

FREE

3RD EDITION 2025



REGIONAL RESOURCE GUIDE FOR OLDER ADULTS

**Culpeper, Fauquier, Madison,
Orange, & Rappahannock Counties, Virginia**

www.agingtogether.org

SECCIÓN DE ESPAÑOLE



Local family owned and operated because.... *to us, it's personal*®



- Personal Services - Bathing, dressing, mobility & more
- Companionship to combat loneliness & isolation
- Meal Prep & Home Helper - Nutritious meals, medication reminders, light housekeeping
- Transportation to & from doctor appointments, grocery shopping & more
- Hospice & Dementia Support—Comfort for your loved one & respite for family members

Give us a call today.

540.825.7180 - HomeInstead.com/711

⚠ CRISIS & EMERGENCY ASSISTANCE ⚠

911 - call in emergencies or go to nearest hospital emergency room

Adult Protective Services

Call your DSS below or this hotline to report adult abuse:
888-832-3858 (toll free)

Departments of Social Services (DSS)

Culpeper: 540-727-0372
Fauquier: 540-422-8400
Madison: 540-948-5521
(For Abuse/Neglect contact 800-552-7096)
Orange: 540-672-6166
Rappahannock: 540-675-3313

The National Domestic Violence Hotline

www.thehotline.org

800 -799-SAFE / 800-799-7233

24 hours a day, seven days a week, 365 days a year, highly-trained, expert advocates offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Encompass Community Supports

(formerly Rappahannock Rapidan Community Services)

<https://www.encompasscommunitysupports.org/>

24/7 Crisis Line: 540-617-0774

The ECS Crisis line is for mental health or addiction crisis.

National Suicide and Crisis Lifeline - Free confidential emotional support and resources for people in distress, their family members and their friends

CALL or TEXT **988** from anywhere across the USA.

For faster response, if you don't have a local area code as part of your phone number, dial **434-230-9704** to connect directly to the regional call center.

Support is also available in Spanish.

Regional Peer Warmline

833-626-1490

Staffed by individuals who have experience with mental health and/or substance use challenges. These individuals are trained peers and can talk with individuals about feelings of hopelessness and helplessness.

Veterans Crisis Line

Online Chat:

<https://www.veteranscrisisline.net/get-help/chat>

Phone: **DIAL 988** and Press 1

Text: **838255**

National Call Center for Homeless Veterans:

Call 1-877-4AID VET (**1-877-424-3838**)

The Veterans Crisis Line is not only for suicide prevention but for other personal crises as well.

**Dial 911
for Emergencies**

**Marque el 911 para
emergencias**



**POISON
Help** 
1-800-222-1222

Call the **Poison Helpline** above if you or someone you are with:

- Swallowed something harmful
- Touched or breathed something harmful
- Overdosed on any substance
- Has been bitten or stung by a snake, spider, etc.
- Has ingested a possibly dangerous mix of medications



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THE REGIONAL RESOURCE GUIDE FOR OLDER ADULTS IS A PUBLICATION OF AGING TOGETHER

Vision of Aging Together: Age Friendly Communities that actively engage, value and support older adults

Mission of Aging Together: Aging Together through partnerships connects people to communities and resources to improve quality of life as we age.

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Dear Friends,

Welcome to the 3rd edition of the Regional Resource Guide for Older Adults, the only resource guide in our region specifically geared to the needs of older adults, families, and caregivers.

The 2nd edition guide printed in 2022, with support from the PATH Foundation and The Northern Piedmont Community Foundation, was distributed to 7500 people, with hundreds more downloaded online.

Prior to the COVID-19 pandemic, social isolation among older adults was a major public health issue gaining international recognition as being detrimental to quality of life. Social isolation and loneliness amongst older adults increased significantly through the pandemic. Overcoming barriers to social isolation remains a challenge. As social beings, we need to be engaged with people and communities for our mental and physical health.

The good news is that our region is rich with programs, resources, and support to help combat social isolation and connect people to important services. Whether it's a need for "Rapp at the Door", food, transportation, mental health assistance, caregiver support or where to find a Senior Center, the Resource Guide serves to provide an easy-to-use vehicle for finding the telephone numbers or websites needed. Sometimes it is hard to know what you might be looking for, and that is why each listing has a brief description.

The Guide also contains important information on the warning signs of stroke, Alzheimer's Disease, and other medical conditions as well as checklists for choosing an assisted living or nursing facility.

For ease of use the Guide contains a tear-out page for each of our 5 counties – Culpeper, Fauquier, Madison, Orange, and Rappahannock.

On behalf of the Aging Together Board of Directors and Staff, we hope you find the information contained in this guide to be helpful and we look forward to hearing your feedback!
Sincerely,

A handwritten signature in black ink that appears to read "Ellen Phipps".

Ellen Phipps
Executive Director

A handwritten signature in black ink that appears to read "R. Parks".

Ray Parks
Board of Directors Chair

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AGING TOGETHER

Aging Together through partnerships connects people to communities and resources to improve quality of life as we age.

www.agingtogether.org / 540-829-6405 / info@agingtogether.org



- Annual 5 Over 50 Celebration, honoring those older adults who make a positive impact on our region.



TUESDAY NOONTIME SERIES

- Free Virtual Programs offered monthly on numerous subjects such as dementia, scams & fraud, decluttering & downsizing, retirement, Medicare, and so much more!

Art of Aging Lifestyle & Wellness



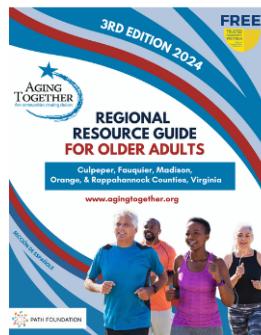
- Annual Expos with vendors, resources, health screenings & activities for older adults, caregivers and families.



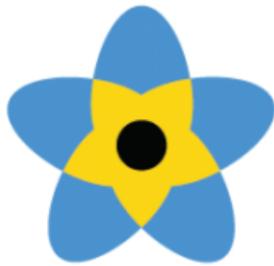
- "TECH for SENIORS" - donating iPads and robotic companion pets to older adults living in long term care facilities.



- The Annual Dementia Education Conference for caregivers & those who want to learn more about dementia



- Regional Resource Guide for Older Adults - unique to the region



- Aging Together's Dementia Initiatives support our region by offering educational opportunities for individuals and businesses who wish to become advocates for those living with dementia and their caregivers.

- Aging Together supports advocacy that causes positive change for older adults and fights ageism.

- Supreme Sage is the animated force behind Aging Together's combat against stereotypes incorrectly assigned to older adults.





encompass
Community Supports

Formerly Known As – Rappahannock-Rapidan Community Services

**SUPPORTING PEOPLE THROUGH THEIR JOURNEYS
FOR MORE THAN 50 YEARS.**

**IMPROVING THE QUALITY OF LIFE FOR INDIVIDUALS
OF CULPEPER, FAUQUIER, MADISON, ORANGE, &
RAPPAHANNOCK COUNTIES.**

ENCOMPASS COMMUNITY SUPPORTS PROVIDES...

- **BEHAVIORAL HEALTH SERVICES**
- **COMMUNITY CONNECTIONS FOR OLDER ADULTS**
- **CRISIS SERVICES**
- **FOOD SECURITY**
- **HEALTH/WELLNESS SUPPORT SERVICES**
- **HOUSING SUPPORTS**
- **LONG-TERM CARE OMBUDSMAN SERVICES**
- **MEALS ON WHEELS®**
- **MEDICARE/INSURANCE COUNSELING**
- **OPTIONS COUNSELING**
- **SENIOR CENTERS**
- **SENIOR COOL CARE**
- **SUBSTANCE USE DISORDER SERVICES (OUTPATIENT AND RESIDENTIAL)**
- **SUICIDE PREVENTION SERVICES**
- **TRANSPORTATION/MOBILITY CENTER: (540) 829-5300**
- **VOLUNTEER OPPORTUNITIES**

...AND SO MUCH MORE.

**WE ARE HERE TO HELP YOU AND YOUR LOVED ONES.
PLEASE CONTACT US.**

(540) 825-3100

WWW.ENCOMPASSCOMMUNITYSUPPORTS.ORG

WWW.FACEBOOK.COM/ENCOMPASSCOMMUNITYSUPPORTSVA

SCAN ME



NATIONAL & FEDERAL GOVERNMENT ORGANIZATIONS

AARP

www.aarp.org

888-687-2277 / 877-342-2277 (Spanish)

The Administration on Aging (AOA)

acl.gov/about-acl/administration-aging

202-401-4634

Alzheimer's Association

www.alz.org

800-272-3900

American Cancer Society

www.cancer.org

800-227-2345 (helpline)

American Heart Association

www.heart.org

800-242-8721

American Lung Association

www.lung.org

800-586-4872

American Stroke Association

(part of American Heart Association)

www.stroke.org

888-478-7653 (Mon-Fri / 8a-5p CST)

Centers for Disease Control & Prevention (CDC)

www.cdc.gov

800-232-4636

Center for Medicare & Medicaid Services (CMS)

cms.gov

Medicare Service Center: 800-MEDICARE (800-633-4227)

Medicare Service Center TTY: 877-486-2048

Report Medicare Fraud & Abuse: 800-HHS-TIPS

(800-447-8477)

COPD Foundation

www.copdfoundation.org

1-866-731-COPD (2673)

info@copdfoundation.org

Diverse Elders Coalition

<https://diverseelders.org/>

Elder Justice (Administration for Community Living)

elderjustice.acl.gov

Eldercare Locator

<https://eldercare.acl.gov/Public/Index.aspx>

800-677-1116

Elizabeth Dole Foundation

www.elizabethdolefoundation.org

Federal Trade Commission

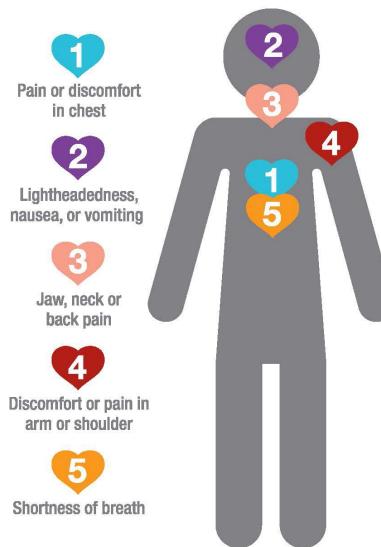
Bureau of Consumer Protection

www.ftc.gov or consumer.ftc.gov

202-326-2222



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

Know the signs of
stroke



**BE
FAST!**

Sudden onset
of BEFAST symptoms:

Balance trouble

Eyes vision loss

Face drooping

Arm weakness

Speech difficulty

Time to call 911



NATIONAL & FEDERAL GOVERNMENT ORGANIZATIONS

Healthcare.gov

www.healthcare.gov

HIV - US government site for HIV

www.hiv.gov

The National Resource Center on LGBT Aging

www.lgbtagingcenter.org

212-741-2247

The National Resource Center on Native American Aging

www.nrcnaa.org

800-896-7628

Lupus Foundation of America

www.lupus.org

202-349-1155

Medicare.gov

www.medicare.gov

800-MEDICARE

National Alliance on Caregiving (NAC)

www.caregiving.org

202-918-1013

National Caucus and Center on Black Aging (NCBA)

<https://ncba-aging.org/>

202-637-8400

National Center on Elder Abuse

ncea.acl.gov

855-500-3537

National Consumer Voice

theconsumervoice.org

202-332-2275

info@theconsumervoice.org

National Council on Aging (NCOA)

www.ncoa.org

ncoa.org/page/contact-us (for contact info)

National Hispanic Council on Aging

<https://nhcoa.org/>

202-347-9733

National Institutes of Health (NIH)

www.nih.gov

301-496-4000

National Kidney Foundation

www.kidney.org

855-653-2273 (transplant toll-free helpline)

National Multiple Sclerosis Society

www.nationalmssociety.org

800-344-4867

Older Indians Act (Administration for Community Living)

olderindians.acl.gov

Parkinson's Foundation

www.parkinson.org

800-473-4636 - Helpline

Reach

www.reach.gov

(suicide prevention and support for Veterans)

Rosalynn Carter Institute for Caregivers

www.rosalynncarter.org

229-928-1234

Substance Abuse and Mental Health Services

Administration (SAMHSA)

samhsa.gov

SCORE (Business Mentorship)

www.score.org

800-634-0245

Social Security (The US Social Security Administration)

www.ssa.gov

Culpeper Office (appointment required):

1014 S Main St, Culpeper, VA

800-722-1213

USAging

www.usaging.org

202-872-0888

VisionAware

aphconnectcenter.org

800-232-5463

workforce50.com

www.workforce50.com

If you are looking for an official federal government site: the .gov means it's legitimate.

Federal government websites often end in .gov or .mil. Before sharing sensitive information, make sure you're on a federal government site.

The site is secure:

The **https://** ensures that you are connecting to the official website and that any information you provide is encrypted and transmitted securely. Note the "s" - if the **http** has no "s", the site may not be secure. Be careful about submitting sensitive personal information online.

Beware of any site that charges a fee for blank government enrollment/application forms.

VIRGINIA & STATE GOVERNMENT ORGANIZATIONS

2-1-1 Virginia

www.211virginia.org

Dial 211 (available 24/7)

An aggregate system for information and referrals for almost any resource you may be looking for. Either call 211 on your phone or go to the website and view resource categories. Or enter your zip code and a keyword to be directed online.

AARP Virginia

states.aarp.org/virginia/

866-542-8164

Includes a vast amount of information pertinent to older adults including health, wealth and retirement, and lifestyle, among others.

Commonwealth of Virginia Office of the Attorney General: Consumer Protection

www.oag.state.va.us/consumer-protection/

Check for, or report scams & fraud.

National Alliance on Mental Health/Virginia

<https://namivirginia.org/mental-health-resources/resources-for-seniors/>

888-486-8264 (not a crisis line)

“Find Help, Find Hope, Find Support”

Resources and programs in Virginia for mental health and wellbeing.

No Wrong Door

easyaccess.virginia.gov

888-992-0959 (24/7)

They will connect you to find info concerning healthcare finances, food, education & more. Language interpretation for over 200 languages.

Office of the State Long Term Care Ombudsman

www.elderrightsva.org

800-552-3402 (Dept. for Aging & Rehabilitative Services)

Advocates for older persons receiving long term care services, whether the care is provided in a nursing home, assisted living facility, or through community-based services to assist people still living at home. Also provides information, advocacy, and assistance to help resolve problems (for regional Ombudsman see pg. 79).

Virginia Department for Aging and Rehabilitative Services (VADARS)

www.vadars.org

800-552-5019

Improves the employment, quality of life, security, and independence of older Virginians, & those with disabilities.

Virginia Department of Health

www.vdh.virginia.gov

For up to date COVID-19 & vaccine info.

Virginia Department of Veterans Services

www.dvs.virginia.gov

804-786-0286

info@DVS.virginia.gov

1-800-273-TALK (8255) / Crisis Hotline or dial **988**

Connects Virginia's veterans and their families to federal and state benefits, support, quality care, and recognition they have earned.

Virginia Employment Commission (VEC)

www.vec.virginia.gov

866-832-2363

Supports job seekers, including veterans, in finding jobs, seeking unemployment assistance, and providing employment resources.

Virginia Housing

www.virginiahousing.com

804-782-1986 or Toll Free at 877-843-2123

Get information about loans and how to find a lender, tools for homebuyers, housing counseling, help finding foreclosed homes, renter education, FAQ and much more.

Virginia Relay

varelay.org

866-894-4116 (Voice)

866-246-9300 (TTY)

A free public service. Enables people who are deaf, hard of hearing, deafblind or have difficulty speaking to communicate with standard telephone users.

Virginia Senior Medicare Patrol (SMP)

www.virginiaspmp.com

800-938-8885

If you suspect that you or a loved one has been a victim of fraud or abuse, or if you know of suspicious Medicare activity, call the SMP Hotline above.

Virginia's Senior Alert System

<https://vsp.virginia.gov/news-and-alerts/alert-programs/senior-alert/>

Provides a valuable tool for Virginia law enforcement agencies to help locate missing “senior adults”, while allowing the broadcasters of Virginia an opportunity to contribute to the communities they serve.



ADULT PROTECTIVE SERVICES (APS)

APS investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older and incapacitated adults age 18 or older. If protective services are needed and accepted by the individual, local Adult Protective Services social workers may arrange for a wide variety of health, social, and legal services to stop the mistreatment or prevent further mistreatment.

Services offered may include:

- Home-based care
- Transportation
- Adult day services
- Nutrition services
- Referrals
- Legal intervention in order to protect the adult.

Services may also be arranged for individuals in emergency situations who lack the capacity to consent to services.

**To report suspected adult abuse, neglect or exploitation
call your local department of social services or the 24-hour,
toll-free Adult Protective Services hotline at: (888) 832-3858.
You may also call Culpeper Human Services Intake phone at
(540)825-9073 or the main number at (540)727-0372.**



888-832-3858 = Adult Protective Services Hotline

CALL FIRST FOR CURRENT STATUS & HOURS.

Adult Day Services

Generations Central Adult Day Center
Culpeper
<https://generationscentral.org/>
adulday@generationscentral.org
540-403-0557
Home away from home where older adults can thrive and belong, and receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

Area Agency on Aging

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)
www.encompasscommunitysupports.org
540-825-3100 x3467
For home delivered meals, Long Term Care Ombudsman, Senior Center, VICAP (Medicare counseling), and more.

Crisis Hotlines

Encompass Community Supports / Mental Health Crisis Hotline
540-617-0774
contact@ecsva.org

Substance Abuse Hotline
800-662-HELP (4357)

Suicide & Crisis Hotline
Dial **988**
Available 24/7
Or **text HELLO to 741741**
Para ayuda en español, llame al 988.

Department of Social Services (DSS)

Culpeper Human Services
www.culpepercounty.gov
(Go to "Services" and then "Human Services")
540-727-0372
Also: **First Call for Help** / 540-229-3816 / Help with medication, utilities and other aid for Culpeper residents.

Emergency Housing

Culpeper Housing and Shelter Services (CHASS)
www.culpepershelter.org
215 E. Spencer Street, Culpeper
540-825-7434
Assistance for the homeless and those at risk of homelessness.

Foothills Housing Network

www.foothillshousing.org
Housing Help: 540-724-6630
General Questions: 540-829-7450
Emergency shelter, utility and rental assistance.

Food Assistance

Blue Ridge Area Food Bank Pantry Locator
www.brafb.org/find-help/pantry-locator/
Insert zip code or search by county to find a pantry.

CDR Resource Center

cdrresourcecenter.org
office@cdrresourcecenter.org
Subsidizes family income by providing hygiene, toiletry and other household items; new clothes and shoes along with mentoring and training classes.
Every 3rd Saturday at Culpeper United Methodist Church. 8-11am.

Culpeper Food Closet (St. Stephens Church)
www.ststephensculpeper.net/culpeper-food-closet

120 N. Commerce Street, Culpeper
Must complete paperwork first from Sam's Place: 540-727-1055, press 0
(Culpeper Career Res. Ctr.)

Culpeper Downtown Farmers Market

(accepts EBT card)
www.facebook.com/CulpeperFarmersMarket/
318 S. West St., Culpeper (church parking lot)
540-825-4416 (Culpeper Renaissance)
Saturdays in season 7:30am-Noon.
Check website or call for updates.

See complete directory for detailed regional information.

over 

TEAR OUT - CULPEPER COUNTY (CONTINUED)

CALL FIRST FOR CURRENT STATUS & HOURS.

(Food Assistance Continued)

**Empowering Culpeper
(USDA Free Food Distribution)**

Email:
empoweringculpeper@peopleinc.net
Culpeper United Methodist Church
1233 Oaklawn Dr., Culpeper
540-935-0047
3rd Saturday each month / 9:00-11:00am

Manna Ministry

Location: Culpeper Presbyterian Church
301 South Main Street, Culpeper
540-825-8616
For lunch to anyone in need Mondays,
Wednesdays, and Fridays from
11am-12:30pm.

REVA Mobile Food Pantry

18230 Birmingham Rd., Culpeper
(Reva Fire Station)
540-248-3663 (Blue Ridge Area Food Bank)
Normally distributes 4th Wednesday of the
month. 9:30-11:00am

**Encompass Community Supports (Formerly
Rappahannock Rapidan Community Services)**
[www.encompasscommunitysupports.org/
service/home-delivered-meals/](http://www.encompasscommunitysupports.org/service/home-delivered-meals/)
(Home delivered meal services for adults age
60 and over. See Area Agency on Aging - look
under "A", other side.)

Shiloh Baptist Church

15055 Stevensburg Road, Brandy Station
540-829-6815
Food pantry, 2nd Saturday of the month
9:00-11:00am

**SNAP (Supplemental Nutritional
Assistance Program)**

www.dss.virginia.gov/benefit/snap.cgi
540-727-0372
SNAP accounts are for low-income
households and can be used like cash to
purchase food items (SNAP used to be "Food
Stamps").

St. Joseph's Table

Precious Blood Catholic Church
<https://www.pbcconline.com/stjosephstable>
540-827-4400

Provides food for families in need due to
financial hardship. St. Josephs Table operates
out of the Old Rectory, on the corner of Main
and East Edmondson Street. It is open
Wednesdays 4-6 PM.

Medical Care

Free Clinic of Culpeper
freeclinicofculpeper.org
610 Laurel St., Suite 3, Culpeper
540-829-5032

Culpeper County Health Department
[web.culpepercounty.gov/Services/
Health-Services](http://web.culpepercounty.gov/Services/Health-Services)

640 Laurel St, Culpeper
540-829-7350

Police non-emergency phone

Culpeper Police
540-727-3430

Senior Center

Culpeper Senior Center
710 US Avenue, Culpeper
540-825-5778

Sheriff non-emergency phone

Culpeper County Sheriff's Office
540-727-7520

Transportation

Regional Transportation Collaborative (RTC)
One Call Center
www.rtcmc.org
540-829-5300



CALL FIRST FOR CURRENT STATUS & HOURS.

Adult Day Services

Generations Central Adult Day Center

Culpeper

<https://generationscentral.org/>

adultday@generationscentral.org

540-403-0557

Home away from home where older adults can thrive and belong, and receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

Area Agency on Aging

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org

540-825-3100 x3467

For home delivered meals, Long Term Care Ombudsman, Senior Center, VICAP (Medicare counseling), and more.

Crisis Hotlines

Encompass Community Supports / Mental Health Crisis Hotline

540-617-0774

contact@ecsua.org

Substance Abuse Hotline

800-662-HELP (4357)

Suicide & Crisis Hotline

Dial **988**

Available 24/7

Or [text HELLO to 741741](https://text4help.org/)

Para ayuda en español, llame al 988.

Department of Social Services (DSS)

Fauquier DSS

www.fauquiercounty.gov

(Go to "Government" and then "Social Services")

540-422-8400

Emergency Housing

Community Touch, Inc.

www.communitytouchinc.org

540-439-9300

Offers a one year transitional housing program to homeless .

Fauquier Family Shelter

www.familyshelterservices.org

540-351-0130

24-hour, 52-bed emergency shelter in Warrenton.

Foothills Housing Network

www.foothillshousing.org

Housing Help: 540-724-6630

General Questions: 540-829-7450

Emergency shelter, utility and rental assistance.

Food Assistance

Blue Ridge Area Food Bank Pantry

Locator

www.brafb.org/find-help/pantry-locator/

Insert zip code or search by county to find a pantry.

CDR Resource Center

cdrresourcecenter.org

office@cdrresourcecenter.org

Subsidizes family income by providing hygiene, toiletry and other household items; new clothes and shoes along with mentoring and training classes.

Every 1st Saturday at Faith Christian Church.

See complete directory for detailed regional information.

over 

TEAR OUT QUICK GUIDE: FAUQUIER COUNTY (CONTINUED)

CALL FIRST FOR CURRENT STATUS & HOURS.

(Food Assistance Continued)

Fauquier Community Food Bank & Thrift Store
www.fauquierfoodbank.org
249 East Shirley Avenue, Warrenton
540-359-6054
fauquier_thrift@yahoo.com

Fauquier FISH (food pantry)
www.fauquierfish.org
680A Industrial Road, Warrenton
540-347-3474

Grace Episcopal Church
Peas & Grace Food Pantry
www.gracetheplains.org
6507 Main Street, The Plains
540-253-5177

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)
www.encompasscommunitysupports.org/service/home-delivered-meals/
(Home delivered meal services for adults age 60 and over. See Area Agency on Aging - look under "A", other side.)

SNAP (Supplemental Nutritional Assistance Program)
www.dss.virginia.gov/benefit/snap.cgi
800-552-3431
SNAP accounts are for low-income households and can be used like cash to purchase food items (SNAP used to be "Food Stamps").

Medical Care

Fauquier Free Clinic
www.fauquierfreeclinic.org
35 Rock Pointe Lane, Warrenton
540-347-0394

Fauquier County Health Department
<https://vdh.virginia.gov/rappahannock-rapidan/office-locations/>
330 Hospital Drive, Warrenton
540-347-6400

Mental Health Association of Fauquier County
www.fauquier-mha.org
540-341-8732

Police non-emergency phone
Remington Police Department
remingtonpolice.com
540-439-0344

Warrenton Police Department
540-347-1100

Sheriff non-emergency phone
Fauquier County Sheriff's Office
540-347-3300

Senior Center

Fauquier Senior Center
430 E. Shirley Ave. Suite 21, Warrenton
540-347-7729

Transportation

Regional Transportation Collaborative (RTC)
One Call Center
www.rtcmc.org
540-829-5300



Veterans

Hero's Bridge
www.herosbridge.org
540-341-5378
info@herosbridge.org

They bridge Veterans age 65 and older to a better quality of life through age specific and innovative programs at no expense to them or their families.

CALL FIRST FOR CURRENT STATUS & HOURS.

Adult Day Services

Generations Central Adult Day Center

Culpeper

<https://generationscentral.org/>

adultday@generationscentral.org

540-403-0557

Home away from home where older adults can thrive and belong, and receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

Area Agency on Aging

Encompass Community Supports (Formerly

Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org

540-825-3100 x3467

For home delivered meals, Long Term Care Ombudsman, Senior Center, VICAP (Medicare counseling), and more.

Crisis Hotlines

Encompass Community Supports / Mental

Health Crisis Hotline

540-617-0774

contact@ecsva.org

Substance Abuse Hotline

800-662-HELP (4357)

Suicide & Crisis Hotline

Dial **988**

Available 24/7

Or [text HELLO to 741741](https://text4help.org/text/741741)

Para ayuda en español, llame al 988.

Department of Social Services (DSS)

Madison DSS

www.madisonco.virginia.gov

(Go to "Government" and then "Social Services" under County Departments)

540-948-5521

Emergency Housing

Foothills Housing Network

www.foothillshousing.org

540-724-6630

Emergency shelter, utility & rental assistance.

Skyline Cap

<http://skylinecap.org/housing/>

540-948-3916

Emergency home repair services, income based housing, housing counseling.

Food Assistance

Beth Car Baptist Church

<http://bethcarbaptist.com/>

411 Mud Rd, Madison

USDA Food Distribution / 2nd Saturday of every month; 9:30am-Noon

Blue Ridge Area Food Bank Pantry

Locator

www.brafb.org/find-help/pantry-locator/

Insert zip code or search by county to find a pantry.

Madison County Farmers Market

www.madisonfarmersmarket.info

1110 Fairground Rd, Madison

MESA (Madison Emergency Services

Association)

mesamadisonva.org

540-948-4427

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org/service/home-delivered-meals/

(Home delivered meal services for adults age 60 and over. See Area Agency on Aging - look under "A", other side.)

See complete directory for detailed regional information.

over 

TEAR OUT QUICK GUIDE: MADISON COUNTY (CONTINUED)

CALL FIRST FOR CURRENT STATUS & HOURS.

(Food Assistance Continued)

REVA Mobile Food Pantry
18230 Birmingham Rd., Culpeper
(Reva Fire Station)
www.brafb.org

540-248-3663
Normally distributes 4th Wednesday of the month. 10:00am-11:30am

SNAP (Supplemental Nutritional Assistance Program)
www.dss.virginia.gov/benefit/snap.cgi

800-552-3431
SNAP accounts are for low-income households and can be used like cash to purchase food items (SNAP used to be "Food Stamps").

