

CHESTERFIELD COUNCIL ON AGING
DECEMBER 2016

RESOURCE DIRECTORY

SERVICES FOR OLDER ADULTS AND INDIVIDUALS
WITH DISABILITIES IN CHESTERFIELD COUNTY



RESOURCE DIRECTORY

SERVICES FOR OLDER ADULTS AND INDIVIDUALS WITH DISABILITIES IN CHESTERFIELD COUNTY

Prepared and Published by
Chesterfield Council on Aging

Funding Provided by
Lucy Corr Village
6800 Lucy Corr Boulevard
Chesterfield, VA 23832
804-748-1511
www.lucycorrvillage.com

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INTRODUCTION

How do I find out about my social security benefits and what is the phone number? How can I find out what services are available for my parents? What resources are available for caregivers? The answers to these and many other questions can be found in this directory.

The Resource Directory of Services for Older Adults and Individuals with Disabilities, prepared by the Chesterfield Council on Aging, is intended for a wide audience, including older adults, individuals with disabilities, their families, caregivers, health professionals, providers of social services and others who have a special interest in the field of aging.

First published in 2002, it has become the comprehensive listing of services for older adults and adults with disabilities in Chesterfield County. It is widely distributed to area senior organizations, senior centers, libraries, medical offices, Chesterfield County departments and area hospitals.

Chesterfield County residents can also request a copy by mail. This valuable resource supports the mission of the Chesterfield Council on Aging, which is “to enhance the quality of life for older adults and adults with disabilities through education, advocacy and community service.”

The directory contains the names, addresses, telephone numbers (toll free whenever possible) and websites of organizations that offer health information, legal aid, educational opportunities, social services, consumer advice, or other assistance.

We have included profit and not-for-profit agencies, professional societies, private groups and voluntary programs. These organizations provide services to adults and their families. We have tried to include as many groups as possible. ***Please keep in mind that the Chesterfield Council on Aging does not recommend or endorse specific organizations.***

Following the introduction, local county agencies are listed and their services described. Other resources are arranged alphabetically by category in the table of contents.

Every effort has been made to include accurate information. Because this type of information is subject to change, we encourage you to update telephone numbers and addresses periodically.

TABLE OF CONTENTS

ADAPTIVE TECHNOLOGY (<i>See Medical Supplies and Equipment</i>)	17
ADULT DAY SERVICES	17
ADULT PROTECTIVE SERVICES.....	18
ADVOCACY RELATING TO OLDER OR DISABLED ADULTS	19
ALZHEIMER'S AND OTHER DEMENTIAS.....	20
AREA AGENCIES ON AGING	20
ASSISTED LIVING (<i>See Housing Options</i>).....	20
BEREAVEMENT SUPPORT GROUPS/WIDOWED GROUPS	21
BILL PAYING SERVICES	21
CARE MANAGEMENT SERVICES.....	21
CEMETERIES.....	23
CHESTERFIELD COUNCIL ON AGING	8
CHESTERFIELD COUNTY OFFICE OF THE SENIOR ADVOCATE.....	9
CHESTERFIELD COUNTY COOPERATIVE EXTENSION.....	10
CHESTERFIELD-COLONIAL HEIGHTS CHRISTMAS MOTHER.....	10
CHESTERFIELD COUNTY HEALTH DEPARTMENT	11
CHESTERFIELD COUNTY MENTAL HEALTH SUPPORT SERVICES	11
CHESTERFIELD-COLONIAL HEIGHTS DEPARTMENT OF SOCIAL SERVICES.....	12
CHESTERFIELD COUNTY PARKS & RECREATION DEPARTMENT.....	13
CHESTERFIELD COUNTY PUBLIC LIBRARY	14
CLOTHING AND THRIFT STORES.....	23
COMMUNITY HEALTH CENTERS	24
COMPANION SERVICES	24
COUNSELING SERVICES.....	26
CRIME PREVENTION/CONSUMER PROTECTION	27
CRISIS INTERVENTION.....	28
DENTAL SERVICES	28
DISABILITY SERVICES.....	29
DOMESTIC VIOLENCE (<i>See Crisis Intervention</i>)	30
DRIVER SAFETY (<i>See Education</i>)	30
EDUCATION	30
EMERGENCY RESPONSE SYSTEMS	32

EMPLOYMENT	32
EYE GLASSES (<i>See Vision Services</i>)	32
FINANCIAL ASSISTANCE AND COUNSELING	33
FITNESS/EXERCISE/RECREATION.....	34
FOOD AND NUTRITION SERVICES.....	35
FRIENDLY VISITING	35
FUEL ASSISTANCE	36
FUNERAL HOMES	36
HANDYMAN SERVICES.....	36
HEALTH ORGANIZATIONS.....	37
HEARING SERVICES.....	38
HOME HEALTH CARE	38
HOME REPAIR (<i>See Housing Assistance</i>)	41
HOSPICE CARE	41
HOSPITALS.....	42
HOUSING ASSISTANCE	44
HOUSING OPTIONS	45
INFORMATION AND REFERRAL SERVICES.....	48
KINSHIP PROGRAM	49
LEGAL SERVICES.....	50
MEALS (<i>See Food and Nutrition Services</i>)	51
MEDICAL SUPPLIES AND EQUIPMENT	51
MEDICARE AND MEDICAID	52
MENTAL HEALTH SERVICES.....	53
MOVING AND ORGANIZATIONAL SERVICES.....	54
NURSING HOMES (<i>See Housing Options</i>).....	54
ORTHOTICS AND PROSTHETICS	55
PERSONAL EMERGENCY RESPONSE (<i>See Emergency Response Systems</i>).....	55
PHARMACIES PROVIDING HOME DELIVERY	55
PHYSICIANS/FAMILY MEDICINE WITH GERIATRIC FOCUS	56
PHYSICIAN HOUSE CALLS.....	56
PHYSICIAN REFERRAL SERVICE	57
PRESCRIPTION ASSISTANCE.....	57
RAMPS	57
RECREATION (<i>See Fitness/Exercise/Recreation</i>).....	57

RESPIRE REFERRAL.....	58
SENIOR CENTERS	58
SENIOR CONNECTIONS, THE CAPITAL AREA AGENCY ON AGING.....	15
SENIOR GROUPS AT AREA CHURCHES.....	60
SENIORNAVIGATOR	15
SOCIAL SECURITY	61
SUBSTANCE ABUSE	61
SUPPORT GROUPS	62
TAX ASSISTANCE	66
TECHNOLOGY	66
TOLL FREE TELEPHONE NUMBERS	66
TRANSPORTATION	68
VOLUNTEER OPPORTUNITIES	70
VOTER REGISTRATION	72
WEBSITES.....	72

CHESTERFIELD COUNCIL ON AGING

The Chesterfield County Board of Supervisors established a Long-Term Care Coordinating Committee in 1983, in response to Senate Bill 219 passed by the Virginia General Assembly. The mission of the committee was to support the development of community-based resources and to avoid the inappropriate institutionalization of impaired older and disabled adults. In August 2004, the Council changed its name to Chesterfield Council on Aging. The Council received AARP's "Community Partner of the Year" award in 2006. The Council is a committee of the Senior Advocate's office.

The Chesterfield Council on Aging meets monthly to discuss issues related to aging and quality of life for older adults and individuals with disabilities in Chesterfield County. The Council offers membership for individuals or representatives of organizations who are committed to improving quality of life for older adults and individuals with disabilities.

Chesterfield Council on Aging members gain active voices on issues that affect them, family members, caregivers or their clients. Members also gain a means by which to network with other individuals and organizations and are kept abreast of community resources and issues involving older adults and individuals with disabilities. In addition, members receive our biannual publication, "Resource Directory of Services for Older Adults and Individuals with Disabilities in Chesterfield County".

Please take this opportunity to join an organization focused on making a positive difference in the lives of Chesterfield County's older adults and those with disabilities. For more information, contact the Office of the Senior Advocate at 804-768-7878 or via email at SeniorAdvocate@chesterfield.gov.

CHESTERFIELD COUNTY OFFICE OF THE SENIOR ADVOCATE

P. O. Box 40, 9800 Government Center Parkway
Chesterfield, VA 23832
www.chesterfield.gov/seniorservices

Phone: 804-768-7878
Fax: 804-717-6211

The Office of the Senior Advocate was created to provide leadership and direction as Chesterfield County seeks to meet the needs of an increasingly older population. The Office of the Senior Advocate offers information and referrals, promotes and coordinates services for:

- Older adults who want to remain active and independent, and be vital contributors to their communities through volunteer and employment opportunities;
- Older adults who may need assistance and information about, and referrals to services and resources to remain as independent as possible;
- Caregivers to older adults, including those who may themselves be older and need assistance;

Additional Programs:

- **Caregiver Connection** – a support group helping to address the needs of those caring for an adult with physical or cognitive deterioration, usually a parent or spouse.
- **Centenarian Club** – recognizes residents that are aged 100 and more.
- **Kinship Connection** – a support group for grandparents raising their grandchildren and other kin raising a child.
- **Lawyers Helping Seniors Day** – legal documents are prepared free for eligible older adults.
- **Senior Ambassador Program** – older adults learn about county resources and programs during this eight week session.
- **Senior Volunteer Hall of Fame** – recognizes significant volunteer work of older adults since attaining the age of 60 (lowered from 65 in 2015).
- **Telephone Reassurance Program** – volunteers make phone calls to older adults and individuals with disabilities for socialization and to check on their well-being.
- Partners with other groups and organizations to provide programs throughout the county.

CHESTERFIELD COUNTY COOPERATIVE EXTENSION

P. O. Box 146, 6807 Mimms Loop
Chesterfield, VA 23832
<http://offices.ext.vt.edu/chesterfield/>

Phone: 804-751-4401
Fax: 804-751-0515

The Chesterfield Cooperative Extension office brings resources of Virginia's land-grant universities, Virginia Tech and Virginia State University, to you through innovative programs, expert advice and research-based solutions.

- **4-H YOUTH DEVELOPMENT:** Leadership Development, Camping, International Exchange, Character Counts, STEM Programs (Science, Technology, Engineering and Math), Animal and Plant Projects and Community Service.
- **AGRICULTURE AND NATURAL RESOURCES:** A Master Gardener Program, plant disease identification, home and yard pests and pesticide recommendations, IPM (Integrated Pesticide Management), Healthy Virginia Lawns, Learn Your Landscape and Landscape for Life.
- **COMMUNITY VIABILITY:** Innovative Leadership, Facilitation Skills, Agritourism, Community Food Systems, Volunteer Development and Community Planning.
- **FAMILY AND CONSUMER SCIENCES:** Master Financial Education Volunteers, Financial Management Counseling, Master Food Volunteers, Child Development, Food Safety and Preservation, and Family Nutrition Programs.

CHESTERFIELD-COLONIAL HEIGHTS CHRISTMAS MOTHER

P. O. Box 2500, 9854 Lori Road Court Square
Chesterfield, VA 23832

Phone: 804-748-1183

Organized in 1972 by a group of dedicated volunteers, this charitable, non-profit organization exists to ensure that in our community, no family is without food, no child is without toys and clothing, and no older adult is forgotten as we celebrate the holiday season. ***The office is open October – December.***

CHESTERFIELD COUNTY HEALTH DEPARTMENT

P. O. Box 100, 9501 Lucy Corr Circle
Chesterfield, VA 23832

Phone: 804-748-1691

www.vdh.virginia.gov/chesterfield/chesterfield-health-department/

- **COMMUNICABLE DISEASE PROGRAM.** Investigates disease outbreaks. Phone: 804-748-1975.
- **ENVIRONMENTAL HEALTH.** Management of environmental complaints, well and septic system evaluations, food establishment permitting and inspection and rabies control. Phone: 804-748-1610.
- **IMMUNIZATION SERVICES.** Provides required childhood vaccinations and vaccines for foreign travel. Phone: 804-768-7454.
- **NURSING HOME PRE-ADMISSION SCREENING SERVICES.** In cooperation with the Department of Social Services, determines eligibility for nursing home placement or community-based services with Medicaid as a payment source. To schedule an appointment, call the Department of Social Services at 804-748-1100.
- **VITAL STATISTICS.** Issues certified copies of death certificates for deaths occurring in Chesterfield County, at a fee of \$12 per copy. Phone: 804-748-1691.

CHESTERFIELD COUNTY MENTAL HEALTH SUPPORT SERVICES

P. O. Box 92, 6801 Lucy Corr Boulevard
Chesterfield, VA 23832

Phone: 804-748-1227

<http://www.chesterfield.gov/mhss/>

Fax: 804-768-9283

TDD: 804-768-7200

Office hours:

- Monday – Thursday, 8:30 a.m.–9:00 p.m.
- Friday, 8:30 a.m.-5:00 p.m.

CRISIS PHONE: 804-748-6356

SERVICES FOR OLDER ADULTS

- Crisis Intervention
- Outpatient Mental Health Counseling
- Psychiatric Services
- Substance Abuse Counseling and Services

CHESTERFIELD-COLONIAL HEIGHTS DEPARTMENT OF SOCIAL SERVICES

P. O. Box 430, 9501 Lucy Corr Circle
Chesterfield, VA 23832
[Department listing under Chesterfield.gov](#)

Phone: 804-748-1100

- **Adult Protective Services.** Protective services are provided to aged, blind and disabled adults who are unable to protect themselves from neglect, abuse and exploitation. Protective services may include individual and family counseling, referral for legal representation or health care and arranging guardianship or other living situations.
- **Adult Services.** Services include personal and housekeeping tasks for individuals who are unable to perform such tasks. Eligibility based on income. Services are limited to funds availability.
- **Energy Assistance Programs.** Financial assistance is available to qualified individuals for the purchase of necessary fuel during peak periods.
- **Integrated Intake.** The office provides assistance answering questions and locating appropriate resources to meet individual needs of the adult population, including emergency needs.
- **Medical Assistance.** For full coverage and limited coverage groups (QMB, SLMB, QI, Long-Term Care Medicaid for adults and children). Call Cover Virginia Call Center at 1-855-242-8282, apply online at commonhelp.virginia.gov or call 804-748-1100 to request a copy of the application to be mailed, or request it in person at the agency (9501 Lucy Corr Circle, Chesterfield, VA 23832).
- **Placement Services.** Helps in locating appropriate adult care residence, Auxiliary Grant Assisted Living Facility, screening for placement in a nursing home or personal care, adult day care, community-based services and respite care services by way of the Medicaid Program. Contact Adult Services Unit to request screening for Auxiliary Grant Assisted Living Facility and Long-Term Care services for adults and children.
- **SNAP** (Supplemental Nutrition Assistance Program, formerly Food Stamps). Financial assistance is available to qualified individuals for the purchase of necessary food items.
- **Transportation Services.** For Medicaid eligible persons, transportation to medical appointments may be arranged by calling Logisticare at 1-866-386-8331. Logisticare requires at least two weeks' notice.

