

AREA AGENCY ON AGING



HEALTHY  
GENERATIONS

# Senior Resources Directory

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Healthy Generations Area Agency on Aging

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## Healthy Generations Area Agency on Aging

460 Lendall Lane

Fredericksburg, VA 22405

540-371-3375

540-371-3384 fax

[info@healthygenerations.org](mailto:info@healthygenerations.org)

Find us online

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



[www.facebook.com/RappahannockAreaAgencyonAging](http://www.facebook.com/RappahannockAreaAgencyonAging)

# **Healthy Generations Area Agency on Aging**

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 (HGAAA)  
460 Lendall Lane  
Fredericksburg, Virginia 22405**

**Visit Healthy Generations' Web Site at  
[www.healthygenerations.org](http://www.healthygenerations.org)**

HGAAA does not discriminate based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from public assistance programs, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program of activity funded by USDA Rural Development.

***December 1, 2023***

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**Local Area Agency on Aging:**

**Healthy Generations Area Agency on Aging**

540-371-3375

460 Lendall Lane

Fredericksburg, VA 22405

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:

Caregiver Services  
Communication, Referral, Information & Assistance  
Consumables  
Disease Prevention & Health Promotion  
Elder Abuse Prevention & Intervention  
Emergency Service-Financial Assistance  
Employment Training Program  
Home Delivered Meals  
Homemaker Services  
Information & Referral Services  
Legal Assistance (Referral)  
Long-Term Care Ombudsman Program  
Nutrition Education and Counseling  
Options Counseling  
Respite Reimbursement Program  
Senior Cafes/Congregate Meals  
Senior Cool Care  
Senior Medicare Patrol  
Senior Resources Directory  
Senior's Voice Newsletter  
Telephone Reassurance/Checking  
Transportation: Information and Resources  
Virginia Insurance Counseling/Advocacy  
Wellness Programs  
Volunteer Opportunities

**For more information, Healthy Generations encourages you to call 540-371-3375**

**or**

**visit the web site at [www. healthygenerations.org](http://www.healthygenerations.org)**

## **AREA AGENCIES ON AGING IN VIRGINIA**

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.**

1501 Third Avenue East, 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.**

216 College Ridge Road, P.O. Box 765, Cedar Bluff, VA 24609

Phone: 276-964-4915

Serves: Counties of Dickerson, Buchanan, Tazewell, & Russell

### **PSA 3**

#### **DISTRICT THREE SENIOR SERVICES**

4453 Lee Highway, Marion, VA 24354

Phone: 276-783-8157

Serves: Counties of Wythe, Washington, Smyth, Bland, Carroll, & Grayson & the Cities of Galax & Bristol

### **PSA 4**

#### **NEW RIVER VALLEY AGENCY ON AGING**

6226 University Park Drive, Suite 3100

Fairlawn, Virginia 24141

Phone: 540-980-7720

Serves: Counties of Giles, Floyd, Pulaski, & Montgomery & the City of Radford

### **PSA 5**

#### **LOA-AREA AGENCY ON AGING, INC.**

4932 Frontage Rd NW, Roanoke, VA 24019

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

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

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**

2100 Washington Blvd. 4th Floor, Arlington, VA 22204

Phone: 703-228-1700

Serves: County of Arlington

PSA 8C

**FAIRFAX AREA AGENCY ON AGING**

12011 Government Center Parkway, #708, Fairfax, VA 22035

Phone: 703-324-7948

Serves: County of Fairfax & Cities of Fairfax & Falls Church

PSA 8D

**LOUDOUN COUNTY AREA AGENCY ON AGING**

742 Miller Drive, SE, Leesburg, VA 20175, P.O. Box 7800, Leesburg, VA 20177

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: 703-792-6374

Serves County of Prince William & Cities of Manassas & Manassas Park

PSA 9

**ENCOMPASS COMMUNITY SUPPORTS**

**(formerly Rappahannock-Rapidan Community Services)**

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 12<sup>th</sup> 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

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

Serves: Counties of Mecklenburg, Halifax, Brunswick & City of South Boston

PSA 14

**PIEDMONT SENIOR RESOURCES AREA AGENCY ON AGING, INC.**

1413 South Main Street, Farmville, VA 23901

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

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.**

5306 Old Virginia Street, P.O. Box 610, 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**

2551 Eltham Avenue, Suite Q, Norfolk, VA 23513

Phone: 757-461-9481

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, Bldg. 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

Serves: Counties of Accomack & Northampton

**VIRGINIA ASSOCIATION OF AREA AGENCIES ON AGING (V4A)**

24 E. Cary Street, Suite 100

Richmond, VA 23219

Phone: 804-545-1644

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



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

## ORGANIZATIONS

**American Automobile Association (AAA)**  
2871 Plank Road, Fredericksburg, VA 22401

540-785-0282

### **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.

**National Office:** 601 E. Street, N.W., Washington, D.C. 20049 888-687-2277

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

### **Fredericksburg AARP Chapter #3396**

Meets the 1<sup>st</sup> 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](http://aarp3396.org) to confirm location