Medical Care

Madison Free Clinic
www.madisonfreeclinic.org
125 N Main St, Madison
(appointment required)
540-948-3667

Madison County Health Department
1480 North Main Street, Suite A,
Madison
540-948-5481

Madison Day (annual May event)
540-672-8757 (Karen Coppage)
Help for Madison residents with home projects. Must schedule for following year by calling Ms. Coppage above.

Senior Center
Madison Senior Center
1480 N Main St
540-948-4131
Madison, VA 22727

Sheriff non-emergency phone
Madison County Sheriff's Office
540-948-5161

Transportation

Regional Transportation Collaborative (RTC)
One Call Center
www.rtcmc.org
540-829-5300





TEAR OUT QUICK GUIDE: ORANGE COUNTY

CALL FIRST FOR CURRENT STATUS & HOURS.

Adult Day Services

Generations Central Adult Day Center

Culpeper

<https://generationscentral.org/>

adultday@generationscentral.org

540-403-0557

Home away from home where older adults can thrive and belong, and receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

AARP

Locust Grove AARP Chapter 5239

www.aarp5239.org

aarp5239chapter@gmail.com

540-972-0519

Area Agency on Aging

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org

540-825-3100 x3467

For home delivered meals, Long Term Care Ombudsman, Senior Center, VICAP (Medicare counseling), and more.

Crisis Hotlines

Encompass Community Supports / Mental Health Crisis Hotline

540-617-0774

contact@ecsva.org

Substance Abuse Hotline

800-662-HELP (4357)

Suicide & Crisis Hotline

Dial **988**

Available 24/7

Or **text HELLO to 741741**

Para ayuda en español, llame al 988.

Department of Social Services (DSS)

Orange DSS

www.orangecountyva.gov

(Click on "Community" then scroll down and click on "Social Services")

540-672-6166

Emergency Housing

Foothills Housing Network

www.foothillshousing.org

540-724-6630

Emergency shelter, utility & rental assistance.

Skyline Cap

<http://skylinercap.org/housing/>

540-948-3916

Emergency home repair services, income based housing, housing counseling.

Food Assistance

Blue Ridge Area Food Bank Pantry Locator

www.brafb.org/find-help/pantry-locator/

Insert zip code or search by county to find a pantry.

Good Samaritan

<https://www.goodsamaritaninc.org/>

105 N. Madison Road, Orange

540-308-7741

Lake of the Woods Lions Club Wilderness

Food Pantry

www.lowlions.org/food-pantry

540-518-2440

Love Outreach Food Pantry

www.loveoutreachocva.org

loveoutreachorange@gmail.com

252 Blue Ridge Drive, Orange

540-223-6674

See complete directory for detailed regional information.

TEAR OUT QUICK GUIDE: ORANGE COUNTY (CONTINUED)

CALL FIRST FOR CURRENT STATUS & HOURS.

(Food Assistance Continued)

Orange Mobile Food Pantry

540-213-1319

Free Produce 3rd Tuesday of each month from 10:00-11:30am. Booster Park, Orange

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org/service/home-delivered-meals/

(Home delivered meal services for adults age 60 and over. See Area Agency on Aging - look under "A", other side.)

SNAP (Supplemental Nutritional Assistance Program)

www.dss.virginia.gov/benefit/snap.cgi

540-552-3431

SNAP accounts are for low-income households and can be used like cash to purchase food items (SNAP used to be "Food Stamps").

Medical Care

Health Department

Orange County Health Department

450 N. Madison Road, Orange

540-672-1291

Living Water Community Clinic

www.livingwaterclinic.life

32345 Constitution Highway, Suite P,
Locust Grove
540-854-5922

Orange County Free Clinic

www.orangecountyfreeclinic.org

101 C Woodmark Street, Orange
ocfc@orangecountyfreeclinic.org
540-672-0793

LOWLINC

(Lake of the Woods, Living Independently in our Community)

www.lowlinc.org

855-LOWLINC (569-5462)

Member services for transportation, errands, home repairs, health and wellness programs and social engagement for older adults. Contact them for a full schedule of services and for membership information.

Police non-emergency phone

Orange Town Police

540-672-1491

Orange County Sheriff

540-672-1200

Orange County Emergency Communications

540-672-1234

Senior Center

Orange Senior Center

13010 Old Gordonsville Road, Orange

540-672-5926

Sheriff non-emergency phone

Orange County Sheriff's Office

540-672-1200

TRIAD

Orange County TRIAD

540-672-1536

(Senior safety program/see glossary for more information.)

Transportation

Regional Transportation Co

One Call Center

www.rtcmc.org

540-829-5300



CALL FIRST FOR CURRENT STATUS & HOURS.

Adult Day Services

Generations Central Adult Day Center

Culpeper

<https://generationscentral.org/>

adultday@generationscentral.org

540-403-0557

Home away from home where older adults can thrive and belong, and receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

Area Agency on Aging

Encompass Community Supports

(Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org

540-825-3100 x3467

For home delivered meals, Long Term Care Ombudsman, Senior Center, VICAP (Medicare counseling), and more.

Crisis Hotlines

Encompass Community Supports / Mental Health Crisis Hotline

540-617-0774

contact@ecsava.org

Substance Abuse Hotline

800-662-HELP (4357)

Suicide & Crisis Hotline

Dial **988**

Available 24/7

Or [text HELLO to 741741](#)

Para ayuda en español, llame al 988.

Department of Social Services (DSS)

Rappahannock DSS

540-675-3313

Emergency Housing

Foothills Housing Network

www.foothillshousing.org

540-724-6630

Emergency shelter, utility and rental assistance.

Food Assistance

Blue Ridge Area Food Bank Pantry

Locator

www.brafb.org/find-help/pantry-locator/

Insert zip code or search by county to find a pantry.

Encompass Community Supports

(Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org/service/home-delivered-meals/

(Home delivered meal services for adults age 60 and over. See Area Agency on Aging - look under "A", other side.)

Rappahannock County Food Pantry

www.rappahannockpantry.org

11763 Lee Highway, Sperryville

540-987-5090

SNAP (Supplemental Nutritional Assistance Program)

www.dss.virginia.gov/benefit/snap.cgi

540-727-0372

SNAP accounts are for low-income households and can be used like cash to purchase food items (SNAP used to be "Food Stamps").

Medical Care

Fauquier Free Clinic

www.fauquierfreeclinic.org

35 Rock Pointe Lane, Warrenton

540-347-0394

See complete directory for detailed regional information.

over 

TEAR OUT QUICK GUIDE: RAPPAHANNOCK COUNTY (CONTINUED)

CALL FIRST FOR CURRENT STATUS & HOURS.

(Medical Care Continued)

Health Department

Rappahannock County Health Department

www.vdh.virginia.gov/rappahannock-rapidan/
338A Gay Street, Washington, VA
540-675-3516

Rapp at Home

www.rappathome.net

17 Leggett Lane, Suite 110, Washington, VA
540-937-HOME (4663)
info@rappathome.org
Local organization that supports neighbor-to-neighbor assistance to sustain an independent lifestyle for those over age 50. Services include: rides, caregivers, health and wellness programs, educational and social activities, one-on-one support for finding resources and solving problems.

Rappahannock Benevolent Fund

www.rappbenfund.org

370 Gay Street, Washington, VA
540-671-0421 (Berni Olson)
berniolson@rappbenfund.org
Provides financial and supportive services in a confidential and compassionate manner to residents of Rappahannock County in times of crisis.

Senior Center

Rappahannock Senior Center

111 Scrabble Rd, Castleton
540-987-3638

Sheriff non-emergency phone

Rappahannock County Sheriff's Office

540-675-5300

Offers daily check-in service for older adults.

Transportation

Regional Transportation Collaborative (RTC)

One Call Center

www.rtcmc.org

540-829-5300



CAREGIVER RESOURCES

A Caregiver is an individual who helps a person with his or her activities of daily living. Caregivers can be professional staff, family members, or both.

Generally, family members do not categorize themselves as “caregivers” - they are simply doing what any devoted family members would do for a loved one. Consequently, they don’t seek out vital help and respite. The reality is that often family members serve as constant caregivers and provide 80% of the care for older adults and people with disabilities and chronic illness in Virginia.

Caregiver Support

Aging Together

www.agingtogehter.org

540-829-6405

Resource for caregivers, both family and professional. Visit the website for free educational programs and information throughout the year specifically to help caregivers.

Alzheimer's Association

www.alz.org

800-272-3900 (24/7 Helpline)

Information on Alzheimer's, related diseases, research and caregiving.

AARP Virginia Caregiver Guide

www.aarp.org/caregiving/prepare-to-care-planning-guide/

AARP developed this family caregiver guide as a starting point to help find services and support you might need throughout your journey. Available for multiple languages and demographics.

www.caregiver.com

An online resource for caregivers including tips sections, discussion lists, breaking news, topic specific channels, expert answers and email newsletters.

VA Caregiver Support Program - for Veterans

www.caregiver.va.gov

The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.

Caregiving.com

www.caregiving.com

A large library of caregiving stories and a community of bloggers and contributors who take care of aging parents, spouses, and anyone they consider family.

Cornerstone Cares

www.cornerstoneva.org/caregivers

40 Rock Pointe Lane, Ste 202

Warrenton, VA 20186

540-349-0880

caringgiving@cornerstoneva.org

A ministry of Cornerstone Baptist Church that provides education, resources, and ongoing support to caregivers in Fauquier, Rappahannock, and Culpeper Counties.

The Caregiver Space

thecaregiverspace.org

A collection of caregiver stories submitted by those with personal experience. Hundreds of articles on many subjects related to caregiving that are both helpful and inspiring. “This is a space for everyone who provides care, no matter who you are or where you are in your caregiving journey.”

Community Resource Finder

www.communityresourcefinder.org/

Made available by the Alzheimer's Association and AARP and is a database of dementia and aging-related resources that makes it easy for individuals and families to find programs and services in a specific location.

Elizabeth Dole Foundation

www.elizabethdolefoundation.org

The preeminent organization empowering, supporting, and honoring our nation's 5.5 million military caregivers; the spouses, parents, family members, and friends who care for America's wounded, ill, or injured Veterans.

Family Caregiver Alliance National Center on Caregiving

<https://www.caregiver.org/>

800-445-8106

The services, education programs, and resources from FCA are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving.

Long Term Care Ombudsman

www.encompasscommunitysupports.org/service/quality-of-care/

Regional Office

Encompass Community Supports

540-825-3100

Serves all 5 counties.

I am a spouse. I am a parent.

I am a daughter. I am a son.

I am a friend. I am a neighbor.

I am an advocate. I am a professional.

I am a Caregiver.

CAREGIVER RESOURCES

Caregiver Respite

Virginia Lifespan Respite Voucher Program (VLRVP)

www.vda.virginia.gov/vlrv.htm

800-552-3402

Up to \$599 in reimbursement per family for respite services to assist Virginians with disabilities or chronic conditions and the family members who provide their care. For more detailed information and guidelines, or for an application, see website.

Community Resource Finder

www.communityresourcefinder.org/

Made available by the Alzheimer's Association and AARP. A database of dementia and aging-related resources that makes it easy for individuals and families to find programs and services in a specific location.

RESPITE is temporary relief from duties for caregivers, ranging from several hours to days. It might be provided in-home or in a residential care facility. Respite allows a caregiver to take a break and get away, maybe for a medical appointment, grocery shopping or a weekend outing with friends. Several organizations, like the ones listed, offer limited funding specifically to help caregivers pay for someone to be with their loved one and care for them while they are away.

**Providing education,
support, and respite to
caregiver families in
Fauquier County
and the immediate
surrounding area.**

Contact us at
www.cornerstoneva.org



Cornerstone Cares
MINISTRY TO CAREGIVERS

CAREGIVER (& OTHER) SUPPORT GROUPS

Regional Support Groups

(Support groups are subject to change.
Please use contact info provided for
updates.)

Alzheimer's Dementia-Related Illnesses Support Group for Caregivers & Families (in person)
Fauquier Health (The Villa at Suffield Meadows)
540-316-3800
Call the number above for more information.
Meets 4th Wednesday of the month / 11:30am-1:00pm

Alzheimer's & Dementia Support Group
Alzheimer's Association, Central & Western VA Chapter
www.alz.org
Please RSVP at the website above or contact Ashley Gore at 540-321-1319.
Meets 2nd Wednesday of the month / 5:00pm
Location:
The Culpeper, 12425 Village Loop, Culpeper (1st floor activity room)

Bereavement Support Group
Trinity Hospice Warrenton
www.trinityhospice.com
5 Rock Pointe Lane, #250, Warrenton
757-664-9441
areid@trinityhospice.com
Contact Trinity Hospice for current support group scheduling.

Caregiver Support Group
Rappahannock & Surrounding Counties
Ellie Clark: [540-316-7104](tel:540-316-7104) (cell)
blessingsfromellie@gmail.com
Offers support to volunteer caregivers of those living with dementia, Parkinson's disease, advanced age, etc.
Meets virtually 1st & 3rd Tuesday of the month / 10:00-11:03am
Contact phone above for Zoom info.

Caregiver Support Group (in-person) at
Generations Central Adult Day Center
318 S. West Street, Culpeper (in the Culpeper Baptist Church building, lower level)
3rd Monday of the month at 10:00am
RSVP: [540-403-0557](tel:540-403-0557)
or adultday@generationscentral.org
Provides emotional educational and social support for family and friends caring for older adults facing age-related challenges.

Caregiver Support Group (in-person)

The Harbor at Renaissance
422 William Mills Drive, Stanardsville, VA
540-985-4481
1st Wednesday of the month at 10:00am
Hospice of the Piedmont
www.hopva.org
800-975-5501
Offers on-going support groups throughout the year for hospice and grief support.

Parkinson's Support Group
Lake of the Woods Church
1 Church Lane, Locust Grove
Contact Rev. Lee Moore at leeatstm@aol.com or 540-972-0395
Meets 2nd Thursday of the month at 4:00pm.

Parkinson's Support Group
Powell Wellness Center
1005 Golf Drive, Culpeper
<https://powellwellnesscenter.org>
vawstanley@gmail.com
540-672-5696
Meets 2nd Wednesday of the month at 12:15pm.

Reformation Lutheran Church (Culpeper)
Mature Adult Gathering
www.culpeperlutherans.org
540-270-1026
Meets third Thursday of Month at Noon. Lunch is provided. Open to anyone 50 or better. Event includes an educational speaker on aging topic. For more information, contact Pastor Brad Hales at number above.

"Sweet Spot" Diabetes Support Group
(virtual and in-person)
540-439-3247
Call number above to register. In-Person group meets 2nd Thursday of the month / 10:30am. Virtual group meets the 2nd Thursday of the month / 7:00pm.

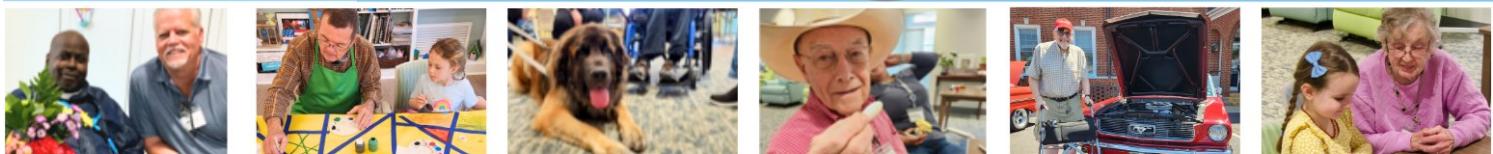
Spiritual Care Ministries (in-person)
<https://www.scsmtv.com>
7179 New Hope Ln, Warrenton, VA 20187
540-349-5814
One on one counseling for support for anyone suffering loss, divorce, chronic illness and for the people who journey with them. Check their website for additional support and programs.
Appointments can be made at phone number above.

Are you caring for
a senior Adult?



Your Senior Can
Enjoy:
Activities with kids
Gardening
Music
Creative Arts
New Friendships
Cooking
Daily Exercise
Snacks and Lunch

Where Seniors Thrive



A daytime care center where senior adults find renewed purpose through engaging and interactive programs.

Our amazing caregivers specialize in dementia care and provide therapeutic activities, medication management and personal care while putting your senior first in every interaction.



Keep your senior engaged. Let us join your care team.
Watch your senior thrive!



GENERATIONS
C E N T R A L
ADULT DAY CENTER

Contact Us and Schedule a Personal Tour Today

adultday@generationscentral.org 540-403-0557 www.generationscentral.org

Taking Care of Yourself

On average family caregivers spend 10 hours per day providing some kind of care for loved ones, and for some it's around-the-clock caregiving. If you are a caregiver you may feel stressed, and that can affect your own health. See the suggestions below to help care for yourself!

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.
- **Many caregivers have issues with sleeping.** Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.
- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

(source: The Mayo Clinic: www.mayoclinic.org)

Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of **unique challenges**.

Keep these tips in mind to help make life more manageable.

1 Learn as much as you can about your loved one's health, treatments and available caregiving resources.

You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.



2 Organize important paperwork.

Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



3 Make sure at least one caregiver has written permission to receive medical and financial information.

To the extent possible, one person should handle conversations with all healthcare providers.



4 Plan your visits.

Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



5 Stay connected.

Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



6 Consider caregiver training.

Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit www.nia.nih.gov/long-distance-caregiving to learn more.

FOOD & CLOTHING

For Regional Food Inquiry

Blue Ridge Area Food Bank Pantry Locator

www.brafb.org/find-help/pantry-locator/

Insert zip code or search by county to find a pantry.

SNAP (Supplemental Nutritional Assistance Program)

www.dss.virginia.gov/benefit/snap.cgi

For low-income households and can be used like cash to purchase food items. To apply for the SNAP program go to the website above or call your county's social services office (Previously known as Food Stamps).

Home Delivered Meal Services

Encompass Community Supports

<https://www.encompasscommunitysupports.org/service/home-delivered-meals/>

540-825-3100

Provides frozen meals for seniors who have no one to help them prepare meals.

Culpeper County

**** PLEASE CONTACT IN ADVANCE OF VISITING ANY OF THESE ORGANIZATIONS DUE TO POSSIBLE CHANGING HOURS WITHOUT NOTICE**

CDR Resource Center

cdrresourcecenter.org

office@cdrresourcecenter.org

Subsidizes family income by providing hygiene, toiletry and other household items; new clothes and shoes along with mentoring and training classes.

Every 3rd Saturday at United Methodist Church.

Culpeper Food Closet (St. Stephens Church)

www.ststephensculpeper.net/culpeper-food-closet

120 N. Commerce Street, Culpeper

Must complete paperwork first from Sam's Place:

540-727-1055, extension 409

219 East Davis Street, Suite 100, Culpeper

Culpeper Goodwill Store

504 Culpeper Town Square, Culpeper

540-829-8068

Pre-owned clothing, furniture, housewares and more.

Culpeper Farmers Market

www.facebook.com/CulpeperFarmersMarket/

540-825-4416

Accepts EBT card. They are open seasonally May through October on Saturdays from 7:30am-Noon. Located in the parking lot of Culpeper Baptist Church, 318 S. West Street, Culpeper

Empowering Culpeper

(USDA Free Food Distribution)

Email: empoweringculpeper@peopleinc.net

Culpeper United Methodist Church

1233 Oaklawn Drive, Culpeper

540-935-0047

Normal distribution 3rd Saturday each month
9:00-11:00am.

Full Circle Thrift

<https://www.facebook.com/fullcirclethriftculpeper/>

12308 Sperryville Pike, Culpeper

540-727-8716

Recycled/donated clothing. Donates their net proceeds to help meet the emergency needs of the elderly, low income families and children in Culpeper County.

Hope Community Church of the Nazarene

2002 Orange Rd, Culpeper

jvimb@gmail.com

540-672-8900

For those in need of food assistance, please visit on Tuesdays from 12PM to 2PM.

Manna Ministry

Location: Culpeper Presbyterian Church

301 South Main Street, Culpeper

540-825-8616

Serves a free lunch to anyone in need on Mondays, Wednesdays, and Fridays from 11:00 am to 12:30 pm.

REVA Mobile Food Pantry

18230 Birmingham Rd., Culpeper (Reva Fire & Rescue)

540-213-1319

Normally distributes 4th Wednesday of the month, 9:30-11:00am.

Salvation Army

<https://salvationarmypotomac.org>

133 E. Culpeper St., Culpeper

540-317-5873

Offers food once per month per family. Hours: Tuesday, Wednesday & Friday from 9:00am-4:00pm.

Sam's Place

219 E. Davis Street, Suite 100, Culpeper

540-727-1055, press 0

Associated with the Culpeper Food Closet. Must complete paperwork first. Call for appointment or walk in. One can access food or firewood with the help of Sam's Place.

Shiloh Baptist Church

15055 Stevensburg Road, Brandy Station

540-829-6815

Food pantry 2nd Saturday of the month / 9:00-11:00am

St. Joseph's Table

Location: Precious Blood Catholic Church

<https://www.pbcconline.com/stjosephstable>

Corner of Main and East Edmondson Street, Culpeper

540-825-8945

Provides food for families in need due to financial hardship. Open Wednesdays from 4:00-6:00pm.

FOOD & CLOTHING

Fauquier County

** PLEASE CONTACT IN ADVANCE OF VISITING ANY OF THESE ORGANIZATIONS DUE TO POSSIBLE CHANGING HOURS.

CDR Resource Center

cdrresourcecenter.org

office@cdrresourcecenter.org

Subsidizes family income by providing hygiene, toiletry and other household items; new clothes and shoes along with mentoring and training classes.

Every 3rd Saturday at United Methodist Church.

Clara's House

www.communitytouchinc.org

10499 Jericho Rd., Bealeton

540-439-9300

Part of Community Touch ministries and provides food for the hungry in Fauquier and surrounding counties.

Fauquier Community Food Bank & Thrift Store

www.fauquierfoodbank.org

540-359-6053

Food Bank Hours: 12-4pm, Monday - Friday

Thrift Hours: 9am- 4pm, Monday - Friday

249 East Shirley Avenue, Warrenton

fauquier_thrift@yahoo.com

Provides USDA Commodities, pantry services, some personal supplies, and firewood to registered clients only in Fauquier County. Bring the proper documentation as listed on the website. Clients are served based on income; families do not need to receive public assistance to come to the Food Bank.

Fauquier FISH (Food distribution)

www.fauquierfish.org

680A Industrial Road, Warrenton

540-347-3474

Call for hours.

Grace Episcopal Church Peas & Grace Food Pantry

www.gracetheplains.org

6507 Main Street, The Plains

540-253-5177

Open to the public Tuesdays and Saturdays from 8:00-10:00 am.

Hope Heals Community Free Store

www.hopehealsfreestore.org

hopehealsfreestore@gmail.com

606 Falmouth Street, Warrenton

Provides the community with free clothing, shoes, and household linens.

Noah's Ark Thrift Store

by Community Touch, Inc.

www.communitytouch.org

4199-D Winchester Road, Marshall

540-364-8007

Helps those that lack household furnishings and allows those that have the means to give a donation for low-cost, quality household items that include quality furniture, clothes in season, household items and appliances. See website for hours of operation.

The Salvation Army Family Store

<https://salvationarmypotomac.org>

62 Waterloo Street, Warrenton

540-341-8385

Sells clothing, household items and furniture at reasonable rates. Proceeds support local programs. Donations are accepted during business hours. Call for hours of operation.

Madison County

** PLEASE CALL IN ADVANCE OF VISITING ANY OF THESE ORGANIZATIONS DUE TO POSSIBLE CHANGING HOURS.

Madison County Farmers Market

www.madisonfarmersmarket.info

Hoover Ridge Park

1110 Fairground Rd, Madison

Old fashioned market with free parking and a safe place for children to play while you shop. Check website for seasons of operation and hours.

MESA (Madison Emergency Services Association)

mesamadisonva.org

540-948-4427

Food pantry and thrift shop.

Limited hours. Call or check website for schedule.

Beth Car Baptist Church

<http://bethcarbaptist.com>

Mud Rd, Madison

USDA Food Distribution / 2nd Saturday of every month; 9:30am-Noon

Orange County

** PLEASE CONTACT IN ADVANCE OF VISITING ANY OF THESE ORGANIZATIONS DUE TO POSSIBLE CHANGING HOURS.

Goodwill Store

Orange Village Shopping Center

500 N. Madison Road, Orange

Pre-owned clothing, furniture, housewares & more.

Lake of the Woods Lions Club Wilderness Food Pantry

www.lowlions.org/food-pantry

540-518-2440

Serves area families who are in need. Operated by LOW Lions Club & LOW Lioness Lions Club. Located on Route 20 in Locust Grove.

Love Outreach Food Pantry

<https://loveoutreachocva.org/>

252 Blue Ridge Drive, Orange

540-223-6674

Open on Wednesdays from 9:00am-noon and on the 3rd Monday of each month from 4:00-5:30pm. When there is a 5th Wednesday in a month the food pantry is closed on that day. Home delivery is done on the 4th Wednesday of each month between 8:00am-noon in the Orange and Gordonsville areas. On your first visit you will need to provide the name, birthdate, and income for each person.

FOOD & CLOTHING

LOWLINC

(Lake of the Woods, Living Independently in our Community)

www.lowlinc.org

855-LOWLINC (569-5462)

Member services for transportation, errands, home repairs, health and wellness programs and social engagement for older adults. Contact them for a full schedule of services and for membership information.

Orange Mobile Food Pantry

Booster Park, Orange

540-248-3663

Free Produce

3rd Tuesday of each month from 10:00-11:30am.

Orange Clothes Closet

252 Blue Ridge Drive, Orange



HEALTHY NUTRITION

Tips on healthy eating from the NIH

(National Institute on Aging) www.nih.gov

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

Rappahannock County

** PLEASE CONTACT IN ADVANCE OF VISITING ANY OF THESE ORGANIZATIONS DUE TO POSSIBLE CHANGING HOURS.

Rapp at Home

www.rappathome.net

17 Leggett Lane, Suite 110, Washington, VA

540-937-4663

info@rappathome.org

Need help picking up groceries or need meals in an emergency? Contact Rapp at Home, a nonprofit serving Rappahannock County adults over age 50.

Rappahannock Food Pantry

www.rappahannockpantry.org

37 Leggett Ln, Washington, VA 22747

540-987-5090

Tuesdays and Thursdays, Noon-4pm and Saturdays, 10am -2pm. All Rappahannock County residents welcome.

RAPPAHANNOCK FOOD PANTRY

HOURS OF OPERATION

Tuesdays and Thursdays: 12pm – 4pm

Saturdays: 10am – 2pm

If interested in volunteering please contact pantry manager **Laura Lucas**:

Manager@rappahannockpantry.org

540.987.5090

Rush River Commons 37 Leggett Lane

Washington VA 22747



HEALTHCARE

Adult Day Services

Generations Central Adult Day Center (Culpeper)

www.generationscentral.org

adultday@generationscentral.org

540-403-0557

Older adults will each receive a person-centered care plan to promote their highest level of physical, emotional, social, spiritual, and cognitive well-being.

Community Resource Finder (See Right)

(to help locate Adult Day Services outside the region)

Alzheimer's & Dementia Support

Alzheimer's Association

Central & Western VA Chapter

www.alz.org

800-272-3900 (24/7 Helpline)

Community Resource Finder

<https://www.communityresourcefinder.org>

A program of the Alzheimer's Association and AARP.

Search here for housing and in-home care options. You will enter your zip code for facilities and services where you live.

Dementia Safety Information Toolkit

<https://vda.virginia.gov/downloads/demserv/Dementia%20Safety%20Informational%20Toolkit%20Virginia.pdf>

OR:

<https://tinyurl.com/DemToolKit>

A publication of the VA Dept. for Aging & Rehabilitative Services (VADARS). Complete guide for family members and caregivers to assist in evaluating the home and taking steps to promote safety over the course of dementia. Full of valuable info resources. View online or download.

