

McDowell County's

Parents' Helpbook

2017

Directory of Services for
Families of Young Children



Published by the McDowell County, North Carolina
Local Interagency Coordinating Council

Introduction

The community wide vision of the McDowell County Local Interagency Coordination Council promotes interagency cooperation in supporting children birth to five. We understand that parenting today can be challenging and many parents are often asking what services are available to help them in their important role whether child is at risk or has a delay or disability. This “Parent’s Helpbook” is created to connect McDowell County families to services they may need to help their children reach their fullest potential in life.

McDowell County’s Local Interagency Coordination Council (LICC) Represented Agencies

Bayada Home Health Care

Children’s Developmental Services Agency

Community Care of N. Carolina

Difference Makers – Online Advocacy & Support Group for Parents

Early Learning Sensory Support Program for Children with Hearing Impairments

Early Learning Sensory Support Program for Children with Visual Impairments

Family Infant and Preschool Program

Family Support Network

Health Check/Health Choice

McDowell County Department of Social Services

McDowell County Schools-Preschools

McDowell County Housing Coalition

Medical Community

Parent Representation

Partnership for Children of the Foothills-Smart Start for McDowell, Rutherford, & Polk Counties

Region 9 Child Care Resources and Referral-Healthy Social Behaviors

Southmountain Children Family Services

Vaya Health

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Child Care

How do I choose quality childcare?

There are many childcare options available to parents today. In McDowell County, the main types of care available for young children are:

- Family Childcare Homes
- Childcare Centers
- Church-Affiliated Centers
- Public Preschool Programs
- Part-Day Programs

How do parents identify a childcare program that will be safe, healthy, and will be a good fit for what their family needs? Childcare-Aware suggests visiting several different childcare programs before deciding which one is best for your needs. Count the number of adults and the number of children they will each be supervising to make certain there is enough adult supervision to ensure safety, and ask about the training, education and experience of all adults who will interact with your child. How many of the staff have had CPR/First Aid training? Have all caregivers gone through a background check? Are children supervised at all times, even while sleeping? Visit www.childcareaware.org for more tips.

For more information on NC's childcare licensing system, or to check the license status of a particular childcare provider, visit the N.C. Division of Child Development's website at www.ncchildcare.nc.gov to search for local childcare. Please call the Region 9 Resource & Referral Line at 1-877-670-8735 for availability.

What to Look For When visiting a potential childcare provider

Partnership for Children of the Foothills, our local Smart Start agency, recommends keeping the following questions in mind when visiting potential childcare providers:

Basics

- Is the program licensed?
- Is the facility well maintained with a pleasant atmosphere?
- Are the toys safe and appropriate?
- Are medicines/cleaning products locked away?
- Are the hours acceptable and fees affordable?

Caregivers

- Do the caregivers enjoy playing with the children?
- Are children and parents greeted when they arrive and leave the facility?
- Do the caregivers respond to the children's needs gently and promptly?
- What is the discipline policy?
- Do the caregivers meet with parents regularly and share information about the child on a daily basis?
- Are parents' ideas and input encouraged? Could you be involved?

Activities

- Are the children engaged in interesting and age-appropriate activities?
- Are there plenty of materials in good repair for the children interact and play with?
- Do the children play outdoors each day? Is the outdoor play area safe and age-appropriate?
- Is there a clear schedule for meals, naps, & play in small groups, story time, & individual/quiet time?
- Do the caregivers follow the schedule?
- Are snacks & meals nutritious and appealing?
- Are parents welcome to visit and spend time in the facility?

Child Care

Southwestern Child Development Commission, Inc.

McDowell Co. Childcare Subsidy
70 North Main St., Suite 3
Marion, NC 28752
828-659-0690
abby.pittman@mcdowellcountydssnc.org

Corpening Memorial YMCA School Age Care and Summer Camp

348 Grace Corpening Dr.
Marion, NC 28752
828-659-9622
www.ymcawnc.org/centers/corpening
The YMCA Childcare program is a licensed facility which provides year round care.

Glenwood Family Resource Center

Glenwood Elementary School
1545 Old Hwy 221 South
Marion, NC 28752
828-460-3473

Offers a bridge between families & Glenwood Elementary. Prepares children to enter school ready to learn. Prepares parents for sending children to Kindergarten. Part-day preschool classes for two-, three-, four-, and five-year-olds, field trips, free childcare for stay-at home moms & grandparents, so they can run errands, go to doctor's visits, etc. Free parent resources. Parent/child literacy program.

McDowell County Department of Social Services

145 East Court St.
P.O. Box 338
Marion, NC 28752
828-652-3355
Provides financial resources for continuous, dependable childcare for families in need. Also called childcare subsidy or vouchers- [Contact Abby Pittman- 659-0690](tel:659-0690)

McDowell County Schools Head Start Central Office

2111 Sugar Hill Rd.
Marion, NC 28752
828-652-3229
www.mcdowell.k12.nc.us/headstart/aboutourprogram
Early Head Start & Head Start programs are designed to meet the educational, health, physical, nutritional, & social needs of children 0-5. Children of families that meet federal poverty income guidelines are served at no charge.

McSMILES Part-Day Preschool Program

Pleasant Gardens Elementary School
100 John Roach Drive
Marion, NC 28752
Dawn Vetter - 828-442-4534

McSMILES supports families by creating access to high quality early childhood education Programs. This free, part-time, mobile preschool program is based in school bus that has been fitted with the essential play centers to deliver age appropriate preschool activities. Ages 3 by August 31, 2017 & age 4.

Child Care continued.....

NC Division of Child Development and Early Education (DCDEE)

2201 Mail Service Center

Raleigh, NC 27699-2201

1-800-859-0829

www.ncchildcare.nc.gov

Monitors and licenses all childcare programs in North Carolina. Key responsibility is to assure a safe and healthy childcare environment in licensed childcare centers and family childcare homes in NC. Also provides information to parents about choosing quality childcare.

NC Pre-Kindergarten Program

Pleasant Gardens Elementary School

100 John Roach Drive

Marion, NC 28752

Stephanie Effler-(828) 652-6580 ext. 212

NC Pre-Kindergarten program is a state-funded Pre-Kindergarten program for eligible four year-olds. Classrooms are located throughout McDowell County, at elementary schools, & in private childcare centers.

North Cove Family Network

North Cove Elementary School

401 American Thread Rd.

Marion, NC 28752

828-460-3497

A grassroots family program that has a Pre-K program that meets 3 days per week. The preschool is for 3 & 4 year olds. The preschool meets on Monday, Wednesday & Fridays. Our Parent Program called "Circle of Parents" meet on Thursdays. Anyone is welcome

Family & Consumers Sciences Program –McDowell County Center

NC Cooperative Extension Service
60 East Court St. Room 249
Marion, NC 28752
828-652-8104
mcdowell.ces.ncsu.edu

Family Infant and Preschool Program (FIPP)

300 Enola Road
Morganton, NC 28655
828-433-2661 Office
www.fipp.org

FIPP helps families help their young children learn and grow. Practices based on the most current research available. Family Infant & Preschool Program is nationally and internationally recognized program. Our Focus on child, parent and family strengths. Services provided at times and locations convenient for the families. Our services include: Occupational, Physical, Speech- Language therapy, Nursing, Special Education, and supports for child behavior.

Family Resource Programs

For information call:

North Cove Family Network, 460-3497
Glenwood Family Resource Center, 460-3473
Old Fort Family Resource Center, 460-3932

Resource program addresses family literacy, parenting classes, and lending libraries through programs such as FAST (Families and Schools Together), Family Reading Adventures, and Circle of Parents. Sites are located at North Cove, Glenwood, and Old Fort Elementary Schools.

Foster Parent Support Group

McDowell County Dept. of Social Services
145 East Court St.
P.O. Box 338
Marion, NC 28752

DSS provides a monthly foster parent support group. Dinner and child-care are provided, and this support group can count as training hours.

McDowell County Child Support Enforcement

County Administration Building-2nd Floor
60 East Court St.
Marion, NC 28752
828-659-2649

www.ncchildsupport.com

Our mission is to consistently collect as much child support as possible for the benefit of North Carolina's children.

McDowell County Public Schools

334 South Main St.
Marion, NC 28752
828-652-4535
www.mcdowell.k12.nc.us

Pre-school – 12th grade education & comprehensive support services, including social workers, school nurses, counselors, and mental health; Communities in Schools and The Endowment Fund of the Public Schools of McDowell County.

McDowell Technical Community College Family Literacy Program

St. John's Episcopal Church

C/o McDowell Tech Community College (Ask about basic skills classes)

828-659-6001 (dial option 3)

McDowell Technical Community College's Family Literacy program offers Adult Basic Education, English as a second language, parenting skills classes, and also classes on how to read, write, and speak English. These courses are free to anyone interested.

McDowell County Department of Social Services

145 East Court St.

P.O. Box 338

Marion, NC 28752

828-652-3355

A variety of parenting classes & one-on-one instruction is offered from time to time at the Department of Social Services. Regular parenting classes please call 828-275-8895.

