Healthy Generations Area Agency on Aging
460 Lendall Lane
Fredericksburg, VA 22405
540-371-3375
540-371-3384 fax

Find us online
www.healthygenerations.org

Like Us On facebook
www.facebook.com/RappahannockAreaAgencyonAging
Healthy Generations Area Agency on Aging (RAAAA)

Created as a not-for-profit corporation in July of 1976, Healthy Generations serves Planning District Sixteen, comprising the City of Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford.

The Older Americans Act, as amended, stipulates that each state establish Area Agencies on Aging to be responsible for the development of services for senior citizens. Area Agencies on Aging have the responsibility for developing such services so that available programs remain responsive to the needs of the elderly.

The mission of Healthy Generations Area Agency on Aging is to enhance the quality of life for all older citizens.

Its vision is: To promote and assure the highest level of service attainable for every older person in Planning District 16, which will provide the opportunity to live a more dignified and meaningful life.

This directory of programs and services for senior adults was prepared for the use of our older citizens, their friends, families, caregivers, and the individuals, agencies and businesses who work with them.

The information provided in this directory was gathered from many sources. Every effort has been made to ensure accuracy. While the information herein is believed to be reliable and up-to-date, Healthy Generations does not guarantee the accuracy of information or claim it to be free from errors, omissions, or unintentional inclusions. Healthy Generations welcomes your comments. Please feel free to call the Healthy Generations office at 540-371-3375, or write:

Healthy Generations Area Agency on Aging
460 Lendall Lane
Fredericksburg, Virginia 22405

Visit Healthy Generations’ Web Site at www.healthygenerations.org

Equal Opportunity Employer

May 10, 2021
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The Healthy Generations Area Agency on Aging is a private, non-profit organization established by local governments to administer programs under the Older Americans Act. Serving the needs and acting on behalf of persons age 60 and older in the City of Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford. Healthy Generations offers a wide array of supportive services to assist the frail elderly to remain at home with dignity and in safety for as long as possible.

Services include, but are not limited to the following:

- Carenect – Personal Emergency Response System
- Emergency Assistance
- Employment/Training Programs
- Fan Care (June-September)
- Home Delivered Meals
- Homemaker Services
- Information & Referral Services
- Legal Assistance (Referral)
- Long-Term Care Ombudsman Program
- Options Counseling
- Senior Cafes
- Senior Fraud Patrol
- Senior Resource Directory
- Senior Voice Newsletter
- Telephone Reassurance Checking
- Transportation
- Virginia Insurance Counseling/Advocacy
- Wellness Programs

**Fee-For-Service Programs:**
- Transportation

For more information, Healthy Generations encourages you to call 540-371-3375 or visit the web site at www.healthygenerations.org
VIRGINIA AREA AGENCIES ON AGING

Virginia’s Aging Network is committed to enhancing the quality of life for all older Virginians. The network reaches out to every city and county in Virginia, with special emphasis on programs and services for those older citizens who are in the greatest economic and/or social need.

PSA 1
MOUNTAIN EMPIRE OLDER CITIZENS, INC.
P.O. Box 888, Big Stone Gap, VA 24219
Phone: 276-523-4202
Serves: Counties of Lee, Wise, Scott, & the City of Norton

PSA 2
APPALACHIAN AGENCY FOR SENIOR CITIZENS, INC.
P.O. Box 765, Cedar Bluff, VA 24609
Phone: 276-964-4915 1-800-656-2272
Serves: Counties of Dickerson, Buchanan, Tazewell, & Russell

PSA 3
DISTRICT THREE SENIOR SERVICES
4453 Lee Highway, Marion, VA 24354
Phone: 276-783-8150 or 1-800-541-0933
Serves: Counties of Wythe, Washington, Smyth, Bland, Carroll, & Grayson & the Cities of Galax & Bristol

PSA 4
NEW RIVER VALLEY AGENCY ON AGING
141 E. Main Street, Pulaski, VA 24301
Phone: 540-980-7720
Serves: Counties of Giles, Floyd, Pulaski, & Montgomery & the City of Radford

PSA 5
LOA-AREA AGENCY ON AGING, INC.
P.O. Box 14205, Roanoke, VA 24038
Phone: 540-345-0451
Serves: Counties of Roanoke, Craig, Botetourt, & Allegheny & the Cities of Salem, Roanoke, Clifton Forge & Covington

PSA 6
VALLEY PROGRAM FOR AGING SERVICES, INC.
P.O. Box 817, Waynesboro, VA 22980
Phone: 540-949-7141 or 1-800-868-8727
Serves: Counties of Augusta, Rockingham, Rockbridge, Highland & Bath & the Cities of Buena Vista, Lexington, Staunton, Waynesboro, & Harrisonburg
PSA 7
SHENANDOAH AREA AGENCY ON AGING, INC.
207 Mosby Lane, Front Royal, VA 22630
Phone: 540-635-7141 or 1-800-883-4122
   Serves: Counties of Shenandoah, Page, Warren, Clarke, & Frederick & the City of Winchester

PSA 8A
ALEXANDRIA OFFICE OF AGING & ADULT SERVICES
2525 Mount Vernon Avenue, Unit 5, Alexandria, VA 22301
Phone: 703 746-5999
   Serves: City of Alexandria

PSA 8B
ARLINGTON AGENCY ON AGING
3033 Wilson Boulevard, Suite 700-B, Arlington, VA 22201
Phone: 703-228-1700
   Serves: County of Arlington

PSA 8C
FAIRFAX AREA AGENCY ON AGING
12011 Government Center Parkway, #708, Fairfax, VA 22035
Phone: 703-324-5411
   Serves: County of Fairfax & Cities of Fairfax & Falls Church

PSA 8D
LOUDOUN COUNTY AREA AGENCY ON AGING
215 Depot Court, SE, 2nd Floor, Leesburg, VA 20175
Phone: 703-777-0257
   Serves: County of Loudoun

PSA 8E
PRINCE WILLIAM AREA AGENCY ON AGING
5 County Complex Court, Suite 240, Woodbridge, VA 22192
Phone: 703-792-6400
   Serves County of Prince William & Cities of Manassas & Manassas Park

PSA 9
RAPPAHANNOCK-RAPIDAN COMMUNITY SERVICES BOARD
15361 Bradford Road, Culpeper, VA 22701
Phone: 540-825-3100
   Serves: Counties of Orange, Madison, Culpeper, Fauquier & Rappahannock

PSA 10
JEFFERSON AREA BOARD FOR AGING
674 Hillsdale Drive, Charlottesville, VA 22901
Phone: 434-817-5222
   Serves: Counties of Nelson, Albemarle, Louisa, Fluvanna, Greene & City of Charlottesville
PSA 11
CENTRAL VIRGINIA AREA AGENCY ON AGING, INC.
501 12th Street, Lynchburg, VA 24505
Phone: 434-385-9070
   Serves: Counties of Bedford, Amherst, Campbell, Appomattox & Cities of Bedford & Lynchburg

PSA 12
SOUTHERN AREA AGENCY ON AGING, INC.
204 Cleveland Avenue, Martinsville, VA 24112
Phone: 276-632-6442 or 1-800-478-4571
   Serves: Counties of Patrick, Henry, Franklin, Pittsylvania & the Cities of Martinsville & Danville

PSA 13
LAKE COUNTRY AREA AGENCY ON AGING
1105 West Danville Street, South Hill, VA 23970
Phone: 434-447-7661 or 1-800-252-4464
   Serves: Counties of Mecklenburg, Halifax, Brunswick & City of South Boston

PSA 14
PIEDMONT SENIOR RESOURCES AREA AGENCY ON AGING, INC.
P.O. Box 398, Burkeville, VA 23922
Phone: 434-767-5588
   Serves: Counties of Nottoway, Prince Edward, Charlotte, Lunenburg, Cumberland, Amelia, & Buckingham

PSA 15
CAPITAL AREA AGENCY ON AGING, INC.
24 East Cary Street, Richmond, VA 23219
Phone: 804-343-3000 or 1-800-989-2286
   Serves: Counties of Goochland, Powhatan, Henrico, Chesterfield, New Kent, Hanover, Charles City & the City of Richmond

PSA 16
HEALTHY GENERATIONS AREA AGENCY ON AGING
460 Lendall Lane, Fredericksburg, VA 22405
Phone: 540-371-3375
   Serves: Counties of Caroline, King George, Spotsylvania, Stafford & City of Fredericksburg

