

# Senior Resource Guide

2024



**Services provided  
for older adults  
in Forsyth County**

A publication  
of the Forsyth County  
Senior Resource Coalition

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# Federal & State Resources

## Federal Resources

American Red Cross .....	(770) 532-8453
Dept. of Housing & Urban Development (Cumming) .....	(770) 887-5331
Medicaid .....	(877) 423-4746
Medicaid (Long-Term Care Information) .....	(404) 232-1411
Medicare .....	(800) 633-4227 (877) 423-4726
National Do Not Call Registry .....	<a href="http://www.donotcall.gov">www.donotcall.gov</a>
Social Security Office.....	(800) 772-1213
U.S. Citizenship & Immigration.....	(800) 375-5283
U.S. Dept. of Veterans Affairs .....	(800) 827-1000
<a href="http://www.HealthCare.gov">www.HealthCare.gov</a> .....	(800) 318-2596

## State Resources

Division of Aging Services .....	(866) 552-4464
Aging & Disability Resource Connection....	(866) 552-4464
Dept. of Family & Children Services (Food Stamp Office) .....	(770) 781-6700
Dept. of Family & Children Services (Kinship Care-Grandparents Caring for Grandchildren).....	(844) 694-2347
Forsyth County Health Department.....	(770) 781-6900
Georgia Dept. of Labor.....	(770) 535-5484
Georgia Dept. of Veterans Service (Gainesville).....	(770) 531-6060
Georgia Legal Services Program .....	(833) 457-7529
Georgia Dept. of Community Affairs (Housing).....	(404) 679-4840
Georgia Council on Aging .....	(404) 657-5343

# Forsyth County Government Resources

## County Resources

Forsyth County Public Transportation..	(770) 781-2195
Forsyth County Sheriff's Office .....	(770) 781-2222
Forsyth County Library .....	(770) 781-9840
Forsyth County Senior Services .....	(770) 781-2178
Forsyth County Fire Department .....	(770) 781-2180

## Medical Assistance - Support Services

### Vision and Hearing Assistance

Georgia Center for the Deaf & Hard of Hearing .....	(888) 297-9465
Georgia Charitable Care Network (hearing).....	(404) 657-1452
Georgia Lions Lighthouse Foundation (vision).....	(404) 325-3630
Georgia Public Libraries (vision).....	(404) 657-1452

### Support Services

Adult Protective Services .....	(866) 552-4464 ext. 3
Alcoholics Anonymous.....	(404) 525-3178
Narcotics Anonymous.....	(678) 405-0825
National Suicide Hotline .....	(800) 273-8255
Georgia Hospice and Palliative Care Organization .....	(877) 924-6073
Avita Community Partners (mental health, addiction & developmental disabilities) .....	(678) 341-3840

# Transitional Housing/Shelter

Forsyth County Family Haven ..... (770) 889-6384  
Crisis Line 24 Hour ..... (770) 887-1121

# Language Interpretation by Phone

## Step 1

Dial (800) 444-6627

## Step 2

Enter PIN (2713-7874)

# Utilities Assistance

Atlanta Gas Light .....(877) 427-4321  
Cellular Phones: Assurance Wireless.....(888) 898-4888  
Georgia Public Service Commission .....(404) 656-4501  
Low Income Home Energy  
Assistance Program.....(770) 889-9420  
Low Income Home Water  
Assistance Program.....(770) 889-9420  
Georgia Power (Income Qualified  
Senior Citizen Discount) .....(888) 660-5890



# Recreation and Fitness Resources

## City of Cumming

### Cumming City Park

437 Pilgrim Mill Road, Cumming..... (770) 781-2030

### Dobbs Creek Recreation Center

1115 Dahlonega Highway, Cumming .. (770) 781-2030

### Cumming Aquatic Center

201 Aquatic Circle, Cumming ..... (770) 781-1781

## Forsyth County Parks & Recreation

### Central Park

2300 Keith Bridge Road, Cumming ... (678) 455-8540

### Fowler Park

4110 Carolene Way, Cumming..... (770) 886-4088

### Old Atlanta

810 Nichols Road, Suwanee ..... (770) 205-4646

### Sawnee Mountain Preserve

4075 Spot Road, Cumming..... (770) 781-2217

## Active Adult Centers, Forsyth County

### Charles Place

595 Dahlonega Street, Cumming..... (770) 781-2178  
option 1

### Sexton Hall Enrichment Center

2115 Chloe Road, Cumming..... (770) 781-2178  
option 2

## YMCA

6050 Y Street, Cumming..... (770) 888-2788

# Public Transportation Access Forsyth

## **Access Forsyth (formerly Dial-A-Ride) (770) 781-2195**

This is the county public transportation system provided to residents 18 and older on an appointment basis; there are no set routes. Appointments are made by phone and accepted up to 30 days in advance, on a first come, first served basis. All buses are equipped with lifts for wheelchair service. Riders must be ready at the door when the bus comes and be able to get themselves on and off the bus independently, with the exception of those in wheelchairs. Rides are restricted to within the county limits.

