



# CHANGE

Carolina Heart Alliance  
Networking for Greater Equity

## Heart Healthy Resource Guide Hertford County

Updated: November, 2015



**UNC**  
CENTER FOR HEALTH  
PROMOTION AND  
DISEASE PREVENTION




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## SUPPORT GROUPS AND GROUP EDUCATION FOR HEALTH




### Groups for healthy eating, chronic disease prevention and weight loss

<b>Eat Smart, Move More, Weigh Less</b>		<b>Winton</b>
<b>Cooperative Extension</b>		
<p>301 W. Tryon St Winton, NC 27986</p>		<p><b>Features:</b> A 6-week <b>chronic disease prevention</b> and management program, using planned behavior theory to inform, empower and motivate. Participants learn skills and strategies for healthy eating and becoming physically active.</p> <p><b>Hours:</b> Contact Extension office by phone or website for upcoming dates and times.</p> <p><b>Contact:</b> Stephanie Parker-Helmkamp: (252)358-7822, stephanie_m_parker@ncsu.edu Becky Castello: (252)358-7822, rebecca_castello@ncsu.edu</p> <p><b>Eligibility:</b> Any adult.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Give Your Heart a Healthy Beat</b>		<b>Winton</b>
<b>Cooperative Extension</b>		
<p>301 W. Tryon St Winton, NC 27986</p>		<p><b>Features:</b> A nutrition education and behavior change program to lower risk of <b>cardiovascular disease</b> by reducing blood pressure and cholesterol, body weight and triglyceride levels. Each session includes an educational module, taste testing, and physical activity.</p> <p><b>Hours:</b> Contact Extension office by phone or website for upcoming dates and times.</p> <p><b>Contact:</b> Stephanie Parker-Helmkamp: (252)358-7822, stephanie_m_parker@ncsu.edu Becky Castello: (252)358-7822, rebecca_castello@ncsu.edu</p> <p><b>Eligibility:</b> Any adult.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Taking Off Pounds Sensibly (TOPS)</b>		<b>Ahoskie</b>
<b>Ahoskie Parks &amp; Recreation</b>		
<p>Old Armory on Peachtree St (between Sunset Av &amp; E Memorial Dr) Ahoskie, NC 27910</p>		<p><b>Features:</b> Education and support for <b>healthy eating to achieve weight loss goals</b> in small group setting. In-person and web-based tools available.</p> <p><b>Hours:</b> Call for details</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811; Joan Godwin: joangodwin@ahoskie.org</p> <p><b>Eligibility:</b> Any adult.</p> <p><b>Cost:</b> \$32 initiation, \$3/month thereafter.</p>

## Diabetes education and support groups

<b>Diabetes Support Group</b>		<b>Ahoskie</b>
<b>Vidant Roanoke-Chowan Hospital</b>		
Vidant Wellness Center 117 Hertford Co High Rd Ahoskie, NC 27910		<p><b>Features:</b> Monthly support group for those with <b>diabetes</b> and chronic <b>cardiovascular disease</b>. This group includes in-patient diabetes education and prevention, out-patient follow-up, support via Telehealth, healthy food tasting and prizes. Additional diabetes management, nutrition classes and outreach programs also available where need is identified.</p> <p><b>Hours:</b> Meets every 3rd Thursday from 6:00-7:00pm.</p> <p><b>Contact:</b> Terry Koch, Nurse: (252)209-3090 or 1-800-472-8500, tkoch@vidanthealth.com</p> <p><b>Eligibility:</b> Individuals with diabetes, their family members and caregivers. No registration or physician referral required.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Diabetes Education</b>		<b>Ahoskie</b>
<b>Veterans Affairs/RCCHC</b>		
120 Health Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Nurse-administered <b>diabetes</b> education classes delivered over 8 weeks in small groups (less than 10 people) to address different topics including healthy eating, exercise, self-care, weight management and healthy food buying and preparation.</p> <p><b>Hours:</b> RCCHC 2nd floor; please call for more information.</p> <p><b>Contact:</b> Carvin Marvin, Rural Health: (757)722-9961 ext. 7730, carvin.marvin@va.gov Deborah Fidel: deborah.fidel@va.gov</p> <p><b>Eligibility:</b> Registered and referred/non-registered Veterans, service members, spouses and caregivers in and around Hertford County.</p> <p><b>Cost:</b> Free; travel to RCCHC required for this program. Please contact the VA for alternative available options.</p>

## Group education and support for veterans (hypertension, diabetes and pain/opioid Management)



<b>Hypertension Education</b>		<b>Ahoskie</b>
<b>Veterans Affairs/RCCHC</b>		
120 Health Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Nurse-administered <b>hypertension</b> education and monitoring classes delivered over 8 weeks in small groups (less than 10 people) for veterans with <b>high blood pressure</b>. Classes address exercise, healthy eating and meal preparation.</p> <p><b>Hours:</b> Call for more information</p> <p><b>Contact:</b> Carvin Marvin, Rural Health: (757)722-9961, ext. 7730, carvin.marvin@va.gov Deborah Fidel: deborah.fidel@va.gov</p> <p><b>Eligibility:</b> Registered <b>and referred non-registered</b> Veterans, service members, spouses and caregivers in and around Hertford County.</p> <p><b>Cost:</b> Free; travel to RCCHC required. Contact the VA about options.</p>
<b>MOVE Weight Management Education</b>		<b>Ahoskie</b>
<b>Veterans Affairs/RCCHC</b>		
120 Health Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Nurse-administered education for veterans concerned about <b>obesity and weight management</b>. Small group classes (less than 10 people) on healthy eating, exercise and weight control.</p> <p><b>Hours:</b> Call for more information</p> <p><b>Contact:</b> Carvin Marvin, Rural Health: (757)722-9961, ext. 7730, carvin.marvin@va.gov Deborah Fidel: deborah.fidel@va.gov</p> <p><b>Eligibility:</b> Registered and referred/non-registered Veterans, service members, spouses and caregivers in and around Hertford County.</p> <p><b>Cost:</b> Free; travel to RCCHC required. Contact the VA about options.</p>
<b>Pain Management Education</b>		<b>Ahoskie</b>
<b>Veterans Affairs/RCCHC</b>		
120 Health Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Nurse-administered <b>pain and opioid/medication</b> education and management for those with a history of pain medication use. Small group classes (less than 10 people) on alternative methods of pain management and medication reduction.</p> <p><b>Hours:</b> Call for more information</p> <p><b>Contact:</b> Carvin Marvin, Rural Health: (757)722-9961, ext. 7730, carvin.marvin@va.gov Deborah Fidel: deborah.fidel@va.gov</p> <p><b>Eligibility:</b> Registered and referred/non-registered Veterans, service members, spouses and caregivers in and around Hertford County.</p> <p><b>Cost:</b> Free; travel to RCCHC required. Contact the VA about options.</p>

## EMPLOYEE WELLNESS

<b>NuYou Health and Wellness Program</b>		<b>Cofield</b>
<b>Nucor Steel</b>		
1505 River Rd Cofield, NC 27922		<p><b>Features:</b> Lifestyle management programs (<b>weight loss, nutrition, exercise and smoking cessation</b>) and disease management programs (<b>high blood pressure, asthma, diabetes, coronary artery disease</b>) for Nucor employees. The NuYou website supplies information of healthy living programs, calorie calculators, meal plans, stress management tools and exercise programs and annual health fairs available.</p> <p><b>Contact:</b> Joyce Overton: joyce.overton@nucor.com, (252)356-3700</p> <p><b>Eligibility:</b> Nucor Steel employees.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Perdue Health Improvement Program</b>		<b>Lewiston-Woodville</b>
<b>Perdue Farms</b>		
3539 Governors Rd Lewiston-Woodville, NC 27849		<p><b>Features:</b> Program of health education, coaching and counseling by a health improvement specialist and wellness nursing staff to address areas of <b>exercise, nutrition and smoking cessation</b> to eliminate lifestyle risk factors and manage controllable diseases. HIP leads employee initiatives such as "Walk Across America": an on-site, employee walking group. Individual health screening, assessment and <b>chronic disease treatment for hypertension, diabetes, cholesterol, weight, eating, exercise and smoking</b> also available.</p> <p><b>Contact:</b> Michelle Jones, Regional Nurse Manager: (252)348-4344 Joanne/Wellness Center staff: (252)348-4235</p> <p><b>Eligibility:</b> All Perdue employees and their dependents.</p> <p><b>Cost:</b> Free of charge.</p>
<b>RCCHC Employee Wellness Committee</b>		<b>Ahoskie</b>
<b>Roanoke Chowan Community Health Center</b>		
120 Health Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Monthly Wellness Committee focused on healthier lifestyles and major health goals; Weekly <b>running/walking</b> trainings in supportive group environment; Flu vaccine clinic and various health and wellness classes offered by Vidant.</p> <p><b>Contact:</b> Stephanie Hart: shart@rcchc.org, (252) 209-0237 Kathy Farmer: kfarmer@rcchc.org</p> <p><b>Eligibility:</b> RCCHC employees.</p> <p><b>Cost:</b> Free of charge.</p>

