

2018

SENIOR RESOURCE DIRECTORY



HEALTHY AGING
never gets old



This handbook is intended for use by Senior Center staff, volunteers and our members to find information quickly on such subjects such as assisted living, Medicare/Medicaid, transportation and other senior related information. It will be updated and added to on a regular basis as necessary. It is considered relatively accurate and up to date as of this issue, but may include some errors in entries. The Senior Center, Inc. does not endorse any of the included services.

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Notes on this Guide

Note: Retirement Communities (Independent Living) offer a range of housing options. Retirement communities provide either a purchase or lease option ranging from condominium-style ownership to monthly rental apartments. These communities may offer some services and amenities, such as recreation facilities, meal preparation or congregate meals, housekeeping services, and laundry services. The cost of these services may not be included in the monthly fee. It is best to find out what services are available, and at what cost, before entering a retirement community. Here is a cross section of both low income rental homes and higher priced rentals.

Note: Modified Retirement Communities offer the same services as the Continuing Care Retirement Communities but without the health care guarantee. For example, a modified facility may provide 15 days of nursing care per year. After you use up your 15 days, you must pay a daily charge for the nursing care. In the event you run out of money, the facility is not contractually obligated to provide for your care.

Note: A Continuing Care Retirement Community is a financially self-sufficient residential community for seniors that offers medical and nursing services in addition to independent living. CCRC's differ in the amount of health care they offer their residents. Generally, they provide food, housing, medical services, nursing care, and assisted living for the remainder of the retiree's life. A CCRC charges two fees: a one-time entry fee followed by a monthly maintenance fee.

NOTE: Concerning all nonaffiliated providers (Care Providers, Equipment, Groups, Sources, etc.), the Senior Center is **not endorsing our referrals**. All information is a resource for our Members and Community.

Adult Day Care

JABA Hillsdale Adult Day Healthcare

674 Hillsdale Drive
Charlottesville, VA 22901

434.817.5235

Jabacares.org

This center furnishes impaired adults of all ages with therapeutic care including medical management, meals, recreation and socialization. Its facilities include a Healing Arts Garden, Alzheimer's area, beauty parlor and bathing facility.

JABA offers a fun, caring and safe environment for any adult (18 years +) who needs assistance with daily health or personal care activities. Participants — at both our Hillsdale and Louisa locations — choose from a variety of social and recreational programs. We specialize in the care of adults with dementia.

Much like the activities at our area [Community Centers](#), which are best suited to independent adults who seek companionship, we sing, move to music, walk, garden, play bingo and word games, dance, play balloon ball, and arrange flowers. Young children from local schools join center members in activities, which makes it fun for everyone. Some members choose to sit quietly with a friend, or read and discuss current events. Every day, a hot, fresh lunch — incorporating local foods whenever possible — and two healthy snacks are served. Special diet supplements are always available.

Our goal is to keep families together and to prevent or delay institutionalization. Guided by the specific needs of a

personalized care plan, JABA nurses monitor health, administer medication, and oversee specialized Alzheimer's and dementia care. JAUNT and other specialized transit come directly to our doors. JABA accepts Medicaid, private, long-term care insurance, veteran benefits and private pay. Scholarships are available. The Center receives scholarship support from local governments and individual donors for this program.

Daily Living Center – Adult Day Health Care

990 E Hopeman Parkway
Waynesboro, VA 22980

540.949.4151

dailylivingcenter.homestead.com

JABA Adult Day Healthcare in Louisa

Betty Queen Intergenerational Building
522 Industrial Drive; Louisa VA 23093

540.967.4433

<http://www.jabacares.org/services/adultDay.html>

Day Break Adult Day Health Care

M – F, 8:00 to 4:00

13309 Talon Ct Culpeper, VA 22701

540.727.7097

Independent Living & Retirement Communities

Arbor Crest

101 Arbor Crest Dr.
Charlottesville, VA 22901

855.901.1116

www.arborcrest-online.com

Beaver Hill Village

4774 Three Notched Rd.
Crozet, VA 22932

866.477.3715

Capacity: 43 units

Branchlands

1300 Branchland Dr.
Charlottesville, VA 22901

434.973.9044

www.branchlands.com

Capacity: 69 units

Crescent Hall

500 First St.
Charlottesville, VA 22906

434.970.3253

Evergreen Meadows

422 William Mills Dr.
Standardsville, VA 22973

434.985.4441

Capacity: 9 units

Commonwealth Senior Living

1550 Pantops Mountain Place
Charlottesville VA 22911

434.322.0274

http://www.commonwealthal.com/senior_living/Charlottesville_VA

Heritage Hall

505 W Rio Road
Charlottesville, VA 22901

434.978.7015

Capacity: 120 units

Martha Jefferson House

1600 Gordon Avenue
Charlottesville, VA 22903

434-293-6136

www.marthajeffersonhouse.org

Midway Manor Apartments

100 Ridge St.
Charlottesville, VA 22902

434.971.6770 (Sec. 8 housing)

Our Lady of Peace

751 Hillsdale Drive
Charlottesville, VA

434.973.1155

www.our-lady-of-peace.com

Parkview at Pantops

Charlottesville, VA
210 South Pantops Drive

434.923.0200

www.southpantops.parkviewseniorliving.com

90 units

The Colonnades

2600 Barracks Rd. Charlottesville, VA 22901

434.333.7161

Capacity: 180 apt, 39 cottages

The Independence

350 Portico Way
Charlottesville, VA 22911

877.873.4777

<http://www.theindependencecville.com>

Capacity: 92 units

The Lodge at Old Trail (The Ridge)

330 Claremont Lane

Crozet, VA 22932

434.823.9100

www.lodgeatoldtrail.com

The Meadows

580 Meadows Drive

Crozet, VA 22932

434.823.4683 (Sec. 8 housing)

University Village

2401 Ivy Rd.

Charlottesville, VA 22903

434.977.3085

Westminster-Canterbury of the Blue Ridge

250 Pantops Mt. Rd.

Charlottesville, VA 22911

434.972.2622

www.westmistercanterbury.org

Woods Edge Seniors (JABA)

829 Mallside Forest Court

Charlottesville, VA 22901

434.975.9090

woodsedgeseniors.com

Assisted Living Communities

Amerisist of Orange

680 University Lane
Orange, VA 22960
540.661.3333
Capacity: 27 units

Amerisist of Louisa

400 West Main St.
Louisa, VA 23093
540.9674600
Capacity: 27 units

Brightview Baldwin Park

21 Woodlee Rd.
Staunton, VA 24401
540.885.1122
Capacity: 8 units

Branchlands

1300 Branchlands Dr.
Charlottesville, VA 22901
434.973.9044
branchlands.com

Colonnades

2600 Barracks Rd
Charlottesville, VA 22901
434.963-4198/800-443-8457
sunriseseniorliving.com
Capacity: 44 units

Countryside Assisted Living, LLC

4317 James Madison Hgwy
Gordonsville, VA 22942
540.832.2231
Capacity: 19 units

Dogwood Village of Orange Co.

120 Dogwood Lane
Orange, VA 22960
540.672.2611
Capacity: 303 units

Evergreen Manor

118 William Mills Dr.
Stanardsville, VA
434.985.7614
Capacity: 28 units

Heritage Inn Charlottesville

220 S. Pantops Drive
Charlottesville, VA 22911
434.977.0002
heritageinncharlottesville.com
Capacity: 44 beds

Gibson Adult Home

1227 Blue Ridge Ave.
Crozet, VA 22932
434.823.6810
Capacity: 9 units

Johnson Senior Center, Inc.