PSA 17 & 18
BAY AGENCY ON AGING, INC.
P.O. Box 610, Urbanna, VA 23175
5306 Old Virginia Street, Urbanna, VA 23175
Phone: 804-758-2386
   Serves: Town of Colonial Beach & counties of Westmoreland, Northumberland, Richmond, Lancaster, Middlesex, Essex, Mathews, King & Queen, King William & Gloucester
PSA 19
CRATER DISTRICT AREA AGENCY ON AGING
23 Seyler Drive, Petersburg, VA 23805
Phone: 804-732-7020
Serves: Counties of Dinwiddie, Sussex, Greensville, Surry, Prince George & the Cities of Petersburg, Hopewell, Emporia, & Colonial Heights

PSA 20
SENIOR SERVICES OF SOUTHEASTERN VIRGINIA
6350 Center Drive, Building 5, #101, Norfolk, VA 23502
Phone: 757-461-9481 or 1-800-766-8059
Serves: Counties of Southampton, Isle of Wright & Cities of Franklin, Suffolk, Portsmouth, Chesapeake, Virginia Beach, & Norfolk

PSA 21
PENINSULA AGENCY ON AGING, INC.
739 Thimble Shoals Blvd, Blg. 1000, #1006, Newport News, VA 23606
Phone: 757-873-0541
Serves: Counties of James City, York & Cities of Williamsburg, Newport News, Hampton & Poquoson

PSA 22
EASTERN SHORE AREA AGENCY ON AGING
5432 Bayside Road, Exmore, VA 23350
Phone: 757-442-9652 or 1-800-452-5977
Serves: Counties of Accomack & Northampton

VIRGINIA ASSOCIATION OF AREA AGENCIES ON AGING (V4A)
530 East Main Street, Suite 428
Richmond, VA 23219
Phone: 804-644-2804

People do not really decide their future..... they decide their habits ~ then their habits decide their future.
## LOCAL GOVERNMENT SERVICES

### City of Fredericksburg:
- 540-372-1010  City Manager
- 540-372-1004  Commissioner of Revenue
- 540-372-1040  Commonwealth’s Attorney
- 540-372-1066  Circuit Court
- 540-372-1001  Treasurer
- 540-372-1038  Victim/Witness Assistance Program
- 540-372-1030  Voter Registration
- 540-373-3122  Non-Emergency Police Number

### County of Caroline:
- 804-633-5380  County Administrator
- 804-633-4531  Commissioner of Revenue
- 804-633-7170  Commonwealth’s Attorney
- 804-633-5800  Circuit Court
- 804-633-5291  Treasurer
- 804-633-8037  Victim/Witness Assistance Program
- 804-633-9083  Voter Registration
- 804-633-5400  Non-Emergency Sheriff Number

### County of King George:
- 540-775-9181  County Administrator
- 540-775-4664  Commissioner of Revenue
- 540-775-4442  Commonwealth’s Attorney
- 540-775-3322  Circuit Court
- 540-775-2571  Treasurer
- 540-775-0896  Victim/Witness Assistance Program
- 540-775-9186  Voter Registration
- 540-775-2049  Non-Emergency Sheriff Number

### County of Spotsylvania:
- 540-507-7010  County Administrator
- 540-507-7052  Commissioner of Revenue
- 540-507-7650  Commonwealth’s Attorney
- 540-507-7600  Circuit Court
- 540-507-7058  Treasurer
- 540-507-7650  Victim/Witness Assistance Program
- 540-507-7380  Voter Registration
- 540-507-7200  Non-Emergency Sheriff Number

### County of Stafford:
- 540-658-4541  County Administrator
- 540-658-4133  Commissioner of Revenue
- 540-658-8780  Commonwealth’s Attorney
- 540-658-8750  Circuit Court
- 540-658-8700  Treasurer
- 540-658-4301  Victim/Witness Assistance Program
- 540-658-4000  Voter Registration
- 540-658-4400  Non-Emergency Sheriff Number

*If you are 65 years or older, or disabled, call your Commissioner of Revenue to obtain information about “TAX RELIEF” on your Real Estate Taxes.*
ORGANIZATIONS

American Automobile Association (AAA)  540-785-0282
2871 Plank Road, Fredericksburg, VA 22401

AARP
AARP is the nation’s largest organization of Americans age 50 and older. A non-profit, non-partisan organization offering a wide range of membership benefits, legislative representation, educational, and community service programs.

Virginia Office: 707 East Main Street, Suite 910, Richmond, VA 23219  866-542-8164

Fredericksburg Chapter #3396
Meets the 1st Tuesday of each month at 9:30 am usually at Chancellor's Village
12100 Chancellor's Village Lane, Fredericksburg, VA 22407
Check the website at aarp3396.org to confirm location

King George Chapter #3195
Meets the 1st Monday of each month at the King George Parks and Recreation Building
8076 Kings Highway, King George, VA 22485
12:00 Potluck Lunch

American Society on Aging (ASA)  800-537-9728
71 Stevenson Street, Suite 1450, San Francisco, CA 94105-2938
ASA is a non-profit national organization that informs the public and health professionals about issues affecting an older person’s quality of life.

Better Business Bureau of Central Virginia, Inc.  540-373-9872

Chamber of Commerce - Fredericksburg Office  540-373-9400
2300 Fall Hill Ave., Suite 240, Fredericksburg, VA 22401

Civil Rights Hotline  800-368-1019
Information regarding race, national origin, handicap, and age discrimination occurring in Health & Human Service programs, e.g. in admission centers or state health care assistance.

Equal Employment Opportunity Commission  800-669-4000
Investigates charges of discrimination in private sector employment.

Gray Panthers  800-280-5362
1612 K Street, NW, Suite 300, Washington, DC 20006
The Gray Panthers is an advocacy and education group that works to eliminate ageism & discrimination against older people on the basis of chronological age.
Information & Referral Services, Virginia

Insurance Problems:
State Corporation Commission Bureau of Insurance 800-552-7945 VA Only
Box 1157, Richmond, VA 23218
For Blue Cross & Blue Shield inquiries write to:
Customer Relations, Blue Cross & Blue Shield, Box 27401, Richmond, VA 23279

Internal Revenue Service
Federal Tax Forms Only: 800-829-3676
Federal Tax Information & Assistance: 800-829-1040

Local IRS Office: 899-9450
1320 Central Park Blvd, Fredericksburg, VA 22401

Jewish Council for the Aging 703-425-0999
12320 Parklawn Drive, Rockville, MD 20852 or TDD Users Call 301-881-5263

National Association of Area Agencies on Aging (n4a) 202-872-0888
1100 New Jersey Avenue, SE, Suite 350, Washington, DC 20005
n4a is a private, non-profit organization representing the interests of
Area Agencies on Aging across the country.

n4a Eldercare Locator --------- 1-800-677-1116
or www.eldercare.acl.gov
The Eldercare Locator is a nationwide directory assistance service designed to help
caregivers & older persons locate supportive resources for aging family members & friends.

National Association of Retired Federal Employees (NARFE) 703-838-7760
606 N. Washington St., Alexandria, VA 22314

LOCAL NARFE CHAPTERS:

Fredericksburg #90 540-370-0036
Maureen Nolet  Caroline #2112
Judith Moore  804-448-3639

Falls Run #2343 540-372-7725
Mike Anderson  Lake of the Woods #1885
Shirley Cornwell  540-972-9324

Colonial Beach (to include King George) Chapter 595
Leslie Ravenell  804-224-3069
National Association of State Units on Aging (NASUA) 202-898-2578
1201 15th Street, NW, Suite 350, Washington, D.C. 20005
A public interest organization that provides information, technical assistance, and professional development support to State Units on Aging. NASUA works to promote social policy response to the needs of older Americans at the federal and state level.

National Consumers League 202-835-3323
1701 K Street NW, Suite 1200, Washington DC 20006
This private non-profit organization educates consumers and brings consumer concerns to the attention of government and industry decision makers. Material available on Medicare and supplement health insurance for older adults.

National Caucus & Center on Black Aged 202-637-8400
1220 L Street, N.W., Suite 800, Washington, D.C. 20005
An organization with a mission to improve living conditions for low income and minority older persons. Programs include housing, employment training, transportation, and advocacy.

National Council on Aging, Inc. (NCOA) 202-479-1200
1901 L Street, NW, 4th Floor · Washington, D.C. 20036
Headquarters at the Nation Center on the Aging, NCOA facilities include the Ollie A. Randall Library and the Patina Gallery, where works of older artists are exhibited. The organization’s publications, programs, and services are designed to assist professionals and volunteers who work with older adults.