## HEALTH CARE ACCESS

### Health insurance and primary care

<b>Hertford Health Access</b>		<b>Hertford County</b>
<b>Roanoke Chowan Community Health Center</b>		
120 Heath Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Services for under and uninsured RCCHC patients. Patient Navigators assign patients a medical home, refer to primary and specialty care and connect patients to medication assistance program, lab and diagnostic services, case management and health education.</p> <p><b>Hours:</b> Mon-Thurs: 8am-5pm, F: 8am-4pm; enrollment at RCCHC sites in Ahoskie, Murfreesboro and Colerain, and monthly Mobile Wellness Unit at Murfreesboro Baptist Church Food Bank of the Albemarle on 2nd Tuesday of every month.</p> <p><b>Contact:</b> Tiffany Wiggins: (252)209-0237, ext. 7138.; <a href="mailto:twiggins@rcchc.org">twiggins@rcchc.org</a>                  Weyling White: (252)209-0237, ext. 7138; <a href="mailto:wwhite@rcchc.org">wwhite@rcchc.org</a></p> <p><b>Eligibility:</b> Adults 18-64 years old with chronic disease who fall at or below 200% of the FPL; must be a resident of Hertford County or a current RCCHC patient of Bertie County; must have medical referral and/or appointment to perform eligibility process.</p> <p><b>Cost:</b> Free to eligibility participants (financial screenings conducted annually).</p>
<b>Outreach and Enrollment</b>		<b>Hertford County</b>
<b>Roanoke Chowan Community Health Center</b>		
120 Heath Center Dr Ahoskie, NC 27910		<p><b>Features:</b> Certified Application Counselors enroll both RCCHC patients and non-patients into Affordable Care Act Marketplace plans and financial assistance. Counselors provide clients ACA information, step-by-step walk through the enrollment process and provide ongoing assistance.</p> <p><b>Hours:</b> Mon-Thurs: 8am-5pm, Friday: 8am-4pm, some Saturday and evening hours</p> <p><b>Contact:</b> Erin Storie: (252)209-0237 ext. 7129, <a href="mailto:estorie@rcchc.org">estorie@rcchc.org</a>                  Holly Smith : (252)332-3548 ext. 7227, <a href="mailto:hsmith@rcchc.org">hsmith@rcchc.org</a></p> <p><b>Eligibility:</b> Any adult.</p> <p><b>Cost:</b> Free of charge.</p>

## Seniors Health Insurance Information

Hertford County

Hertford County Office of Aging

408 S. Camp St  
Winton, NC 27986



**Features:** Counseling and information about Medicare (including Advantage, Part D and supplements) and long-term care insurance. Review of current Medicare plans and billing to prevent errors.

**Hours:** Monday through Friday 8am-5pm (toll free service); please call Winton office for more information.



**Contact:** Alicia Mitchell: (252)358-7856, [alicia.mitchell@hertfordcountync.gov](mailto:alicia.mitchell@hertfordcountync.gov)  
Barry Mowbray (DOI): (855)408-1212, [barry.mowbray@ncdoi.gov](mailto:barry.mowbray@ncdoi.gov)

**Eligibility:** Hertford County seniors and their caregivers.



**Cost:** Free to seniors 60 years and older.



## Worksite-based health services

Perdue Associate Wellness Center		Lewiston-Woodville
<p><b>Perdue Farms</b></p>		
<p>3539 Governors Rd Lewiston-Woodville, NC 27849</p>		<p><b>Features:</b> Low-cost, onsite primary care and occupational health services. Services include medical check-ups and exams, treatment for cold, flu, allergies and infections, ongoing treatment for chronic high blood pressure, diabetes, cholesterol, OB/GYN services, family planning and prenatal care, pediatric care, physical therapy and referral to specialists. A prescription drug benefit plan and free generic drug samples also available.</p> <p><b>Hours:</b> 6am-9pm Monday through Friday and occasional weekend hours. <i>Wellness Center is open whenever the Perdue plant is.</i></p> <p><b>Contact:</b> Michelle Jones, Regional Nurse Manager: (252)648-4344 Joanne/Wellness Center staff: (252)348-4235</p> <p><b>Eligibility:</b> All employees of Perdue Farms and their dependents who enroll in the Perdue health insurance plan are automatically enrolled in the Wellness Center. Those who opt out may still visit the Center.</p> <p><b>Cost:</b> \$15 co-pay for employees and dependents enrolled in Perdue health insurance plan; \$30/visit for employees who opt out. \$5 for lab tests. One free visit is offered within the initial 90 days of employment. Employees remain on payroll and do not clock out during their visit. Payment is deducted from employee's payroll.</p>
NuYou Health and Wellness Program		Cofield
<p><b>Nucor Steel</b></p>		
<p>1505 River Rd Cofield, NC 27922</p>		<p><b>Features:</b> Lifestyle management programs (weight loss, nutrition, exercise and smoking cessation) and disease management programs (high blood pressure, asthma, diabetes, coronary artery disease) for Nucor employees. The NuYou website supplies information of healthy living programs, calorie calculators, meal plans, stress management tools and exercise programs and annual health fairs available.</p> <p><b>Hours:</b> Varied. Contact Nucor for more information.</p> <p><b>Contact:</b> Joyce Overton: joyce.overton@nucor.com, (252)356-3700</p> <p><b>Eligibility:</b> Nucor Steel employees.</p> <p><b>Cost:</b> Free of charge.</p>

## Disease screening and follow up

<b>Breast &amp; Cervical Cancer Control Program (BCCCP)</b>		<b>North Carolina</b>
<b>Hertford County Public Health Authority</b>		
828 South Academy St Ahoskie, NC 27910		<p><b>Features:</b> Free and low cost breast and cervical cancer screening and follow-up to eligible women Hertford County. Services may include clinical breast exams, mammogram and pap testing, diagnostic testing for abnormal results and referrals to treatment.</p> <p><b>Hours:</b> HCPHA, 8:30am-5pm, Monday through Friday</p> <p><b>Contact:</b> Esther Watford, Nurse: (252)862-4054, esther.watford@hcpha.net                  Vicki Deem: (919)707-5324 or (919)218-4270, vicki.deem@dhhs.nc.gov</p> <p><b>Eligibility:</b> Women 40 and 64 years old who are under or uninsured and with a household income at or below 200% of the FPL. Women must be BCCCP patients prior to cancer diagnosis to be eligible for treatment funding. Additional funding may be available for mammograms for those who do not fall into eligibility criteria.</p> <p><b>Cost:</b> Free or reduced cost according to eligibility.</p>
<b>Region 9 HIV/AIDS</b>		<b>Hertford County</b>
<b>Hertford County Public Health Authority</b>		
714 Evans St Ahoskie, NC 27910		<p><b>Features:</b> Confidential HIV screening and STI evaluation, education and navigation to primary and specialty care, medications, lab testing and treatment through clinical team outreach. Comprehensive case management and transportation also available.</p> <p><b>Hours:</b> Vary; please contact Tiffany Sewell or inquire Mon-Fri 8:30am-5pm</p> <p><b>Contact:</b> Tiffany Sewell: (252)332-6650, tiffany.sewell@hcpha.net                  Cherri Brounson : (252)332-6650, cherri.brounson@hcpha.net                  Joanne/Wellness Center staff: (252)348-4235</p> <p><b>Eligibility:</b> Hertford County residents.</p> <p><b>Cost:</b> Free HIV screening, STD/STI evaluation, treatment and counseling.</p>

## Mobile Wellness Unit

Murfreesboro

### Roanoke Chowan Community Health Center

Murfreesboro Baptist Church  
(parking lot around back)  
200 W. Main St  
Murfreesboro, NC 27855



**Features:** Monthly RCCHC health and chronic disease screenings conducted by onsite medical provider and nurse. Vouchers distributed for discounted clinic visits and free lab work. Assistance enrolling for Medicaid, health insurance and RCCHC sliding fee offered as well.

