the application process.

AUBURN HOUSING AUTHORITY**Address:**

931 Booker Street
Auburn, AL 36832

Phone:

334-821-2262

Website:

www.auburnhousingauth.org

Area Served:

Lee, Chambers and Randolph Counties

Services Provided:

- Public and Section 8 Housing

Eligibility:

Eligibility is determined by the AHA based on the total annual gross income and family size and is limited to US citizens and specified categories of non-citizens who have eligible immigration status.

Application:

Contact the office for more information on eligibility and guidelines for public housing.

CROWNE CHASE APARTMENTS**Address:**

3150 Martin Luther King Parkway
South Phenix City, AL 36869

Phone:

334-448-7400

Area Served:

Russell County and surrounding areas

Services Provided:

- 2–3-bedroom apartments
- Tenant pays electric and cable/ phone bills

Eligibility:

Applicants must be 55 years old or older.

Application:

Contact the office for more information about eligibility and the application process.

EASE HOUSE APARTMENTS**Address:**

1300 Commerce Drive
Auburn, AL 36830

Phone:

334-826-3078

Area Served:

Lee County

Services Provided:

- Independent housing for seniors
- 1-2 bedroom apartments
- On-sight beauty/barber shop
- Laundry room
- Social activities calendar

Eligibility:

Clients must be 62 years old or older; rent can be no higher than 30% of gross monthly income.

Application:

Contact the office for more information about eligibility and the application process.

EDMOND ESTATES**Address:**

1302 6th Place South
Phenix City, AL 36869

Phone:

334-620-4061

Website:

www.edmondestates.com

Area Served:

Lee and Russell Counties

Services Provided:

- 1-2 Bedroom Apartments
- Income based as well as rent restricted
- Utility allowance given to residents

Eligibility:

Open to all ages

Application:

Contact the office for more information about eligibility and the application process.

**H. L. BLAKE APARTMENTS
(Branch of the Phenix City
Housing Authority)****Address:**

2000 20th Court
Phenix City, AL 36867

Phone:

334-448-0685

Area Served:

Russell County and surrounding areas

Services Provided:

- 1-bedroom apartments
- Rent is determined by income; other medical/non-medical bills are considered when determining rent
- Tenants receive utility allowance for electricity and gas

Application:

Contact the office for more information about eligibility and the application process.

GRACE POINT APARTMENTS**Address:**

700 Grace Ridge Drive
Auburn, AL 36830

Phone:

334-329-7458

Website:

www.thebennettgrp.net/properties/grace-pointe.com

Senior Housing

Area Served:

Lee County

Services Provided:

- 2-bedroom apartments
- Rent Restricted
- Pet Friendly

Eligibility:

Applicants must be 55 years old or older

Application:

Contact the office for more information about eligibility and the application process.

MEADOW PARK

Address:

2620 Frederick Road
Opelika, AL 36801

Phone:

334-745-3070

Area Served:

Lee County and surrounding areas

Services Provided:

- 1-2 bedroom apartments
- Tenant pays utilities
- Rent is based on monthly income
- Pet Friendly
- Residents must be 62 or older

Eligibility:

Application and security deposit required

Application:

Contact the office for more information about eligibility and the application process.

MONARCH ESTATES

Address:

1550 University Drive
Auburn, AL 36830

Phone:

334-605-8154

Website:

www.holidaytouch.com/our-communities/monarch-estates

Area Served:

Southeast Alabama

Eligibility:

Private Pay

Application:

Contact the office for more information about eligibility and the application process.

OPELIKA HOUSING AUTHORITY

Address:

1706 Toomer Street
Opelika, Alabama 36801
[Mailing] P.O. Box 786
Opelika, AL 36803

Phone:

334-745-4171

Fax:

334-745-6783

Website:

www.opelikaha.com

Office Hours:

Monday-Friday
8 AM-5 PM CT

Area Served:

Lee County

Services Provided:

- Public and Section 8 Housing

Eligibility:

Eligibility is determined by the AHA based on the total annual gross income and family size and is limited to US citizens and specified categories of non-citizens who have eligible immigration status.

Application:

Contact the office for more information about eligibility and the application process.

OPEN DOOR COMMUNITY HOUSE

Address:

2405 Second Avenue
Columbus, GA 31901

Phone:

706-323-5518

Fax:

706-327-7753

Website:

www.opendoorcommunityhouse.org

Area Served:

Phenix City, AL and Columbus, GA

Services Provided:

- Circles in Columbus (financial mentoring program)
- After school and summer programs for children
- Transition Home for Unaccompanied Women
- Culinary Arts Training
- Auditorium rentals

Application:

Contact the office for more information about eligibility and the application process for programs.

ROSE GARDEN APARTMENTS

Address:

846 Lunsford Drive
Auburn, AL 36832

Phone:

334-501-2020

Area Served:

Auburn/Opelika Areas

Services Provided:

- 1 bedroom apartments

Eligibility:

- Applicants must be 62 years old or older
- Rent is based on monthly income; other bills are considered when rent is determined.
- Tenant pays electricity bill

Application:

Contact the office for more information about eligibility and the application process.