National Institute for Jewish Hospice 800-446-4448
732 University Street, North Woodmere, New York 11581
Counseling, referrals, education and training for healthcare professionals. Literature available.

National Retired Teachers Association 703-838-7760
606 N. Washington Street, Alexandria, VA 22314

Road Scholar (formerly Elderhostel) 800-454-5768
An educational program for those aged 60 and over, within a unique vacation opportunity. Participants live for a week or more at one of the 1,500 host institutions throughout the U.S., Canada, and in other countries. Elderhostelers live and eat on campus, take advantage of numerous sports and social activities, and select from liberal arts and science subjects.

Social Security Administration 800-772-1213
or TDD Users Call 800-325-0778

Local Social Security Administration Office 888-759-3919
9915 Jefferson Davis Hwy, Fredericksburg, VA 22407
The Virginia Division for the Aging fosters the independence and well-being of older Virginians and supports their caregivers through leadership, advocacy and oversight of state and community programs, and guides the Commonwealth in preparing for an aging population.

NATIONAL MINORITY RESOURCE INFORMATION

Asociación Nacional Pro Personas Mayores
National Association for Hispanic Elderly
234 East Colorado Boulevard, Suite 300, Pasadena CA 91101
626-564-1988

Japanese American Citizens League
(Aging & Retirement Concerns Committee)
1730 Rhode Island Avenue, NW, #204, Washington, D.C. 20036
202-223-1240

National Center & Caucus on the Black Aged, Inc.
2801 14th Street NW, Washington, D.C. 20009
A private, non-profit organization that works to improve the quality of life for older black Americans.
202-387-4022

National Hispanic Council on Aging
734 15th Street NW, Washington, D.C. 20005
A private, non-profit organization that works to promote the well-being of older Hispanics.
202-347-9733

National Asian Pacific Center on Aging
1025 S. King Street, Seattle, WA 98104
A private organization that works to improve the delivery of health care and social services to older members of the Pacific/Asian community across the country.
206-322-5272

White House Greetings “Cards”

The White House has a policy through its Greetings Office to honor citizens on their 80th or subsequent birthdays and to honor couples celebrating their 50th or subsequent wedding anniversaries. Each request should include the individual’s or couple’s name, titles (the options are: Mr., Mrs., or Miss), complete address, and full date of birth or marriage (month, day, and year). To insure adequate time for processing, requests should be sent four (4) weeks prior to the birthday or anniversary. The hand-addressed greeting will be mailed one (1) week prior to the event. Requests should be sent to:

The Greetings Office
The White House
Washington, DC 20500
The Healthy Generations Area Agency on Aging is a VirginiaNavigator Center
For a center in other areas of the state call (804) 525-7728 or Toll-Free 1-866-393-0957

VETERANS AFFAIRS

Virginia Department of Veterans Services
The Virginia Department of Veterans Services (DVS) connects Virginia’s veterans and their families to federal and state benefits, support, quality care, and recognition they have earned.

Quantico Benefits Field Office
Education Ctr., 3089 Roan Street, Quantico, VA 22134
703-630-2811

Fredericksburg Benefits Field Office
Lee Hill Building, 10300 Spotsylvania Avenue, Suite 290
Fredericksburg, VA 22408
540-376-7298

Hunter Holmes McGuire Veterans Affairs Outpatient Clinics - Fredericksburg Locations
McGuire VA Medical Center
Fredericksburg Location
130 Executive Center Parkway
Fredericksburg, VA 22401
Snowden Office Park
McGuire VA Medical Center
Spotsylvania County Location
10401 Spotsylvania Ave., Suite 300
Fredericksburg, VA 22408
Lee’s Hill Medical Plaza
24/7 Peace of Mind

Personal Emergency Response & Medication Management Systems

1 Press your help button.

2 The CST-LTL Care Center Representative provides immediate assistance.

3 We are your personal connection to family, friends, and/or emergency services.

Specialty Options Available:
Cellular • Mobile PERS • Fall Detection

carenect
Your Care Connection

Our Product is our Care Center!
Our Care Center Representatives are the friendliest in the business.
We create a response plan designed just for you. With carenect,
you’ll always get the right care at the right time.

NOT Just for Emergencies:
• Feeling lonely, or want to talk to someone
• Assistance with your doctor’s appointment
• Arrange transportation
• Questions about your medications

✓ Standard Landline PERS
Provides 24/7 connection to family, friends or emergency services. Additional features may include reminder messages, activity timer and extended signal range.

✓ Cellular PERS
No Landline? No problem! All the features of a standard PERS utilizing cellular connectivity to our 24/7 Care Center.

✓ Mobile PERS
At home and on the go, this device is perfect for individuals with active lifestyles.

✓ Accessories & Additional Features
Adaptive accessories available to meet your needs. Including but not limited to: Fall detector, additional pendants, wireless big button, pillow switch, sip and puff, smoke or carbon monoxide alarms, sensor mats, motion detector, door and window contacts and lockbox.

✓ Medication Management System
Ensures proper medication dosing and prevents missed doses.

CST your Link to Life’s services allow individuals to live independently in the privacy of their own homes. CST’s state-of-the-art Care Center is staffed 24/7/365 with trained experienced professionals.

Contact Healthy Generations AAA at 540-371-3375 to find the solution that is right for you.

CST
Critical Signal Technologies
your Link to Life
in partnership with
Healthy Generations AAA
HEALTH RELATED AGENCIES & ORGANIZATIONS

Alcohol Abuse Hotline (Local) 888-491-1165
Alzheimer’s Association *(Greater Richmond Chapter)* 804-967-2580
4600 Cox Rd, # 130, Glen Allen, VA 23069
Alzheimer’s Association - Fredericksburg Chapter 540-370-0835
2217 Princess Anne St., #106-1F, Fredericksburg, VA 22401
Alzheimer’s Disease Education & Referral Center 800-438-4380
Alzheimer’s Foundation of America 866-232-8484
American Cancer Society - Virginia 804-527-3702
American Diabetes Association 800-342-2383
American Heart Association 877-242-4277
American Kidney Fund 800-638-8299
or 866-300-2900
American Parkinson’s Disease Association 800-223-2732
American Red Cross 540-735-0500
2217 Princess Anne Street, Unit B26, Fredericksburg, VA 22401
American Speech, Language, & Hearing Association  Consumer Division 800-638-8255
TTY 301-296-8580
Arthritis Foundation, Mid-Atlantic Region 303-652-4900
Arthritis Caring Together 859-272-6099
Asthma - Lung Disease Hotline 800-548-8252
or 212-315-8700
Cancer Center of Virginia 540-786-5666
5040 Plank Rd, Fredericksburg, VA 22407
Cancer Information Service 800-4-CANCER
The toll-free Cancer Information (CIS) can provide accurate, up-to-date information about cancer & cancer related resources.
*Caroline Family Practice 804-632-1030
102 W. Broaddus Avenue, Bowling Green, VA 22427
*Community Health Center of the Rappahannock Region 540-735-0560
1965 Jefferson Davis Highway, Fredericksburg, VA 22401
*Community Pharmacy
1301 Sam Perry Boulevard, Fredericksburg, VA 22401
540-741-1077

disAbility Law Center of Virginia
1910 Byrd Avenue, Suite 5, Richmond, VA 23230
804-225-2042

disAbility Resource Center
409 Progress Street, Fredericksburg, VA 22401
540-373-2559

Equipment Connection
1503 Princess Anne Street, Fredericksburg, VA 22401
540-373-2559

*Fredericksburg Christian Health Center
1129 Heatherstone Drive, Fredericksburg, VA 22407
540-785-8500

HealthSouth Rehabilitation Hospital of Fredericksburg
300 Park Hill Drive, Fredericksburg, VA 22401
540-368-7300

Hearing Helpline
800-527-9355
Provides information on hearing loss and hearing help to callers across the country.

Kenny’s Closet
540-741-1751
Receive or donate ostomy equipment

*Lloyd F. Moss Free Clinic
1301 Sam Perry Boulevard, Fredericksburg, VA 22401
540-741-1061

Mary Washington Hospital
1001 Sam Perry Boulevard, Fredericksburg, VA 22401
540-741-1100

McGuire VA Clinic
130 Executive Center Parkway, Fredericksburg, VA 22401
540-370-4468

National Council on Alcoholism
800-622-2255

National Headache Foundation
888-643-5552
Offers information about all types of headaches and treatments

National Kidney Foundation
800-622-9010

National Library Services for the Blind & Physically Handicapped
202-707-5100 or TDD 202-707-0744

National Osteoporosis Foundation
800-231-4222

Pulmonary Pals
540-741-1441 or 540-498-4130
Support group for patients and/or families of patients with lung disease.