**Hours:** Second Tuesday of every month, 9am-1pm (held **prior** to Food Bank of the Albemarle distribution in parking lot of Murfreesboro Baptist Church).

**Contact:** JoAnne Powell: (252)287-9427, [jpowell@rcchc.org](mailto:jpowell@rcchc.org)  
Erin Storie: (252)209-0237, ext. 7129; [estorie@rcchc.org](mailto:estorie@rcchc.org)

**Eligibility:** Hertford County residents.

**Cost:** Outreach services are free of charge. Income-based sliding scale provided for follow-up clinical care; vouchers provide a \$25 clinic visit plus free lab work.

## Migrant Seasonal Farm Worker

Hertford County

### Roanoke Chowan Community Health Center

120 Heath Center Dr  
Ahoskie, NC 27910



**Features:** Bilingual, outreach clinicians and workers of RCCHC visit farming and housing communities to provide preventative medical screening, referral and transport (as needed) to clinical and dental providers, immunizations and vaccinations. Training in pesticide exposure, occupational and environmental disease prevention also provided.


**Hours:** Vary; Outreach workers visit sites daily and medical providers two nights per week. Clients are encouraged to come into RCCHC clinic and transport available.

**Contact:** Hector Justiniana, Coordinator: (252)287-8781, [hjustiniani@rcchc.org](mailto:hjustiniani@rcchc.org)  
Kathy Farmer: [kfarmer@rcchc.org](mailto:kfarmer@rcchc.org); Sandra Rivera: [srivera@rcchc.org](mailto:srivera@rcchc.org)  
JoAnne Powell: (252)287-9427, [jpowell@rcchc.org](mailto:jpowell@rcchc.org)

**Eligibility:** Anyone who fits MSFW definition (flexible): *MSFW moves place to place for seasonal farm work carried out within the past two years.*



**Cost:** Free of charge for outreach services; clinical services based on sliding scale.

## Specialty care

Telehealth	Hertford County
<p data-bbox="170 224 716 256"><b>Roanoke Chowan Community Health Center</b></p> <p data-bbox="170 261 428 326">120 Heath Center Dr Ahoskie, NC 27910</p> 	<p data-bbox="905 261 1967 472"><b>Features:</b> Patient education, assessment and prevention of chronic conditions provided by RCCHC nurses who monitor patient health information via remote, medical equipment with the patient at home. Remote equipment may include a blood pressure machine, weight scale, pulse oximeter and/or glucometer. Patient phone assessments are provided weekly and/or in the event of an atypical reading. Updates are forwarded biweekly to providers and abnormal assessments as needed.</p> <p data-bbox="905 477 1745 509"><b>Hours:</b> Mon-Thurs, 8am-4:30pm, F: 8am-3:30pm, excluding holidays.</p> <p data-bbox="905 514 1713 579"><b>Contact:</b> Linda Atkins, RN: (252)209-0215, latkins@rcchc.org Rhonda Cotton, RN: (252)209-0237, rcotton@rcchc.org</p> <p data-bbox="905 584 1967 714"><b>Eligibility:</b> Individuals with a diagnosis of diabetes, hypertension or congestive heart failure. Any individual that is below 200% of the FPL and is under RCCHC provider care. Patients are accepted per medical referral and subject to exclusion/inclusion guidelines.</p> <p data-bbox="905 719 1182 751"><b>Cost:</b> Free of charge.</p>

## MEDICATION ASSISTANCE

### Drug discount programs

Medication Assistance		Hertford County
<p>Roanoke Chowan Community Health Center</p> <p>120 Heath Center Dr Ahoskie, NC 27910</p>		<p><b>Features:</b> Applicants receive prescription medications free of charge for one year through referral of RCCHC-affiliated provider. Medications are distributed from RCCHC Pharmacy and Drugco Pharmacy. Brand-name prescriptions available. Generic prescriptions are coordinated through the NC Med Assist program. For medications they cannot obtain, Medication Assistance utilizes the 340B contract to find medications for patients at the lowest cost possible. RCCHC Pharmacy utilizes the 340B Drug Discount Program to offer all RCCHC patients with discounted prescriptions. Clients may receive the 340B Plan card from their providers at Murfreesboro Primary Care, Ahoskie Primary Care and Colerain Primary Care. RCCHC's local pharmacy partners: <i>Colonial Pharmacy (Murfreesboro)</i>, <i>Mizelle's Discount Drug Co (Ahoskie)</i> and <i>Drugco Discount Pharmacy (Ahoskie)</i> also provide discounted prescriptions through the 340B Program.</p> <p><b>Hours:</b> <u>RCCHC, Ahoskie:</u> Mon, Tues, Wed, Friday, 8:30-5pm <u>Murfreesboro Primary Care:</u> Thursday, 8:30-5pm</p> <p><b>Contact:</b> Wanda Ingram: <a href="mailto:wingram@rcchc.org">wingram@rcchc.org</a>, (252)209-0237, ext. 7114 (Ahoskie); (252)398-3323, ext. 7321 (Murfreesboro) Johnna Godwin, Vidant Behavioral: (252)209-8161, <a href="mailto:jgodwin@rcchc.org">jgodwin@rcchc.org</a></p> <p><b>Eligibility:</b> Eligible patients are invited to apply via phone and mail. Medication Assistance program: uninsured patients of Murfreesboro Primary Care, Ahoskie Primary Care, Colerain Primary Care and Vidant Behavioral Health. 340B Drug Discount program: all RCCHC patients.</p> <p><b>Cost:</b> Free of charge.</p>
Mizelle's Discount Drug Company		Ahoskie
<p>925 E. Memorial Dr Ahoskie, NC 27910</p>		<p><b>Features:</b> Locally-owned Pharmacy accepts the 340B Plan discount on some prescription drugs for clients with the 340B Plan card from their RCCHC providers.</p> <p><b>Hours:</b> Monday through Friday 9am-6pm, Sat 9am-2pm</p> <p><b>Contact:</b> Pharmacy: (252)332-3444</p> <p><b>Eligibility:</b> Clients of Murfreesboro Primary Care, Ahoskie Primary Care or Colerain Primary Care.</p> <p><b>Cost:</b> Free of charge.</p>

**Perdue Associate Wellness Center**

**Lewiston-Woodville**

**Perdue Farms**

3539 Governors Rd  
Lewiston-Woodville, NC  
27849



**Features:** Low-cost, onsite primary care and occupational health services through the fully-staffed Perdue Wellness Center. Services offered include medical check-ups and exams, treatment for cold, flu, allergies and infections, ongoing treatment for chronic high blood pressure, diabetes, cholesterol and additional issues, OB/GYN services, family planning and prenatal care, pediatric care, physical therapy and referral to specialists. A prescription drug benefit plan and free generic drug samples are also available.

**Hours:** 6am-9pm Monday through Friday and occasional weekend hours. *Wellness Center is open whenever the Perdue plant is.*

**Contact:** Michelle Jones, Regional Nurse Manager: (252)648-4344  
Joanne/Wellness Center staff: (252)348-4235

**Eligibility:** All employees of Perdue Farms and their dependents who enroll in the Perdue health insurance plan are automatically enrolled in the Wellness Center. Those who opt out may still visit the Center.

**Cost:** \$15 co-pay for employees and dependents enrolled in Perdue health insurance plan; \$30/visit for employees who opt out. \$5 for lab tests. One free visit is offered within the initial 90 days of employment. Employees remain on payroll and do not clock out during their visit. Payment is deducted from employee's payroll.