112 Senior St.
Amherst, VA 24521
434.946.2799

Johnson Senior Center

Post Office Box 416
Lovingston, VA 22949
434.263.5964
Capacity: 36 units

Johnson Seniors Center

Post Office Box 9
Roseland, VA 22967
434.277.5939
Capacity: 29 units

Lodge at Old Trail (The Piedmont)

330 Claremont Lane
Crozet, VA 22932
434.823.9100
lodgeatoldtrail.com

Martha Jefferson House
1600 Gordon Avenue
Charlottesville, VA 22903
434.293.6136
marthajeffersonhouse.org
Capacity: 32 units

Morningside of Charlottesville
491 Crestwood Dr.
Charlottesville, VA 22903
434.971.8889
morningside-of-charlottesville.com
Capacity: 115 units

Mountainside Senior Living
1220 Crozet Ave.
Crozet, VA 22932
434.823.4307
Capacity: 117 units
Mountainsideseniorliving.com

Our Lady of Peace
751 Hillsdale Dr.
Charlottesville, VA 22901
434.973.1155
our-lady-of-peace.com
Capacity : 102 units

Pine Grove Adult Home
2583 North Garden Lane (W)
2609 North Garden Lane (M)
North Garden VA 22959
434.295.1158
pinegroveadulthome.com
Capacity: 16 units

Reaves Assisted Living
3744 Monacan Trail Road
North Garden, VA 22959
434.296.4387
Capacity: 8 units

Renaissance Assisted Living of Greene Co.
422 William Mills Dr.
Standardsville, VA 22973
434.985.4481
Capacity: 25 units

Riverdale
1329 Riverdale Dr.
Charlottesville, VA 22902
434.293.9845
americanretirementhomes.org
Capacity : 37 units

Rosewood Village
500 Greenbrier Dr.
Charlottesville, VA 22901
434.975.5079
rosewoodvillage.com
Capacity : 75 units

Rosewood Village at Hollymead
2029 Lockwood Drive
Charlottesville, VA 22901
434.963.7673
rosewoodvillage.com

The Heritage Inn
220 South Pantops Drive
Charlottesville, VA 22911
434.977.0002
heritageinncharlottesville.com
Capacity: 44 units

The Village at Gordon House

501 North Main Street
Gordonsville, VA 22942
540-832-2286
villageatgordonhouse.com

Westminster-Canterbury
250 Pantops Mt. Rd
Charlottesville, VA 22911
434.972.3100
wesrminstercanterbury.org
Capacity: 45 units

Winterhaven I & II
220 S. Pantops Dr.
Charlottesville, VA 22911
434.977.0002
winterhavencharlottesville.com
Capacity : 86 units

Alzheimer/Dementia Care

Brightview Baldwin Park

21 Woodlee Rd.
Staunton, VA 24401
540.885.1122

Colonnades

2600 Barracks Rd
Charlottesville, VA 22901
434.963-4198/800-443-8457
sunriseseniorliving.com

Evergreene Nursing Care Center

355 Williams Mills Dr.
Standardsville, VA 22973
434.985.4434
Capacity: 90 units

Golden Living-Charlottesville

1242 Cedars Ct.
Charlottesville, VA 22903
434.296.5611

Heritage Inn Charlottesville

220 S. Pantops Drive
Charlottesville, VA 22911
434.977.0002
heritageinncharlottesville.com
Capacity: 30 beds

Lodge at Old Trail (The Seasons)

330 Claremont Lane
Crozet, VA 22932
434.823.9100
lodgeatoldtrail.com

Our Lady of Peace

751 Hillsdale Dr.
Charlottesville, VA 22901
434-973-1155
our-lady-of-peace.com

The Laurels of Charlottesville

490 Hillsdale Drive
Charlottesville, VA 22901
434.951.4200
laurelsofcharlottesville.com

Trinity Mission and Rehabilitation

1150 Northwest Dr.
Charlottesville, VA
434.973.7933
covenantdove.com

Westminster-Canterbury

250 Pantops Mt. Rd
Charlottesville, VA 22911
434.972.3100/434.972.2622
westminstercanterbury.org

Hospice Care

Center for Palliative Care UVA Health System

Post Office Box 801454
Charlottesville, VA 22908
434.924.9082

Hospice of the Piedmont

675 Peter Jefferson Hwy, #300
Charlottesville, VA 22911
434.817.6900
hopva.org

Legacy Hospice

500 Faulconer Drive, Suite 100
Charlottesville, VA 22903
434.970.7776
legacy-hospice.com

Medi Home Health & Hospice

1540 Insurance Lane
Bldg E, Suite A
Charlottesville, VA 22911
434.244.0890
msa-corp.com

Partnership for Caring, Inc American's Voices for the Dying

1035 30th St., NW
Washington, DC 20007-3823

Rosewood Village

500 Greenbrier Dr.
Charlottesville, VA 22901
434.975-5079
rosewoodvillage.com
Capacity : 75 units

Rosewood Village at Hollymead

2029 Lockwood Drive
Charlottesville, VA 22901
434.963.7673
rosewoodvillage.com

Trinity Mission and Rehabilitation

1150 Northwest Dr.
Charlottesville, VA
434.973.7933
covenantdove.com

Hospice Foundation of America

519 "C" Street, NE
Washington, DC 20002
www.hospicefoundation.org

End of Life Care/Planning

Virginia Association of Hospices and Palliative Care

Richmond, VA
804.740.1344
www.virginiahospices.org

American Academy of Hospice and Palliative Medicine

Chicago, IL
847.375.4712
aahpm.org

Pain Management

UVA Pain Management Center
545 Ray C. Hunt Drive, Suite 545
Post Office Box 801008 Charlottesville VA
434.243.5678

Cremation Society of Virginia

386 Greenbrier Dr. Suite B
Charlottesville, VA 22901
434.224.0046
virginiacremate.com

Funeral Consumers Alliance

Patchen Road
South Burlington, VT
802.865.8300
www.funerals.org

Home Health Care Services

ACTI-KARE

Charlottesville
434.220.0247
atikare.com

Advantage Care

672 Berkmar Circle
Charlottesville, VA 22901
434.974.9015

American Senior Care

199 Spotnap Rd. Suite 3N
Charlottesville, VA 22911
434.202.7138

Assured Home Health Care

620 Woodbrook Dr. St. 5
Charlottesville, VA 22901
434.977.0692

At Home Care

154 Hansen Rd.
Charlottesville, VA 22911
434.295.5355

BrightStar Care

2820 Hydraulic Rd, Suite 400
Charlottesville, VA 22901
434.422.3600

Care Advantage Plus (JABA)

2788 Hydraulic Dr. Suite 1
Charlottesville, VA 22901
434.973.2000
careadvantage.com

Care South Homecare Professionals

672 Berkmar Circle
Charlottesville, VA 22901
434.974.9015

Commonwise Homecare

2421 Ivy Road, #10
Charlottesville, VA 22903
434.202.8565
commonwisecare.com/charlottesville
Continuum Home Health Care of Uva

2205 Fontaine Ave. Ste. 104
Charlottesville, VA 22901
434.984.2273
uvahealth.com/services/continuum

Home Instead Senior Care
400 Tenth Street NE
Charlottesville, VA 22902
434.218.0116
homeinstead.com

Hospice of the Piedmont
675 Peter Jefferson Pkwy, Suite 300
Charlottesville, VA 22911
434.817.6900
hopva.org

Interim Health Care
103 South Pantops Drive Suite 205
Charlottesville, VA 22911
434.295.5501
Interimhealthcare.com

Jefferson Area Board for Aging (JABA)
674 Hillsdale Drive, Suite 9
Charlottesville, VA 22901
434.817.5222j
jabacares.org

Legacy Hospice
500 Faulconer Drive, Suite 100
Charlottesville, VA
434.970.7776
Legacy-hospice.com

Mobile Massage Therapy
Dolores Bandolo
Certified massage therapist
434.971.7188

Nurse Finders of Charlottesville

1807 N Emmet St, Suite 3A
Charlottesville, VA 22901
434.972.7200

Quality Home Care of Virginia
112-H Crofton Place
Palmyra, VA 22963
434.589.3050
Qualityhomecareofvirginia.com

Senior Helpers
3040 Berkmar Drive, Suite B
Charlottesville, VA 22901
888.495.3614
seniorhelpers.com/charlottesville/

Sentara Home Care
540 Greenfield Terrace
Charlottesville, VA 22901
434.964.3700

T&L Companions
3689 Lake Monticello Rd
Palmyra, VA 22903
434.589.2700

Visiting Angels
195 Riverbend Drive, Suite 3
Charlottesville, VA 22911
434.227.5917