CHESTERFIELD COUNTY PARKS & RECREATION DEPARTMENT

<p>P. O. Box 40, 6801 Mimms Loop Chesterfield, VA 23832 www.chesterfield.gov/parks www.chesterfield.gov/activelifestyles</p>	<p>TO REGISTER FOR PROGRAMS: 804-748-1623 50+ Active Lifestyles: 804-751-4135</p>
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The Chesterfield County Parks and Recreation Department offers a wide variety of leisure activities and programs throughout the county. Activities include:

- Art classes
- Craft programs
- Dance classes
- Day trips
- Fitness, exercise, wellness
- Sports
- Special interest groups

Older adult programming is offered at the following locations:

- **50+Active Lifestyle programs at Chesterfield Baptist Church**
16520 Hull Street Road, Moseley VA 23120 ----- **804-339-2877**
- **50+Active Lifestyle programs at Episcopal Church of Our Saviour (Chesterfield Senior Center)**
4000 Stigall Drive, Midlothian, VA 23112 ----- **804-744-1899**
- **50+Active Lifestyle programs at Huguenot Road Baptist Church**
10525 West Huguenot Road, North Chesterfield, VA 23235 ---- **804-212-8815**
- **Bensley Community Building**
2900 Drewrys Bluff Road, Chester, VA 23831 ----- **804-275-5321**
- **Ettrick Community Building**
20621 Woodpecker Road, South Chesterfield, VA 23803 ----- **804-706-2596**
- **Older Adults with Disabilities.** Recreation programs include sports skills, walking activities, craft classes, dance classes, bingo and other social events. ----- **804-751-4134**

CHESTERFIELD COUNTY PUBLIC LIBRARY

P. O. Box 297, 9501 Lori Road
Chesterfield, VA 23832
library.chesterfield.gov

Information Hours Line:
804-751-CCPL
(804-751-2275)

The mission of the Chesterfield County Public Library is “to help people transform information into usable knowledge”. The library provides free programs and services to residents of all ages. The libraries also carry large print books and offer technology instruction and assistance.

Library Locations and Phone Numbers:

- Bon Air Library**----- **804-318-8966**
9103 Rattlesnake Road, North Chesterfield, VA 23235
- Central Library**----- **804-748-1603**
9501 Lori Road, Chesterfield, VA 23832
- Chester Library**----- **804-318-8977**
11800 Centre Street, Chester, VA 23831
- Clover Hill Library**----- **804-318-8668**
6701 Deer Run Drive, Midlothian, VA 23112
- Enon Library**----- **804-318-8911**
1801 Enon Church Road, Chester, VA 23836
- Ettrick-Matoaca Library**----- **804-318-8688**
4501 River Road, Ettrick, VA 23803
- LaPrade Library**----- **804-318-8988**
9000 Hull Street Road, North Chesterfield, VA 23236
- Meadowdale Library**----- **804-318-8778**
4301 Meadowdale Blvd., North Chesterfield, VA 23234
- Midlothian Library**----- **804-768-7907**
521 Coalfield Road, Midlothian, VA 23113
- North Courthouse Road Library**----- **804-318-8499**
325 Courthouse Road, North Chesterfield, VA 23236

SENIORNAVIGATOR

7501 Boulders View Drive, Suite 201
North Chesterfield, VA 23225

Phone: 804-525-7728

www.seniornavigator.org, www.DisabilityNavigator.org,
www.VirginiaNavigator.org

SeniorNavigator is a free, non-profit, public/private partnership that connects seniors, caregivers and adults with disabilities with local services available in the community. Its family of websites features over 26,000 programs and services that address health and aging issues, transportation options, financial concerns, legal questions, caregiver support, housing options, and more. Additional features of the site include “Ask an Expert” and a Community Calendar.

Chesterfield County partners with SeniorNavigator to bring you a partnership for healthy aging. For those not having computer or Internet access, all Chesterfield County Libraries offer free access and assistance with the websites.

SENIOR CONNECTIONS, THE CAPITAL AREA AGENCY ON AGING

24 East Cary Street Richmond, VA 23219

Phone: 804-343-3000

www.seniorconnections-va.org

Toll Free: 800-989-2286

Office Hours: Monday – Friday, 8:30am – 5:00pm

Senior Connections, The Capital Area Agency on Aging, serves older adults with diverse needs and places special emphasis on those who may be isolated or economically at-risk. Senior Connections’ goal is to serve as the primary community resource for older adults and caregivers seeking assistance with planning for and making decisions later in life.

Programs and services include:

- **Care Coordination:** Assists older adults to locate, apply for, receive, and maintain needed community services. Services may be directly offered by Senior Connections or other human service agencies.
- **Foster Grandparent Program:** Older adults, age 55 or older, serve as mentors, tutors, and caregivers for children and youth with special needs. They work a minimum of 20 hours per week in designated volunteer agencies such as hospitals, schools, and juvenile centers.

- **Long-Term Care Ombudsman:** Ombudsman volunteers visit with older adults living in long-term care facilities to ensure their satisfaction with the services and care provided by the facility where they reside.
- **Meal Programs:** Friendship Cafes provide socialization and a nutritionally balanced noon time meal. Home delivered meals provide one hot meal, up to five days per week, to low income, homebound older adults who are unable to prepare their own meals and have no one available to assist them.
- **Newsletter:** Mature Life, a quarterly newsletter, features news of interest to older adults such as professional advice, community activities, benefit updates, and health education.
- **Options Counseling:** A partnership with other community groups that provide person-centered counseling on long-term care options for seniors, persons with disabilities, their family members and caregivers.
- **Senior Employment:** Offers two employment service programs for older adults interested in re-entering the workforce. The Senior Community Service Employment Program provides part-time employment opportunities in community service work to assist economically disadvantaged older adults age 55 and older. The Job File provides referrals for potential employment.
- **Short-Term Home Care:** Personal care service assists individuals with their desire to continue to live at home during an interim period, as plans are made for more permanent long-term care arrangements.
- **VICAP (Virginia Insurance Counseling and Assistance Program):** Provides information about Medicare Part D and helps with the enrollment process. The group also assists with tracking medical bills and resolving complaints. Certified counselors provide unbiased one-on-one counseling on Medicare and related health insurance coverage. *Counselors may not be licensed insurance agents.* There is no charge for counseling and assistance.
- **Volunteer Money Management:** Volunteers provide budget setup, checkbook balancing, and bill paying services for persons who remain in control of their finances, but need help keeping their finances in order.
- **Volunteer Opportunities:** The Volunteer Coordinator maintains an ongoing system of volunteer opportunities available; the Retired Senior Volunteer Program (RSVP), Senior Medicare Patrol and Money Management.

ADAPTIVE TECHNOLOGY (See Medical Supplies and Equipment)

ADULT DAY SERVICES

These centers provide activities as well as nutritional programs to stimulate and maintain daily functioning. This allows families the freedom to work and/or provide respite for the caregiver.

A Grace Place Adult Care Center -----804-261-0205

8030 Staples Mill Road, Richmond, VA 23228

www.agprva.org

Alternative Adult Care, LLC -----804-427-6968

7193 Brooking Way, Mechanicsville, VA 23111

Circle Center Adult Day Services -----804-355-5717

4900 West Marshall Street, Richmond, VA 23230

www.circlecenterads.org

dayBREAKS Adult Care Center -----804-419-0999

2405 Dovercourt Drive, Midlothian, VA 23113

www.daybreaksva.com

Hanover Adult Center, Inc -----804-746-0743

7231 Stonewall Parkway, Mechanicsville, VA 23111

www.hanoveradultcenter.com

Helping Hands Adult Health Care Center of Petersburg -----804-861-1353

130 McKeaver Street, Petersburg, VA 23803

www.helpinghandsva.com

Lucy Corr Village Adult Day Center -----804-748-1511

P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832

www.lucycorrvillage.com

Riverside PACE

1300 MacTavish Avenue, Richmond, VA 23230 -----804-977-5900

www.riversideonline.com

Swift Creek Day Center -----804-744-7412

2806 Fox Chase Lane, Midlothian, VA 23112

ADULT PROTECTIVE SERVICES

These programs offer information, referral, and follow up to families or individuals who have or are believed to have experienced abuse of some form. Abuse may be physical, mental, financial, or neglect. If in doubt as to whether it is abuse, call and discuss it with an agency representative.

Adult Protective Services (APS) - Virginia Department of Social Services

www.dss.virginia.gov/family/as/aps.cgi ----- **Hotline: 1-888-832-3858**

Central Virginia Task Force on Domestic Violence in Later Life -----804-828-1525

VA Center on Aging, VCU, P.O. Box 980229, Richmond, VA 23298

www.sahp.vcu.edu/departments/vcoa/programs/abuse-in-later-life/the-central-virginia-task-force-on-domestic-violence-in-later-life/

Chesterfield-Colonial Heights Department of Social Service -----804-748-1100

9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832

www.chesterfield.gov - Social Services

Crater District Area Agency on Aging -----804-732-7020

23 Seyler Drive, Petersburg, VA 23805

www.CDAAA.org

Medicaid Fraud Control Unit -----804-786-7750

Office of the Attorney General, 202 North 9th Street, Richmond, VA 23219

www.oag.state.va.us/programs-initiatives/medicaid-fraud

Office of the State Long-Term Care Ombudsman -----804-726-6624

Department of Aging and Rehab Services ----- **800-552-3402**

8004 Franklin Farms Drive, Richmond, VA 23229

www.vaaaa.org/lcopp

Senior Connections, The Capital Area Agency on Aging -----804-343-3000

24 East Cary Street, Richmond, VA 23219 ----- **800-989-2286**

www.seniorconnections-va.org/

SeniorNavigator's Take Back Your Life Solution Center -----804-525-7728

7501 Boulders View Drive, Suite 201, North Chesterfield, VA 23225 ----- **866-393-0957**

A web-based resource/solution center to help victims of domestic violence in later life.

tbyl.virginianavigator.org/, www.virginianavigator.org, www.SeniorNavigator.org

ADVOCACY RELATING TO OLDER OR DISABLED ADULTS

This is a program to help resolve concerns or complaints. Key areas monitored include residents living in nursing homes, adult care, and assisted living facilities. Technical information and advocacy on aging issues is provided in specific areas.

AARP State Office -----866-542-8164

707 East Main Street, Suite 910, Richmond, VA 23219

<http://www.aarp.org/states/va/>

Chesterfield County Senior Advocate -----804-768-7878

9800 Government Center Parkway, P. O. Box 40, Chesterfield, VA 23832

www.chesterfield.gov/seniorservices

**Chesterfield Fire & EMS Mobile Integrated Healthcare/Community Paramedic Program
6731 Mimms Loop, P.O. Box 40, Chesterfield, VA 23832-----804-706-2587**

Crater District Area Agency on Aging -----804-732-7020

23 Seyler Drive, Petersburg, VA 23805

www.CDAAA.org

Disability Law Center of Virginia -----800-552-3962

Virginia Office for Protection and Advocacy ----- TTY/TDD 225-2042

1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230

www.DLCV.org

Office of the State Long-Term Care Ombudsman -----804-726-6624

Department of Aging and Rehab Services -----800-552-3402

8004 Franklin Farms Drive, Henrico, VA 23229

www.vaaaa.org/lcop

Senior Connections, The Capital Area Agency on Aging -----804-343-3000

24 East Cary Street, Richmond, VA 23219----- Toll Free 800-989-2286

www.seniorconnections-va.org

Senior Medicare and Medicaid Patrol Project (Fraud) -----804-644-5628

www.virginiasmp.org/healthcare-fraud----- Toll Free 800-938-8885

YWCA Victims of Rape or Domestic Violence ----- Hotline 804-612-6126

6 North 5th Street, Richmond, VA 23219

www.ywcarichmond.org

Virginia Association of Area Agencies on Aging -----804-644-2804

24 East Cary Street, Suite 100, Richmond, VA 23219

www.vaaaa.org

Virginia Board for People with Disabilities -----804-786-0016
1100 Bank Street, 7th Floor, Richmond, VA 23219
www.vaboard.org

Virginia Department for Aging and Rehabilitative Services -----804-662-9333
1610 Forest Avenue, Suite 100, Richmond, VA 23229 ----- **Toll Free 800-552-3402**
www.vdars.org

ALZHEIMER'S and OTHER DEMENTIAS

These agencies provide a variety of services to meet the needs of those with Alzheimer's Disease/dementia and their caregivers.

Alzheimer's Association, Greater Richmond Chapter -----804-967-2580
4600 Cox Road, Suite 130, Glen Allen, VA 23060 ----- **Helpline 804-967-2589**
www.alz.org/grva ----- **Toll Free 800-272-3900**

Alzheimer's Association, Tri-Cities Branch -----804-526-2359
201 Temple Avenue, Suite E, Colonial Heights, VA 23834

Alzheimer's Support Group Information (meeting locations) -----804-967-2580

AREA AGENCIES ON AGING

These agencies provide a variety of services to meet the needs of older adults.

Crater District Area Agency on Aging -----804-732-7020
23 Seyler Drive, Petersburg, VA 23805
www.CDAAA.org

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219----- **Toll Free 800-989-2286**
www.seniorconnections-va.org

ASSISTED LIVING (See Housing Options)

BEREAVEMENT SUPPORT GROUPS/WIDOWED GROUPS

These agencies and support groups provide a variety of services and support for those who have lost a loved one. Please note all hospice organizations have bereavement support services for their client's families.

Bereavement Coalition of Central Virginia -----	804-909-0123
Compassionate Friends -----	804-458-9000
Depression & Bipolar Support Alliance Support Group -----	804-412-5910
<u>www.dbsalliance.org</u> -----	804-393-8092

BILL PAYING SERVICES

These organizations offer support for daily money management.

Counts Accounting and Tax, LLC -----	804-269-7937
9929 Hull Street Road, North Chesterfield, VA 23236 <u>www.tacounts.com</u>	
Guidelight Money Management, LLC -----	804-241-7506
4860 Cox Road, Suite 200, Glen Allen, VA 23060 <u>www.guidelightmoneymgmt.com</u>	
Julie's Desk -----	804-304-3366
15673 Fox Cove Circle, Moseley, VA 23120 <u>www.julies-desk.com</u>	
Senior Connections, The Capital Area Agency on Aging -----	804-343-3000
24 East Cary Street, Richmond, VA 23230 <u>www.seniorconnections-va.org</u>	

CARE MANAGEMENT SERVICES

These are private companies and non-profit organizations that offer a wide variety of coordination and referral services to families coping with the care of a relative or an adult with a disability.