Spotsylvania Regional Medical Center
4600 Spotsylvania Parkway, Fredericksburg, VA 22408
540-498-4000
Stafford Hospital Center  
101 Hospital Center Blvd., Stafford VA 22555  
540-741-9000

Virginia Assistive Technology System  
4900 Fitzhugh Avenue, Richmond, VA 23230  
Voice/TTP 800-435-8490

Virginia Department for the Deaf & Hard of Hearing  
Video Phone: (FOR USE ONLY BY CALLERS WHO ARE DEAF) 804-325-1290
804-662-9502

Virginia Department of Rehabilitative Services  
511 Westwood Office Park, Fredericksburg, VA 22401  
540-899-4161

VHQc  
9830 Mayland Drive, Suite J, Richmond, VA 23233  
804-289-5320

Westwood Clubhouse (Brain Injury Services, Inc.)  
927 Maple Grove Drive, Suite 107, Fredericksburg, VA 22407  
540-785-8836

* These are health clinics that provide care and/or medications to persons who have insurance, are underinsured or have no insurance. Some accept insurance and payment on a sliding scale. Please contact the clinic for specifics.

A diplomat is a person who when asked to name his favorite color answers “Plaid”

If You are CARING for a Loved One and Need RESpite, Partners in Aging Can HELP!

BETTY BAZEMORE
MEMORIAL RESPITE GRANT FOR FAMILY CAREGIVERS

This grant is given by Partners in Aging to qualified families who are above poverty level, to help off-set or pay the cost of adult day care, in-home aides, overnight stays or other respite services for their loved ones with dementia. The grant will be given one-time for respite purposes for either an 8-hour or two 4-hour care sessions.

Contact:
www.partnersinaging.org
For more information, guidelines and an application.
You end up as you deserve.
In old age you must put up with the face, the friends, the health, and the children you have earned.

Judith Viorst
Rappahannock Area Mental Health Resources

Supportive Services

Mental Health America of Fredericksburg
540-371-2704
HelpLine – Free, confidential referral and information on mental health practitioners, treatment services, community resources and educational literature; available weekdays.
Provider Listing – A listing of licensed mental health practitioners in the private sector and mental health agencies with quarterly updates is available online at www.mhafred.org.
Senior Visitors – Program provides trained volunteers to visit seniors who are isolated and lonely.
Support Groups – Free non-therapeutic, professionally facilitated groups including Mental Wellness, Live Life/Love Life Teen Support, and Survivors of Suicide Loss (for those who have lost a loved one to suicide).
Suicide Prevention – “Signs of Suicide” – suicide prevention education for local teens.

www.mhafred.org

Mental Health America of Virginia Warm Line
886-400-MHAV (6428)
Friendly, compassionate, non-judgmental peer-run support service for individuals residing in Virginia who just need to talk or need a referral to mental health resources. (M - F 9am – 5pm)

www.mhav.org

National Alliance on Mental Illness- Rappahannock
540-724-6393
Monthly Meetings – Free education programs and support groups for family members and individuals with mental illness.
Family-to-Family – Free 12-week course providing education and support for family members, led by trained family members.
In Our Own Voice – Free 60-90-minute presentation by individuals telling their stories of recovery, interspersed with video; available upon request; incorporated as part of Family-to-Family curriculum.
Peer-to-Peer – Free 10-week course for individuals with mental illness, taught by individuals with mental illness, providing education and support.

www.nami.org

Virginia 2-1-1
800-211-1111
Free, confidential referral and information on health services, financial assistance, housing, senior services, childcare and more!

www.211.org

Virginia Veteran and Family Support
540-840-3003 (Central Region)
540-471-4804 (Stafford, North Region)
(formerly the Virginia Wounded Warrior Program)
VVFS provides peer and family support and care coordination services to Virginia veterans and their families with a special emphasis on those affected by stress related conditions or traumatic brain injuries resulting from military service.


In case of a Mental Health Emergency:
Rappahannock Area Community Services Board 24-hour Emergency Services
Fredericksburg, Spotsylvania, & Stafford Counties
540-373-6876
Caroline County
804-633-4148
King George County
540-775-5064
Snowden at Fredericksburg / Mary Washington Hospital
800-362-5005
Spotsylvania Regional Medical Center
540-498-4000
Suicide Lifeline
800-273-TALK (8255)

Please provide revisions to Mental Health America of Fredericksburg at 540-371-2704 or mhafred@mhafred.org
(updated August 2019)
Rappahannock Area Mental Health Resources

<table>
<thead>
<tr>
<th>Service Providers</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Health Center of the Rappahannock Region</td>
<td>540-735-0560</td>
</tr>
<tr>
<td>Caroline Family Practice</td>
<td>804-632-1030</td>
</tr>
<tr>
<td>Staff includes a MD and clinical psychologist; dental, health and counseling services.</td>
<td><a href="http://www.cvhsinc.org">www.cvhsinc.org</a></td>
</tr>
<tr>
<td>Compass Counseling Services</td>
<td>NOVA: 703-496-7804 or Fredericksburg: 540-339-3640</td>
</tr>
<tr>
<td>Intensive in-home, therapeutic day treatment, mental health support services, Autism behavioral support, outpatient services, psychological testing, play therapy.</td>
<td><a href="http://www.compassnova.com">www.compassnova.com</a></td>
</tr>
<tr>
<td>Dominion Day Services</td>
<td>540-371-8750</td>
</tr>
<tr>
<td>Mental Health support services.</td>
<td><a href="http://www.dominionyouthservices.com">www.dominionyouthservices.com</a></td>
</tr>
<tr>
<td>Empowerhouse</td>
<td>540-373-9373</td>
</tr>
<tr>
<td>Supporting survivors of domestic violence to move beyond victimization to healing and empowerment. Crisis intervention, 24-hour hotline, shelter, free support groups.</td>
<td><a href="http://www.empowerhouseva.org">www.empowerhouseva.org</a></td>
</tr>
<tr>
<td>Family Preservation Services (Pathways)</td>
<td>540-710-6085</td>
</tr>
<tr>
<td>Comprehensive service planning for people receiving government assistance.</td>
<td><a href="http://www.pathways.com">www.pathways.com</a></td>
</tr>
<tr>
<td>Family Solutions</td>
<td>877-582-6363</td>
</tr>
<tr>
<td>Crisis intervention, mental health support services, intensive family services.</td>
<td><a href="http://www.familysolution.net">www.familysolution.net</a></td>
</tr>
<tr>
<td>Fredericksburg Counseling Services</td>
<td>540-373-6876</td>
</tr>
<tr>
<td>Free mental health clinic provides counseling for uninsured, low-income individuals and families. INFO – online listing of community support groups.</td>
<td><a href="http://www.fcsagency.org">www.fcsagency.org</a></td>
</tr>
<tr>
<td>Intercept</td>
<td>804-440-3700</td>
</tr>
<tr>
<td>Mental health support services, intensive in-home counseling, therapeutic day treatment.</td>
<td><a href="http://www.intercepthealth.com">www.intercepthealth.com</a></td>
</tr>
<tr>
<td>Lloyd F. Moss Free Clinic</td>
<td>540-741-1061</td>
</tr>
<tr>
<td>Psychiatric evaluation with medication management and therapy support for persons eligible for services at the Moss Free Clinic.</td>
<td><a href="http://www.mossfreeclinic.org">www.mossfreeclinic.org</a></td>
</tr>
<tr>
<td>National Counseling Group</td>
<td>540-446-0007</td>
</tr>
<tr>
<td>Outpatient, intensive in-home, mental health support, therapeutic day treatment, co-parenting, mental health and substance abuse outpatient, substance abuse education, in-home counseling, psychological evaluations, parenting competency evaluations, drug testing.</td>
<td><a href="http://www.ncgcommunity.com">www.ncgcommunity.com</a></td>
</tr>
<tr>
<td>Pinnacle Treatment Centers</td>
<td>540-735-9350</td>
</tr>
<tr>
<td>Services for individuals with chemical dependency and their families: assessment &amp; intervention; intensive outpatient programs; ambulatory detoxification; alternative therapies; family intervention.</td>
<td></td>
</tr>
<tr>
<td>Rappahannock Area Community Services Board – Administrative Offices and Fredericksburg Clinic</td>
<td>540-373-3223</td>
</tr>
<tr>
<td>Mental health, intellectual disability, substance abuse, prevention and early intervention services, outpatient services, psychiatric care, medication management, individual and group therapy, case management (all ages), emergency services, crisis stabilization, specialized services for women, day support, residential.</td>
<td><a href="http://www.rappahannockareacsb.org">www.rappahannockareacsb.org</a></td>
</tr>
<tr>
<td>Rappahannock Council Against Sexual Assault</td>
<td>540-371-6771 office / 540-371-1666 hotline</td>
</tr>
<tr>
<td>Sexual abuse &amp; rape crisis services - 24-hour crisis support; free support groups for children, teens, women and men; free case management/legal advocacy; trauma-informed counseling; art therapy; long-term counseling available. <a href="http://www.rcasa.org">www.rcasa.org</a></td>
<td></td>
</tr>
<tr>
<td>Snowden at Fredericksburg</td>
<td>540-741-3900 or 800-362-5005</td>
</tr>
<tr>
<td>Free assessments and referrals; intensive outpatient treatment for adults with substance abuse; mental health day treatment for adolescents and adults; inpatient services. A department of Mary Washington Healthcare.</td>
<td><a href="http://www.snowdenmentalhealth.com">www.snowdenmentalhealth.com</a></td>
</tr>
<tr>
<td>Spotsylvania Regional Medical Center Behavioral Health Services</td>
<td>540-498-4000</td>
</tr>
<tr>
<td>Free assessments and referrals; inpatient services, partial hospitalization program.</td>
<td><a href="http://www.spotsrmc.com">www.spotsrmc.com</a></td>
</tr>
</tbody>
</table>