Nursing Homes

Autumn Care Of Madison

#1 Autumn Ct.
Madison, VA 22727
540.948.3054
Capacity: 84 beds

Colonnades

2600 Barracks Rd
Charlottesville, VA 22901
434.963-4198/800-443-8457
sunriseseniorliving.com
Capacity: 54 units

Evergreene Nursing Care Center

355 Williams Mills Dr.
Standardsville, VA 22973
434.985.4434
Capacity: 90 units

Golden Living-Charlottesville

1242 Cedars Ct.
Charlottesville, VA 22903
434.296.5611

Louisa Health Care Center

210 Elm Street
Louisa, VA 23093
540.967.2250

Martha Jefferson House

1600 Gordon Avenue
Charlottesville, VA 22903
434.293.6136
marthajeffersonhouse.org
Capacity: 32 units

Our Lady of Peace

751 Hillsdale Dr.
Charlottesville, VA 2290
434-973-1155
our-lady-of-peace.com
Capacity: 30 units

Shenandoah Nursing Home

339 Westminster Dr.
Fishersville, VA 22939
540.949.8665
Capacity: 60 beds

The Cedars Nursing Home

1242 Cedars Court
Charlottesville, VA 22903
434.296.5611
Capacity: 143 beds

The Laurels of Charlottesville

490 Hillsdale Drive
Charlottesville, VA 22901
434.951.4200
laurelhealth.com
Capacity: 120 beds

Trinity Mission of Charlottesville

1150 Northwest Dr.
Charlottesville, VA
434.973.7933

Westminster-Canterbury

250 Pantops Mt. Road
Charlottesville, VA 22911
434.972.3100
wesrminstercanterbury.org

Respite Care

Amerisist of Orange

680 University Lane
Orange, VA 22960
540.661.3334

Amerisist of Louisa

400 West Main St
Louisa, VA 23093
540.9674600

Heritage Inn Charlottesville

220 S. Pantops Drive
Charlottesville, VA 22911
434.977.0002
heritageinncharlottesville.com

Martha Jefferson House

1600 Gordon Avenue
Charlottesville, VA 22903
434.293.6136
marthajeffersonhouse.o

Morningside of Charlottesville

491 Crestwood Dr.
Charlottesville, VA 22903
434.971.8889
morningside-of-charlottesville.com
Capacity: 115 units

Mountainside Senior Living

1220 Crozet Ave.
Crozet, VA 22932
434.823.4307
Mountainsideseniorliving.com

Our Lady of Peace

751 Hillsdale Dr.
Charlottesville, VA 22901
434-973-1155

Riverdale

1329 Riverdale Dr.
Charlottesville, VA 22902
434.293.9845
37 units
americanretirementhomes.org

Rosewood Village

500 Greenbrier Dr.
Charlottesville, VA 22901
434.975-5079
rosewoodvillage.com

Rosewood Village at Hollymead

2029 Lockwood Drive
Charlottesville, VA 22901
434.963.7673
rosewoodvillage.com

The Village at Gordon House

501 North Main Street
Gordonsville, VA 22942
540-832-2286
villageatgordonhouse.com

Westminster-Canterbury

250 Pantops Mt. Rd
Charlottesville, VA 22911
434.972.3100
wesrminstercanterbury.org

Winterhaven I & II

220 S. Pantops Dr.
Charlottesville, VA 22911
434.977.0002
winterhavencharlottesville.com

Continuing Care

Our Lady of Peace

751 Hillsdale Dr.
Charlottesville, VA 22901
973-1155

The Colonnades

2600 Barracks Rd.
Charlottesville, VA 22901
963-4198

Westminster-Canterbury

250 Pantops Mt. Road
Charlottesville, VA 22911
972-2622/972-3100 EOL

Legal Assistance

Adult Protective Services in VA

Phyllis Hatcher/Angelia Johnson
434.972.4010/888-832-3858
HOTLINE 888.830.3858

American Bar Association

On Legal Problems of the Elderly
740 15th St., N.W.
Washington, DC 20005
(202)662-8690

Central Virginia Legal Aid

1000 Preston Ave, Suite B
Charlottesville, VA 22902
434.296.8851
cvlas.org

Doris Gelbman, Esq.

(Specializing in Elder Law)
434.906.7022
gelbman-law.com

findlaw.com/lawyer/firm/elder-law/charlottesville

Virginia State-wide Senior Legal Helpline

(60 and over)
844.802.5910
<http://www.vplc.org/announcing-vplcs-new-senior-legal-helpline/>

Elderlaw Attorneys

Stapleton Law Offices

434-293-7788

MartinWren

1228 Cedars Ct.
Charlottesville, VA 22903
817-3106

McCallum & Kudravetz

250 East High St.
Charlottesville, VA 22902
293-8191

Hilton & Associates

223 West Main St.
Charlottesville, VA 22902
984-6752

Jenkins and Rhea

401 Ridge St
Charlottesville VA 22901
296-4998

Piedmont Legal Services

416 E. Main St., Suite 201
Charlottesville, VA 22902
296-8851

VA. Bar Association

701 E. Franklin St., St. 1120
Richmond, VA 23219-2313
800-644-0041

VA Lawyer Referral Service

1-800-552-7977

Vitt Law Offices, PLC

880-A Rio East Court
Charlottesville, VA 22901
971-3025
Emma Hurd emma@vittlaw.com

Financial Services

Chase Investment Counsel Corp.

3500 Old Ivy Way
Charlottesville, VA 22903
434.293.9002

Financial Service

90 Whitewood Rd. Suite 5
Charlottesville, VA 22901
Steve Purdy 979-7588

Blue Ridge Financial Consultants

65 Deane Rd.
Ruckersville, VA 22968
985-3210

Support Groups

Alcohol Abuse for Seniors (Region Ten)

Kristy Davis-972-1758

Alcoholics Anonymous & Al-Anon

293-6565

ALS (Lou Gehrig's Disease)

Patty Dart – 589-1179

Alzheimer's Association

1807 Seminole Trail, St. 204
Charlottesville, VA 22901
973-4224/973-6122

Aphasia Support Group

(for those with language problems resulting from a stroke)

Provided by UVA
924-0542

Charlottesville Parkinson's Support Group

Dept. of Neurology, UVA Health System
Charlottesville, VA 22908
982-4482

Chronic Fatigue Syndrome & Fibromyalgia Assoc.

984-3419

Divorce/Domestic Violence

"Women in Transition" Group at FOCUS
293-2222

Dementia Support Services

(See Alzheimer's Assoc. @973-6122)

Relatives Raising Grandchildren

(Fluvanna County Support Group)

589-9037

www.raisingyourgrandchildren.com

SARA (Sexual Assault Resource Agency)

P.O. box 6880
Charlottesville, VA 22906
977-7273

UVA Diabetes Community Network

Northridge, Suite 211
Charlottesville, VA 22908
243-4620

Bereavement Groups

Hospice of the Piedmont

Charlottesville, VA
817-6900

Hill & Woods Funeral Home

Charlottesville, VA
296-6149

Martha Jefferson Hospital

Charlottesville, VA
Chaplin's phone 982-8407

Healing from Loss – Journaling, Collage and Talk

Grief, anxiety and coping skills
Fee for group
East High Street
Charlottesville, VA
214.4476

Grace Community Church

Charlottesville, VA
973.3728 – Fee may be required

Christ Community Church

Charlottesville, VA
293.2229

Coordinating Agencies

Lifestyle Changes

Central Virginia Area Agency on Aging,

Inc. 3225 Old Forest Road Lynchburg VA
24501-2309
Area Agency on Aging for Counties of
Amherst, Appomattox, Bedford &
Campbell and the cities of Bedford and
Lynchburg.
434.385.9070

Eldercare Locator

U.S. Department of Health and Human
Services Administration on Aging
Washington DC 20022

<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Runs a helpline that will tell you how to
reach the area agency on aging that
oversees services to the elderly in your
parents' hometown.

800.677.1116

Jefferson Area Board for Aging (JABA)

674 Hillsdale Drive Charlottesville VA 22901
<http://www.jabacares.org>
434.817.5222

Virginia Department for the Aging

Commonwealth of Virginia, 1610 Forest
Avenue, Suite 100 Richmond, VA 23229
<http://www.vda.virginia.gov/>
800.552.3402

Senior Navigator Virginia's Resource for Health and Aging

<http://www.seniornavigator.com/>

2-1-1 Virginia

211 Virginia is a free service that connects people with information on available community services, including: basic human needs; physical & mental health resources; work initiatives; support for seniors and those with disabilities; support for children, youth and families; and opportunities for volunteering in your community. Trained professionals suggest sources of help using one of the largest databases of health and human services in Virginia. All referrals are confidential and include local as well as state-wide services.

Governments, non-profits, community-based agencies, and businesses that provide health and human services to the citizens of Virginia are encouraged to list their services. Provides: Information and Referral

Care is There. Call for a free consultation. 800-434-1633.

www.careisthere.com / info@careisthere.com . This agency provides assistance in medical insurance, home maintenance, arranging home health visits, doctor visits, pet care, transportation, etc.

The Next Phase.

3590 Glasgow Lane, Keswick, VA 22947
971-7934

hkm5922@earthlink.net

Dedicated to helping families and loved ones make informed decisions for transition of elderly family members and others in the family.

