

**SERVICES FOR OLDER ADULTS  
AND INDIVIDUALS WITH DISABILITIES  
IN CHESTERFIELD COUNTY**

*Prepared and Published by Chesterfield Council on Aging*

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## 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.

- **Ascend Health Adult Retreat**  
**804-621-4209**  
6421 Chesterfield Meadows Drive, Chesterfield, VA 23832  
<https://www.ascendhealthar.com>
  
- **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  
<https://www.circlecenterva.org>
  
- **dayBREAKS Adult Day Center**  
**804-419-0999**  
2405 Dovercourt Drive, Midlothian, VA 23113  
<https://www.daybreaksva.com>
  
- **Hanover Adult Center, Inc**  
**804-746-0743**  
7231 Stonewall Parkway, Mechanicsville, VA 23111  
<http://www.hanoveradultcenter.com>
  
- **Helping Hands Adult Health Care Center of Petersburg**  
**804-861-1353**  
130 McKeaver Street, Petersburg, VA 23803  
<https://www.helpinghandsva.com>
  
- **Innovage PACE**  
**804-977-5900**  
1300 MacTavish Avenue, Richmond, VA 23230  
<https://www.myinnovage.com>
  
- **Lucy Corr Adult Day Center**  
**804-748-1511**  
P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.lucycorr.org>
  
- **Swift Creek Day Center**  
**804-744-7412**  
2806 Fox Chase Lane, Midlothian, VA 23112

## Adult Protective Services

These programs offer information, referral, and/or 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**  
**Hotline: 1-888-832-3858**  
<http://www.dss.virginia.gov/family/as/aps.cgi>
- **Chesterfield-Colonial Heights Department of Social Services**  
**804-748-1100**  
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832  
<https://www.chesterfield.gov/569/Social-Services>
- **Chesterfield Domestic and Sexual Violence Resource Center**  
Administrative  
**804-318-8265**  
Client Services  
**804-318-8264**  
10111 Krause Road, Suite 210, P.O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/dsvrc>
- **Medicaid Fraud Control Unit**  
**804-786-7750**  
Office of the Attorney General, 202 North 9th Street, Richmond, VA 23219  
<https://www.oag.state.va.us/programs-initiatives/medicaid-fraud>

## 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/>
- **Central Virginia Task Force on Domestic Violence in Later Live**  
**804-828-1525**  
VA Center on Aging, VCU, P.O. Box 980229, Richmond, VA. 23298  
<http://www.vcoa.chp.vcu.edu/programs/elderabuse.html>
- **Chesterfield Fire & EMS Mobile Integrated Healthcare Unit**  
**804-706-2587**  
6731 Mimms Loop, P.O. Box 40, Chesterfield, VA 23832
- **Crater District Area Agency on Aging**  
**804-732-7020**  
23 Seyler Drive, Petersburg, VA 23805

- **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  
<https://www.DLCV.org>
  
- **Medicaid Fraud Control Unit**  
**804-786-7750**  
 Office of the Attorney General, 202 North 9<sup>th</sup> Street, Richmond, VA 23219  
<https://www.oag.state.va.us/programs-initiatives/medicaid-fraud>
  
- **Office of the State Long-Term Care Ombudsman**  
**804-726-6624**  
 Department of Aging and Rehabilitative Services  
**800-552-3402**  
 8004 Franklin Farms Drive, Henrico, VA 23229  
<https://www.elderrightsva.org>
  
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000**  
**Toll Free: 800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
<https://www.seniorconnections-va.org>
  
- **Senior Medicare and Medicaid Patrol Project (Fraud)**  
**804-644-5628**  
**Toll Free: 800-938-8885**  
<http://www.virginiasmp.org/healthcare-fraud>
  
- **SeniorNavigator’s Take Back Your Life Solution Center**  
**804-525-7728**  
**866-393-0957**  
 7501 Boulders View Drive, Suite 201, North Chesterfield, VA 23225  
 A web-based resource/solution center to help victims of domestic violence in later life.  
<http://tbyl.virginianavigator.org/>, <http://www.virginianavigator.org>, <http://www.SeniorNavigator.org>
  
- **YWCA Victims of Rape or Domestic Violence**  
**Hotline 804-612-6126**  
 6 North 5th Street, Richmond, VA 23219  
<https://www.ywcarichmond.org>
  
- **Virginia Association of Area Agencies on Aging**  
**804-644-2804**  
 24 East Cary Street, Suite 100, Richmond, VA 23219  
<http://www.vaaaa.org>
  
- **Virginia Board for People with Disabilities**  
**804-786-0016**  
 1100 Bank Street, 7<sup>th</sup> Floor, Richmond, VA 23219  
<https://www.vaboard.org>

- **Virginia Department for Aging and Rehabilitative Services**  
**804-662-9333**  
**Toll Free: 800-552-3402**  
1610 Forest Avenue, Suite 100, Richmond, VA 23229  
<https://www.vda.virginia.gov>

## 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**  
**Toll Free: 800-272-3900**  
4600 Cox Road, Suite 130, Glen Allen, VA 23060  
<https://www.alz.org/grva>
- **Alzheimer's Association, Tri-Cities Branch**  
**804-446-5860**  
**804-967-2580**  
201 Temple Avenue, Suite E, Colonial Heights, VA 23834  
Alzheimer's Support Group Information (meeting locations)

## 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

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

<https://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**  
**804-393-8092**  
<https://www.dbsalliance.org>