**Rite Aid Pharmacy**

**Ahoskie**

1013 E. Memorial Dr  
Ahoskie, NC 27910



**Features:** Rx Savings Program offers discounts on generic prescription medications. Wellness 65+ is a free program for seniors, which offers a free pharmacist consultation and blood pressure screening; seniors also receive 20% discount on all non-prescription purchases the first Wednesday of every month.

**Hours:** Monday through Friday 8am-8pm, Saturday 8am-6pm, Sunday 10am-6pm

**Contact:** Pharmacy: (252)332-3776

**Eligibility:** Rx Savings Program is open to all; Wellness 65+ to seniors 65 years and older.

**Cost:** Free of charge.

**Walgreens Pharmacy****Ahoskie**

700 S Catherine Creek  
Blvd  
Ahoskie, NC 27910



**Features:** The Prescription Savings Club offers discounts off of thousands of brand-name and generic medications.

**Hours:** Monday through Friday 8am-8pm, Saturday 9am-6pm, Sun 10am-6pm.

**Contact:** Pharmacy: (252)862-0009

**Eligibility:** Open to all.

**Cost:** \$20 individual membership; \$35 for family plan.

**Walmart Pharmacy****Ahoskie**

2150 US-13 South  
Ahoskie, NC 27910



**Features:** Walmart Pharmacy offers \$4 prescription refills for generic drugs including a variety of medications (for full list: <http://i.walmartimages.com/i/if/hmp/fusion/genericdruglist.pdf>). The Free Rx Saver prescription card is also accepted for discounts in both generic and brand name prescriptions (to download unique, printable card: <http://www.freerxsaver.com/walmart.php#.VYm2gPIViko>). *Other discounts may apply. Please check with your pharmacist.*


**Hours:** Monday through Friday 9am-9pm, Saturday 9am-7pm, Sunday 10am-6pm (Sat/Sun break from 1:30-2pm).

**Contact:** Pharmacy: (252)332-3545; Free Rx Saver: (888)886-5822

**Eligibility:** Open to all—no membership, fee or pre-existing exclusions



**Cost:** Walmart Pharmacy: free shipping/home delivery included and no membership required. Free Rx Saver: no deductible, membership or fee required.

## Reminder tools

<b>My Chart</b> Roanoke Chowan Community Health Center	<b>Hertford County</b>
<p>120 Heath Center Dr Ahoskie, NC 27910</p> 	<p><b>Features:</b> Online tool offering patients secure access to their medical charts information, including lab results, visit summaries and medication lists. Also offers online appointment scheduling and non-urgent communication with provider team. Enroll by providing an email at next RCCHC visit. Or visit <a href="http://rcchc.org">rcchc.org</a> to self-register. MyChart mobile application is also available for iPhone and Android.</p> <p><b>Hours:</b> Online access available 24/7 (<a href="https://mychart.ochin.org/">https://mychart.ochin.org/</a>).</p> <p><b>Contact:</b> Ahoskie: (252)332-3548, Colerain (252)356-2404, Murfreesboro: (252)398-3323</p> <p><b>Eligibility:</b> RCCHC network patients (Ahoskie, Murfreesboro, Colerain Primary Care)</p> <p><b>Cost:</b> Free of charge.</p>
<b>Medication Reminder Service</b>	<b>North Carolina</b>
	<p><b>Features:</b> Free, secure mobile applications that send medication and prescription reorder reminders to consumers via phone alarms, SMS/text and email notifications including times, quantity, purpose and pictures of the medications to take according to the schedule(s) consumers create on the website and/or mobile app. Tracking for medical and lab records also available. Applications are available in several languages for iPhone, iPad and Android and require an internet connection. Personal health information is protected by SSL encryption and will not be redistributed or resold. Free, web-based program for email and text that does not require installation on a Smartphone available on MyMedSchedule.</p> <ul style="list-style-type: none"><li>• <b><u>MyMedSchedule:</u></b> <a href="http://mymedschedule.com/">http://mymedschedule.com/</a></li><li>• <b><u>Pill Reminder:</u></b> <a href="http://www.drugs.com/apps/">http://www.drugs.com/apps/</a></li><li>• <b><u>MedCoach Medication Reminder:</u></b> <a href="http://www.greatcall.com/medical-apps/medcoach">http://www.greatcall.com/medical-apps/medcoach</a></li><li>• <b><u>Medisafe:</u></b> <a href="http://www.medisafe.com/">http://www.medisafe.com/</a></li><li>• <b><u>Pill Reminder - All in One:</u></b> <a href="https://itunes.apple.com/us/app/pill-reminder-all-in-one-rx/id816347839?mt=8">https://itunes.apple.com/us/app/pill-reminder-all-in-one-rx/id816347839?mt=8</a></li><li>• <b><u>OnTimeRx:</u></b> <a href="http://www.ontimerx.com/">http://www.ontimerx.com/</a></li></ul> <p><b>Cost:</b> Free Additional programs are available for a monthly cost. <i>OnTimeRx can call your phone for a monthly plan starting at \$9.95 per month.</i></p>



## QUITTING SMOKING AND TOBACCO USE

QuitlineNC	North Carolina
	<p><b>Features:</b> Professional and confidential telephone counseling, coaching and web-based services for individuals to reduce and quit smoking and tobacco use (including smokeless tobacco). Services are flexible and numerous languages available.</p> <p><b>Hours:</b> English and Spanish language counseling available 24/7; additional languages available with a translation appointment. Clients may call in anytime or request that Quitline proactively call them via the webpage.</p> <p><b>Contact:</b> <u>Joyce Swetlick</u>, Director: (919)707-5401, joyce.swetlick@dhhs.nc.gov  <u>Sally Herndon</u>, Supervisor: (919)707-5401, sally.herndon@dhhs.nc.gov  <b>"Expert Quit Coaches":</b> 1-800-784-8669 (1-800-Quit-Now);  <b>Spanish speakers</b> may call 1-855-335-3569 (1-855-Dejelo-Ya).  <b>Fax referrals:</b> 1-800-483-3114</p> <p><b>Eligibility:</b> North Carolina residents (no insurance or income necessary). To enroll, please call main line or visit website (<a href="https://www.quitnow.net/northcarolina/ProgramLookup/">https://www.quitnow.net/northcarolina/ProgramLookup/</a>). Health care clinicians and providers may refer clients via fax or email Joyce Swetlick. Referral form can be found at: <a href="http://www.quitlinenc.com/docs/general-information/fax-referral-form.pdf?sfvrsn=6">http://www.quitlinenc.com/docs/general-information/fax-referral-form.pdf?sfvrsn=6</a>.</p> <p><b>Cost:</b> Free counseling services for all NC residents. Free two week starter kit of nicotine replacement patch and gum available for recipients of NC State Health Plan for Teachers and State Employees (dependents and retirees), Medicare and Medicaid (18 years and older) with active program enrollment and participation.</p>
Tobacco Use Prevention Program Hertford County Public Health Authority	Winton
<p>801 North King St Winton, NC 27986</p> 	<p><b>Features:</b> Individual counseling and referral to Quitline NC resources available to individuals upon request; Program also works with local government on smoking policy and enforcement (i.e. smoke-free zones).</p> <p><b>Hours:</b> By appointment and walk-in, 8:30am-5pm, Mon-Fri.</p> <p><b>Contact:</b> Crystal Dempsey, Health Promotion Supervisor: (252)358-7833, crystal.dempsey@hcpa.net</p> <p><b>Eligibility:</b> Hertford County residents.</p> <p><b>Cost:</b> Reimbursable by public insurance; Sliding fee scale for those without insurance.</p>

**NuYou Health and Wellness Program**  
**Nucor Steel**

**Cofield**

1505 River Rd  
Cofield, NC 27922



**Features:** Smoking cessation and lifestyle management programs (weight loss, nutrition, exercise) and disease management programs (high blood pressure, asthma, diabetes, coronary artery disease) for Nucor employees. The NuYou website supplies information of healthy living programs, calorie calculators, meal plans, stress management tools and exercise programs and annual health fairs available.