Valley Program for Aging Services Inc.

Post Office Box 817 Waynesboro VA
22980-0603

<http://valleyprogramforagingservices.org/>
Area Agency on Aging for Augusta, Bath, Highland, Rockbridge & Rockingham counties and the cities of Buena Vista, Harrisonburg, Lexington, Staunton & Waynesboro.

540.949.7141

Children of Aging Parents

1609 Woodbourne Road, Suite 302-A
Levittown, PA 19057

<http://www.caps4caregivers.org/>
800.227.7294

Virginia Easy Access

www.easyaccess.virginia.gov providing an on-line resource developed for seniors, adults with disabilities, caregivers and providers that support them. It will give you access to Virginia Navigator, a directory of providers of more than 21,000 providers and services, that can be searched by topic, zip code and city/county. Community support, emergency preparedness financial help, housing, my rights, transportation, veterans, related links. Phone access through 211 Virginia, just dial 211 and speak with a specialist, 24/7

Senior/Aging Resource Center

Independent Aging Resource Center
420 Oak Street, Charlottesville, VA 22903
466-2129

www.larc.biz

Professional geriatric care management, client-centered planning and coordination of care.

Caregivers library

www.cynthiashashcares.org.

Philips Lifeline Fast Response, peace of mind, designed for seniors, a trusted leader, affordable
For information 1-800-543-3546, ext 3050.

LearningRx of Charlottesville

1441 Sachem Pl. Suite 3
Charlottesville, VA 22901

434.220.7475

learningrx.com/charlottesville

This service does brain training to help reduce memory loss.

Memory Disorders Program

UVA Health System

500 Ray C. Hunt Drive Fontaine Research
Park Charlottesville VA 22902

434.243.5420

http://www.medicine.virginia.edu/clinical/departments/neurology/what-we-treat/copy_of_index2-page

Veterans Affairs

Commonwealth of Virginia
804-795-2031

Private Care Providers

AT Home Care Staffing

195 Riverbend Dr STE 6
Charlottesville, VA 23226
434-327-4610, 804-612-3706 fax
<http://athomecarestaffing.com/>

Cadence Companions

3445 Seminole Trail, Suite 217
Charlottesville, VA 22911
434-253-1809
<http://www.cadencecompanions.com>

CAN Nursing Assistants

Call Mary Jones
Charlottesville, VA
Home 434-589-2875
Cell 434.825.6771

TASSCO II

2114 Angus Road, Ste 228
Charlottesville, VA 22901
434-977-0692 (office) 434-293-0693 (fax)
<http://www.tasscoii.com/>

Daughter's Inc: Natasha

Providing the elderly personal care with a daughter's touch. Shopping, evening meals, companionship, errands, transportation, etc.
806-6683

Linda V. Mix

16 Cardoon drive
Ruckersville, VA
409-7707
Senior Care, cleaning, help with personal care, doctors appts., hair appts, shopping

Donna Baumgardner:

996-3114 cell / 971-7333 home.
Caring with Kindness for those who spent a lifetime caring for others and now require assistance themselves. Companionship, meal preparation, and light house work. Help with appointments and errands.

Renee Bryant

984-0306 cell / 227-8197
Certified nursing Assistant providing private care for the Elderly

Bonnie Mc Cann

Companion/ Care Giver Will provide fellowship and care, meals, grocery shopping, transportation for outings and doctors visits, walks or assistance with wheel chair, light housework. Hourly rate negotiable.
295-7173 home, 806-8913 cell.

Trina

Experienced, certified care giver and companion in your home.
434.282.2266

Family friends

A sitter registry for homes, children, elderly, pets, plants and run errands, call Mrs. Morgan at
823-7761

To GOD Be The Glory!

Ronette "Nickie" Hill Companion Aide/
Personal Care Aide.
566-9436
rnj22903@yahoo.com

Dixie Moon Home Services:

Geneval fox and Cameron Brasted.
Complete professions service for home
and office. Housecleaning, moving
assistance, garden maintenance, dog
walking, etc.
985-3011

Have Scissors Will travel

JoAnne La Pointe
Specializing in wash and go hair cuts
979-3990

Green Man Garden Designs: Tommy stone
Japanese style garden, gardening services,
landscape design, Zen gardens, musical
gardens, waterfalls, ponds, bamboo
custom fencing, expert pruning taming
and reclaiming overgrown grounds.
Affordable and customizable.
540-270-7350

Daughter Down The Street LLC

905 Leigh Way
Charlottesville, VA 22901
960-8255

T&L Companions, Inc.

105 Crofton Place Suite 9
Palmyra, VA 22963
589-2700

UVA Women's Center

The Corner Building, 14th St & University
Avenue Charlottesville VA 22908
Provides individual, short-term personal
counseling free of charge. Services
available to women and men, UVA faculty,
staff, and members of the Charlottesville
community.
434.982.2361

Cleaning, Nursing and Errand Service

Note: The Senior Center Does Not Endorse Any of the included Services!

HOMESTEAD CLEANING SERVICES

BY JACKIE MORRIS. General cleaning of homes, offices, apartments. Insured. References.

Home 985-3673; Cell Phone 531-1327.

DOMESTIC DIVA. LISA V.

1070 Zion Hill Rd, Keswick, VA
Home 296-7234 Cell 566-9011.

KELLY'S ASSISTANCE

Kelly Livengood, Helps with day-to-day needs. Keswick, VA
286-3460 or 540-967-1782

Annie's Sweeping and Cleaning

Call 296-1001

House cleaning services starting at \$55 per visit. Email to set up a \$25 initial service to guarantee your satisfaction. Vicki Hauri, v_housekeeper@yahoo.com 465-1208

Kelly's Cleaning Service. Residential, Commercial, Construction. E-mail: kellylivengood@yahoo.com Call for free estimates. 434-960-7579

House Cleaning and Beyond

Organizing closets, cabinets, ect. Dog Clean up, Multiple services provided . Licensed, Honest, Reliable, References available.

Call Elaine Quizado 540-942-2744
540-470-0248

Nursing – Care Services

Home Care

Licensed CNA, Medical Tech- will take care of your loved ones. Excellent references. Have own transportation.
Ann Napier (434)263-5488.

KATHERINE LOWE, CNA.

Private Geriatric Nursing Care.
Over 30-yrs experience.
105 Lodge Creek Circle, Cville, VA 22903
434-979-2083. cell 989-4328.

DIANE LaSAUCE.

Personalized Services for Seniors.
Specializing in downsizing, organization, paperwork, correspondence, transportation, shopping, and estate sales. Reasonable rate; local references. Free Union, VA. \$35/hour
Email: dlasauce@mindspring.com / You must provide the transportation.
964-0816

Caring Nursing Assistants. Contact Sylvia Tyree at 540-854-8835 or Jackie Syrkes at 540-894-8133. Cell phone # 540-205-9947 Dependable and Trustworthy.

CNA. Jamaica Tyler. References available
962-2359

Loving Short Term Home Care. Will do light cooking, housekeeping, secretarial work and errands. Also, will care for children after school. Ref. Available.
Call Ms. Michele @ 651-216-5878.

Care-Giving/Home-Care Assistant (or companion). Experienced asst. for elder-

care or rehab. References. Available for errands, cooking, pet care, light cleaning, driving, etc.
823-9911

Private Duty /Private Sitting. Nurse serving Albemarle, Buckingham & Nelson counties. Reasonable rates. 969-4145

Private in home care to include errands, meal preparation, errands, transportation, organizing, light housekeeping & et care. Available only on weekends. Reasonable rates & over 20 years experience.
964-1992

Rhoda Swartzentruber, Private Caregiver. Private caregiving for 4 years in both retirement and private homes. Experience in hospice work. Certified in CPR & AED. References upon request.
409-9334

CNA reliable caregiver with references will care for loved ones in home or nursing facility. Prefer day shift. Sheila.
465-4939.