Residents call and leave a message, with the call being returned within 24 hours. This is the information needed: your name, date of ride, the location of pick-up, the location of drop-off, the time you need to be where you are going and/or the time you need to be picked up, and a return telephone number.

## **Fares**

Trips are \$2 each way with exact change being required.

## Hours

Passenger service is provided between the hours of 8:30 a.m. - 3 p.m. Monday through Friday. Rides must be booked through the dispatcher between the hours of 8 a.m. - 3:30 p.m. Monday through Friday by calling (770) 781-2195.

Access Forsyth is closed on all official county holidays, as listed below:

New Years Day

Martin Luther King Jr. Day

Memorial Day

Independence Day

Labor Day

Veterans Day

Thanksgiving (2 days)

Christmas (2 days)

## Additional Public Transportation - Ride Share

Provided by nonprofit Common Courtesy using Uber or Lyft drivers.

Riders register in advance, either through the county Senior Services office at (770)781-2178 or on the county website, Public Transportation Department. A smart phone and credit card are required to participate in the program. Rides are also \$2 each way and are restricted to within the county.

Rides provided Monday through Friday, 7:30 a.m. - 5 p.m. Rides must be scheduled so that the passenger arrives at their final destination by 5 p.m.

# Forsyth County Sheriff's Office

[www.forsythsheriff.org](http://www.forsythsheriff.org) | (770) 781-2222

[SOCommRelations@forsythco.com](mailto:SOCommRelations@forsythco.com)

## **SALT – Seniors and Lawmen Together**

A monthly program offering interesting presentations on current topics affecting older adults. Meet deputies from the Sheriff's Office and have some good food and fun. The event is free and is held on the third Wednesday of the month.

## **CLEA – Citizens Law Enforcement Academy**

Free nine-week course that meets from 6:30 - 9:30 p.m. on consecutive Mondays. The Academy is open to all Forsyth County residents, employees and business owners age 21 and over. CLEA provides students with hands-on training and law enforcement knowledge in a friendly environment. The goal is to build a closer bond with the citizens and business owners of Forsyth County through communication and education.

## Senior Safety Classes

The Sheriff's Office will bring the following classes to any group of 10 or more seniors (neighborhoods, church groups, civic organizations, etc.) free of charge.

- **Senior Safety Awareness**

Designed to educate our Forsyth County senior citizens about different scams that are targeting seniors and teach them internet safety and situational awareness.

- **WSD – Women's Self Defense**

This course is designed to teach women situational awareness by reviewing case studies of previous abductions. Some hands-on training is provided but limited. This class is designed for women and reserved for women only.

- **CRASE – Citizens Response to Active Shooter Event**

This class is designed to teach you what to do/not do in the case of an active shooter in your place of business, church, school, local store or anywhere this type of horrific act could occur.



Forsyth County  
**SHERIFF'S OFFICE**

*Sheriff Ron H. Freeman*

# Forsyth County Public Library

[www.forsythpl.org](http://www.forsythpl.org) | (770) 781-9840 (main)

Lorraine Lane | [lanel@forsythpl.org](mailto:lanel@forsythpl.org)

## Locations

- Cumming - 585 Dahlonega Street, Cumming, GA 30040
- Hampton Park - 5345 Settingdown Road, Cumming, GA 30041
- Post Road - 5010 Post Road, Cumming, GA 30040
- Sharon Forks - 2820 Old Atlanta Road, Cumming, GA 30041

## Branch Libraries

All branch libraries offer unique adult programming, including book clubs, crafts, themed program series and guest speakers. All programming can be accessed from the website.

Each branch has a wide variety of materials in its collection, including:

- **Active Adult** kits are themed for patrons 55 and over to help them navigate challenges unique to their age and circumstances.
- **Remember When** caregiver kits are themed for patrons caring for someone with memory loss or Alzheimer's.

Resources and staff are available for non-English speakers.