**Contact:** Joyce Overton: joyce.overton@nucor.com, (252)356-3700

**Eligibility:** Nucor Steel employees.

**Cost:** Free of charge.

**Perdue Health Improvement Program**  
**Perdue Farms**

**Lewiston-Woodville**

3539 Governors Rd  
Lewiston-Woodville, NC  
27849



**Features:** Program of health education, coaching and counseling by a health improvement specialist and wellness nursing staff to address areas of exercise, nutrition and smoking cessation to eliminate lifestyle risk factors and manage controllable diseases. HIP leads employee initiatives such as "Walk Across America": an on-site, employee walking group. Individual health screening, assessment and chronic disease treatment for hypertension, diabetes, cholesterol, weight, eating, exercise and smoking also available.


**Contact:** Michelle Jones, Regional Nurse Manager: (252)348-4344  
Joanne/Wellness Center staff: (252)348-4235

**Eligibility:** All Perdue employees and their dependents.


**Cost:** Free of charge.

## HEALTHY EATING

### Individual counseling (also see SUPPORT GROUPS AND GROUP EDUCATION FOR HEALTH on page 1)



<b>Medical Nutrition Therapy</b>		<b>Ahoskie</b>
<b>Hertford County Public Health Authority</b>		
<p>718 Evans St Ahoskie, NC 27910</p> 	<p><b>Features:</b> Nutritional assessment, personalized treatment plan and counseling provided by registered dietician to treat and manage disease conditions through good nutrition and healthy living; also focuses on reducing prescription drug use.</p> <p><b>Hours:</b> By appointment only; <u>Site:</u> M-F, 8:30-5pm</p> <p><b>Contact:</b> Jessica Spruill, RDN, LDN: (252)862-4217, jessica.spruill@hcpha.net Katherine Morris: katherine.morris@hcpha.net</p> <p><b>Eligibility:</b> Anyone with relevant referral from medical doctor.</p> <p><b>Cost:</b> Reimbursable by public insurance; sliding fee scale for uninsured/underinsured.</p>	

### Women, Infants and Children (WIC)

<b>Women, Infants and Children (WIC)</b>		<b>Ahoskie</b>
<b>Hertford County Public Health Authority</b>		
<p>718 Evans St Ahoskie, NC 27910</p> 	<p><b>Features:</b> Supplemental healthy foods, nutrition education and counseling, breastfeeding support, health care and social service referrals to low-income, pregnant, breastfeeding and postpartum.</p> <p><b>Hours:</b> Walk-in or appointment, <u>Site:</u> M-F, 8:30-5pm</p> <p><b>Contact:</b> Jessica Spruill, WIC Director: (252)862-4217, jessica.spruill@hcpha.net Ann-Marie Hobbs: ann.hobbs@hcpha.net</p> <p><b>Eligibility:</b> North Carolina resident women with children under 5 years of age and/or pregnant; must be low-income according to WIC guidelines with a risk factor based on weight, blood test, health or diet history.</p> <p><b>Cost:</b> Free of charge.</p>	

## Food pantries and food banks

<b>Ahoskie Food Pantry</b>		<b>Ahoskie</b>
<b>First Presbyterian Church</b>		
701 East Church St Ahoskie, NC 27910		<p><b>Features:</b> Food pantry of non-perishable, canned and frozen food, some fresh items from local donations; occasional holiday/emergency meal outreach also.</p> <p><b>Hours:</b> M-F, 9:30am-12pm</p> <p><b>Contact:</b> Richard "Dicky" Hoggard: (252)332-3192, rhoggard@roadrunner.com Carolyn &amp; Bill Arrington: (1-800)552-4245</p> <p><b>Eligibility:</b> Hertford County Residents with vouchers or referral through DSS (220 N. Mitchell St), church, hospital, jail, health center, etc.; Limited to 3 visits per year (but no one turned down); migrants welcome.</p> <p><b>Cost:</b> Free with voucher/referral; walk-ins welcome but not requested.</p>
<b>All God's Children UMC Food Bank</b>		<b>Aulander</b>
302 S. Commerce St Aulander, NC 27805		<p><b>Features:</b> Food bank of the FBoA network offering bags of non-perishables for residents of Aulander.</p> <p><b>Hours:</b> 4th Friday of every month from noon-2pm (or until food runs out).</p> <p><b>Contact:</b> Cheryl Bowen: (252)345-1144, popmusic1144@gmail.com</p> <p><b>Eligibility:</b> Bertie County residents with photo ID.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Calvary Missionary Baptist Church Food Bank</b>		<b>Ahoskie</b>
600 E. Alton St Ahoskie, NC 27910		<p><b>Features:</b> Monthly food bank distribution open to Hertford County residents.</p> <p><b>Hours:</b> 4th Saturday of every month; County residents may sign up the day of at 8:30am at the Church where food is distributed.</p> <p><b>Contact:</b> Corelette Smith: (252)332-4821</p> <p><b>Eligibility:</b> Hertford County Residents with ID and proof of income, food stamps and/or additional public benefits.</p> <p><b>Cost:</b> Free of charge.</p>

<b>Mount Sinai Baptist Church Food Bank</b>		<b>Como</b>
246 Boone Bridge Rd Como, NC 27818		<p><b>Features:</b> Monthly food bank distribution; food varies dependent upon daily pick-up from Food Lion and donors.</p> <p><b>Hours:</b> Mon, Wed, Thurs, Fri, Sat; families assigned different days.</p> <p><b>Contact:</b> Susie Deloatch: (252)398-3673</p> <p><b>Eligibility:</b> Hertford County residents (though no one turned away).</p> <p><b>Cost:</b> Free of charge.</p>
<b>Murfreesboro Food Bank of the Albemarle</b>		<b>Murfreesboro</b>
<b>Murfreesboro Baptist Church</b>		
200 W. Main St Murfreesboro, NC 27855		<p><b>Features:</b> Monthly food bank distribution for Hertford County residents; generally includes vegetables, fruits, meat, drinks, sweets and breads. MBC also has a food pantry offering one bag of staple, non-perishable food items.</p> <p><b>Hours:</b> <u>FBoA</u>: 2nd Tuesday every month between 2:30-3pm; residents may begin to line Broad St at 1pm. (RCCHC Mobile Wellness Unit available from 9am-1pm). <u>MBC</u>: last Monday of every month</p> <p><b>Contact:</b> Pastor Lee Canipe: (252)398-3613, canipe@murfbcb.org Joanne Powell (RCCHC): (252)209-0237, jpowell@rcchc.org</p> <p><b>Eligibility:</b> Residents of Hertford County with photo ID.</p> <p><b>Cost:</b> Free of charge.</p>
<b>St. John 2nd Baptist Church Food Bank</b>		<b>Aulander</b>
948 NC Hwy 561 West Aulander, NC 27805		<p><b>Features:</b> Monthly food bank distribution.</p> <p><b>Hours:</b> 3rd Saturday of every month, 11:30am-1pm; Participants may apply morning of (pre-11:30am) at the Church.</p> <p><b>Contact:</b> Ruby Burden: (252)395-3067</p> <p><b>Eligibility:</b> Anyone; no ID or proof of income required.</p> <p><b>Cost:</b> Free of charge.</p>
<b>St. Thomas Episcopal Church Soup Kitchen</b>		<b>Ahoskie</b>
424 W. Church St Ahoskie, NC 27910		<p><b>Features:</b> Soup kitchen offering dinner to Hertford County residents.</p> <p><b>Hours:</b> 5pm, last two Thursdays of every month.</p> <p><b>Contact:</b> Gretchen Simons: (252)332-3263 (Church) or (252)332-3403 (cell)</p> <p><b>Eligibility:</b> Hertford County Residents with ID.</p> <p><b>Cost:</b> Free of charge.</p>

**Zion Grove Missionary Baptist Church Food Bank**

**Winton**

208 NC Hwy 461  
Winton, NC 27986

**Features:** Food bank for residents of Hertford County; food available varies depending on donation by FBoA.





**Hours:** 3rd Thursday every month 9-11am. Residents may fill out an application the morning of the food bank at 8am at the Church.