Elder Care. Experienced caregiver, cook, housekeeper and property manager. References & background check available upon request.
Contact Marianna at 825-1575
Alice Thompson, Private Caregiver. Tender loving care for your loved ones. References provided.
825-9577

Elderly care for your loved one. Meal preparation, personal care, house cleaning, laundry, transportations, personal errands.
Call Renee at 989-7913

Elder Advocate available for case managing, agency referral, Pt & OT, CAN's, daily living needs, meal planning, shopping, errands and more. Ellen Adams RN, MS. Private-pay only.
960-4128

Advocates, Inc. P.O. Box 7108, Charlottesville, VA 22906. Private Care management; medical claims assistance, administrative services and estate settlement.
293-4508

@ Home Health & Wellness
Mary Clint - Charlottesville, VA
434.953.9999
Safeisbetter.com/toyourhealth

Dixie Moon Home Services. Complete professional service for home & office. House cleaning, moving assistance, garden maintenance, dog walking. Geneval Fox & Cameron Brasted.
985-3011

Wellness MD at ACAC
Various wellness screening and programs at ACAC. 406 Albemarle Square
Charlottesville, VA
817-4280, wellnessMD.acac.com

Organizing – Down size - Declutter

Healing Homes

Assist patrons with clearing or downsizing their homes

Marta Tice, CID, ASID

Earlysville, VA

434.973.6065

www.martatice.com

Caring Transitions

Senior Relocation-Downsizing-Estate Sales

Total Estate Liquidation Solution

Charlotte Henderson

Charlottesville, VA

434.234.9799

<http://www.caringtransitionsofcharlottesville.com>

Whole Life Organizing

Provides organizing services on clutter control and down-sizing.

Elaine Kraus, MLS

Charlottesville, VA

WLorganizing.elaine@gmail.com

Door to Door Solutions The moving specialists, packing, unpacking, cleaning, disposal. www.doortodoorsolutions.com
804-261-4124 toll free 877-261-4124 e-mail inquiries@doortodoorsolutions.com

Quinn's Auction Galleries – Central Virginia

Assist patrons with clearing or downsizing their homes

Skip Usry

Louisa, VA

434.293.2904

<http://site.quinnsauction.com/index.php/central-virginia/>

Exercise**ACAC Osteoporosis Program**

Strengthen Your Bones and Reduce Your Risk of Falling.

981-3800

Personalized Exercise (ages 50+) call

Becky Williams, Personal Trainer.

293-4834 or cell at 466-1951.

Errands – Handy Services**Papillion Errands Unlimited**

Call to do your running around town.

Lee Kaiser - Home 434.973.1235;

Cell Phone 882.1931.

Full time help in your Home.

Call Brenda Payne at 531-6375.

Carole Ettari

Prepare meals, grocery shopping, light housekeeping, appt. scheduling, errands.
293-2227

Daniel Diax-Handyman services 760-9236

Demar Gardner Yard work, weeding, mow \$10.00 an hour 882-7339

Handywoman & Personal Assistant

Joan Hunt. (Charlottesville) \$10-\$15/hour. Odd jobs, small repairs, painting, weeding, errands, organizing, sewing & ironing and more.

540-718-5069

The Service Wizard. Licensed, reliable.
Errands/shopping/laundry/house
cleaning/lawn care/meal
preparation/moving/painting/pet
care/small home repair/snow & trash
removal. Reasonable rates per hour.
465-1461

Computer Help. Will help with e-mail,
photoshop, etc. Beginning & advanced.
Tni Barskill 296-6566.

Umbrella Services offering babysitting,
adult companion sitting, errands, help
with parties, pet sitting and more. Email
at sat2858@aol.com
Call Sally at 293-4560 or 434-465-0835.

Family Friends, sitter registry for homes,
children, elderly, pets, plants & run
errands call Ms Morgan at 823-7761.

Scott McNabb Pet Sitting in home service
and dog walking, licensed and insured, in
town fees 15 minute visit \$14.00, 30 minute
visit \$15.00. e-mail
mcnabbpetsitting@aim.com
825-3587

Delivery Services, Pharmacies, Medical options

CVS Pharmacy

208 Main Street Charlottesville VA 22901
Monday – Friday – Delivery, No cost within
City of Charlottesville.
434.293.6052

Timberlake's Drug Store

East Main Street Charlottesville VA 22901
Monday - Saturday (would like 24 hour
notice for delivery);
No cost; City of Charlottesville ONLY
434.295.9155 322

Greene Pharmacy

Main Street, Stanardsville VA 22973
Greene Transit (985.5205) will deliver if
patient has account with Greene
Pharmacy, cost \$4.00;
Greene County ONLY.
434.985.3424 331

Classical Homeopathic Medicine

Homeopathic, holistic and alternative
medicine health practitioners
Crozet, VA
434.823.1021

The Elderberry

The Elderberry combines an herbal
apothecary, retail space, VDAC certified
kitchen and a knowledgeable staff to
provide a joyful learning experience with
herbs. The focus is on locally grown herbs
and artisan quality herbal products.
Commonwealth Drive
Charlottesville, VA
434.964.9376

Sacred Plant Traditions

Douglas Avenue
Charlottesville, VA
434.295.3820

Virginia Integrative Medicine

Preston Avenue
Charlottesville, VA
434.984.2846

Medical Equipment

Virginia Integrative Medicine

Preston Avenue
Charlottesville, VA
434.984.2846

All Blessings Flow

2335 Seminole Lane
Riverside Center
Charlottesville VA 22901
434.882.0135

Alpha Medical Aids, Inc.

516 Pantops Shopping Center
Charlottesville VA 22901
434.971.7300

American Home Patient

1155 Fifth Street Extended
Charlottesville VA 22902
434.293.8737

Lin-Care, Inc.

386 Greenbrier Drive
Charlottesville VA 22901
434.974.6688

M.I.T.S. of Virginia

2075 W. Main Street
Waynesboro VA 22980
Stair lifts, scooters, electric wheelchairs
540.932.7620

MediCorp Home Health Services

Charlottesville VA 22902
800.468.2219
434.296.8310

Pediatric Connections

1233-A Cedars Court
Charlottesville VA 22903
434.220.6000

Mobility Solutions

4159 Edge Valley Road
North Garden VA 22959
434.972.7041

Roberts Home Medical

2146 Berkmar Drive
Charlottesville VA 22901
434.973.7847

Timberlake's Drug Store

322 Main Street East
Charlottesville, VA 22902
434.295.9155

Driving Resources

A1 Defensive Driving School of Virginia

417 West Main
Charlottesville, VA, 22903
434.293.5377
www.defensivedrivingva.com/schools/

AARP Safe Driver Program

This refresher course in defensive driving for those ages 50 and better is offered by AARP. You will earn a reduction on your automobile insurance upon completion of the course.

\$20/course - \$15/for AARP members

Paid to the instructor.

Call Senior Center at (434) 974-7756 to Register for this bimonthly 8-hour class.

UVA Health System Driving Safety Lab

Behavioral Medicine Center
Charlottesville VA 22908-00623
<http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/neurocognitivestudies/vdsl/assessments>
Provide comprehensive assessment of driving abilities.
2-3 hr appts on T, Th and F at 9:00,
individual appt DMV written test & vision test, coordination eval, driving simulator
\$300 and insurance does not cover
434.924.5457

"A Practical Guide to Alzheimer's, Dementia and Driving"

The Hartford 200 Executive Boulevard
Southington CT 06489
<http://www.thehartford.com/alzheimers/index.html>

Gest Education Services & Training

1410 Incarnation Dr.
Charlottesville, VA 22901
(434) 978-3680

Home Safety

Home Safety and Repair Program/JABA

674 Hillsdale Drive Charlottesville VA 22901
<http://www.jabacares.org/services/homeRepair.html>
434.817.5222

Albemarle Home Service

Bill Love 434-964-1940 434-249-5500 cell

Access Designs, Inc.

155-B Carlton Road Charlottesville VA
434.295.0654
877.882.2827
AND
9 River Ridge Drive Palmyra VA 22963
<http://www.tubcut.com>
434.589.0792

Community Energy Conservation Program (CECP)

Community Energy Conservation Program, Inc. (CECP, Inc) is a non-profit corporation exclusively for the promotion of the common good and general welfare to the people of the community. Its purpose shall be to provide winterization and home improvement assistance to low-income and moderate income persons, especially the fixed-income elderly, who are unable to afford the rising costs of heating their homes. In addition, the Corporation has the objective of developing energy conservation programs and projects for the benefit of the above-described consumers, in an effort to make living conditions as comfortable and economic as possible to those groups of people and to make them conscious of their day-to-day energy needs & the growing necessity for the conservation of our natural energy resources.
Provides: Weatherization
434.293.3777

Interim In-Touch

103 South Pantops Suite 205
Charlottesville VA 22911
Also has medication dispenser equipment
434.295.5501 x101

Medi-Mate

UVA Hospital Auxilliary, Inc.
Post Office Box 800668
Charlottesville VA 22908
434.924.5251

Consider Medical Alert Systems

ADT
Lifestation
Acadian
Alert-1
Life Alert
Medical Guardian

Transportation

Charlottesville Area Transit (CAT)

615 East Water St.
Charlottesville, VA 22902
970-3649
charlottesville.org

JAUNT Inc.