FORSYTH COUNTY PUBLIC  
LIBRARY

## **Mailbox Books**

Forsyth County Public Library can mail materials directly to your home if you are unable to visit the library. The Mailbox Books program offers the convenience of receiving and returning materials in a postage-paid mail pouch.

This service is open to Forsyth County Public Library patrons who:

- Have a permanent or temporary disability or medical condition that prevents a person from visiting the library.
- Reside in a nursing care or assisted living facility, whether temporarily or permanently.
- Have other health conditions that make a person unable to visit the library.

Pick out your books, or we can choose for you based on your preferences. Our Outreach Services team is dedicated to making sure you receive the materials you want when you want them. Let us know if you need anything!

## **Lobby Stops**

The Outreach Services team delivers services to senior living communities throughout Forsyth County. Our mobile lobby stop service provides complete access to FCPL's collection, including books, audiobooks, DVDs, magazines, and music CDs.

## **Golden Hour with the Library**

Golden Hour with the Library is an innovative and interactive program for individuals living in assisted care facilities. During these one-hour visits, seniors have the opportunity to participate and reminisce through multi-sensory stimulation with images, songs, games, object interaction, and interesting facts about each program's topic and/or destination.

# Forsyth County Senior Services

[www.forsythco.com/seniors](http://www.forsythco.com/seniors) | (770) 781-2178  
[seniorservices@forsythco.com](mailto:seniorservices@forsythco.com)

## **Mission**

The mission of the department is to provide life enrichment to those age 60 and better. The centers are the focal point where older adults gather for services and activities that respond to their diverse needs and interests, enhance their dignity, support their independence and encourage involvement in the community.

## **Community Centers**

Two unique community centers offer a variety of programs and services.

### **Charles Place** | 595 Dahlonega St., Cumming, 30040

A traditional senior center that focuses on wellness. There is a daily activity program that includes lunch. A meal delivery program is available for homebound older adults.

• ***Moving to Central Park, 2300 Keith Bridge Road, Cumming - mid 2024***

### **Sexton Hall** | 2115 Chloe Road, Cumming, 30041

A life enrichment center for active adults and an event venue.



## **Programs & Activities**

- Fitness
- Art Classes
- Events
- Concerts
- Presentations
- Day Trips & Hikes
- Gardening
- Technology
- Social Clubs
- Game Groups

## **Services for Older Adults**

Contact [seniorsupport@forsythco.com](mailto:seniorsupport@forsythco.com) for additional inquiries.

- Meal Programs:  
Congregate lunch and home-delivered meals
- Respite/Memory Support Program:  
Fun activities provided for early onset dementia held Monday - Thursday
- Caregiver Support
- Information and Referral
- Social Work services

## **Fees for Services**

Membership fees for the centers; scholarships available.  
Respite provided on a cost-share basis.



# Forsyth County Fire Department

[www.forsythco.com/Departments/Fire-Department](http://www.forsythco.com/Departments/Fire-Department)

[publiceducation@forsythco.com](mailto:publiceducation@forsythco.com) | (678) 455-8072

Erin Long | (770) 205-4688

## Public Education

In addition to emergency and non-emergency responses, there are Vial-of-Life and smoke alarm programs, education and training in fire safety (including fire extinguishers), injury prevention education including water safety, pedestrian safety, wheel sports, vehicle passenger safety and other safety programs.

## Mission

It is our mission to protect lives, property, and the environment from all hazards through preparedness, prevention, mitigation and response.



# United Way of Forsyth

[www.unitedwayforsyth.com](http://www.unitedwayforsyth.com) | (770) 781-4110

[lindsay@unitedwayforsyth.com](mailto:lindsay@unitedwayforsyth.com)

Ruth Goode, Exec. Director | [ruth@unitedwayforsyth.com](mailto:ruth@unitedwayforsyth.com)

United Way brings communities together to focus on the important needs and issues impacting Forsyth and Dawson Counties, such as education, health, financial stability and basic needs. Our mission is to improve lives in our community by mobilizing the caring power and spirit of our citizens.

## **Services Provided:**

- Community Foundation/Funds
- Specialized Information and Referral
- Volunteer Opportunities



**United Way  
of Forsyth County**

# Georgia Mountain Food Bank

[www.gamountainfoodbank.org](http://www.gamountainfoodbank.org) | (770) 534-4111

Anyone in need of food can contact the food bank directly to be connected to a local pantry or meal service that Georgia Mountain Food Bank supports in their area.