A Helping Hand Senior Care Services -----	804-486-9177
9318 Salix Grove Lane, Chesterfield, VA 23832 <u>www.ahelpinghandva.com</u>	
A Place for Mom – Eldercare Advisor -----	888-857-0796
Corporate number-----	866-344-8005
In Richmond-----	804-318-4785
Richmond, VA-----	866-878-3060
<u>www.aplaceformom.com</u>	

- Always Best Care Senior Services** -----804-912-5688
 10810 Hasty Lane, Suite 103, Midlothian, VA 23112
<https://www.alwaysbestcare.com/va/midlothian/>
- Chesterfield County Office of the Senior Advocate** -----804-768-7878
 9800 Government Center Parkway, Chesterfield, VA 23832
www.chesterfield.gov/seniorservices
- Eldercare Locator**-----800-677-1116
www.eldercare.gov
- Good Neighbor Community Services**-----804-520-8005
 7501 Boulders View Drive, Suite 601, Richmond, VA 23225 -----804-520-4555
Provides the adult ID population with a more independent lifestyle
www.goodneighborcommunityservices.com
- Heaven Sent by Home Town Health Care** -----804-526-3600
 23 Dunlop Village Circle, Colonial Heights, VA 23834
www.heavensentservices.com
- Home Helpers** -----804-864-4258
 715 Twinridge Lane, North Chesterfield, VA 23235
www.homehelpershomecare.com/richmond
- Interim HealthCare** -----804-340-6455
 720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236
www.interimhealthcare.com/RichmondVA
- Jewish Family Services**-----804-282-5644
 6718 Patterson Avenue, Richmond, VA 23226
www.jfsrichmond.org
- Lutheran Family Services**-----804-288-0122
 4901 Dickens Road, Suite 115, Richmond, VA 23230
<http://lfsva.org>
- Oasis Senior Advisors** -----804-836-3046
 2217 Flat Branch Court, Richmond, VA 23233
westrichmond.oasissenioradvisors.com
- Senior Advocacy Management (Geriatric Care Management)** -----804-355-0966
 P.O. Box 3842, North Chesterfield, VA 23235
- Senior Connections, The Capital Area Agency on Aging** -----804-343-3000
 24 East Cary Street, Richmond, VA 23219----- Toll Free 800-989-2286
www.seniorconnections-va.org

SeniorBridge Family Companies, Inc. -----804-282-0753
6802 Paragon Place, Suite 201, Richmond, VA 23230
www.seniorbridge.com

Sterling Geriatric Care Management-----804-943-4565
114 Pickwick Avenue, Colonial Heights, VA 23834

CEMETERIES

Dale/Bermuda Memorial Park-----804-530-1351
1901 West Hundred Road, Chester, VA
www.bermudamemorialpark.com

Dale Memorial Park -----804-748-5843
10201 Newbys Bridge Road, Chesterfield, VA 23832
www.dalememorialpark.com

Sunset Memorial Park-----804-748-2166
2901 West Hundred Road, Chester, VA 23831

CLOTHING AND THRIFT STORES

Clothing and general household goods are offered at reduced prices. Some agencies require a screening process to determine need. Some clothing is pre-owned.

Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)
P. O. Box 1741, Chesterfield, VA 23832 -----804-796-2749
www.cchasm.org

Goodwill Industries, Inc.
6301 Midlothian Turnpike, Richmond, VA 23225 -----804-745-6300
8525 Midlothian Turnpike, Richmond VA 23235 -----804-320-6733
12160 Ironbridge Road, Chester, VA 23831 -----804-768-1215
11749 Hull Street Road, Midlothian, VA 23112 -----804-744-6375
1211 Alverser Drive, Midlothian, VA 23113 -----804-419-5863
1500 Boulevard, Colonial Heights, VA 23834 -----804-520-7122
www.goodwillvirginia.org

New Life Thrift Store-----804-276-9364
2501 Turner Road, Richmond, VA 23224
www.newlifethriftcenter.com

Salvation Army -----804-423-1620
11000 Midlothian Turnpike, Richmond, VA 23235
salvationarmyusa.org - Central Virginia area

COMMUNITY HEALTH CENTERS

Free clinics provide low-income, uninsured Virginians with free or low cost health services. They depend on the generosity of volunteer physicians, nurses, dentists and other health professionals.

Access Now-----804-622-8145
www.accessnow.ramdocs.org

Center for Healthy Hearts-----804-359-9375
1200 West Cary Street, Richmond, VA 23220
www.centerforhealthyhearts.org

Cross Over Health Care Ministry (New Patients) -----804-521-8263
Cross Over Downtown, 108 Cowardin Avenue, Richmond, VA 23224 ----- 804-233-5016 x320
Cross Over West, 8600 Quiocassin Road, Suite 105, Richmond, VA ----- 804-622-0803
www.crossoverministry.org

Health Brigade-----804-358-8538
1010 North Thompson Street, Richmond, VA 23230
www.healthbrigade.org

COMPANION SERVICES

These businesses provide a range of services from companion care to homemaker services. Many of these services support one's ability to remain independent in one's home by performing household chores and assisting with the activities of daily living (ADLs). Fees are typically charged; however, some may accept Medicare or Medicaid. Asking for references is suggested.

Always Best Care Senior Services -----804-912-5688
10810 Hasty Lane, Suite 103, Midlothian, VA 23112
www.alwaysbestcare.com/va/midlothian/

Brightstar Care of Richmond-----804-378-8686
7202 Glen Forest Drive, Suite 302, Richmond, VA 23226
www.brightstarcare.com

ComForCare Home Care -----804-454-0137
11300 Iron Bridge Road, Suite C, Chester, VA 23831
www.comforcare.com/virginia/richmond-south

Comfort Keepers-----804-750-1123
10833 Ridgefield Parkway, Richmond, VA 23238
www.comfortkeepers.com

- Companion Extraordinaire Nursing Network, Inc.** -----804-752-2205
5311 Lakeside Avenue, Henrico, VA 23228
www.cenninc.com
- Companion For You** -----804-437-1614
P. O. Box 36347, Richmond, VA 23235
- Gotcha Covered Errands**-----804-921-9942
14405 Silver Birch Court, Midlothian, VA 23112
www.gotchacoverederrands.com
- Hand ‘n Heart Home Care Services**-----804-819-1755
681 Hioaks Road, Richmond, VA 23225
www.handnheart.org
- Heart Home Care**-----804-614-6193
1519 Huguenot Road, Suite 201, Midlothian, VA 23113
www.heartelderlycare.com
- Heaven Sent by Home Town Health Care** -----804-526-3600
23 Dunlop Village Circle, Colonial Heights, VA 23834
www.heavensentservices.com
- Home Helpers** -----804-864-4258
715 Twinridge Lane, North Chesterfield, VA 23235
www.homehelpershomecare.com/richmond
- Interim HealthCare** -----804-340-6455
720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236
www.interimhealthcare.com/RichmondVA
- Nurse Next Door Home Care**-----804-716-7195
2214 Westwood Avenue, Henrico, VA 23230
www.nursenextdoorva.com
- Seniors Helping Seniors**-----804-921-4280
7400 Beaufont Springs Drive, Suite 300, North Chesterfield, VA 23235
www.seniorcarechesterfieldcountyva.com
- Synergy Home Care**-----804-299-3479
11159 Air Park Road, Suite 4, Ashland, VA 23015
www.synergyhomecare.com

COUNSELING SERVICES

These agencies are focused on offering services surrounding mental health issues. They are available to individuals or their caregivers. Insurance, Medicare and Medicaid may be accepted. The services vary from immediate protection to referral to long-term care agencies.

Adult Protective Services, Chesterfield\Colonial Heights Dept. of Social Services

9501 Lucy Corr Circle, Chesterfield, VA 23832 -----804-748-1100

www.chesterfield.gov - Social Services

Alcoholics Anonymous, Richmond Intergroup, Inc. -----804-355-1212

www.aarichmond.org

AlAnon/AlAteen Service Center -----804-569-5155

3600 West Broad Street, Suite 684, Richmond, VA 23230-4916

www.alanonrichmond.org

Chapman Senior Care-----804-741-7500

1403 Pemberton Road, Suite 306, Richmond VA 23238

www.chapmanseniorcare.com Services to those in Nursing Facilities

Chesterfield Mental Health Support Services-----804-748-1227

6801 Lucy Corr Blvd., Chesterfield, VA 23832

www.chesterfield.gov/mhss/

Chesterfield Mental Health Crisis Intervention (24/7) -----804-748-6356

www.chesterfield.gov – Emergency services

Dominion Behavioral Health Care

703 North Courthouse Road, Richmond, VA 23236 -----804-794-4482

5931 Harborpark Drive, Midlothian, VA 23112 -----804-639-5584

www.dbhhelp.com

Footsteps Counseling-----804-715-3215

Southside Nazarene Church, 6851 Courthouse Road, Suite 300, Chesterfield, VA 23832

www.footstepscounseling.com

Good Neighbor Counseling-----804-520-4555

7501 Bolders View Drive, Suite 601, Richmond, VA 23225

www.goodneighborcommunityservices.com

Jewish Family Services-----804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

www.jfsrichmond.org

Lutheran Family Services-----804-288-0122

4901 Dickens Road, Suite 115, Richmond, VA 23230

www.lfsva.org

Women's Victim Advocacy Program (YWCA)----- Hotline 804-612-6126
6 North 5th Street, Richmond, VA 23219 ----- Info 804-643-6761
www.ywcarichmond.org

CRIME PREVENTION/CONSUMER PROTECTION

These agencies offer help in crime prevention and provide information regarding businesses one may consider using, and help with settlement if a company does not honor its agreement.

Agriculture & Consumer Services -----804-786-3501
102 Governor Street, Richmond, VA 23219
www.vdacs.virginia.gov

Better Business Bureau -----804-648-0016
720 Moorefield Park Drive, Suite 300, Richmond, VA 23236
www.richmond.bbb.org

Better Business Bureau/Senior Fraud-----804-780-2222
720 Moorefield Park Drive, Suite 300, Richmond, VA 23236
www.richmond.bbb.org

Chesterfield County Cooperative Extension -----804-751-4401
Consumer/Credit/Financial Management, 6807 Mimms Loop, Chesterfield, VA 23832
offices.ext.vt.edu/chesterfield

Chesterfield Police Department
Crime Prevention, Community Academy -----804-318-8699
2730 Hicks Road, North Chesterfield, VA 23235

Chesterfield Police, Fire & Rescue - Non-Emergency -----804-748-1251
www.chesterfield.gov

Chesterfield TRIAD-----804-768-7878
P. O. Box 40, Chesterfield, VA 23832
www.chesterfield.gov/triad

Office of the Attorney General (Consumer Protection Services) -----800-552-9963
202 North 9th Street, Richmond, VA 23219----- Hotline 804-786-2042
www.oag.state.va.us

Virginia State Corporation Commission (Consumer Complaints on
Public Utilities, Insurance, Financial Institutions, Securities) ----- Toll Free 800-552-7945
P.O. Box 1197, Richmond, VA 23218
www.scc.virginia.gov

CRISIS INTERVENTION

These agencies are focused on emergency intervention and offer services surrounding mental health issues. They are available to individuals or their caregivers. Insurance, Medicare and Medicaid may be accepted. The services vary from immediate protection to referral to long-term care agencies.

Adult Protective Services -----804-748-1100

Chesterfield-Colonial Heights Department of Social Services

P. O. Box 430, 9501 Lucy Corr Circle, Chesterfield, VA 23832

www.chesterfield.gov - Social Services

**Alcoholics Anonymous - Petersburg, Hopewell,
Chester, Colonial Heights -----804-452-1959**

Alcoholics Anonymous, Richmond Intergroup, Inc. -----804-355-1212

Alcoholics Anonymous, AIAnon/AIAteen -----804-353-4885

5310 Markel Road, Suite 108, Richmond, VA 23230

www.aarichmond.org

Chesterfield Department of Mental Health Services-----804-748-1227

6801 Lucy Corr Boulevard, Chesterfield, VA 23832 -----TDD 804 768-7200

www.chesterfield.gov/mhss/

Crisis Intervention -----804-748-6356

6801 Lucy Corr Boulevard, Chesterfield, VA 23832

www.chesterfield.gov – Emergency services

Women's Victim Advocacy Program (YWCA)-----804-643-0888

6 North 5th Street, Richmond, VA 23219

www.ywcarichmond.org

DENTAL SERVICES

These programs offer information and services to meet dental needs. Some clinics offer services at a reduced rate and may require a screening to qualify.

Appomattox Area Health and Wellness Center -----804-733-5591

321-C Poplar Drive, Petersburg, VA 23805 (Offers sliding scale on dental work)

CrossOver Health Ministry -----804-233-5016

108 Cowardin Avenue, Richmond, VA 23224

Donated Dental Services -----804-264-9010

3460 Maryland Court, Suite 110, Richmond, VA 23233 (by appointment)

www.vdaf.org

VCU Dental Clinic-----804-828-9190
520 North 12th Street, Richmond, VA 23298
www.vcudentalcare.com

DISABILITY SERVICES

These programs offer services varying from adaptive devices, hearing aides, meal deliveries and other services available to adults with disabilities.

A Grace Place Adult Day-----804-261-0205
8030 Staples Mill Road, Richmond, VA 23228
Transitional programs for mentally and physically disabled individuals.
www.agprva.org

Department for Aging and Rehabilitative Services ----- Rehab 804-714-2021
720 Moorefield Park Drive, Suite 2, North Chesterfield, VA 23236 ----- Aging 804-662-7000
www.dars.org *Provides employment services for individuals with disabilities.*

Disability Law Center of Virginia ----- 800-552-3962
1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230 ----- TTY/TDD: 800-225-2042
www.dlcv.org

FREE Foundation-----804-920-9828
6301 Midlothian Turnpike, Richmond, VA 23225
www.free-foundation.org

Good Neighbor Community Services-----804-520-8005
7501 Boulder View Drive, Suite 601, Richmond, VA 23225
Provides the adult ID population with a more independent lifestyle.
www.goodneighborcommunityservices.com

Greater Richmond Chapter of the American Red Cross-----804-780-2250
420 East Cary Street, Richmond, VA 23219
www.redcross.org/va/Richmond

Independent Capacity Systems-----804-520-7773
16015 Continental Boulevard, Colonial Heights, VA 23834
P. O. Box 3163, Petersburg, VA 23805
www.independentcapacitysystem.com

Meals on Wheels, Serving Central Virginia-----804-673-5035
1415 Rhoadmiller Street, Richmond, VA 23220
www.feedmore.org

Powell Orthotics and Prosthetics -----804-649-9043
2034 Dabney Road, Suite C, Richmond, VA 23230
www.powelloandp.com

Resources for Independent Living -----804-353-6503
4009 Fitzhugh Avenue, Suite 100, Richmond, VA 23230
www.ril-va.org

United Way of Greater Richmond and Petersburg -----804-771-5820
2001 Maywill Street, Suite 201, P. O. Box 11807, Richmond, VA 23230
Information & Referrals -----3-digit toll-free 211
Petersburg Office -----804-861-9330
1964 Wakefield Street, Petersburg, VA 23805 -----804-518-0639
United Way does not provide direct services but will refer individuals to various organizations and agencies. www.yourunitedway.org

Virginia Department for the Deaf and Hard of Hearing -----804-662-9502
1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229-5012 -----800-552-7917
www.vddhh.org ----- VP 804-325-1290
TTY 804-662-9502

Virginia Voice -----804-266-2477
395 Azalea Avenue, P. O. Box 15546, Richmond, VA 23227
www.virginiavoice.org

DOMESTIC VIOLENCE (See Crisis Intervention)

DRIVER SAFETY (See Education)

EDUCATION

These programs are designed to expand one's knowledge and help develop new skills.