### **King George AARP Chapter #3195**

Meets the 1<sup>st</sup> 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)**

71 Stevenson Street, Suite 1450, San Francisco, CA 94105-2938

800-537-9728

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

### **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.

### **Fredericksburg Regional Chamber of Commerce**

2300 Fall Hill Ave., Suite 240, Fredericksburg, VA 22401

540-373-9400

### **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.

**Internal Revenue Service**

Federal Tax Forms Only:

800-829-3676

Federal Tax Information &amp; Assistance:

800-829-1040

**Local IRS Office:**

540-899-9450

1320 Central Park Blvd, Fredericksburg, VA 22401

**Jewish Council for the Aging**

703-425-0999

12320 Parklawn Drive, Rockville, MD 20852

301-881-5263

**National Association of Retired Federal Employees (NARFE)**

703-838-7760

606 N. Washington St., Alexandria, VA 22314

**LOCAL NARFE CHAPTERS:****Fredericksburg #90**

Maureen Nolet

540-370-0036

**Caroline Chapter #2113**

Myrna Satterwhite

804-633-6876

**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 15<sup>th</sup> 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 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 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 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

**State Corporation Commission Bureau of Insurance (Virginia)** 800-552-7945  
P. O. Box 1157, Richmond, VA 23218

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

**Virginia Department for Aging and Rehabilitative Services** 804-662-9333  
**Division for the Aging**  
1610 Forest Avenue, Suite 100, Henrico, VA 23229  
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** 626-564-1988  
**National Association for Hispanic Elderly**  
234 East Colorado Boulevard, Suite 300, Pasadena CA 91101

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

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

**National Hispanic Council on Aging**

202-347-9733

734 15<sup>th</sup> Street NW, Washington, D.C. 20005

A private, non-profit organization that works to promote the well-being of older Hispanics.

**National Asian Pacific Center on Aging**

206-322-5272

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.

## **Eldercare Locator**

**800-677-1116****[www.eldercare.acl.gov](http://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.

## **WHITE HOUSE GREETING 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 ensure adequate time for processing, requests should be sent six (6) weeks prior to the birthday or anniversary. There are three (3) ways to request a card:

1. Directly online at: <https://www.whitehouse.gov/presidential-greeting/>.
2. Through the "Constituent Services" function of the office of one of your state's Senators or Representatives.
3. Mailed directly to the White House: White House, Attn: Greetings Office  
1600 Pennsylvania Avenue, Washington, D.C. 20500.

# VETERANS AFFAIRS

## U.S. Department of Veterans Affairs

Access and manage your VA benefits and health care  
[www.va.gov](http://www.va.gov)

## Hunter Holmes McGuire Veterans Affairs Outpatient Clinics

### Fredericksburg Locations

McGuire VA Medical Center  
Massaponax VA Clinic  
4830 Southpoint Drive  
Fredericksburg, VA 22407-2606  
540-370-4468

McGuire VA Medical Center  
Fredericksburg 2 VA Clinic  
10401 Spotsylvania Ave., Suite 300  
Fredericksburg, VA 22408  
540-693-3140

## 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

703-630-2810

Education Ctr., 3089 Roan Street, Quantico, VA 22134

### Fredericksburg Benefits Office

540-376-7298

10300 Spotsylvania Avenue, Suite 290, Fredericksburg, VA 22408

## 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

## HEALTH RELATED AGENCIES & ORGANIZATIONS

<b>Alcohol Abuse Hotline (Local)</b>	888-491-1165
<b>Alzheimer's Association (<i>Greater Richmond Chapter</i>)</b> 4600 Cox Rd, # 130, Glen Allen, VA 23069	804-967-2580
<b>Alzheimer's Disease Education &amp; Referral Center</b>	800-438-4380
<b>Alzheimer's Foundation of America</b>	866-232-8484
<b>American Cancer Society - Virginia</b>	804-527-3702
<b>American Diabetes Association</b>	800-342-2383
<b>American Heart Association</b>	877-242-4277
<b>American Kidney Fund</b>	800-638-8299
<b>American Parkinson's Disease Association</b>	800-223-2732
<b>American Red Cross</b> 2217 Princess Anne Street, Unit B26, Fredericksburg, VA 22401	540-735-0500
<b>American Speech, Language, &amp; Hearing Association</b> Consumer Division	800-638-8255
	TTY 301-296-8580
<b>Arthritis Foundation, Mid-Atlantic Region</b>	303-652-4900
<b>Arthritis Caring Together</b>	859-272-6099
<b>American Lung Association Lung HelpLine</b>	800-548-8252
<b>Cancer Information Service</b> The toll-free Cancer Information (CIS) can provide accurate, up-to-date information about cancer & cancer related resources.	800-4-CANCER
<b>*Caroline Family Practice</b> 102 W. Broadus Avenue, Bowling Green, VA 22427	804-632-1030
<b>*Community Health Center of the Rappahannock Region</b> 1965 Jefferson Davis Highway, Fredericksburg, VA 22401	540-735-0560
<b>*Community Pharmacy</b> 1301 Sam Perry Boulevard, Fredericksburg, VA 22401	540-741-1061