MedicAlert ID Bracelet with Wandering Support®

MedicAlert Foundation

www.medicalert.org/alz

800-432-5378

6:00am-4:30pm PT, MON-FRI

If an individual with dementia wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it. MedicAlert will create a missing person report and activate a community support network including local law enforcement and hospitals to help locate the person who wandered. MedicAlert will share vital information with first responders as needed.

Dementia

Dementia is not a specific disease but rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia. Though dementia mostly affects older adults, it is not a part of normal aging. It manifests with the loss of cognitive functioning - thinking, remembering, and reasoning - and behavioral abilities to such an extent that it interferes with a person's daily life and activities.

Respite

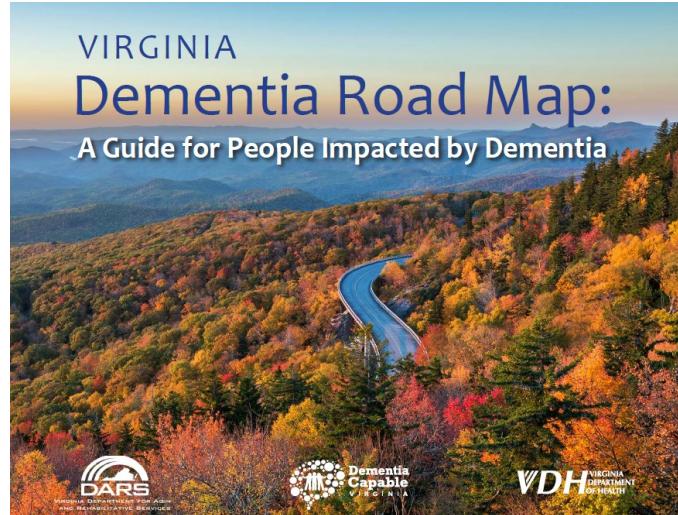
See Caregiver Respite - page 23



10 Early Signs and Symptoms of Alzheimer's

1. Memory Loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Go to www.alz.org for further information about the signs of Alzheimer's Disease.



Virginia Dementia Road Map: A Guide for People Impacted by Dementia

<https://tinyurl.com/vadementarm>

(also available through Aging Together's website, www.agingtogether.org, under Dementia Support)

The [Virginia Dementia Road Map](#) is a document from the Virginia Alzheimer's Disease and Related Disorders Commission and the Department for Aging and Rehabilitative Services. Includes numerous resources for those living with all stages of dementia, as well as those for caregivers, communication tips and more. Can be viewed online or downloaded.

HEALTHCARE

Project Lifesaver

<https://projectlifesaver.org/>

Project Lifesaver is all about "Bringing Loved Ones Home". Across the country, Project Lifesaver has over 3,000 saves with a 100% success rate with an average recovery time of less than 30 minutes. The proactive electronic tracking system is utilized to search for clients with Alzheimer's, Dementia, Autism and Down Syndrome who have wandered from home.

For questions regarding applications for Project Lifesaver in Fauquier County, please contact:

Lt. K. Kiernan

540-422-8590

Kristi.Kiernan@fauquiercounty.gov

1st Sgt. J. Anns

540-422-8709 or 540-408-3657

Jason.anns@fauquiercounty.gov

Cpl. J. Welch

540-422-8731 or 540-878-6183

Justin.welch@fauquiercounty.gov

Behavioral Health

(See Mental Health, page 40)

Blindness & Visual Impairment

BARD - Braille & Audio Reading Download

nlsbard.loc.gov

Access audio books to download and listen. You will need to create an account on the site if you have not already done so.

Department for the Blind & Vision Impaired

(located in Richmond, VA)

<https://www.vdbvi.org/>

804-371-3140

800-622-2155

Provides an array of specialized services to blind Virginians of all ages to assist them in attaining the skills, confidence and positive outlook that are critical to independence.

Library of Congress / National Library Service for the Blind and Print Disabled

<https://www.loc.gov/nls/braille-audio-reading-materials/find-a-local-library/>

888-657-7323

Search on the site for the nearest library that can help receive access to the [BARD \(Braille and Audio Reading Download\)](#) website and app. Can be done remotely, via telephone, fax, postage-free mail, or e-mail.

All network libraries provide access to NLS-produced braille and talking books and magazines, which they circulate via postage-free mail. Contact your library today to find out what services they can offer you. Or call the phone number above and be connected with the library serving your area.

VisionAware

<https://aphconnectcenter.org/visionaware/>

800-232-5463

National organization to help those losing their sight continue to live full and independent lives by providing information, daily living techniques, a directory of national and local services, and an online community. There is a searchable, free Directory of Services.

CHOOSING A DOCTOR

UVA Culpeper Medical Center (Culpeper)

www.novanthealthuva.org

On home page click the "Find a Doctor" tab. Enter your zip code. You also have the option of entering a specialty.

Fauquier Health

www.fauquierhealth.org

On home page click the "Find a Doctor" tab. Enter your zip code. You also have the option of entering a specialty.

There is a searchable, free Directory of Services

Chronic Disease

Chronic Disease Self Management Education (CDSME)

540-547-4824

bonnired@comcast.net

Free workshops designed for individuals with chronic health conditions, plus their caregivers and family members. Additional evidence-based workshops tailored to diabetes, chronic pain, and arthritis (Walk with Ease) are also available. Learn better ways of coping and managing your health. Contact Bonnie Vermillion at the contact info above for more information or to sign up. Provided through Rappahannock Rapidan Community Services (RRCS).

Companion Care

(see home care starting page 35)

COVID-19 Information

Centers for Disease Control & Prevention (CDC)

www.cdc.gov

Federal website with the most up-to-date information about COVID-19 including safety guidelines, vaccine information, response to the virus, and informational articles on related subject matter.

Virginia Department of Health

www.vdh.virginia.gov/covid-19-vaccine

For COVID-19 info & vaccine info.

Virginia Department of Health vaccination sign-up

vaccinate.virginia.gov/

877-829-4682

Official Virginia state site to register for the COVID-19 vaccine. If you don't have WiFi or need help call the phone number above.

HEALTHCARE

Deaf & Hearing Impaired

Caption Call

<https://sorenson.com/captioned-calls/captioncall/>
support@captioncall.com
olelosuppot@sorenson.com

A federally funded program to assist individuals with hearing loss. They provide a phone with extra large display and easy to read text (dials, rings, answers just like a regular phone).

Virginia Relay

varelay.org

DIAL 711

866-894-4116 (Voice)
866-246-9300 (TTY)

A free public service. Enables people who are deaf, hard of hearing, deafblind or have difficulty speaking to communicate with standard telephone users.

Dental Care

Piedmont Regional Dental Clinic

<https://www.vaprdc.org>

13296 James Madison Highway, Orange

Mailing Address:

PO Box 151, Orange, VA 22960
540-661-0008

Care for uninsured / underinsured for all ages. Serves the region.

(Check with your county's Free Clinic to see if they offer dental care.)

Diabetes

Diabetes Self-Management Program

540-829-4315

mhorne@culpeperhospital.com

Educational accredited program that provides people who have diabetes with the tools they need to manage the condition. Offers group classes to help live well with diabetes and to learn about medications, testing, nutrition, exercise, etc. Accepts most insurance plans, including Medicaid and Medicare.

"Sweet Spot" Diabetes Support Group

(virtual and in-person)

540-439-3247

Call number above to register. Meets 2nd Thursday of the month / 10:30am and 2nd Thursday of the month / 7:00pm. In person and virtual. (check M's notes)

Disabilities

The ARC of North Central Virginia

www.arcofncv.org

PO Box 3186, Warrenton, VA 20188
571-399-5390

Largest national community-based organization advocating for and with people with intellectual and developmental disabilities (I/DD) and serving them and their families. They work to uphold the vision that every individual and family living with I/DD has access to the information, advocacy, and skills they need to support their full inclusion and participation in the community throughout their lifetimes.

Canine Companions

bshert07@gmail.com

Founded in 1975, Canine Companions is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs free of charge, and ongoing support to ensure quality partnerships. For more information, please contact Nancy Lagasse at the email above.

The disAbility Resource Center of the Rappahannock Area

www.cildrc.org

540-373-2559 (Fredericksburg, main office)

540-360-5023 (Culpeper)

drc@cildrc.org

A Center for Independent Living (CIL) that serves people with disabilities, their families and caretakers, and community members. Currently working to form a CIL in Culpeper. Also offers assistive equipment in their Fredericksburg location.

Free Clinics

Free Clinic of Culpeper

freeclinicofculpeper.org

610 Laurel St., Suite 3, Culpeper

540-829-5032

Part of the nonprofit Culpeper Wellness Foundation and provides confidential medical care to those in Culpeper who do not have health insurance or the means to pay for healthcare. Medication access (non-opioid prescriptions).

Fauquier Free Clinic

www.fauquierfreeclinic.org

35 Rock Pointe Lane, Warrenton

540-347-0394

Serves the Fauquier and Rappahannock communities and provides comprehensive medical, dental and mental health care to eligible residents, those who are uninsured and those with Medicaid.

Living Water Community Clinic

www.livingwaterclinic.life

32345 Constitution Highway, Suite P, Locust Grove

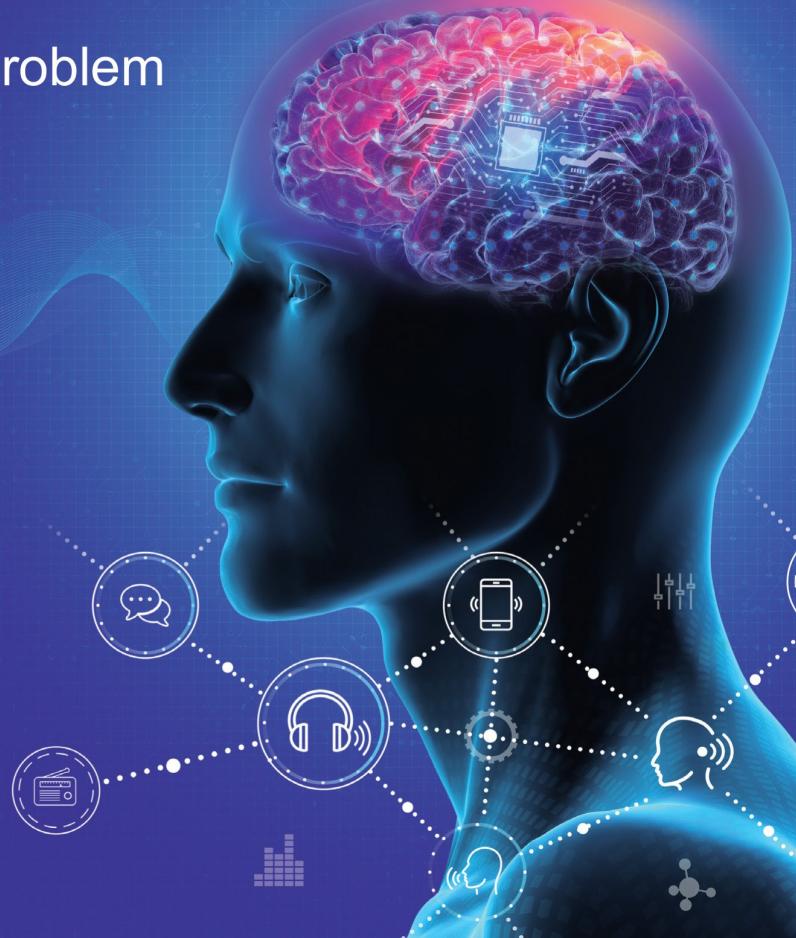
540-854-5922

Clinic for free medical, mental health, and spiritual care to uninsured adults in Orange and Culpeper counties.

It's not just a hearing problem It's a health problem

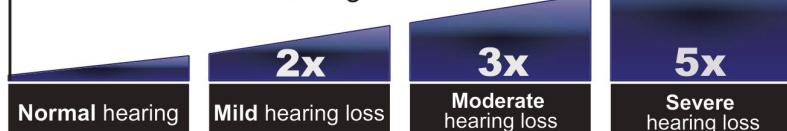
**Even with mild
hearing loss,
your risk of dementia
can double.**

In a 25-year study, people not using hearing devices had a higher risk of dementia. Oticon hearing devices with BrainHearing™ technology provide the clearest, purest signal possible and are a great choice to treat your hearing loss.



**Improve your hearing —
and your health — with
Oticon and Wagner Hearing
Aid of Culpeper. Call today
for an appointment.**

Risk of dementia with UNTREATED hearing loss



*Self-Reported Hearing Loss, Hearing Aids, and Cognitive Decline in Elderly Adults: A 25-Year Study (Amieva et al., 2015).



767 Madison Road, Suite 110
Culpeper, VA 22701
(540) 759-7716
www.helpuhearculpeper.com



Call today to schedule your appointment and receive a **FREE**
hearing evaluation, live listening demonstration and risk-free
trial of the latest Oticon life-changing hearing technology

oticon
life-changing technology

HEALTHCARE

Madison Free Clinic

www.madisonfreeclinic.org

125 N Main Street, Madison
540-948-3667

Non-profit organization that enables uninsured residents of Madison County, Virginia who meet the guidelines, to be provided with medical care and medications. The clinic also provides limited dental and vision care, in addition to nutritional counseling.

Orange County Free Clinic

101C Woodmark Street, Orange
540-672-0793

Clients must be residents of Orange County, uninsured or under-insured and have incomes that meet household income levels at or below 200% of the federal poverty guidelines. Also includes under-insured patients who have insurance, but do not have any coverage for doctor visits.

Rappahannock - See Fauquier Free Clinic

Free Clinics

A free clinic is a health care facility offering services to economically disadvantaged individuals for free or at a nominal cost, and serves those who have no health insurance. Some offer dental services.

Health Department

Rappahannock Rapidan Health District

<http://www.vdh.virginia.gov/rappahannock-rapidan/>
540-316-6280

See individual county contact info on County Tear-Out sheets - pages 13-22.

Home Care, Home Health, Companion Care

A Brighter Day

www.abrighterdayhomecare.org

540-359-6422
Compassionate and personalized in-home care to Culpeper, Fauquier, and Rappahannock Counties

ACTI-KARE

actikare.com/piedmont

540-727-0024

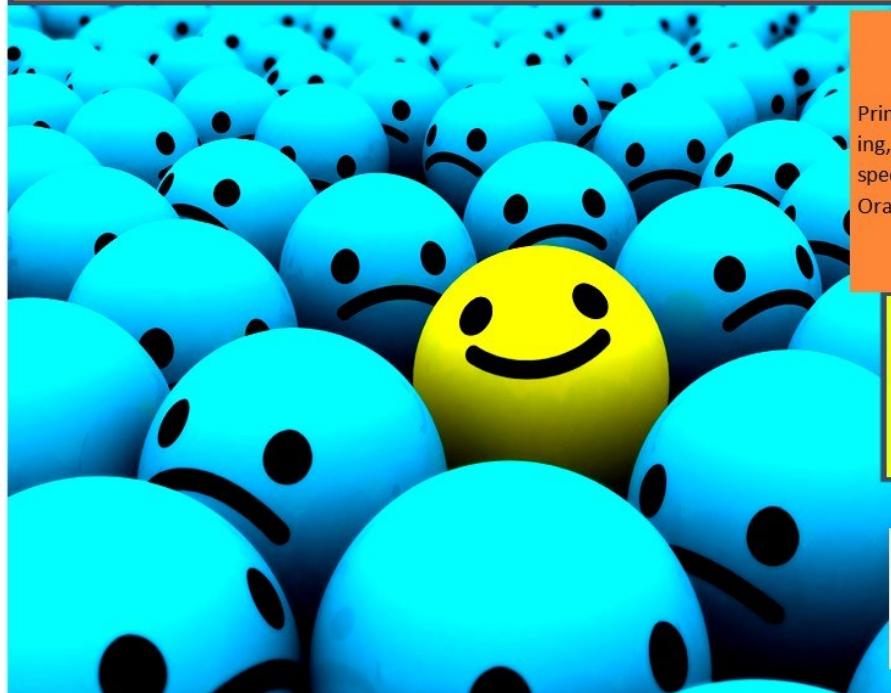
Personal care, Alzheimer's care, dementia and memory care, companion care, hospice care and respite care. In-home companion care program includes services such as meal preparation, light housekeeping, shopping, errands.

AmeriCare Plus

www.americarepluspc.com

844-522-3883 or 844-407-CARE (2273) (toll-free)
Hourly personal care, live-in companion services, bed & bath, holiday assistance, mother's helper, pet assistance

Orange County Free Clinic...



"Uneggspectedly" and out of the blue"...you're not feeling well!

Primary Healthcare visits, including mental health counseling, medical supplies, medications, lab tests, referrals to specialists and women's wellness visits are available at the Orange County Free Clinic, with an appointment.

Get to feeling better!

We're registering new patients now...

No waiting!
Call Today...540-672-0793
(Se Habla Espanol)

*Income guidelines apply



**In addition, our Medication Assistance Program (MAP) is available to help with unaffordable medications without enrollment at OCFC and regardless of locality.*

OCFC is a 501c3 community based healthcare provider for those in need...

101 C Woodmark Street Orange County, VA 22960



HEALTHCARE

AT Home Care Staffing

www.athomecarestaffing.com

434-327-4610

In-home care services. Skilled nursing, physical therapy, occupational therapy, speech therapy, medical, social work, home health aides.

Cleansing Water, Inc.

540-341-0212

Works with the holistic needs of all clients, in body, mind and spirit. Provides in-home nursing, housekeeping, or companion services.

Capital Caring

capitalcaring.org

703-957-1800

Services include hospice care, advanced illness care, primary care at home, grief support.

Care Advantage, Inc.

<https://www.careadvantageinc.com/care-advantage-warrenton>

170 W Shirley Avenue, Suite 202

Warrenton, VA 20186

540-228-1690

Personal assistance and companionship, homemaker services, private duty nurse, hospice care support services, respite care. Accepts Medicaid waivers. Call for more info.

Companion Care Program of Rapp at Home

www.rappathome.net

17 Leggett Lane, Suite 110, Washington, VA

540-937-4663

info@rappathome.org

Provides skilled caregivers for support ranging from daily living to nursing assistance to caregiver respite. Available to anyone in Rappahannock County. Ask for Patty Hardee.

EverNest Home Care

www.evernestcare.com

70 Main St. Suite 11

Warrenton, VA 20186

571-483-8806

Personal Care and Companionship Services, Hospice Support, Alzheimer's and Dementia Care, Respite Care, etc.

FirstLight Home Care

www.firstighthomecare.com

50 Culpeper Street, Warrenton

540-579-7570 (24/7)

Personal care, housekeeping, companion care, personal care services, person-centered dementia care, etc.

Fauquier Home Health Services

lhigroup.com/locations/fauquier-health-home-care-service

5 Rock Pointe Lane, Suite 200, Warrenton

540-316-2700

Chronic disease management, infusion therapy, physical therapy, skilled nursing, medication management, Alzheimer's and dementia care, as well as others.

There is a difference between **home health** care and **home care** services. Although home health care may include some home care services, it is medical in nature. Home care services include chores and housecleaning, whereas home health care usually involves helping someone to recover from an illness or injury. Home health care professionals are often licensed practical nurses, therapists, or home health aides. Most of them work for home health agencies, hospitals, or public health departments licensed by the state. (www.eldercare.acl.gov)

Home Instead

www.HomeInstead.com/711

1300 Sunset Lane, Ste. 3220

Culpeper, VA 22701

540-825-7180

gmullins@homeinstead.com

Personal care, Alzheimer's, hospice support, chronic illness care, home helper, transportation, companionship, nurse directed care.

Hope In Home Care

hopeinhomecare.org

1010 S. Main Street, Culpeper

540-718-9003

24-Hour emergency response, family respite care, recreational activities, personal hygiene, sitters, caring companionship, meal preparation, errand services, light housekeeping, etc.

Mid Atlantic Home Health

25 Winchester St, Warrenton

540-347-4774

Around-the-clock medical and non-medical care in the home.

Senior Helpers

www.seniorhelpers.com/va/warrenton

826-212-0656 / 540-690-0857

Senior Helpers of Warrenton and Culpeper offers a comprehensive suite of programs and services that support aging in-place, including companion care.

Virginia Home Care Partners

www.virginiahomincarepartners.com

540-419-1615

Serves Orange County and offers companion care, personal care, overnight care, dementia care, hospice care, and Parkinson's/ALS care.

HEALTHCARE



AT Home Care Staffing

offers compassionate care for the elderly and disabled in their own home.

Personal Care • Private Duty 24 Hours A Day • 7 Days a Week

Now Hiring! Free PCA classes!

- Bathing/Dressing
- Laundry Assistance
- Meal Preparation
- Transportation for Errands
- Light Housekeeping
- And so much more!



Crystal Evatt,
Owner/
President

804-358-0631 | ATHomeCareStaffing.com

crystal.evatt@athomecarestaffing.com

Hospitals

UVA Culpeper Medical Center

www.novanthealthuva.org/

501 Sunset Lane, Culpeper
540-829-4100

Fauquier Hospital

(part of Fauquier Health)

www.fauquierhealth.org

500 Hospital Drive, Warrenton
540-316-5000

Mary Washington Hospital

www.marywashingtonhealthcare.com/Mary-Washington-Hospital.aspx

540-741-1100

1001 Sam Perry Blvd, Fredericksburg

Sentara Martha Jefferson Hospital

<https://www.sentara.com/hospitalslocations>

434-654-7000 or 800-633-6353

Martha Jefferson has multiple satellite locations in the Charlottesville and surrounding area, based on service or treatment. Visit their website or call for specific information.

University of Virginia Medical Center

uvahealth.com

1215 Lee Street, Charlottesville

434-924-0000

Warren Memorial Hospital

www.valleyhealthlink.com/warren-memorial-hospital

351 Valley Health Way, Front Royal

540-636-0300

211 Virginia

Dial 2-1-1

211 Virginia is a free service that can help you find the local resources you need 24 hours a day, seven days a week. Dial 2-1-1 and a trained professional listens to your situation and suggests sources of help using one of the largest databases of health and human services in Virginia. Find information on housing, mental health, legal assistance, utility assistance, healthcare, transportation and more! All referrals are confidential.

2-1-1 VIRGINIA is a service of the Virginia Department of Social Services provided in partnership with the Council of Community Services, The Planning Council, the United Way of Central Virginia, and the United Way of Greater Richmond & Petersburg.

Deaf and hard of hearing: Dial 7-1-1 for Virginia Relay

No Wrong Door

<https://www.nowrongdoor.virginia.gov/>

888-992-0959

No Wrong Door helps older adults, caregivers, individuals with disabilities, veterans, and families access different services and support in a streamlined way. Linked by a secure online system, their statewide network allows you to share your information safely, in order to quickly and easily connect to the services you need. None of your information is shared without your permission.

Tell your story just once and it can be, with your consent, shared with multiple providers you need without having to tell your story over and over. There is "no wrong door" to accessing all the services you may need in your situation.

No Wrong Door Virginia is led by a Strategic Leadership Team comprised of the Department for Aging and Rehabilitative Services, the Department of Medical Assistance Services, the Department of Behavioral Health and Developmental Services, VirginiaNavigator, and the Virginia Hospital and Healthcare Association.

PPL Makes Self-Direction Easy!



PPL is the leading service provider for self-directed care programs.

We enable members of Medicaid and other government- funded programs to choose their care providers and get care at home.

Today, we work with 21 states, 49 programs and 19 MCOs providing services for more than 100,000 participants.

MEET YOUR PPL VIRGINIA COMMUNITY LIAISON

Laurie is PPL Virginia's dedicated Community Liaison. She's in your area spreading information and awareness of self-direction. She has two degrees - one in Social Work & Sociology and one in Education. She has worked as a social worker in the field of child and family services and care transitions and now self-direction."



"Having dealt with disabilities in my own family, I am excited to advocate for people needing care in my role with PPL."

Laurie
Community Liaison VA



To learn more, click QR code
Or go to:
www.pplfirst.com
Or call:
1-866-537-8386

MAKE EVERY MOMENT COUNT

When you look back on life,
There are certain moments
You wish you could live all over again.

At Hospice of the Piedmont,
We believe that every moment together
Can become a new memory to share.



www.hopva.org
540-825-4840

Hospice, Palliative Care & Grief Help

Capital Caring Health

www.capitalcaring.org

800-869-2136 (24-hour Care Line)

"Advanced Home Care and Hospice for All Ages at All Times"

Heartland Hospice

<https://www.gentivahs.com/services/hospice-care/heartland-hospice/>

540-349-3970

Hospice care wherever the residence is - whether it's in a long term care or independent living facility, or at home.

Hospice of the Piedmont

www.hopva.org

800-975-5501

info@hopva.org

A community-based nonprofit that has offered expert care and peaceful resolution to Virginia families for over 40 years. Hospice of the Piedmont cares for patients with serious illness and their families during the final months of life, and offers grief and bereavement services to the entire community.

Hospice care focuses on the care, comfort, and quality of life of a person who is approaching the end of life, usually estimated at 6 months or less. Attempts to cure any illnesses are stopped.

Hospice of the Piedmont: Palliative Medicine

www.hopva.org

833-888-0265

info@hopva.org

Palliative Medicine provides treatment for serious diseases like cancer, Alzheimer's, or organ failure while focusing on improving a person's quality of life. Palliative Care offers an added layer of treatment that relieves pain and provides comfort while someone is being treated for a serious illness.

Spiritual Care Support Ministries

7179 New Hope Lane, Warrenton

www.scsmtv

540-349-5814

Bereavement and personal loss counseling and support. Spiritual Care Support Ministries (SCSM) provides faith-based education, training, counseling and spiritual support for those who are ill, dying, grieving, experiencing personal loss, and for those who journey with them.

Trinity Hospice Warrenton

www.trinityhospice.com

5 Rock Pointe Lane, #250, Warrenton

757-664-9441

areid@trinityhospice.com

Provides physical, emotional and spiritual support for patients and their families. Also ask about bereavement support groups.

HEALTHCARE

Mental Health

Healthy IDEAS (Identifying Depression - Empowering Activities for Seniors)

Contact your county's ECS Support Coordinator at **540-825-3100** or the Program Coordinator at 540-881-0491. Healthy IDEAS provides screening for symptoms and severity of depression, education about depression, effective treatment, and self-care, symptom management through engagement in meaningful activities and ongoing support, assistance with referral and linkage to primary and mental/behavioral health care providers, if needed.

Mental Health Association of Fauquier County

www.fauquier-mha.org

321 Walker Drive, Suite 302, Warrenton
540-341-8732

Offers information about mental health and substance use and referrals to local treatment providers for individuals and families. Provides mental health and substance use presentations. Collaborates with community partners to strengthen mental health and substance resources in Fauquier and Rappahannock Counties.

Mental Health America of VA

www.mhav.org

804-257-5591

Warm Line: 866-400-MHAV (6428) - Peer run support line
Crisis Line: Dial **988**

Education and support for individuals who have experienced challenges with trauma, mental health or addiction. Their programs incorporate recovery principles, encourage self-empowerment and model peer support practices.

Encompass Community Supports (Formerly Rappahannock Rapidan Community Services)

www.encompasscommunitysupports.org

General Questions: 540-825-3100

Crisis Services: 540-825-5656 - available 24 hours per day/7 days per week.

The mission of ECS is to improve the quality of life in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties by providing comprehensive behavioral health, developmental disability, substance use disorder, and aging services.

Regional Peer Warmline

833-626-1490

Staffed by individuals who have experience with mental health and/or substance use challenges. These individuals are trained peers and can talk about feelings of hopelessness and helplessness.

988 Suicide and Crisis Lifeline

<https://988lifeline.org/>

Dial **988** for immediate help!

National Suicide and Crisis Lifeline - Free confidential emotional support and resources for people in distress, their family members and their friends

CALL or TEXT 988 from anywhere across the USA.

For faster response, if you don't have a local area code as part of your phone number, dial **434-230-9704** to connect directly to the regional call center.

Support is also available in Spanish.

SUICIDE & CRISIS LIFELINE

Dial 988

4 Things To Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



1

Depression can be treated.

It's important to seek help early on.

2

Signs and symptoms of depression vary.

For some older adults with depression, sadness may not be their main symptom.

3

Friends and family can help offer support.

They can help watch for symptoms and encourage treatment.