You are not alone! Help is available.

Please provide revisions to Mental Health America of Fredericksburg at 540-371-2704 or mhafred@mhafred.org (updated August 2019)
EMERGENCY SERVICE ORGANIZATIONS

American Red Cross 540-735-0500
Central Virginia Housing Coalition 540-604-9943
Fredericksburg Area Food Bank 540-371-7666
Fredericksburg Regional Homelessness Helpline 540-358-5801
Anyone experiencing or at risk of experiencing homelessness in the immediate future should call and be assessed for the community’s homeless and prevention services.

Legal Aid Works (formerly Rappahannock Legal Services, Inc.) 866-534-5243
Intake provided by Legal Services of Northern Virginia

Micah Ecumenical Ministries (540) 479-4116

Quin Rivers Agency for Community Action 540-368-2700

Rappahannock United Way 540-373-0041

St. Vincent de Paul Society 540-898-9066

St. William of York (Stafford Only) 540-659-1102

Salvation Army 540-373-3431

SERVE 540-288-9603

Spotsylvania Emergency Concerns Association (SECA) 540-582-2465

Thurman Brisben Homeless Shelter 540-899-9853

PROJECT LIFESAVER
Tracking program for Alzheimer’s patients and persons with Down’s syndrome and/or Autism.

Project Lifesaver Caroline – Caroline Sheriff’s Office 804-633-1126
Project Lifesaver Fredericksburg – Fredericksburg City Police 540-373-3122
Project Lifesaver King George – King George Sheriff’s Office 540-775-2049
Project Lifesaver Stafford County - Stafford Sheriff’s Office 540-658-4450
Project Lifesaver Spotsylvania County - Spotsylvania Sheriff’s Office 540-582-7200 x284
Celebrate

45 with $45!

Your donation helps ensure older citizens remain in their community.

Healthy Generations Area Agency on Aging
460 Lendall Lane
Fredericksburg, VA 22405
www.healthygenerations.org
FOR THE VISUALLY IMPAIRED

American Council of the Blind (ACB) 202-467-5081
Better Vision Institute 703-243-1528
Individuals can contact the Institute for information about the prevention, detection, & treatment of eye diseases.
disAbility Resource Center (dRC) 540-373-2559
Lighthouse for the Visually Impaired 800-334-5497
National Library Services for the Blind & Physically Handicapped 202-707-5100 or TDD 202-707-0744
Senior Eye Care Program 800-222-3937
Puts eligible callers in touch with a local ophthalmologist who has volunteered to provide medical eye care at no out-of-pocket expense. Individuals must be U.S. citizens or legal residents, be 65 or older, and not have access to an ophthalmologist.
The Retina Group of Washington 540-654-5333
200 Executive Center Parkway, Suite 102, Fredericksburg, VA 22401
Virginia Assistive Technology System Voice/TTP 800-435-8490
4900 Fitzhugh Avenue, Richmond, VA 23230
Virginia Department for the Blind and Vision Impaired 800-622-2155
Virginia Department of Rehabilitative Services 540-899-4161
511 Westwood Office Park, Fredericksburg, VA 22401

DENTAL ASSISTANCE

Affordable Dentures & Implants 1-800-336-8873
Many locations throughout the United States
Germanna Community College Dental Hygiene Program 540-741-1061
www.germanna.edu/dental/dental-hygiene/clinic-information
The Dental Hygiene Clinic of Germanna Community College offers supervised student-provided oral hygiene care to those qualifying for services at the Lloyd F. Moss Free Clinic.
Virginia Commonwealth University Dental Care 804-828-9190
www.vcudentalcare.com
FOR THE HEARING IMPAIRED

Better Hearing Institute
The Better Hearing Institute works to empower individuals of every age to enjoy their fullest possible ability to hear, and hear well.

ClearCaptions
ClearCaptions enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available.

disAbility Resource Center (dRC)
409 Progress Street, Fredericksburg, VA 22401
- Main Office: 540-373-2559
- Video Phone: 800-645-5419
- Deaf & Hard of Hearing: 540-373-5890

Hearing Aid Helpline
The Hearing Aid Hotline offers information to the public on hearing loss, hearing aids, and how to locate a qualified hearing aid specialist.

Hearing Loss Association of America
7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814
- TTY: 301-657-2249

Hearing Loss Association of America – Rappahannock Chapter
- CAPTEL/TTY: 540-373-2559

International Hearing Society
The International Hearing Society (IHS) is a membership association that represents hearing healthcare professionals worldwide. IHS members are engaged in the practice of testing human hearing and selecting, fitting and dispensing hearing instruments and counseling patients.

National Association of the Deaf, Inc.
- Users Call: 301-597-1789

National Institute on Deafness and Other Communication Disorders
- TTY: 800-241-1055

Telecommunications for the Deaf and Hard of Hearing, Inc.
- 301-589-3786
HOME HEALTH CARE AGENCIES

Amedisys Home Health Care  
200 Executive Center Parkway, Suite 100, Fredericksburg, VA 22401  
540-371-7422

AT Home Care  
1121 Heatherstone Drive, Fredericksburg, VA 22407  
540-370-1588

BrightStar Care  
112 Juliad Court, Suite 109, Fredericksburg, VA 22406  
540-376-3131

CC Home Health & Hospice of VA  
4547 Empire Court, Fredericksburg, VA 22408  
540-898-2999

Encompass Home Health  
10712 Ballantraye Drive, Suite 306, Fredericksburg, VA 22407  
540-656-2660

Home & Heart Health, Inc.  
701 Kenmore Ave, Suite 101A, Fredericksburg, VA 22401  
540-899-3666

Human Touch Home Health  
1701 Fall Hill Ave., Suite 101, Fredericksburg, VA 22401  
540-310-0042

Interim Home Health Care  
3920 Plank Road, Suite 210, Fredericksburg, VA 22407  
540-785-1577

Mary Washington Home Health  
2300 Fall Hill Ave Suite 401, Fredericksburg, VA 22401  
540-741-1667

Medi Home Health and Hospice  
4820 Southpoint Dr Suite 103, Fredericksburg, VA 22407  
540-684-3130
PALLIATIVE CARE & HOSPICE AGENCIES

Capital Caring
111 Olde Greenwich Dr., Fredericksburg, VA 22408
(540) 891-1200

CC Home Health & Hospice of VA
4547 Empire Court, Fredericksburg, VA 22408
540-898-2999

Mary Washington Hospice, Palliative, and Grief Support Services
2300 Fall Hill Avenue, Suite 401, Fredericksburg, VA 22401
540-741-3580
www.marywashingtonhealthcare.com/Our-Services/Hospice-Services

End of Life Care Resources

www.nhpco.org National Hospice and Palliative Care Organization

theconversationproject.org The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care.

www.hospicenet.org Information on hospices, caregiving, bereavement, and related topics.

www.funerals.org The Funerals Consumers Alliance is dedicated to protecting consumer rights regarding funeral planning.

www.acl.gov/newsroom/publications/docs/Hospice_Care.pdf The U. S. Administration on Aging National Aging Information Center document directs you to a number of resources related to hospice care.

gotpalliativecare.org Learn about Palliative Care.
IN-HOME CARE ASSISTANCE AND SUPPORT

Healthy Generations Area Agency on Aging 540-371-3375
- **Home Delivered Meals** - Meals are delivered in the City of Fredericksburg and the four surrounding Counties of Caroline, King George, Spotsylvania, and Stafford to home-bound frail elderly persons 60 years of age or older, who have no one to prepare a meal for them.
- **Homemaker - Non-Medical** Homemaker Aides are provided to assist frail elderly persons with shopping, errands and light housekeeping chores.