<b>disAbility Law Center of Virginia</b> 1910 Byrd Avenue, Suite 5, Richmond, VA 23230	804-225-2042
<b>disAbility Resource Center</b> 409 Progress Street, Fredericksburg, VA 22401	540-373-2559
<b>Equipment Connection</b> 1503 Princess Anne Street, Fredericksburg, VA 22401	540-373-2559
<b>*Fredericksburg Christian Health Center</b> 1129 Heatherstone Drive, Fredericksburg, VA 22407	540-785-8500
<b>Encompass Health Rehabilitation Hospital of Fredericksburg</b> 300 Park Hill Drive, Fredericksburg, VA 22401	540-368-7300
<b>Kenny's Closet Ostomy Supply Closet</b> 1301 Hospital Drive, Fredericksburg, VA 22401 Receive or donate ostomy equipment Thursday 10 am – 12 pm	540-741-1751
<b>*Lloyd F. Moss Free Clinic</b> 1301 Sam Perry Boulevard, Fredericksburg, VA 22401	540-741-1061
<b>Mary Washington Hospital</b> 1001 Sam Perry Boulevard, Fredericksburg, VA 22401	540-741-1100
<b>National Council on Alcoholism</b>	800-622-2255
<b>National Headache Foundation</b> Offers information about all types of headaches and treatments	888-643-5552
<b>National Kidney Foundation</b>	800- 622-9010
<b>National Library Services for the Blind &amp; Physically Handicapped</b> TDD	202-707-5100 or 202-707-0744
<b>National Osteoporosis Foundation</b>	800-231-4222
<b>Pulmonary Pals</b> Support group for patients and/or families of patients with lung disease.	540-741-1441
<b>Spotsylvania Regional Medical Center</b> 4600 Spotsylvania Parkway, Fredericksburg, VA 22408	540-498-4000

<b>Stafford Hospital Center</b> 101 Hospital Center Blvd., Stafford VA 22555	540-741-9000
<b>Virginia Assistive Technology System</b> 4900 Fitzhugh Avenue, Richmond, VA 23230	800-435-8490
<b>Virginia Department for the Deaf &amp; Hard of Hearing</b> Video Phone: (FOR USE ONLY BY CALLERS WHO ARE DEAF)	804-662-9502 804-325-1290
<b>Virginia Department of Rehabilitative Services</b> 10300 Spotsylvania Avenue, Fredericksburg, VA 22408	540-899-4161
<b>VHQC</b> 9830 Mayland Drive, Suite J, Richmond, VA 23233	804-289-5320
<b>Westwood Clubhouse (Brain Injury Services, Inc.)</b> 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.



**540-373-6464**

The Equipment Connection is The disAbility Resource Center's adaptive medical equipment reuse program. The Equipment Connection accepts new and gently used equipment, cleans and repairs it, and then returns it to those in the community who would not otherwise be able to obtain it.

The Equipment Connection is located at 1503 Princess Anne St., Fredericksburg, VA, 22401, and is open, generally, from 9 a.m. to 3 p.m. Monday through Friday. Although an appointment is not necessary, it is best to call ahead of time to ensure there is staff available to assist you.

## DOMESTIC VIOLENCE & SEXUAL ASSAULT

**Empowerhouse**  
**Empowerhouse – Crisis Hotline**

540-373-9372  
540-373-9373

**Rappahannock Council Against Sexual Assault**  
**Rappahannock Council Against Sexual Assault - Crisis Hotline**

540-371-6771  
540-371-1666

## Virginia Easy Access easyaccess.virginia.gov



Many people find locating information about available long-term services and supports a daunting task. The mission of **Virginia Easy Access** is to make this search easier. The Virginia Easy Access website connects older adults, adults with disabilities, veterans, and families to information about a wide range of public programs and supports in a way that is accessible and easy to navigate.

# 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](http://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](http://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](http://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](http://www.nami.org)

### Virginia 2-1-1

Dial 2-1-1

Free, confidential referral and information on health services, financial assistance, housing, senior services, childcare and more!

[www.211.org](http://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.