Partnership for Children of the Foothills

338 Withrow Road Suite B

Forest City, NC 28043

828-245-2802

Wanda Wood, Child Care Specialist- (McDowell) 828-803-0355

Partnership for Children of the Foothills is a 3-county non-profit agency serving Rutherford, Polk, & McDowell Counties that leverages investments from local, state and national partners to ensure children enter school ready to succeed. Partnership provides information & access to programs & resources about early childhood learning for families & professionals.

Safe Harbor Grief Program for Children & Youth

Hospice of McDowell County

575 Airport Rd.

Marion, NC 28752

828-652-1318

www.hospiceofmcdowell.org

The program objective is to assist children and their families in working through difficult grief and loss process due to deaths, divorce, or painful transitions. The program is offered at Hospice of McDowell County, county schools, and in the home.

Vaya Health

Toll Free 1-800-849-1627 Call to find local Mental Health, Developmental Disabilities & Substance Abuse Services in McDowell

Southmountain Children and Family Services

110 West Union Street

Morganton, NC 28655

southmountain.org

Headquartered in Morganton, NC, Southmountain Children and Family Services operates the State's first and only foster community near Lake James, 4 Children's Advocacy Centers, and Evidence-based Treatment Centers serving Avery, Burke, McDowell, Mitchel, Watauga, & Yancey counties.

For **therapy services** in any of the above listed counties please contact **Nikki Hoskins at (828) 231-5698**.

For information regarding the **foster care community or Child Advocacy Centers** please call **(828) 584-1105**.

Home Visitation Programs for Expectant & New Moms

Bayada Pediatrics

BAYADA Pediatrics to provide home health care services that are delivered with compassion, excellence, and reliability. Bayada will coordinate with your child's physicians, case manager, or current home care provider to ensure your child will receive the best home care from highly skilled and trained health care professionals.

Care Coordination for Children (CC4C)

McDowell County Health Department
408 Spaulding Rd.
Marion, NC 28752
828-652-6811 ext. 317

Care Coordination for Children (CC4C) is a new program transitioning Child Service Coordination (CSC) program into a population management model in partnership with Community Care Networks and Local Care Management Entities that, in addition to the community based interventions for children to maximize health outcomes, the program will target the highest risk and highest cost children for care management.

Children's Developmental Services Agency

145 West Parker Rd., Suite A
Morganton, NC 28655-4649
Phone: 828-433-5171, Fax: 828-433-1127
www.bearly.nc.gov

Children's Developmental Services agency (CDSA) is the local agency for Early Intervention in our community, which is part of the statewide NC Infant-Toddler Program. We support families to help children from birth to age three who have a diagnosed condition and/or developmental delays or who are at risk for problems with their development to help them grow and learn to the best of their potential. All it takes to start a referral is a concern on the part of the parents, caregivers or child's physician. We help you meet the developmental needs of your infant or toddler.

Family, Infant & Preschool Program (FIPP)

300 Enola Rd.
Morganton, NC 28655
828-433-2661 Office
www.fipp.org

Great Expectations

Pregnancy-centered planning services include: Family-focused pregnancy planning; in-home supports to prepare for delivery and beyond; post-delivery planning; managing pre/post-delivery stress; establishing a medical home for the arriving infant; and breastfeeding support.. **FIPP-Newborn Support:** FIPP in collaboration with area hospitals supports children & their families who have been recently discharged from neonatal & newborn nurseries to ensure a smooth transition to home. FIPP Home-based nursing services include weight/height measurements, physical examination, & home safety assessment. Newborn parenting information provided on feeding & nutrition, sleep, child development & assessment, postpartum depression screening, & sibling support.

Nurse Family Partnership (NFP)

McDowell County Health Department
408 Spaulding Rd.
Marion, NC 28752
828-652-6811

www.rpmhd.org

NFP is a voluntary program where highly educated nurses visit women in their homes during their pregnancy and throughout the first two years of their child's life to improve pregnancy outcomes, child health, development, & the economic self-sufficiency of the family.

Pregnancy Care Management

McDowell County Health Department
408 Spaulding Rd.
Marion, NC 28752
828-652-6811 ext. 321

www.rpmhd.org

Maternity Care Coordination (MCC or Baby Love) is a Medicaid-funded program of the McDowell Health Department which provides assistance in utilizing available community services & support for women who are pregnant & eligible for Medicaid. Maternity Care Coordinators provide services for the duration of the pregnancy, as well as two months of additional follow-up.

Special Needs & Disabilities

Autism Society of North Carolina

505 Oberlin Rd., Suite 230

Raleigh, NC 27605

1-800-442-2762

www.autismsociety-nc.org

Vicki Dieter

828-256-1566 or 828-256-5202

[vdieter@autismsociety-nc.org](mailto:vd Dieter@autismsociety-nc.org)

Provides services for NC residents with autism and related developmental disabilities.

BAYADA Home Health Care

1985 Tate Blvd., SE

Hickory, NC 28602

828-327-3800

www.bayada.com/services_pediatrics.asp

Specializes in caring for children of all ages, from newborns to adolescents, at home and at school. BAYADA Pediatric Nurses manage diverse diagnosis and high-tech equipment, while our highly trained and caring BAYADA Pediatric Home Health Aides provide assistive personal care and support services.

Care Coordination for Children (CC4C)

McDowell County Health Department

408 Spaulding Rd.

Marion, NC 28752

828-652-6811 ext. 317

CC4C is a free and voluntary program that helps families find and use community services. The program goals are: to connect families with services for children and families...to support children in reaching their developmental potential...to help ensure children are raised in healthy, safe, and nurturing environments... and to serve as a link between parents and their child's doctor.

Children's Developmental Services Agency (CDSA)

Morganton/Hickory CDSA

145 West Parker Rd., Suite A

Morganton, NC 28655-4649

Phone: 828-433-5171

Fax: 828-433-1127

www.beeearly.nc.gov

Children's Developmental Services Agency (CDSA) is the lead agency for the Early Intervention Infant-Toddler Program. It provides evaluations & service coordination for infants & toddlers who qualify for services who have developmental delays or disabilities. CDSA offers evaluation, service coordination, & consultation services to families of children birth to 36 months of age.

Children's Neurotherapy Services (CNS Clinic)

1087 13th St. SE 144 Tremont Park Dr.

Hickory, NC 28601 Lenoir, NC 28645

828-267-1688 828-754-5550

www.cnsclinic.com

Provides comprehensive child and family centered physical, occupational, sensory integration, and speech/language rehabilitative services. Staff are trained and well educated in several specialized areas of treatment and therapy.

ComServ Group Home, Inc.

Laurel Wood Group Home

109 Lonon Avenue

Marion, NC

828-757-0209 or 828-659-3524

ComServ Group Home is an ICF/MR residential group home for children from birth to 21 who are developmentally disabled (i.e. autism, deafness, etc.)

Difference Makers Advocacy and Support

828-317-1061 - Samantha Parrow
www.facebook.com/groups/SNPCS
parrowsj@gmail.com

This is an online support group for parents & caregivers for children with special needs. The group meets once a month & plans a variety of family activities in addition to meetings.

Early Learning Sensory Support Program VI for Children with Hearing Impairments

Social Worker II & Intake Coordinator, Mandy Hice

bethany.mayo@dpi.nc.gov

The Early Learning Sensory Support Program for Children with Hearing Impairments is a service provider for children who are enrolled in the Infant-Toddler Program/Children's Developmental Services Agency (CDSA). Services are provided to children who are deaf, hard of hearing, or deaf/blind. Provides services for age's birth to three, & their families with emphasis on language & communication skill development. Itinerant teachers licensed in the area of hearing impairment provide family-centered intervention in a child's most natural environment with a primary caregiver. Teachers work with the CDSA to ensure that children receive appropriate Early Intervention Services.

Early Learning Sensory Support Program for Children with Visual Impairments

Lori Bartram

828-575-6035 or lori.bartram@esdb.dpi.nc.gov

Bethany Mayo, Director

252-969-0212 or bethany.mayo@esdb.dpi.nc.gov

Provides a variety of services for children age's birth to five with visual impairments. Services may be delivered in homes, childcare centers, & preschool classrooms.

Easter Seals UCP of North Carolina

5171 Glenwood Ave.

Suite 400

Raleigh, NC 27612

1-800-662-7119

nc.eastersealsucp.com

Easter Seals UCP North Carolina creates opportunities, promotes individual choice, and changes the lives of children and adults with disabilities by maximizing their individual potential for living, learning, and working in their communities.

Exceptional Children's Assistance Center (ECAC)

94 West Gate

Asheville, NC 28801

828-255-1972

866-545-5299

www.ecac-parentcenter.org

Parent training & information center offering parents of children with disabilities information, assistance, and workshops on laws, IEP's, etc. Parent newsletter available.

Family, Infant and Preschool Program (FIPP)

300 Enola Rd.

Morganton, NC 28655

828-433-2661 Office

www.fipp.org

FIPP helps families help their young children learn & grow.