104 Keystone Pl.
Charlottesville, VA 22902
296-3189
ridejaunt.org
Provides transportation to area citizens,
especially those with disabilities

Ride-Share

401 East Water Street
Charlottesville, VA 22902
295-6165 / 888-974-5500
rideshareinfo.org
*A free car and vanpool matching service.
Operates the Guaranteed Ride Home
Program.*

University Transit Service (UTS)

1101 Millmont St.
Charlottesville, VA 22904
924-7231
Virginia.edu/parking

“Get A Lift”.

Peggy Powers. Owner/Operator.
Will drive to short destinations (within 50
miles of Cville), airports, hospitals, night
driving to concerts, events. Consider car
pooling with friends.
Cell at 825-2931 or (540)943-0677

Greene County Transport

Post Office Box 437 Stanardsville VA 22973
434.985.5205

Lifecare Medical Transports

2030 Avon Court Suite 213 Charlottesville
VA 22902
<http://www.lifecare94.com>
800.772.1907

Augusta Medical Transport Services

173 Medical Center Circle Fishersville VA
22939
540.932.5777

Miscellaneous Community Resources

American Hearth Association:

Information 973-5072. Discussions in Hearth Recovery call 974-7756.

Coronary Patients Support Group:

Information Dr. Meda Cunningham 296-7100.

Aids: (Weekly group meeting for mutual support, confidentiality assured). There is also a bereavement group and families/friends group for those with HIV and/or AIDS. P.O. Box 2322, Charlottesville, VA 22902. Information 800-979-7714. State AIDS Hotline: 800-533-4148. U.S. AIDS Hotline: 800-342-AIDS.

Amputee Support Group: For amputees, their families and friends. 243-4670 for details.

Arthritis Foundation: Virginia Chapter - 800-456-4687.

Chronic Fatigue Syndrome & Fibromyalgia Association: Call 984-3419 for more information.

Depression: Drop-In Center 979-2440. **Also Mental Health Association,** 977-4673.

Cancer: Nitty Gritty for patients with Stage 3 or 4 cancer. Call Lora Baum 243-

6444.

Second Wind - for people with head and neck cancer. Call Vikki Bravo 982-4091.

Third Thursdays - a post treatment cancer survivorship group. Call Lora Baum 243-6444.

10-week Exercise & Nutrition - small group participation and consultation in exercise and nutrition. For cancer patients within 5 years of diagnosis. Call Carole Havrila 243-9627. ch2k@virginia.edu.

Breast cancer Education & Support Group for patients with early stage breast cancer. Call Lora Baum 434-243-6444.

Charlottesville Prostate Cancer. "Us Too" for more information call Roger Mahloch. 242-2686. mahloch@adelphia.net

On Our Own: Located at 123 4th St., N.W. Open M.W.F. from 10:00-6:00 pm Thursday from 2:00- 6:00 pm., Saturday & Sunday from 12:00-5:00 pm. Participation is open to anyone who has had to cope with mental health issues. Visitors are welcome at any time during regular Center hours. Contact Will Gallik at 434-979-2440/

Multiple Sclerosis: 1 Morton Dr., 971-8010. Three support groups in area. Charlottesville Day Meeting, call Kitty 293-3573 or Lisa 296-5964 for information. Charlottesville Partners, call Ray 980-4961.

Optimal Choice: Information on MS for special speakers, call 971-8010 or 1-800-451-0373.

Muscular Dystrophy: UV A Hospital, call 285-2961.

National Organization of Rare Disorders: Call 1-800-999-6673.

National Society of Genetic

Counselors: Can refer you to genetic counselors in your area.
Call 610-872-7608.

Health Care Policy and Research: Free copies are available by contacting AHCPR Publications Clearinghouse, P.O. Box 8547, Silver Springs, MD 20907. 1-800-358-9295. To request brochures about the systems and treatment for depression including If you're over 65 and feeling depressed, Treatment Brings New Hope, contact the National Institute of Mental Health 800 421-4211.

Diabetes: Information: UVA Diabetes Community Network - Northbridge, Suite 211. Call 243-4620 for new member orientation.

Down's Syndrome: For parents of children of any age, contact Maureen 975-9400.

Epilepsy Adult Group: Call 990-9344 for more information.

Genetic Alliance: National coalition of consumers, professions and genetic support groups to voice the common concerns of children, adults and families living with and at risk for genetic conditions.
Call 1-800-336-GENE.

Mental Health and Wellness: Mental Health Association of Charlottesville-Albermarle. 977-4673. Christian Peer Group for those diagnosed with mental illness meets at First Baptist Church on Park St., Rm. 323, call 984-6533.

Parkinson's Disease & Related Disorders: Charlottesville Parkinson's Support Group meets at Westminster Canterbury, call 243-5422 for more information.

UV A Movement Disorders Center, Call Frederick Wooten, Jr., 924-5304.

Polio: Call Shirley Paul, 973-5836.

Stroke Club: Northside Library, call Rose at 973-5072.

UVA HealthSouth Rehab Hospital. Call 244-2092 for more information.

Survivors of Suicide: (Charlottesville) For more information call Eleana at 975-3385 or the Mental Health Association 977-4673.

Eating Disorders

Abide: (Awareness of Body Image and Disordered Eating). ABIDE is a local nonprofit dedicated to the prevention and treatment of anorexia, bulimia, compulsive over-eating and other related disorders. The office is located with its affiliate, The Mental Health Association, Charlottesville! Albemarle. Call 434-953-7220.

Segue: "Segue" is adults in recovery from eating disorders. They meet Thursday evenings. Call Ann Brenner at 293-5291. Friends and family of individuals who have eating disorders, call Shirley Fischer at 985-8822.

Anorexia Therapy Group:

Meets Tuesday Dr. Randy Sights at 971-7975

Bulimic: For information call Dr. Randy Sights 971-7975

Overeaters Anonymous:

For information call 980-1777

Compulsive Overeaters: Call 971-7975 - Dr. Randy Sights.

Tops: (Take off Pounds Sensibly): Call Penny Cohen at 293-8800.

Women/Men In Recovery From Eating Disorders: Support group meets weekly - call 293-5291.

Visually Impaired/Hard of Hearing

Lighthouse International: Contact Verena Cimarolli at 212-821-9376. Will meet over the phone every two weeks for 9 one-hour sessions for those who are visually impaired.

Hard of Hearing: (SHHH): Senior Center, Inc., call 974-7756.

Communications Disorders Program: 2205 Fontaine Ave., Suite 202. Call 924-4613, Debbie Cox, Audiologist.

Low Vision Group: Call the Senior Center at 974-7756. First Presbyterian Church, Park Street, meets first Tuesday of each month at Noon; bring a sandwich. For more information call Suzanne Birch at 800-662-2155.

Bereavement

Adolescent Bereavement: Hospice of the Piedmont. Journey - provides support for children and adolescents, age 3 through the teenage years, who are affected by serious illness or death of a loved one. For more information call Stephanie Wilson at 817-6900.

Loss of a Parent for adults struggling with the loss of a parent or parental figure meets on weekly basis for eight consecutive weeks. Parent/child groups and other ongoing groups meet on a weekly basis as well. All Grief and Loss services are free of charge. Call Hospice of the Piedmont at 817- 6900 for more information and to register for groups.

Bereavement for members of the Senior Center, age 55+ - meets at Senior Center, 491 Hillsdale Drive, 974-7756

Bereavement Support Group for family members and friends who have lost a loved one to cancer, for more information call Gordon Putnam 924-2477. gp4d@virginia.edu.

UVA Women's Center, 804-924-1955: grief and loss counseling.

Hills & Woods Funeral Home 296-6149.

Martha Jefferson Hospital- Chaplin's phone 982-8407.