[www.dvs.virginia.gov/virginia-veteran-and-family-support-2](http://www.dvs.virginia.gov/virginia-veteran-and-family-support-2)

### 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](mailto:mhafred@mhafred.org)  
(updated August 2019)

## Rappahannock Area Mental Health Resources

### Service Providers

<b>Community Health Center of the Rappahannock Region</b>	<b>540-735-0560</b>
<b>Caroline Family Practice</b>	<b>804-632-1030</b>
Staff includes a MD and clinical psychologist; dental, health and counseling services.	<a href="http://www.cvhinc.org">www.cvhinc.org</a>
<b>Compass Counseling Services</b>	<b>NOVA: 703-496-7804 or Fredericksburg: 540-339-3640</b>
Intensive in-home, therapeutic day treatment, mental health support services, Autism behavioral support, outpatient services, psychological testing, play therapy.	<a href="http://www.compassnova.com">www.compassnova.com</a>
<b>Dominion Day Services</b>	<b>540-371-8750</b>
Mental Health support services.	<a href="http://www.dominionyouthservices.com">www.dominionyouthservices.com</a>
<b>Empowerhouse</b>	<b>540-373-9373</b>
Supporting survivors of domestic violence to move beyond victimization to healing and empowerment. Crisis intervention, 24-hour hotline, shelter, free support groups.	<a href="http://www.empowerhouseva.org">www.empowerhouseva.org</a>
<b>Family Preservation Services (Pathways)</b>	<b>540-710-6085</b>
Comprehensive service planning for people receiving government assistance.	<a href="http://www.pathways.com">www.pathways.com</a>
<b>Family Solutions</b>	<b>877-582-6363</b>
Crisis intervention, mental health support services, intensive family services.	<a href="http://www.familysolution.net">www.familysolution.net</a>
<b>Fredericksburg Counseling Services</b>	<b>540-373-6876</b>
Free mental health clinic provides counseling for uninsured, low-income individuals and families. INFO – online listing of community support groups.	<a href="http://www.fcsagency.org">www.fcsagency.org</a>
<b>Intercept</b>	<b>804-440-3700</b>
Mental health support services, intensive in-home counseling, therapeutic day treatment.	<a href="http://www.intercepthealth.com">www.intercepthealth.com</a>
<b>Lloyd F. Moss Free Clinic</b>	<b>540-741-1061</b>
Psychiatric evaluation with medication management and therapy support for persons eligible for services at the Moss Free Clinic.	<a href="http://www.mossfreeclinic.org">www.mossfreeclinic.org</a>
<b>National Counseling Group</b>	<b>540-446-0007</b>
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.	<a href="http://www.ncgcommunity.com">www.ncgcommunity.com</a>
<b>Pinnacle Treatment Centers</b>	<b>540-735-9350</b>
Services for individuals with chemical dependency and their families: assessment & intervention; intensive outpatient programs; ambulatory detoxification; alternative therapies; family intervention.	
<b>Rappahannock Area Community Services Board – Administrative Offices and Fredericksburg Clinic</b>	<b>540-373-3223</b>
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.	<a href="http://www.rappahannockareacsb.org">www.rappahannockareacsb.org</a>
<b>Rappahannock Council Against Sexual Assault</b>	<b>540-371-6771 office / 540-371-1666 hotline</b>
Sexual abuse & 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>
<b>Snowden at Fredericksburg</b>	<b>540-741-3900 or 800-362-5005</b>
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.	<a href="http://www.snowdenmentalhealth.com">www.snowdenmentalhealth.com</a>
<b>Spotsylvania Regional Medical Center Behavioral Health Services</b>	<b>540-498-4000</b>
Free assessments and referrals; inpatient services, partial hospitalization program.	<a href="http://www.spotsrmc.com">www.spotsrmc.com</a>

***You are not alone! Help is available.***

Please provide revisions to Mental Health America of Fredericksburg at 540-371-2704 or [mhafred@mhafred.org](mailto:mhafred@mhafred.org)  
(updated August 2019)

## EMERGENCY SERVICE ORGANIZATIONS

<b>Information and Referral Hotline</b>	211
<b>American Red Cross</b>	540-735-0500
<b>Central Virginia Housing Coalition</b>	540-604-9943
<b>Caroline Emergency Relief through Volunteer Efforts (CERVE)</b> Emergency lodging, fuel, utilities, rent, and prescription assistance.	540-842-0102
<b>Fredericksburg Area Food Bank</b> Go to <a href="http://www.fredfood.org">www.fredfood.org</a> for information on pantry locations	540-371-7666
<b>Fredericksburg Regional Homelessness Helpline</b> 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.	540-358-5801
<b>Legal Aid Works - Intake Hotline</b>	703-778-6800
<b>Micah Ecumenical Ministries</b>	540-479-4116
<b>Rappahannock United Way</b>	540-373-0041
<b>St. Vincent de Paul Society</b>	540-898-9066
<b>St. William of York (Stafford Only)</b>	540-659-1102
<b>Salvation Army</b>	540-373-3431
<b>SERVE</b>	540-288-9603
<b>Spotsylvania Emergency Concerns Association (SECA)</b>	540-582-2465
<b>Thurman Brisben Homeless Shelter</b>	540-899-9853