SHILOH APARTMENTS

Address:

1960 Shiloh Loop
Opelika, AL 36801

Phone:

334-620-4061

Area Served:

Lee County

Services Provided:

- Rent restricted apartments

Eligibility:

Applicants must be 55 years old or older.

Application:

Contact the office for more information about eligibility and the application process.

SOLSTICE APARTMENTS

Address:

1960 Solstice Circle
Opelika, AL 36801

Phone:

334-749-7787

Area Served:

Auburn/Opelika area

Senior Housing

Services Provided:

- 2-bedroom apartments
- Income restricted rent
- Tenant pays all utilities

Eligibility:

Applicants must be 55 years old or older.

Application:

Contact the office for more information about eligibility and the application process.

TIMOTHY MANOR APARTMENTS

Address:

2016 Waverly Parkway
Opelika, AL 36801

Phone:

334-749-4400

Area Served:

Lee County

Services Provided:

- 1-bedroom apartments
- Section 8 Housing
- Rent is determined by monthly income; other medical/non-medical bills are considered when rent is determined
- Utilities included in rent

Eligibility:

Applicants must be 62 years old or older.

Application:

Contact the office for more information about eligibility and the application process.

THE PHOENIX AT OPELIKA

Address:

1200 Willow View Drive
Opelika, AL 36801

Phone:

334-319-9813

Website:

www.phoenixsrliving.com/communities/the-phoenix-at-opelika/

Area Served:

Lee County and surrounding areas

Services Provided:

- Independent Living
- Memory Care
- Short Term Respite Care

Application:

Contact office for more information.

PHENIX CITY HOUSING AUTHORITY

Address:

200 16th Street
Phenix City, AL 36867
(Mailing) P.O. Box 338
Phenix City, AL 36868

Phone:

334-644-9992

Fax:

334-664-9996

Office Hours:

Monday-Thursday

8 AM-5 PM ET

Friday

8 AM-12 PM ET

Area Served:

Lee and Russell County

Services Provided:

- Public and Section 8 Housing

Eligibility:

Eligibility is determined by the AHA based on the total annual gross income and family size and is limited to US citizens and specified categories of non-citizens who have eligible immigration status.

Application:

Contact the office for more information about eligibility and the application process.

THE RESIDENCES AT ARBOR LAKE

Address:

1365 Gatewood Drive
Auburn, AL 36830

Phone:

334-521-7290

Fax:

334-821-7239

Website:

www.residencesatarborlake.com

Area Served:

The Auburn/Opelika area as well as surrounding areas

Services Provided:

- Independent Living
- studio and 1-2-bedroom apartments w/ full kitchen
- Utilities included in rent
- Social activities and medical transportation
- Heated outdoor pool
- Pet Friendly

Eligibility and Application:

Contact the office for more information about eligibility and application process.

STONEWOOD APARTMENTS

Address:

1213 28th Street
Phenix City, AL 36869

Phone:

334-297-6994

Area Served:

Russell County and surrounding areas

Services Provided:

- 1 Bedroom apartments
- Rent is determined by income; other medical/non-medical bills are considered when determining rent.

Application:

Contact the office for more information about eligibility and application process.

TUBMAN GARDEN APARTMENTS

Address:

1701 24th Street
Phenix City, AL 36869

Phone:

334-297-3445

Area Served:

Russell County and surrounding areas

Services Provided:

- 1 Bedroom apartments
- Rent is determined by income; other medical/non-medical bills are considered when determining rent

Eligibility:

Applicants must be 62 years old or older or be disabled.

Application:

Contact the office for more information about eligibility and application process.

Arts & Leisure



*Opposite page: Jule Collins
Smith Museum*

Right: Chewacla State Park



■ Lee and Russell Counties are full of cultural and recreational opportunities from world-class museums to state parks! Here is just a small list of the hundreds of options available to residents and visitors to our area.

ART HAUS

Address:
500 N Railroad Avenue
Opelika, AL 36801
Website:
www.opelikaarthaus.com

AUBURN AREA COMMUNITY THEATRE

Address:
222 East Drake Avenue
Auburn, AL 36830
Phone:
334-246-1084
Website:
www.auburnact.org

AUBURN UNIVERSITY RAPTOR CENTER

Address:
1350 Pratt-Carden Drive
Auburn, AL 36849
Phone:
334-844-6943
Website:
www.vetmed.auburn.edu/raptor

AUBURN UNIVERSITY THEATRE

Address:
211 Telfair B. Peet Theatre
Auburn University, AL 36830
Phone:
334-844-4748
Website:
www.cla.auburn.edu/theatre

CHEWACLA STATE PARK

Address:
124 Shell Toomer Parkway
Auburn, AL 36830
Phone:
334-887-5621
Website:
www.alapark.com/parks/chewacla-state-park

COCA-COLA SPACE SCIENCE CENTER

Address:
701 Front Ave
Columbus, GA 31901
Phone:
706-649-1477
Website:
www.ccssc.org

Arts & Leisure

COLUMBUS COLLECTIVE MUSEUMS

Address:
3218 Hamilton Rd
Columbus, GA 31904
Phone:
706-332-6378
Website:
www.columbuscollectivemuseums.com