## **Mission**

Georgia Mountain Food Bank's (GMFB's) mission is to address hunger, health and quality of life by serving those in need. An affiliate of Atlanta Community Food Bank, we provide a vital link between sources of food supplies and hardworking community-based partner agencies who help get the food into the hands of families and individuals in need. We serve a 5-county area that includes Dawson, Forsyth, Hall, Lumpkin and Union Counties and support 70+ feeding partners.



# Food Pantries

City on a Hill.....	(678) 883-3512
Creekside United Methodist Church .....	(770) 888-8449
Cumming Baptist Food Pantry.....	(770) 205-6699
Dawson Community Food Bank & Thrift Store.....	(678) 410-4455/ (706) 265-7990
First Redeemer.....	(678) 513-9400
Freedom Tabernacle Church .....	(770) 887-4679
Hightower Baptist Assn. Food & Clothing Bank .....	(770) 205-2464
Meals by Grace .....	(404) 426-4055 (404) 425-4822
St. Joseph's Food Pantry of St. Brendan's Catholic Church .....	(770) 205-7969
The Place.....	(770) 887-1098
War Hill Community Outreach .....	(706) 216-3080

# The Place

[www.theplacega.org](http://www.theplacega.org) | (770) 887-1098

[ClientAssist@theplacega.org](mailto:ClientAssist@theplacega.org)

The Place assists residents with essential needs and support in difficult times.

## **Services Provided:**

- Weekly food pantry services
- Financial assistance
- Assistance with prescription costs
- Essential home needs
- Homelessness assistance
- Thrift store
- Medicaid and food stamps applications
- Return to work assistance
- Minor home repairs

## **Requirements to Receive Services:**

- Proof of income, photo ID
- Proof of residency in Forsyth or Dawson counties



# Concord Baptist Church

[www.cbccumming.org](http://www.cbccumming.org) | (770) 887-9482 (main)

[dana@cbccumming.org](mailto:dana@cbccumming.org)

Dana Hallman | (770) 887-4031

Located where Forsyth and Dawson Counties converge, Concord is small enough to treat visitors like family and large enough to offer plenty of service and worship opportunities. Its rich blend of ages, occupations and cultural backgrounds thrive in an eclectic atmosphere where everyone can find a comfortable niche while being challenged to participate in new and exciting ministries.

## **Services Provided:**

- Senior outreach
- Concord's Happy Days Senior Adult Luncheon, 4th Friday of every month with entertainment, door prizes and home-cooked meals; reservations encouraged. Ages 55+ and open to the public.
- Senior Adult Choir - performances at three assisted living/nursing facilities each month and practice once a month.

# HOPELinc.org | THE SHOP at CHM

www.hopelinc.org | 678-456-5544  
admin@cumminghomeministries.org  
429 Canton Rd. Cumming GA 30040

HOPELinc.org is a no cost service that links people in search of addiction treatment or mental health care to the professional care they require.

- Addiction Counseling
- Treatment Assessments
- Rehabilitation Sponsorships
- GA Recovery Resources

A service of Cumming Home Ministries, a 501c3 organization.

## THE SHOP at Cumming Home Ministries

- Thrift Store
- Donate: Gently used items, monetary gifts, time.
- Volunteer

The SHOP at CHM offers clothing and other household goods at a reasonable price. Seniors (55+) receive a discount on Mondays. Furniture donation pick-up service.





# First Redeemer Church

Wendell Jackson, Adult Ministry Pastor  
[www.firstredeemer.org](http://www.firstredeemer.org) | (678) 513-9400

A wide range of “Connection Groups” are provided in coordination with Sunday morning worship.

- The Joyful Noise Luncheon at 11:30 a.m. on the 2nd Monday of every month (no luncheon in July). The cost is \$8 and requires no reservations.
- Redeemer Travelers Program provides organized tours of local attractions as well as distant venues.



# Georgia Highlands Medical Services

[www.ghms-inc.org](http://www.ghms-inc.org) | (770) 887-1668 (main)

[info@ghms-inc.org](mailto:info@ghms-inc.org)

Eddie Gaitan | (470) 297-0641

[eddie.gaitan@ghms-inc.org](mailto:eddie.gaitan@ghms-inc.org)

A premier community health center that is committed to serving all people with compassion, dignity and integrity while providing excellent, affordable and integrated health care.

Any patient, regardless of insurance status, can receive care at Georgia Highlands Medical Services.

## **Fees for Services**

All insurance accepted. For those who are uninsured or low-income, fees are based on the size of family and family income.