AARP Driver Safety Program (Refresher Course) ----- General: 888-687-2277
In Virginia: 866-542-8164

Chesterfield County Public Schools – Adult Continuing Education -----804-768-6140
10101 Courthouse Road, Chesterfield, VA 23832
www.ace.mychesterfieldschools.com

GrandDriver (through Virginia Dept. for Aging and Rehabilitative Svcs.) -----804-662-7686
1610 Forest Avenue, Suite 100, Henrico, VA 23229 -----800-552-3402
www.GrandDriver.net

J. Sargeant Reynolds Community College -----804-371-3000
1651 East Parham Road, Richmond, VA 23228 -----804-523-6464
700 East Jackson Street, Richmond, VA 23219 -----804-523-6464
www.reynolds.edu

John Tyler Community College

Chester Campus: 13101 Jefferson Davis Highway, Chester, VA 23831 -----804-796-4000

Midlothian Campus: 800 Charter Colony Parkway, Midlothian, VA 23114-----804-594-4000

www.jtcc.edu

Lifelong Learning Institute in Chesterfield -----804-378-2527

13801 Westfield Road, P.O. Box 1090, Midlothian, VA 23113

www.llichesterfield.org

Road Scholar -----804-828-1525

The Virginia Center on Aging, Virginia Commonwealth University, P. O. Box 980229,
Richmond, VA 23298-0229

The Shepherd's Center of Chesterfield -----804-706-6689

P. O. Drawer 120, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832

www.shepcenter.org

Thinking CAP Technologies -----804-928-3689

7305 Hancock Village Drive, Suite 508, Chesterfield, VA 23832

www.thinkingcaptechnologies.com

University of Richmond School of Professional and Continuing Studies ----804-289-8133

28 West Hampton Way, Richmond, VA 23173

www.richmond.edu

Virginia Center on Aging, Virginia Commonwealth University -----804-828-1525

P. O. Box 980229, Richmond, VA 23298-0229

www.vcu.edu/vcoa

Virginia Senior Services-----804-381-4604

707 North Courthouse Road, North Chesterfield, VA 23236

www.vaseniorservices.com

Virginia State University-----804-524-5000

Continuing Education-----804-524-5377

One Hayden Drive, Petersburg, VA 23806

www.vsu.edu

The Chesterfield Council on Aging meets monthly to discuss issues related to aging and quality of life for older adults and adults with disabilities in Chesterfield. Meetings are held on the fourth Thursday of each month, 9:00 a.m., in the Mast Auditorium at Lucy Corr Village, 6800 Lucy Corr Boulevard, Chesterfield.

EMERGENCY RESPONSE SYSTEMS

A personal emergency response system that allows independence to people who are at risk for injuries and accidents that may happen at home.

ADT	877-473-9434
IVNA Health Watch	804-355-7100
Nightingale Lifeline Services	800-626-3311
Phillips Lifeline	800-543-3546
Project Lifesaver	804-318-8549
Richmond Alarm	804-745-8511
14121 Justice Road, Midlothian VA 23113	
www.richmondalarm.com	

EMPLOYMENT

These agencies offer information on possible job/volunteer opportunities for older adults

AARP Senior Community Service, Employment Program	804-355-3600	
1806 Chantilly Street, Suite 100, Richmond, VA 23230		
www.aarp.org/foundation		
Goodwill of Central Virginia, Chesterfield Employment Center	804-745-6300	
6301 Midlothian Turnpike, Richmond, VA 23225		
Resource Work Force Investment Board	804-652-3480	
304 Turner Road, North Chesterfield, VA 23225		
www.resourceva.com		
Senior Connections, The Capital Area Agency On Aging	804-343-3000	
24 East Cary Street, Richmond, VA 23219		800-989-2286
www.seniorconnections-va.org		
Serving You Virginia	804-814-2055	
10307 West Broad Street, Suite 222, Glen Allen, VA 23060		
www.ServingYouVirginia.com		
Virginia Employment Commission		
3719 Saunders Avenue, Richmond, VA 23227		804-663-5400
5240 Oaklawn Boulevard, Hopewell, VA 23860		804-541-6548
www.vec.virginia.gov		

EYE GLASSES (See [Vision Services](#))

FINANCIAL ASSISTANCE AND COUNSELING

These agencies offer counseling and advice, as well as opportunities to purchase services. Some programs require a screening process to determine need.

Assistive Technology Loan Fund Authority (ATLFA)-----866-835-5976
Low interest loan program for assistive technology ----- (Voice/TTY) 804-662-9000
www.atlfa.org

Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)
P. O. Box 1741, Chesterfield, VA 23832 -----804-796-2749
www.cchasm.org

Chesterfield-Colonial Heights Dept. of Social Services-----804-748-1100
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832
www.chesterfield.gov - Social Services

ElderCare Solutions of VA, Inc.-----804-288-2654
9702 Gayton Road, Suite 130, Henrico, VA 23238

Financial Dynamics & Associates -----804-777-9999
4401 West Hundred Road, Chester, VA 23831
www.financialandestateplanning.com

Highstone Group Comprehensive Financial Services-----804-285-7010
4205 Dover Road, Richmond, VA 23221
www.highstonegroup.com

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219----- Toll Free: 800-989-2286
www.seniorconnections-va.org

Social Security Offices-----800-772-1213
13551 Waterford Place, Midlothian, VA 23112 -----877-773-7231
100 Poplar Drive, Petersburg, VA 23805 -----877-803-6322
www.socialsecurity.gov

Virginia Department of Veterans Services -----804-786-0286
Pocahontas Building, 6th Floor West Wing, 900 East Main Street, Richmond, VA 23219
www.dvs.virginia.gov

FITNESS/EXERCISE/RECREATION

These are facilities or groups that provide opportunities for fitness activity or recreation.

ACAC-----804-378-1600

11621 Robious Road, Midlothian, VA 23113

www.acac.com

Anthem Healthkeepers/Caremore-----1-888-649-5968

10030 Robious Road, Richmond, VA 23235

www.caremore.com

Chesterfield County Parks & Recreation Department-----804-748-1623

6801 Mimms Loop, P. O. Box 40, Chesterfield, VA 23832----- TDD: 804-748-1127

www.chesterfield.gov/parks

Lifelong Learning Institute of Chesterfield-----804-378-2527

13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113

www.llichesterfield.org

Sailing 4 All-----804-901-4301

P.O. Box 13405, Richmond, VA 23225

www.gosailing4all.org

The Shepherd's Center of Chesterfield-----804-706-6689

6800 Lucy Corr Boulevard, P. O. Drawer 170, Chesterfield, VA 23832

www.shepctrchesterfield.org

Sportable-----804-340-2991

1365 Overbrook Road, Room 2, Richmond, VA 23220

www.sportable.org

YMCA

Chester Branch-----804-748-9622

3011 West Hundred Road, Chester, VA 23831

www.chesterymca.org

Manchester Branch-----804-276-9622

7540 Hull Street Road, Richmond, VA 23235

www.manchesterfamilyymca.org

Midlothian Branch-----804-379-5668

737 Coalfield Road, Midlothian, VA 23114

www.midlothianymca.org

Swift Creek YMCA-----804-595-9622

15800 Hampton Park Drive, Chesterfield, VA 23832

www.swiftcreekymca.org

FOOD AND NUTRITION SERVICES

Home delivered meal programs can meet a variety of dietary and nutritional needs for the homebound older adult who is unable to prepare their own meals and has no one available to assist them. Some agencies provide food assistance to needy individuals or families; however, a screening criteria must be met to be eligible.

Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)

P. O. Box 1741, Chesterfield, VA 23832 -----804-796-2749
(Mon.-Thurs., 8:30 a.m.-1:30 p.m.) www.cchasm.org

Chesterfield-Colonial Heights Department of Social Services-----804-748-1100

9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832
www.chesterfield.gov

Crater District Area Agency on Aging -----804-732-7020

23 Seyler Drive, Petersburg, VA 23805 ----- Toll Free: 888-732-7020
www.CDAAA.org

Meals on Wheels of Greater Richmond -----804-673-5035

1415 Rhoadmiller Street, Richmond, VA 23220
www.feedmore.org

New Life Thrift Store Food Pantry (Tuesdays) -----804-276-9364

2501 Turner Road, Richmond, VA 23224

Senior Connections, The Capital Area Agency on Aging ----- 804-343-3000

24 East Cary Street, Richmond, VA 23219-----800-989-2286
www.seniorconnections-va.org

FRIENDLY VISITING

Volunteers visit older adults to provide friendship and help reduce the risk of isolation.

Visiting Volunteers, A Service of Family Lifeline -----804-249-9343

2325 West Broad Street, Richmond, VA 23220
www.familylifeline.org/older-adults

FUEL ASSISTANCE

These programs provide financial assistance to qualified recipients. Funds are limited and are only available to pay for fuel expenses.

Chesterfield-Colonial Heights Dept. of Social Services -----804-748-1100

9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832

www.chesterfield.gov

Salvation Army -----804-225-7470

2 West Grace Street, Richmond, VA 23220

www.richmondshsalvationarmy.org

FUNERAL HOMES

Bennett Funeral Homes -----804-639-4975

14301 Ashbrook Parkway, Chesterfield, VA 23832

www.bennettfuneralhomes.com

Bliley's Funeral Home -----804-355-3800

6900 Hull Street Road, Richmond, VA 23224

www.blileys.com

JT Morriss & Son, Inc. -----804-748-2500

3050 West Hundred Road, Chester, VA 23831

www.Jtmorriss.com

Morrissett Funeral & Cremation Service -----804-275-7828

6500 Iron Bridge Road, North Chesterfield, VA 23234

www.morrissett.com

Woody Funeral Home & Cremation Services, Huguenot Chapel -----804-794-1000

1020 Huguenot Road, Midlothian, VA 23113

www.woodyfuneralhomehuguenot.com

HANDYMAN SERVICES

HomeKeepers, LLC -----804-750-1166

8501 Patterson Avenue, Richmond, VA 23229

www.homekeepers.org

The Shepherd's Center of Chesterfield -----804-706-6689

P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832

www.shepctrchesterfield.org

HEALTH ORGANIZATIONS

Each organization offers educational information, support groups and guidance pertaining to its specific disease. Many health organizations offer speakers for groups or clubs.

ALS -----804-836-1750

8100 Three Chopt Road, Suite 147, Richmond, VA 23229

www.ALSInfo.org

Alzheimer's Association, Greater Richmond Chapter -----804-967-2580

4600 Cox Road, Suite 130, Glen Allen, VA 23060 ----- **24/7 Help Line 800-272-3900**

www.alz.org/grva

American Cancer Society -----800-227-2345

4240 Park Place Court, Glen Allen, VA 23060 -----804-527-3700

www.cancer.org

American Heart Association -----804-747-8334

4217 Park Place Court, Glen Allen, VA 23060 -----800-242-8721

www.americanheart.org

American Lung Association -----804-302-5740

9702 Gayton Road, Suite 110, Richmond, VA 23238

www.lungusa.org/virginia

Anthem Healthkeepers/Caremore -----888-649-5968

10030 Robious Road, Richmond, VA 23235

www.caremore.com

Arthritis Foundation, Virginia Chapter -----800-456-4687

2201 W. Broad Street, Suite 100, Richmond, VA 23220 ----- **Cancer Hotline 800-422-6237**

www.arthritis.org/virginia

Instructive Visiting Nurse Association (IVNA) -----804-355-7100

5008 Monument Avenue, Richmond, VA 23230

www.ivna.org

LINC (Legal Information Network for Cancer) -----804-272-5462

P. O. Box 73281,

1423 Johnston Willis Drive, Richmond, VA 23235

National Cancer Institute – Cancer Information Services -----800-422-6273

National Multiple Sclerosis Society, Central VA Chapter -----800-344-4867

4200 Innslake Drive, Suite 301, Glen Allen, VA 23060

www.nationalmssociety.org

HEARING SERVICES

These programs offer information and resources to help deal effectively with hearing issues. In some cases, assistive devices may be provided.

Commonwealth Catholic Charities -----804-285-5900

1601 Rolling Hills Drive, Richmond, VA 23229

www.cccofva.org

Connect Hearing -----804-639-9008

5950 Harbour Park Drive, Midlothian, VA 23112

www.connecthearing.com

Deaf and Hard of Hearing Community Counseling Service-----804-282-1943

1503 Santa Rosa Road, Suite 211, Richmond, VA 23229

www.challengediscoveryprojects.org

Department for the Deaf and Hard of Hearing -----800-552-7917

1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229-5012-----804-662-9502

www.vddhh.org

Hearing Aid Center of Richmond-----804-739-0031

4916 East Millridge Parkway, Midlothian, VA 23112

Hearing Clinics of Virginia-----804-272-6004

9220 Forest Hill Avenue, Suite A-4, Richmond, VA 23235

Hearing Solutions -----804-794-9087

14408 Sommerville Court, Midlothian, VA 23113

www.hearingsolutions.us

HOME HEALTH CARE

These agencies provide a range of home based care services from companion care to skilled nursing care. Many of these services support one's ability to remain at home by performing household chores and assisting with the activities of daily living (ADLs). Fees are typically charged, however some may accept Medicare or Medicaid.

Always Best Care Senior Services -----804-912-5688

10810 Hasty Lane, Suite 103, Midlothian, VA 23112

www.alwaysbestcare.com/va/midlothian/

Amedisys Home Health-----800-313-4353

4589 Lifestyle Lane, Midlothian, VA 23112-----804-639-7903

www.amedisys.com

American Home Care-----804-377-1188

1020 Old Bon Air Road, Richmond, VA 23235

www.americanhomehealthcare.com

At Home Care, 4116 Fitzhugh Avenue, Richmond, VA 23230
Richmond-----804-359-3400
Tri-Cities -----804-524-0062
www.athomecare.com

Brightstar Care of Richmond-----804-378-8686
7202 Glen Forest Drive, Suite 302, Richmond, VA 23226
www.brightstarcare.com

Care Advantage -----804-473-0020
Tri-Cities -----804-520-5454
Richmond/West End-----804-285-1212
Southside, 10041 Midlothian Tnpk., North Chesterfield, VA 23236-----804-323-9667
www.careadvantage.com

CareMed, Chesterfield
7300 Hull Street Road, North Chesterfield, VA 23235 -----804-674-7130
www.caremedcares.com

Care South and Encompass Company-----804-541-6224
3601 Boulevard, Suite A, Colonial Heights, VA 23834
www.ehhi.com

Caring Hearts Home Health Care Services, LLC -----804-304-7204
6026 Oak Bluff Terrace, Chester, VA 23831

Chesterfield-Colonial Heights Department of Social Services-----804-748-1100
P. O. Box 430, 9501 Lucy Corr Circle, Chesterfield, VA 23832

ComForCare Senior Services, Richmond South-----804-454-0137
11300 Iron Bridge Road, Suite C, Chester, VA 23831
www.comforcare.com/virginia/richmond-south

Comfort Keepers-----804-750-1123
10833 Ridgefield Parkway, Richmond, VA 23238
www.comfortkeepers.com

Companion Extraordinaire Nursing Network, Inc. -----804-752-2205
10833 Ridgefield Parkway, Richmond, VA 23238
www.cenninc.com

Companion For You -----804-437-1614

Family Lifeline -----804-282-4255
1518 Willow Lawn Drive, Richmond, VA 23230
www.familylifeline.org

Gentiva Home Health-----804-672-7500
7113 Three Chopt Road, Suite 201, Richmond, VA 23226
www.gentiva.com