THE COLUMBUS MUSEUM

Address:
1251 Wynnton Road
Columbus, GA 31906
Phone:
706-48-2562
Website:
www.columbusmuseum.com

DONALD E. DAVIS ARBORETUM

Address:
181 Garden Drive
Auburn, AL 36849
Phone:
334-844-5770
Website:
www.auburn.edu/cosam/arboretum

IDLE HOUR PARK SPORTS COMPLEX

Address:
900 Airport Road
Phenix City, AL 36867
Phone:
334-291-4719
Website:
www.phenixcityal.us/parks-recreation/

JAN DEMPSEY COMMUNITY ARTS CENTER

Address:
222 E. Drake Ave
Auburn, AL 36830
Phone:
334-501-2963
Website:
www.auburnalabama.org/parks/facilities/jan-dempsey-community-arts-center

JAY AND SUSIE GOGUE PERFORMING ARTS CENTER

Address:
910 S. College Street
Auburn, AL 36849

Phone:
334-844-8497
Website:
www.goguecenter.auburn.edu

JULE COLLINS SMITH MUSEUM, AUBURN UNIVERSITY

Address:
901 South College Street
Auburn, AL 36830
Phone:
334-741-8661
Website:
www.jcsm.auburn.edu

KIESEL PARK

Address:
520 Chadwick Lane
Auburn, AL 36832
Phone:
334-501-2930
Website:
www.auburnalabama.org/parks/facilities/kiesel-park

KREHER PRESERVE AND NATURE CENTER

Address:
2222 North College Street
Auburn, AL 36830
Phone:
334-844-8091
Website:
kpnc.auburn.edu

LOACHAPOKA HISTORIC DISTRICT

Address:
6500 Stage Road
Loachapoka, AL 36835
Phone:
334-887-3007
Website:
www.leecountyhistoricalsociety.org/buildings-exhibits

MUSEUM OF EAST ALABAMA

Address:
121 S. Ninth Street
Opelika, AL 36801
Phone:
334-749-2751
Website:
www.eastalabama.org

NATIONAL CIVIL WAR NAVAL MUSEUM

Address:
1002 Victory Drive
Columbus, GA 31901
Phone:
706-327-9798
Website:
www.portcolumbus.org

THE NATIONAL INFANTRY MUSEUM

Address:
1775 Legacy Way #235
Columbus, GA 31903
Phone:
706-685-5800
Website:
www.nationalinfantrymuseum.org

OPELIKA COMMUNITY THEATRE

Address:
1220 Fox Run Avenue, Suite 216
Opelika, AL 36801
Phone:
334-400-9660
Website:
www.opelikatheatrecompany.com

OPELIKA NORTHSIDE HISTORIC DISTRICT

Address:
8th St, 9th Street, Avenue A, & Railroad Avenue
Opelika, AL 36801
Phone:
334-332-6966

PEBBLE HILL

Address:
101 Debardelaben Street
Auburn, AL 36830
Phone:
334-844-4946

PHENIX CITY AMPHITHEATER

Address:
508 Dillingham St
Phenix City, AL 36867
Phone:
334-291-4719
Website:
www.phenixcityal.us/venue/phenix-city-amphitheater/

Arts & Leisure

THE PHENIX CITY RIVERWALK**Address:**

601 12th Street
Phenix City, AL 36867

Phone:

334-448-2701

Website:

www.phenixcityal.us/portfolio-items/phenix-city-riverwalk

RIVERCENTER FOR THE PERFORMING ARTS**Address:**

900 Broadway
Columbus, GA 31901

Phone:

706-256-3612

Website:

<https://rivercenter.org>

SPRINGER OPERA HOUSE**Address:**

103 East 10th Street
Columbus, GA 31901

Phone:

706-327-3688

Website:

www.springeroperahouse.org

SOUTHSIDE CENTER FOR THE ARTS**Address:**

1103 Glenn Street
Opelika, AL 36801

Phone:

334-749-8105

Website:

www.eastalabamaarts.org

TIGER TRAIL OF AUBURN**Address:**

College St & W. Magnolia Avenue
Auburn, AL 36830

Phone:

334-887-7011

Website (Trailviewer):

<https://webgis.auburnalabama.org/tigertrailviewer>

TONY AND LIBBA RANE CULINARY SCIENCE CENTER**Address:**

205 S. College Street
Auburn, AL 36830

Website:

www.ranecenter.auburn.edu

TOOMER'S CORNER**Address:**

100 N College Street
Auburn, AL 36830

Phone:

334-887-3488

Website:

www.toomers.com

TUSKEGEE AIRMEN NATIONAL HISTORIC SITE**Address:**

1616 Chappie James Avenue
Tuskegee, AL 36083

Phone:

334-724-0922

Website:

<https://home.nps.gov/tuai/index.htm>

WHITEWATER EXPRESS**Address:**

1000 Bay Avenue
Columbus, GA 31901

Phone:

706-321-4720

Website:

www.chattahoochee.whitewaterexpress.com

Tuskegee Airmen National Historic Site



Government Programs

■ Government programs are available for a variety of needs for seniors and individuals with disabilities. From veterans services to state and local programs, help is available.