**Meals on Wheels** 540-371-3375
Contact: Healthy Generations Area Agency on Aging
Meals are delivered within a four-mile radius of Mary Washington Hospital
Monday – Friday Mid-Day and Dinner Meal: Weekly Fee

**Health Link** 540-741-1404
Representatives are available Monday – Friday, 8:30 am to 5 pm for class registration and physician and health service referrals. A 24-hour automated information library is also available.
A service of Mary Washington Health Care

**ElderCare Connections** 540-419-4387
Post Office Box 7283, Fredericksburg, VA 22404
Geriatric Case Management

**Senior Visitor Program** 540-371-2704
Provides weekly friendly visits

**Acti-Kare of Fredericksburg** 540-684-1598
1320 Central Park Blvd., Suite 201 Fredericksburg, VA 22401
Licensed personal care services and non-medical assistance

**At Home Care Staffing** 540-735-0944
1701 Fall Hill Avenue, Suite 110, Fredericksburg, VA 22401
Licensed personal care services and non-medical assistance

**At Home Comfort** 540-625-2015
10071 Kings Highway, King George VA 22485
Licensed personal care services and non-medical assistance

**Care Advantage Fredericksburg** 703-436-4767
10653 Spotsylvania Ave., Fredericksburg, VA 22408
Licensed personal care services and non-medical assistance

**Caring Hands Healthcare Solutions, LLC** 540-656-2468
225 Industrial Court, Suite 100, Fredericksburg, VA 22408
Licensed personal care services and non-medical assistance

**Comfort Keepers** 540-205-8743
304 Westwood Office Park, Fredericksburg, VA 22401
Licensed personal care services and non-medical assistance

**Home Instead Senior Care** 540-899-1422
107 Olde Greenwich Drive, Suite 101, Fredericksburg, VA 22408
Licensed personal care services and non-medical assistance
Innovatus Care
4020 Plank Road, Fredericksburg, Virginia 22407
Licensed personal care services and non-medical assistance

One on One Care
300 Garrisonville Road, Suite 302, Stafford, VA 22554
or 877-303-9553
Licensed personal care services and non-medical assistance

Right at Home
2124 Jefferson Davis Highway, Suite #101, Stafford, VA 22554
Licensed personal care services and non-medical assistance

True Faith Home Health Care LLC
11 Foggy Field Lane, Fredericksburg, VA 22406
Licensed personal care services and non-medical assistance

Virginia Home Care Partners
10718 Ballantraye Dr. Suite 410, Fredericksburg VA 22407
Licensed personal care services and non-medical assistance

Visiting Angels Living Assistance Services
1952 William Street, Fredericksburg, VA 22401
Licensed personal care services and non-medical assistance

Bridges Senior Care Solutions, Inc.
P. O. Box 1310, Fredericksburg, VA 22402
Guardianship

Gofer Girls
Licensed personal care services and non-medical assistance

Helping Hands of Fredericksburg
Errand assistance and transportation.

A Better Move
Provides support and physical assistance to seniors making changes in living arrangements.

Smooth Transitions Fredericksburg
Provides support and physical assistance to seniors making changes in living arrangements.
# DURABLE MEDICAL EQUIPMENT

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>All American Mobility</td>
<td>540-361-1679</td>
<td>1273 Central Park Blvd., Fredericksburg, VA 22401</td>
<td><a href="http://www.allamericanmobility.com">www.allamericanmobility.com</a></td>
</tr>
<tr>
<td>Comfort Medical Supply</td>
<td>540-785-3202</td>
<td>1273 Central Park Blvd, Fredericksburg, Virginia 22401</td>
<td><a href="http://www.comfortmedicalstore.com">www.comfortmedicalstore.com</a></td>
</tr>
<tr>
<td>Equipment Connection</td>
<td>540-373-2559</td>
<td>1503 Princess Anne Street, Fredericksburg, VA 22401</td>
<td><a href="http://www.cildrc.org/equipment-connection">www.cildrc.org/equipment-connection</a></td>
</tr>
<tr>
<td>Lincare</td>
<td>540-899-5521</td>
<td>305 Hanson Ave Suite 100, Fredericksburg, VA 22401</td>
<td><a href="http://www.lincare.com">www.lincare.com</a></td>
</tr>
<tr>
<td>Roberts Home Medical, Inc.</td>
<td>540-373-7400</td>
<td>211 Park Hill Dr, Fredericksburg, VA 22401</td>
<td><a href="http://www.robertshomemedical.com">www.robertshomemedical.com</a></td>
</tr>
</tbody>
</table>

To find a supplier of durable medical equipment or to ask questions regarding equipment, you may contact Medicare at 800-633-4227 or www.medicare.gov.

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# TRANSPORTATION PROVIDERS

For the most up-to-date listing of area transportation providers, please follow the link to the [Planning District 16 Senior Transportation Resources Guide](#) or call Mobility Options at 540-656-2985.
SOCIAL SERVICE DEPARTMENTS

Caroline County Social Services 804-633-5071
Mailing: P.O. Box 430, Bowling Green, VA 22427
Physical: 17202 Richmond Turnpike Milford, VA 22514

Fredericksburg Social Services 540-372-1032
Mailing: P.O. Box 510, Fredericksburg, VA 22404
Physical: 608 Jackson Street, Fredericksburg, VA 22401

King George County Social Services 540-775-7181
Mailing: P.O. Box 130, King George, VA 22485
Physical: 10069 Kings Highway, King George, VA 22485

Spotsylvania County Social Services 540-507-7898
Mailing: P.O. Box 249, Spotsylvania, VA 22553
Physical: 9019 Old Battlefield Blvd., Spotsylvania, VA 22553

Stafford County Social Services 540-658-8720
Mailing: P.O. Box 7, Stafford, VA 22555
Physical: 1300 Courthouse Road, Stafford, VA 22554

HEALTH DEPARTMENTS

Caroline County 804-633-5465
Mailing: P.O. Box 6, Bowling Green, VA 22427
Physical: 17202 Richmond Turnpike Milford, VA 22514

City of Fredericksburg 540-899-4142
Mailing & Physical: 608 Jackson Street, Fredericksburg, VA 22401

King George County 540-775-3111
Mailing: P.O. Box 130, King George, VA 22485
Physical: 10079 Kings Highway, King George, VA 22485

Spotsylvania County 540-582-7155
Mailing: P.O. Box 126, Spotsylvania, VA 22553
Physical: 9104 Courthouse Road, Spotsylvania, VA 22553

Stafford County 540-659-3101
Mailing: P.O. Box 27, Stafford, VA 22555
Physical: 1300 Courthouse Road, Stafford, VA 22554
PARKS & RECREATION DEPARTMENTS

Caroline County 804-633-7277
City of Fredericksburg 540-372-1086
King George County 540-775-4386
Spotsylvania County 540-507-7529
Stafford County 540-658-4871

SUBSIDIZED HOUSING
Individuals & families may qualify for subsidized housing based on income.
Rent is generally based on 30% of your adjusted income.