**Contact:** Essie Davis: 252-287-9950

**Eligibility:** Hertford County residents with photo ID.

**Cost:** Free of charge.

## Group meals and home delivery for seniors and others

<b>Ahoskie Nutrition Site</b>		<b>Ahoskie</b>
<b>Hertford Office of Aging</b>		
404 Hollowman Av Ahoskie, NC 27910 (site due to relocate)		<p><b>Features:</b> Nutritious hot lunch served M-F with delivery to home-bound available; Exercise room, treadmills and equipment, bingo and social activities also offered.</p> <p><b>Hours:</b> <u>Site &amp; recreation equipment:</u> M-F, 9:30am-1:30pm;  <u>Lunch:</u> 12-12:30pm; <u>Bingo:</u> 12-1:30pm</p> <p><b>Contact:</b> Sandra Bishop: (252)209-5439          Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov</p> <p><b>Eligibility:</b> Ahoskie seniors 60 years and older.</p> <p><b>Cost:</b> \$1.00/day donation request; no one turned away.</p>
<b>Aulander Nutrition Site</b>		<b>Aulander</b>
<b>Bertie County Office of Aging</b>		
204 Rice Av Aulander, NC 27805		<p><b>Features:</b> Nutritious hot lunch served M-F with delivery to home-bound seniors available. Recreational equipment, classes and educational activities also available at 10am.</p> <p><b>Hours:</b> <u>Site:</u> M-F, 9:30am-1pm; <u>Lunch:</u> 12-12:30pm</p> <p><b>Contact:</b> Venita Thompson: (252)345-0671; Windsor site: (252)794-5315</p> <p><b>Eligibility:</b> Aulander seniors 60 years and older.</p> <p><b>Cost:</b> \$1.00/day donation request.</p>
<b>Murfreesboro Nutrition Site</b>		<b>Murfreesboro</b>
<b>Hertford Office of Aging</b>		
320 W. Main St Murfreesboro, NC 27855	 	<p><b>Features:</b> Nutritious hot lunch served M-F of fruit, veggies and a protein, coffee, tea, water and milk with delivery to home-bound available. Exercise and television rooms, bingo and social activities also offered.</p> <p><b>Hours:</b> <u>Lunch:</u> M-F, 11:30am-1pm; <u>Activities:</u> 11:30-1pm</p> <p><b>Contact:</b> Bernettia Twaine: (252)398-5329          Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov</p> <p><b>Eligibility:</b> Murfreesboro seniors 60 years and older.</p> <p><b>Cost:</b> \$1.00/day donation request for attendees; \$0.50 requested from home-bound; no one turned away.</p>

## New Ahoskie Missionary Baptist Church

Ahoskie

Hayes St & Martin Luther  
King Dr  
PO Box 371  
Ahoskie, NC 27910



**Features:** Summer program: nutritious hot lunch for youth under 18 years and their parents. Academic year: This program extends to after-school snack program.

**Hours:** Summer: M-F, 12pm; Academic year: after school

**Contact:** Renee Stackhouse: (252)332-4367, newahoskiebaptistchurch@yahoo.com  
Reverend David Stackhouse: (252)518-1440

**Eligibility:** Youth under 18 and their parents ; no one turned away.

**Cost:** Free of charge.

## Winton Senior Center & Nutrition Site

Winton

Hertford County Office of Aging

408 S. Camp St  
Winton, NC 27986



**Features:** Nutritious hot lunch served M-F with delivery to home-bound available. Cardio and strength machines, various group exercise classes and social activities also available.

**Hours:** Site: M-F, 8:30am-7pm, **Lunch:** M-F, 12-1pm

- Line Dancing: M-Th: 9-9:30am; Tues & Thurs: 4:30-5:30pm
- Armchair Exercise: M/Th: 8:45-9:45am
- Exercise: M/W: 5:15-6:45pm
- Aerobics: M/Th: 5:30-7pm
- Wii Game: Th: 1-2pm


**Contact:** Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov  
Jo Ward: (252)358-7856




**Eligibility:** Hertford County seniors 60 years and older, 50 and up also welcomed.

**Cost:** \$1.00/day donation request for seniors 60 years and older; \$5 per lunch for those under 60 years old.




## Local fruits and vegetables

<b>Diamond City Produce</b>		<b>Murfreesboro</b>
300 Diamond St Murfreesboro, NC 27855		<p><b>Features:</b> Local beans, broccoli, cabbage, cantaloupe, collards, corn, eggplant, gourds, greens, hay bales, honey, onions, peanuts, pecans, peppers, potatoes, squash, sweet potatoes, tomatoes, watermelons, zucchini.</p> <p><b>Hours:</b> Typically late afternoons (contact number below).</p> <p><b>Contact:</b> 252-209-4797 (cell phone), superbherb56@hotmail.com</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> Varies.</p>
<b>MBC Food Pantry &amp; Community Garden</b> <b>Murfreesboro Baptist Church</b>		<b>Murfreesboro</b>
200 W. Main St Murfreesboro, NC 27855		<p><b>Features:</b> One bag of staple, non-perishable food items for Hertford County residents (donated from congregation). Community garden for community members working in conjunction with congregational members.</p> <p><b>Hours:</b> Food pantry is last Monday of every month.</p> <p><b>Contact:</b> Pastor Lee Canipe: (252)398-3613, canipe@murfbc.org MBC office: office@murfbc.org</p> <p><b>Eligibility:</b> Residents of Hertford County with photo ID.</p> <p><b>Cost:</b> Free of charge.</p>
<b>McCaskey Farms, Inc.</b>		<b>Ahoskie</b>
145 McCaskey Rd (5 miles outside Ahoskie btw St John and Union off Hwy 461) Ahoskie, NC 27910		<p><b>Features:</b> Local beans, broccoli, cabbage, collards, corn, cucumbers, greens, peppers, squash, strawberries, tomatoes, preserves, pickles, stew.</p> <p><b>Hours:</b> Mon-Sat, April-July, 8am-5pm</p> <p><b>Contact:</b> Billy: office, (252)332-2855; cell, (252)217-5965</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> Varies.</p>

<b>Red Barn Market</b>		<b>Murfreesboro</b>
Hwy 158 Bus PO Box 447 Murfreesboro, NC 27855		<p><b>Features:</b> Local vegetables, fruits, baked goods, woodwork and handcrafts as well as space for local nonprofits and musicians.</p> <p><b>Hours:</b> Saturdays 8am-2pm (from early May until October 3 or first frost).</p> <p><b>Contact:</b> Lynn Johnson: (252)398-4142 or (252)398-7623, redbarn158@gmail.com</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> Varies. As of July 2015, Red Barn is in the process of setting up SNAP/food stamp payment through vendors (through a USDA grant awarded summer 2015).</p>
<b>SECU Community Garden</b>		<b>Ahoskie</b>
<b>Ahoskie State Employees Credit Union</b>		
1125 N Academy St Ahoskie, NC 27910		<p><b>Features:</b> Participants are assigned a plot to maintain, clean and pick from regularly, including watermelon, corn, cucumbers, eggplant, beans, collards, tomatoes, etc.</p> <p><b>Hours:</b> Contact SECU in Ahoskie for more information.</p> <p><b>Contact:</b> James Eure, VP/Branch Mgr: (252)332-5339 Anassou Banna, Coop. Extension (252)358-7822, anassou_banna@ncsu.edu</p> <p><b>Eligibility:</b> Adult SECU members.</p> <p><b>Cost:</b> \$5 annual fee.</p>
<b>Winton Farmers Market</b>		<b>Winton</b>
205 S Main St Winton, NC 27986		<p><b>Features:</b> Local fruits, vegetables, baked goods, etc., supporting local agriculture and consumer education about locally grown foods.</p> <p><b>Hours:</b> Fridays from 3-6pm (from May through November)</p> <p><b>Contact:</b> Libby Jones, Mgr: wintonfarmersmarket@ gmail.com Anass Banna, Cooperative Ext: (252)358-7822, anassou_banna@ncsu.edu</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> Varies, affordable; One vendor now accepts EBT/SNAP payments.</p>
<b>Wisdom Produce</b>		<b>Winton</b>
2117 US 13 South (across from Walmart), Ahoskie, NC 27910		<p><b>Features:</b> Local fruits, vegetables, legumes, plants, etc.</p> <p><b>Hours:</b> Every Friday from 3-6pm; Season runs from May through November.</p> <p><b>Contact:</b> (252)414-5813; (252)414-5913</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> Varies, affordable.</p>