- Practices are based on the most current research available
- Nationally & internationally recognized program
- Early childhood & family support practices are tailored to each family's life circumstances
- Focus on child, parent, & family strengths
- Services provided at times & locations convenient for the families

Services include: nutrition, nursing, occupational therapy, physical therapy, speech-language therapy, nursing, special education, child development, evaluations, preschool readiness activities, early childhood education, & support for child behavior.

Family Support Network/HOPE

1985 Tate Boulevard SE
Hickory, NC 28602
828-267-6471 Ext 232

fsnhope.org

vickiefsnhope@gmail.com

Family Support Network/HOPE provides support, information, and training to assist families in promoting the education, development, and quality of life for their children of all ages and with all types of special needs; and partners with parents and professionals on community, state, and national levels to expand opportunities and generate resources in order to advance positive participation of people with disabilities in all aspects of society.

Local Interagency Coordinating Council (LICC)

Please call your local CDSA office to get current information about your county's LICC contacts: 828-433-5171 (Burke, Caldwell, and McDowell)

This organization is comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family centered.

Magical Moments Therapeutic Riding Center

691 Davistown Rd.
PO Box 249
Old Fort, NC 28762

www.facebook.com/pages/Magical-Moments-Therapeutic-Riding-Center/179456228806843

magicalmomentstherapy@yahoo.com

March of Dimes

Foothills Division
1220-G Commerce St.
Conover, NC 28613
828-464-8905
Fax 828-464-9835

www.marchofdimes.com/northcarolina

Community services to address maternal & infant needs; advocacy for programs and policies to improve the health of mothers and babies.

McDowell County Schools Exceptional Children's Program

172 Lukin St.
P.O. Box 1024
Marion, NC 28752
828-652-6580

McDowell County Schools Exceptional Children's Program provides services for children ages 3-5 with disabilities. Call our office if you suspect your 3- 5 year old may have trouble with hearing, speech, learning, or other skills. Special Education Services, Preschool Services, Physical Therapy, Occupational Therapy and Speech – language Services.

Mission Fullerton Genetics Center

9 Vanderbilt Park Dr.
Asheville, NC 28803
828-213-0022

This center offers evaluations, testing, diagnosis & counseling for individuals & families who may be affected by a genetic disorder.

MUMS (Mothers United for Moral Support) National Parent-to-Parent Network

www.netnet.net/mums

Maintains extensive database of children with disabilities (including very rare disorders) so that families may contact each other for support & to share medical information. They also publish quarterly newsletter for families & professionals.

Muscular Dystrophy Association**MDA Clinic**

Carolinas Medical Center

1010 Edgehill Road North

Charlotte, NC 28207 mda.org

The Muscular Dystrophy Association provides diagnostic testing, clinical services, physical and occupational therapies, summer camp, and public health education.

NC Assistive Technology Exchange Post

www.ncexchangepost.org/home.php

AT equipment for sale or for free

North Carolina Assistive Technology Program

Provides assistive technology services statewide to people of all ages and abilities. Offers device demonstration, device loan, device reutilization, training and technical assistance, public awareness, coordination and collaboration.

www.ncatp.org

NC Outreach Home Care

880 N. Main St.

Marion, NC 28752

(828) 652-2112

1-866-714-2273

supportolutionsms.com/nc

NC Outreach Homecare provides CAPMR/ DD and CAP-C community-based, one-on-one services to help children with developmental disabilities be successful in their home and community.

Patrick Beaver Learning Resource Center

Mailing address: P.O. Box 225

Hickory, NC 28603

926 2nd St. NE Suite 100

Hickory, NC 28601

828-624-2012

www.patrickbeaverlrc.org

Information and resources related to ADHD, dyslexia, and other learning differences.

Special Olympics

McDowell County Coordinator

185 North Madison

Marion, NC 28752

828-442-5100

mcdowell@sonc.net

Provides opportunities for children and adults with mental retardation to develop physical fitness, engage in athletic competition, and experience the joy of sharing and friendship through a variety of sporting events.

Summer Camp Directory

<http://fsp.unc.edu/summer-camp>

TEACCH Center (Treatment and Education of Autistic and related Communication Handicapped Children)

31 College Place

Building D, Suite 306

Asheville, NC 28801

828-251-6319

www.teacch.com

A resource for parents of children diagnosed with autism.

McDowell County Schools

Board of Education	828-652-4535
Superintendent	828-652-4535
Alternative Education Center	828-652-1040
McDowell High	828-652-7920
East McDowell Middle	828-652-7711
West McDowell Middle	828-652-3390
Eastfield Elementary	828-652-3730
Glenwood Elementary	828-738-4420
Marion Elementary	828-652-2141
Nebo Elementary	828-652-4737
North Cove Elementary	828-756-4342
Old Fort Elementary	828-668-7646
Pleasant Gardens Elementary	828-724-4422
West Marion Elementary	828-738-3353
McDowell County Head Start	828-652-3229
Exceptional Children's Program	828-527-8587
NC Pre-K Program	828-652-6580

Health and Safety

Help prevent SIDS

Sudden Infant Death Syndrome (SIDS) is an occurrence of sudden, unexpected death in seemingly healthy infants under the age of one year. In the year 2000, SIDS was the 3rd leading cause of infant death in North Carolina.

Here are some tips to help prevent SIDS:

- Put your baby to sleep on his back - always! All caregivers of the child should follow this practice.
- Provide plenty of supervised “tummy time” where your baby can practice head control while playing and interacting with you!
- Use a firm mattress in your baby’s crib, and remove all pillows, soft toys, and excess bedding. Never let your baby sleep on a waterbed or a beanbag.
- Do not allow anyone to smoke around your baby. Secondhand smoke or smoking during pregnancy can increase the risk of SIDS.
- Keep room temperatures comfortable, but not too warm (68-72° F, not over 75° F.) During colder weather, choose a one-piece sleeper for baby, rather than heavier or additional bedding.

For more information, call 1-800-505-CRIB or 1-800-FOR-BABY www.nichd.nih.gov/sts/Pages/default.aspx

What is a Medical Home?

A Medical Home is the one place you take your child for all their health care needs such as:

- checkups
- sick visits
- accidents
- special health needs
- immunizations (shots)

A Medical Home is a doctor’s office, a community clinic, or a local health department. The staff there knows you, your child, and your child’s health history. You want to take your child to someone you know and trust. A Medical Home offers the very best care. Because the staff knows your child, they can:

- Make sure your child gets the checkups, screenings, and shots they need to stay well
- Work with you in planning your child’s care
- Tell you about community programs and resources that may be helpful
- Help you locate the right specialists and equipment for your child

Emergencies

Poison Control

Call 911 or 1-800-222-1222

If someone ingests, inhales, or touches, a poisonous substance, or splashes something in his or her eyes:

1. Don’t panic!
2. If you suspect poisoning, bring the container to the phone and call 1-800-222-1222 immediately.
3. Follow the poison center’s instructions.

Local Hospital

Mission’s McDowell Hospital

430 Rankin Dr.
Marion, NC 28752
828-659-5000

We offer a family-friendly environment with a caring, supportive nursing staff trained in labor, delivery, breastfeeding and infant care. Our certified instructors also teach Childbirth Preparation, Breastfeeding and Infant CPR classes. Each new mother receives in-hospital post-delivery education and discharge preparation. Two staff lactation consultants offer breastfeeding support, while each newborn is given a hearing screening test. Postpartum home visitation by our nursing staff is available to all mothers who would like additional support.

Health Centers

American Red Cross

39 N Garden St.
Marion, NC 28752
828-652-6531

The American Red Cross helps keep the public prepared to respond to disasters and emergencies. They provide training in lifesaving skills such as CPR and first aid. Babysitting courses also available.

Care Coordination for Children (CC4C)

McDowell County Health Department
408 Spaulding Rd.
Marion, NC 28752
828-652-6811

Care Coordination for Children (CC4C) is a new program transitioning Child Service Coordination (CSC) program into a population management model in partnership with Community Care Networks and Local Care Management Entities that, in addition to the community based interventions for children to maximize health outcomes, the program will target the highest risk and highest cost children for care management.

Carolina Access

Division of Medical Assistance
2501 Mail Service Center
Raleigh, NC 27699-2501
8:00 a.m. - 5:00 p.m.
1-800-662-7030

www.ncdhhs.gov/dma/

Carolina ACCESS is North Carolina's Medicaid managed care program. It provides you with a medical home and a primary care provider (PCP) who will coordinate your medical care.

McDowell County Health Department

408 Spaulding Dr.
Marion, NC 28752
828-652-6811

Offers a variety of family services, including family planning, child health clinic, WIC nutrition program, health screenings, immunizations, care coordination for children, and more.