AUBURN CITY GOVERNMENT

Address:
144 Tichenor Avenue, Suite 1
Auburn, AL 36830
Phone:
334-501-7260
Website:
www.auburnalabama.org

OPELIKA CITY GOVERNMENT

Address:
204 South 7th Street
Opelika, AL 36801
Phone:
334-705-5110
Website:
www.opelika-al.gov

PHENIX CITY GOVERNMENT

Address:
601 12th Street
Phenix City, AL 36867
Phone:
334-448-2701
Website:
www.phenixcityal.us

LEE COUNTY GOVERNMENT

Address:
215 South 9th Street
Opelika, AL, 36801
Phone:
334-737-3660
Website:
www.leeco.us

RUSSELL COUNTY GOVERNMENT

Address:
1000 Broad Street
Phenix City AL, 36867
Phone:
334-298-6426
Website:
www.rcala.com

ALABAMA DEPARTMENT OF SENIOR SERVICES (ADSS)

Address:
201 Monroe Street
RSA Tower, Suite 350
Montgomery, AL 36130
Phone:
334-242-5743
Fax:
334-242-5595
Website:
www.alabamaageline.gov

Area Served:

The State of Alabama

Services Provided:

- Administration of the Older American's Act
- Allocation of funds to Area Agency on Aging for elderly and disabled services
- Advocacy and nursing home grievance solutions
- Planning, development, and coordination of authorized state and federal programs
- Information and referral to resources

Eligibility:

Anyone 60+ years or disabled

Application:

Contact your local office by calling 1-800-Age-Line or 334-749-5264.

ALABAMA COOPERATIVE EXTENSION - LEE COUNTY

Address:
600 S 7th Street, Suite 4
Opelika, AL 36801
Phone:
334-749-3353
Website:
www.aces.edu/counties/lee

ALABAMA COOPERATIVE EXTENSION - RUSSELL COUNTY

Address:
508 14th Street
Phenix City, AL 36867
Phone:
334-298-6845
Website:
www.aces.edu/counties/russell

ALABAMA DEPARTMENT OF HUMAN RESOURCES

Address:
50 N. Ripley St.
Montgomery, AL 36130
Phone:
334-242-1310
Website:
www.dhr.alabama.gov

ALABAMA DEPARTMENT OF HUMAN RESOURCES - LEE COUNTY

Address:
1715 Corporate Drive
Opelika, AL 36801
Phone:
334-737-7778
Website:
www.dhr.alabama.gov/county-office-contact



Lee County Courthouse

ALABAMA DEPARTMENT OF HUMAN RESOURCES - RUSSELL COUNTY

Address:

1901 Opelika Road
Phenix City, AL 36867

Phone:

334-214-5780

Website:

www.dhr.alabama.gov/county-office-contact

ALABAMA DEPARTMENT OF INSURANCE

Address:

Consumer Division
P. O. Box 303351
Montgomery, AL 36130

Phone:

800-433-3966

Website:

www.aldoi.gov

ALABAMA MEDICAID AGENCY

Address:

687 North Dean Road, Suite 300
Auburn, AL 36830

Phone:

[District Office]

334-466-0159

Website:

www.medicaid.alabama.gov

Email:

wanda.welch@medicaid.alabama.gov

Office Hours:

Monday- Friday
7:30 AM-4:30 PM CT

Area Served:

Chambers, Lee, Russell, Clay, Coosa,
Macon, Talladega, Randolph,
Tallapoosa, Bullock

Services Provided:

Benefits provided to low-income

persons and families; medical benefits provided to children, pregnant mothers and disabled adults.

Application:

Patients must meet financial requirements.

ALABAMA DEPARTMENT OF PUBLIC HEALTH

Address:

RSA Tower
201 Monroe Street
Montgomery, AL 36104

Phone:

334-206-5300

800-252-1818

Website:

www.alabamapublichealth.com

Government Programs

EMERGENCY MANAGEMENT AGENCY - LEE COUNTY

Address:
908 Avenue B
Opelika, AL 36801
Phone:
334-749-8161
Website:
www.leecoema.com

EMERGENCY MANAGEMENT AGENCY - RUSSELL COUNTY

Address:
311 Prentiss Drive
Phenix City, AL 36868
Phone:
334-291-5079
Website:
www.rcema.us

FEMA

Address:
500 C Street S.W.
Washington, D.C. 20472
Phone:
800-621-FEMA (3362)
TDD: TTY dial 800-462-7585
Website:
www.fema.gov

LEGAL SERVICES OF ALABAMA

Address:
2567 Fairlane Drive Suite 200
Montgomery, AL 36116
Phone:
866-456-4995
Website:
www.legalhelp.org
Area Served:
Lee, Russell, Tallapoosa, Macon, and
Chambers counties
Services Provided:

- Housing
- Bankruptcy
- Consumer collections
- Spousal abuse
- Divorce
- Public benefits
- Unemployment compensation
- Food stamps
- Social security
- Social Security disability [SSI]

Eligibility:

Services provided to low-income residents of Alabama; call for eligibility requirements.