If you or someone you know needs support now,  
**call or text 988 or chat [988lifeline.org](https://988lifeline.org)**

## **FOR THE VISUALLY IMPAIRED**

<b>American Council of the Blind (ACB)</b>	202-467-5081
<b>Better Vision Institute</b> Individuals can contact the Institute for information about the prevention, detection, & treatment of eye diseases.	703-243-1528
<b>disAbility Resource Center (dRC)</b>	540-373-2559
<b>Lighthouse for the Visually Impaired</b>	800-334-5497
<b>National Library Services for the Blind &amp; Physically Handicapped</b> TDD	202-707-5100 or 202-707-0744
<b>Senior Eye Care Program</b> 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.	800-222-3937
<b>The Retina Group of Washington</b> 1500 Dixon Street, Suite 204, Fredericksburg, VA 22401	540-654-5333
<b>Virginia Assistive Technology System</b> 2001 Maywill Street, Suite 202, Richmond, VA 23230	804-662-9990
<b>Virginia Department for the Blind and Vision Impaired</b>	800-622-2155
<b>Virginia Department of Rehabilitative Services</b> 10300 Spotsylvania Avenue, Fredericksburg, VA 22408	540-899-4161
<b>Volunteers for the Blind</b> 13 Lafayette Station, Fredericksburg, VA 22401	540-899-8847

## FOR THE HEARING IMPAIRED

### **Better Hearing Institute**

800-327-9355

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

### **ClearCaptions**

804 292-5677

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

### **disAbility Resource Center (dRC)**

540-373-2559

409 Progress Street, Fredericksburg, VA 22401      Video Phone      800- 645-5419  
Deaf & Hard of Hearing      540-373-5890

### **Hearing Aid Helpline**

800-521-5247

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**

301-657-2248

7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814      TTY      301-657-2249

### **Hearing Loss Association of America – Rappahannock Chapter**

540-373-2559

540-373-5890

CAPTEL/TTY

### **International Hearing Society**

734-522-7200

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.**

301-587-1788

Users Call      301-597-1789

### **National Institute on Deafness and Other Communication Disorders**

800-241-1044

TTY      800-241-1055

### **Telecommunications for the Deaf and Hard of Hearing, Inc.**

301-589-3786

### **Hearing Helpline**

800-527-9355

Provides information on hearing loss and hearing help to callers across the country.



## DENTAL ASSISTANCE

**Central Virginia Health Services - Caroline** 804-632-1030  
102 W. Broadus Ave., Suite 200, Bowling Green Virginia 22427

**Central Virginia Health Services - Fredericksburg** 540-735-0560  
1965 Jefferson Davis Highway, Suite 100, Fredericksburg, VA 22401-3353

**Germanna Community College Dental Hygiene Program** 540-741-1061  
**[www.germanna.edu/dental/dental-hygiene/clinic-information](http://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](http://www.vcudentalcare.com)

## HOME HEALTH CARE AGENCIES

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

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

**BrightStar Care** 540-376-3131  
510 Princess Anne Street, Suite 201, Fredericksburg, VA 22401

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

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

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

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

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

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

<b>Medi Home Health and Hospice</b> 4820 Southpoint Drive, Suite 103, Fredericksburg, VA 22407	540-684-3130
<b>Nayar Health Care</b> 5000 Southpoint Parkway, Fredericksburg, VA 22407	804-330-5433

## **HOSPICE & PALLIATIVE CARE AGENCIES**

<b>Affinity Care of Virginia</b> 450 Solomon Drive, Suite 105, Fredericksburg, VA 22405	540-210-6001
<b>AT Home Care &amp; Hospice</b> 1121 Heatherstone Drive, Fredericksburg, VA 22407	540-322-2981
<b>Compassus</b> 1440 Central Park Blvd., Suite 100C Fredericksburg, VA 22401	540-645-6465
<b>Legacy Hospice</b> 150 Riverside Pkwy., Suite 111, Fredericksburg, VA 22406	540-299-8440
<b>Mary Washington Hospice, Palliative, and Grief Support Services</b> 2300 Fall Hill Avenue, Suite 401, Fredericksburg, VA 22401	540-741-3580

## **END OF LIFE CARE RESOURCES**

Coda Alliance	<a href="https://codaalliance.org/">https://codaalliance.org/</a>
Advance Care Planning	<a href="http://www.nia.nih.gov/health/advance-care-planning-health-care-directives">www.nia.nih.gov/health/advance-care-planning-health-care-directives</a>
Five Wishes	<a href="http://www.fivewishes.org">www.fivewishes.org</a>
Funerals Consumers Alliance	<a href="http://www.funerals.org">www.funerals.org</a>
Hospice, Caregiving, Bereavement, and Related Topics	<a href="http://www.hospicenet.org">www.hospicenet.org</a>
National Hospice and Palliative Care Organization	<a href="http://www.nhpco.org">www.nhpco.org</a>
National Institute for Jewish Hospice	<a href="http://www.nijh.org">www.nijh.org</a>
Palliative Care	<a href="http://www.getpalliativecare.org">www.getpalliativecare.org</a>
The Conversation Project	<a href="http://www.theconversationproject.org">www.theconversationproject.org</a>