Financial Services

90 Whitewood Rd. Suite 5
Charlottesville, VA 22901
Steve Purdy 979-7588

Blue Ridge Financial Consultants

65 Deane Rd.
Ruckersville, VA 22968
985-3210



Covering the City of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa and Nelson (PD10).

| | | | |
|--|----------------|--|-------------------|
| PUBLIC SERVICE AGENCIES | | | |
| SOCIAL SERVICE AGENCIES (DSS) | | EARLY CHILDHOOD | |
| Albemarle Dept. of Social Services | 972-4010 | Head Start (MACAA) | 295-3171 |
| Charlottesville Dept. of Social Services | 970-3400 | Shining Star (JABA) | 817-5222 |
| Fluvanna Dept. of Social Services | 842-8221 | Bright Stars (Alb.County) | 972-4010 ext.3222 |
| Greene Dept. of Social Services | 985-5246 | Charlottesville Preschool Program | 245-2813 |
| Louisa Dept. of Social Services | (540) 967-1320 | LITERACY AND TUTORING | |
| Nelson Dept. of Social Services | 263-7160 | Literacy Volunteers of CHAR-ALB | 977-3838 |
| HEALTH DEPARTMENTS | | Literacy Volunteers of Nelson Co. | 263-8862 |
| <i>Provides general health care, immunizations, pregnancy and well baby care.</i> | | EMERGENCY SERVICES | |
| Charlottesville/Albemarle | 972-6200 | Fire / Rescue / Police | 911 |
| Fluvanna County | 591-1960 | Child & Adult Protective Services | Call DSS |
| Greene County | 985-2262 | Poison Control | (800) 222-1222 |
| Louisa County | (540) 967-3703 | Region Ten - Mental Health | 972-1800 |
| Nelson County | 263-8315 | Runaway Hotline (ReadyKids!) | 972-7233 |
| CHILD CARE | | SARA Hotline (Sexual Assault) | 977-7273 |
| REFERRAL RESOURCES | | Shelter for Help in Emergency (SHE) | 293-8509 |
| ReadyKids! | 296-4118 | EMPLOYMENT | |
| FINANCIAL AID SCHOLARSHIPS | | COUNSELING AND TRAINING | |
| United Way Child Care Scholarships | 972-1715 | Albemarle Career Center | 972-4010 |
| <i>See top of page, Social Services Agencies</i> | | Downtown Job Center | 970-3933 |
| DONATIONS & THRIFT STORE | | Louisa Employment Center | (540) 967-1277 |
| CLOTHING CLOSETS/THRIFT STORES | | Offender Aid & Restoration Reentry | 296-2441 |
| Central Virginia Baptist Association | 977-6876 | Piedmont Workforce Network | 977-2662 |
| Goodwill Industries Thrift Shop-Pantops | 295-3967 | VA Dept. of Rehabilitative Services | 296-5621 |
| Pregnancy Center of Central VA | 979-8888 | VA Employment Commission | 984-7630 |
| Salvation Army Family Store | 979-5230 | WorkSource Enterprises | 972-1730 |
| Schoolhouse Thrift Shop | 973-2271 | | |
| Twice is Nice Thrift Shop | 293-8319 | FINANCIAL SERVICES | |
| Free Laundry Service by Appointment | 977-7777 | BUDGET & CREDIT COUNSELING | |
| EDUCATION | | Consumer Credit Counseling | (888) 738-8233 |
| ADULT AND BASIC EDUCATION | | UVA Community Credit Union | 964-2001 |
| Adult Education | 245-2817 | | |
| For GED and ESL programs within our service area please call the Adult Learning Center: 245-2817 | | <i>Please visit www.uvacreditunion.org for a current list of financial education seminars, offered free of charge to the public.</i> | |
| CATEC | 973-4461 | TEMPORARY FINANCIAL ASSISTANCE | |
| Continuing Education-PVCC | 977-3900 | For financial assistance please call the Charlottesville Area Helpline: 434-234-4490, Monday-Friday, between the hours of 11am and 2pm. | |
| Continuing Education-UVA | 982-5252 | | |
| Families Learning Together/ FLU | 842-9273 | | |
| | | MACAA/ Fluvanna | 842-2521 |
| | | MACAA/ Nelson | 263-8119 |
| | | Unity in Community-Nelson | 277-8842 |
| | | FOOD RESOURCES | |
| | | <i>Food Stamps: See Social Services Agencies</i> | |
| | | Daily Meal Sites/Soup Kitchens (Cville) | 972-1703 |
| | | Emergency Food Network/Cville/Alb | 979-9180 |
| | | Emergency Food Bank/ FLU | 842-2521 |
| | | Emergency Food Pantry/ LOUISA | (540) 967-3577 |
| | | Loaves and Fishes | 996-7868 |
| | | Meals on Wheels of CHAR-ALB | 293-4364 |
| | | Meals on Wheels-Fluvanna | 589-1685 |
| | | Salvation Army Public Meals | 295-4058 |
| | | HEALTH / MEDICAL ASSISTANCE | |
| | | Blue Ridge Medical Center/ NEL | 263-4000 |
| | | Charlottesville Free Clinic | 296-5525 |
| | | Community Children's Dental Center | 293-9300 |
| | | Independence Resource Center | 971-9629 |
| | | Louisa Health & Wellness Center | (540) 967-9401 |
| | | Sentara Martha Jefferson Hospital | 654-7000 |
| | | United Way Prescription Assistance | 972-1709 |
| | | UVA Medical Center | 924-0211 |
| | | ACA Assistance | |
| | | 220-1496 | |
| | | MENTAL HEALTH SERVICES | |
| | | Partner for Mental Health | 977-4673 |
| | | On Our Own-Mental Health Recovery | 979-2440 |
| | | Region Ten | 972-1800 |
| | | Sexual Assault Resource Agency | 295-7273 |
| | | Women's Initiative | 872-0047 |
| | | PREGNANCY, PRENATAL AND WELL BABY | |
| | | Healthy Families (ReadyKids!) | 296-4118 |
| | | Jefferson Area CHIP | 964-4700 |
| | | Sentara Martha Jefferson Hospital | 654-7009 |
| | | Planned Parenthood | 296-1000 |
| | | Pregnancy Center of Central VA | 979-8888 |
| | | <i>For the WIC Program, please contact your local Health Department</i> | |

United Way Community Information Center/Centro de Información
806 East High Street, Charlottesville, VA 22902
(434) 972-1703
Se habla español

ALCOHOL AND DRUG ABUSE

If the stress from your situation has led you or someone in your family to alcohol or drug abuse, contact:

Alateen | 972-7011

Answering service: An anonymous twelve-step mutual support group for teen children of alcohol and/or drug abusers.

Alcoholics Anonymous | 293-6565

Answering service: Provides information about meeting dates, times and places for alcoholics. Visit www.jeffersonfob.wordpress.com for a meeting schedule in your area.

Charlottesville Al-Anon Family Group | 972-7011

Answering service: An anonymous twelve-step mutual support group for families of alcoholics and drug abusers.

James River Alcohol Safety Program | 202-0504

Administers programs to reduce the incidence of accidents, injuries and fatalities resulting from driving under the influence of alcohol or other drugs. Conducts driver improvement classes and habitual offender services to appropriate clients.

Mohr Center | 979-8871

The Mohr Center provides a 10-bed intensive residential treatment program for individuals recovering from addiction. The program is for men who need supervised drug-free housing while participating in treatment and living skills training at the Mohr Center. Referral needed from Region Ten or other comparable agency.

Narcotics Anonymous | 1-800-777-1515

Twelve-step self-help group for recovery from drug abuse.

Offender Aid & Restoration Reentry Program | 296-2441

750 Harris Street, Suite 207, Charlottesville

Voluntary program offering assistance to ex-offenders in dealing with the barriers related to criminal history. Only program specially targeted to the issues of this population. Services include job assistance, obtaining proper identification, community referrals, and other ways to support clients' success.

Oxford House | 872-0019

Low-cost housing for persons recovering from substance abuse. Oxford House is run by the tenants who live there.

Region Ten Community Services Board | 972-1800

Offers self-help programs, intensive substance abuse outpatient program and community outreach program. Charges vary with income, and can be reduced or waived for very low income persons.

CLOTHING

If you need affordable or free clothing, contact one of the following agencies:

Central Virginia Baptist Association | 977-6876

815 Bolling Avenue, Charlottesville

Used clothing center with clothes for all ages. Low cost or free clothing with a voucher from a social service agency or church. The center is open Monday and Saturday 10-12am, Tuesday and Thursday 9-11am, and Wednesdays 10am-12pm (referrals and donations only on Wed.).

Belmont Baptist Church | 977-7777

830 Monticello Ave, Charlottesville

Provides free laundry service. Registration through LOVE, INC.

Pregnancy Center of Central Virginia | 979-8888 and 220-3777

320 West Main Street, Charlottesville and 1416 Greenbrier Place, Charlottesville

Maintains a small closet of maternity and baby clothes as well as other baby items for women in need.