## PHYSICAL ACTIVITY

### Fitness centers

<b>Ahoskie Nutrition Site</b> <span style="float: right;"><b>Ahoskie</b></span>		
<b>Hertford County Office of Aging</b>		
404 Hollowman Av Ahoskie, NC 27910 (site due to relocate)	 	<p><b>Features:</b> Exercise rooms with treadmills and recreational equipment, bingo and social activities offered to area seniors. Nutritious hot lunch served M-F with delivery to home-bound available.</p> <p><b>Hours:</b> <u>Site &amp; recreation equipment:</u> 9:30am-1:30pm, M-F  <u>Lunch:</u> 12-12:30pm; <u>Bingo:</u> 12-1:30pm</p> <p><b>Contact:</b> Sandra Bishop: (252)209-5439                  Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov</p> <p><b>Eligibility:</b> Ahoskie seniors 60 years and older.</p> <p><b>Cost:</b> \$1.00/day donation request; no one turned away.</p>
<b>Armory Gym</b> <span style="float: right;"><b>Ahoskie</b></span>		
<b>Ahoskie Parks &amp; Recreation</b>		
Old Armory on Peachtree St (between Sunset Av & E Memorial Dr) Ahoskie, NC 27910		<p><b>Features:</b> Group aerobics and line dancing for all ages; fitness rooms with weight and cardio machines.</p> <p><b>Hours:</b> <u>Gym</u> M-Th: 8:30am-7:30pm, F: 8:30am-6pm, Sat: 8-10am;</p> <ul style="list-style-type: none"> <li>• <u>Aerobics:</u> daytime and evening classes</li> <li>• <u>Line dancing:</u> M/W evenings</li> </ul> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811;                  Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252) 332-5147</p> <p><b>Eligibility:</b> Open to all.</p> <p><b>Cost:</b> <u>Gym membership:</u> \$10/month (residents), \$20/month (non-residents);  <u>Aerobics:</u> \$15/month (res), \$25/month (non-res); <u>Line dancing:</u> \$3/class.</p>
  		
<b>Exercise is Medicine</b> <span style="float: right;"><b>Ahoskie</b></span>		
<b>Vidant Wellness Center</b>		
117 Hertford County High Rd Ahoskie, NC 27910		<p><b>Features:</b> 6 week program to incorporate exercise and PA with professional supervision into patient treatment plan</p> <p><b>Hours:</b> By appointment; <u>Site:</u> M-Th 5:30am-9pm, F 5:30am-8pm, Sat 8am-2pm</p> <p><b>Contact:</b> Buddy Wise: gwise@vidanthealth.com, (252) 209-3098                  Jonathon Unger: jsunger@vidanthealth.com, (252) 209-3079</p> <p><b>Eligibility:</b> Adults and youth (13 years and older)</p> <p><b>Cost:</b> Free consultation, fees vary.</p>

**Jenkins Center** **Murfreesboro**  
**Chowan University**

1 University Dr  
 Murfreesboro, NC 27855



**Features:** Workout, strength and cardio equipment, aerobics room and basketball gym.  
**Hours:** M-F 6-10am, 2-10pm, Sat/Sun 2-9pm  
**Contact:** Bradley Cash: (252) 398-6547  
 Mary Harris: 1-888-4-Chowan  
**Eligibility:** Community members, University staff, students and employees.  
**Cost:** \$300/yr, \$175/6months, pro-rated for shorter periods of time.

**Murfreesboro Nutrition Site** **Murfreesboro**  
**Hertford County Office of Aging**

320 W. Main St  
 Murfreesboro, NC 27855



**Features:** Exercise room, bingo, television and social activities offered for area seniors. Nutritious hot lunch served M-F of fruit, veggies and a protein, coffee, tea, water and milk with delivery to home-bound available.  
**Hours:** Activities: M-F, 11:30-1pm; Lunch: M-F, 11:30am-1pm  
**Contact:** Bernettia Twaine: (252)398-5329  
 Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov  
**Eligibility:** Murfreesboro seniors 60 years and older.  
**Cost:** \$1.00/day donation request for attendees; \$0.50 requested from home-bound; no one turned away.

**Vidant Wellness Center** **Ahoskie**

117 Hertford County High Rd  
 Ahoskie, NC 27910



**Features:** Cardio and strength training equipment, lap pool, exercise studio and classes, outdoor basketball court and playground, personal training and programs: *Exercise is Medicine* (see details in section *Class and Support Groups for Health*).  
**Hours:** M-Th: 5:30am-9pm, F: 5:30am-8pm, Sat: 8am-2pm  
**Contact:** Katrissa Bennett: katrissa.bennett@vidanthealth.com, (252) 209-3089  
 Jonathon Unger: jsunger@vidanthealth.com, (252) 209-3079  
**Eligibility:** Any adult/youth interested.  
**Cost:** Membership fees vary; Income-reduced rates available.

**Vinfit****Murfreesboro**

124 Hwy 158/258 Bus  
Murfreesboro, NC 27855



**Features:** Cardio, free weights, circuit training, aerobics classes and personal training.  
**Hours:** 24 hour facility access  
**Contact:** Zach Vinson: (252) 398-3200  
**Eligibility:** Community members, employees.  
**Cost:** \$480/year, family plan and corporate membership available (\$30/month).

**Winton Senior Center & Nutrition Site****Winton**

Hertford Office of Aging

408 S. Camp St  
Winton, NC 27986



**Features:** Cardio and strength machines, various group exercise classes and social activities available throughout the week to area seniors. Nutritious hot lunch served M-F with delivery to home-bound available.

**Hours:** Site: M-F, 8:30am-7pm, Lunch: M-F, 12-1pm






- Line Dancing: M-Th: 9-9:30am; Tues & Thurs: 4:30-5:30pm
- Armchair Exercise: M/Th: 8:45-9:45am
- Exercise: M/W: 5:15-6:45pm
- Aerobics: M/Th: 5:30-7pm
- Wii Game: Th: 1-2pm

**Contact:** Heather Howle: (252)358-7856, heatherhowle@hertfordcountync.gov  
Jo Ward: (252)358-7856

**Eligibility:** Hertford County seniors 60 years and older, 50 and up also welcomed.  
**Cost:** \$1.00/day donation request for seniors 60 years and older; \$5 per lunch for those under 60 years old.



## Local Parks

Ahoskie Recreational Complex		Ahoskie
Lakeview Dr Ahoskie, NC 27910		<p><b>Features:</b> Soccer and ball fields, walking trail and fitness course, disc golf course, playground, horseshoe court, dog park, amphitheater, picnic tables and restrooms.</p> <p><b>Hours:</b> Sunset-sunrise</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811;                  Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252) 332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Ahoskie Town Trails (10)		Ahoskie
Downtown Ahoskie Ahoskie, NC 27910	 	<p><b>Features:</b> 10 designated trails (0.5-3 miles) available on Google maps and at Parks &amp; Recreation office at Armory gym.</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252)332-4811;                  Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252)332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Aulander Walking Track		Aulander
Near intersection of Canal St & Rice Ave Aulander, NC 27805		<p><b>Features:</b> Short walking track centrally located next to sports fields and the Aulander Nutrition Center.</p> <p><b>Contact:</b> Bertie County Recreation Department: (252)794-5363</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Cofield Recreational Complex		Cofield
521 NC 45 Cofield, NC 27922		<p><b>Features:</b> Basketball court and swing set.</p> <p><b>Contact:</b> Cofield Town Hall: (252)358-8611</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>

Futrell Park		Ahoskie
Richard St Ahoskie, NC 27910		<p><b>Features:</b> Basketball court, swings, and picnic tables.</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811; Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252) 332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Hall Park		Ahoskie
CC Rd Ahoskie, NC 27910		<p><b>Features:</b> Large open area, playground, and picnic tables.</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252)332-4811; Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252)332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Livermon Park & Cashie Wetland Walk		Windsor
102 N. York St Windsor, NC 27983		<p><b>Features:</b> Park offers zoo, picnic tables, playground; Cashie Wetland Walk is a boardwalk trail through portion of Cashie Wetlands; canoes also available for no charge.</p> <p><b>Hours:</b> M-F 8am-8pm, S/S 9am-8pm (Summer); M-Sun 9am-5pm (Winter)</p> <p><b>Contact:</b> Wayne Hill: (252)794-5553, livermonpark@gmail.com</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
Miracle on Main & Wood Park		Ahoskie
End of Main St Ahoskie, NC 27910		<p><b>Features:</b> Volleyball court, playground, picnic tables, grills, shelters, and restrooms.</p> <p><b>Hours:</b> Sunset-sunrise</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811; Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252) 332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>