CENTERS FOR MEDICARE AND MEDICAID SERVICES

Address:
7500 Security Blvd.
Baltimore, MD 21244
Phone:
800-633-4227
Website:
www.cms.gov

MEDICARE FRAUD HOTLINE

Phone:
800-633-4227

MEDICARE

Phone:
800-633-4227
TTY 877-486-2048
Website:
www.medicare.gov

SOCIAL SECURITY ADMINISTRATION

Phone:
800-772-1213
TTY 800-325-0778
Website:
www.ssa.gov

SOCIAL SECURITY - AUBURN OFFICE

Address:
2454 East University Drive
Auburn, AL 36830
Phone:
1-877-512-3857
Website:
www.ssa.gov
Area Served:
Chambers, Lee, Macon, and Russell
Counties
Services Provided:

- Information and referrals
- Counseling services for Social Security benefits
- Supplemental Security Insurance benefits
- Medicare benefits
- Retirement benefits
- Survivor benefits

Application:

Contact the office for information about program eligibility.

USDA RURAL DEVELOPMENT

Address:
1327 Franklin Road, Suite B
Tuskegee, AL 36083
Phone:
334-725-3321
Website:
www.rurdev.usda.gov
Area Served:
Bullock, Chambers, Coosa, Elmore,
Lee, Macon, Montgomery, Russell,
and Tallapoosa Counties
Services Provided:

- Providing financing to very low- and moderate-income applicants to purchase, or make repairs

Eligibility:

Anyone residing or desiring to reside in the counties in the service area. Applicants must have satisfactory credit and meet income guidelines.

Application:

Contact office for fees and for more information about application.

VETERANS AFFAIRS HOTLINE

Phone:
855-948-2311
Services Provided:
Non-clinical, non-emergency around the clock call center; provides veterans a supplemental option to report issues if they are not being addressed through VA's normal customer service channels.

DISABLED AMERICAN VETERANS (DAV)

Lee County Address:
PO Box 995
Opelika, AL 36803
Phone:
334-332-8791
Russell County Address:
PO Box 219
Phenix City, AL 36867
Phone:
334-448-2454

Government Programs

ALABAMA DEPARTMENT OF VETERANS AFFAIRS

Address:
100 N. Union St., 850
Montgomery, AL 36104
Phone:
334-242-5077
Website:
www.va.alabama.gov

VA MEDICAL CENTER MONTGOMERY

Address:
215 Perry Hill Rd.
Montgomery, AL 36109
Phone:
334-272-4670
800-214-8387
Website:
www.va.gov/central-alabama-health-care

UNITED WAY PRIORITY VETERANS

Phone:
866-460-3827
Website:
www.priorityveterans.org/services-for-veterans

VETERANS AFFAIRS - LEE COUNTY OFFICE

Address:
205 10th Street
Opelika, AL 36801
[Mailing] P.O. Box 2388
Opelika, AL 3803
Phone:
334-737-3626
334-745-9781
Website:
www.va.alabama.gov

Area Served:
Lee and Chambers Counties

Services Provided:

- Help with filing for compensation and pensions for veterans, widows, and children
- Filing for VA insurance
- Foot marker and burial allowance
- Education and on-the-job training
- Benefits counseling

VETERANS AFFAIRS - RUSSELL COUNTY

Address:
1000 Broad Street
Phenix City, AL 36967
[Mailing] P.O. Box 1633
Phenix City, AL 36867
Phone:
334-298-7767
Fax:
334-298-7297
Website:
www.va.alabama.gov

Area Served:
Barbour, Macon, and Russell Counties

Services Provided:

- Help with filing for compensation and pensions for veterans, widows, and children
- Filing for VA insurance
- Foot marker and burial allowance
- Education and on-the-job training
- Benefits counseling

Auburn Fire Station 1



Opelika Sportsplex & Aquatics Center

Recreation & Volunteer Agencies

■ Exercise and socialization are important parts of being a healthy senior. Lee and Russell Counties have many facilities and programs designed to provide seniors and individuals with disabilities with those opportunities.

AUBURN PARKS AND RECREATION DEPARTMENT

Address:

425 Perry Street
Auburn, AL 36830

Phone:

334-501-2930

Fax:

334-501-2960

Website:

www.auburnalabama.org/parks

Area Served:

Auburn

Services Provided:

- Monthly day trips with varying costs
- Classes specifically geared towards seniors
- Activities and Programs such as BINGO, Lunch Club, Book Club
- Monthly social events

Application:

Fees vary. Contact the office for more information.

FOSTER GRANDPARENTS PROGRAM

Address:

1300 Commerce Drive
Auburn, AL 36830

Phone:

334-826-6514
1-800-520-0099

Fax:

334-826-6468

Website:

www.ease-inc.org/fgp.com

Areas Served:

Lee and Russell County

Services Provided:

Seniors volunteer 20 hours per week in schools, daycares, head start centers, mentoring special needs children. Volunteers receive a stipend reimbursement.

Application:

Contact the office for more information.