Salvation Army Family Store | 979-5230

604 Cherry Avenue, Charlottesville

Provides used clothing and household goods and furnishings at minimal or no cost to those with a demonstrated need. Fee waived with a referral from the Salvation Army Emergency Services Program.

Schoolhouse Thrift Shop | 973-2271

1147 East Rio Road, Charlottesville

Non-profit store selling used clothing, children's equipment and toys. Open Monday-Saturday, 10am-4pm.

DEPENDENT CARE RESOURCES

Child Care Resources

The following agencies can assist you in finding child care. You may also contact your local Department of Social Services for assistance to pay for child care.

United Way Child Care Scholarship Program | 972-1715

806 East High Street, Charlottesville

The United Way Child Care Scholarship Program is available for working families in the Thomas Jefferson Planning District who meet income guidelines.

ReadyKids!**Child Care Resource & Referral | 296-4118**

1000 East High Street, Charlottesville

Provides child care information through a database of home child care providers and child care centers. Helps parents identify their child care needs and find an appropriate provider. .

Care for the Elderly & Disabled

If you are responsible for an elderly or disabled adult who needs home day care while you work, there are resources to help.

JABA Information & Assistance | 817-5222

674 Hillsdale Drive, Suite 9, Charlottesville

Call for a listing of adult day care centers, supervised adult day care or recreational activities for seniors. Provides information and access to a broad array of community and home based services such as health, housing, home support, legal issues, volunteer opportunities and transportation to seniors, their families and caregivers.

Senior Center, Inc. | 974-7756

1180 Pepsi Place, Charlottesville

A valuable resource for adults aged 50 and better, providing opportunities to stay active, to the fullest extent possible, across all areas of life. The Center provides 100+ programs every week so you can keep your health-span as long as your lifespan through physical activity, social engagement, lifelong learning, civic involvement, and the arts.

Public Assistance/Social Services

To supplement family income, contact your local Department of Social Services for SNAP (Supplemental Nutritional Assistance Program), medical insurance and public assistance. Please call to schedule your appointment before visiting your local Social Services Department.

Albemarle County | 972-4010

1600 5th Street Extended, Charlottesville

City of Charlottesville | 970-3400

120 7th Street NE, City Hall Annex, Charlottesville

Fluvanna County | 842-8221

8880 James Madison Highway, Fork Union

Greene County | 985-5246

10009 Spotswood Trail, Stanardsville

Louisa County | (540) 967-1320

103 McDonald Street, Louisa

Nelson County | 263-7160

203 Front Street, Lovingson

Helpful Hints When Seeking Assistance

When you go to an agency for assistance, you can help them help you by bringing all of the information you have relating to your situation. Be prepared to:

- Explain how you got into your situation/what caused it.
- Explain what steps you have taken to improve your situation.
- Explain what money of yours will be contributed to the need.

You should bring:

- All documents verifying your situation (such as disconnection and eviction notices)
- A list of your monthly expenses, pay stubs or other income verification
- Picture identification

For Social Services benefits, be prepared to provide:

- Pay stubs or other income verification
- Utility bills
- Copy of lease/rental agreement
- Birth certificate/verification
- Positive identification, i.e. Social Security card

University of Virginia Women's Center Free Legal Clinic | 982-2361

The Corner Building @ 14th & University Avenue, Charlottesville

The Legal Clinic offers professional, pro-bono legal advice to University staff, faculty and community members regarding such topics as landlord disputes and family law. Free monthly legal clinic and individual counseling offered. For appointments, call 9:00am-5pm Monday-Friday.

RECREATION

There are many recreational activities in the area. Many are free or low cost.

Albemarle/ Charlottesville Boys & Girls Club | 971-9400

1000 B Cherry Avenue, Charlottesville

Boy Scouts of America—Stonewall Jackson Council | (540) 943-6675

801 Hopeman Parkway, Waynesboro

Girl Scouts of Virginia Skyline Council Inc. | (540) 777-5100

3663 Peters Creek Road, NW, Roanoke (Call for info on local chapters)

The Senior Center, Inc. | (434) 974-7756

1180 Pepsi Place, Charlottesville, VA

Departments of Parks & Recreation

For information about recreation areas, recreational facilities, recreation/leisure instruction and recreational activities for area residents, contact:

Albemarle Parks & Recreation | 296-5844

401 McIntire Road, Suite 118, Charlottesville

Charlottesville Parks & Recreation | 970-3260

501 E. Main Street, Charlottesville

Fluvanna Parks & Recreation | 842-3150

5725 James Madison Highway, Fork Union

Greene Parks & Recreation | 985-5226

40 Celt Road, Stanardsville

Louisa Parks & Recreation | (540) 967-4420

522 Industrial Drive, Louisa

Nelson Parks & Recreation | 263-7130

8445 Thomas Nelson Highway, Lovingson

TRANSPORTATION

Charlottesville Transit Service (CTS) | 970-3649

Public bus transit system to the Charlottesville/Albemarle community offering standard and regular routes with fixed time schedules.

Greene County Transit | 985-5205

Public transportation for Greene County residents.

JAUNT Inc. | 1-800-365-2868 or 296-3184

Provides transportation to area citizens, serving both the general public and human service agency clients, and provides transportation to citizens with disabilities.

RideShare & Commuter Information | 295-6165

A free car and vanpool matching service. Operates the Guaranteed Ride Home Program.

University Transit Service (UTS) | 924-7711

Operates a bus service in and around the Grounds of the University of Virginia.

VOLUNTEER OPPORTUNITIES

There are various types of volunteer opportunities in the area. If you are interested in volunteering, contact the following volunteer programs:

United Way-Thomas Jefferson Area Volunteer Center | 972-1703

Promotes volunteering by individuals, groups and corporations. Serves as a resource on volunteering for non-profit agencies, and provides training opportunities for both volunteers and paid staff of non-profit agencies. Maintains a clearinghouse of volunteer opportunities for youth, adults, families, seniors and groups. Does not offer placement services.

www.cvillevolunteer.org

This United Way database includes more than 300 volunteer opportunities posted by over 120 non-profit agencies and schools in Charlottesville and the surrounding areas. Find volunteer opportunities for youth, adults, seniors, groups and families.

Jefferson Area Board for Aging Retired Senior Volunteer Program | 817-5245

Provides a variety of volunteer opportunities for retired persons 55 and over to participate more fully in the life of their community through volunteer service. Persons over 55 are matched by RSVP with volunteer activities to suit their interests.

Senior Center, Inc. | 974-7756

Helps to connect adults aged 50 and better with valuable volunteer opportunities that support the Center and other area non-profits. Emphasis is placed on the value of volunteering to contribute to good health, with particular mental and physical benefits for older adults.

Web Sites of Interest

Free Internet access can be found at:

The Jefferson Madison Regional Library, Central Branch, 201 East Market Street

Albemarle Department of Social Services Career Center, 1600 5th Street Extended, Suite A

Charlottesville Department of Social Services, City Hall Annex, 120 7th Street NE (second floor)

Piedmont Workforce Career Center, 2211 Hydraulic Rd, Suite 104

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| United Way-Thomas Jefferson Area | UnitedWayTJA.org |
| Blue Ridge Apartment Council | brac.com |
| Commonwealth of Virginia | virginia.gov |
| Daily Progress On-Line | dailyprogress.com |
| Emergency Food Bank | emergencyfoodnetwork.org |
| FAMIS | famis.org |
| Federal Financial Aid Form | fafsa.ed.gov |
| Housing & Urban Development: VA | portal.hud.gov |
| Greater Charlottesville Habitat for Humanity | cvillehabitat.org |
| Human Resources - Albemarle County | albemarle.org |
| Human Resources - City of Charlottesville | charlottesville.org |
| Human Resources - University of Virginia | hr.virginia.edu |
| Monticello Avenue Community Network | Avenue.org |
| Partner for Mental Health | Partnerformentalhealth.org |
| Peterson's College Quest | petersons.com |
| Piedmont Virginia Community College | pvcc.edu |
| Senior Center, Inc. | seniorcenterinc.org |
| SeniorNavigator | seniornavigator.org |
| Statewide Information & Referral System | 211virginia.org |
| University of Virginia | virginia.edu |
| Virginia Court System | courts.state.va.us |
| Virginia Department of Social Services | dss.virginia.gov |
| Virginia Employment Commission | www.vec.virginia.gov |
| Virginia Housing Development Authority | vhda.com |
| Virginia Literacy Foundation | VirginiaLiteracy.org |