## 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

540-242-8495

Contact: Meals on Wheels

(sponsored by The Interfaith Community Council - Fredericksburg)

Meals are delivered within a four-mile radius of Mary Washington Hospital

Monday – Friday Mid-Day and Dinner Meal: Weekly Fee

[www.interfaithcommunitycouncil.org/meals-on-wheels](http://www.interfaithcommunitycouncil.org/meals-on-wheels)

### 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

### Active Home Healthcare LLC

703-855-7193

3 Justin Court, Stafford, VA 22554

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

### Care Advantage Fredericksburg

703-436-4767

10653 Spotsylvania Ave., Fredericksburg, VA 22408

Licensed personal care services and non-medical assistance

<b>Caring Hands Healthcare Solutions, LLC</b>	540-656-2468
225 Industrial Court, Suite 100, Fredericksburg, VA 22408	
Licensed personal care services and non-medical assistance	
<b>Comfort Homecare Services, LLC</b>	540-658-9266
2066 Richmond Hwy., Suite 209, Stafford, VA 2254	
Licensed personal care services and non-medical assistance	
<b>Comfort Keepers</b>	540-205-8743
304 Westwood Office Park, Fredericksburg, VA 22401	
Licensed personal care services and non-medical assistance	
<b>EvermoreCare Home Health</b>	540-210-2201
9 Center Street, Suite 101, Stafford, VA 22556	
Licensed personal care services and non-medical assistance	
<b>Glamour Homecare, LLC</b>	571-662-1064
1320 Central Park Blvd., Suite 200, Fredericksburg, VA 22401	
Licensed personal care services and non-medical assistance	
<b>Home Instead</b>	540-899-1422
107 Olde Greenwich Drive, Suite 101, Fredericksburg, VA 22408	
Licensed personal care services and non-medical assistance	
<b>Innovatus Care</b>	855-411-2110
4020 Plank Road, Fredericksburg, Virginia 22407	
Licensed personal care services and non-medical assistance	
<b>One on One Care</b>	540-288-1300
300 Garrisonville Road, Suite 302, Stafford, VA 22554	
Licensed personal care services and non-medical assistance	
<b>Paradise Health Care</b>	844-525-1974
2 Martha Ct. Stafford, VA 22554	
Licensed personal care services and non-medical assistance	
<b>Right at Home</b>	540-720-0734
2124 Jefferson Davis Highway, Suite #101, Stafford, VA 22554	
Licensed personal care services and non-medical assistance	
<b>True Faith Home Health Care</b>	703-310-7221
2 Martha Ct. Stafford, VA 22554	
Licensed personal care services and non-medical assistance	
<b>Virginia Home Care Partners</b>	540-419-1615
10718 Ballantraye Dr. Suite 410, Fredericksburg VA 22407	
Licensed personal care services and non-medical assistance	

**Visiting Angels** 540-373-6906  
1952 William Street, Fredericksburg, VA 22401  
Licensed personal care services and non-medical assistance

**Bridges Senior Care Solutions, Inc.** 540-899-3404  
P. O. Box 1310, Fredericksburg, VA 22402  
Guardianship

**Caring Transitions** 540-368-6092  
Provides support and physical assistance to seniors making changes in living arrangements.

**Downsizing VA** 540-834-8412  
Provides support and physical assistance to seniors making changes in living arrangements.

**Smooth Transitions Fredericksburg** 540-847-2131  
Provides support and physical assistance to seniors making changes in living arrangements.

## **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**

## DURABLE MEDICAL EQUIPMENT

<b>All American Mobility</b> 1273 Central Park Blvd., Fredericksburg, VA 22401 <a href="http://www.allamericanmobility.com">www.allamericanmobility.com</a>	540-361-1679
<b>Comfort Medical Supply</b> 1273 Central Park Blvd, Fredericksburg, Virginia 22401 <a href="http://www.comfortmedicalstore.com">www.comfortmedicalstore.com</a>	540-785-3202
<b>Equipment Connection</b> 1503 Princess Anne Street, Fredericksburg, VA 22401 <a href="http://www.cildrc.org/equipment-connection">www.cildrc.org/equipment-connection</a>	540-373-2559
<b>Lincare</b> 305 Hanson Ave Suite 100, Fredericksburg, VA 22401 <a href="http://www.lincare.com">www.lincare.com</a>	540-899-5521
<b>Med-Air Homecare - Fredericksburg</b> 390 Kings Highway, Suite 103, Fredericksburg, VA 22405 <a href="http://www.medairhomecare.com">www.medairhomecare.com</a>	540-899-1996
<b>Mobility Plus Fredericksburg</b> 5132 Southpoint Parkway, Fredericksburg, VA 22407 <a href="http://www.mobilityplus.com/fredericksburgva/">www.mobilityplus.com/fredericksburgva/</a>	540-693-1528
<b>Roberts Home Medical, Inc.</b> 211 Park Hill Dr, Fredericksburg, VA 22401 <a href="http://www.robertshomemedical.com">www.robertshomemedical.com</a>	540-373-7400

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](http://www.medicare.gov).