## **Core Services**

- Highly personalized geriatric medical care
- Medication assistance & management
- Assisting in long-term care planning
- Social support services, including referring to in-home and other community services
- Coordination and follow-up on specialty referrals



# The American Cancer Society

[relayforlife.org/forsythcountyyga](https://relayforlife.org/forsythcountyyga)  
Pavica Brajinovic | (678) 528-1998  
[pavica.brajinovic@cancer.org](mailto:pavica.brajinovic@cancer.org)

Our mission is to strive to improve the lives of people with cancer and their families through advocacy, research and patient support. Our goal is to ensure that everyone has the opportunity to prevent, detect, treat and ultimately survive cancer.

The American Cancer Society Relay For Life movement stands as one of the world's largest peer-to-peer fundraising events dedicated to saving lives from cancer. For over 35 years, communities worldwide have united to honor and remember loved ones while taking action for life-saving change.

For the latest updates or to register as a survivor or caregiver, please visit our website. If you are eager to get involved or have any questions, feel free to reach out to contact us by email or phone.

Join us in making a difference and contributing to the fight against cancer. Together, we can bring about positive change and offer hope to those affected by this challenging disease.



# Age Well Forsyth

[www.agewellforsyth.com](http://www.agewellforsyth.com) | (404) 245-7949

Dr. Linda Ledbetter | [drlindaledbetter@aol.com](mailto:drlindaledbetter@aol.com)

A nonprofit organization focused on helping older adults ages 55+ to age well and live well in Forsyth County. Works closely with the county's Senior Services department to meet needs and provide extra support services. A travel program is offered, including both regional and international group travel. Fees for services generally only for travel.

## **Support to Forsyth County Senior Services**

- Homebound program - food for those in need (including pets), personal products, household items
- Respite Care - for those with dementia
- Senior Grant Program - to meet special needs
- Parties and Events - entertainment

## **Requirements to Receive Services**

- Certain programs require applications that are vetted through Forsyth County Senior Services



# Northside Hospital Forsyth

[www.northside.com/forsyth](http://www.northside.com/forsyth) | (770) 844-3200

Northside Hospital continues to expand services to meet the constant growing health care needs of Forsyth County and the surrounding communities.

Northside Hospital Forsyth is a regional leader in same-day joint replacement, performing more surgeries than any other Georgia hospital. The hospital offers comprehensive imaging services including 3-D mammography and bone densitometry at outpatient locations throughout Forsyth County. The hospital is also among the state's top providers of cancer care, sports medicine, robotic surgery and cardiovascular services.

As one of the most respected and trusted health care organizations in the Southeast, Northside Hospital Forsyth is committed to balancing clinical excellence with compassionate care.



**NORTHSIDE HOSPITAL  
FORSYTH**

# Lewy Body Dementia Assn.

[www.lbda.org](http://www.lbda.org)

(800) 539-9767 (Lewy Line) | [support@lbda.org](mailto:support@lbda.org)

Through outreach, education, support and research, the Lewy Body Dementia Association supports those affected by Lewy body dementias, their families and caregivers. We are dedicated to raising awareness and promoting scientific advances.

## **Services Provided**

Those living with symptoms or a diagnosis of Lewy body dementia, care partners and involved professionals can connect to licensed LBDA Support Services staff through the LBDA Lewy Line or Support email for guidance, information, resources and connections.

## **Requirements to Receive Services**

Diagnosis or seeking diagnosis of Lewy body dementia.

## **Fees for Service**

None



# Legacy Link

## Area Agency on Aging

[www.legacylink.org](http://www.legacylink.org) | (770) 538-2650

4080 Mundy Mill Rd., PO Box 1480

Oakwood, GA, 30566

Elaine Harkins, ADRC Director

Legacy Link serves as the local Area Agency on Aging for the North Georgia Mountains Region which serves 13 counties, including Forsyth County. Legacy Link assists with linking aging adults, and individuals with disabilities, to the support they need and deserve. Legacy Link offers confidential support, including information, referrals and assistance concerning services for older adults, family members and individuals with disabilities.

Requirements to receive services and fees for service vary depending on program. Please call for further information.



# **About the Senior Resource Coalition**

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Forsyth County Senior Services saw a need to bring nonprofit and governmental organizations together to better collaborate on services for older adults. Hence, the Senior Resource Coalition was created and enthusiastically embraced by its members. Although there are numerous guides published to promote businesses that cater to older adults, this comprehensive guide of nonprofit services is the first of its kind in Forsyth County. The mission of the Senior Resource Coalition is to make life better for older adults by providing information and facilitating ease of access to services. We are professionals who care deeply about the people we serve, and it is our pleasure to provide this guide to you.

SeniorCoalition@forsythco.com