4

Living a healthy lifestyle can help reduce feelings of depression.

This may include eating a balanced diet and being physically active.

To learn more, visit www.nia.nih.gov/depression.



HEALTH INSURANCE & PRESCRIPTION DRUG COVERAGE

Health Insurance

Common Help

www.commonhelp.virginia.gov

Site that helps find healthcare coverage for Virginians.

Cover Virginia

www.coverva.org

On this website you can learn about Virginia's Medicaid and FAMIS programs. You can also get information about health insurance options available through the Federal Marketplace. You can apply online or search for someone who can assist you with your application.

Federal Insurance Medicare

www.medicare.gov

800-633-4227

Healthcare Marketplace

www.healthcare.gov

800-318-2596 (24/7)

The Health Insurance Marketplace® is a federal government service (through the Affordable Care Act) that provides health plan shopping and enrollment services for health insurance through websites, call centers, and in-person help. Allows one to shop for plans and compare side-by-side. Apply online, by paper, or call the number above for help.

Insurance Counseling

Encompass Community Supports (formerly RRCS): VICAP (Virginia Insurance Counseling and Assistance Program) 540-825-3100 (ask for VICAP Counselor in your county) Part of a national network of programs that offer FREE, unbiased, confidential counseling and assistance for people with Medicare or who are about to become Medicare eligible. ECS has trained counselors who can meet with you one-on-one to provide you with information, so you are better able to make an informed decision about your healthcare needs.

Long Term Care Insurance

See Insurance Counseling above.

Long Term Care Services include medical and non-medical care for people with a chronic illness or disability. Long-term care helps meet health or personal needs. Most long-term care services assist people with Activities of Daily Living, such as dressing, bathing, and using the bathroom.

Long-term care can be provided at home, in the community, or in a facility. For purposes of Medicaid eligibility and payment, long-term care services are those provided to an individual who requires a level of care equivalent to that received in a nursing facility.

To read more about long term care services and to better understand long term care insurance, go to the ACL's website: <https://acl.gov/ltc/costs-and-who-pays/what-is-long-term-care-insurance>

Medicare

Medicare is the federal health insurance program for people 65 and older, as well as people with disabilities.

Medicare Part A (Hospital Insurance)

Helps pay for in-patient hospital care, psychiatric hospital care, medically necessary short-term skilled nursing facility care following a hospital stay, home health care and hospice care.

Medicare Part B (Medical Insurance)

Helps to pay for doctors' services, outpatient hospital services, and various medical services and supplies.

Voluntary program with a monthly premium - assistance may be available for individuals with low income.

Medicare Part C (Medicare Advantage Plan/MAP)

Type of Medicare health plan offered by a private insurance company that contracts with Medicare to provide all Part A and Part B benefits. A MAP manages the healthcare of members. The company helps pay for medical care by doctors and hospitals that the member needs.

Medicare Advantage Plans include:

- Health Maintenance Organizations (HMO)
- Preferred Provider Organization Plans (PPO)
- Private Fee-for-Service Plans (PFFS)
- Medicare Medical Savings Account Plans (MSA)
- Medicare Specialty Plans

With Medicare Advantage Plans most Medicare services are covered and some not paid for under original Medicare.

Most plans offer prescription drug coverage. In addition to a monthly premium one may be responsible for out-of-pocket costs such as annual deductibles, co-pays and co-insurance for office visits, hospital stays and outpatient services such as physical therapy. One may need a referral from a primary care physician. Doctors outside the provider network may be partially covered but it would cost more to use them.

Medicare Part D (prescription Drug Coverage)

Adds prescription drug coverage to original Medicare and other Medicare plans. Offered by insurance companies and other private companies that are approved by Medicare.

For more information about benefits visit

www.medicare.gov



encompass
Community Supports

Formerly Known As – Rappahannock-Rapidan Community Services



Confused about Medicare?

Get ALL your Medicare information and assistance from State certified, trusted and unbiased professionals for FREE at Encompass Community Supports, your local Area Agency on Aging since 1972.

Call today to speak with a counselor who serves the county in which you live.

Suspect Medicare Fraud?

Encompass Community Supports' counselors are trained to report Medicare Fraud through our Senior Medicare Patrol program.

For your Medicare needs, call us at 540-825-3100.



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Preventing Medicare Fraud

Encompass Community Supports does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, sexual orientation, gender identity, or any other characteristic protected by law, in employment matters and in its programs and services.

HEALTH INSURANCE & PRESCRIPTION DRUG COVERAGE

Aging Together offers free programs with expert speakers on a variety of subjects related to older adults, aging, caregiving, dementia, insurance, elder law, Veterans, positive aging and more. Many of our past programs are recorded on our website or YouTube channel. Check it out, along with hundreds of resources, on our website: www.agingtogether.org. For programs, upcoming and past, go to the "Programs" tab.



ARE YOU CARING FOR A LOVED ONE WITH A DISABILITY OR MEDICAL CONDITION?



Could you use a temporary break?

The Virginia Lifespan Respite Voucher Program may provide up to \$595.00 to reimburse family caregivers for the cost of respite care.

- Do you live in Virginia?
- Are you the Primary Caregiver?
- Does the person you care for have a documented disability or medical condition?

You may be eligible for this program!

For more information on the program or to receive an application:

Visit- <https://vda.virginia.gov/vlrv.htm>

Call- Liza White at (804) 662-7650 or toll free at (800) 552-3402

Email- liza.white@dars.virginia.gov



VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES
Division for Community Living
1610 Forest Avenue Suite 100
Henrico, Virginia 23229
(804) 662-7650

National Drug Discount Programs

America's Pharmacy
www.americaspharmacy.com

Blink Health
www.blinkhealth.com

Good RX
www.goodrx.com

National Drug Card
nationaldrugcard.com

Discount Drug Network
www.discountdrugnetwork.com
877-537-5537

Single Care
www.singlecare.com

Above is just a sampling - you can search for many more online. It's good to review and compare. Also check with major retail chains that have pharmacies and may offer their own discount drug programs.

Prescription Drug Cards

Although they all vary in policy and offerings, prescription drug programs are generally free cards which can often be downloaded directly from the program's website. (Some of the major programs are listed here). When you go to get a prescription at a pharmacy you present the drug card in order to receive a discount, in the same way you would use a coupon. Sometimes that discount is a significant drop in price from the regular cost of a drug. Prescription discount cards are designed to provide lower drug costs to patients paying for their medications in cash or credit card, whether it's toward the full cost of a prescription or sometimes a copay. There is no cost to use these cards, and they are available to you whether you have health insurance or not. Prescription discount organizations are able to offer these discounts by marketing and negotiating costs with drug companies and sometimes by charging small fees to the pharmacies. Ask at your local pharmacy what drug cards they accept, or check the discount card website for participating pharmacies. Most of the chain pharmacies take multiple program cards. And companies like Walgreens have their own discount program. Some drug programs also offer discounts on services and doctor appointments.

All programs vary in policies and offerings, so check their individual websites or call if they have phone numbers.



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theharboralf.cc



Follow our community!

HOUSING

ACCESSIBLE & EMERGENCY HOUSING, REPAIRS

ACCESS VA (Virginia's Accessible Housing Resource)

<http://www.accessva.org/>

877-428-8844

TDD/TTY: 7-1-1

Helps Virginians with disabilities find an affordable, accessible place to live. Also provides information on accessible housing resources, and an interactive map of Virginia Centers for Independent Living (CIL's).

Benevolent Fund

www.rappbenfund.org

370 Gay Street, Washington, VA

540-671-0421 (Berni Olson)

berniolson@rappbenfund.org

Provides financial and supportive services including for critical home repairs. Confidential and compassionate help to residents of Rappahannock County in times of crisis.

Community Touch, Inc.

www.communitytouchinc.org

540-439-9300

Offers a one year transitional housing program to homeless men, women and children with a broad range of needs. Also offers rental assistance and motel/hotel emergency assistance.

Culpeper Housing and Shelter Services (CHASS)

www.culpepershelter.org

215 E. Spencer St.

Culpeper, VA 22701

540-825-7434

Provides shelter and helps those in need obtain stable, permanent housing.

Eviction Helpline

(PROJECT OF THE VIRGINIA POVERTY LAW CENTER)

noevict@hotmail.com

833-663-8428 (833-NoEvict)

Leave message.

Free resource that provides tenants facing eviction or lease termination with legal information, advice and referrals.

Foothills Housing Corporation

Home Repair Loan Program

fhcorp.org

540-341-2805

Committed to helping acquire safe, decent affordable housing to those with low income. Help build and repair homes, build ramps, and offer financial counseling.

Foothills Housing Network Homeless Assistance

www.foothillshousing.org

540-724-6630

Partnership working to prevent and end homelessness within the region. Connects those experiencing homelessness and those at risk of homelessness to the providers best suited to meet their needs.



Rappahannock Benevolent Fund

OUR MISSION IS:

Providing emergency and self-sufficiency assistance with compassion and confidentiality to Rappahannock residents.

Our Vision is to ensure essential resources are available to Rappahannock County residents in the following three ways:

- 1** Emergency financial assistance,
- 2** Bridge Program - supporting people from crisis to stability,
- 3** Safe and Healthy Homes - Financial support to qualified low-income home owners for housing repairs.

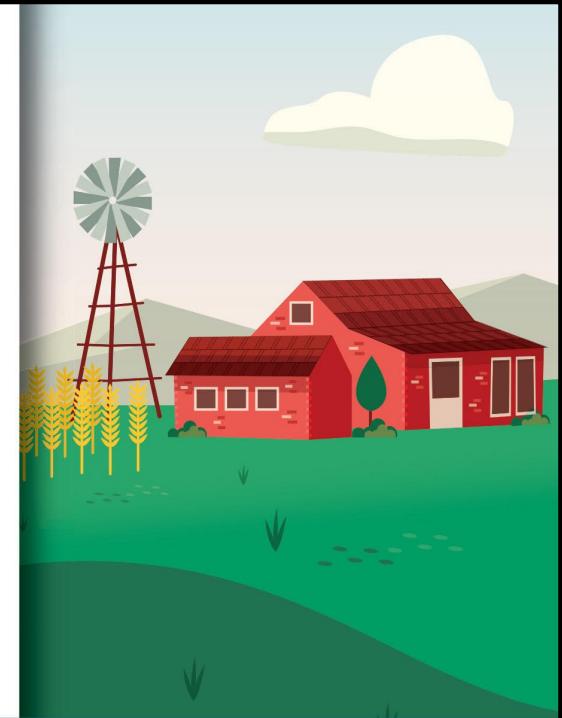
Please contact us if you have any questions or are in need of services.

PO Box 133
370 Gay Street
Washington, VA 22747

540.671.0421

www.rappbenfund.org

 **DONATE**



HOUSING

ACCESSIBLE & EMERGENCY HOUSING, REPAIRS

Fauquier Family Shelter

www.familyshelterservices.org

540-351-0130 - Emergency Shelter

540-316-0036 - Vint Hill Transitional Housing

24-hour, 52-bed emergency shelter in Warrenton.

Emergency shelter as well as a transitional housing program.

LOWLINC

(Lake of the Woods, Living Independently in our Community)

www.lowlinc.org

855-LOWLINC (569-5462)

Member services for transportation, errands, home repairs, health and wellness programs and social engagement for older adults. Contact them for a full schedule of services and for membership information.

People Incorporated

www.peopleinc.net

833-277-9330 / 833-788-0387 español

info@peopleinc.net

Provides affordable housing, and repairs and improvements to low-income residences to increase the home's energy efficiency and reduce total residential energy expenditures.

Rapp at Home

www.rappathome.net

17 Leggett Lane, Suite 110, Washington, VA

540-937-4663

info@rappathome.org

Nonprofit organization that supports neighbor-to-neighbor assistance in order to sustain an independent lifestyle for those over age 50. Contact them for services including help with home repairs.

Skyline CAP

www.skylinecap.org

540-948-3916 / Madison & Warrenton

Supports safe, affordable housing including emergency home repairs, housing choice vouchers, affordable housing and counseling.



Why Choose Dogwood?

- Short-term Rehabilitation
- Long-Term Care
- Assisted Living Care
- Respite Care
- Care with Compassion



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HOUSING

Facility Search Sites

Access Virginia

www.accessva.org

Website that provides a way for Virginians with disabilities to find an affordable, accessible place to live.

Community Resource Finder

www.communityresourcefinder.org

Search here for housing and in-home care options. You will enter your zip code for facilities and services where you live.

No Wrong Door

easyaccess.virginia.gov

888-992-0959 (24/7)

They will connect you to information concerning healthcare, finances, food, education and more. Language interpretation for over 200 languages.

Medicare.gov

www.medicare.gov/care-compare/

Find & compare nursing homes, hospitals, doctors and clinicians, healthcare services, hospice organizations, inpatient rehab facilities, long-term care hospitals, dialysis facilities and other providers near you.

Veterans Long-Term Care Information

www.va.gov/health-care/about-va-health-benefits/long-term-care/

As a Veteran, you may be able to get assisted living, residential (live-in), or home health care through the VA. Find out how to access these long-term care services. Find living options for veterans.

Virginia Department of Social Services

www.dss.virginia.gov/facility/search/alf.cgi

Find assisted living facilities based on your zip code.

Assisted Living Facilities / Memory Care

Blue Ridge Christian Homes

www.blueridgechristianhomes.com

7034 Catlett Road, Bealeton

540-439-2627

blueridgechristianhomes@gmail.com

Countryside Assisted Living

(no website)

1240 Orange Road, Pratts (Madison County)

540-948-6318

The Culpeper

www.culpeperretirement.org

12425 Village Loop, Culpeper

540-825-2411

Dogwood Village

www.dogwoodvillageocvva.org

120 Dogwood Lane, Orange

540-672-2611

Fox Trail Assisted Living Orange

www.foxtrailseniorliving.com

680 University Ln # 200, Orange

540-274-1847

The Harbor at Renaissance

www.renaissancealf.cc

118 William Mills Drive, Stanardsville

434-985-4411

Jackson House Assisted Living

8 Jackson Lane, Boston VA (Culpeper County)

540-987-8746

Our Father's House

www.ofhch.com

15260 Jubilee Road, Culpeper

540-727-8292

ofhbender@gmail.com

Poet's Walk

33 Woodlands Way, Warrenton

540-242-5236

Spring Oak Senior Living

www.nobleseniorservices.com

215 Southridge Pkwy, Culpeper

540-509-9988

239 Alexandria Pike, Warrenton

540-347-6000

The Villa at Suffield Meadows

www.virginiavilla.org

6735 Suffield Lane, Warrenton

540-316-3800

White Springs Senior Living

<https://www.springarborliving.com/va/warrenton/white-springs-senior-living>

349 Legion Drive, Warrenton

540-216-7557

 = Offers Memory Care

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culpeperretirement.org | (540) 825-2411

HOUSING

Independent Living

Culpeper

The Arbors at Culpeper
arborsatculpeper.com

15255 Ira Hoffman Lane, Culpeper
855-279-2710 / 540-212-6484

The Culpeper

www.culpeperretirement.org
12425 Village Loop, Culpeper
540-825-2411

Leaflin Lane Elder Housing Apartments (low income)

540-829-7396

Provides very-low-income elders with options that allow them to live independently. Tenants must meet the very-low-income guidelines established by HUD and head-of-house must be at least 62 years of age.

The Meadows Senior Apartments

www.northridgeaphomes.com/meadows

1050 Claire Taylor Court, Culpeper
540-825-6300
Apartment catering to active seniors and senior living.

Fauquier

Mintbrook Senior Apartments (low income)

4475 Bacon Street, Bealeton
540-402-6005

Moffett Manor

www.moffettmanorapartments.com

115 Manor Court, Warrenton
540-341-8299

The Oaks

oaksofwarrenton.com

305 Oak Springs Dr, Warrenton
540-349-9725

Skilled Nursing / Nursing Home Facilities

Autumn Care of Madison

<https://www.saberhealth.com/locations/autumn-care-of-madison>
540-948-3054

Brookside Nursing & Rehabilitation

<http://brooksiderhabandnursing.com/>
540-347-4770

The Culpeper

www.culpeperretirement.org
12425 Village Loop, Culpeper
540-825-2411

Culpeper Health & Rehabilitation

www.mfa.net/center/culpeper-health-rehabilitation-center
602 Madison Road, Culpeper
540-825-2884

Dogwood Village

www.dogwoodvillageocva.org
120 Dogwood Lane, Orange
540-672-2611

Fauquier Health & Rehabilitation Center

www.fhrnc.org
360 Hospital Drive, Warrenton
540-316-5500

Mountain View Nursing Home

<https://www.mvnursing.net/>
540-948-6831

Puller Veterans Care Center (PVCC)

<https://www.dvs.virginia.gov/veterans-care-centers>
540-680-5200

Veterans facility under construction at time of Resource Guide printing. Vint Hill, Fauquier County. For admission related questions, contact PVCCAdmissions@dvs.virginia.gov.



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Lots of amenities like TV & cable, library, 24 hr security



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Rooms to provide the utmost comfort and privacy



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and
524 Falmouth St., Warrenton

Call to schedule a tour:

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- Alzheimer's & Dementia Care
- Medication Reminders
- Exercise & Range of Motion Support
- Meal Prep
- Light Housekeeping
- Transportation
- Hospice Support + **MORE**

We're committed to finding individuals with the right heart posture. This innate sense and passion for caring for others defines the EverNest team. From personal care services to companionship services and beyond, our home care offerings are tailored to suit each of our client's lifestyles and needs.

Please call us to arrange a free consultation!

Licensed Home Care Agency through the Virginia Department of Health

571.483.8806 • evernestcare.com • 70 Main St. Suite 11, Warrenton



Coordinating Independent Lifestyles

www.careisthere.com

800-434-1633

Call for a free consultation

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Qualify!



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chpenergysolutions
@chpc2.org



chpenergysolutions

CHP is a Virginia-based non-profit serving Culpeper and surrounding counties. We provide no-cost, government and utility-funded programs to qualifying renters and homeowners. Programs provide all energy efficiency and weatherization improvements at no-cost!



A SENIOR LIVING RESOURCE

Assisted Living Visit Checklist

Assisted living promises to help maintain independence by offering support with the activities of daily living. So what do you need to look for to choose the right community? Start with this checklist when you visit and tour.

Location:

- Community is conveniently located for family and friends to visit
- Surrounding neighborhood is safe and free of crime
- Entertainment venues, shopping centers and restaurants are close by
- Medical facilities – and personal physician – are near

Personal Care & Support Services:

- What is the staff-to-resident ratio?
- A nurse is on-site or on-call 24/7
- The community is well staffed during the overnight hours
- A 24-hour emergency response system is in place
- A plan is in place for the resident who needs additional care and support, including moving to a different care community
- During visit, residents appear look tidy and well cared for
- Caregivers interact with residents in positive, calm and respectful ways
- Visitors are greeted promptly and warmly

Financial Affairs:

- You have a list of services included in the monthly resident fee – and a list of additional possible monthly fees
- You have a list of care charges
- Housekeeping and laundry services are included in the monthly fee
- Transportation is included or assessed an additional fee
- Monthly fees change annually, with advance notice of the change given to residents

Caregiver Experience & Training:

- Background checks are completed prior to hire
- Staff is screened and evaluated for their ability to work with older adults in the assisted living setting
- The community has its most recent survey results posted or displayed for families to review
- Staff are trained and retrained and regular intervals



A SENIOR LIVING RESOURCE

Assisted Living Visit Checklist

Life Enrichment Programs:

- Activities are scheduled throughout the day and evening
- Programs are offered that engage mind, body and spirit
- Senior-friendly fitness classes are included
- Craft groups, card clubs and informal resident gatherings have well-lighted, convenient, dedicated spaces
- Regular outings to movie theater, local restaurants, museums and other destinations of interest to residents – transportation included – are scheduled
- Outdoor spaces are available for walking, gardening and recreation

Dining Services:

- Dining room looks and smells inviting, and the setting allows easy access for wheelchairs and assisted walking
- Dining room table, chairs and linens are clean and in good condition
- Residents can choose their own meal times
- Residents dine during designated meal times only
- Three daily meals, snacks and beverages are included in the monthly rate

- Residents may invite guests for meals
- The community accommodates special diets
- Dietician or nutritionist is involved in meal planning

Physical Plant:

- Resident apartments have safety features including an emergency alert system and a fire suppression system
- Safety features are in place such as handrails and grab bars
- Residents are free to decorate their apartments according to their personal taste
- Additional storage is available for residents
- Community is clean and well maintained
- Parking area is convenient and well lighted

And finally, note how you feel. Does the community look and feel like a place you would be comfortable calling home? If you have the chance to interact with other residents and their families, what can they tell you about the community?

Explore more of our resources at:
WhereYouLiveMatters.org



A SENIOR LIVING RESOURCE

Memory Care Visit Checklist

When visiting memory care communities on behalf of a loved one, this checklist can help you make the most of your tour.

Location:

- Location is convenient for visiting your loved one as frequently as you wish
- Surrounding neighborhood is safe and free of crime
- The community is located near medical facilities

Physical Plant:

- Doors are locked and a system is in place to alert staff if a resident wanders out
- There is a secure outdoor area for residents
- The memory care program offers a peaceful, calm setting
- There is a dedicated memory care dining room with its own dedicated staff
- The community is clean, free from odors and well maintained
- Rooms or suites are private
- Bathrooms are visible and easily accessible for someone with memory loss
- Smoke detectors and a sprinkler system are in place

- Each resident room has a window
- There are handrails in all hallways and grab bars in the bathrooms
- A 24-hour emergency response system is in place

Life Enrichment Programming:

- Staff is specially trained for working with older adults who have Alzheimer's disease or other form of age-related dementia
- The calendar of life enrichment activities shows a consistent daily schedule to support those who have memory loss
- Staff members assist with and participate in activities
- Memory care activities help residents feel productive
- Individualized plans for care are in place for each resident, 24/7



Memory Care Visit Checklist

Dining Services Program:

- Residents are assessed and their meal services are adapted to their particular needs
- Finger foods are served for residents who have difficulty using utensils
- Resident nutrition is tracked and weight monitored
- Residents are assigned seating, so they eat every meal in the same spot
- The dining room is peaceful and free from loud music and excessive activity
- Dining room is smaller in size to help cut down on distractions during mealtimes
- Staff members assist at mealtimes

Staff Practices, Training & Development:

- Background checks are completed prior to hire
- Staff is screened and evaluated for their ability to work with people who have Alzheimer's and other forms of dementia
- Caregivers interact with residents in positive, calm and respectful ways
- A nurse is on site or on call 24/7
- The community has its most recent survey results posted or displayed for families to review

Entrusting another with the care of your loved one is difficult. Consider bringing an observant family member or friend to complete this checklist when you visit the memory care community.

Explore more of our resources at:
WhereYouLiveMatters.org

NURSING HOME CHECKLIST



(Source: medicare.gov)

Name of Nursing Home: _____

Address: _____

Phone number: _____

Date of visit: _____

BASIC INFORMATION		Y	N
Is the nursing home Medicare certified?			
Is the nursing home Medicaid certified? Note: "Certified" means the nursing home passed an inspection conducted by a state government agency. Medicare only covers care from nursing homes that are certified.			
Are the nursing home and current Administrator licensed in my state?			
Does the nursing home have a bed available?			
Does the nursing home offer specialized services, like a special care unit for a resident with dementia or ventilator care?			
Is the nursing home located close enough for friends and family to visit?			
Are there resident policies I must follow? Will I get a written copy of these policies?			
Are there extra charges for other services, like beauty shop services?			
Will the nursing home tell me in writing about their services, charges, and fees before I move into the home? Note: Medicare- and/or Medicaid- certified nursing homes must tell you this information in writing. Get a copy of the fee schedule to find out which services are available, which are included in your monthly fee, and which services cost extra. Then, compare nursing home costs.			
Is the nursing home Medicare certified?			
SAFETY & CARE		Y	N
Have you checked the nursing home's star ratings on Medicare.gov?			
Is the nursing home taking action to improve quality or staffing as needed?			
Can residents still see their personal doctors? If needed, does the facility help arrange transportation for this purpose?			
Does the nursing home have an arrangement with a nearby hospital?			
Are care plan meetings held with residents and family members at times that are convenient and flexible whenever possible?			
Does the nursing home's inspection report show quality of care problems or other citations (failure to meet one or more state or federal requirements)? Note: The nursing home must have the report of the most recent state or federal survey of the facility available for you to look at. These reports tell you how well the nursing home meets federal health and safety regulations. Reports can also be found on most state survey agency websites and Medicare.gov.			
PREVENTING ABUSE		Y	N
Does the relationship between staff and residents appear to be warm, polite, and respectful?			

PREVENTING ABUSE	Y	N
Does the nursing home check to make sure they don't hire staff members with a finding or history of abuse, neglect or mistreatment of residents in the state nurse aid registry?		
Does the nursing home have policies and procedures on prohibiting and reporting abuse and neglect?		
Is the nursing home taking action to keep residents safe from abuse, neglect, mistreatment, or exploitation?		
Is there information about how to report concerns about the care and safety of residents?		
Is there information about how the facility responds to concerns that are reported?		
Has the nursing home been cited for issues related to abuse in the last year or two? Note: Nursing homes cited for abuse will have the following icon next to their name on Medicare.gov: 		
NURSING HOME APPEARANCE	Y	N
Are residents clean, well groomed, and appropriately dressed for the season or time of day?		
Is the nursing home free from overwhelming unpleasant odors?		
Does the nursing home appear clean and well kept?		
Is the temperature in the nursing home comfortable for residents?		
Does the nursing home have good lighting?		
Are the noise levels in the dining room and other common areas comfortable?		
NURSING HOME LIVING SPACES	Y	N
Is the furniture sturdy, yet comfortable and attractive?		
Are exits clearly marked?		
Are there quiet areas where residents can visit with friends and family?		
Does the nursing home have smoke detectors and sprinklers?		
Are all common areas, resident rooms, and doorways designed for wheelchairs?		
Can the nursing home provide for special dietary needs (like low-salt or no-sugar- added diets)?		
Are nutritious snacks available?		
Does the staff help residents eat and drink at mealtimes, if needed?		
Are exits clearly marked?		
Are there quiet areas where residents can visit with friends and family?		
Does the nursing home have smoke detectors and sprinklers?		
Are all common areas, resident rooms, and doorways designed for wheelchairs?		
Can the nursing home provide for special dietary needs (like low-salt or no-sugar- added diets)?		
Are nutritious snacks available?		
Does the staff help residents eat and drink at mealtimes, if needed?		

STAFF	Y	N
Do staff knock on the door before entering a resident's room?		
Do staff refer to residents by name?		
Does the nursing home offer a training and continuing education program for all staff?		
Is there licensed nursing staff 24 hours a day, including a Registered Nurse (RN) present at least 8 hours per day, 7 days a week?		
Do Certified Nurse Aides (CNAs) help plan the care of residents?		
How many nurses, including CNAs, will be available to help me during the day, at night, and on weekends?		
Note: The nursing home is required to post this information.		
Is there a person on staff assigned to meet my social service needs, and can I meet with him or her?		
Will staff call my doctor for me if I have a medical need?		
Has there been a turnover in administrative staff, like the administrator or director of nursing, in the past year?		
Is my primary language spoken by staff? If not, is an interpreter available or another system in place to help me communicate my needs?		
RESIDENTS' ROOMS	Y	N
Can residents have personal belongings and furniture in their rooms?		
Does each resident have storage space (closet and drawers) in their room?		
Does each resident have a window in their bedroom?		
Do residents have access to internet, a computer, a personal phone, and television?		
Do residents have a choice of roommates?		
Are there policies and procedures to protect residents' possessions, including lockable cabinets and closets?		
ACTIVITIES	Y	N
Can residents, including those who are unable to leave their rooms, choose to take part in a variety of activities?		
Do residents help plan or choose the activities that are available?		
Does the nursing home have outdoor areas for resident use?		
Is staff available to help residents go outside?		
Does the nursing home have an active volunteer program?		
Do I get to choose what time to get up, go to sleep, or bathe?		
Can I have visitors at any time – even early or late hours?		
Would I be able to leave the facility for a few hours or days if I choose to do so? Are there procedures for leaving?		
Does the nursing home offer the religious or cultural support I need? If not, what type of arrangements will they provide to meet my needs?		