McDowell Health Coalition

408 Spaulding Dr.
Marion, NC 28752
Contact: Mary Smith, 828-659-6618
msmith@rpmhd.org

Partners joining together to improve the health and wellbeing of McDowell County residents by identifying and addressing health priorities and disparities through public awareness and education, community involvement, maximizing resources, and influencing public policy. Special emphasis on tobacco prevention, access to care, nutrition, and obesity prevention (Eat Smart, Move More).

Health Check/Health Choice - McDowell County Department of Social Services

828-652-3355

Provides access to health care for children up to age 21 who qualify for Medicaid. DSS also provides the Medication Assistance Program that provides quality pharmaceutical care at a reduced cost to people in McDowell County who are living on a limited income and are not eligible for other assistance programs.

Health Resource Navigator

McDowell County Department of Social Services
828-659-0613

The primary role of the Health Resource Navigator is to help place the uninsured and the underinsured into appropriate primary care settings. Please contact Health Resource Navigator Amanda Casillas for more information.

McDowell Pregnancy Care Center

40 South Main St. Suite 110
P. O. Box 2728
Marion, NC 28752
828-652-7676
Hours: M-TH 9-5 p.m.

www.mpccnc.org

McDowell Pregnancy Care Center provides pregnancy counseling, free pregnancy tests, limited ultrasound services, maternity and baby clothes, baby furniture, referrals, and post-abortion counseling.

Director: Denise McCormick

The McDowell Hospital's Preschool Dental Program

McDowell County Health Department
408 Spaulding Rd.
Marion, NC 28752
828-652-6811 Ext. 330

This program will provide children age 6 months to 5 years (and before Kindergarten) with a limited oral exam. The exams will take place at day care centers, family childcare homes, preschool classes, and select community events. Signed permission from a parent or guardian is required.

NC Family Health and Childcare Resource Line

1-800-FOR-BABY (1-800-367-2229)

www.healthychildcarenc.org

Information about local health resources, children's health insurance, and health/safety issues in childcare settings, and more. In English and Spanish.

PSALMS Urgent Care Center

304 South Green Street
Morganton, NC 28655
828-438-1117

At PSALMS Urgent Care, we provide efficient care for many of the injuries and illnesses treated in the Emergency Room at a cost even your doctor's office can't match. Most of our visits are priced lower than your co-pay for either Urgent Care or the Emergency Room. Our services range from treating injuries to a runny nose. We also take care of chronic problems such as arthritis, hypertension, thyroid problems and much more.

NC Child Passenger Safety Law Summary

<http://www.buckleupnc.org/occupant-restraint-laws/child-passenger-safety-law-summary/>

Updated 2017

Ages/Positions Covered:

Children younger than age 16 in front or back seats are covered under the NC Child Passenger Safety law. Drivers and passengers 16 years old and older are covered by the NC Seat Belt Law.

Vehicles Covered:

All vehicles required by federal standards to have seat belts are covered. All passenger cars manufactured after 1967 are required by federal regulations to have seat belts and are covered by the NC Child Passenger Safety Law. Vans, pickup trucks and sport utility vehicles manufactured after 1971 are required to be equipped with belts and are also covered by the NC Child Passenger Safety Law. There are no exemptions for vehicles registered in other states or vehicles driven by out-of-state drivers.

Restraint Required:

A properly used child restraint device (CRD) is required if the child is less than 8 years old AND weighs less than 80 pounds. Most parents and other caregivers will be able to comply by using belt-positioning booster seats for children between 40 and 80 pounds. The child must be within the weight range for the child restraint/booster seat and it must meet Federal standards in effect at time of manufacture. Children may be secured in a properly fitted seat belt at age 8 (regardless of weight) OR at 80 pounds (regardless of age) - whichever comes first. Placing the shoulder belt under a child's (or adult's) arm or behind the back is both dangerous and illegal. If no seating position equipped with a lap and shoulder belt to properly secure a belt positioning booster seat is available, a child who weighs at least 40 pounds may be restrained by a properly fitted lap belt only.

WARNING: Belt-positioning booster seats can ONLY be used with lap AND shoulder combination safety belts. Belt-positioning booster seats MUST NEVER be used with just a lap belt.

Refer to "What are Options for Children over 40 pounds?" in the "Choosing and Using" section for additional information on booster NC Child Passenger Safety Law Summary of law - updated 3-24-11 seats and safer alternatives for lap-belt-only seating positions.

Position in Vehicle:

The CRD must be installed in the rear seat if the child is less than age 5 and 40 lbs. and if the vehicle has a passenger side air bag and a rear seat. Front seat installation is allowed if the CRD is designed for use with air bags.

Exemptions*:

Vehicles not required to have belts (such as cars made before 1968 and pickup trucks, SUVs, and vans made before 1972, and large buses) Ambulances and other emergency vehicles. If all seating positions with belts are occupied

Responsibilities/Penalties:

Driver responsible for all children under sixteen

Penalty not to exceed \$25

Full court costs apply (\$213. as of May 2013)

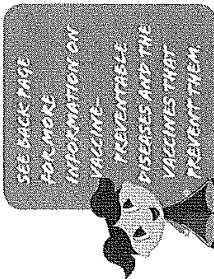
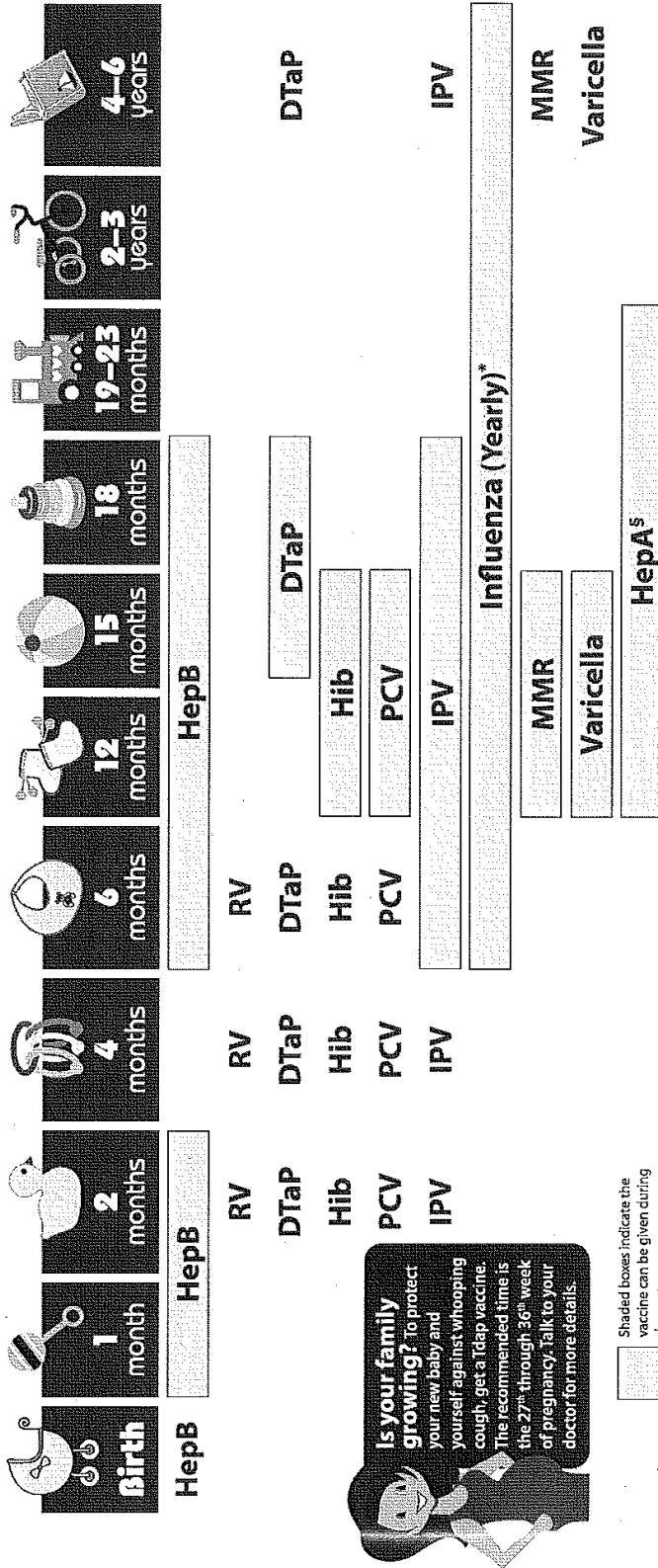
Two (2) driver license points

No insurance points

No conviction if the child is under 8 years old and proof is presented at trial that an appropriate CRD/Booster seat has been acquired for a vehicle in which the child is normally transported since the violation.