## 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**

<b>Caroline</b>	804-633-7277
<b>Fredericksburg</b>	540-372-1086
<b>King George</b>	540-775-4386
<b>Spotsylvania</b>	540-507-7529
<b>Stafford</b>	540-658-4871

## **ACTIVE ADULT COMMUNITIES**

Active Adult Communities are communities that may have age related deed restrictions or may have developed into communities for seniors by nature of the development and housing type. There are many in our service area.

Contact a real estate agent for more information.

**If you are 65 years or older, or disabled, call your Commissioner of Revenue to obtain information about Real Estate Tax Relief**

<b>Caroline</b>	804-633-4531
<b>Fredericksburg</b>	540-372-1004
<b>King George</b>	540-775-4664
<b>Spotsylvania</b>	540-507-7052
<b>Stafford</b>	540-658-4133

## **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



<b>Forest Village</b> 1400 Forest Village Drive, Fredericksburg, VA 22401	540-371-2200
<b>Garrison Woods</b> 207 Garrison Woods Drive, Stafford, VA 22554	540-659-6078
<b>Hazel Hill</b> 100 Princess Anne Street, Fredericksburg, VA 22401	540-373-1422
<b>Heritage Park</b> 1003 Frederick Place, Fredericksburg, VA 22401	540-371-9362
<b>McKendree Manor</b> 101 McKendree Court, Fredericksburg, VA 22406	540-373-1419
<b>Mill Park Terrace</b> 2216 Caroline Street, Fredericksburg, VA 22401	540-371-4430
<b>The Pines</b> 8835 Crismond Lane, Spotsylvania, VA 22551	540-582-2415

## SENIOR APARTMENT COMMUNITIES

<b>Alexander Heights</b> 2704 Salem Church Road, Fredericksburg, VA 22407	540-548-0010
<b>Chancellor's Village of Fredericksburg</b> 12100 Chancellor's Village Lane, Fredericksburg, VA 22407	540-786-5000
<b>Enoch George Manor</b> 10231 Brittany Commons Blvd., Spotsylvania, VA 22553	540-710-9989
<b>Jubilation By Silver Companies</b> 2200 Carl D Silver Pkwy., Suite 100, Fredericksburg, VA 22401	833-822-4424
<b>Keswick Senior Apartments</b> 8700 Keswick Drive, Spotsylvania, VA 22551	540-805-5376
<b>Madonna House at Belmont</b> 2600 Cowan Blvd., Fredericksburg, VA 22401	540-371-8212
<b>Harmony at Falls Run</b> 60 Brimley Drive, Fredericksburg, VA 22406	540-479-3788
<b>The Gardens of Stafford</b> 2195 Mountain View Road, Stafford, VA 22556	540-657-1002

<b>The Heights at Jackson Village</b> 4811 Wildroot Lane, Fredericksburg, VA 22407	540-372-4400
<b>The Meadows at Salem Run</b> 5711 Castlebridge Road, Fredericksburg, VA 22407	540-786-1733
<b>Kings Crest</b> 11500 Kings Crest Court, Fredericksburg, VA 22407	540-891-9278
<b>English Oaks</b> 11 Darlington Way, Fredericksburg, VA 22406	540-372-7797
<b>The Evergreens at Smith Run</b> 2700 Cowan Blvd., Fredericksburg, VA 22401	540-374-1544

# 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 most 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.

**WANT TO FIND AND COMPARE DIFFERENT TYPES OF  
MEDICARE PROVIDERS?  
(PHYSICIANS, HOSPITALS, NURSING HOMES, AND OTHERS)**

Look here: [Medicare Find and Compare](#)

**WANT TO FIND INFORMATION ON VIRGINIA  
ASSISTED LIVING FACILITIES?**

Look here: [VA Department of Social Services Assisted Living Compare](#)

# 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.

If you have questions or concerns regarding nursing facilities or Assisted Living facilities, contact the