CARING FOR RESIDENTS WITH DEMENTIA	Y	N
Does the nursing home have specific policies and procedures related to the care of residents with dementia?		
If so, does the policy include the use of non- medication based approaches to care as a first attempt to respond to behavioral symptoms (which are often a means of communication) for residents living with dementia?		
What percentage of residents who have a diagnosis of dementia are currently being prescribed an antipsychotic medication?		
What's the nursing home's current rate of antipsychotic medication use?		
Does the nursing home participate in any efforts related to reducing antipsychotic medication use in nursing homes (like the National Partnership to Improve Dementia Care)?		

GO TO A RESIDENT OR FAMILY GROUP MEETING

While you're visiting the nursing home, we recommend that you ask if you can attend a resident or family group meeting. These groups are usually organized and managed by the residents or the residents' families to address concerns and improve the quality of care and life for the resident.

If you're able to go to a meeting, ask a group member these questions:

- What improvements were made to the quality of life for residents in the last year?
- What are the plans for future improvements?
- How has the nursing home responded to recommendations for improvement?
- Who does the group report to?
- How does membership in the group work?
- Who sets the agendas for meetings?
- How are decisions made (for example, by voting, consensus, or one person makes them)?

VISIT AGAIN

It's a good idea to visit the nursing home a second time. It's best to visit a nursing home on a different day of the week and at a different time than your initial visit. Staffing can be different at different times of the day and on weekends. **(Source: [medicare.gov](#))**

(Source: medicare.gov)

NOTES

LEGAL & FINANCIAL

Disability Law

disAbility Law Center of Virginia

www.dlcv.org (dLCV)

800-552-3962

info@dlcv.org

Services include information and referral, legal representation, technical assistance, short-term assistance, systemic advocacy, monitoring and training. dLCV is independent from state and local government.

Elder Law

Legal Aid Works

www.legalaidworks.org

LAWCULP@legalaidworks.org

1200 Sunset Ln, Culpeper, VA 22701

540-825-3131

National Academy of Elder Law Attorneys

<https://www.naela.org/findlawyer?>

Email: naela@naela.org

This site will help you find a lawyer who specializes in serving older adults. Enter your zip code to find an elder law attorney near you.

Funeral Planning

US Funerals Online

www.us-funerals.com

Enter your zip code to find a funeral home near you.

Medicare Advice

VA Insurance Counseling and Assistance Program

(VICAP)

www.vda.virginia.gov/vicap.htm

Free assistance for Medicare

(See ad page 42)

Tax Information

AARP Tax-Aide

www.aarp.org (search for Tax Aide)

or use direct address: www.tinyurl.com/aptaxaide

Volunteers prepare and electronically file tax returns free for low to middle income taxpayers. Volunteers are located nationwide, and are trained and IRS-certified yearly to assure they know about and understand the latest changes and additions to the tax code. Tax help is provided in safe environments using a variety of methods based on a number of factors, including where you are located, COVID-19 spread, and volunteer availability.

Finding an Elder Law Attorney

Your first question should be: How do I find an elder law attorney? Before making the effort, step back a moment and try to determine whether you actually have a legal problem in which an attorney needs to be involved. If you're not sure, ask your clergy, your financial advisor, a social worker, or a trusted friend to help decide whether this is a legal issue rather than a medical or a social services issue. Legal expertise is expensive and it serves you well to know that you actually need legal assistance before seeking an attorney.

There are many places to find an attorney in your city or state who specializes in working with problems facing people as they age. Check with local agencies to obtain good local referrals. Some groups to contact include:

- Alzheimer's Association
- AARP (American Association of Retired Persons)
- Area Agency on Aging
- Hospital or nursing home social services
- National Academy of Elder Law Attorneys (NAELA)
- Social Security Administration
- State or local bar association
- Support groups for specific diseases

If you know any attorneys, ask them for a referral to an elder law attorney. An attorney is in a good position to know who handles such issues and whether the person you've selected is a good attorney. Such persons are often the best and safest referrals.

Source: www.naela.org

Key questions to ask when interviewing a lawyer:

1. How long have you been practicing elder law?
2. Are you a certified elder attorney?
3. What percentage of your law practice is elder law?
4. Will you see me and my family through the entire process?
5. Do you do home visits?
6. What will it cost?
7. Will I work with you or someone else in the office?
8. How long does it take you to return phone calls and emails?
9. Are you a member of the National Academy of Elder Law Attorneys (NAELA)?
10. What recognition have you received as an elder law attorney?
11. What will happen to my file when you stop practicing?



THE STORY OF REFRAMING AGING



Society should treat older people as equals

One of our society's strengths is our belief in justice. A just society ensures that everyone, regardless of age, can participate and contribute in meaningful ways. Too often, we limit opportunities for older people and minimize their contributions. This is unjust to older people and a loss to our communities. To live up to our ideals, we must confront the injustice of ageism.

Ageism harms us all

Ageism is discrimination or unjust treatment of older people based on stereotypes.

Starting at an early age, ageism shapes the way we think about ourselves and others as we grow older.

Underlying ageism is implicit bias – the unconscious attitudes and beliefs that lead to snap judgments about older people.

Ageism is bad for our health, making us sicker and costing our nation billions in avoidable health care costs.

Ageism stifles the economy by limiting the participation of older workers, despite their years of experience.



The solution: confront ageism by telling a new story

The Reframing Aging Initiative is generating a groundswell for change – from local efforts to national leaders – to tell a more balanced story of aging.

This story explains that good ideas know no age limit, and that experience and wisdom can be tapped to benefit us all.

Our words matter. Changing the way we talk will change attitudes about aging, and ultimately, will advance policies and programs that support us at every age and stage of life.

This initiative is powered by research and proven to change how people think about aging.

What we need is you!

This is what ageism sounds like:

I'm having a senior moment.

These wrinkles and grey hair have got to go.

I'm too old to try that.

You look good for your age.

It's time to put her/him out to pasture.

Those are just aches and pains from old age.

Sweetie, you don't look a day over 29.



**JOIN US IN TELLING A
NEW STORY ABOUT AGING!**

www.reframingaging.org

WHAT CAN I DO?



Practice using the tips on the Quick Start Guide

Learn about the public's understanding of aging at www.reframingaging.org

Take the Implicit Association Test to measure your implicit bias (www.implicit.harvard.edu)

Call out ageism when you see it or hear it

Request a workshop or presentation for your organization



Subscribe to *Caravan*, the newsletter of the Reframing Aging Initiative

Quick Start Guide

Our Words Matter

Here Are Tips on How to Choose Them Well

Instead of these words and cues:	Try:
"Tidal wave," "tsunami," and similarly catastrophic terms for the growing population of older people	Talking affirmatively about changing demographics: "As Americans live longer and healthier lives..."
"Choice," "planning," "control," and other individual determinants of aging outcomes	Emphasizing how to improve social contexts: "Let's find creative solutions to ensure we can all thrive as we age."
"Seniors," "elderly," "aging dependents," and similar "other-ing" terms that stoke stereotypes	Using more neutral ("older people/Americans") and inclusive ("we" and "us") terms
"Struggle," "battle," "fight" and similar conflict oriented words to describe aging experiences	The Building Momentum metaphor: "Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities."
Using the word "ageism" without explanation	Defining ageism: "Ageism is discrimination against older people due to negative and inaccurate stereotypes."
Making generic appeals to the need to "do something" about aging	Using concrete examples like intergenerational community centers to illustrate inventive solutions

Learn more at www.reframingaging.org

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WORSHIP SERVICES

Wednesday: Midweek Worship at Noon and 7:00 PM (30 minutes)

Saturday: Praise Worship at 6:00 PM

Sunday: Traditional Worship at 8:00 AM and 10:30 AM

REFORMATION LUTHERAN CHURCH



A church that specifically welcomes older and middle age adults, helping them to grow in Jesus.

540-825-1376

**601 MADISON ROAD
CULPEPER, VA**

PROGRAMS

Programs for middle agers and older adults include:

Day Worship
Bible Studies
Visitation
Counseling

Senior Adult Case Management
Social and Recreational Activities

www.culpeperlutherans.org



CERTIFIED PUBLIC ACCOUNTANTS

CONSULTING

Business Succession Planning • Budget Preparation

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Business Entity Selection • Tax Compliance & Tax Return Preparation
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ACCOUNTING & REPORTING

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Agreed-Upon Procedures Review

BUSINESS SUPPORT SERVICES

Accounting Software Implementation & Training
Payroll Services & Compliance
QuickBooks Pro Advisory Services • General Bookkeeping

400 B Southridge Parkway, Culpeper, VA • P: 540.825.8005 • F: 540.825.4651
www.thejonesgroup.cpa • info@thejonesgroup.cpa

LIFE ENRICHMENT

Activities & Entertainment Online

AARP Online Community Center

aarp.org/virtual-community-center

“Designed to be like your local brick-and-mortar community center in that it offers a wide variety of interesting experiences”. All virtual entertainment and events: Hear talks from popular writers, get cooking lessons from well-known chefs, take a yoga class, watch movie screenings, attend a virtual museum tour, learn about finances, etc. Each day has a different calendar of events - view the schedule on the website. You may be asked to register for the link info, but the programs are generally free.

The Foundation for Art and Healing

www.artandhealing.org/stuck-at-home-resources

This website includes a number of additional resources for activities while staying at home. How about “94 Things to Do at Home”, “The Unlonely Film Festival”, “MOOC (Massive Open Online Courses (all free!)”, to name just a few. Check it out and explore!

Ted Talks

www.ted.com/talks

Pick a subject - any subject...TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED.com is building a clearinghouse of free knowledge from the world's most inspired thinkers — and a community of curious souls to engage with ideas and each other, both online and at TED and TEDx events around the world, all year long.

Continuing Education

Culpeper Literacy Council

www.culpeperliteracy.org

415 South Main Street, Suite 204. Culpeper

540-825-5804

Classes for students who wish to learn English or learn about United States Citizenship. CLC also provides free one-on-one tutoring to adults who want to learn to read, or improve their basic math skills.

Madison Literacy Council

www.madisonliteracy.org

540-948-5514

Provides education services to adult residents of Madison County to enhance their quality of life as jobholders, parents, and life-long learners. Help with GED, math, reading & writing, computer skills and English language.

Germanna Community College

www.germanna.edu

540-891-3000

Germanna's Workforce and Community Education programs offer online classes to learn new skills or for personal development and enrichment. You will need to create an account and there is a fee structure for classes. You may earn a certificate at completion of some courses. There are campuses in Culpeper and Locust Grove.

Literacy Volunteers of Fauquier County

lvfc.net

320 Hospital Dr, Suite 10, Warrenton

540-422-8465

English language and basic education for adult learners.

Laurel Ridge Community College

www.laurelridge.edu

Take online classes, learn new job skills, or work toward a degree. GED classes are also offered here.

Piedmont Regional Adult Education (PRACEP)

www.pracep.org

540-718-8243

info@pracep.org

For GED classes or English language classes. Classes have moved virtually during the pandemic so you will need a computer and Wi-Fi. Normally has in-person class programs. Serves the entire region.

County Parks & Recreation

Contact your county's Parks & Rec office (part of the county government) and find out what programs they are offering. Most offer classes, travel experiences, recreational activities, and other programs, including some geared specifically to older adults.

Culpeper County Parks & Recreation

https://web.culpepercounty.gov/parksrec

16388 Competition Drive, Culpeper

540-727-3412

Fauquier County Parks & Recreation

www.fauquiercounty.gov/government/departments-h-z/parks-and-recreation

320 Hospital Drive, Suite 6, Warrenton

540-422-8550

Madison County Parks & Recreation

www.hooverridge.com

158 Primary School Drive, Madison

540-308-1247

HOW the HECK do I ZOOM? *Websites that can help:*

Seniors Guide: Step-by-step Guide to a Zoom Meeting

tinyurl.com/57apk23b

Senior Planet has a pdf written document you can download

tinyurl.com/srplanet

Zoom Support

https://learn-zoom.us/show-me

Multiple “Show Me” videos on Zoom, including the basics.

RETIREMENT! WHAT TO DO NOW?

Positive aging starts with a positive retirement.



ONCE THE ENTHUSIASM FOR NEW-FOUND RETIREMENT HAS CALMED, OFTEN OLDER ADULTS ARE LOOKING FOR WAYS TO FILL TIME. HERE ARE SOME EASY AND NO/LOW COST IDEAS. FIND MORE AT WWW.AGINGTOGETHER.ORG.

REMAIN ENGAGED

1

With Social Isolation challenges on the rise, it's so important to stay connected. Some ways might be:

- Start or join a book club, garden club, photography club, or any other club that meets your interests!
- Make a point to meet friends for regular lunch dates or outings.
- Join a faith-based organization for community fellowship.

2

CONTINUE TO LEARN

Lifelong learning means there is never a time where education should stop!

- Check out classes at the local community colleges. Often they have personal learning classes both in classroom and online.
- Seek out all kinds of instructional programs at your county Parks & Rec.
- Learn a new language.
- Become more tech savvy! Check your local library for possible classes.



3

CREATE A ROUTINE

Create structure in your day to help your life feel purposeful and interesting.

- Wake up, and have breakfast and dinner around the same time every day.
- Plan regular activities, like grocery shopping, going to the library, or going for a daily walk.

4

VOLUNTEER!

Volunteering offers support to an organization that needs it, while giving a sense of purpose to the volunteer. Fortunately in our region that are many opportunities to offer help. Look in your local paper, online, or check these organizations:

- The PATH Volunteer Hub: www.letsvolunteer.org - keeps an aggregate listing of volunteer needs from organizations all over the region. Pick an opportunity based on your skills and interests.
- The Regional Transportation Collaborative: www.rtcmc.org/give-a-ride - The region is in need of volunteer drives to help people get to doctors appointments, the grocery store, etc. Be someone's hero!
- Aging Together: www.agingtgether.org/volunteer - Aging Together often needs volunteers to help with special event committees, community fairs, dementia training, and more!

5

ENJOY HEALTHY ACTIVITIES

Now that you can create your own lifestyle, it a great time to get in shape or start a new athletic pursuit.

- Get regular exercise - even a short daily walk is good for the heart and overall wellbeing. Having a pet is a great excuse for a daily outing!
- Find a new hobby (Pickleball is one of the fastest growing senior activities in the USA, and offered all over the region.)
- Take a cooking class for ideas on creating your own healthy meals.





Downsize Without Stress!



Expert Estate Auctions operates with integrity, compassion, and professionalism while providing affordable downsizing services via our online auction platform. There is no upfront cost to the seller and 95% - 100% of the home is empty at the end.

CALL 703-957-8569 or EMAIL info@expertestateauctions.com today to schedule your FREE Consultation!

THE MILLENNIAL GENERATION (Born 1981-1986)

Key Events: Columbine, 911, The Iraq War, The Internet, Start of Social Media

Currently the largest generation; Communication is by IMs, texts, email; looking for work-life balance and will leave an organization if they aren't satisfied; competitive.

GENERATION Z (Born 1987-2010)

Key Events: The Great Recession, Arab Spring, Rise of AI, First Black President

First digitally native generation - masters of technology because they grew up with it; first global generation; reject confining labels; place high value on meaningful work; ambitious; pragmatic from watching parents struggle in the great recession.

GENERATION ALPHA (Born 2010 - 2024)

Key Events: COVID 19 Pandemic, iPad launched, Instagram
Hyper-connected with digital devices and ultra independent; life is dominated by smart technology and social media; high ability to "influence" how the public spends money with internet presence; expected to be the largest generation in history.

Multigenerational interactions help remove negative stereotypes about older adults and aging. Understanding how different generations were influenced and what their culture was like when they were younger, helps explain why there are vast differences in the way people view the world. For more reading see links below or Google about defining generations.

Library of Congress

<https://guides.loc.gov/consumer-research/market-segments/generations>

Pew Research Center

<https://www.pewresearch.org/short-reads/2023/05/22/5-things-to-keep-in-mind-when-you-hear-about-gen-z-millennials-boomers-and-other-generations/>

AGING TOGETHER: HOW GENERATIONS DIFFER

THE GREATEST GENERATION (Born 1901-1927)

Key Events: World War II, The Great Depression

Lived in a world without radio, tv, and airplanes, often grew up with no electricity or refrigeration; communication by letter writing; community-minded with a strong sense of commitment to family, jobs and civic groups; marriage is for life; excellent team players; use cash, not credit to avoid debt.

THE SILENT GENERATION (Born 1928-1945)

Key Events: Korean & Vietnam Wars, Dust Bowl, Rise of suburbs

Increased use of automobile and first generation to watch television; traditionalists; hardworking with loyalty to corporation - kept jobs for life; disciplined, self sacrificing, cautious; thrifty as outcome of Depression; wealthiest & most free spending retirees in history; divorce & children out of wedlock unacceptable

THE BABY BOOMER GENERATION (Born 1946-1964)

Key Events: Vietnam War, Civil Rights Movement, Watergate, Moon Landing, Cold War

Largest generation in US history; goal-centric and self assured; resources limited after wars, so resourceful; relationships are important; competitive; workaholics; pay your dues for success; 10,000 Baby Boomers turn 65 and retire every day (source: AARP.org).

GENERATION X (Born 1965-1980)

Key Events: End of Cold War, The AIDS Epidemic, Fall of the Berlin Wall, Dot-Com Boom, MTV

Raised after the big wars but before the tech boom, both parents worked, or were divorced, so were more independent growing up; value individualism and a high work ethic - workaholics; first to have personal computers; email communication.



Choose from classes that help you ...

Build strength
Support balance

Develop flexibility
Increase joint comfort



**Ask about our FITScripts program
An exercise prescription for optimal health!**

Powell Wellness Center
Stop by! 1005 Golf Drive, Culpeper | 540-445-5406

JOY Delivered

Nature Gifts for
Friends and Family.



Shop online or in-store to have joy delivered to your friends and loved ones in assisted care facilities. We can ship food, feeders, or other gifts for you to brighten the day of someone.

"We Sell Joy!"

Shop at:

<https://culpeper.wbu.com/>

Phone: (540) 829-9453

Store Hours:

Tuesday 12-4

Wed-Monday: 9:30-5:30



Engaging and Sharing With Your Grandchildren

- Connect with tech: (use smartphone and tablets to connect long distance with live facetime applications) - if you need help understanding how to use all the modern smart technology, find tech classes at places like community colleges or at your county library.
- Pass down family stories: Write your history down in a notebook or on a computer document; Buy one of the question-and-answer books that engage answers about specific life topics and start filling it out; Create a video through online applications like YouTube or use a legacy preservation service like the advertiser below.
- Keep photo books: Gather the photos you've collected in places like shoeboxes and spend time putting them into a photo album, or send them to an online site that will create a hardcover book for you.
- Create your own memories now by engaging in intergenerational activities with your grandchildren. The memories will last lifetimes!



LASTING LEGACY

VIDEO MEMOIRS

📍 Based in Warrenton, VA 📞 (325) 660-8690 🌐 LastingLegacyVideo.com 📩 grantrampy64@gmail.com

We Come To You

We will work with you in person to determine which storytelling format fits your needs.



Price Is Up To You

We have a variety of made-to-order video package options beginning at \$795.

DON'T WAIT – TELL YOUR STORY



PATH Resource Center

The **PATH Resource Center** connects our community to helpful services and local volunteer opportunities. Read on to learn more about how we can help you find services or start volunteering!



A one-stop shop for volunteering: connecting volunteers to opportunities, and helping organizations find the volunteers they need.

540-680-4148
letsvolunteer.org



A free, confidential call center, connecting community members in need with area organizations or services that can help.
Se habla Español.

855-495-LINK (5465) toll free
communitylink@pathforyou.org
www.pathcommunitylink.org

PATHFORYOU.ORG/RESOURCE-CENTER

LIFE ENRICHMENT

Orange County Parks & Recreations
[orangecountyva.gov/300/Parks-Recreation](https://www.orangecountyva.gov/300/Parks-Recreation)
11350 Porter Road, Orange
540-672-5435

Employment

AARP
www.aarp.org/jobs
AARP offers tip sheets on employment transitions. AARP's Job Board can filter by employers who are pledged to hiring those 50 and over, and Veterans.

Culpeper Career Resource Center (CCRC)
www.ccrc-jobs.com
219 E. Davis Street, Suite 100, Culpeper
540-727-1055
A community resource serving workers looking for employment and employers seeking employees. Computers are available to help job seekers find the right online resources. Please visit their website for more info.

Virginia Career Works Centers
vcwpiedmont.com
Culpeper Center: 210 E Stevens St., Suite 200, Culpeper
540-212-4570
Orange Center: 127 Bellevue Ave, Orange
540-661-3419
Offers job search and resume writing assistance, as well as job skills training. Call for an appointment and more information.

Virginia Employment Commission
www.vec.virginia.gov
State government site that offers resources, locations of regional workforce centers, job fair listings, and more. Also has information about unemployment benefits.

The Workplace/Fauquier County
www.fauquiercounty.gov
540-422-8422
workplace320@gmail.com
Career resource center (not an employment agency) available to all county residents to assist them in finding employment.

ELECTIONS

Local Election Offices
(Voter info, registrar contact info, polling places, etc.)

Culpeper County Voter Registration & Election Office
<https://web.culpepercounty.gov/registrar>
131 N. Main Street, Suite 301, Culpeper
540-825-0652

Fauquier County Office of the General Registrar
<https://www.fauquiercounty.gov/government/departments-h-z/registrar>
528 Waterloo Rd, Suite 200, Warrenton
540-422-8290

Madison County Voter Registrar
<https://www.madisonco.virginia.gov/registrar>
414 N. Main Street, Madison
540-948-6533

Orange County Office of Voter Registration & Elections
<https://orangecountyva.gov/354/Voter-Registration-Elections>
130 N. Madison Road, Orange
540-672-5262

Rappahannock County Voter Information
https://www.rappahannockcountyva.gov/residents/voter_information/index.php
262-A Gay St. Washington
540-675-5380

National Dates for Major Elections:
November 5, 2024 (presidential)
November 4, 2025 (Virginia gubernatorial)

Who Is my Legislator?

Virginia Department of Elections

<https://whosmy.virginlageneralassembly.gov/>

Fill in your address on this website, and results will tell you the Virginia state legislative members (VA House of Delegates and VA State Senators); and the United States legislators representing Virginia (US. Senate and US Congress) for the district in which you live.

Also here:

- [Find your voting place](#)
- [Find out about absentee and early voting](#)

EXERCISE & FITNESS

Culpeper Sports Complex
<https://web.culpepercounty.gov/parksrec/page/culpeper-sports-complex>
16358 Competition Drive, Culpeper VA 22701
The park is the home to many visitors throughout the year not to just play sports, but to walk or run the parks "Conner's Trail", bird watch, and relax at the Five Senses Gardens.

LIFE ENRICHMENT

Healthy Steps Chair Exercises

www.tinyurl.com/Healthysteps1

www.tinyurl.com/healthysteps2

Designed to maximize participation and activity, regardless of physical ability, Healthy-Steps is fun and easy to do, and no special abilities are required. Grab a chair and go to the YouTube links above.

PATH Recreation & Fitness Center

<https://pathrecreationandfitnesscenter.org/>

19002 Crossroad Parkway

Culpeper, VA 22701

prfc@culpeperwellness.org

540-825-0000

Managed by the Culpeper Wellness Foundation, community focused facility offering recreation and fitness opportunities for all ages in a friendly and supportive atmosphere.

Powell Wellness Center

powellwellnesscenter.org

1005 Golf Drive, Culpeper

540-445-5406

Managed by Culpeper Wellness Foundation. Offers exercise and pool facilities, personal training, health education and nutrition services.

Warrenton Aquatic & Recreation Facility (WARF)

<https://www.warrentonva.gov/201/WARF>

800 Waterloo Road, Warrenton

540-349-2520

Features an indoor competition pool, therapeutic spa, and a leisure pool with water slide, lazy river, vortex and zero depth entry for easy access by toddler, seniors and those in wheelchairs. The WARF also has a well-equipped fitness room and a multi-purpose room where fitness classes are held.

Out and About

Library of Congress, Packard Campus Theater

www.loc.gov (search for Packard Campus)

19053 Mt. Pony Road, Culpeper

Home to more than 1.1 million film, television, and video items from the National Audio-Visual Conservation Center stored underground on 90 miles of shelving. The campus hosts a regular series of film and television programming and occasional concerts in its 205 seat theater. The state-of-the-art projection booth is capable of showing everything from nitrate film to modern digital cinema. All programs at the Campus are **free** and open to the public. Limited seating means first-come, first-served. Movie schedule is on their website.

Parks

Culpeper:

<https://www.culpepervia.gov/Community/Parks>

There several parks in Culpeper County. Discover them on the website above. Many have great walking trails!

Fauquier

www.fauquiercounty.gov

Click on "Living" tab and then go to "Parks" under Parks and Recreation for a complete list of parks in the county.

Madison

Hoover Ridge

www.hooverridge.com

Primary School Dr, Madison

Rappahannock

The Rappahannock County Park

www.rappahannockcountypark.weebly.com

7 Park Lane, Washington , VA

540-675-5330

State of Virginia (& National)

National Park Service

www.nps.gov/findapark/index.htm

We are blessed with a number of the national parks at our doorstep, or that make a day trip. Search them out on the website above.

*Seniors are offered a significant discount to the annual pass rate (\$20 at time of printing; off \$80 regular)

**Veterans and military pay no entrance fees.

Senior Gold Card (Fauquier County Public Schools)

www.fcps1.org (click on "community")

Available to any Fauquier County senior citizen age 60 and older, is an admission ticket to almost any FCPS school event that charges admission. This benefit is an expression of gratitude for the contribution senior citizens make to the local community.

Silver Citizens Club/Culpeper

<https://web.culpepercounty.gov/parksrec/page/services-children-teens-seniors>

540-727-3412

To join show up during meeting time and speak with Marshall Conner. Meets every Wednesday at the Culpeper Fieldhouse (16388 Competition Dr., Culpeper) from 10:00am-2:00pm. The Club is for citizens 55-better. It's a great way to make new friends, socialize with old ones, get off the couch and learn new ways to have fun. Regular guest speakers. Pot luck lunch. \$10/year Culpeper County residents; \$15/year nonresidents



Downsize Without Stress!



Expert Estate Auctions operates with integrity, compassion, and professionalism while providing affordable downsizing services via our online auction platform. There is no upfront cost to the seller and 95% - 100% of the home is empty at the end.

CALL 703-957-8569 or EMAIL info@expertestateauctions.com today to schedule your FREE Consultation!

Helping Someone Transition to Long Term Care

Transitioning a loved one to long-term care can be difficult, but there are many ways you can help them feel supported and connected:

- Be patient and understanding of changing emotions. Kindness and caring go a long way.
- Involve them in decision making processes so they feel like they are still in control.
- Personalize their new space with their own possessions, and display photos everywhere. Bring a small loved piece of furniture and a favorite blanket or pillow. Plants also help enliven a new space.
- Hang a calendar on the wall to help them keep up with dates and holidays, or upcoming visits.
- You know your loved one best. Share things about them with staff - do they like to sleep in or wake up early? What is their favorite beverage? Television show? What activities do they enjoy?
- Communicate any concerns or questions you may have directly with the staff.
- Keep in regular touch with your loved one. Send notes, call on the phone or visit regularly if you are able.

PLAN SOME FUN IN YOUR DAY AT GALAXY!



Bowling
Mini-Golf
Arcade
Café
Pro Shop



Weekly Hours:
Sun-Mon Noon - 10pm
Tues 9am - 10pm
Wed-Thurs Noon - 10pm
Fri Noon - Midnight
Sat 9am - Midnight
*Leagues bowl Sunday night through Thursday night. Open bowling is available until 5:30 PM.