Information from: **www.buckleupnc.org**

2017 Recommended Immunizations for Children from Birth Through 6 Years Old



NOTE: If your child misses a shot, you don't need to start over; just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- ^s Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN[®]

AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
or visit
www.cdc.gov/vaccines/parents

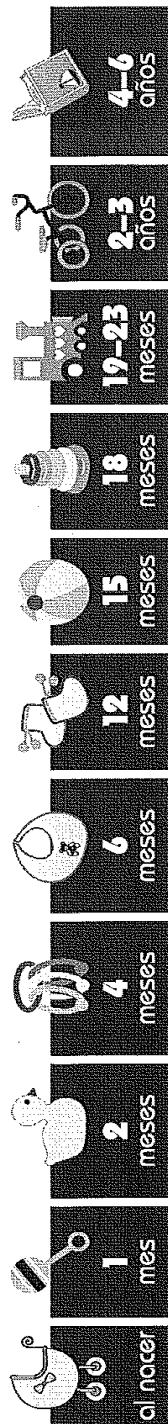
Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTap* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTap combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.

2017 Vacunas recomendadas para niños, desde el nacimiento hasta los 6 años de edad



¿Está creciendo su familia?
Para protegerse y proteger a su nuevo bebé contra la tosferina, debe recibir la vacuna Tdap. El mejor momento para recibir la vacuna es entre las 27 y las 36 semanas de cada embarazo. Consulte a su médico para obtener más detalles.

Las casillas coloreadas indican que la vacuna se puede dar durante el rango de edad mostrado.

NOTA:

Si su hijo no recibió una de las dosis, no se necesita volver a empezar, solo llévelo al pediatra para que le administre la siguiente. Consulte al médico de su hijo si tiene preguntas sobre las vacunas.

NOTAS A PIE DE PÁGINA:

* Se recomiendan dos dosis con un intervalo de por lo menos cuatro semanas para los niños de 6 meses a 8 años que reciben por primera vez la vacuna contra la influenza y para otros niños en este grupo de edad.

§ Se requieren 2 dosis de la vacuna HepA para brindar una protección duradera. La primera dosis de la vacuna HepA se debe administrar durante los 12 y los 23 meses de edad. La segunda dosis se debe administrar 6 a 18 meses después. La vacuna HepA se puede administrar a todos los niños de 12 meses de edad o más para protegerlos contra la hepatitis A. Los niños y adolescentes que no recibieron la vacuna HepA y tienen un riesgo alto, deben vacunarse contra la hepatitis A.

Si su niño tiene alguna infección que lo pone en riesgo de contraer infecciones o si va a viajar al extranjero, consulte al pediatra sobre otras vacunas que pueda necesitar.

Para más información, llame a la línea de atención gratuita
1-800-CDC-INFO (1-800-232-4636)
o visite
www.cdc.gov/vaccines/parents



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

AMERICAN ACADEMY OF FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



Enfermedades prevenibles con las vacunas y vacunas para prevenirlas

Enfermedad	Vacuna	Enfermedad transmitida por	Signos y síntomas de la enfermedad	Complicaciones de la enfermedad
Varicela	Vacuna contra la varicela.	Aire, contacto directo	Sarpullido, cansancio, dolor de cabeza, fiebre	Ampollas infectadas, trastornos hemorrágicos, encefalitis (inflamación del cerebro), neumonía (infección en los pulmones)
Difteria	La vacuna DTaP* protege contra la difteria.	Aire, contacto directo	Dolor de garganta, fiebre moderada, debilidad, inflamación de los ganglios del cuello	Inflamación del músculo cardíaco, insuficiencia cardíaca, coma, parálisis, muerte
Hib	La vacuna contra la Hib protege contra <i>Haemophilus influenzae</i> serotipo b.	Aire, contacto directo	Puede no causar síntomas a menos que la bacteria entre en la sangre	Meningitis (infección en las membranas que recubren el cerebro y la médula espinal), discapacidad intelectual, epiglotitis (infección que puede ser mortal en la que se bloquea la tráquea y origina graves problemas respiratorios) y neumonía (infección en los pulmones), muerte
Hepatitis A	La vacuna HepA protege contra la hepatitis A.	Contacto directo, comida o agua contaminada	Puede no causar síntomas, fiebre, dolor de estómago, pérdida del apetito, cansancio, vómito, ictericia (coloración amarilla de la piel y los ojos), orina oscura	Insuficiencia hepática, artralgia (dolor en las articulaciones), trastorno renal, pancreático y de la sangre
Hepatitis B	La vacuna HepB protege contra la hepatitis B.	Contacto con sangre o líquidos corporales	Puede no causar síntomas, fiebre, dolor de cabeza, debilidad, vómito, ictericia (coloración amarilla de los ojos y la piel) dolor en las articulaciones	Infección crónica del hígado, insuficiencia hepática, cáncer de hígado
Influenza (gripe)	La vacuna influenza protege contra la gripe o influenza.	Aire, contacto directo	Fiebre, dolor muscular, dolor de garganta, tos, cansancio extremo	Neumonía (infección en los pulmones)
Sarampión	La vacuna MMR** protege contra el sarampión.	Aire, contacto directo	Sarpullido, fiebre, tos, moqueo, conjuntivitis	Encefalitis (inflamación del cerebro), neumonía (infección en los pulmones), muerte
Paperas	La vacuna MMR** protege contra las paperas.	Aire, contacto directo	Inflamación de glándulas salivales (debajo de la mandíbula), fiebre, dolor de cabeza, cansancio, dolor muscular	Meningitis (infección en las membranas que recubren el cerebro y la médula espinal), encefalitis (inflamación del cerebro), inflamación de los testículos o los ovarios, sordera
Tosferina	La vacuna DTaP* protege contra la tosferina (<i>pertussis</i>).	Aire, contacto directo	Tos intensa, moqueo, apnea (interrupción de la respiración en los bebés)	Neumonía (infección en los pulmones), muerte
Poliomielitis	La vacuna IPV protege contra la poliomieltitis.	Aire, contacto directo, por la boca	Puede no causar síntomas, dolor de garganta, fiebre, náuseas, dolor de cabeza	Parálisis, muerte
Infección neumocócica	La vacuna PCV protege contra la infección neumocócica.	Aire, contacto directo	Puede no causar síntomas, neumonía (infección en los pulmones)	Bacteriemia (infección en la sangre), meningitis (infección en las membranas que recubren el cerebro y la médula espinal), muerte
Rotavirus	La vacuna RV protege contra el rotavirus.	Por la boca	Diarrea, fiebre, vómito	Diarrea intensa, deshidratación
Rubéola	La vacuna MMR** protege contra la rubéola.	Aire, contacto directo	Los niños infectados por rubéola a veces presentan sarpullido, fiebre y ganglios linfáticos inflamados	Muy grave en las mujeres embarazadas: puede causar aborto espontáneo, muerte fetal, parto prematuro, defectos de nacimiento
Tétano	La vacuna DTaP* protege contra el tétano.	Exposición a través de cortaduras en la piel	Rigidez del cuello y los músculos abdominales, dificultad para tragar, espasmos musculares, fiebre	Fractura de huesos, dificultad para respirar, muerte

* La vacuna DTaP combina la protección contra la difteria, el tétano y la tosferina.

** La vacuna MMR combina la protección contra el sarampión, las paperas y la rubéola.

Última actualización 01/2014 - CS245366-D -

Recreation and Entertainment

Catawba Science Center

243 3rd Ave. NE
Hickory, NC 28601
828-322-8169

www.catawbascience.org

Provides hands-on science and technology for all ages, special programs and exhibits. Also features a special play and learning center for preschool children.

Corpening Memorial YMCA

348 Grace Corpening Dr.
Marion, NC 28752
828-659-9622

The YMCA is a non-profit human services organization that provides children with a safe, caring environment, positive role models, and creative activities. The YMCA serves all ages, races, religions, income levels, and abilities. Scholarships are available.

Davidson's Fort Historic Park

PO Box 1636
Old Fort, NC 28762
828-668-4831

A living history site dedicated to telling the true story of the families of Western North Carolina during the 18th Century and the American Revolution.

Foothills Community Theatre

24 South Main
Marion, NC 28752
828-659-7529

www.fctplays.org

Live drama theatre open to children and adults as audience or participants.

Kid-Senses Children's Museum

172 North Main St.
Rutherfordton, NC 28139
828-286-2120

www.kidsenses.com

Since opening in 2004, Kid-Senses has welcomed over 275,000 visitors to our 10,000 square-foot space, which features 12 different interactive exhibit areas, curriculum-based workshops for field trip groups, a 7,500 square-foot Children's Garden (open seasonally), and unique opportunities to stimulate the imagination and educate the mind.

McDowell Arts Council Association

50 South Main St.
Marion, NC 28752
828-652-8610

www.mcdowellarts.org

McDowell Arts Council Association, Inc. was organized on February 28, 1972 by a group interested in promoting artistic and cultural activities in McDowell County.

McDowell County 4-H Youth Programs

NC Cooperative Extension Service
60 East Court St.
Marion, NC 28752
828-652-8104

mcdowell.ces.ncsu.edu

Six county clubs provide educational, social, and recreational activities for young children.

Recreation & Entertainment continued.....