**Office of the Local Long-Term Care Ombudsman  
at Healthy Generations  
540-371-3375**

## **ASSISTED LIVING FACILITIES**

<b>Bickford of Spotsylvania</b> 5000 Spotsylvania Parkway, Fredericksburg, VA 22407	540-898-1205
<b>Cambridge Gardens Assisted Living</b> 9300 Onyx Court, Fredericksburg, VA 22407	540-891-5540
<b>Camellia Colony of Chancellor's Village</b> 12100 Chancellor's Village Lane, Fredericksburg, VA 22407	540-786-5000
<b>Cardinal Village</b> 4621 Spotsylvania Parkway, Fredericksburg, VA 22408	540-898-1900
<b>Charter Senior Living of Fredericksburg</b> 20 HeartFields Lane, Fredericksburg, VA 22405	540-373-8800
<b>Commonwealth Senior Living at Fredericksburg</b> 1001 Northside Drive, Fredericksburg, VA 22405	540-374-8200
<b>Commonwealth Senior Living at Stafford</b> 30 Kings Crest Drive, Stafford, VA 22554	540-288-9353
<b>Desired Living Home Care, LLC</b> 603 Montrose Drive, Fredericksburg, VA 22407	571-225-9860
<b>Fredericksburg Assisted Living</b> 3902 Plank Road, Fredericksburg, VA 22407	540-786-5589
<b>Harmony at Falls Run</b> 60 Brimley Drive, Fredericksburg, VA 22406	540-479-3788
<b>Hughes Home</b> 100 Caroline Street, Fredericksburg, VA 22401	540-373-4100
<b>Marian Manor</b> 177 Old Potomac Church Road, Stafford, VA 22555	540-659-6375
<b>Paramount Senior Living at Fredericksburg</b> 3500 Meekins Drive, Fredericksburg, VA 22407	540-785-3600
<b>Poet's Walk of Fredericksburg</b> 3020 Gordon W. Shelton Boulevard, Fredericksburg, VA 22401	540-370-8000

**Continued on next page**

<b>Spring Arbor Cottage of Fredericksburg</b> 1804 Bragg Road, Fredericksburg, VA 22407	540-870-7797
<b>Spring Arbor Living of Fredericksburg</b> 5308 River Road, Fredericksburg, VA 22407	540-548-2133

## HEALTH CARE FACILITIES

<b>Berea Health and Rehab</b> 55 Brimley Drive, Fredericksburg, VA 22406	540-701-9480
<b>Bowling Green Health Care Center</b> 120 Anderson Avenue, Bowling Green, VA 22427	804-633-4839
<b>Carriage Hill Health &amp; Rehab Center</b> 6106 Health Center Lane, Fredericksburg, VA 22407	540-785-1120
<b>Falls Run Nursing and Rehabilitation Center</b> 140 Brimley Drive, Fredericksburg, VA 22406	540-752-0111
<b>Fredericksburg Health and Rehab</b> 3900 Plank Road, Fredericksburg, VA 22407	540-786-8351
<b>Heritage Hall Health Care</b> 10051 Foxes Way, King George, VA 22485	540-775-4000
<b>Woodmont Center</b> 11 Dairy Lane, Fredericksburg, VA 22405	540-371-9414
<b>Westmoreland Rehabilitation &amp; Healthcare Center</b> 2400 McKinney Blvd, Colonial Beach, VA 22443	804-224-2222

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.

## ADULT DAY CARE FACILITIES

<b>Hughes Adult Day Care</b> 100 Caroline Street, Fredericksburg, VA 22401	540-373-4100
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# **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.

**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.

Information in ITALIC taken from the Administration on Aging website

Issue	Information Sources
<b>Income:</b> 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.	Benefits Coordinator, Local Social Services, Social Security.
<b>Housing Costs:</b> 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?	Individual Housing Complexes, Real Estate Agents, Local Area Agency on Aging (AAA)
<b>Health Care/Health Insurance:</b> 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)?	Benefits Coordinator, Local Social Services, Doctor's Offices, AAA.
<b>Prescription Drug Coverage/Cost:</b> 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?	Local Social Services, Medicare, MAP, Private Prescription Discount Cards, AAA.
<b>Transportation:</b> Is transportation easily found in your area? How will you get to church, the beauty parlor or barbershop, grocery store and doctor's appointments?	Fred Transportation System, Taxi Services, AAA.
<b>Activities:</b> 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?	AAA, Local Senior Centers, AARP, Adult Day Care Facilities.
<b>Care Costs:</b> Are you receiving personal care and/or help with housework and errands currently? Will this continue? Costs?	AAA, In-Home Non- Medical Companies, Home Health Agencies.
<b>Caregiver Effect:</b> <i>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.</i> 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?	AAA, Local Newspapers for Support Groups, In-Home Non-Medical Companies, Home Health Agencies.



# HEALTHY GENERATIONS

AREA AGENCY ON AGING

**NO ONE TEACHES YOU HOW TO AGE...**



**BUT WE CAN GUIDE YOU ALONG THE WAY**

**Healthy Generations Area Agency on Aging**

**460 Lendall Lane**

**Fredericksburg, VA 22405**

**540-371-3375**

**Mobility Options 540-656-2985**

**[www.healthygenerations.org](http://www.healthygenerations.org)**