- Guardian Home Care** -----804-282-9999
 1700 Willow Lawn Drive, Richmond, VA 23230
www.guardianhomecare.biz
- Hand 'n Heart Home Care Services**-----804-819-1755
 681 Hioaks Road, Richmond, VA 23225
www.handnheart.org
- Heart Home Care**-----804-614-6193
 1519 Huguenot Road, Suite 201, Midlothian, VA 23113
www.heartelderlycare.com
- Heaven Sent by Home Town Health Care** -----804-526-3600
 23 Dunlop Village Circle, Colonial Heights, VA 23834
www.heavensentservices.com
- Home Helpers** -----804-864-4258
 715 Twinridge Lane, North Chesterfield, VA 23235
www.homehelpershomecare.com/richmond
- Independence Senior Care** -----804-288-1616
 721 Twinridge Lane, Richmond, VA 23235
www.iscrichmond.com
- Interim HealthCare** -----804-340-6455
 720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236
www.interimhealthcare.com/RichmondVA
- Intrepid Hospice & Home Health** -----804-318-5371
 2430 Southland Drive, Suite B, Chester, VA 23831
www.IntrepidUSA.com
- Jewish Family Services**-----804-282-5644
 6718 Patterson Avenue, Richmond, VA 23226
www.jfsrichmond.org
- Maxim Health Care Services** -----804-355-9800
 4235 Innslake Drive, Suite 200, Glen Allen, VA 23060
www.maximhomecare.com

Medi Home Health and Hospice -----804-282-4301
4200 Park Place Court, Glen Allen, VA 23060
www.msa-corp.com

Medicaid Personal Care Agencies -----800-552-3402
These agencies utilize Medicaid funding to provide services in your home -----804-662-9333

Nurse Next Door Home Care -----804-716-7194
2214 Westwood Avenue, Henrico, VA 23230
www.nursenextdoorva.com

Options for Senior Americans -----804-673-6730
8100 Three Chopt Road, Suite 233, Richmond, VA 23229
www.optionscorp.com

SeniorBridge, Humana at Home -----804-282-0753
6802 Paragon Place, Suite 201, Richmond, VA 23230
www.seniorbridge.com

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219 -----800-989-2286
www.seniorconnections-va.org

Synergy Home Care -----804-299-3479
11159 Air Park Road, Suite 4, Ashland, VA 23015
www.synergyhomecare.com

Visiting Angels -----800-365-4189
4914 Radford Avenue, Suite 211, Richmond, VA 23230 -----804-353-0000
www.visitingangels.com

We Are All Nurses Care, Inc. -----804-612-0100
2545 Bellwood Road, Suite 118, Richmond, VA 23237
www.weareallnursescare.com

HOME REPAIR (See Housing Assistance)

HOSPICE CARE

Besides providing personalized care for the loved one, these programs focus on support to the entire family system, ranging from counseling to nursing services. For the family, they provide services that range from grief counseling to management of day-to-day activities. These services can be provided in the home or in a nursing or convalescent center. Funding is typically covered by insurance, Medicare or Medicaid.

Bon Secours Hospice -----804-627-5360
8580 Magellan Parkway, Building IV, Richmond, VA 23227
www.bonsecours.com/hospice

Crater Community Hospice -----804-526-4300
3916 South Crater Road, Petersburg, VA 23805
www.cratercommunityhospice.org

Gentiva Hospice-----804-290-4300
8000 Franklin Farms Drive, Suite 100, Richmond, VA 23229 -----877-660-4300
2801 Boulevard, Suite G, Colonial Heights, VA 23834 -----804-504-0031
www.gentiva.com

Hospice Community Care-----800-409-9094
10128 West Broad Street, Suite J, Glen Allen, VA 23060

Hospice of Virginia -----800-501-0451
2235 Staples Mill Road, Suite 100, Richmond, VA 23230
Richmond-----804-281-0451
In-patient Unit at Retreat Hospital-----804-200-1810
<http://hospiceofvirginia.com/>

Intrepid Hospice -----804-318-5371
2430 Southland Drive, Suite B, Chester, VA 23831
www.intrepidusa.com

Medi Home Health and Hospice -----804-282-4301
4200 Park Place Court, Glen Allen, VA 23060
www.msa-corp.com

New Century Hospice -----804-353-2702
808 Moorefield Park Drive, Suite 113, Richmond, VA 23236
www.newcenturyhospice.com

Palliative Care at Massey Cancer Center at VCU -----804-629-1295
1300 East Marshall Street, Richmond, VA 23298

HOSPITALS

These hospitals offer a wide variety of inpatient and outpatient services. Some may have branch offices providing services such as dialysis, emergency care, and specialty services. Some hospitals may have their own skilled care units.

Bon Secours Hospitals, www.bonsecours.com

Memorial Regional Medical Center-----804-764-6000
8260 Atlee Road, Mechanicsville, VA 23116

Richmond Community Hospital -----804-225-1700
1500 North 28th Street, Richmond, VA 23223

St. Francis Medical Center -----804-594-7300
13710 St. Francis Boulevard, Midlothian, VA 23114

St. Mary's Hospital -----804-285-2011
5801 Bremo Road, Richmond, VA 23226

HCA Virginia Hospitals

CJW Medical Center, www.cjwmedical.com

Chippenham Hospital -----804-320-3911
7101 Jahnke Road, Richmond, VA 23225

Johnston Willis Hospital -----804-330-2000
1401 Johnston Willis Drive, Richmond, VA 23235

Henrico Doctor's Hospital, www.henricodoctors.com

Forest Hospital -----804-289-4500
7605 Forest Avenue, Richmond, VA 23229

Parham Hospital -----804-747-5600
7700 East Parham Road, Richmond, VA 23294

Retreat Hospital -----804-254-5100
2621 Grove Avenue, Richmond, VA 23220

John Randolph Medical Center, www.johnrandolphmed.com

411 West Randolph Road, Hopewell, VA 23860 -----804-541-1600

HealthSouth Rehabilitation Hospital of Petersburg -----804-504-8100

95 Medical Park Boulevard, Petersburg, VA 23805 -----804-504-8203
www.healthsouthpetersburg.com

Sheltering Arms Physical Rehabilitation Center-----804-764-1000

Hanover Campus: 8254 Atlee Road, Mechanicsville, VA 23116
Midlothian Campus: 13700 St. Francis Blvd. Suite 400, Midlothian VA 23114
www.shelteringarms.com

Southside Regional Medical Center-----804-765-5000

200 Medical Park Boulevard, Petersburg, VA 23805
www.srmconline.com

St. Francis Watkins Centre Emergency-----804-594-2100

601 Watkins Center Parkway, Midlothian, VA 23114
Free standing 24/7 emergency department.

Stony Point Surgery Center-----804-775-4500

8700 Stony Point Parkway, Richmond, VA 23235
www.stonypointsc.com

VCU Medical Center-----804-828-9000

1250 East Marshall Street, Richmond, VA 23219
www.vcuhealth.org

Veterans Administration McGuire Hospital-----804-675-5000

1201 Broad Rock Boulevard, Richmond, VA 23249
www.richmond.va.gov

HOUSING ASSISTANCE

These programs offer a variety of housing options, with some providing short-term emergency housing. Some can provide information regarding long-term housing options.

American Red Cross (Disaster Victims) -----804-780-2250

Greater Richmond Chapter, 420 East Cary Street, Richmond, VA 23219

www.redcross.org/va/richmond

Community Development Block Grant Office -----804-318-8866

9901 Lori Road, Chesterfield, VA 23832

Good Neighbor Community Services-----804-520-8005

798 Southpark Boulevard, Suite 16, Colonial Heights, VA 23834

Provides the adult ID population with a more independent lifestyle

www.goodneighborcommunityservices.com

HOME (Housing Opportunities Made Equal)-----804-354-0641

626 East Broad Street, Suite 400, Richmond, VA 23219

www.phonehome.org

ProjectHomes, 88 Carnation Street, Richmond, VA 23225-----804-233-2827

Petersburg:-----804-732-3800

www.projecthomes.org

United Way (shelter referrals)-----804-771-5820

www.yourunitedway.org

Urban League of Greater Richmond -----804-230-8791

1420 Hull Street, Building B3, Richmond, VA 23224

www.urbanleaguerichmond.org

Women's Victim Advocacy Program (YWCA)-----804-643-0888

6 North 5th Street, Richmond, VA 23219

www.ywcarichmond.org

HOUSING OPTIONS

IL- Independent Living: *A facility in which residents perform all daily activities independently without requiring the assistance of another person and take medication without requiring the assistance of another person.*

AL- Assisted Living: *Congregate residential setting that provides or coordinates personal and health care services and assistance for adults who may have physical or mental impairments and require at least moderate assistance with daily activities.*

SNF – Skilled Nursing Facility: *These are licensed facilities that provide skilled needs, including assistance with personal care and nursing supervision. A screening process is required. Stays may be short term for rehabilitation services or long-term for life support services.*

ALZ - Alzheimer’s/Dementia Care: *Designed to assist those individuals with memory impairments.*

R - Respite/Short Term Care: *Services provided for maintenance and care of the older adult, infirmed, or disabled adults for temporary periods of time, regularly or intermittently.*

Atlantic at Charter Colony -----804-378-9919
 550 Coalfield Road, Midlothian, VA 23114 ----- IL
www.mychartercolonyapts.com

Bickford Assisted Living and Memory Care-----804-594-7055
 11200 West Huguenot Road, Midlothian, VA 23113----- AL, ALZ
www.enrichinghappiness.com

Bonview Rehabilitation and Healthcare-----804-320-7901
 7246 Forest Hill Avenue, Richmond, VA 23225----- SNF,R
www.consulatehealthcare.com

Brandermill Woods Health Care Center-----804-379-7100
 2100 Brandermill Parkway, Midlothian, VA 23112----- AL, SNF, ALZ, R
www.brandermillwoods.com

Brandermill Woods Retirement Community -----804-744-1173
 14311 Brandermill Woods Trail, Midlothian, VA 23112 ----- IL
www.brandermillwoods.com

Brighter Living Assisted Living-----804-458-5830
 5301 Plaza Drive, North Prince George, VA 23860 -----AL, R
<http://www.brighter-living.com>

Brighter Living Sunflower Gardens -----804-452-5000
5305 Plaza Drive, North Prince George, VA 23860 -----ALZ
www.sunflower-gardens.com

Brookdale Midlothian-----804-897-8884
14016 Turnberry Lane, Midlothian, VA 23113 -----IL, AL, ALZ, R
www.brookdale.com/en/communities/brookdale-midlothian.html

Chester Village Apartments-----804-425-1200
11701 Chester Village Drive, Chester, VA 23831 -----866-598-3715
www.chestervillageseniors.com -----IL

Chesterfield Heights -----804-302-6550
901 Madrona Street, Midlothian, VA 23114 -----IL
www.seniorlivinginstyle.com

Colonial Heights Health Care Center -----804-526-6851
831 East Eilerslie Avenue, Colonial Heights, VA 23834 -----SNF, ALZ
www.colonialheightshealthcare.com

Courthouse Senior Apartments -----804-796-9191
6500 Fore Circle, Chesterfield, VA 23832 -----IL

Crossings at Bon Air -----804-560-1440
9100 Bon Air Crossings Drive, Richmond, VA 23235 -----IL, AL, ALZ
www.thecrossingsatbonair.com

Crossings at Ironbridge -----804-748-7000
6701 Ironbridge Parkway, Chester, VA 23831 -----AL, ALZ, R
<http://www.thecrossingsatironbridge.com/>

Dunlop House Assisted Living-----804-520-0050
235 Dunlop Farms Boulevard, Colonial Heights, VA 23834 -----AL, ALZ, R
www.dunlophouse.com

Ginter Hall South Assisted Living -----804-794-7770
11300 Mall Court, North Chesterfield, VA 23235 -----AL, ALZ, R
www.ginterhall.com

Heritage Oaks -----804-323-3800
1100 German School Road, Richmond, VA 23225 -----IL
www.heritageoaksretirement.com

Hopewell Health Care Center -----804-458-6325
905 Cousins Avenue, Hopewell, VA 23860 -----SNF, ALZ
<http://www.care-virginia.com/locations/hopewell-health-care-center/>

Laurels of Bon Air -----804-521-9980
9101 Bon Air Crossings Drive, Richmond, VA 23235 ----- SNF, R
www.laurelsofbonair.com

Laurels of Willow Creek -----804-379-4771
11611 Robious Road, Midlothian, VA 23113----- SNF, R
www.laurelsofwillowcreek.com

Lucy Corr Village-----804-748-1511
P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832
www.lucycorrvillage.com ----- IL, AL, SNF, ALZ, R

Magnolias of Chesterfield-----804-778-7777
6701 Court Yard Road, Chester, VA 23831 ----- AL, ALZ, R
www.meridiansenior.com/community/chesterfield

Market Square-----804-279-0133
7300 Taw Street, Richmond, VA 23237 ----- IL

Monarch Woods -----804-320-4301
6501 Jahnke Road, Richmond, VA 23225----- IL
www.betterhousingcoalition.org/property/monarch-woods/

Morningside at Bellgrade -----804-379-2800
2800 Polo Parkway, Midlothian, VA 23113----- AL, ALZ, R
www.morningsideofbellgrade.com

Park at Ridgedale -----804-271-4166
5001 Ridgedale Parkway, Suite 107, Richmond, VA 23234----- IL
www.parkatridgedaleapts.com

Riverview on the Appomattox Health and Rehab Center -----804-541-1445
201 Epps Street, Hopewell, VA 23860----- SNF, ALZ
www.riverview-rehab.com

Rockwood Village-----804-745-0911
3901 Price Club Boulevard, Midlothian, VA 23112 ----- IL
www.bhchomes.org/properties/view/8

Spring Arbor of Salisbury-----804-897-2727
14001 Turnberry Lane, Midlothian, VA 23113 ----- AL, ALZ
www.springarborliving.com/locations/midlothian-va.htm

Springdale at Lucy Corr Village -----804-425-8280
6800 Lucy Corr Boulevard, P. O. Drawer 170, Chesterfield, VA 23832 ----- IL
www.lucycorrvillage.com

St. Francis Home-----804-231-1043
65 West Clopton Street, Richmond, VA 23225----- AL
www.saintfrancishome.com

Sunrise Assisted Living at Bon Air-----804-560-7707
2105 Cranbeck Road, Richmond, VA 23235----- AL, ALZ, R
www.sunriseseniorliving.com

Symphony Manor of Richmond-----804-396-2414
12411 Gayton Road, Richmond, VA 23238 ----- AL, ALZ
www.symphonyrichmond.com

The Memory Center, Richmond-----804-378-5100
13800 Bon Secours Drive, Midlothian, VA 23114 -----ALZ

The Towers-----804-320-1412
7015 Carnation Street, Richmond, VA 23225 -----IL, AL, ALZ, R
<http://www.rui.net/the-towers/>

Totty Place Assisted Living Facility-----804-526-6921
3500 Totty Street, Ettrick, VA 23803 ----- AL

Tyler's Retreat at Ironbridge-----804-706-1023
12001 Ironbridge Road, Chester, VA 23831 ----- SNF
www.saberhealth.com

Virginian -----804-330-4252
300 Twinridge Lane, Richmond, VA 23235 ----- IL
www.holidaytouch.com/Our-Communities/the-virginian.aspx

INFORMATION AND REFERRAL SERVICES

*These programs are available to provide information and referrals to services and resources.
Some of the agencies provide direct services.*

211 Virginia ----- 211
2001 Maywill Street, Suite 201, Richmond, VA 23230 -----800-230-6977
www.211virginia.org

Cancer Hotline -----800-422-6237

Chesterfield-Colonial Heights Dept. of Social Services-----804-748-1100
9501 Lucy Corr Circle, P. O. Box 40, Chesterfield, VA 23832

Chesterfield County Office of the Senior Advocate -----804-768-7878
P. O. Box 40, 9800 Government Center Parkway, Chesterfield, VA 23832
www.chesterfield.gov/seniorservices

Chesterfield Fire & EMS Mobile Integrated Healthcare/Community Paramedic Program
6731 Mimms Loop, P.O. Box 40, Chesterfield, VA 23832-----804-706-2587

Citizens Assistance Office-----804-646-7000
900 East Broad Street, Room 109, Richmond, VA 23219
www.richmondgov.com

Eldercare Locator-----800-677-1116
www.eldercare.gov

Legal Information Network for Cancer (LINC) -----804-272-5462
P. O. Box 73281, 1459 Johnston Willis Drive, Richmond, VA 23235 -----877-644-5462
Free legal services, debt management services and referral to community resources
www.cancerlinc.org

Physician Referral – All Bon Secours ----- 804-359-WELL/804-359-9355
5801 Bremo Road, Richmond, VA 23226

Physician Referral/Consult a Nurse with HCA Hospitals ----- 804-320-3627/800-257-0944

Physician Referral - VA Dept. for Aging & Rehabilitative Services -----804-662-7000
8004 Franklin Farms Drive, Richmond, VA 23229 -----800-552-5019
www.vadars.org

Senior Connections, The Capital Area Agency On Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219-----800-989-2286
www.seniorconnections-va.org

The Springboard Group -----804-381-4008
1920 Rutgers Drive, Richmond, VA 23223 -----877-717-3590
www.launchingnewlives.com

United Way Information and Referral Center -----804-771-5853
www.yourunitedway.org -----Help Line, Dial 211

Virginia Department for Aging and Rehabilitative Services -----804-662-9333
1610 Forest Avenue, Suite 100, Richmond, VA 23229 -----800-552-3402
www.vadars.org

KINSHIP PROGRAM

These organizations offer support for Grandparents and older family members raising a child

Kinship/Grandparent Connection-----804-768-7878
Government Center Parkway, Chesterfield, VA
Support Group for Grandparents or older relatives raising a child.
www.chesterfield.gov/kinship

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219 -----800-989-2286
School Mentoring Program, Foster Grandparents
www.seniorconnections-va.org

LEGAL SERVICES

These programs provide a wide variety of legal services. Some provide legal services and some provide general information regarding your legal rights. None of these should be considered as a substitute for personal legal counsel.