(540) 216-7195
www.galaxystrikes.com

Warrenton Circuit Rider Information

<https://www.warrentonva.gov/DocumentCenter/View/381/Blue-and-Gold-Route-Map-PNG?bidId=>

Blue route stop 12 (Jo-Ann Fabrics)

<https://www.warrentonva.gov/DocumentCenter/View/380/Green-Route-Map-PNG?bidId=>

Green route stop 7 (Jo-Ann Fabrics)

LIFE ENRICHMENT

Senior Villages

LOWLINC (Lake of the Woods, Living Independently in our Community)

www.lowlinc.org

855-LOWLINC (569-5462)

Member services for transportation, errands, home repairs, health and wellness programs and social engagement for older adults. Contact them for a full schedule of services and for membership information.

Rapp at Home

rappathome.net

17 Leggett Lane, Suite 110, Washington, VA

540-937-4663

info@rappathome.org

A non-profit serving the health, safety, and social needs of seniors. Contact Rapp at Home for physical and social activities.

Technology Help and Online Learning

GFC Global

learnfree.org

From Microsoft Office, email, basic computer courses, to reading, math, and more - GCF LearnFree.org offers more than 200 topics, including more than 2,000 lessons, more than 1,000 videos, and more than 50 interactives and games, completely free.

Goodwill Rappahannock

www.fredgoodwill.org

Goodwill partners with the Central Rappahannock Library and Google to offer free virtual basic computer workshops.

Libraries

Many of the libraries offer free computer classes and some are specifically geared toward older adults. Contact the libraries directly to find out their schedules.

Culpeper Public Library

tlc.library.net/culpeper

271 Southgate Shopping Center, Culpeper

540-825-8691

Fauquier Public Library

www.fauquierlibrary.org

Branches Fauquier:

Bealeton

10877 Willow Drive North, Bealeton

540-422-8500 (option 2)

Marshall

John Marshall Community Center

4133 Rectortown Road, Marshall

540-422-8500 (option 5)

Warrenton

11 Winchester Street, Warrenton

540-422-8500 (option 1)

Madison County Library

402 N. Main St. Madison

540-948-4720

madisoncountylibrary.org

Orange County Library

ocplva.org

146 N. Main St #A, Orange

540-672-3811

Rappahannock County Public Library

rappahannocklibrary.org

4 Library Rd, Washington, VA 22747

540-675-3780

Senior Planet

www.seniorplanet.org

Their courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends. Follow an online exercise program, learn new technology skills, get creative, or listen to a podcast. Free and available to those age 60 and over.

Udemy

www.udemy.org

For short online classes in many subjects or categories. Great section on "Computer Basics for Seniors" for those who aren't used to computers or haven't used them before. You will need to create an account and this is a fee-based site. Classes are taught with recorded video instructors. Move at your own pace!

Tourism Offices

A great place to get ideas for day outings, things to do, restaurants in the region, and event schedules among other activities.

Culpeper: www.visitculpeperv.com

Fauquier: www.visitfauquier.com

Madison: www.madisonva.com

Orange: www.visitorangevirginia.com

Rappahannock: www.rappahannock.com

Regional Senior Centers

ECS (Encompass Community Supports) senior centers, located in all five counties in our region, provide nutritious meals and fellowship for eligible seniors age 60 and over. In addition to a lunch, participants enjoy the opportunity to socialize and meet new friends, experience educational opportunities, participate in wellness programs, and enjoy interesting and fun activities. Door-to-door transportation can be provided in most cases. Suggested donations are collected to help cover the costs of the meals. Senior Centers also conduct fundraising programs throughout the year to generate revenue for a wide variety of socialization and recreational activities, including trips.

Culpeper 540-825-5778

Fauquier 540-347-7729

Madison 540-948-4131

Orange 540-672-5926

Rappahannock 540-987-3638

Rappahannock County Estate Sales LLC

A full-service estate and downsizing sales company located in
Rappahannock County, VA



Over 40 years of experience conducting estate sales and
dealing in antiques and decorative arts

Free consultations
For information please call, text or email:
Darien Reece
202-361-1019
darienkerr@gmail.com

Don't just make donations – make a legacy.

Setting up a charitable fund or making a planned gift can be much easier than you think — and it can cost less, too.

For over 24 years, donors of all stripes have trusted Northern Piedmont Community Foundation to help them maximize their impact on our region. No matter how much or how little philanthropic experience you have, NPCF can help you create a legacy gift that supports the wellbeing of your community for years to come.

Contact us to get started:

(540) 349-0631 • info@npcf.org • www.npcf.org



LIFE ENRICHMENT

Translation Assistance

PATH Community Link

Yesenia Reyes

888-495-LINK (5465)

communitylink@pathforyou.org

Contact Ms. Reyes of the PATH Community Link for help with English-Spanish translation needs such as exchange with doctors and other community organizations, or with help contacting someone in this guide.

Pronunciator

www.pronunciator.com

If you have a Culpeper County Library Card this is a free app that offers 163 language "courses" including one specific to COVID-19.

*Check other libraries in the region who may have acquired Pronunciator

Video Chat Resources

Video Chat refers to a face-to-face conversation held over the internet by means of webcams and dedicated software. To video chat with someone you need a computer or smart phone (like an Apple phone or an Android phone) and an application that connects you. A great way to keep in touch with family whether they live nearby or in another country! Some video chat resources include the following:

- **Facebook Messenger** - (you do not have to be a member of Facebook)
- **Skype**
- **Google Hangouts (for Google Users)**
- **Facetime (for Apple users)**
- **Whats App (mobile phones)**
- **GrandPad**
- **Zoom (see helpful "how to" websites on page 63)**

Google how to use these resources or go to YouTube ([YouTube.com](https://www.youtube.com)) for detailed videos.

Volunteer

Aging Together

www.agingtogether.org

540-829-6405

info@agingtogether.org

Aging Together seeks volunteers all year round for help with its signature annual events, administrative tasks, support for the Dementia Friendly initiative, volunteer driving, and more. County Team volunteers are also needed! Training included. See our website or contact us for more info.

Volunteer Driver Opportunities:

RTC (Regional Transportation Collaborative)

<https://www.rtcmc.org/give-a-ride>

540-445-0577

Encompass Community Supports Volunteer Opportunities:

Senior Centers

For Volunteer opportunities contact Lola Walker:

lwalker@ecsva.org / 540-825-3100, x3358)

Or contact the regional senior centers directly for more information.

Two's Company - Friendly Visitor/Caller Support Program

Enrich a life. Be paired with an Older Adult for weekly visits or calls. For more information, contact Lola Walker: lwalker@ecsva.org / 540-825-3100, x3358 or Christine Wilson cwilson@ecsva.org / 540-825-3100, x3013

Generations Central Adult Day Center (GCADC)

<https://generationscentral.org/>

540-403-0557

adultday@generationscentral.org

Support, engage with, and help those living with dementia while volunteering at GCADC.

Path Volunteer Hub

www.letsvolunteer.org

volunteerhub@pathforyou.org

540-680-4148

Find volunteer opportunities throughout the region within a vast network of different nonprofits who post opportunities on the PATH online volunteer database system. Search for opportunities to help, whether it's a big project or small task, and based on your interests, skills and amount of time you'd like to spend.

VolTran

www.voltran.org

For Volunteer Driver opportunities call 540-422-2600

voltranrides@gmail.com

WIFI Connection Sites

- Many of the public schools in each county offer Wi-Fi spots (be mindful that adults should not be hanging around while school is in session, and may be asked to leave by VA law.)
- Many public libraries have hotspots that are accessible both in the building and outside in the parking lot.
- Check with the fast food restaurants near you
- Some of the County Parks have Wi-Fi availability

Worship

Church Finder

www.churchfinder.com

There are literally hundreds of churches and faith based organizations in our 5-county region. Enter your city and state to find a listing near you.

Focused on You

5 TIPS TO SAVE MONEY & ENERGY

1. **Space heaters use a lot of energy** and money to operate. Consider a heated blanket instead.
2. **Keep the thermostat at 68 degrees or the lowest setting** in winter and 78 degrees or the highest setting in summer.
3. **Switch to LED bulbs** which do not cost as much to operate as incandescent bulbs.
4. **Check air filters** once a month and change when dirty.
5. **Do not block vents** or return vents with furniture or curtains.

EXPLORE OUR HELPFUL SERVICES

- ✓ **SurgeAssist** - Helps cover the costs of repairing or replacing electrically powered devices in your home that have been damaged by an electrical surge.
- ✓ **Serious Medical Condition** - Assists members who have a serious medical condition and are dependent on electric services for their medical needs and support.
- ✓ **Caring Notice** - Allows a friend or relative to be notified if an electric bill becomes delinquent.



FOR MORE INFORMATION



800-552-3904


myrec.coop

SAFETY & SUPPORT

Assistive Technology, Aids & Medical Equipment

All Blessings Flow

www.allblessingsflow.org

434-422-8888

Mobile unit supplying used medical equipment and supplies to those in need. Also accepts gently used medical equipment. Comes to Dogwood Village on Fridays from 10am-12pm. 120 Dogwood Lane, Orange.

Call in advance to confirm.

Culpeper County Library

www.youseemore.com

271 Southgate Shopping Center, Culpeper

540-825-8691

The library offers various assistive devices such as various strength magnifiers to help the visually impaired.

Community Support of the Piedmont

Comfortandcare.org

540-347-5922

169 Broadview Avenue, Warrenton

Medical equipment loan closet.

The disAbility Resource Center

www.cildrc.org

540-373-2559

Call Caption: 540-373-5890

The Equipment Connection of the disAbility Resource Center supplies assistive equipment through their Fredericksburg location's adaptive medical equipment reuse program. Check with the resource center about referral requirements.

Full Circle Thrift

fullcirclethrift.org

12308 Sperryville Pike, Culpeper

RECEIVES DONATIONS ONLY / Does not distribute. Bring used wheelchairs, walkers, and other assistive equipment to Full Circle and they will deliver to the local Veterans of Foreign Wars chapter for distribution.

To see about receiving needed equipment, contact Perry Smiley at the VFW: 540-547-3863.

Hot Wheels Program

Offered by American Legion Post 157 in Madison

540-547-6160

madisonlegion157@gmail.com

VAAL Post 157 collects and distributes used wheelchairs, walkers, canes, crutches, and shower seats after they have sanitized them. To donate or request an item people can call at the number above (please leave a message) or send an email.



The dRC is a *Center for Independent Living* supporting people with all disabilities of all ages to live a purposeful life, included in their communities, by providing services, training, peer mentoring, advocacy, and information and referral.

DISABILITY RESOURCE CENTER
OF THE RAPPAHANNOCK AREA, INC.

Do you live in Orange, Culpeper, Madison, or lower Rappahannock counties and want to learn more about independent living for people with disabilities? Contact the dRC!

409 Progress St., Fredericksburg, VA 22401
540-373-2559

Website: www.cildrc.org Email: drc@cildrc.org



SAFETY & SUPPORT

Lake of the Woods Lion's Club

www.lowlions.org

540-518-2440

Free loans of medical equipment for Orange County residents. The preferred method for equipment requests is by appointment. For help with vision exams & eyeglasses or hearing aids contact the Lion's Club at 540-412-6566.

Mid-Day Lions Club (The Lion's Club of Culpeper County)

540-718-5114 (leave voice mail)

mail@culpeperlions.org

Meet the Mid-Day Lions Club at the Best Western/Baymont in Culpeper on Thursdays at Noon.

The hotel address is: 791 Madison Rd., Culpeper
Provides financial assistance to qualified residents of Culpeper County for sight and hearing tests, and for help acquiring eyeglasses and hearing aides. Adults should apply to The Department of Human Services located at SAM'S place,

Rappahannock Convalescent Loan Closet

www.rapploan.org

11929 Lee Hwy, Sperryville

540-937-HOME (4663)

Loans free medical equipment for those county residents in need. Rapp at Home and the Rappahannock Lions Club have partnered with the Loan Closet to continue the service and make it more accessible to the community. Call in advance to inquire.

Virginia Assistive Technology System

www.vats.org

800-552-5019

Through VATS Information and Assistance Program, callers can access information on assistive technology products, funding options, and resources that range from therapists to service providers to vendors of assistive technology devices and services. The toll free number will help you find resources in your community.

Domestic Violence

SAFE (Services to Abused Families, Inc.)

www.safejourneys.org

P.O. Box 402, Culpeper, VA 22701

800-825-8876 (24 hour hotline)

All services are free and confidential with a 24-Hour Hotline answered by an advocate ready to help.

The National Domestic Violence Hotline

www.thehotline.org

800-799-SAFE / 800-799-7233

24 hours a day, seven days a week, 365 days a year : highly-trained, expert advocates offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages

Driving Safety

AARP on Driving

www.tinyurl.com/aarpdrive

It's hard to know when you or a loved one should stop driving, and even harder to tell a loved one it's time. Read this article from AARP to help and see links to other relevant driving topics.

Virginia GrandDriver

www.granddriver.net

800-552-3402 (Richmond)

Virginia GrandDriver helps older drivers and families navigate age-related changes to keep everyone independent and safe on the road.

Elder Abuse / Neglect

Adult Protective Services (APS)

888-832-3858

Report suspected abuse, neglect or exploitation of adults to APS at your local department of Social Services (see County Tear-Out Page at start of guide) or to the 24 hour hotline above.

National Center on Elder Abuse

ncea.acl.gov

855-500-3537

Provides info regarding research, training, best practices, and resources on elder abuse, neglect and exploitation.



FOR SAFETY'S SAKE
ACCESSIBILITY CONSULTING

UPDATE YOUR HOME TO SUPPORT YOU AND/OR YOUR LOVED ONES BEFORE CRISIS MAKES DECISIONS MORE COSTLY AND STRESSFUL

CUSTOM ACCESSIBILITY DESIGN/CONSULTING

- Aging in Place & Home Modification Safety Assessments. Reduce falls/injury, \$\$\$ home care services, nursing home placement
- Multi-Sensory Design (Autism, Dementia) reduce behaviors, elopement; meet sensory and health needs safely
- Universal Design: Churches, Group Homes, Investment Rentals & New Housing & Nonprofits

CUSTOM, NOT ADA-SPECIFIC TO YOUR NEEDS, FUNCTION, HOME

GET YOUR HOME TO SERVE YOU BETTER AS YOU AGE!

www.forsafety.com info@forsafetyot.com

202-696-0634

Aging in Place
Occupational
Therapist &
Accessibility
Expert



SAFETY & SUPPORT

Fraud & Scams

Center for Combating Elder Financial Abuse

www.endefa.org

John Schwartz / Founder & President

jrschwartz86@gmail.com

Website to help protect our nation's 58 million seniors from financial predators.

Commonwealth of Virginia Office of the Attorney General: Consumer Protection

www.oag.state.va.us/consumer-protection/

804-786-2042

Check for, or report scams and fraud. You can file a complaint on their website.

Federal Trade Commission (FTC)

Bureau of Consumer Protection

www.ftc.gov or consumer.ftc.gov

The FTC is the federal agency that works to protect consumers against fraud and scams including identity theft and scams related to COVID19 among others.

reportfraud.ftc.gov

Use the above website to report a fraud online directly to the FTC.

Lemonade

<https://lemonade.org/>

Through awareness, Lemonade aims to educate older adults and our communities about the crime of Elder Financial Exploitation and its prevention.

Stop Medicare Fraud!

If you suspect fraud call

1-800-MEDICARE (1-800-633-4227)

or go online:

<https://oig.hhs.gov/fraud/report-fraud/>

National Elder Fraud Hotline



1-833-372-8311



Report scams targeting seniors

Source: OVC

Long Term Care Ombudsman

www.encompasscommunitysupports.org/

Regional Office:

15361 Bradford Road

Culpeper, Virginia 22701

540-825-3100

A Long-Term Care Ombudsman promotes quality care and protects rights for community members of long-term care facilities as well as persons receiving community-based care services at home. The ombudsmen, through Encompass Community Supports, are trained staff members who can help resolve problems and immediate concerns relating to the quality of care between persons and family members, and the facility or service provider. The ombudsman facilitates discussion, investigates complaints, and educates everyone involved about the rights of adults 60 and above. These services are free of charge.

US Department of Justice National Elder Fraud Hotline

833-FRAUD-11 (833-372-8311)

If you or someone you know has been a victim of elder fraud, call the National Elder Fraud Hotline.

Also available in Spanish.

Virginia Senior Medicare Patrol (SMP)

www.virginiasmmp.com

The SMP mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling and education.

Heating & Cooling Aid

CommonHelp

<https://commonhelp.virginia.gov/>

Contact the Enterprise Call Center at 855-635-4370.

The Virginia Energy Assistance Program (EAP) assists low-income households in meeting their immediate home energy needs. The EAP consists of four components: Fuel Assistance, Crisis Assistance, Cooling Assistance and Weatherization Assistance.

Senior Cool Care (Encompass Community Supports)

www.encompasscommunitysupports.org

540-825-3100 x3450

Distributes window air conditioners or fans to eligible seniors at no cost. Must be 60 or older and meet income guidelines. June-September.

Home Safety Inspections

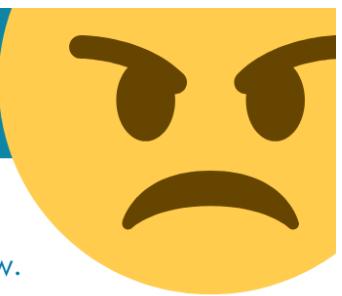
www.rappathome.net

540-937-4663

Rapp at Home offers home safety inspections and can make some safety improvements for you. For expensive improvements, we work with the Rappahannock Benevolent Fund to try to meet your needs.



FRAUD & SCAMS



There are thousands of scams and fraud hits daily, especially targeting older adults. And the initiators are becoming so savvy that sometimes it's hard to know. Below are just a few examples of prevalent scams & fraud that are happening.



Romance Fraud

Scammers create fake profiles on online dating websites to gain the trust of a potential victim, convince them they are interested in them romantically, and then steal from them. Often the scammer pleads the need for emergency funds, or that they may be able to sell valuable possessions such as jewelry for a high profit. When the victim gives in and hands over money or valuables the scammer disappears. In 2022 alone, over a \$1 billion in unrecoverable theft was reported stolen through romance fraud targeted at older adults in the US.



Caregiver Fraud

Caregiver fraud can evolve by both paid and family caregivers who extort money, especially from those older adults with cognitive issues or dementia. This can include unauthorized use of credit cards, bank accounts, personal information and email, all for personal gain. Much of this is accomplished online and is considered cybercrime.



Home Repair Scams

Scammers may offer to perform home repairs, such as installing new windows or renovating a bathroom, and then leave without doing any work. Or after a storm, scammers act as tree removal or home repair services. They come knocking on the door, make a verbal contract and ask for payment up front, then disappear without ever returning.



Computer Technical Support Scams

Scammers prey on the lack of knowledge about computers and cybersecurity many older adults face. A pop-up message or blank screen usually appears on a computer or phone, telling you that your device is compromised and needs fixing. They list a phone number and when you call for help, the scammer may either request remote access to your computer and/or that you pay a fee to have it repaired. They can take hundreds of dollars!



Health Care/Medicare/Health Insurance Fraud

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will offer bogus services, then use the personal information they provide to bill Medicare and pocket the money. Or scammers will threaten that the victim's Medicare will be canceled and they need to respond financially. Note: Medicare will never call, and they will never ask for personal information over the phone. Medicare cannot be "canceled".



Amazon Scams

Scammers impersonate Amazon by seeking verification for an order you didn't place. They may ask for email verification. They may claim there is a shipping problem with your order. They ask for a credit card number to fix the problem.



How to Determine a Possible Scam

High urgency of the person communicating with you or you will be pressured to act quickly, Pretending they know a person you know, Weird looking email address, It's too good to be true, Asking for personal information, Threatening something bad will happen, Trying to convince you it's an amazing opportunity.



Words Scammers Use - if you hear these, don't respond.

"Act now!"; "If you don't pay you will be arrested.>"; "Don't hang up!"; "You better move your money now"; "Go to a Bitcoin ATM"; "Buy gift cards"; "Don't trust anyone.>"; "Withdraw cash and give it to xyz person"; "Withdraw your money and buy gold bars"; "Only talk to me"; "I can access your computer remotely and fix the problem".

This is just a very small sampling of ways that older adults are targeted with scams and fraud. For more information or to learn how to report scams, see page 82.

Awareness is a big step toward prevention!



KEEPING SENIORS SAFE

Orange County Sheriff's Office

For info about Triad programs, contact
Deputy Ron Kesner, Triad Coordinator
at 540-672-1536 or rkesner@orangecountyva.gov



Senior Buddy Program (NEW!!) – Triad volunteers check in with seniors living alone to be sure they are OK

Project Lifesaver – A small wristband radio transmitter for individuals with dementia or autism who are at risk for getting lost so first responders can locate and rescue them

Guardian Alert Pendant – A small device for seniors living alone or with limited mobility that, with the push of a button, links wirelessly via landline or internet phone to 911

File of Life – A packet of medical info at home for first responders to access in case of emergency

Crime Prevention & Safety Education - Educational sessions on crime prevention and safety topics such as scams, financial exploitation, and senior abuse

Understanding Elder Abuse / Some types of Elder Abuse include:

- **Physical abuse:** may include slapping, hitting, beating, bruising or causing someone physical pain, injury or suffering. This also could include confining an adult against his/her will, such as locking someone in a room or tying him/her to furniture.
- **Emotional abuse:** involves creating emotional pain, distress or anguish through the use of threats, intimidation or humiliation. This includes insults, yelling or threats of harm and/or isolation, or non-verbal actions such as throwing objects or glaring to project fear and/or intimidation.
- **Neglect:** includes failures by individuals to support the physical, emotional and social needs of adults dependent on others for their primary care. Neglect can take the form of withholding food, medications or access to health care professionals.
- **Isolation:** involves restricting visits from family and friends or preventing contact via telephone or mail correspondence.
- **Financial or material exploitation:** includes the misuse, mishandling or exploitation of property, possessions or assets of adults. Also includes using another's assets without consent, under false pretense, or through coercion and/or manipulation.
- **Abandonment:** involves desertion by anyone who assumed caregiving responsibilities for an adult.
- **Sexual abuse:** includes physical force, threats or coercion to facilitate non-consensual touching, fondling, intercourse or other sexual activities. This is particularly true with vulnerable adults who are unable to give consent or comprehend the nature of these actions.
- **Self-neglect:** involves seniors or adults with disabilities who fail to meet their own essential physical, psychological or social needs, which threatens their health, safety and well-being. This includes failure to provide adequate food, clothing, shelter and health care for one's own needs.

(Courtesy National Adult Protective Services Association / www.napsa-now.org)



Suspicious that an adult is being abused, neglected or exploited?
Don't wait. Call the 24-hour, toll-free APS hotline at:

(888) 832-3858

Or call your local department of social services.
Calls may be made anonymously.



AND REHA

SAFETY & SUPPORT

Medical Alert Devices

MedicAlert Foundation

www.medicalert.org

800-432-5378 (8:00am-4:30pm PT, Mon-Fri)

Nonprofit, membership organization which protects lives by sharing information through their wearable IDs.

Madison County Sheriff's Office

540-948-5161

Contact them for MedicAlert buttons.

Orange County TRIAD

540-672-1536

Contact them for MedicAlert buttons.

Project Lifesaver /Fauquier County

<https://projectlifesaver.org/>

Project Lifesaver is all about "Bringing Loved Ones Home". Across the country, Project Lifesaver has over 3,000 saves with a 100% success rate with an average recovery time of less than 30 minutes. The proactive electronic tracking system is utilized to search for clients with Alzheimer's, Dementia, Autism and Down Syndrome who have wandered from home.

For questions regarding applications for Project Lifesaver in Fauquier County, please contact:

Lt. K. Kiernan

540-422-8590

Kristi.Kiernan@fauquiercounty.gov

1st Sgt. J. Anns

540-422-8709 or 540-408-3657

Jason.anns@fauquiercounty.gov

Cpl. J. Welch

540-422-8731 or 540-878-6183

Justin.welch@fauquiercounty.gov

Rapp at Home, Guardian Alert

www.rappathome.net

540-937-4663

The Guardian Alert, a medical alert system, allows you to push a wearable button to get immediate help in an emergency. Rapp at Home will install this in your home free of charge.

Phone Access

Lifeline Program

www.lifelinesupport.org

A program implemented jointly with the Federal Communications Commission (FCC) and the Virginia State Corporation Commission to assist eligible consumers with purchasing more affordable telephone service. Call your local telephone company or wireless company for enrollment details.

Ramps

Foothills Housing Corporation

fhcorp.org

540-341-2805

Has a disability ramp program where they will build and repair permanent ramps in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties. In Orange & Madison they will cover funding for no or low income residents. They also have a ramp lending program for portable, ADA approved aluminum ramps for persons who need a temporary ramp, for up to 12 months. If a ramp is available, it is loaned, at no cost, to the person in need. FHC will recover the ramp when it is no longer needed and recycle it to another family.

Service Animals

Canine Companions for Independence

www.cci.org/veterans

Nancy Lagasse / 540-219-5868

bshert07@gmail.com

Canine Companions for Independence places highly trained dogs with older adults and people with disabilities. They do not do diabetic and seizure alerts or seeing eye dogs.



EMERGENCY HOME REPAIR PROGRAM

Available for low-income homeowners in need of basic health and safety repairs.* Priority is given to seniors and persons with disabilities.



Plumbing
Repairs



Electrical
Repairs



Accessibility
Ramps and
Modifications

*Applicant must own and occupy the home. Awards based on meeting eligibility requirements and availability of funding.

Call us to learn more:

(540) 948-3916 ext. 350

WWW.SKYLINECAP.ORG



A SENIOR LIVING RESOURCE

Home Safety Checklist

When assessing the safety of a senior's home, pinpoint exterior and interior risks with this checklist.

General Exterior Safety Issues:

- Exterior stairs are in good shape with secure handrails and motion-activated lighting
- Exterior doors have strong, working locks
- Sidewalks and walkways between residence and garage are in good condition, with no cracks or bumps that could present a fall hazard
- All windows have secure, working locks
- The yard has motion-activated lighting
- Garage has an electric door opener with automatic lighting, and the door is adjusted for reliable operation
- Mail and newspaper can be easily accessed
- Arrangements are in place for maintenance, including lawn care, snow removal, gutter cleaning and window washing
- Home security system is in working order, with signage displayed to deter break-ins

General Interior Safety Issues:

- Working smoke detectors are installed on all floors of the residence, including basement and attic, and near the entrance to the bedroom
- Working carbon monoxide detectors are installed on each floor and within 10 feet of the bedroom entrance
- Telephones are located in every room, or a cordless phone is available on each level of the residence
- Interior stairways have sturdy handrails, with treads in good shape and light switches at the top and bottom of the staircase
- No throw rugs are used in the home
- Walkways are free of tripping hazards, including clutter and furniture
- Frequently used rooms and hallways have motion-activated lights or night lights
- Furnace and air conditioning are inspected with each change in season
- Thresholds between rooms are level and in good repair
- Carpeting is free from tears and bumps that might create a fall risk
- Hot water heater is set at a safe temperature
- No space heaters are used in the home



A SENIOR LIVING RESOURCE

Home Safety Checklist

Primary Bathroom:

- Grab bars are installed near tub and toilet
- Fall-free tub or no-step shower is installed
- Elevated toilet seat is installed, if needed
- Most frequently used personal care items are stored within easy reach
- Emergency alert system is easily accessible, and the resident knows how to activate the system

Master Bedroom:

- A bedside grab bar is installed next to the senior's bed
- Telephone, glasses, flashlight and other necessities can be stored on the bedside table within easy reach
- On/off switch on the bedside lamp can be easily reached from the bed
- Pathways around the bed are free of clutter, extension cords and furniture

Living Area:

- Extension cords are safely hidden from foot traffic
- Throw rugs are removed

- Senior has a well-lit and comfortable chair or place on the sofa
- Flashlight is stored near the senior's favorite seating space

Kitchen:

- Most commonly used items are within easy reach and don't require a stepladder
- Stove has front-mounted controls, so there's no need to reach over hot cooking surfaces
- No curtains or towels are near stovetop, toaster or toaster oven
- Potholders are within easy reach
- A charged and tested fire extinguisher is easily accessible, and the senior knows how to operate it
- Working smoke detector is in place in or near the kitchen

If you aren't comfortable completing this assessment on your own, ask your senior's primary care physician for a referral to a physical or occupational therapist who routinely performs home safety evaluations.