OPELIKA ADULT ACTIVITY CENTER OPELIKA SPORTSPLEX

Address:

101 Andrews Road
Opelika, AL 36801
[Mailing] P.O. Box 1026
Opelika, AL 36801

Phone:

334-705-2493

Fax:

334-705-5569

Website:

www.opelikasportsplex.com

Area Served:

Lee County and surrounding areas

Services Provided:

Activities and programs for senior adults age 62 and older

Application:

Membership fees submitted to the Opelika Sports PLEX

PHENIX CITY PARKS AND RECREATION DEPARTMENT

Address:

1500 Airport Road
Phenix City, AL 36867

Phone:

334-291-4719

Website:

www.phenixcityal.us

Area Served:

Phenix City

Services Provided:

Facilities cater to all ages through various activities provided throughout the year.

Application:

Fees vary depending on the programs or events; contact the office for more information.





AUBURN PARKS AND RECREATION

ADULTS 50+

Programs Include

- + Field Trips
- + Yoga
- + Zumba Gold
- + Tai Chi
- + Zumba Gold Chair
- + Card Club
- + Crafty Crew
- + Moving Nights
- + Food For Thought
- + Breakfast And Speaker
- + Music Lessons
- + Silver Sneakers
- + Memory Classes
- + And More!



No Membership Fees!

334-501-2930 | HARRIS CENTER | 425 PERRY ST, AUBURN

AUBURNAL.MYREC.COM

ADULTS 50+ PROGRAM REGISTRATION CAN BE MADE ONLINE AT AUBURNAL.MYREC.COM

■ There are a large number of medical agencies and healthcare facilities in Lee and Russell Counties. If you are in need of healthcare assistance, the Lee-Russell Council of Governments Area Agency on Aging is here to help you find the services you need.

Healthcare Agencies



ALABAMA MEDICAID AGENCY**Address:**

687 North Dean Road, Suite 300
Auburn, AL 36830

Phone:

[District Office]
334-466-0159

Website:

www.medicaid.alabama.gov

Area Served:

Chambers, Lee, Russell, Clay, Coosa,
Macon, Talladega, Randolph,
Tallapoosa and Bullock Counties

Services Provided:

Benefits provided to low-income
persons and families; medical
benefits provided to children,
pregnant women, parents, seniors,
and individuals with disabilities.

Application:

Patients must meet financial
requirements.

AUBURN MEDICAL PAVILION**Address:**

900 Camp Auburn Road
Auburn, AL 36832

Phone:

334-364-3000

Website:

www.eamc.org

Area Served:

Greater Lee County

Services Provided:

- East Alabama Medical Center
Freestanding Emergency
Department
- Pharmacy
- Outpatient Imaging
- East Alabama Ambulatory Surgery
Center
- Breast Health Center

CENTER FOR VEIN RESTORATION**Address:**

107 North 24th Street
Opelika, AL 36801

Phone:

800-349-5347

Website:

www.centerforvein.com

Area Served:

Lee County and Surrounding Area

Services Provided:

- Varicose Veins

- Spider Veins
- Swollen Ankles
- Heaviness
- Tired Legs
- Itching or Burning
- Skin Color Change
- Leg Cramps

DAVITA KIDNEY CARE- OPELIKA DIALYSIS**Address:**

2340 Pepperell Parkway
Opelika, AL 36801

Phone:

334-745-6883

Website:

www.DaVita.com

Area Served:

Lee County and Surrounding Area

Services Provided:

- Dialysis

Eligibility:

Call office for more information on
program eligibility

EAST ALABAMA MEDICAL CENTER**Address:**

2000 Pepperell Parkway
Opelika, AL 36801

Phone:

334-749-3411

Financial Assistance Phone:

334-528-1275

Website:

www.eamc.org

Area Served:

Greater Lee County

Services Provided:

- Cancer Care
- Diabetes & Nutrition
- Diagnostic Imaging & Testing
- Emergency Care
- Endoscopy
- Mental Health Services
- Pediatric Care
- Women's Health Care
- Pain Management
- Specialty Medicine

LEE COUNTY HEALTH DEPARTMENT**Address:**

1801 Corporate Drive
Opelika, AL 36801

Phone:

334-745-5765

Website:

www.adph.org/lee

Area Served:

Lee County

Services Provided:

- Home Health Visits
- Immunizations
- Birth, death, marriage, and divorce
certificates
- Health inspection/food sanitation
- Family Planning
- STD/STI testing and treatment
- WIC Program
- Disease Intervention Specialist

Application:

Call the office for more information
about program requirements and
eligibility.

RUSSELL COUNTY HEALTH DEPARTMENT**Address:**

1850 Crawford Road
Phenix City, AL 36867

Phone:

334-297-0251

Website:

www.adph.org/russell

Area Served:

Russell County

Services Provided:

- Family Planning
- WIC Program
- Environmental health/food
sanitation
- Birth, death, marriage, and divorce
records
- STD/STI testing and treatment
- Immunizations for children/
adolescents under the age of 18

Application:

Call the office for more information
about program requirements and
eligibility.