AARP www.aarp.org -----888-687-2277

American Civil Liberties Union of Virginia -----804-644-8022
701 E. Franklin Street, Suite 1412, Richmond, VA 23219
www.acluva.org

Central Virginia Legal Aid Society -----804-648-1012
101 West Broad Street, Suite 101, P.O. Box 12206, Richmond, VA 23220 -----800-868-1012
www.cvlas.org

Commonwealth Mediation Groups, Inc. -----804-254-2664
9100 Arboretum Parkway, Suite 190, Richmond, VA 23236
www.cmg-foundation.org/

Equal Employment Opportunity Commission -----804-771-2200
400 North 8th Street, Suite 350, Richmond, VA 23219 -----800-669-4000
www.eeoc.gov ----- TTY 800-669-6820

Legal Information Network for Cancer (LINC) ----- 804-272-5462, ext. 4
P. O. Box 73281, 1459 Johnston Willis Drive, Richmond, VA 23235 -----877-644-5462
www.cancerlinc.org

National Association for the Advancement of Colored People (NAACP) -----804-321-5678
P. O. Box 27212, Richmond, VA 23261
<http://vsrnaacp.org/>

Serving You Virginia -----804-814-2055
10307 West Broad Street, Suite 222, Glen Allen, VA 23060
www.ServingYouVirginia.com

Virginia Lawyer Referral Service -----804-775-0808
707 East Main Street, Suite 1500, Richmond VA 23219 -----800-552-7977
www.vlrs.net -----804-775-0502

Disability Law Center of Virginia -----800-552-3962
Virginia Office for Protection and Advocacy ----- TTY/TDD 804-225-2042
1910 Byrd Avenue, Suite 5, Richmond, VA 23230
www.dlcv.org

Virginia Poverty Law Center -----804-782-9430
700 East Main Street, Suite 1410, Richmond, VA 23219
www.vplc.org

MEALS (See Food and Nutrition Services)

MEDICAL SUPPLIES AND EQUIPMENT

These organizations specialize in providing equipment to help one function as independently as possible. The equipment varies from hospital style to assistive items for simple tasks. Some agencies have medical equipment that they will loan to qualified persons. Donations of good quality, used equipment are always welcomed. These companies may accept insurance, Medicare, Medicaid and cash.

American Cancer Society-----800-227-2345
4240 Park Place Court, Glen Allen, VA 23060
www.cancer.org

Amramp-----804-564-4973
P. O. Box 4163, Glen Allen, VA 23058 -----800-649-5215
www.amramp.com

Apria Healthcare -----804-553-4964
2808 East Parham Road, Richmond, VA 23228
www.apriahealthcare.com

Buford Road Pharmacy, Inc-----804-272-1423
2608 Buford Road, Richmond, VA 23235
www.bufordrx.com

Capital Medical Supply -----804-353-0707
2233 Tomlynn Street, Richmond, VA 23230
www.capitalmedicalsupply.com

Clay Home Medical-----804-861-1606
3333 South Crater Road, Petersburg, VA 23805
www.clayhomemedical.com

FREE (Foundation for Rehabilitation Equipment & Endowment)-----804-920-9828
6301 Midlothian Turnpike, Richmond, VA 23225 www.free-foundation.org/
Provides equipment that helps people achieve and maintain mobility and independence to people in need at no cost.

Freedom Respiratory-----804-266-2002
2852 East Parham Road, Henrico, VA 23228
www.aerocareusa.com

Home Care Delivered, Inc-----800-867-4412
11013 West Broad Street, 4th Floor, Glen Allen, VA 23060
www.hcd.com

Lincare Inc -----804-355-2323
2801 Ackley Avenue, Henrico, VA 23228
www.lincare.com

Med-Inc -----804-674-6688
3941 Deep Rock Road, Henrico, VA 23233
www.medinc.net

Mobility Supercenter -----804-231-7774
7450 Midlothian Turnpike, Richmond, VA 23225
www.mobilityva.com

Powell Orthotics and Prosthetics -----804-649-9043
2034 Dabney Road, Suite C, Richmond, VA 23230
www.powelloandp.com

Richmond Respiratory and Medical Supply -----804-745-9677
1108 Courthouse Road, Suite D, North Chesterfield, VA 23236
www.richmondrespiratory.com

Mobility Works -----804-233-8267
232 East Belt Boulevard, Richmond, VA 23224
www.mobilityworks.com

Rite Aid Pharmacy -----804-748-2151
4408 West Hundred Road, Chester, VA 23831
www.riteaid.com

Virginia Assistive Technology System (VATS) -----804-662-9990
Virginia Department for Aging and Rehabilitative Services -----800-435-8490
8004 Franklin Farms Drive, Richmond, VA 23229 -----800-552-5019
www.vats.org

West Home Health -----804-353-7703
2277 Dabney Road, Richmond, VA 23230
www.whhci.com

MEDICARE AND MEDICAID

Applications are required and may take up to 45 days for approval. Definite criteria must be met before approval.

Anthem Healthkeepers/Caremore ----- 1-888-649-5968
10030 Robious Road, Richmond, VA 23235
www.caremore.com

Centers for Medicare and Medicaid Services -----800-633-4227
www.cms.gov

Chesterfield-Colonial Heights Department of Social Services -----804-748-1100
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832

Mike Mason Insurance, LLC -----804-216-5422
14304 Candlewick Court, Midlothian, VA 23112
www.mikemasoninsurance.com

Social Security Office -----800-772-1213
www.ssa.gov

Social Security Administration for Chesterfield -----804-744-0227
13551 Waterford Place, Midlothian, VA 23112 -----800-772-1213

Virginia Senior Services-----804-381-4604
707 North Courthouse Road, North Chesterfield, VA 23236
www.vaseniorservices.com

MENTAL HEALTH SERVICES

These agencies provide services to individuals who are experiencing mental health problems and support services for their families. All require a fee for services. They may accept insurance, Medicare or Medicaid payments.

Appomattox Area Health and Wellness Center-----804-733-5591
321-C Poplar Drive, Petersburg, VA 23805
www.cvhsinc.org Offers sliding scale community services for health and wellness on multiple levels, including mental health as well as physical health

Chapman Senior Care-----804-741-7500
9702 Dayton Road, Suite 181, Henrico, VA 23838
www.chapmanseniorcare.com

Chesterfield Mental Health Support Services-----804-748-1227
6801 Lucy Corr Boulevard, Chesterfield, VA 23832

Chesterfield Mental Health Crisis Intervention Team ----- 24 hours 804-748-6356

CJW Medical Center, Chippenham Campus, Tucker Pavilion
Intake -----804-323-8846
7101 Jahnke Road, Richmond, VA 23225-----804-320-3911
www.cjwmedical.com

Dominion Behavioral Health Care -----804-794-4482
703 North Courthouse Road, Richmond, VA 23236 (Psychological Testing)
www.dbhhelp.com

Footsteps Counseling-----804-715-3215
Southside Nazarene Church, 6851 Courthouse Road, Chesterfield, VA 23832
www.footstepscounseling.com

Independent Capacity Systems-----804-590-7914
16015 Continental Boulevard, Colonial Heights, VA 23834
www.independentcapacitysystem.com

Jewish Family Services-----804-282-5644
6718 Patterson Avenue, Richmond, VA 23226
www.jfsrichmond.org

Lutheran Family Services-----804-288-0122
4901 Dickens Road, Suite 115, Richmond, VA 23230
www.lfsva.org

MCV Department of Psychiatry ----- (outpatient) existing patients 804-828-9452
501 North 2nd Street, 3rd Floor, Richmond, VA 23219 ----- (intake) new patients 804-828-2000

National Counseling Group -----804-767-3470
21 Walnut Boulevard, Petersburg, VA 23805
www.nationalcounselinggroup.com

Poplar Springs Hospital -----804-773-6874
350 Poplar Drive, Petersburg, VA 23805
www.poplarsprings.com

Bon Secours Behavioral Health at Richmond Community Hospital-----804-225-1700
1500 North 28th Street, Richmond, VA 23223
www.bonsecours.com

MOVING AND ORGANIZATIONAL SERVICES

These companies specialize in packing and moving household items for older adults.

Door to Door Solutions -----804-261-4124
2214 Westwood Avenue, Richmond, VA 23230
www.doortodoorsolutions.com

More Than Moving for Seniors, Inc. -----804-232-6480
4909 West Marshall Street, Richmond, VA 23230
Senior Move Management, Estate Sales and Consignment Store
www.morethanmovinginc.com

NURSING HOMES (See Housing Options)

ORTHOTICS AND PROSTHETICS

Products include orthotics (any type of bracing for the body) and prosthetics. Services for patients include mentoring program, support groups, professional in-services and help with job placement.

American Orthotic and Prosthetic Center-----804-353-9077
2281 Dabney Road, Richmond, VA 23230
www.americanopc.com

Powell Orthotics and Prosthetics-----804-649-9043
2034 Dabney Road, Suite C, Richmond, VA 23230
www.powelloandp.com

PERSONAL EMERGENCY RESPONSE (See [Emergency Response Systems](#))

PHARMACIES PROVIDING HOME DELIVERY

All of the listed pharmacies provide delivery services. Some have limited delivery areas. Some may charge a fee for delivery or offer a senior discount for prescription medications.

Appomattox Area Health and Wellness Center-----804-733-9591
321 C Poplar Drive, Petersburg, VA 23805
www.cvhsinc.org

Bremo Pharmacy-----804-288-8361
2024 Staples Mill Road, Richmond, VA 23230
www.bremorx.com

Buford Road Pharmacy, Inc-----804-272-1423
2608 Buford Road, Richmond, VA 23235-2608
www.bufordrx.com

C3 Pharmacy-----804-321-7500
2306 North Lombardy Street, Richmond, VA 23220
<http://www.c3healthcarerx.com>

Lafayette Pharmacy, Inc.-----804-355-1777
1011 Lafayette Street, Richmond, VA 23221

McGuire Park Pharmacy, Inc.-----804-344-4444
2106 East Main Street, Richmond, VA 23223

Midlothian Apothecary-----804-794-5592
13502 Midlothian Turnpike, Midlothian, VA 23113
www.midloapothecary.com

Rite Aid -----804-231-9422
1801 Hull Street, Richmond, VA 23224
www.riteaid.com

Westbury Pharmacy -----804-285-3428
8903 Three Chopt Road, Richmond, VA 23229
www.westburyapothecary.com

PHYSICIANS/FAMILY MEDICINE WITH GERIATRIC FOCUS

These doctors are physicians who specialize in providing medical advice and treatment of older adults. They have received more advanced training in the treatment and diagnosis of diseases relating to aging adults.

Chippenham Family Medicine -----804-560-0490
500 Hioaks Road, Suite 100, Richmond, VA 23225

Commonwealth Internal Medicine Associates -----804-560-8838
9220 Forest Hill Avenue, Suite A-1, Richmond, VA 23235

Mansilla Medical Practice -----804-379-3100
360 Browns Hill Court, Midlothian, VA 23114

McGuire VA Medical Center
Angela Gentili, MD -----804-675-5000
Cynthia McMurtry, MD -----804-675-5000
1201 Broad Rock Boulevard, Richmond, VA 23224

Primary Health Group – Johnston Willis -----804-320-1333
1471 Johnston Willis Drive, Richmond, VA 23236

Swift Creek Family Care -----804-526-5850
3628 Boulevard, Colonial Heights, VA 23834

VCU Geriatrics -----804-828-4624
1250 East Marshall Street, Richmond, VA 23298

PHYSICIAN HOUSE CALLS

These physicians will make house calls.

Visiting Physicians Association -----804-687-4973
6802 Paragon Place, Suite 410, Office 417, Richmond, VA 23230----- Toll Free 855-803-9352
www.visitingphysicians.com

VCU Health Geriatric and Continuum Services -----804-354-8108
2104 West Laburnum Ave., Richmond, VA 23227
<http://www.intmed.vcu.edu/about/institutes/vcucahm/index.html>

PHYSICIAN REFERRAL SERVICE

These programs provide information regarding doctors and their specialties.

Bon Secours Richmond Call for Health-----804-359-9355

HCA Physician Referral-----804-320-3627
www.cjwmedical.com-----Toll free 855-275-7555

Medical College of Virginia Associated Physicians -----800-762-6161
www.mcv.org

Richmond Academy of Medicine-----804-643-6631
2201 West Broad Street, Suite 205, Richmond, VA 23220
www.ramdocs.org

PRESCRIPTION ASSISTANCE

These organizations may be able to provide assistance and/or discounts for prescribed medications.

Medicare Prescription Drug Benefit-----800-633-4227
www.medicare.gov (click on Prescription Drug Plan)

Senior Connections, The Capital Area Agency On Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219-----800-989-2286
www.seniorconnections-va.org

RAMPS

Amramp -----804-564-4973
P. O. Box 4163, Glen Allen, VA 23058 -----800-649-5215
www.amramp.com

Mobility Supercenter -----804-231-7774
7450 Midlothian Turnpike, Richmond, VA 23225 -----Toll Free 866-202-8607
www.mobilitysupercenter.com

project:HOMES -----804-233-2827
88 Carnation Street, Richmond, VA 23225
www.projecthomes.org

RAMPS (Ramp Access Made Possible by Students) -----804-282-3605
1114 Westbriar Drive, Suite D, Richmond, VA 23238
www.rampsbystudents.org

RECREATION (See [Fitness/Exercise/Recreation](#))

RESPITE REFERRAL

Some assisted living facilities may offer respite care. Adult day care centers also provide respite care. Temporary care for family caregivers may also be available through home-based care services.