McDowell County Public Library

90 W Court St,
Marion, NC 28752
(828) 652-3858 (Marion)
(828) 668-7111 (Old Fort)
Children's Story Time- Ages 0-5yrs
Mondays 10:30-11:00 a.m. (Marion)
Tuesdays 10:30-11:00 a.m. (Old Fort)

McDowell Trails Association

PO Box 1325
Marion, NC 28752
828-724-4036

www.mcdowelltrails.com

The McDowell Trails Association is a nonprofit corporation formed for the purpose of developing trails and greenways in McDowell County and in raising private funds for the trails. An advisory committee composed of government agencies and local citizens are involved in planning efforts. All of these groups and individuals are working together to make McDowell trails and greenways a reality.

McDowell Youth Foundation

60 East Court St.
Room 226
Marion, NC 28752
828-652-8104

The McDowell Agricultural Youth Foundation seeks to provide guidance and funding to maintain and expand the youth livestock and agricultural awareness education programs.

<https://mcdowell.ces.ncsu.edu>

Mountain Gateway Museum

102 Water St.
Old Fort, NC 28762
828-668-9259

www.mountaingatewaymuseum.org/

The Mountain Gateway Museum and Heritage Center collects and preserves artifacts and other historical materials relating to the history and heritage of North Carolina in a local, regional, national, and international context to assist people in understanding how the past influences the present.

Mountain Paradise Campground

16823 US 221
Marion, NC 28752
828-756-4085

www.facebook.com/mountainparadisecampground

Outdoor swimming pool and waterslide, miniature golf, and game room.

The Orchard at Altapass

PO Box 245
Little Switzerland, NC 28749
1-888-765-9531 or 828-765-9531

www.altapassorchard.com

The Historic Orchard at Altapass is a 104-year-old apple orchard that is also an Appalachian Cultural Center celebrating the people, music, art, and natural beauty of the Blue Ridge Mountains in North Carolina. Built by the Clinchfield Railroad in 1908, the Orchard sits right on the Parkway providing some of the most amazing scenery on the Blue Ridge Parkway. Hayrides, educational programs, and free music in a family-friendly atmosphere are available.

Pack-Place Education, Arts, & Science Center

2 South Pack Square
Asheville, NC 28801
828-257-4500

www.packplace.org

Pack Place Education, Arts and Science Center is an independent, non-profit organization that is home to the Asheville Art Museum, Colburn Earth Science Museum, Diana Wortham Theater, and the YMI Cultural Center.

Yogi Bear's Jellystone Park

1210 Deacon Dr.
Marion, NC 28752
828-652-7208

Swimming pool, waterslide, pedal boats, mini golf, nature trails, horseshoes, & volleyball court.

McDowell County Parks

McDowell County Recreation Department Facility

25 Academy St.
Marion, NC 28752
828-652-3001

Located in the heart of Marion, the Recreation Center offers a multitude of recreational opportunities. You will find the McDowell County Skate-park, an outdoor swimming pool, & the center itself which houses a gym & multi-purpose room. Adjacent to the center is Hawkins-Waters Field, home to adult league softball and other team sports.

Glenwood Park

Glenwood Park- located in the Glenwood community. The facility is comprised of two improved baseball/softball field, a concession stand/restroom building, & two batting cages.

McDowell County Sports Complex

The McDowell County Sports Complex is the country's premier baseball/softball complex. The facility is comprised of four lighted fields & a concession stand/restroom facilities.

Sandi Andrews Park

Sandi Andrews Park-located on 221 N. in the community of North Cove. The facility consists of one lighted baseball field, one outdoor basketball court, & a playground. There are also several picnic shelters located near the North Fork River.

Woodlawn Roadside Park

The facility features a restroom building & several picnic tables. In addition, the park is located adjacent to the Mountains-to-Sea Trail, as well as a small loop trail with fitness stations.

Marion City Parks

www.marionnc.org/Marion/pages/parksNRec.html

The City's Parks & Recreation Department provides for maintenance & operation of all city park & recreation facilities. The Parks & Recreation Department has no employees & all. Maintenance work is performed by Public Works Department personnel. The City of Marion does not provide recreational programming.

For more information about City Parks and Recreational opportunities, please contact City Hall at 828-652-3551 or the Public Works Department at 828-652-4224. A list of rules pertaining to each facility is posted at each park location.

Clinchfield Neighborhood Park

In 2010, the City was given 10 acres of property off of Hill St. in the Clinchfield neighborhood by Mr. Frank Boldon. The property is accessed through a parking lot located on the property. The park is located on Hill St. in the Clinchfield neighborhood. It contains playground equipment, a picnic shelter, a walking track/greenway and a basketball court.

Cross Mill Neighborhood Park

Completed in 2003, located on Granby St., the park contains a walking trail, a picnic shelter and tables, a basketball court, a volleyball court, a disc golf course and playground equipment. Parking is available on site. The hours of the park will be dawn to dusk.

Downtown Marion Gazebos

The City maintains two gazebos in the downtown area to allow people to relax and enjoy and atmosphere of Main St. One gazebo is located on North Main St. at Brown Dr., in the heart of the downtown area, and another gazebo is located on South Main St. at Morgan St., on the southern edge of downtown.

Eastfield Neighborhood Park

This neighborhood park was completed in the summer of 2010. The park is located adjacent to the Eastfield Elementary School on Perry St. and is 2 acres in size. The park includes a walking trail, basketball court, picnic shelter and tables, swing set, and jungle gym. The park is open during daylight hours.

Historic Marion Greenway

The first leg of development includes a 1 mile corridor extending from US Highway 70 West off of Sam Philips Dr. just west of Lowe's toward US Highway 221 Bypass behind the Wal-Mart Shopping Center. Future phases of the Greenway will extend to the McDowell House on US Highway 70 West and beyond. A canoe launch is being developed by the City off of US Highway 221 North Business. Visit www.marionnc.org for more information.

Marion Community Building Park

Located in Downtown Marion at 191 North Main St., this park contains basketball and tennis courts, picnic shelters and tables, splash pad and a large playground. Restrooms are available on-site during certain hours. The Community Building Park was renovated in 2001 from generous donations of new playground equipment by individuals and businesses in the community. The park is open seven days a week, 7:00 a.m. to 11:00 p.m.

Peavine Trail

In September, 2010, the city of Marion acquired from Norfolk Southern Railway 33 acres of the old Peavine Rail Line right of way from State St. to Jacktown Rd., a distance of about 2.4 miles. The trail extends for 1.5 miles from State St. to just south of the First Christian Church property on Rutherford Rd. Barricades have been installed at both ends of a dilapidated trestle behind "Mi Pueblito" Restaurant on Rutherford Rd., until such time as the trestle can be demolished or repaired, which will eventually allow the trail length to extend to the full 2.4 mile length. Parking is available for the trail at the old Rescue Squad building on State St. and at first Christian Church on Rutherford Rd. (except on Sundays between 9 a.m. and 12:30 p.m.).

West Marion Neighborhood Park

Located next to Addie's Chapel United Methodist Church on Ridley St., the West Marion Park was constructed in 2001 on land donated by Addie's Chapel. The park contains a walking trail, a picnic shelter and tables, a basketball court, and playground equipment. The hours of the park are dawn to dusk.

Old Fort Recreation

www.oldfort.org or www.mcdowellgov.com

Andrew's Geyser

Mill Creek Rd.

Old Fort, NC

828-668-4282

Popular streamside wooded picnic area alongside national forest service lands. In 1885, a gravity-forced geyser was constructed to mark the railroad gateway to the Blue Ridge Mountains. Once occupied by a well-known hotel with visitors on their way through the Swannanoa Gap to the west.

Catawba Falls

www.hikecatawbafalls.com

Catawba Falls is one of Western North Carolina's exceptional Blue Ridge waterfalls - one which is along the steep escarpment where the higher mountain lands drop off to the Piedmont areas below. It's located on an isolated tract of Pisgah National Forest property near Old Fort, NC, at the southern end of the Grandfather Ranger District, just south of I-40. A new parking area and trail culminates years of effort to provide public access to this special area, which required a variety of legislation to accomplish. Today, Catawba Falls is open to visitors and a highly recommended destination.

Davidson's Fort Historic Park

Lackey Town Rd.

Old Fort NC, 28762

828-668-4831

www.davidsonsfort.com

davidsonsfort@gmail.com

Davidson's Fort was once the western most outpost in Colonial America. The fort was originally constructed in 1776 with the assistance of troops provided by General Griffith Rutherford.

Lindley Park and Old Fort Pool

The Town of Old Fort is home to Lindley Park and the Old Fort Pool. The facilities are leased to McDowell County by the Town of Old Fort. Lindley Park features two lighted ball fields, one small ball field, a playground area, tennis courts, two picnic shelters, and a concession stand. Across Catawba River Rd. from Lindley Park is the Old Fort Pool. This facility is open during the summer months for recreational swimming and pool parties.

The Old Fort Senior Citizens Park

Spring St.

The Sandlin Memorial Park

Mill Creek Rd.