<b>Mitchell Park</b>		<b>Ahoskie</b>
Hwy 42 Ahoskie, NC 27910		<p><b>Features:</b> Walking and nature trails, picnic tables, grills, restrooms, and bike racks.</p> <p><b>Contact:</b> Tina Pritchard: tinapritchard@ahoskie.org, (252) 332-4811; Joan Godwin: joangodwin@ahoskie.org; Ahoskie Town Hall: (252) 332-5147</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
<b>Murfreesboro Riverside Park</b>		<b>Murfreesboro</b>
305 East Broad St Murfreesboro, NC 27855		<p><b>Features:</b> Basketball court, playground, and New Meherrin River access.</p> <p><b>Contact:</b> Parks &amp; Recreation through Murfreesboro Town Hall: (252)398-5904</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>
<b>Winton Riverfront Park</b>		<b>Winton</b>
End of King St Winton, NC 27986		<p><b>Features:</b> Picnic tables and playground.</p> <p><b>Contact:</b> Winton Town Hall: (252)358-3041</p> <p><b>Eligibility/Cost:</b> Open to all, Free of charge.</p>



## TRANSPORTATION

### Public transit

<b>Choanoke Public Transportation Authority</b>	<b>Regional</b>
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505 N. Main St  
PO Box 320  
Rich Square, NC 27869



**Features:** Non-emergency transportation between Hertford, Bertie, Northampton and Halifax Counties from 6am-6:30pm. Transport is available to human service agencies, adult day care centers, nutrition sites, senior centers, dialysis centers, medical appointments and recreation centers. Those interested must make ride requests by 10am the day prior to desired travel; latest pick-up from appointment is 3pm. Transport to Greenville Monday and Wednesday; transport to Roanoke Rapids on Thursday. Please notify if wheelchair accessibility is needed.

**Hours:** By appointment; please call during office hours M-F, 8am-5pm.

**Contact:** Pamela Perry: (252)539-2022  
Hearing Impaired: 1-877-735-8200

**Eligibility:** Open to all.

**Cost:** Local cost is ~\$3 one way, but fares vary; please call office for current and specific rates.

<b>Medical Transportation</b> Hertford County Department of Social Services	<b>Hertford County</b>
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220 North Mitchell St  
Ahoskie, NC 27910



**Features:** Local and county-wide transportation to medical appointments; employment-related transport may also be available. Appointments must be scheduled five days in advance and must take place early in the day. Gas vouchers may also be available with a three day notice. DSS utilizes Choanoke Public Transportation Authority (CPTA) and a community support driver for special and out-of-county travel.


**Hours:** By appointment; please call during office hours M-F, 8:30-5pm

**Contact:** Tammi Lewter, Coordinator: (252)358-7830 (Ahoskie office);  
Scheduling line: (252)358-7919

**Eligibility:** Those eligible for Medicaid. For those without Medicaid: some older adults and those with disability may be eligible pending an economic assessment. Non-Work First participants may be eligible for employment-related transportation assistance.

**Cost:** Free to those eligible.

## Medical appointment transit

<b>Community Alternative Program (CAP)</b>		<b>Regional</b>
<b>Hertford County Department of Social Services</b>		
220 North Mitchell St Ahoskie, NC 27910		<p><b>Features:</b> Transportation for medical appointments available to those with special physical and/or mental needs who qualify for the CAP program. This program also includes individual assessment and case management services to enable the individual to remain in the community. Also available: Special Assistance for costs related to care; adult day care and in-home aid services to assist in management of personal care, illness, and home and to prevent isolation and support caregivers.</p> <p><b>Hours:</b> By appointment with DSS Adult Protective Services, M-F: 8:30am-5pm</p> <p><b>Contact:</b> Glenda Simmons: (252)358-7830, glenda.simmons@hertfordcountync.gov</p> <p><b>Eligibility:</b> Those with physical and mental disabilities who are eligible for Medicaid and adult care/nursing home level of care but wish to remain in the community.</p> <p><b>Cost:</b> Free of charge.</p>
<b>Medical Transportation</b>		<b>Hertford County</b>
<b>Hertford County Department of Social Services</b>		
220 North Mitchell St Ahoskie, NC 27910		<p><b>Features:</b> Local and county-wide transportation to medical appointments; employment-related transport may also be available. Appointments must be scheduled five days in advance and must take place early in the day. Gas vouchers may also be available with a three day notice. DSS utilizes Choanoke Public Transportation Authority (CPTA) and a community support driver for special and out-of-county travel.</p> <p><b>Hours:</b> By appointment; call to schedule M-F: 8:30-5pm</p> <p><b>Contact:</b> Tammi Lewter, Coordinator: (252)358-7830 (Ahoskie office); Scheduling line: (252)358-7919</p> <p><b>Eligibility:</b> Those eligible for Medicaid. For those without Medicaid: some older adults and those with disability may be eligible pending an economic assessment. Non-Work First participants may be eligible for employment-related transportation assistance.</p> <p><b>Cost:</b> Free to those eligible.</p>

## Migrant Seasonal Farm Worker

Hertford County

### Roanoke Chowan Community Health Center

120 Heath Center Dr  
Ahoskie, NC 27910



**Features:** Transport available as needed to clinical and dental providers for those who qualify. Bilingual, RCCHC outreach clinicians and staff visit farming and housing communities to provide preventive medical screening, immunizations and referral to health care providers.

**Hours:** Varied, Outreach workers visit sites daily; Medical providers on two nights per week. Contact to arrange transport.

**Contact:** Hector Justiniana, Coordinator: (252)287-8781, [hjustiniani@rcchc.org](mailto:hjustiniani@rcchc.org)  
Kathy Farmer: [kfarmer@rcchc.org](mailto:kfarmer@rcchc.org); Sandra Rivera: [srivera@rcchc.org](mailto:srivera@rcchc.org)  
JoAnne Powell: (252)287-9427, [jpowell@rcchc.org](mailto:jpowell@rcchc.org)

**Eligibility:** Anyone who fits MSFW definition (flexible): *MSFW moves place to place for seasonal farm work carried out within the past two years.*

**Cost:** Free of charge for outreach services; clinical services based on sliding scale.

## Region 9 HIV/AIDS

Hertford County

### Hertford County Public Health Authority

714 Evans St  
Ahoskie, NC 27910



**Features:** Transportation available for clients requiring HIV, STD and STI-related testing, treatment and services outside outreach team's scope.

**Hours:** Vary; please contact Region 9 team to arrange transport (M-F, 8:30am-5pm)

**Contact:** Tiffany Sewell: (252)332-6650, [tiffany.sewell@hcpha.net](mailto:tiffany.sewell@hcpha.net)  
Cherri Brounson : (252)332-6650, [cherri.brounson@hcpha.net](mailto:cherri.brounson@hcpha.net)  
Joanne/Wellness Center staff: (252)348-4235

**Eligibility:** Hertford County residents in need of HIV, STD, STI-related services.

**Cost:** Free transport, screening, evaluation, treatment and counseling services.

## Senior Transportation

Hertford County

### Hertford County Office of Aging

408 S. Camp St  
Winton, NC 27986

**Features:** Non-emergency transportation available as needed to medical appointments within the County (can pick up and transport anywhere within Hertford County). Limited transport to nutrition sites and shopping centers also available.

**Hours:** By appointment only; please call the Winton Senior Center office one week in advance to schedule transport.

**Contact:** Valerie Pierce: (252)358-7856, [valerie.pierce@hertfordcountync.gov](mailto:valerie.pierce@hertfordcountync.gov)  
Heather Howle: (252)358-7856, [heather.howle@hertfordcountync.gov](mailto:heather.howle@hertfordcountync.gov)

**Eligibility:** Seniors of Hertford County 60 years of age and older. Clients must be mobile and able to get in and out of the vehicle and appointment without assistance.

**Cost:** Free of charge.