Alzheimer's Association of Greater Richmond -----804-967-2580
4600 Cox Road, Glen Allen, VA 23060----- **Helpline 800-272-3900**

Alzheimer's Association Tri-Cities Branch-----804-526-2359
201 Temple Avenue, Suite E, Colonial Heights, VA 23834

Chesterfield-Colonial Heights Department of Social Services-----804-748-1100
P. O. Box 430, 9501 Lucy Corr Circle, Chesterfield, VA 23832

Family Lifeline -----804-282-4255
2325 West Broad Street, Richmond, VA 23220
www.familylifeline.org

Jewish Family Services-----804-282-5644
6718 Patterson Avenue, Richmond, VA 23226
www.jfsrichmond.org

Senior Connections, The Capital Area Agency On Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219
www.seniorconnections-va.org

Virginia Department for Aging and Rehabilitation Services -----804-662-7671
State information on Respite Providers or Programs ----- **Toll Free 800-552-3402**
1610 Forest Avenue, Suite 100, Henrico, VA 23229
www.vadars.org

SENIOR CENTERS

These centers provide activities for individuals who want to get out and be active. Services vary with each program, as do the times the programs are offered. Services may include meals, social activities, and information or referral services. Some groups sponsor trips, card games, dances or other social activities.

50+ Active Lifestyle programs at Chesterfield Baptist Church -----804-339-2877
16530 Hull Street Road, Mosley, VA 23120
www.chesterfield.gov/activelifestyles

50+ Active Lifestyle programs at Church of Our Savior -----804-744-1899
Chesterfield Senior Center, 4000 Stigall Drive, Midlothian, VA 23112
www.chesterfield.gov/activelifestyles

50+ Active Lifestyle programs at Huguenot Road Baptist Church -----804-212-8815
10525 West Huguenot Road, North Chesterfield, VA 23235
www.chesterfield.gov/activelifestyles

Bensley Community Building Senior Adult Program -----804-275-5321
2900 Drewrys Bluff Road, North Chesterfield, VA 23237 -----804-275-5979
www.chesterfield.gov/activelifestyles

Bon Air Presbyterian Church Friendship Café -----804-343-3029
9201 West Huguenot Road, Richmond, VA 23235

dayBREAKS Adult Care Center -----804-419-0999
2405 Dovercourt Drive, Midlothian, VA 23113
www.daybreaksva.com

Etrick Community Building Senior Adult Programs -----804-706-2596
20621 Woodpecker Road, Etrick, VA 23803
www.chesterfield.gov/activelifestyles

Etrick Friendship Café -----804-343-3000
20621 Woodpecker Road, Etrick, VA 23803

Lifelong Learning Institute -----804-378-2527
13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113
www.llichesterfield.org

Market Square Friendship Café -----804-343-3000
7300 Taw Street, Richmond, VA 23234

New Covenant Presbyterian Church Friendship Café -----804-343-3000
6415 Irongate Road, North Chesterfield, VA 23234

Rockwood Village Friendship Café -----804-343-3000
3901 Price Club Boulevard, Midlothian, VA 23112

The Shepherd's Center of Chesterfield -----804-706-6689
6800 Lucy Corr Boulevard, PO Drawer 170, Chesterfield, VA 23832
www.shepctrchesterfield.org

YMCA

Chester -----804-748-9622
Manchester -----804-276-9622
Midlothian -----804-379-5668
Swift Creek -----804-595-9622

SENIOR GROUPS AT AREA CHURCHES

Services vary with each program, as do the times the programs are offered. Some groups sponsor trips, card games, dances or other social activities.

Age Thru Action (AGETA) – Tabernacle Baptist Church -----804-739-2169

11521 Coalboro Road, Chesterfield, VA 23838

www.mytbcangels.com

Companions on the Journey – St. Edwards Church -----804-272-2948

2700 Dolfield Drive, Richmond, VA 23235

Golden Age Fellowship – Cloverhill Baptist Church -----804-745-0660

3100 Courthouse Road, Richmond, VA 23236

www.cloverhillbaptist.com

Golden Angels – St. Gabriel Church -----804-639-6712

8901 Winterpock Road, Chesterfield, VA 23832

www.saintgabriel.org

Leisure Club – Reveille United Methodist Church -----804-359-6041

4200 Cary Street Road, Richmond, VA 23221

www.reveilleumc.org

Older Adult Ministries and Healing Hearts-----804-272-2072

Huguenot Road Baptist Church, 10525 West Huguenot Road, Richmond, VA 23235

www.hrbcrichmond.org

OWLS (Older, Wiser, Livelier, Souls) – Church of the Epiphany -----804-794-0222

11000 Smoketree Drive, Richmond, VA 23236

www.epiphanychurch.org

Providence Retired Club – Providence United Methodist Church-----804-276-4289

901 South Providence Road, North Chesterfield, VA 23236

www.providenceumc.net

Reveille United Methodist Church -----804-359-6041

4200 Cary Street, Richmond, VA 23221

www.reveilleumc.org/leisure-club

Roving Retirees – St. Augustine Church -----804-275-7962

4400 Beulah Road, Richmond, VA 23234

St. Mathias Episcopal Church-----804-272-8588

11300 West Huguenot Road, Midlothian, VA 23113

www.stmatmidlo.com/

Salisbury Presbyterian Church (Senior Choir)-----804-794-5311

13621 West Salisbury Road, Midlothian, VA 23113

www.thesalisburychurch.org/

Women's Guild and Soloes -----804-275-7962
St. Augustine's Church, 400 Beulah Road, Richmond, VA 23237
www.staugustineparish.net

Young Seniors – Second Branch Baptist Church -----804-739-3460
12217 Second Branch Road, Chesterfield, VA 23838
www.secondbranch.org

SOCIAL SECURITY

Find answers to any questions regarding eligibility and benefits for Medicare and Social Security.

Chesterfield Office -----877-773-7231
13551 Waterford Place, Midlothian, VA 23112 ----- TTY 800-325-0778

Petersburg Office -----877-803-6322
100 Poplar Drive, Petersburg, VA 23805 ----- 800-325-0778

Social Security District Office -----866-679-7228
Main number-----800-772-1213
1834 West Cary Street, Richmond, VA 23220 ----- TTY 800-325-0778
www.socialsecurity.gov or www.ssa.gov

SUBSTANCE ABUSE

Alcoholics Anonymous (Phone Support & Meeting Information) -----804-355-1212

Chesterfield Mental Health Support Services-----804-748-7318
Crisis Phone -----804-748-6356
PO Box 92, 6801 Lucy Corr Boulevard, Chesterfield, VA 23832
www.chesterfield.gov/ASAS

The Daily Planet, Southside Community Health Center-----804-292-3011
180 Belt Boulevard, Richmond, VA 23225
www.dailyplanetva.org

The Healing Place -----804-358-0964, ext. 114
700 Dinwiddie Avenue, Richmond, VA 23224

The Meridian Group of Chesterfield-----804-751-8644
10109 Krause Road, Suite 100, Chesterfield, VA 23832-6501
www.meridianhelp.com

SUPPORT GROUPS

These groups provide opportunities to receive information regarding specific health concerns. Some provide emotional support through counseling and general discussion.

AA Club House (Alcoholics Anonymous)-----804-644-2095
210 North Madison Street, Richmond, VA 23208

AlAnon/AlAteen Service Center -----804-569-5155
3600 West Broad Street, Suite 684, Richmond, VA 23230-4916
www.alanonrichmond.org

Alcoholics Anonymous (Phone Support & Meeting Information) -----804-355-1212

ALS Support Group-----804-297-1954
Trinity United Methodist Church, ----- **Contact: Emma Denat**
The Mastin Room, 903 Forest Avenue, Richmond, VA 23229
Meets on the second Tuesday from 6:00 – 8:00 p.m.

Alzheimer's Association, Greater Richmond Chapter-----804-967-2580
4600 Cox Road, Suite 130, Glen Allen, VA 23060 -----800-272-3900
www.alz.org/grva

Alzheimer's Association, Tri-Cities Branch -----804-526-2359
201 Temple Avenue, Suite E, Colonial Heights, VA 23834
www.alz.org/grva

Alzheimer's Support Groups (www.alz.org/grva)

Richmond area groups are contacted via the Alzheimer's Chapter Office (804-961-2580)

Bon Air United Methodist Church-----804-967-2580
Room 207, 1645 Buford Road, North Chesterfield, VA 23235
Adult Children; Meets on the second Tuesday at 7:00 p.m.

Bon Air United Methodist Church-----804-967-2580
Family Life Center, Blanchette Brown Room
1645 Buford Road, North Chesterfield, VA 23235
Meets on the third Tuesday at 2 p.m.

Brandermill Woods Health Care Center-----804-967-2580
2100 Brandermill Parkway, Midlothian, VA 23112
Meets on the third Tuesday at 7 p.m.

Care Advantage-----804-526-2359
3509 Boulevard, Colonial Heights, VA 23834 -----804-520-5454
Meets on the fourth Tuesday at 11 a.m.

First Baptist Church, Hopewell-----804-748-6668
Conference Room, 401 North Second Street, Hopewell, VA 23860 -----804-748-5585
Meets on the first Tuesday at 3 p.m.

Lucy Corr Village-----804-967-2580
6800 Lucy Corr Court, Chesterfield, VA 23832
Meets on the third Tuesday at 7 p.m.

New Life United Methodist Church -----804-967-2580
900 Old Hundred Road, Midlothian, VA 23114
Meets on the second Wednesday at 10 a.m.

Second Branch Baptist Church ----- 804-967-2580
12217 Second Branch Road, Chesterfield, VA 23838
Meets on the first Tuesday at 10:30 a.m.

Trinity United Methodist Church----- 804-836-1750
Mastin Room, 903 Forest Avenue Henrico, VA 23229
Meets on the second Tuesday from 6:00 p.m. to 8:00 p.m.

Vista Park Memory Care (formerly Greenfield) -----804-526-2359
Family Conference Room, 550 Flank Road, Petersburg, VA 23805-----804-861-4358
Meets on the third Thursday at 11:30 a.m.

American Cancer Society-----804-527-3700
4240 Park Place Court, Glen Allen, VA 23060 -----800-227-2345
www.cancer.org

American Diabetes Association -----804-225-8038
4335 Cox Road, Glen Allen, VA 23060-----888-DIABETES
www.diabetes.org

American Lung Association – The Better Breathers Club ----- 804-504-8100, x2084
HealthSouth Rehabilitation Hospital of Petersburg,
95 Medical Park Boulevard, Petersburg, VA 23805
www.lungva.org
Meets on the fourth Wednesday at 4:30 p.m.

Bereavement Support Group - Crater Community Hospice -----804-526-4300
3916 South Crater Road, Petersburg, VA 23805
Call for support group information.

Breath Matters -----804-378-0628
Chippenham Hospital, 7101 Jahnke Road, Richmond, VA 23235
www.breathmatters.org

Care and Concern Group -----804-318-8624
Mental Health Support Services 6801 Lucy Corr Blvd, Chesterfield, VA 23832
Meets Mondays from 6:00 p.m. – 7:30 p.m.

Caregiver Connection-----804-768-7878
6800 Lucy Corr Boulevard, Chesterfield, VA 23832
www.chesterfield.gov/seniorevents
Meets on the first Tuesday at 4 p.m.

Central Virginia Post Polio Support Group-----804-740-6833
1803 Aston Lane, Richmond, VA 23238
www.cvppsg.org

Compassionate Friends Support Group-----804-458-9000
St. Matthias Episcopal Church, 11300 West Huguenot Rd, Midlothian, VA 23113
For parents who have lost a child - Meets the last Tuesday of each month at 7:00 p.m.

Depression and Bipolar Support Group-----804-397-5942
Ironbridge Church, 10900 Ironbridge Road, Chester, VA 23831
Contact: Tim Glover, email glovertw@msn.com
Meets on the second and fourth Thursdays at 7:00 p.m. – a peer-to-peer support group open to all, including family members and caretakers of the mentally ill.

Fibromyalgia and Chronic Pain Association-----804-639-7411
Dolce Vita, 2401 Colony Crossing Point, Midlothian, VA 23112
Meets the fourth Wednesday of each month at 1:00 p.m.

Frontotemporal Degeneration - FTS Caregiver Support Meeting
Trinity Unity Methodist Church, Library (Room 311), 903 Forest Avenue, Henrico, VA 23229
Contacts: Barbara Pickels, email airymount@comcast.net -----804-248-6848
Angie Phelon, email aphelon@youraaa.org-----804-343-3045
Meets the third Thursday of each month from 2:00 - 4:00 p.m.

Greater Richmond Amputee Support Group-----804-649-9043
2034 Dabney Road, Suite C, Richmond, VA 23230
www.facebook.com/GreaterRichmondAmputeeSupportGroup

Hawthorne – The Thomas Johns Cancer Hospital-----804-330-2136
1401 Johnston-Willis Drive, First Floor, Richmond, VA 23235
www.hawthornecancerfoundation.org

Healing Hearts (Widow(ers) Support Group)-----804-272-2072
10525 West Huguenot Road, Richmond, VA 23235
www.hrbcrichmond.org

Jewish Family Services-----804-282-5644
6718 Patterson Avenue, Richmond, VA 23226
www.jfsrichmond.org

Johnston-Willis Stroke Support Group-----804-330-2185
1401 Johnston-Willis Drive, Richmond, VA 23235
www.cjwmedical.com

Kinship/Grandparent Connection-----804-768-7878
9800 Government Center Parkway, P. O. Box 40, Chesterfield, VA 23832
*For grandparents raising grandchildren, and other kin raising a child.
Meets on the third Thursday from 4:30-6:00 p.m.; third Monday from 9:30-11:00 a.m.*

Lupus Foundation of Virginia, Inc. -----804-262-9622
1301 Connecticut Avenue, Glen Allen, VA 23060 -----888-262-9632
www.lupusofva.org

Multiple Sclerosis Support Group -----804-739-8488
North Courthouse Road Library, 325 Courthouse Road -----804-794-7589
North Chesterfield, VA 23236
Meets the 3rd Wednesday of each month from 12:00 – 2:00 p.m.

National Alliance for the Mentally Ill – Central Virginia-----804-285-1749
1904 Byrd Avenue, Suite 207, P. O. Box 18086, Richmond, VA 23226-----804-308-2750
www.namicentralvirginia.org

Parkinson’s Disease Support Group-----804-355-5717
Circle Center Adult Day Services, 4900 West Marshall Street, Richmond, VA 23230
www.circlecenterads.org

Prostate Cancer -----804-346-4407
Ridge Baptist Church, 1515 Eastridge Road, Henrico, VA 23229
Contact: Peter Moon
Meets on the third Thursday of each month at 7:00 p.m.