State Parks

ncparks.gov

Lake James State Park

828-584-7728

ncparks.gov/Visit/parks/laja/main.php

Try swimming and sunbathing or enjoy a picnic along the lakeshore. Boat, water ski, or fish in Cool Mountain waters, or take a walk and enjoy an abundance of wildflowers and wildlife along park trails.

*For other recreation ideas, visit the McDowell Tourism Website attractions page at **[www. mcdowellinc.org](http://www.mcdowellinc.org)** or **ncparks.gov** to find hiking trails in the area ranging anywhere from a 20 minute hike to a 16 mile hike.*

Walking Tracks & Playgrounds

West Marion Elementary (4.25 Laps = 1 Mile)

Old Fort Elementary (4 Laps = 1 Mile)

East Junior High (4 Laps = 1 Mile)

Nebo Elementary (2.5 Laps A-B-C = 1 Mile)

North Cove Elementary (3 Laps = 1 Mile)

McDowell High (4 Laps = 1 Mile)

Main St., Marion: Community Building (Curve x2 = 1 Mile)

Tom Johnson's Camping Center (3.5 Laps = 1 Mile)

Wal-Mart Parking Lot (1.8 Laps = 1 Mile)

Wal-Mart Walkway (8.6 Laps = 1 Mile)

Roses Parking Lot (2.6 Laps = 1 Mile)

Bi-Lo Center Walkway (3.6 Laps = 1 Mile)

Glenwood Elementary Trail (6 Laps = 1 Mile)

Pleasant Gardens Elementary (4 Laps = 1 Mile)

Joseph McDowell Historical Catawba Greenway (1 Mile)

Human Services

Care Partners

575 Airport Rd.
Marion, NC 28752
828-652-1318

Personal/grooming supplies donation programs, bedding/linen donation programs, clothing donation programs, special event support volunteer opportunities, and family services related volunteer opportunities, fundraising volunteer opportunities, clerical volunteer opportunities, palliative care, hospice care.

Centro Unido Latino Americans

70 North Main St., Suite 3
Marion, NC 28752
828-652-0727

www.cclu-pottst.org
paezrita@yahoo.com

Our mission is to improve the quality of life in the Latin American community in three focus areas: education, health and wellness, and social justice. Our vision is to be a force for creating a measurably better-educated, healthier, and more racially-unified community in McDowell County while being widely recognized for our impact.

Christmas Assistance for Children

The Salvation Army provides assistance for children ages birth-12 years of age through an application process. Call the Salvation Army for more information at 828-430-8392.

Foster Children's Christmas
Contact DSS at 828-652-3355--Project Christmas

Corpening Memorial YMCA

348 Grace Corpening Dr.
Marion, NC 28752
828-659-9622

www.ymcawnc.org

The Maxwell M. Corpening Foundation provides emergency funds, such as heat, medical bills, and tuition for people in need. Residents in McDowell County are eligible for this once a calendar year. Please call to schedule an appointment

Crossroads Recovery Center, Inc.

440 East Court St.
828-659-8626 (office by appointment)

crossroadsrecoveryctr@verizon.net

Individual and family counseling for adults, children, and couples. Licensed DWI and substance abuse assessment and treatment (services available in Spanish). Domestic violence offender treatment.

Dread Disease Society

For more information contact the McDowell County United Fund at 828-652-0460.

Foothills Industries of McDowell County

300 Rockwell Dr.
Marion, NC 28752
828-652-4088

www.foothillsindustries.com

Foothills Industries, a Community Rehabilitation Program since 1972, offers education, job training, and employment for adults who have work related disabilities or other barriers to employment. All donations are tax deductible.

Guardian Ad Litem Program

60 E. Court Street
Marion, NC 28752
828-652-4632

Habitat for Humanity

PO Box 75

Marion, NC 28752-0075

828-652-6272

www.habitat.org or steve.davis@sdyc.com

Habitat for Humanity International seeks to eliminate poverty housing & homelessness from the world, and to make decent shelter a matter of conscience and action.

Marion Housing Office

15 North Garden St.

Marion, NC 28752

828-652-8098

Administers Section 8 vouchers for McDowell County. These vouchers help low-income people with their housing and rent. From there it can step into mortgage help.

Healing Hearts Small Animal Rescue Inc.

P.O. Box 1321

Old Fort, NC 28762

We specialize in the rescue and rehabilitation of small animals (hamsters, gerbils, ferrets, etc.) birds, reptiles, small exotics (sugar gliders, hedgehogs, etc.) small dogs, and a limited number of cats.

www.healingheartssmallanimal@yahoo.com

Isothermal Planning and Development Commission

111 West Court St.

Rutherfordton, NC 28139

828-287-2281

www.regionc.org

The Isothermal Planning and Development Commission assists the region's local governments in providing services to their citizens.

Turning Point Service Group

509 East Payne Rd

Marion, NC 28752

828-738-3098

Mental Health, Behavioral Health, Psychiatry, Addiction, Substance Abuse, Domestic Sexual Violence Shelters Crisis Centers Transitional Housing, Support Groups, Counseling, Crisis Center, Disabilities, Social Services.

NC-Works

316 Baldwin Ave.

Marion, NC 28752

828-659-6001

Joblink Career Center Vision: To improve North Carolina's workforce and strengthen our state's economy by developing a system of Joblink Career Centers that offer labor market Information, provides access to career training and job placement services, and serves as the connection between employers and qualified workers.

Juvenile Crime Prevention Council

260 State St.

Marion, NC 28752

828-652-5085 ext. 200

The McDowell County Juvenile Crime Prevention Council (JCPC) is a planning body of concerned community members whose mission is to: support the development and implementation of community based programs that meet the identified needs of all children who are delinquent or are at risk of becoming undisciplined or delinquent.

McDowell County Administration

60 East Court St.

Marion, NC 28752

828-652-7121 ext. 354

Keep McDowell Beautiful focuses on education and awareness, litter prevention, beautification and community improvement, and waste reduction.

Legal Aid of North Carolina, Inc.

211 East Union St.

Morganton, NC 28655

1-800-849-5195

www.legalaidnc.org

Legal Aid of North Carolina Inc. provides life-altering solutions to critical legal issues.

Marion Downtown Business Association

58 Depot St.

Marion, NC 28752

828-652-2215

The Downtown Advisory Committee works in close association with the Downtown Business Association, the Small Business Center at McDowell Technical College, and the McDowell Economic Development Association of McDowell County to promote the growth of new and established businesses.

Marion Recovery Education Center

486 Spaulding Rd., Suite B

Marion, NC 28752

828-652-2919

Comprehensive outpatient substance abuse treatment, general assessment for substance abuse, court ordered DUI evaluations, psychiatric rehabilitation, psychiatric case management, assertive community treatment, mental-health screening, psychiatric disorder counseling, general counseling services.

Marion Police Department

270 South Main St.

Marion, NC 28752

828-652-5205 for Non-emergencies

Emergency - Call 911**Marion Unites States Postal Office**

828-652-5838

McDowell Chamber of Commerce

1170 West Tate St.

Marion, NC 28752

828-652-4240

www.mcdowellchamber.com

The McDowell Chamber of Commerce is a membership association of over 450 companies and individual members. The organization's mission is to provide services to the membership which support economic growth and encourage community involvement.

McDowell Council Social Services

145 East Court St.

Marion, NC 28752

828-659-0617

McDowell Council on Alcohol and Drug Abuse

Substance Abuse Services

39 North Garden St.

Marion, NC 28752

828-652-8428

The McDowell Council on Alcohol and Drug Abuse's primary focus is substance abuse treatment services. They also provide substance abuse treatment, outpatient care, and special groups for DUI/DWI offenders.

McDowell County Animal Control

828-652-6643

McDowell County Child Collaborative

207 S. Main Street

Marion NC 28752

828-759-2160

Meets monthly to identify and address gaps in mental health services for children and families.

McDowell County Clerk of Court

828-652-7717

McDowell County Government

60 South Main St.

Marion, NC 28752

828-652-7121

www.mcdowellgov.com

County Manager, Tax Office, Planning/ Mapping, Building Inspector, Tag Office, Board of Elections, NC Cooperative Extension Service

McDowell County Senior Center

100 Spaulding Rd.

Marion, NC 28752

828-659-0821

www.mcdowellseniorcenter.org

McDowell County Senior Center's mission is to enhance the quality of life for McDowell County's senior citizens. They provide home- delivered meals, transportation to medical appointments, bill paying, and essential shopping.

McDowell County Sheriff's Department

593 Spaulding Rd.

Marion, NC 28752

828-652-4000 for Non-emergencies

Emergency—Call 911

McDowell County United Fund

PO Box 1563

Marion, NC 28752

828-659-2462

www.liveunited.org

McDowell Housing Coalition

60 East Court St.
Marion, NC 28752
828-659-0606

www.mcdowellgov.com

The North Carolina Housing Coalition is a private, non-profit membership organization working for decent, affordable housing that promotes self-determination and stable communities for low- and moderate-income North Carolinians. Our mission is to lead a campaign for housing that ensures working families, people in crisis, seniors and persons with disabilities may live with dignity and opportunity.