MERCY MEDICAL CLINIC - AUBURN**Address:**

1702 Catherine Court, Suite 1A
Auburn, AL 36830

Phone:

334-501-1081

Fax:

334-501-1083

Website:

Mercymedicalauburn.org

Healthcare Agencies

Area Served:

Lee County and Surrounding Areas

Services Provided:

- Primary Medicine
- Patient Assistance

Application:

- Medicaid only and uninsured patients
- Proof of income required for certain services

JACK HUGHSTON MEMORIAL HOSPITAL

Address:

4401 Riverchase Drive
Phenix City, AL 36867

Phone:

334-732-3000

Website:

www.hughston.com/jhmh

Area Served:

Phenix City and Surrounding Area

Services Provided:

- Orthopedic medicine and surgery
- Physical therapy
- Diagnostic imaging and testing
- Laboratory services
- 24-hour Emergency Room

J.W. DARDEN WELLNESS CENTER

Address:

1323 Auburn Street
Opelika, AL 36801

Phone:

334-528-1438

Website/Social:

www.facebook.com/dardenwc

Office Hours:

Wednesday
9 AM-12 PM CT

Area Served:

Lee County and Surrounding Area

Services Provided:

- Health Screening
- Blood Pressure and Blood Sugar Screening
- Medication Monitoring

- Diabetic Counseling
- Weight Management

Eligibility:

Accepts both insured and uninsured

MERCY MEDICAL OF COLUMBUS, SECOND AVENUE

Address:

3702 2nd Avenue
Columbus, GA 31904

Phone:

706-507-9209

Fax:

706-507-9249

Website:

Mercymedcolumbus.com

Office Hours:

Monday, Tuesday, Thursday
8:30 AM-5 PM ET
Wednesday
8:30 AM-12 PM ET
Friday
7:30-3 PM ET



Get the family caregiving support you need, when you need it.

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit aarp.org/caregiving.

 /alabama.aarp  @aarpal



Healthcare Agencies

Area Served:

Columbus and Surrounding Area

Services Provided:

- Adult & Pediatric Medicine
- Dental
- Vision
- Diagnostic Imaging
- Physical Therapy
- OB/GYN care
- Mental Health Services
- HIV/AIDS Care
- Family and Individual Counseling
- Health and Disease Management

Eligibility:

Accepts insured and uninsured (with proof of income)

MERCY MEDICAL OF COLUMBUS, MISSION LOCATION

Address:

3679 Steam Mill Road
Columbus, GA 31906

Phone:

706-507-4687

Fax:

706-507-4698

Website:

mercymedcolumbus.com

Office Hours:

Monday, Tuesday, Thursday

8:30-5 PM ET

Wednesday, Friday

8:30 AM-12 PM ET

Area Served:

Columbus and Surrounding Area

Services Provided:

- Adult Medicine
- Vision

Eligibility:

Accepts insured and uninsured (with proof of income)

REGIONAL REHABILITATION HOSPITAL

Address:

3715 US Highway 280-431 N.
Phenix City, AL 36867

Phone:

334-732-2200

866-858-7976

Fax:

334-732-2121

334-732-2202

Website:

www.regionalrehabhospital.com

Area Served:

Phenix City and Surrounding Area

Services Provided:

Rehabilitation for:

- Arthritis
- Amputation
- Bowel & Bladder surgery
- Brain Injury
- Burns
- Hip Fractures
- Joint Replacement
- Neurological Disorders
- Pain Management
- Spinal Cord Injury
- Stroke
- Wound Care



Center for Vein Restoration

ARE YOU SUFFERING FROM ANY OF THESE LEG SYMPTOMS?

- Varicose Veins
- Spider Veins
- Swollen Ankles
- Heaviness
- Tired Legs
- Itching or Burning
- Skin Color Change
- Leg Cramps



BEFORE



AFTER

WE CAN HELP!



SCAN TO SCHEDULE!

SCHEDULE YOUR APPOINTMENT TODAY!

800-FIX-LEGS



Michael L. Aikens
MD



OPELIKA, AL

107 North 24th Street
Opelika, AL 36801

www.centerforvein.com

f i n d j y

Special Resources

■ Seniors and individuals with disabilities can require a variety of special needs and requirements either ongoing or short-term. Lee and Russell Counties take pride in the abundant resources available to service those needs.

Counseling

ALCOHOLICS ANONYMOUS
Phone: 334-745-8405

AUBURN FAMILY THERAPY
Phone: 334-821-3631

GOOD SHEPHERD COUNSELING
Phone: 334-821-3631

RAPE COUNSELORS OF EAST ALABAMA
Phone: 334-741-0707

SAFE HARBOR WOMEN'S CENTER
Phone: 334-745-8405

AUBURN UNIVERSITY STUDENT COUNSELING SERVICES
Phone: 334-844-51235

THE PASTORAL CARE & COUNSELING CENTER
Phone: 334-501-7829

VICTORIOUS CHRISTIAN LIVING
Phone: 334-705-0710

Family Planning

ALABAMA BAPTIST MATERNITY CARE
Phone: 205-945-0037

LIFELINE CHILDREN'S SERVICES
Phone:
Pregnancy Help: 1.800.875.5595
Fostering Help: 205-967-0811
Adoption Help: 205-967-0811

Prayer Lines

PRAYER LINE
Phone: 866-349-3300

SILENT UNITY
Phone: 800-669-7729

NEW HOPE
Phone: 714-639-4673

GUIDEPOST PRAYER FELLOWSHIP
Phone: 800-204-3772

Pre-Planning and Funerals

FREDERICK-DEAN FUNERAL HOME AND CREMATORY

Address:
1801 Frederick Road, Suite A
Opelika, AL 36801

Phone:
334-745-4667

Website:
www.frederickdean.com

Area Served:
Lee and Russell County area

Services Provided:

- Pre-planning
- Funeral and related services
- Cremation Services
- Memorial Services

Special Needs

INTEGREA COMMUNITY MENTAL HEALTH SYSTEM

Address:
2506 Lambert Drive
Opelika, AL 36801

Phone:
Office: 334-742-2700
Hotline: 800-815-0630

Website:
www.integreahealth.org

Area Served:
Chambers, Lee, Russell, and Tallapoosa Counties

Services Provided:

- Outpatient treatment
- Day programs and residential programs for persons with mental illness or intellectual disabilities

Application:
Contact office for more information.