Angelwood Apartments – Project Faith, Inc. / Project FAITH in Action 540-775-3492
10073 Kings Highway, King George, Virginia 22485

Asbury Manor 540-710-1905
10235 Brittany Commons, Spotsylvania, VA 22553

Caroline Manor, Courthouse Lane and Lee Townhouses 804-633-9900
150 Courthouse Lane, Bowling Green, VA 22427

Forest Village 540-371-2200
1400 Forest Village Drive, Fredericksburg, VA 22401

Garrison Woods 540-659-6078
207 Garrison Woods Drive, Stafford, VA 22554

Hazel Hill 540-373-1422
100 Princess Anne Street, Fredericksburg, VA 22401

Heritage Park 540-371-9362
1003 Frederick Place, Fredericksburg, VA 22401

McKendree Manor 540-373-1419
101 McKendree Court, Fredericksburg, VA 22406

Mill Park Terrace 540-371-4430
2216 Caroline Street, Fredericksburg, VA 22401

The Pines 540-582-2415
8835 Crismond Lane, Spotsylvania, VA 22551
SENIOR APARTMENT COMMUNITIES

Alexander Heights
2704 Salem Church Rd., Fredericksburg, VA 22407
540-548-0010

Chancellor’s Village of Fredericksburg
12100 Chancellor’s Village Lane, Fredericksburg, VA 22407
540-786-5000

Enoch George Manor
10231 Brittany Commons Blvd., Spotsylvania, VA 22553
540-710-9989

Keswick Senior Apartments
8700 Keswick Drive, Spotsylvania, VA 22551
540-750-9094

Madonna House at Belmont
2600 Cowan Blvd, Fredericksburg, VA 22401
540-371-8212

The Crossings at Falls Run
60 Brimley Drive, Fredericksburg, VA 22406
540-479-3788

The Gardens of Stafford
2195 Mountain View Road, Stafford, VA 22556
540-657-1002

The Meadows at Salem Run
5711 Castlebridge Road, Fredericksburg, VA 22407
540-786-1733

Kings Crest
11500 Kings Crest Ct., Fredericksburg, VA 22407
540-891-9278

English Oaks
11 Darlington Way, Fredericksburg, VA 22406
540-372-7797

The Evergreens at Smith Run
2700 Cowan Blvd, Fredericksburg, VA 22401
540-374-1544

ACTIVE ADULT COMMUNITIES

These communities may have deed restrictions (55 years of age +) or may have developed into communities for seniors by nature of the development and housing type. Contact a real estate agent for more information.

SPOTSYLVANIA COUNTY
Barley Woods
Legacy Woods
Summer Lake
Mansfield Club
Mill Creek
Regency at Chancellorsville
River Crossing at Spring Arbor
Turnberry East Villas at Lee’s Hill
Villas at Barley Woods

Villas at Salem Fields
Virginia Heritage at Lee’s Parke

STAFFORD COUNTY
Falls Run by Del Webb
Celebrate by Del Webb
Leeland Station
CHOOSING A LONG-TERM CARE FACILITY

Choosing a long-term care facility for yourself or a family member can be difficult, so it is important to allow yourself plenty of time, as your circumstance permits, to find a facility that best suits your needs. Selecting the appropriate placement and making an informed decision are very important. It is recommended that visits be made to several facilities with questions in mind so that the best choices can be made.

Below are some suggestions you may want to consider when making this important decision:

- **Geography:**
  Is the facility located conveniently for visitors and preferred hospitals?

- **Financial Status:**
  Is the facility receptive to accepting the financial status of the prospective resident?

- **Level of Care:**
  Is the facility able to provide the appropriate level of care for the prospective resident?

- **Quality of Care:**
  Focus attention on the residents’ appearance; are they clean, neat and free of odor?

- **Staff to Resident Ratio:**
  How many direct care staff do they schedule per resident, for each shift? Do they enlist the assistance of outside agencies for staffing needs?

- **Resident Attitude:**
  Do the majority of the residents appear comfortable, pleasant and trusting?

- **Activities:**
  Are group programs provided and well attended, at least twice per day? Is a monthly calendar of activities posted and does it have variety to address individual interests and preferences? Are there special events each month to include family participation? Is there an extra charge for activities or for being transported to outside activities? Is the facility vehicle equipped for wheelchair access?

- **Therapy:**
  Is therapy available to the residents (physical, occupational and/or recreational)?

- **Housekeeping:**
  Are housekeepers present and continuously keeping the facility neat and clean?
• **Dietary:**
  Does the monthly menu show adequate variety? Request to have a meal at the facility (usually there is a fee).

• **Appearance and General Atmosphere:**
  Is the facility inviting and comfortably furnished with a home-like warmth?

• **Contact the Long-Term Care Ombudsman:**
  To check whether a facility is operating in compliance with the state and federal guidelines.

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**VIRGINIA OMBUDSMAN PROGRAM**

What is a Long-Term Care Ombudsman?
An ombudsman is an advocate for residents’ rights and is responsible for investigating complaints made by or on behalf of residents in Nursing Homes and Adult Care Residences. **Ombudsmen** work with residents, family members, concerned citizens, and facilities, as well as public and private agencies, to enhance the quality of care and quality of life for residents in long-term care facilities.

The Virginia Long-Term Care **Ombudsman** Program, as established by the Older American’s Act, consists of individuals at the state and local levels. The State Long-Term Care **Ombudsman** is located within the Virginia Association of Area Agencies on Aging in Richmond. Local Long-Term Care **Ombudsmen** are in each Area Agency on Aging, located in lead regional organizations.

**Who may need an Ombudsman?**
- Residents of Nursing Homes, Adult Care Residences, Assisted Livings and those persons receiving in-home health care services.
- Family and friends of the above.
- Long-Term Care facility staff.
- Government agencies and community groups.
- Anyone seeking information and education regarding long-term care or placement issues.

**What to do before contacting the Ombudsman regarding placement issues?**
- **Know your preferences.** Narrow your selection to 3-5 facilities and visit each one prior to contacting the **Ombudsman**.
- **Be prepared.** Be organized and have your concerns written down to help you be more effective and ask the right questions.
ASSISTED LIVING FACILITIES

Bickford of Spotsylvania
5000 Spotsylvania Parkway, Fredericksburg, VA 22407
540-898-1205

Cardinal Village
4621 Spotsylvania Parkway, Fredericksburg, VA 22408
540-898-1900

Chancellor’s Village of Fredericksburg
12100 Chancellor’s Village Lane, Fredericksburg, VA 22407
540-786-5000

Desired Living Home Care, LLC
603 Montrose Drive, Fredericksburg, VA 22407
571-225-9860

Fredericksburg Assisted Living
3902 Plank Road, Fredericksburg, VA 22407
540-786-5589

Commonwealth Senior Living at Fredericksburg
1001 Northside Drive, Fredericksburg, VA 22405
540-374-8200

Greenfield Assisted Living of Spotsylvania
9300 Onyx Court, Fredericksburg, VA 22407
540-891-5540

Commonwealth Senior Living at Stafford
30 Kings Crest Drive, Stafford, VA 22554
540-288-9353

Harmony at Falls Run
60 Brimley Drive, Fredericksburg, VA 22406
540-479-3788

HeartFields Assisted Living at Fredericksburg
20 HeartFields Lane, Fredericksburg, VA 22405
540-373-8800

Hughes Home
100 Caroline Street, Fredericksburg, VA 22401
540-373-4100

Marian Manor
177 Old Potomac Church Road, Stafford, VA 22555
540-659-6375

Paramount Senior Living at Fredericksburg
3500 Meekins Drive, Fredericksburg, VA 22407
540-785-3600

Poet’s Walk of Fredericksburg
3020 Gordon W. Shelton Boulevard, Fredericksburg, VA 22401
540-370-8000

Spring Arbor Living of Fredericksburg
5308 River Road, Fredericksburg, VA 22407
540-369-3849
HEALTH CARE FACILITIES

Bowling Green Health Care Center 804-633-4839
120 Anderson Avenue, Bowling Green, VA 22427

Carriage Hill Nursing Home & Residential Care Center 540-785-1120
6104 Health Center Lane, Fredericksburg, VA 22407

Falls Run Nursing and Rehabilitation Center 540-752-0111
140 Brimley Drive, Fredericksburg, VA 22406

Fredericksburg Health and Rehab 540-786-8351
3900 Plank Road, Fredericksburg, VA 22407

Heritage Hall Health Care 540-775-4000
10051 Foxes Way, King George, VA 22485

Woodmont Health Care Center 540-371-9414
11 Dairy Lane, Fredericksburg, VA 22405

Westmoreland Rehabilitation & Healthcare Center 804-224-2222
2400 McKinney Blvd, Colonial Beach, VA 22443

Health Care Facilities are described as facilities where 24-hour licensed nursing care services are provided on a continuous basis (8 hours of which must be rendered by a registered nurse). All Health Care Facilities are licensed by the Virginia Dept. of Health.

If you have questions or concerns regarding nursing facilities or Assisted Living facilities, contact the Office of the Local Long-Term Care Ombudsman at (540) 371-3375.