McDowell Medication Management Center

486 Spaulding Rd.
Marion, NC 28752
828-659-2222

McDowell Mission Ministry

804 State St.
Marion, NC 28752
828-659-3981

Operates the Men's Shelter, the Friendship Home for Women and Children, and the Christian Clothing Closet. Provides emergency food and limited assistance with utilities, rent, and medications.

McDowell Tech Small Business Center

54 College Dr.
Marion, NC 28752
828-652-0634

deank@mail.mcdowell.cc.nc.us

McDowell Tech Small Business Center provides one-on-one counseling, as well as technical assistance.

McDowell Volunteer Information Center

60 East Court St.
Marion, NC 28752
828-652-7121

People working together to meet community needs.

Mercy Fund Animal Rescue

PO Box 2371
Marion, NC 28752
828-652-7980

mercyfund@yahoo.com

Our mission is to save the lives of animals in need and to find safe and loving homes for them. We foster pets in our own homes until permanent homes can be found.

NC Army National Guard

102 Spaulding Dr.
Marion, NC 28752
828-652-4595

www.nc.ngb.army.mil

New Hope of McDowell County

PO Box 1572

Marion, NC 28752

828-652-8538 or 828-652-6150 (24 hr Crisis Line)

www.newhoopeofmcdowell.org

New Hope seeks to provide aid to victims of physical, emotional, and sexual violence in families and relationships by providing sanctuary; providing programs that promote prevention, healing, and empowerment; community education; forming partnerships with related agencies and local citizens who support the reduction of abuse and violence.

North Carolina Department of Labor

1-800-752-3410

www.nclabor.com

NC Division of Vocational Rehabilitation Services

451 North Main St., Suite 107

Marion, NC 28752

828-652-2826

www.ncdhhs.gov/dvrs/

The North Carolina Division of Vocational Rehabilitation Services seeks to promote employment and independence for people with disabilities through customer partnership and community leadership.

NC Forest Service

652-2636 Hwy 226 South

Marion, NC 28752

ncforestservice.gov

North Carolina's forest land is one of the greatest influences on the state, providing economic value and adding immeasurably to the quality of life for its citizens. The NC Forest Service's primary purpose is to ensure adequate and quality forest resources for the state to meet present and future needs.

North Carolina Military & Veteran Partnership (NCMVP)

1535 Beecher Anderson Rd.

Lenoir, NC 28645

828-757-4365

nancy.davis3@us.army.mil

NCMVP is a voluntary Military/community partnership organized to allow service providers to engage in multi-service networking to help connect Service Members and Families to local Military and/or community resources.

NC Highway Patrol

3975 HWY 226 S

Marion, NC 28752

828-652-2181

www.nccrimecontrol.org

The North Carolina State Highway Patrol's primary mission is to reduce collisions and make the highways of North Carolina as safe as possible.

NC Employment Security Commission

828-652-7131

www.esncc.com/deshome

The mission of the Employment Security Commission is to promote and sustain the economic wellbeing of North Carolinians in the world marketplace by providing high quality and accessible workforce-related services.

Oakview Apartments

40 4th C St.

Marion, NC 28752

828-652-9132

For adults with developmental disabilities.

Old Fort Area Crisis Ministries

24 North Spring St.
Old Fort, NC 28672
828-668-0002

Old Fort Area Crisis Ministries helps people get clothing and food through the use of funding by donation, and their own thrift store. They also provide a once a year service to the needy by helping to pay their bills (power, mortgage, etc.).

Old Fort Police Department

828-668-7474 for Non-emergencies
Emergency - Call 911

Old Fort Post Office

828-668-7643

Old Fort, Town of, Business Office

828-668-7830

Old Fort General Information

828-668-7112

Register of Deeds

1 South Main St.
Marion, NC 28752
828-652-4727

The Salvation Army

2240 Highway 221 North Business
Marion, NC 28752
828-659-2522

The Salvation Army provides disaster relief services, day care centers, summer camps, holiday assistance, services for the aging, AIDS education and residential services, medical facilities, shelters for battered women and children, family and career counseling, vocational training, correction services, and substance abuse rehabilitation.

VIA Health Care

Western region office: 828- 586-5501
For immediate assistance: 1-800- 849-6127
Serving individuals with mental health, developmental disability and substance abuse issues in Alexander, Allegheny, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes and Yancey Counties.

Social Security Administration

800 Centre Park Drive
Asheville, NC 28805
866-572-8361
www.ssa.gov

Spaulding Woods Apartments

838 Spaulding Rd.
Marion, NC 28752
828-652-7203
rmesserspauldingwoods@verizon.net

Veteran's Affairs

919-807-4250

Food Supplies & Soup Kitchens

The following facilities have food available to those needing it. Unless otherwise stated, a current photo ID is required. Contact individual food pantries for other restrictions. Food is available in prepackaged bags or boxes and is canned or boxed.

Department of Social Services

145 East Court St.

Marion, NC

828-652-3355

Monday-Friday 9:00 a.m.-5:00 p.m.

Dysartsville Christian Ministries

Trinity UMC

174 Trinity Church Loop

Dysartsville, NC

Thursday 3:30 p.m.-5:30 p.m.

Glenwood Independent Baptist Church

Highway 221 South,

Glenwood, NC

828-442-3124 or 828-803-7875

Monday-Friday 3:30 p.m.-5 p.m.

Grace Community Church

5182 US Highway 70,

Pleasant Gardens, NC

828-724-9599

Monday and Wednesday 10:00 a.m.-2:00 p.m.

McDowell Mission Ministries

804 State St.,

Marion, NC

828-659-3981 Call for availability

Old Fort Area Crisis

(Old Fort and Crooked Creek residents only)

102 North Spring St.

Old Fort, NC

828-668-0002

Monday-Friday 9:00 a.m.-5:00 p.m.

Pleasant Hill United Methodist Church

1496 Jacktown Rd.,

Marion, NC

828-659-2059 or 828-659-6467

Wednesdays 6:00 p.m.-7:00 p.m.

St John's Episcopal Church

319 South Main,

Marion, NC

828-652-4144

Wednesday 2:00 p.m.-4:00 p.m.

Clinchfield Presbyterian

828-652-3906

Greenlee Baptist Church

828-668-6075

Clinchfield United Methodist Church

151 Ridge Rd.,

Marion, NC

Tuesdays and Thursdays 11:00 a.m.-1:00 p.m.

Volunteer Coordination 100 Spaulding Drive, Marion, NC 28752 (828-659-0826)

I'm going to Kindergarten!

Who is eligible for Kindergarten?

By NC state law, registration in Kindergarten is open to ALL children who turn 5 years old on or before August 31.

What do I need to bring when I register my child for Kindergarten?

- A certified copy of your child's birth certificate
- Your child's Social Security Card
- Your child's immunization record
- Emergency telephone numbers, your doctor's phone number, and your telephone number at work

North Carolina requires that all children entering school receive a health assessment within **one year prior** to entering kindergarten. Kindergarten Health Assessment Report, form PPS-2K, will be distributed at kindergarten registration. These may be completed by your child's physician or the McDowell County Health Department. If you wish to have this completed before the registration day, the Health Department and local physicians already have the necessary form. Several activities are planned for you and your child on registration day. These activities include visits to kindergarten classrooms, meeting the kindergarten teachers, and touring the school. Our kindergarten screening will take place during each school's orientation or appointments will be made for you to take your child back to the school at a later date.

For more information, contact your child's elementary school or McDowell County Schools Central Office, at 652-4535.

How can you help to create a great beginning to your child's Kindergarten year?

By simply believing that your child can succeed, you are helping your child to be successful! Expect and encourage a positive attitude about going to school, and your child will follow your lead. Here are some other things you can do to help your child in this important transition to Kindergarten.

- Read with your child every day! Ask questions and answer your child's questions as you read.
- Talk to your child! Listen carefully to your child's experiences, ideas, and feelings. Share stories about some of the good times you had at school when you were a child.
- Help your child learn how to make friends, share, and get along with others by organizing time for him or her to play with other children.
- Work with your child to be independent by learning to snap, zip, button, and tie so that he or she can put on shoes and coats at school.
- Start giving your child some responsibility for small jobs around the house, such as setting the table, or putting away toys and clean clothes.
- Help your child start to make decisions by giving him or her an opportunity to choose which book to read, which shirt to wear, or what activity to do next.
- Complete all of the necessary paperwork that your school requires and don't forget to call the school to get information about any Kindergarten events you should attend.
- Visit the school with your child. Meet the principal and other staff members and schedule a time to eat lunch in the school cafeteria with your child.
- Establish a good morning and bedtime routine well before the first day of school. Be sure to start with a good breakfast and end with consistent bedtime habits.

For more information about resources in McDowell county



or go online to

www.nc211.org



Parents' Helpbook Update

Updated April 2017

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McDowell County LICC

**This resource directory is available &
updated online at Partnership for
Children of the Foothills:
www.pfcfoothills.org**