Explore more of our resources at:
WhereYouLiveMatters.org



Make daily tasks in your kitchen easier by installing cabinet pulls, lever handles or pedal controls for sinks, removing the cabinets under the sink to easily roll up to it, and adding automatic shut-off appliances.

We can help transform your bathroom by installing a curbless shower, bidet, wand attachment to your shower head, walk-in tub, shower bench, grab bars, and a higher toilet, tailored to meet your specific needs and preferences.



Seeking to enhance accessibility in your bedroom? Consider incorporating affixed bed rails and adjustable closet shelving.

Update the exterior of your home by installing ramps, handrails, exterior lighting, and wide exterior doors for ease of mobility and safety.



Elevate safety and accessibility in your home with door chimes for added security, lever handles replacing door knobs for effortless operation, and widened doorways to accommodate mobility aids, ensuring convenience and peace of mind for you or your loved ones.

Great things to add throughout your home are motion-activated light sensors, rocker or touch light switches, neutral color paint schemes, flooring transitions, non-slip flooring options, stair lights, and talking smoke detectors, ensuring peace of mind and accessibility in every corner.



Genesis Construction Group is a small women owned business based out of Fauquier County.

We specialize in Remodeling, Insurance Restoration, and Commercial Contracting. From foundation to roof, we bring the truth!

TRANSPORTATION

LOWLINC

(Lake of the Woods, Living Independently in our Community)

www.lowlinc.org

855-LOWLINC (569-5462)

Member services for transportation, errands, home repairs, health and wellness programs and social engagement for older adults. Contact them for a full schedule of services and for membership information.

Rapp at Home

www.rappathome.net

17 Leggett Lane, Suite 110, Washington, VA

540-937-4663

info@rappathome.org

Rapp at Home volunteers provide a variety of village services free of charge to Rappahannock residents age 50 and older, including volunteer and contract transportation.

Regional Transportation Collaborative Mobility Center

www.rtcmc.org

710 U.S. Avenue, Culpeper

540-829-5300

Virginia's first One-Call/One-Click Mobility Center: Speak with a mobility specialist trained to connect you with the best resource for your transportation needs. The regional Mobility Center connects and coordinates services for individuals in Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Services include volunteer transportation, gas subsidies, pilot programs, charity rides, public transit, Medicaid transportation, and private provider options.

Virginia Regional Transit (VRT)

www.vatransit.org

540-825-2456

Go to website or call for following schedules:

Circuit Rider - Covers Fauquier County

Culpeper - Orange Connector - stops in Orange & Culpeper

Foothills Express - Connects Culpeper, Madison & Charlottesville

Toot Bus - Serves the towns of Orange and Gordonsville

Virginia Breeze - serves Town and County of Culpeper

Demand-Response Transportation Service (part of VRT above)

540-825-2456 or 540-341-3464

A curb-to-curb transportation service of Virginia Regional Transit open to the general public by reservation. This service provides transportation to the closest fixed route and/or specified destination.

Service may be limited depending on your residence.

Reservations are taken on a first come, first served basis.

Fares vary throughout the region. Services are available Monday through Friday, 8:00am-5:00pm.

VolTran

www.voltran.org

540-829-5300 to request a ride

540-422-2600 to be a volunteer driver

This grass-roots volunteer driver program provides free rides to individuals in need across the region.



Aging Together is a proud core partner of the Regional Transportation Collaborative (RTC). RTC, orchestrated through the Regional Planning Commission, coordinates partnerships aimed at improving and expanding livability for all. Aging Together staff provide pivotal support for RTC outreach, including marketing expertise and liaison services between Aging Together's county teams and RTC partners.

All of the organizations on this page are members of the RTC. Have you noticed the Trusted Community Seal (TCS) throughout the community? The TCS, developed in partnership with AARP, acts as a trusted symbol for the public and vulnerable individuals utilizing the wide variety and continually evolving transportation supports provided through the RTC programs and partners. If you are interested in partnering, learn more at www.rtcmc.org/tcp

www.regionalcollaborative.com
www.rtcmc.org

TRANSPORTATION



**VOLUNTEER
TO GIVE A RIDE
540-505-5900**

Help individuals get to medical appointments, run critical errands, and access the community! Volunteer on your own schedule in the locations you choose; liability insurance provided.

www.volunteerdifference.com

VETERANS



American Legion

www.legion.org

Join or find a local post by entering your zip code.

American Legion Auxiliary

www.vaauxiliary.org

For 100 years, The American Legion Auxiliary has been serving, helping, and meeting the needs of our nation's veterans, military, and their families - both here and abroad.

Benefits.gov

www.benefits.gov

Provides online pathway to government benefits, sponsored by the Department of Labor.

Canine Companions for Independence

www.cci.org/veterans

Nancy Lagasse

540-219-5868

bshert07@gmail.com

Canine Companions for Independence places highly trained dogs with veterans with physical disabilities and PTSD free of charge. They will also place trained dogs with older adults and people with disabilities. They do not do diabetic and seizure alerts or seeing eye dogs.

Culpeper Veteran Walk-in Clinic

219 E. Davis Street, Culpeper (Take elevator at the end of hall. Go down to the basement)
804-773-0751

- Walk in only
- 4th Tuesday every month, 8:30am – 3:00pm

Disabled American Vets

www.dav.org

The DAV helps returning veterans transition back to civilian life by linking them with services that address their physical, emotional, and financial needs. Provides free, professional assistance.

<https://www.facebook.com/davchapter7va>

Elizabeth Dole Foundation

www.elizabethdolefoundation.org

Empowers and supports our nation's 5.5 million military caregivers; the spouses, parents, family members, and friends who care for America's wounded, ill, or injured veterans.

Healthcare access online

www.vets.gov

Access and manage all your veterans healthcare and benefits here.

Hero's Bridge

www.herosbridge.org

540-341-5378

info@herosbridge.org

They bridge Veterans age 65 and older to a better quality of life through age specific and innovative programs at no expense to them or their families.

Military.com

www.military.com

A website for military members, veterans and their families. You will find daily defense news, benefits information, veteran employment resources, spouse and family resources and supportive tools.

Military Benefits Info

www.veteran.com

Began in 2011 with the goal of becoming an independent source of military and veterans benefits information for the U.S. military community, including active duty, reservists, National Guard, military retirees, Veterans, and military spouses and their families.

Military Consumer

www.militaryconsumer.gov

A joint initiative to empower active duty and retired service members, military families, Veterans and civilians in the military community. Use these free resources as the first line of defense against fraud and for help when managing your money.

My Next Move

www.mynextmove.org/vets

Helps Veterans who are seeking new careers or jobs after military service.

National Call Center for Homeless Vets

877-424-3838

(part of US Department of Veterans Affairs)

National Cemetery

www.cem.va.gov

305 US Avenue, Culpeper

540-825-0027

National Resource Directory

www.nrd.gov

Online partnership for wounded, ill, and injured service members, Veterans, their families, and those who support them.

Operation First Response, Inc

www.operationfirstresponse.org

20037 Dove Hill Road, Culpeper

888-289-0280

Info@operationfirstresponse.org

Serves our nation's Wounded Heroes/Disabled Veterans and their families. Services provided from onset of injuries or illness, throughout their recovery period, and along their journey from military life to the civilian world. Financial aid varies as each case is based on individual needs.

Puller Veterans Care Center (PVCC)

<https://www.dvs.virginia.gov/veterans-care-centers>

540-680-5200

Veterans facility under construction at time of Resource Guide printing. Vint Hill, Fauquier County. For admission related questions, contact

PVCCAdmissions@dvs.virginia.gov



VETERANS

US Department of Labor

<https://www.dol.gov/general/audience/aud-veterans>

This page provides a shortcut to information and services the U.S. Department of Labor (DOL) offers veterans.

US Department of Veterans Affairs

<https://www.va.gov/>

US government site on benefits and health care info for Veterans and current service personnel, as well as their families.

VA Caregiver Support

www.caregiver.va.gov

As a family caregiver you play an important role in caring for the Veteran at home and in the community. Find out about benefits and support systems for family caregivers of veterans.

Veterans Crisis Hotline

DIAL 988 (press 1)

Free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Help Desk: 877-327-0022

Veterans Health Administration

Nearest Outpatient Clinics:

Charlottesville

<https://www.va.gov/richmond-health-care/locations/charlottesville-va-clinic/>

590 Peter Jefferson Pkwy, 2nd Floor, Ste 250, Charlottesville
434-293-3890

Fredericksburg

<https://www.va.gov/richmond-health-care/locations/fredericksburg-va-clinic/>

130 Executive Center Parkway, Fredericksburg
540-684-9040

Fredericksburg 2

<https://www.va.gov/richmond-health-care/locations/fredericksburg-2-va-clinic/>

10401 Spotsylvania Avenue, Suite 300 , Fredericksburg
540-693-3140

Opening March 2025

VA Fredericksburg Health Care Center

This new 470,000+ sq. ft. health care center will replace the existing three smaller Fredericksburg area clinics and provide Veterans of the Fredericksburg and northern Virginia area with high-quality health care services. While this is not a hospital by definition (no inpatient services or emergency room), it will house many of the same outpatient services offered at the main hospital in Richmond, Virginia.

For more info: <https://www.va.gov/richmond-health-care/news-releases/coming-soon-fredericksburg-health-care-center-to-open-march-2025/>

My HealtheVet

Veterans online personal healthcare management system:

www.myhealth.va.gov

877-327-0022 Help Desk

Veterans Long-Term Care Information

www.va.gov/health-care/about-va-health-benefits/long-term-care/

As a Veteran, you may be able to get assisted living, residential (live-in), or home health care through VA. Find out how to access these long-term care services.

Veterans of Foreign Wars

www.vfw.org

The Veterans of Foreign Wars of the United States is a nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard, and reserve forces. Join, or find a post by submitting your zip code.

Veterans of Foreign Wars Auxiliary

vfwauxiliary.org

For more than 100 years, the VFW Auxiliary has been fulfilling its original objectives by supporting the Veterans of Foreign Wars, serving veterans, service members and their families, and spreading patriotism nationwide.

Vietnam Veterans of America

www.vva.org

Promotes and supports the issues important to Vietnam Veterans.

Virginia Department of Veteran Services

www.dvs.virginia.gov

Resource referrals, care coordination, and supportive services to Virginia's Veterans, National Guard, Armed Forces Reserves, family members and caregivers. The program's supportive peer and family services are focused on helping individuals identify, address and successfully resolve presenting needs and challenges with special emphasis on challenges resulting from stress related conditions or traumatic brain injuries connected to military service.

Virginia Employment Commission / Veterans

<https://www.vec.virginia.gov/veterans>

Veterans from all periods of military service are eligible for job referral, job training and job placement assistance through the Virginia Employment Commission (VEC).

Virginia Veterans Resource Guide online

<https://online.flippingbook.com/view/685161/>

Complete online guidebook for Veterans from the Virginia Department of Veterans Service.

You Can Quit 2

www.ycq2.org

Defense Department program to help U.S. Service members quit tobacco - for themselves and their loved ones.

Activities of daily living (ADLs)

Includes basic personal activities like bathing, eating, dressing, toileting, and mobility. A person's degree of independence in performing these activities is important in determining the appropriate level of care and services.

Activity Director

An individual who coordinates recreational programming and life enrichment activities, like art, music, and exercise programming to improve engagement, socialization, and well-being of residents in a care facility.

Advanced Healthcare Directive (see also Living Will)

Legal documents that allow a person to convey decisions about end-of-life care should they be unable to communicate these decisions themselves.

Adult Day (or Adult Day Centers, formerly referred to as Adult Day Care):

Provides a variety of structured, supervised programs for adults with disabilities who cannot remain alone at home during the day. These programs are regulated and licensed by the Department of Social Services.

Ageism

Stereotyping and discriminating against individuals, or groups, based on their age; a tendency to view older persons as debilitated, unworthy of attention, or unsuitable for employment;

Aging and Disability Resource Centers (ADRCs)

ADRCs raise visibility about the full range of available options; provide objective information, advice, counseling, and assistance; empower people to make informed decisions about their long-term services and supports, and help people access public and private programs. ADRCs provide unbiased, reliable information and counseling to people with all levels of income (www.acl.gov).

Aging in Place

Remaining in the community - ideally in one's own home - as one grows older.

Americans With Disabilities Act (ADA)

Civil rights law passed in 1990 that prohibits discrimination based on disability.

Area Agency on Aging (AAA)

A public or private non-profit agency, designated by the state to address the needs and concerns of all older persons at the regional and local levels. “Area Agency on Aging” is a generic term - specific names of local AAAs may vary, as in the **Encompass Community Supports** (ECS) in our region (Culpeper, Fauquier, Madison, Orange, Rappahannock). AAAs coordinate and offer services that help older adults. In our region older adults can get help with options counseling, chronic disease self management education, the emergency medical alert and fan care programs, home delivered meals, elder housing apartments, long-term care ombudsman services, the protective money management program, senior centers, Virginia counseling and assistance program (VICAP), and adult day care.

Assisted Living

Long term care service that provides housing along with personal and health care services to individuals who need assistance with normal daily living activities but are able to maintain a level of independence.

Assistive Technology (AT)

Used by individuals with disabilities to perform functions that might otherwise be difficult or impossible. AT can be any item or piece of equipment used to increase, maintain or improve the functional capabilities of aging individuals in all aspects of life. Some examples of assistive technology are simple reaching equipment, wheel chairs or scooters, hearing aids, computerized aids including text-to-speech and word prediction, close captioning, screen readers and mobile devices. Assistive aids also includes non-motorized and non-tech tools, like walkers, canes, grab bars, pencil grips, or ramps.

Caregiver

A family member or paid helper who regularly looks after a sick, elderly, or disabled person. A caregiver helps a person with their activities of daily living which may include emotional or financial support, as well as hands-on help. Generally, family members do not categorize themselves as “caregivers”, but they are. In fact the largest percentage of caregivers are family members.

Chronic Disease

A condition that lasts for a year or more and requires ongoing medical attention or limits daily activities. Chronic diseases can worsen over time and are usually not curable, but they can be controlled. Examples include Cancer, Heart disease, Diabetes, Arthritis, Stroke, Asthma, Multiple sclerosis, HIV/AIDS, Pain, among others.

Companion Care

A form of home care offering non-medical services including emotional support and socialization, household chores, transportation, and meal preparation to older adults and those with disabilities.

Dementia

Describes a group of diseases (including Alzheimer's Disease) which are characterized by memory loss and other declines in mental functioning.

Direct Care

Any activities by a health professional involving direct interaction, treatment, administration of medications, and/or other therapy or involvement with a resident or patient.

Do Not Resuscitate (DNR)

DNR stands for Do Not Resuscitate and tells health care providers and emergency medical personnel not to do cardiopulmonary resuscitation (CPR) on a person if they stop breathing or if their heart stops beating. The DNR only affects the decision about CPR, not any other treatments such as pain medicine, or nutrition.

Durable Medical Equipment

Equipment and supplies ordered by a health care provider for everyday or extended use. Payment for DME by Medicare may include: oxygen equipment, wheelchairs, crutches or blood testing strips for diabetics, and other items. Medicare defines Durable Medical Equipment as long lasting, used for a medical reason, not usually used by someone not sick or injured, and used in the home. Medicare Part B usually covers durable medical equipment prescribed by your doctor.

Durable Power of Attorney for Health Care

A legal document authorizing an individual to act on one's behalf when incapacitated or is otherwise unable to handle one's affairs.

Elder Abuse

Refers to any knowing, intentional, or negligent act by a caregiver or other person that causes harm or serious risk of harm to a vulnerable adult.

Elderspeak

Elderspeak is a way of speaking to older adults that's similar to baby talk, using simplified language and terms of endearment. Elderspeak can be harmful because it can make older adults feel devalued and sad. It's based on the stereotype that older people have reduced cognitive abilities, but it's not uncommon for older adults to be able to understand just as well as anyone else.

Encore Career

The term "encore careers" generally refers to people over 50 doing work and volunteering that combines continued income/compensation with personal meaning and social impact – to meet society's biggest needs; paid work with a social purpose. (see encore.org).

Family Council

A self-governing group of family members and friends of residents of a nursing home which works to improve the quality of care and quality of life of those residents.

Home Health Care (or In-Home Health Care)

Health care or supportive care provided by a professional in the person's own home, as opposed to care provided in group accommodations like clinics or nursing homes.

Home Care

Home care provides non-medical companion care, and personal care to an individual in their own home. Services may include light housekeeping, daily care assistance, medication reminders, meal preparation, shopping services and some others. There are fees for this service which are usually not covered by insurance.

Hospice Care

Kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice care provides compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible (from www.cancer.org).

Independent Living

Living arrangement for those individuals who can live on their own with limited to no assistance with ADLs.

Independent Living Community

Communities with housing arrangements designed exclusively for older adults, generally those aged 55 and over who need little or no assistance with activities of daily living. They do not offer medical or nursing staff. They typically offer meal plans, social activities, housekeeping and yard maintenance, as well as transportation options.

Level of Care

Generally, refers to how much assistance a person needs with activities of daily living (ADLs) and health maintenance needs. Levels of care can be divided into independent living, assisted living, nursing home, adult day, and home health and hospice.

Living Will

Directs, in advance, an individual's wishes concerning the use of life-sustaining devices and procedures in the event of an incapacitating illness or injury.

Long Term Care

Provides a range of medical and/or social services designed to help people who have disabilities or chronic care needs. Services may be short-term or long-term, and may be provided in a person's home, in the community, or in residential facilities (e.g., assisted living or nursing home). LTC in Virginia primarily refers to nursing home and assisted living, but also includes adult day.

Long Term Care Ombudsman

An individual designated by a state or a local agency responsible for investigating and resolving complaints made by or for older people in long term care (LTC) facilities. Also responsible for monitoring federal and state policies that relate to LTC facilities, for providing information to the public about the problems of older people in facilities, and for training volunteers to help in the ombudsman program.

Medicaid

Health coverage to those with limited income and resources including eligible adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

Medicare

National health insurance begun in 1966 under the Social Security Administration (SSA) and now administered by the Centers for Medicare and Medicaid Services (CMS). It primarily provides health insurance for Americans aged 65 and older who have paid into social security, but also for some younger people with disability status as determined by the SSA, and people with end stage renal disease and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease).

Memory Care

A form of senior living that provides specialized care for people with memory issues such as Alzheimer's and other forms of dementia. Many assisted living facilities and nursing homes have created special memory care units for those living with dementia. There are also stand-alone memory care facilities.

Options Counseling

A person-centered service for older individuals, persons with disabilities, or their caregivers.

Palliative Care

Specialized medical **care** that focuses on providing patients relief from pain and other symptoms of a serious illness, no matter the diagnosis or stage of disease. May include medical, spiritual, psychological and social care.

Person-Centered Care

Care in which the patients or residents of a care community actively participate in their own medical treatment with the primary goal of improving the individual's health outcomes, not just the population's outcomes. Person centered care encourages caregivers and facilities to "see the person" and not the medical condition.

Senior Villages

A "Senior Village" is a concept in which older residents (age 50 and older) of a community such as a neighborhood, town, or county form a nonprofit group to help one another remain in their own homes as they age. Senior Villages help empower the wish of most older adults to "age in place" or stay in their own homes and remain independent even if some of the activities of caring for the home and getting around become more difficult. So for instance, if someone needs help with driving to the doctor or mowing their lawn, they can access help from their own community, usually from people they already know which extends a sense of safety and security. Senior Village models typically offer social activities and exercise opportunities that those in their 50's and 60's enjoy while they are still mostly able to take care of their own homes.

Senior Villages, also referred to as Village Models, are planned around the concept of “neighbors helping neighbors” where connectedness to the community offers support and social engagement as well as opportunities to volunteer and get needed help. Villages are non-profit membership based communities which sometimes require a membership fee as there is staff that manage, plan and schedule the available community resources. In our region there are currently two senior village models: Lowlinc (Lake of the Woods Living Independently in Our Community) in Orange, VA and Rapp at Home in Rappahannock County.

Skilled Nursing

Type of high level care provided by licensed health professionals such as registered nurses. Additional professionals may include physical therapists, occupational therapists and speech-language therapists. It can be provided for short or long-term depending on the care required. Skilled nursing assures medical, psychological, or social needs are met and provides rehabilitation, nutritional help, and activities. Can be provided at home or in a facility, but must be ordered by a doctor if it is to be covered by Medicare or Medicaid or health insurance.

Social Isolation

Social isolation refers to the state of having little to no social contact or support, and few or no relationships with others.

Support Group

Support groups bring together people who are going through or have gone through similar experiences. For example, this common ground might be cancer, chronic medical conditions, addiction, bereavement or caregiving. Supports groups provide opportunities to share feelings and experiences and offer ideas for help.

TRIAD Programs

AARP, the International Association of Chiefs of Police (IACP) and the National Sheriff's Association (NSA) have a cooperative agreement to address crime prevention needs of older citizens and many counties have their own TRIAD. TRIAD provides services such as smoke detectors, emergency beacons, emergency cell phones, etc. Contact your local TRIAD to obtain info on available services and to find out about fraud prevention programs.

Triads in our region:

Culpeper County Triad

www.culpeperva.gov/government/community_services/triad.php

540-727-3430 x 5575

Orange County TRIAD

orangecountyva.gov/389/TRIAD

540-672-1536

rkesner@orangecountyva.gov

Fauquier County Triad

www.facebook.com/fauquiercountytriad

DIRECTORIO DE RECURSOS PARA ADULTOS MAYORES EN ESPAÑOL

Agencias regionales que cubren todos los condados

Agencia del área de envejecimiento:

Rappahannock-Rapidan Servicios Comunitarios (RRCS)

www.rrcsb.org

Haga clic en "Servicios", luego en "Servicios para Personas Mayores" para obtener información sobre programas que incluyen: Programa de Asistencia Nutricional Suplementaria (SNAP), comida entregada al domicilio, Programa Cool Air, Defensor del Pueblo de Atención a Largo Plazo, centro para personas mayores en cada condado y más.

RRCS Servicios de crisis

(Servicios de Emergencia y de Intervención de Crisis)

www.rrcsb.org

540-825-5656

rrcsb@rrcsb.org

Los servicios de crisis están disponibles las 24 horas al día. Los médicos de crisis brindan evaluación, asesoramiento en intervenciones de crisis, desvío hospitalario, evaluación previa a la admisión al hospital y otros servicios.

RECURSOS DE CUIDADO DE SALUD

Ceguera y deficiencia visual

VisionAware

visionaware.org

800-552-7015

VisionAware es una organización nacional que ayuda a quienes pierden la vista a seguir viviendo una vida plena e independiente al proporcionar información, técnicas de la vida diaria, un directorio de servicios nacionales y locales y una comunidad en línea. Hay un directorio donde usted puede buscar servicios gratuitos.

Clinicas gratuitas

Clínica Gratuita de Culpeper

freeclinicfculpeper.org

610 Laurel St., Suite 3, Culpeper

540-829-5032

La Clínica Gratuita de Culpeper es parte de la fundación sin fines de lucro Culpeper Wellness Foundation y brinda atención médica confidencial a quienes en Culpeper no tienen seguro médico o los medios para pagar la atención médica.

Clínica Gratuita de Fauquier

www.fauquierfreeclinic.org

35 Rock Pointe Lane, Warrenton

540-347-0394

La Clínica Gratuita de Fauquier sirve a las comunidades de Fauquier y Rappahannock y Brinda atención médica, dental y de salud mental integral a los residentes elegibles los que no tienen seguro y los que tienen Medicaid.

Clínica Comunitaria Living Water

www.livingwaterclinic.life

32345 Constitution Highway, Suite P, Locust Grove

540-854-5922

Clínica Comunitaria de Living Water es una clínica gratuita organizada para brindar atención médica, de salud mental y espiritual a adultos sin seguro en los condados de Orange y Culpeper.

Clínica Gratuita de Madison

www.madisonfreeclinic.org

125 N Main Street, Madison

540-948-3667

La Clínica Gratuita de Madison es una organización sin fines de lucro que permite a los residentes elegibles sin seguro médico del condado de Madison recibir atención médica y medicamentos. La clínica también brinda servicios dentales, de vista de forma limitada, y asesoramiento nutricional.

Clínica Gratuita de Orange

101C Woodmark Street, Orange

(540) 672-0793

Los clientes deben ser residentes del condado de Orange, sin seguro o con seguro insuficiente y tener ingresos que cumplan con los niveles de ingresos del hogar en o por debajo del 200% de las pautas federales de pobreza. Los pacientes con seguro insuficiente tienen seguro, pero no tienen cobertura para visitas al médico.

Diabetes

Programa de Autocontrol de la Diabetes

540-829-4315

mhorne@culpeperhospital.com

Un programa acreditado que les brinda a las personas que tienen diabetes las herramientas que necesitan para controlar la condición. Ofrecen clases grupales para ayudarle a vivir bien con diabetes y para aprender sobre medicamentos, pruebas, nutrición, ejercicio, etc. Aceptan la mayoría de los planes de seguro, incluyendo Medicaid y Medicare. Comuníquese con ellos para obtener más información sobre como unirse.

RECURSOS DE CUIDADO DE SALUD

The Sweet Spot

The Remington Drug Company (for info)
info@remingtondrug.com

540-439-3247

Una clases mensual de una hora que cubre los aspectos básicos de la vida con diabetes, incluyendo neuropatía, la alimentación saludable, la prevención de complicaciones de la diabetes y mas. Llame o envíe un correo electrónico para obtener mas información.

Hospicio y cuidado paliativo

Apoyo de Hospicio del Condado de Fauquier

hospicesupport.org

540-347-5922

Apoyo de Hospicio del Condado de Fauquier es una organización sin fines de lucro dedicada a brindar atención de apoyo, no medica, a personas con enfermedades terminales. También trabajan con organizaciones de veteranos.

Capital Caring Health

<https://www.capitalcaring.org/get-help/our-services/hospice/>

703-538-2066

540-891-1200

Heartland Hospicio

Hospicio Heartland - Heartland Hospice

<https://www.gentivahs.com/services/hospice-care/heartland-hospice/>

540-349-3970

Cuidados paliativos donde se encuentre usted, ya sea en un centro de cuidados a largo plazo, de vida independiente, o en su casa.

Hospicio del Piedmont

<https://www.hopva.org/>

434-817-6900 / 800-975-5501

info@hopva.org

Atención compasiva para pacientes con enfermedades terminales y sus familias, además apoyo para el duelo para miembros de la comunidad que enfrentan la muerte de un ser querido.

Kindred Health

<https://www.kindredhealthcare.com/our-services/hospice>
434-995-5367

Ministerio de Atención Espiritual - Spiritual Care Ministries

www.scsmtv

540-349-5814

Asesoramiento y apoyo durante este en duelo y perdida personal.

El Ministerio de Atención Espiritual brindan educación, capacitación, asesoramiento y apoyo espiritual basados en la fe para quienes están enfermos, moribundos, en duelo, pasando por perdidas personales, y para quienes lo están apoyando.

Informacion sobre la pandemia covid-19

Centros para el Control y la Prevención de Enfermedades (CDC) www.cdc.gov

Sitio web federal con la información mas actualizada sobre COVID-19, que incluye las pautas de seguridad, información sobre vacunas, respuesta al virus y artículos informativos.

Departamento de Salud de Virginia

www.vdh.virginia.gov/covid-19-vaccine

Para información sobre COVID-19 e las vacunas.

Rappahannock-Rapidan Departamento de Salud Línea Directa de COVID

540-316-6302 (24/7)

askrrhd@vdh.virginia.gov

Registro de Vacunación del Departamento de Salud de Virginia

vaccinate.virginia.gov/

(877) 829-4682

Sitio oficial del estado de Virginia para registrarse para la vacuna contra el COVID-19. Si no tiene Wifi o necesita ayuda, llame al numero de teléfono que aparece arriba.

VA COPES Warline

www.vacopes.com

877-349-6428

Brinda apoyo para todos los residentes de Virginia que puedan estar luchando con los efectos como el miedo, dolor y ansiedad, y otras circunstancias debido al COVID. NO es una línea directa de emergencia o suicidio. Español disponible.