ADULT DAY CARE FACILITIES

Enhancing Life Senior Day Center 540-710-3397
10721 Tidewater Trail, Fredericksburg, VA 22408

Hughes Adult Day Care 540-373-4100
100 Caroline Street, Fredericksburg, VA 22401
There is a law in Virginia......

Virginia Consumer Protection Act
Virginia Code Section 59.1-196 et seq.

Purpose of the Law

* The purpose of Virginia’s Consumer Protection Act is to promote fair and ethical standards of dealings between businesses and consumers.

* The law applies only to the sale or lease of goods or services used primarily for personal, family or household purposes.

* Misrepresentation, deceit and fraudulent acts or practices by businesses are prohibited.

Prohibited Practices

* Misrepresenting goods or services as those of another.

* Misrepresenting the source, sponsorship, approval or certification of goods or services.

* Misrepresenting the affiliation, connection or association of the supplier, or of the goods or services, with another.

* Misrepresenting the geographic origin of goods or services.

* Misrepresenting the quantities, characteristics, or uses of goods or services.

* Misrepresenting that goods or services are of a particular standard, quality, grade, style or model.

* Advertising or offering for sale goods which are used, secondhand, or otherwise defective without so labeling them.

* Advertising goods or services without the intent to sell them as advertised or without the intent to sell at the advertised price.

* Making false or misleading statements concerning amounts of, or reasons for, price reductions or false or misleading price comparisons with the supplier’s competitors.

* Misrepresenting that repairs, services, or alterations have been performed or parts installed.

* Misrepresentation by use of written materials which appear to be an invoice or bill for merchandise or services previously ordered.

* Using the words “wholesale,” “factory,” or “manufacturer” for the supplier’s name unless
the supplier is primarily engaged in such a business.

* Using a liquidated damage clause, penalty clause, waiver of defense, or attempting to collect liquidated damages, when such clause is void or unenforceable under Virginia or Federal law or regulations.

* Using any other deception, fraud, false pretense or promise in connection with consumer transactions. Committing violations pertaining to the sale of certain animals by pet dealers as described in Section 3.1-796.78, 3.1-796.79 or 3.1-796.82 of the Code of Virginia.

* Failing to disclose all conditions, charges, or fees relating to layaways and to return of goods for refund, exchange, or credit.

* Also, failing to provide written notice of an existing open-end credit balance in excess of $5 on an account maintained by the supplier and resulting from the consumer’s overpayment on such account.

Further Violations

* Any violation of the following acts: the Virginia Health Spa Act; the Virginia Home Solicitation Sales Act; the automobile Repair Facilities Act; the Virginia Lease-Purchase Agreement Act; the Virginia Public Telephone Information Act; the Credit Services Businesses Act; the Prizes Act and Gifts Act; the Collision Damage Waiver Act; Section 54-1-1505 of the Code of Virginia relating to hearing aids; the Refund Policy; the Motor Vehicle Manufactures’ Warranty Adjustment Act; the Pay-Per-Call Services Act; the Extended Service Contract Act; the Virginia Membership Camping Act; the Comparison Price Advertising Act; the Virginia Travel Club Act; and Sections 46.2-1231 and 46.2-12331 of the Code of Virginia, relating to towing.

For more information on this or any other consumer topic, please write to us, or visit our Website.

Virginia Department of Agriculture and Consumer Services
Office of Consumer Affairs
1100 Bank Street, Suite 100, Richmond, VA 23219

(800) 552-9963 or (804) 786-2042
www.vdacs.state.va.us
KNOW YOUR VICAP
A Part of SHIP (State Health Insurance Assistance Program)

The Healthy Generations Area Agency on Aging has trained VICAP Counselors (Virginia Insurance Counseling and Assistance Program) to help you year round. Counselors provide:

- Assistance during Medicare annual open enrollment period
- Information for those who are new to Medicare, or who have moved to a new address
- Information on insurance coverage options such as Medigap and Long-Term Care
- Completion of Medicaid applications
- Submission of healthcare appeals
- Assistance finding financial help for Medicare premiums, deductibles, and co-payments
- Assistance with complex medical bills
- Understanding potential Medicare fraud and abuse

All counseling offered by VICAP Counselors is personalized, confidential, and free of charge.

Se habla español

Call 540-371-3375 to schedule your appointment
ISSUES TO CONSIDER WHEN MOVING A LOVED ONE TO THE FREDERICKSBURG VIRGINIA AREA

There comes a time when the difficult conversation of moving our parents and loved ones to be closer to us must start. This decision may be due to a want to have our parents closer to our families, to have the ability to more closely monitor Mom and Dad's everyday living skills, or the need to provide adequate care for our elderly loved ones. One out of every four people is a caregiver for a family member or friend. In the absence of a spouse who is able to provide care, a daughter or daughter in law is most likely to assume the role of caregiver. Whatever the instance, there are numerous factors to be discussed in making this decision. Moves can be traumatic for anyone.

This list of issues is by no means all-inclusive. Every situation will be different and therefore; must be looked at on a personal level. Take into consideration all the current services a person is receiving or could be receiving if needed. Now compare them to what is available in the area you are interested in moving your loved one to. Comparing costs is an important thing to do, but should not be the only factor that effects the decision. Emotional well-being is an important aspect of keeping us healthy. Take into effect the toll a move will have on ALL parties affected. Please do not hesitate to contact your local Agency on Aging for information.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Information Sources</th>
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<tbody>
<tr>
<td>Income: Will income remain the same when move is complete? Consider food stamps, SLMB and QMB (Partial Medicaid) benefits, fuel assistance, etc. that may or may not transfer.</td>
<td>Benefits Coordinator, Local Social Services, Social Security.</td>
</tr>
<tr>
<td>Housing Costs: Compare what type of housing the person considering a move is currently living in and what is available in this area. Are you going to buy or rent? Is it rent subsidized? Are utilities included? What about maintenance? Are pets allowed? Are you considering an Assisted Living Facility?</td>
<td>Individual Housing Complexes, Real Estate Agents, Local Area Agency on Aging (AAA)</td>
</tr>
<tr>
<td>Health Care/Health Insurance: Can you find doctors and/or specialists to treat you? Will your doctor accept Medicare/Medicaid? Will current insurance transfer to new area? Will you be qualified for Medicaid (the State Health Insurance Program for the Low-Income and Disabled)?</td>
<td>Benefits Coordinator, Local Social Services, Doctor's Offices, AAA.</td>
</tr>
<tr>
<td>Prescription Drug Coverage/Cost: Do you currently have prescription drug coverage? Will it transfer with you? Are there programs in the new area to cover your prescription drugs at an affordable level?</td>
<td>Local Social Services, Medicare, MAP, Private Prescription Discount Cards, AAA.</td>
</tr>
<tr>
<td>Transportation: Is transportation easily found in your area? How will you get to church, the beauty parlor or barbershop, grocery store and doctor's appointments?</td>
<td>Fred Transportation System, Taxi Services, AAA.</td>
</tr>
<tr>
<td>Activities: Do various activities exist that you will be able to participant in? Are there senior centers compatible with your activity level? Are you looking for an adult day care facility? Will the cost of such programs be within your budget?</td>
<td>AAA, Local Senior Centers, AARP, Adult Day Care Facilities.</td>
</tr>
<tr>
<td>Care Costs: Are you receiving personal care and/or help with housework and errands currently? Will this continue? Costs?</td>
<td>AAA, In-Home Non-Medical Companies, Home Health Agencies.</td>
</tr>
<tr>
<td>Caregiver Effect: Prolonged caregiving can adversely affect one's physical and psychological health, current and future employment status and earning capability, ability to balance the needs of older parents and younger family members, and the ability to meet personal needs. How will the move effect the future caregiver? Will he/she have time and energy to meet the needs of the loved one? Does the caregiver have a support system in place, someone to assist in the daily needs or one who can be trusted when the caregiver goes away for job training or takes a vacation?</td>
<td>AAA, Local Newspapers for Support Groups, In-Home Non-Medical Companies, Home Health Agencies.</td>
</tr>
</tbody>
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NOTES
In-home care for a better quality of life.

Right at Home offers caregiving services for almost any family and practically any situation.

In-home care is the perfect choice for those who want to remain independent but are challenged by activities of daily living.

**Services We Provide**

- Safety Supervision
- Family Respite Care
- Daily Health Reminders
- Meal Preparation
- Fall Prevention

- Bathing and Dressing
- Light Exercise
- Transportation
- Shopping & Errands
- Light Housekeeping

540-720-0734
www.rahstafford.com

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