Richmond Aphasia Support (brain injury)-----804-439-2657
Unitarian Church, 1000 Blanton Avenue, Richmond, VA 23221
Contact: Lynn Burris, email rva.aphasia@gmail.com
Meets on the second Thursday at 6:00 p.m.

Richmond Stroke and Heart Trauma Club -----804-764-5275
Sheltering Arms Hospital, 2805 West Broad Street, Richmond, VA 23230
www.shelteringarms.com
Meets on the second Tuesday

Richmond Well Spouse Support Group -----804-285-5136
Henrico Doctor’s Hospital, 1650 East Parham Road, Suite 120, Richmond, VA 23294
www.wellspouse.org

TGIF: Through Grief in Friendship-----804-739-4535
Woodlake United Methodist Church, 6601 Woodlake Village Parkway, Midlothian, VA

Virginia Mid-Atlantic Chapter Paralyzed Veterans of America-----804-378-0017
11620 Busy Street, Richmond, VA 23236 -----800-852-7639
<http://www.pvamidatlantic.org/>

YWCA Women’s Victim Advocacy, Greater Richmond Regional Hotline
6 North 5th Street, Richmond, VA 23219 -----804-643-0888
www.ywcarichmond.org

YWCA Women’s Victim Advocacy – Chesterfield-----804-796-3066
www.ywcarichmond.org

Well Spouse Group -----804-545-4952
Henrico Doctor's Hospital (Parham Campus), 7700 East Parham Road, Richmond, VA 23294
Contact: Kathy Jarrell, Email: kathy.jarrell@hcahealthcare.com
Meets on the second Tuesdays from 7:00-9:00 p.m.

TAX ASSISTANCE

These programs help you complete your taxes and provide you information regarding your tax return.

AARP www.aarp.org -----888-687-2277

Real Estate Tax Relief (Chesterfield County) -----804-748-1281

Commissioner of the Revenue -----804-748-1281
P. O. Box 124, 9901 Lori Road, Chesterfield, VA 23832
www.chesterfield.gov/comrev

TECHNOLOGY

Chesterfield County Parks and Recreation -----804-751-4135
P. O. Box 40, 6801 Mimms Loop, Chesterfield, VA 23832
www.chesterfield.gov/parksssenior

Chesterfield County Public Libraries -----804-748-1603
P. O. Box 297, 9501 Lori Road, Chesterfield, VA 23832
library.chesterfield.gov

Lifelong Learning Institute of Chesterfield -----804-378-2527
P. O. Box 1090, 13801 Westfield Road, Midlothian, VA 23113
www.llichesterfield.org

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
34 East Cary Street, Richmond, VA 23219
www.seniorconnections-va.org

Thinking CAP Technologies -----804-928-3689
7305 Hancock Village Drive, Suite 508, Chesterfield, VA 23832
www.thinkingcaptechnologies.com

TOLL FREE TELEPHONE NUMBERS

These toll free numbers may be beneficial to older adults or adults with disabilities.

211 Virginia -----800-230-6977

General Telephone Information -----800-555-1212

AARP -----800-424-3410

American Council of the Blind -----800-424-8666

American Speech Language Hearing Association -----800-638-8255

Arthritis Foundation – Mid Atlantic Region -----800-456-4687

Cancer Information Service and Hotline -----800-422-6237

Central VA Legal Aid Society & Farm Workers Legal Assistance Project ----800-868-1012

Child Help National Abuse Hotline -----800-422-4453

Disability Law Center -----800-552-3962

Elder Abuse, Adult Protective Services – VA -----888-832-3858

Eldercare Locator -----800-677-1116
www.eldercare.gov

**General Electric Healthcare Accessories and Supplies,
Accounts Receivable Dept. -----800-472-3666**
www.gehealthcare.com

HCA VA Health System -----800-888-3627
www.hca.richmond.com

Internal Revenue Service -----800-829-1040

Library Resource Center – VA Dept. for the Blind & Vision Impaired -----800-552-7015

Long-Term Care Ombudsman, Senior Connections -----800-989-2286
www.seniorconnections-va.org

**Office of Equal Employment Services,
Dept. of Human Resource Management -----800-533-1414**
www.dhrm.virginia.gov

Sickle Cell Disease Association of America -----800-421-8453

Social Security-----800-772-1213
www.socialsecurity.gov

Virginia Department for Aging and Rehabilitative Services -----800-552-5019
www.vadrs.org

Virginia Department for Deaf and Hard of Hearing -----800-552-7917
www.vadhh.org

Virginia Dept. of Social Services
Adult Protective Services Elder Abuse Hotline -----888-832-3858
Child Protective Services, Abuse & Neglect Hotline -----800-552-7096
www.dss.virginia.gov

Virginia Lawyer Referral -----800-552-7977

TRANSPORTATION

These programs provide transportation to individuals who cannot use public transportation or need special assistance. Fees may be charged. Check with the provider and your insurance carrier for details.

Access Chesterfield -----804-279-8489
7321 Whitepine Road, Richmond, VA 23237
Must be registered prior to request. 24 hour notice required. Wheelchair equipped.
www.chesterfield.gov

American Cancer Society -----800-227-2345
For cancer patients to and from treatment and medical appointments -----804-527-3700
www.cancer.org

American Red Cross Transportation -----804-780-2298
420 East Cary Street, Richmond, VA 23219
Subject to qualifications and for medical appointments only. Requires two weeks notice for new clients.
www.redcross.org or <http://www.redcross.org/local/virginia>

Angels for Hire-----804-929-8297

Caring Companions-----804-323-6900

EMS Passport, Chesterfield Fire/EMS -----804-768-7524
Subscription program to help eliminate out-of-pocket patient expenses, such as health insurance co-payments and deductibles, when ambulance transportation is required.
P. O. Box 1658, Chesterfield, VA 23832

Grace Transportation-----804-399-1205
Wheelchair or ambulatory transports.

LogistiCare-----866-386-8331
Wheelchair equipped, 48 hours advance notice. Medicaid participants only.

The Shepherd's Center of Chesterfield -----804-706-6689
6800 Lucy Corr Boulevard, Chesterfield, VA 23832
Five days notice. Call 9:00 am to 1:00 pm. Free accompanied transportation.
www.shepctrchesterfield.org

The Shepherd's Center of Richmond-----804-355-7282
3111 Northside Avenue, Suite #400, Richmond, VA 23228
Not wheelchair accessible, one-week notice; minimum age 60. Chesterfield Zips 23235, 23236, 23225, 23224
www.tscor.org

Tendercare of Virginia, Inc. -----804-288-8763
14064 Little Bear Court, Montpelier, VA 23192
Non-emergency medical transportation for wheelchairs and stretchers.
www.tendercareofva.com

TNT Transportation Services -----804-270-3258
Wheelchair equipped, 24 hours advanced notice.

Van Go, Inc. of Richmond -----804-261-7388
5805 School Avenue, Richmond, VA 23228
Wheelchair equipped, one day advanced notice.

VIP & Associates -----804-421-2500
P. O. Box 26191, Richmond, VA 23260
Wheelchair equipped, one to two days notice. M-F 8:00 am-4:00 pm.

Yur-Way Transportation, LLC -----804-334-2607
Wheelchair equipped, 2 days advanced notice.

VETERANS

These organizations provide services to military veterans.

AmVets -----Donation only 804-231-7150
5432 Midlothian Turnpike, Richmond, VA 23225 -----Assistance Directory 301-459-9600
www.amvets.org

McGuire's Hospital, The VA Hospital -----804-675-6546
Hunter Holmes McGuire Department of Veterans Services Office
1201 Broad Rock Boulevard, Richmond, VA 23249
www.dvs.virginia.gov

Sportable -----804-340-2991
1365 Overbrook Road, Room 2, Richmond, VA 23220
www.sportable.org

Veterans Affairs Department of Benefits & Claims -----800-827-1000
www.va.gov

Veterans Affairs Department of Education Benefits -----888-442-4551

Veterans Cemeteries -----804-795-2031
Provides information on 6 federal cemeteries in this area.
www.cem.va.gov

Virginia Department of Veterans Services -----804-786-0286
Office of the Commissioner, James Monroe Bldg.
101 N. 14th Street (17th floor), Richmond, VA 23219
www.dvs.virginia.gov

VISION SERVICES

These programs offer special services or devices to aid the visually impaired.

American Council for the Blind in Washington DC -----800-424-8666

Chesterfield-Colonial Heights Department of Social Services -----804-748-1100
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832
www.chesterfield.gov - Social Services

Lions Club (Call Chesterfield Social Services) -----804-748-1100
www.lionsclubs.org

National Eye Care Project (Eye Care America) -----800-222-3937
www.eyecareamerica.org

VCU Medical Center -----804-828-0428
Nelson Clinic, 401 North 11th Street, 4th Floor, P. O. Box 980438, Richmond, VA 23298
www.vcuhealth.org

Virginia Department for the Blind & Vision Impaired-----804-371-3140
397 Azalea Avenue, Richmond, VA 23227 -----800-622-2155
www.vdbvi.org

The Virginia Voice -----804-266-2477
395 Azalea Avenue, P. O. Box 15546, Richmond, VA 23227
Provides oral readings of various materials via internet and closed circuit radio broadcast to vision impaired; no fee to qualified applicants.
www.virginiavoice.org

VOLUNTEER OPPORTUNITIES

These programs offer opportunities for volunteer service. Contact local hospitals, hospices, assisted living facilities, nursing homes and support groups for more opportunities.

AARP -----888-687-2277
www.aarp.org

American Red Cross-----804-780-2250
420 East Cary Street, Richmond, VA 23219
www.redcross.org/local/virginia

Chesterfield-Colonial Heights Department of Social Services-----804-748-1100
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832
www.chesterfield.gov - Social Services

Chesterfield County Office of the Senior Advocate -----804-768-7878
9800 Government Center Parkway, P. O. Box 40, Chesterfield, VA 23832
www.chesterfield.gov/seniorvolunteeropportunities

Chesterfield County Parks & Recreation Department-----804-748-1623
6801 Mimms Loop, P. O. Box 40, Chesterfield, VA 23832
www.chesterfield.gov

Chesterfield County Volunteer Coordinator-----804-751-4142
Human Resource Management, P.O. Box 40, Chesterfield, VA 23832
www.chesterfield.gov/volunteer

CJW Medical Center

- **Chippenham Campus, Volunteer Services -----804-323-8882**
7101 Jahnke Road, Richmond, VA 23225
- **Johnston-Willis Campus, Director of Volunteers -----804-330-2081**
1401 Johnston Willis Drive, Richmond, VA 23235
www.cjwmedical.com

Crater District Area Agency on Aging -----804-732-7020
23 Seyler Drive, Petersburg, VA 23805
www.CDAAA.org

Lifelong Learning Institute -----804-378-2527
13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113
www.llichesterfield.org

Lucy Corr Village -----804-748-1511
6800 Lucy Corr Boulevard, Chesterfield, VA 23832
www.lucycorrvillage.com

Meals on Wheels of Greater Richmond (Feed More)-----804-521-2500
1415 Rhoadmiller Street, Richmond, VA 23220
www.mowdelivers.com

Pocahontas State Park -----804-796-4255
10301 State Park Road, Chesterfield, VA 23832
www.virginiastateparks.gov

Retired and Senior Volunteer Program (RSVP) -----804-343-3000
Senior Connections, 24 East Cary Street, Richmond, VA 23219
www.seniorconnections-va.org

Retired and Senior Volunteer Program (RSVP) Petersburg -----804-861-1767
23 Seyler Drive, Petersburg, VA 23805
www.CDAAA.org

Senior Connections, The Capital Area Agency on Aging -----804-343-3000
24 East Cary Street, Richmond, VA 23219 -----800-989-2286
www.seniorconnections-va.org

St. Francis Medical Center -----804-594-7807
13710 St. Francis Boulevard, Midlothian, VA 23114
<http://bonsecours.com/richmond/community-commitment/volunteer>

The Shepherd's Center of Chesterfield -----804-706-6689
6800 Lucy Corr Boulevard, Chesterfield, VA 23832
www.shepctrchesterfield.org

Virginia Voice -----804-266-2477
395 Azalea Avenue, P. O. Box 15546, Richmond, VA 23227
www.virginiavoice.org

VOTER REGISTRATION

It is everyone's right and privilege to vote. Contact the registrar's office to learn how to cast a proxy vote if you are unable to go to the voting sites.

General Registrar's Office – Chesterfield County -----804-748-1471
9848 Lori Road, P. O. Box 1690, Chesterfield, VA 23832

WEBSITES

These are additional websites that may not have been previously listed in this directory.

- 211 Virginia ----- www.211virginia.org
- AARP ----- www.aarp.org
- Administration on Aging ----- www.aoa.gov
- Alzheimer's Association, Richmond Chapter----- www.alz.org/grva
- Arc of Virginia ----- www.thearcofva.org
- Area Planning and Services Committee on Aging with Lifelong Disabilities (APSC)
----- www.vcu.edu/vcoa
- Centers for Disease Control & Prevention ----- www.cdc.gov
- Centers for Medicare and Medicaid Services ----- www.cms.gov
- Central Virginia Coalition for Quality End of Life Care
----- www.deathanddying.us/aboutus.html
- Chesterfield Council on Aging ----- www.chesterfield.gov/councilonaging
- Chesterfield County Government ----- www.chesterfield.gov
- Chesterfield Senior Services ----- www.chesterfield.gov/seniorservices
- Chesterfield Triad ----- www.chesterfield.gov/triad

Consumer Information ----- www.ftc.gov/bcp/consumer.shtm
 Crater District Area Agency on Aging ----- www.cdaaa.org
 Disability Law Center of Virginia ----- www.dlcv.org
 Eldernet ----- www.eldernet.com
 Families USA ----- www.familiesusa.org
 Food Safety ----- www.foodsafety.gov
 Medicare ----- www.medicare.gov
 Medications ----- www.nlm.nih.gov/medlineplus/druginformation.html
 National Council on Aging ----- www.ncoa.org
 National Health Information ----- www.healthfinder.gov
 National Institutes of Health ----- www.health.nih.gov
 Partnership for People with Disabilities ----- www.vcu.edu/partnership
 Senior Connections, The Capital Area Agency on Aging
 ----- www.seniorconnections-va.org
 Seniors Guide ----- www.SeniorsGuideOnline.com
 SeniorNavigator ----- www.seniornavigator.org
 Social Security Administration ----- www.socialsecurity.gov
 U.S. Government ----- www.usa.gov
 Virginia Association of Area Agencies on Aging (V4A) ----- www.vaaaa.org
 Virginia Association of Community Services Boards (VACSB) ----- www.vacsb.org
 Virginia Board for People with Disabilities ----- www.vaboard.org
 Virginia Center on Aging ----- www.vcu.edu/vcoa
 Virginia Department for Aging and Rehabilitative Svcs. ----- www.vdars.org
 Virginia Easy Access ----- www.easyaccess.virginia.gov
 Virginia Guardianship Association ----- www.vgavirginia.org

NOTES

EMERGENCY NUMBERS

Adult Protective Services----- 1-888-832-3858

Fire-----911

Medical/Rescue Squad ----- 911

Police-----911

Mental Health Crisis ----- 804-748-6356

NON-EMERGENCY NUMBERS

Fire/EMS, Police and Sheriff----- 804-748-1251



PROVIDING A **FIRST CHOICE** COMMUNITY THROUGH
EXCELLENCE IN PUBLIC SERVICE