AUBURN UNIVERSITY DEPARTMENT OF COMMUNICATION DISORDERS: SPEECH AND HEARING CLINIC

Address:
425 Heisman Drive
1199 Haley Center
Auburn, AL 36849

Phone:
334-844-9613
334-844-9600

Website:
www.auburn.edu/opce

Area Served:
East Alabama and West Georgia [within a 50-mile radius of Auburn]

Services Provided:

- Professional development training
- Programs for adult learners
- Summer resident youth camps
- Community courses
- Conference administration

Eligibility and Application:

- May serve any age group
- Based on length and time of program

AIDB- ALABAMA INDUSTRIES FOR THE BLIND

Address:

P.O. Box 698
Talladega, AL 35161

Phone:

800-801-9032

Website:

www.akteaktevy.biz/aidbsul_2022

Area Served:

State of Alabama

Services Provided:

Retail Office Supplies

THE EAGLES PROGRAM AT AUBURN UNIVERSITY

Services Provided:

As a CTP, Auburn University is able to offer federal student aid to eligible EAGLES students through:

- Federal Pell Grants
- Federal Work Study
- Federal Supplemental Education Opportunity Grants

Population Served:

Students with intellectual disabilities aged 18-26

EXCEPTIONAL FOUNDATION OF EAST ALABAMA

Address:

1171 Gatewood Drive, Suite 101
Auburn, AL 36830

Phone:

334-329-7773

Website:

www.efofea.org

Area Served:

Lee and Russell County Area

Services Provided:

- Educational activities
- Recreational activities
- Creative art expression
- Age-appropriate field trips

Eligibility and Application:

Individuals with intellectual and developmental disabilities that are no longer served in the school system

REACH COMMUNITY RESPITE

Address:

137 South Gay Street
Auburn, AL 36830

Phone:

334-826-8800

Website:

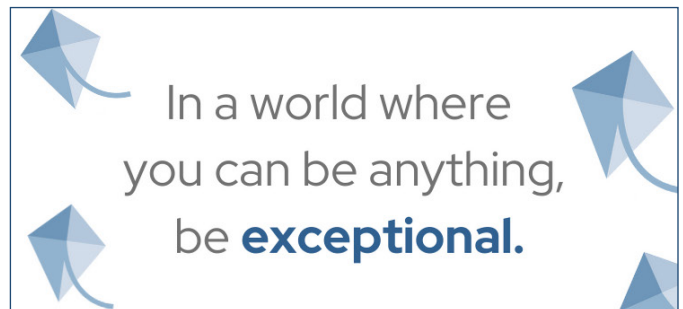
www.aumc.net/ministries/reach/

Area Served:

Lee and Russell County Area

Services Provided:

- Dementia support and respite



The Exceptional Foundation of East Alabama is a 501(c)(3) nonprofit that was created to provide a safe and engaging place for individuals with intellectual and developmental disabilities. Founded by 4 moms of children with special needs, the goal of EFEA is to enhance the quality of life for this beautiful, yet underserved population as they age out of the school system. Located in Auburn, AL, EFEA endeavors to provide social and recreational activities through engaging and inspiring programming designed to promote healthy living, support and foster community involvement. By doing so, we enrich the well-being of families by offering a healthy, safe and professional environment where their loved ones will be supported and, most importantly, validated. Established in 2016, The Exceptional Foundation of East Alabama currently hosts participants from 7 counties in Alabama and Georgia. For more information or to schedule a tour, please contact us.



Exceptional
Foundation of East Alabama

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- Over-the-Counter **allowance**^{1,2}
- Preventive and comprehensive **dental allowance**
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*We are available Monday – Friday, 8 a.m. – 8 p.m. CST. From October 1 through December 7, the hours of operation are Monday – Sunday, 8 a.m. – 8 p.m. CST. You may be required to leave a message for calls made after hours, weekends and holidays. Calls will be returned the next business day. Blue Advantage is a PPO with a Medicare contract. Enrollment in Blue Advantage (PPO) depends on contract renewal. Blue Advantage (PPO) is provided by Blue Cross and Blue Shield of Alabama, an independent licensee of the Blue Cross and Blue Shield Association.

¹ The Alabama FlexCard Mastercard[®] Prepaid Card is issued by Stride Bank, N.A., Member FDIC, pursuant to license by Mastercard International.

² Blue Advantage PREMIER only.

Benefits and provider network listed are good through December 31, 2024.

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