Programas Nacionales de Descuentos en Medicamentos

(Buscar en línea para otras)

America's Pharmacy

www.americaspharmacy.com

Good RX

www.goodrx.com

National Drug Card

nationaldrugcard.com

Single Care

www.singlecare.com

Salud del comportamiento

Asociación de Salud Mental del Condado de Fauquier

www.fauquier-mha.org

Walker Drive, Suite 302, Warrenton

540-341-8732 321

La Asociación de Salud Mental del Condado de Fauquier ofrece información y recursos locales sobre salud mental y problemas de adicción para individuos y familias. También trabajan con socios de la comunidad para defender y fortalecer el apoyo para la salud mental y el uso de sustancias en el área.

Crisis de Adicción o Salud Mental

RRCS 24/7 Línea de Crisis: 540-825-5656

RECURSOS DE CUIDADO DE SALUD

Salud Mental de América de VA - Mental Health America of VA

www.mhav.org

800-950-6264

Línea de Ayuda: 866-400-MHAV (6428) – Línea de apoyo entre iguales

Línea de Crisis: 988

Ofrecen educación y apoyo para personas que han pasado por desafíos de trauma, salud mental o adicción. Los programas incorporan principios de recuperación, fomentan el auto empoderamiento y modelan prácticas de apoyo entre pares.



Regional Peer Warmline

833-626-1490

El personal del Warmline esta compuesto por personas que han vivido una experiencia con problemas de salud mental y / o uso de sustancias. Estas personas pueden hablar con usted sobre los sentimientos de desesperanza e impotencia.

Seguro de Salud

www.healthcare.gov

Servicios dentales

Piedmont Regional Clínica Dental

<https://www.vaprdc.org>

13296 James Madison Highway, Orange

Mailing Address:

PO Box 151, Orange, VA 22960

540-661-0008

Atención dental a personas de todas las edades que estén sin seguro o con seguro insuficiente. Sirve a todos en la región.

SEGURIDAD Y APOYO

Asistencia legal

Legal Aid Works

www.legalaidworks.org

1200 Sunset Ln, Culpeper, VA 22701

(540) 825-3131

Abogados de la Academia Nacional de Derecho de Ancianos

<https://www.naela.org/findlawyer>

Correo electrónico: naela@naela.org

Vaya al sitio web e ingrese su código postal para encontrar un abogado de derecho de la tercera edad cerca de usted.

Informacion sobre los impuestos

AARP Tax-Aid (Ayudante de Impuestos)

www.aarp.org use la dirección complete a

continuación: www.tinyurl.com/aptaxaide

Los voluntarios de AARP Tax-Aide preparan y presentan electrónicamente declaraciones de impuestos gratis para personas de ingresos bajos. Los voluntarios de Tax-Aide se encuentran en todo el país y están capacitados y certificados por el IRS cada año para asegurarse que conozcan y comprendan los últimos cambios. La ayuda fiscal se proporciona en entornos seguros utilizando una variedad de métodos basados en una serie de factores, incluido el lugar donde se encuentra, la propagación del COVID-19 y la disponibilidad de voluntarios.

Tecnología de asistencia y dispositivos

Biblioteca del Condado de Culpeper

www.youseemore.com

271 Southgate Shopping Center, Culpeper
540-825-8691

La biblioteca ofrece varios dispositivos de asistencia, como lupas de fuerza, para ayudar a las personas con discapacidad visual.

Seguro de Salud

www.healthcare.gov

Servicios dentales

Piedmont Regional Clínica Dental

<https://www.vaprdc.org>

13296 James Madison Highway, Orange

Mailing Address:

PO Box 151, Orange, VA 22960

540-661-0008

Atención dental a personas de todas las edades que estén sin seguro o con seguro insuficiente. Sirve a todos en la región.

Sordos y discapacidades auditivas

Programa de Hot Wheels

Ofrecido por American Legion Post 157 en Madison, VA

540-547-6160

info@vaalpost157.com

VAAL Post 157 recolecta y distribuye sillas de ruedas, andadores, bastones, muletas y asientos de ducha usados desinfectados. Para donar o solicitar un artículo, las personas pueden llamar al numero arriba (deje un mensaje) o envíe un correo electrónico.

Lake of the Woods Club de Leones

www.lowlions.org

540-388-0110

El Club de Leones LOW ofrece prestamos gratuitos de equipo medico para los residentes del condado de Orange. El equipo disponible para préstamo incluye sillas de ruedas, andadores, andador, bastones, inodoros, sillas para ducha, muletas y otros artículos. Debe hacer un cita con anticipación llamando al numero que esta arriba.

SEGURIDAD Y APOYO

Mid-Day Lions Club (El Club de Leones de Culpeper)

540-727-1055, extensión 409

P.O. Box 777, Culpeper VA 22701

Brinda asistencia financiera a los residentes calificados del condado de Culpeper para pruebas de vista y audición, y para ayudar a adquirir anteojos y audífonos. Los adultos deben presentar su solicitud en el Departamento de Servicios Humanos ubicado en SAM'S Place, 219 E. Davis Street, Suite 100, Culpeper

Armario de Prestamos Para Convalecientes de Rappahannock

www.rapploan.org

11929 Lee Hwy, Sperryville

540-937-HOME (4663)

El Armario de Prestamos para Convalecientes en el condado de Rappahannock presta equipo medico gratuito para los residentes del condado que lo necesiten. El armario opera desde un edificio en Sperryville proporcionado gratuitamente por Virginia Farm Bureau. Rapp at Home y el Club de Leones de Rappahannock se han asociado con el armario para continuar el servicio y hacerlo mas accesible para la comunidad. Llame con anticipación para consultar.

Sistema de Tecnología de Asistencia de Virginia

www.vats.org

800-435-8490

VATS Brinda una variedad de servicios a través de tres programas principales: el Programa de Asistencia Técnica y Capacitación en Información y Asistencia, el Programa de Demostración y Préstamo de Dispositivos de Tecnología de Asistencia (AT) y el Programa de Reutilización y Intercambio de Dispositivos de Tecnología de Asistencia (AT). A través del Programa de Información y Asistencia de VATS, las personas pueden acceder a información sobre productos de tecnología de asistencia, opciones de financiación y recursos de terapeutas y proveedores de dispositivos y servicios de tecnología de asistencia. El numero gratuito le ayudara a encontrar recursos en su comunidad.

The disAbility Resource Center

www.cildrc.org

540-373-2559 (Fredericksburg)

drc@cildrc.org

El centro de recursos para discapacitados proporciona equipo de asistencia y puede ser gratuito.

Violencia domestica

Línea Directa Nacional Contra la Violencia Domestica

www.thehotline.org

(800) 799-SAFE / (800) 799-7233

Disponible las 24 horas del día, los siete días de la semana, los 365 días del año: defensores expertos altamente capacitados ofrecen apoyo gratuito, confidencial y compasivo, información de intervención en situaciones de crisis, educación y servicios de referencia en mas de 200 idiomas..

SAFE (Services to Abused Families, Inc.)

www.safejourneys.org

P.O. Box 402, Culpeper, VA 22701

(800) 825-8876 (24 horas al día)

Todos los servicios son gratuitos y confidenciales con una línea directa las 24 horas al día que con un defensor listo para ayudar.

VIVIENDAS Y REFUGIOS PARA NECESIDADES ESPECIALES

ACCESS VA

<http://www.accessva.org/>

Recurso de Vivienda Accesible en Virginia

877-428-8844

TDD/TTY: 7-1-1

Accessva.org proporciona una manera para los residentes de Virginia con discapacidades encontrar un lugar asequible y accesible para vivir. También hay un mapa interactivo de los Centros de Virginia para la Vida Independiente.

Community Touch

www.communitytouchinc.org

540-439-9300

Condado de Fauquier. Ofrece alojamiento transitorio de un año para personas sin hogar con una amplia gama de necesidades. El programa ayuda con recursos y oportunidades de capacitación. Póngase en contacto con ellos para obtener mas información.

Culpeper Housing and Shelter Services (CHASS)

www.culpepershelter.org

602 S. Main St., Suite 3

Culpeper, VA 22701

540-825-7434

CHASS proporciona refugio y ayuda a los necesitados a obtener una vivienda estable y permanente.

Foothills Housing Network Asistencia para Personas sin Hogar

www.foothillshousing.org

540-724-6630

The Foothills Housing Network (FHN) es una asociación de organizaciones que trabajan juntos para prevenir y acabar con la falta de vivienda dentro la región Rappahannock-Rapidan .

Línea de Ayuda Para Desalojos

Noevict @hotmail.com

833-663-8428 (833-NoEvict)

Deje mensaje.

Ayuda para la Calefacción y el Aire Acondicionado

AyudaComún - CommonHelp

<https://commonhelp.virginia.gov/>

Llame al Centro de Llamadas Empresariales 855-635-4370. El Programa de Asistencia Energética de Virginia ayuda a los hogares de bajos ingresos con necesidades energéticas. El programa consta de cuatro componentes: asistencia de combustible, asistencia en caso de crisis, asistencia de aire acondicionado, y asistencia de climatización.

ALIMENTOS Y ROPA

Para consultas de alimentos regionales

BLUE RIDGE AREA LOCALIZADOR DE DESPENSAS

www.brafb.org/find-help/pantry-locator/

Ponga su código postal o busque por condado para encontrar una despensa.

SNAP (Programa de Asistencia Nutricional Suplementaria)

www.dss.virginia.gov/benefit/snap.cgi

Las cuentas de SNAP son para hogares de bajos ingresos y se pueden usar como efectivo para comprar alimentos. Para aplicar, visite el sitio web o llame a la oficina de servicios sociales de su condado.

Servicios de Comidas A Domicilio

Encompass Community Supports

<https://www.encompasscommunitysupports.org/>

540-825-3100

Proporciona comidas congeladas para personas mayores que no tienen a nadie que les ayude a preparar los alimentos.

Condado de Culpeper

**** POR FAVOR LLAME ANTES DE VISITAR ESTAS ORGANIZACIONES DEBIDO A POSIBLES CAMBIOS DE HORARIO.**

Despensa de Comida de Culpeper (Iglesia St. Stephens)

www.ststephensculpeper.net/culpeper-food-closet

120 N. Commerce Street, Culpeper

Debe llenar una solicitud primero disponible en Sam's Place: 540-727-1055, opime 0

(Vea listado de Sam's Place a la derecha.)

Despensa Móvil de Alimentos REVA

18230 Birmingham Rd., Madison

540-213-1319

Normalmente distribuye el cuarto miércoles del mes.

Ejército de Salvación

133 E. Culpeper St., Culpeper

540-317-5873

Ofrece comida a los clientes una vez al mes. Debe llenar una solicitud durante su primer visita.

Empoderando a Culpeper

(Distribución de Alimentos USDA Gratis)

Correo electrónico: empoweringculpeper@peopleinc.net

Iglesia Metodista Unida de Culpeper/1233 Oaklawn Dr., Culpeper

540-935-0047

Distribución normal 3er sábado de cada mes / 9:00am-11:00am.

Full Circle Thrift

fullcirclethrift.org

12308 Sperryville Pike, Culpeper

Tiene una variedad de ropa reciclada/donada para hombres, mujeres y niños. Full Circle Thrift dona sus ganancias para ayudar a satisfacer las necesidades de emergencia de los ancianos, las familias de bajos ingresos y los niños en el condado de Culpeper.

Iglesia Bautista de Shiloh

15055 Stevensburg Road, Brandy Station

540-718-8516

Despensa de alimentos 2do sábado del mes
9:00-11:00am

Mercado de Agricultores de Culpeper (Farmers Market)

www.facebook.com/CulpeperFarmersMarket/

540-825-4416

El mercado de agricultores del centro de Culpeper acepta estampías de comida. Están abiertos de mayo a octubre los sábados. Ubicado en la Iglesia Bautista Culpeper, 318 S. West Street, Culpeper.

Ministerio Manna

Ubicación: Iglesia Presbiteriana de Culpeper

301 South Main Street, Culpeper

540-825-8616

El Ministerio de Mana sirve almuerzos gratis a cualquier persona que lo necesite los lunes, miércoles y viernes de 11:00 am a 12:30 pm.

***Durante la pandemia, los almuerzos son para llevar y se sirven los miércoles de 11:00 am a 12:30 pm.*

Sam's Place

219 E. Davis St, Suite 100, Culpeper

540-727-1055, press 0

Asociado con la despensa de Culpeper. Debe llenar una solicitud primero. Llame para hacer una cita. Se puede acceder a comida o leña con la ayuda de Sam's Place.

Tienda Culpeper Goodwill

540-829-8068

504 Culpeper Town Square, Culpeper

Ropa, muebles, artículos para el hogar y mas de segunda mano.

Condado de Fauquier

**** POR FAVOR LLAME ANTES DE VISITAR ESTAS ORGANIZACIONES DEBIDO A POSIBLES CAMBIOS DE HORARIO.**

Banco de Alimentos y Tienda de Segunda Mano de Fauquier

www.fauquierfoodbank.org

540-359-6054

249 East Shirley Avenue, Warrenton

fauquier_thrift@yahoo.com

El banco de alimentos proporciona productos básicos del USDA, caja de productos básicos para personas mayores, servicios de despensa, algunos suministros personales y leña a clientes registrados solo en el condado de Fauquier. Traiga la documentación adecuada como lo indica en el sitio web para registrarse. Se atiende clientes basado por sus ingresos; las familias no necesitan recibir asistencia pública para acudir al Banco de Alimentos

ALIMENTOS & ROPA

Casa De Clara

www.communitytouchinc.org

10499 Jericho Rd., Bealeton

540-439-9300

La despensa de alimentos de Clara es parte de los ministerios de Community Touch y proporciona alimentos para los hambrientos en Fauquier, Culpeper, Orange, Madison y otros condados circundantes. La comida es comprada y donada por el banco de alimentos de la Area Blue Ridge.

Despensa de Alimentos de la Iglesia Episcopal Grace

www.gracetheplains.org

6507 Main Street, The Plains

540-253-5177

Abierto al publico los martes y sábados desde

10:00am - 2:00 pm.

Fauquier FISH

www.fauquierfish.org

24 Pelham Street, Warrenton

540-347-3474

Fauquier FISH proporciona alimentos a personas y familias necesitadas. Llame por horas.

La Tienda Familiar del Ejercito de Salvación

www.virginiavsalvationarmy.org/warrentonva/

540-341-8385

62 Waterloo Street, Warrenton

Vende ropa, artículos para el hogar y muebles a precios razonables. Las ganancias apoyan los programas locales. Se aceptan donaciones durante el horario comercial. Llame para horas de operación.

Tienda Gratuita de Hope Heals

www.hopehealsfreestore.org

hopehealsfreestore@gmail.com

606 Falmouth Street, Warrenton

La misión de Hope Heals es proporcionar ropa, zapatos y ropa de cama gratis.

Tienda de Segunda Mano del Arca de Noé

por Community Touch, Inc.

www.communitytouch.org

540-364-8007

4199-D Winchester Road, Marshall

La tienda ayuda aquellos que necesitan muebles para el hogar y permite que aquellos que tienen los medios hacer donaciones. La tienda tiene muebles de temporada, artículos para el hogar y electrodomésticos de calidad y de bajo costo. Visite el sitio web para el horario.

Condado de Madison

** POR FAVOR LLAME ANTES DE VISITAR ESTAS ORGANIZACIONES DEBIDO A POSIBLES CAMBIOS DE HORARIO.

Mercado de Agricultores del Condado de Madison

(Farmers Market)

www.madisonfarmersmarket.info

1110 Fairground Rd, Madison

Mercado con estacionamiento gratuito y un lugar seguro para que los niños jueguen mientras usted compra. Visite el sitio web para las temporadas de operación y los horarios.

MESA (Asociación de Servicios de Emergencia de Madison)

mesamadisonva.org

540-948-4427

10-11:30am

Despensa de alimentos y tienda de segunda mano. Horario limitado. Llame o consulte el sitio web para mas información.

Condado de Orange

** POR FAVOR LLAME ANTES DE VISITAR ESTAS ORGANIZACIONES DEBIDO A POSIBLES CAMBIOS DE HORARIO.

Armario de Ropa de Orange

252 Blue Ridge Drive, Orange

540-223-6674

Caring Friends

1482 Elly Road, Aroda

540-948-6028

Comida disponible los jueves de 12:30-3:30pm

Despensa de Alimentos Love Outreach

www.tinyurl.com/lofoodpantry (Facebook)

252 Blue Ridge Drive, Orange

540-223-6674

LOFP esta abierto los miércoles de 9:00 am al mediodía y el tercer lunes de cada mes de 4:00–5:30 p.m. Cuando hay un quinto miércoles en un mes, la despensa esta cerrada. La entrega a domicilio se realiza el cuarto miércoles de cada mes entre las 8:00 am y el mediodía en la área de Orange y Gordonsville. En su primera visita, necesitará darnos información sobre todas las personas en su hogar. Deberá proporcionar los nombres, la fecha de nacimiento y los ingresos de cada persona.

Despensa Móvil de Alimentos

540-248-3663

Despensa de Alimentos Mobile de Orange - Orange Mobile Food Pantry

Parque Booster, Orange

Productos Gratis

3er martes de cada mes de 10:00-11:30am.

Lake of the Woods Lions Club Dispensa de Alimentos

www.lowlions.org/food-pantry

888-508-9274

(Lake of the Woods, Vivienda Independiente en Nuestra Comunidad)

www.lowlinc.org

855-LOWLINC (569-5462)

Servicios para miembros: transporte, mandados, reparaciones del hogar, programas de salud y bienestar y eventos sociales para adultos de la tercera edad.

Tienda Goodwill

Orange Village Shopping Center

500 N. Madison Road, Orange

Ropa, muebles, artículos para el hogar y mas de segunda mano.

ALIMENTOS & ROPA

Condado de Rappahannock

** POR FAVOR LLAME ANTES DE VISITAR ESTAS ORGANIZACIONES DEBIDO A POSIBLES CAMBIOS DE HORARIO.

Despensa de Alimentos del Condado de Rappahannock www.rappahannockpantry.org

540-987-5090

Despensa de Alimentos de Rappahannock - Rappahannock
11763 Lee Highway, Sperryville

Martes y jueves, de 12 pm - 4 pm, y sábados de 10 am - 2 pm

Todos los residentes de Rappahannock son bienvenidos. solo servicio al carro esta disponible. Todos son bienvenidos.

Rapp at Home

www.rappathome.org

17 Leggett Lane, Suite 110, Washington, VA

540-937-HOME (4663)

info@rappathome.org

Necesita ayuda para hacer las compras o necesita comida en caso de emergencia? Comuníquese con Rapp at Home, una organización sin fines de lucro basada en membresía que atiende a adultos mayores de 50 años del condado de Rappahannock. Obtenga mas información sobre los servicios y la membresía, llamando al numero que aparece arriba o por correo electrónico.

ALOJAMIENTO

Vivienda de Emergencia

Culpeper Housing and Shelter Services (CHASS)

602 S. Main St., Suite 3, Culpeper

540-825-7434

Asistencia para personas sin hogar y para personas en riesgo de quedarse sin vivienda.

Foothills Housing Network Asistencia para Personas sin Hogar

www.foothillshousing.org

540-724-6630

Es una asociación de organizaciones que trabajan juntos para prevenir y acabar con la falta de vivienda dentro la región Rappahannock-Rapidan.

TRANSPORTE

Demand-Response Servicio de Transporte

540-825-2456 or 540-341-3464

Un servicio de transporte de acera abierto al publico en general con reserva. Este servicio proporciona transporte a la ruta fija mas cercana y / o al destino especificado. El servicio puede ser limitado dependiendo de su residencia. Las reservas se realizan por orden de llegada. Las tarifas varían en toda la región. Los servicios están disponible de lunes a viernes, de 8:00 am a 5:00 pm.

Centro de Movilidad Colaborativa de Transporte Regional - Regional Transportation Collaborative Mobility Center

www.rtcmc.org

710 U.S. Avenue, Culpeper

540-829-5300

El primer centro de movilidad de Virginia: hable con un especialista en movilidad capacitado para conectarlo con el mejor recurso para sus necesidades de transporte. El centro conecta y coordina servicios para personas en los condados de Culpeper, Fauquier, Madison, Orange y Rappahannock. Los servicios incluyen trasporte por voluntarios, subsidios de gasolina, transporte público, transporte de Medicaid y opciones de proveedores privados.

Rapp at Home

www.rappathome.org

17 Leggett Lane, Suite 110, Washington, VA

540-937-HOME (4663)

info@rappathome.org

Los voluntarios de Rapp en Casa brindan una variedad de servicios gratis a los residentes de Rappahannock que tienen 50 años o más, que incluye transporte por voluntarios y pagados.

Virginia Regional Transit

www.vatransit.org

540-341-3464

Vaya al sitio web o llame para conocer los horarios:

Circuit Rider - Cubre el condado de Fauquier

Culpeper - Orange Connector - para en Orange & Culpeper

Foothills Express - Conecta a Culpeper, Madison & Charlottesville

Toot Bus - Sirve las ciudades de Orange y Gordonsville

Virginia Breeze - sirve la ciudad y el condado de Culpeper

VolTran

www.voltran.org

540-829-5300 para solicitar transporte

540-422-2600 para ser conductor voluntario

Este programa basado en conductores voluntarios ofrece transporte gratis a las personas necesitadas en toda la región.

ENRIQUECIMIENTO DE VIDA

Actividades y entretenimiento

AARP Centro Comunitario en Línea

aarp.org/virtual-community-center

“Diseñado para ser como su centro comunitario local que ofrece una variedad de experiencias interesantes”. El entretenimiento y eventos virtuales incluyen: charlas de escritores populares, lecciones de cocina de chefs reconocidos, clase de yoga, proyecciones de películas, visitar un museo virtual, aprenda sobre finanzas, etc. Es posible que se le solicite que se registre, pero los programas generalmente son gratuitos.

Asistencia de traducción

PATH Community Link

Yesenia Reyes

888-495-LINK (5465) (se habla español)

communitylink@pathforyou.org

Comuníquese con Yesenia Reyes de PATH Community Link para obtener ayuda con las necesidades de traducción de inglés al español, como para citas médicas o para comunicarse con otras organizaciones comunitarias, o si necesita ayuda encontrando recursos que no están en este guía.

Educación continua

Consejo de Alfabetismo de Culpeper

www.culpeperliteracy.org

415 South Main Street, Suite 204. Culpeper

540-825-5804

El Consejo de Alfabetización de Culpeper ofrece clases para los estudiantes que deseen aprender inglés o aprender sobre la ciudadanía de los Estados Unidos. También ofrecen tutorial individual gratuita para adultos que quieran aprender a leer o mejorar sus habilidades de matemáticas básicas.

Consejo de Alfabetismo de Madison

www.madisonliteracy.org

Brinda servicios educativos a los residentes adultos del condado de Madison para mejorar su calidad de vida como trabajadores, padres y aprendices. Ayudamos con GED, matemáticas, lectura y escritura, conocimientos informáticos, y el inglés.

Consejo de Alfabetismo del condado de Fauquier

www.lfvc.org

320 Hospital Dr, Suite 10, Warrenton

540-422-8465

Brinda servicios para aprender inglés y educación básica para estudiantes adultos.

Educación Regional para Adultos de Piedmont(PRACEP)

www.pracep.org

540-718-8243

info@pracep.org

Brinda clases de GED o de inglés. Las clases se han movido virtualmente durante la pandemia, por lo que necesitará una computadora y wifi. Normalmente tenemos clases in persona. Sirvamos toda la región.

Laurel Ridge Colegio Comunitario

www.laurelridge.edu

Tome clases en línea, aprenda nuevas habilidades laborales o trabaje para obtener un título. Las clases de GED también se ofrecen aquí.

Ejercicio y estado físico

Healthy Steps Ejercicios de Silla

www.tinyurl.com/Healthysteps1

www.tinyurl.com/healthysteps2

Diseñado para maximizar la participación y la actividad, independientemente de la capacidad física. Healthy Steps es divertido y fácil de hacer, y no se requieren habilidades especiales. Tome una silla y vaya a los enlaces de YouTube que se encuentran arriba.



CONTACTOS IMPORTANTES DEL CONDADO

LLAME PRIMERO PARA EL ESTADO ACUTAL DE SERVICIOS Y HORARIO

CULPEPER

Departamento de Servicios Sociales (DSS)

Servicios Humanos de Culpeper

www.culpepercounty.gov

(Vaya a “Servicios” y después a “Servicios Humanos”)

540-727-0372

Departamento de Salud del Condado de Culpeper

web.culpepercounty.gov/Services/

Health-Services

640 Laurel St, Culpeper

(540) 829-7350

Teléfono del Alguacil (que no sea emergencia)

Oficina del Alguacil del Condado de Culpeper

540-727-7520

Teléfono de la Policía (que no sea emergencia)

Departamento de Policía de Culpeper

540-540-727-3430

FAUQUIER

Departamento de servicios sociales (DSS)

DSS De Fauquier

www.fauquiercounty.gov

(Vaya a “Gobierno” y después a “Servicios Sociales”)

540-422-8400

Departamento de Salud del Condado de Fauquier

330 Hospital Drive, Warrenton

540-347-6400

Teléfono del Alguacil (que no sea emergencia)

Oficina del Alguacil del Condado de Fauquier

540-347-3300

Teléfono de la Policía (que no sea emergencia)

Departamento de Policía de Remington

540-439-0344

Departamento de Policía de Warrenton

540-347-1100

MADISON

Departamento de Servicios Sociales (DSS)

DSS de Madison

www.madisonco.virginia.gov

(Vaya a “Gobierno” y después a “Servicios Sociales”)

540-948-5521

Departamento de Salud del Condado de Madison

1480 North Main Street, Suite A, Madison

(540) 948-5481

Teléfono del Alguacil (que no sea emergencia)

Oficina del Alguacil del Condado de Madison

540-948-5161

ORANGE

Departamento de Servicios Sociales (DSS)

DSS de Orange

www.orangecountyva.gov

(Haga clic en “Departamentos”, después baje abajo y haga clic en “Servicios Sociales”)

540-672-1155

Departamento de Salud del Condado de Orange

450 N. Madison Road, Orange

540-672-1291

Teléfono del Alguacil (que no sea emergencia)

Oficina del Alguacil del Condado de Orange

540-672-1200

Teléfono de la Policía (que no sea emergencia)

Policía de la Cuidad de Orange

540-672-1491

RAPPAHANNOCK

Departamento de Servicios Sociales (DSS)

DSS de Rappahannock

www.rappahannockcountyva.gov

(Haga clic en “S” para ver los servicios)

540-675-3313

Departamento de salud del Condado de Rappahannock

491-A Main Street, Washington, VA

540-675-3516

Teléfono del Alguacil (que no sea emergencia)

Oficina del Alguacil del Condado de Rappahannock

540-675-5300

ARE YOU A RESIDENT OF THE RAPPAHANNOCK AREA AGED 50 OR OVER?

Call Rapp at Home!

We help local seniors connect with their community and provide support to help them age in place for as long as they can.

How do we help?

- Transportation to appointments
- Grocery & Rx pick up
- Social and educational activities
- Home safety support
- Caregiver referrals
- Friendly visits

Get Involved!

- Volunteer
- Participate
- Collaborate
- Support



Join us -
it's free!



540.937.4663 www.rappathome.net info@rappathome.org



AGING TOGETHER
PO Box 367, CULPEPER, VA 22701 / 540-829-6405
WWW.AGINGTOGETHER.ORG / INFO@AGINGTOGETHER.ORG

This guide can be downloaded on our website.

DISCLAIMER

This guide is intended as a helpful resource. While we have taken great efforts to insure the content in this guide is accurate, errors can occur. The information contained is provided "as is" with no guarantees of completeness, accuracy, or changes in details such as time or place. Aging Together assumes no responsibility for any of these inaccuracies. Please contact any provider prior to visiting, promoting or using to confirm information. If you feel a resource should be added to this guide, please contact Aging Together at info@agingtogether.org for consideration in the next edition.

**Resources are updated and new
resources are added regularly on
Aging Together's website:**

www.agingtgether.org



Supreme Sage, Aging Together's wise superhero fighting ageism