## 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  
<http://www.ahelpinghandva.com>
- **A Place for Mom – Eldercare Advisor**  
**866-518-0936**  
<http://www.aplaceformom.com>
- **Always Best Care Senior Services**  
**804-912-5688**  
10810 Hasty Lane, Suite 103, Midlothian, VA 23112  
<http://www.alwaysbestcarerichmondsouth.com>
- **Ascend Health Adult Retreat**  
**804-621-4209**  
6421 Chesterfield Meadows Drive, Chesterfield, VA 23832  
<https://www.ascendhealthar.com>
- **Assisted Living Locators of Greater Richmond**  
**804-643-2600**  
10440 Greglynn Road, North Chesterfield, VA 23236  
<http://www.assistedlivinglocatorsrva.com>
- **Chesterfield County Office of the Aging & Disability Services**  
**804-768-7878**  
9800 Government Center Parkway, Chesterfield, VA 23832  
<https://www.chesterfield.gov/SeniorServices>
- **Eldercare Locator**  
**800-677-1116**  
<https://www.eldercare.gov>
- **GeroPartners LLC**  
**855-998-4376**  
P.O. Box 1764, Midlothian, VA 23113  
<https://www.geropartners.com>
- **Good Neighbor Community Services**  
**804-520-8005**  
**804-520-4555**  
7501 Boulders View Drive, Suite 601, Richmond, VA 23225  
<http://www.goodneighborcommunityservices.com>

- **Heaven Sent by Hometown Health Care**  
**804-526-3600**  
 23 Dunlop Village Circle, Colonial Heights, VA 23834  
<http://www.heavensentservices.com>
  
- **Home Helpers**  
**804-864-4258**  
 715 Twinridge Lane, North Chesterfield, VA 23235  
<https://www.homehelpershomecare.com/richmond>
  
- **Interim HealthCare**  
**804-340-6455**  
 720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236  
<https://www.interimhealthcare.com/RichmondVA>
  
- **Jewish Family Services**  
**804-282-5644**  
 6718 Patterson Avenue, Richmond, VA 23226  
<https://www.jfsrichmond.org>
  
- **Lutheran Family Services**  
**804-288-0122**  
 4901 Dickens Road, Suite 115, Richmond, VA 23230  
<https://www.fsva.org>
  
- **Oasis Senior Advisors**  
**804-836-3046**  
 2217 Flat Branch Court, Richmond, VA 23233  
<http://www.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**  
**800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
<https://www.seniorconnections-va.org>
  
- **SeniorBridge Family Companies, Inc.**  
**804-282-0753**  
 6802 Paragon Place, Suite 201, Richmond, VA 23230  
<https://www.seniorbridge.com>
  
- **Sterling Geriatric Care Management**  
**804-943-4565**  
 114 Pickwick Avenue, Colonial Heights, VA 23834

## Cemeteries

- **Bermuda Memorial Park**  
**804-530-1351**  
1901 Bermuda Hundred Road, Chester, VA 23836  
<http://www.bermudamemorialpark.com>
- **Dale Memorial Park**  
**804-748-5843**  
10201 Newbys Bridge Road, Chesterfield, VA 23832  
<http://www.dalememorialpark.com>
- **Sunset Memorial Park**  
**804-748-2166**  
2901 West Hundred Road, Chester, VA 23831  
<http://www.sunsetmemorialpark.com>

## Chesterfield County Office of Aging & Disability Services

<https://www.chesterfield.gov/seniorservices>

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

**Phone:** 804-768-7878

**Fax:** 804-748-1099

The Office of Aging & Disability Services (formerly known as 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. Partners with other groups and organizations to provide programs throughout the county. The Office of Aging & Disability Services 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.

## Chesterfield County Commissioner of The Revenue

<https://www.chesterfield.gov/comrev>

**P. O. Box 124, 9901 Lori Road, Chesterfield, VA 23832**

**Phone:** 804-748-1281

**Fax:** 804-768-8649

**Office Hours:** Monday to Friday, 8:30 a.m. to 5 p.m.

The Commissioner of the Revenue is responsible for assessing County taxes. We are a customer-oriented organization, providing the following services to Chesterfield County citizens. All forms can be obtained in our office, 9901 Lori Rd, Room 165, Chesterfield, VA 23832.

- **Real Estate Tax Relief**

Administration of the County's tax relief program for seniors and disabled citizens, who are: over 65 years of age; own and reside in their home; earn less than \$52,000 and have assets of less than \$350,000. Citizens may be eligible for up to 100% tax relief on real estate taxes. To apply, please complete an application form and provide proof of income and assets.

Real Estate and Mobile Home Tax Relief Application

<https://www.chesterfield.gov/DocumentCenter/View/2620/Elderly-and-Disabled-Tax-Relief-Form-and-Instructions-PDF>

- **Veteran's Real Estate Tax Relief**

Administration of the Commonwealth of Virginia's tax relief program for veterans with a 100% service-related disability and their surviving spouses.

Veteran's Real Estate and Mobile Home tax Relief Application:

<https://www.chesterfield.gov/DocumentCenter/View/2423/Veterans-TaxRelief-Application-PDF>

- **Personal Property Tax**

Assessments on automobiles, mobile homes, boats and other motorized vehicles. Application of tax abatement / relief in certain cases, for example high mileage, disabled veteran and handicap adapted vehicles.

- **Veteran's Real Estate Tax Relief**

Administration of the Commonwealth of Virginia's tax relief program for veterans with a 100% service-related disability and their surviving spouses.

- **State Income Tax**

Preparation and filing of state income tax returns. Mail or bring tax returns to the Commissioner's office by May 1. Please bring in a completed federal tax return for help preparing a state tax return. Instructions for completing state tax return completion available on request.

- **Business Taxes**

All Chesterfield County businesses, with limited exceptions, must have a business license to operate in the County. Business license renewal and filing a Return of Business Personal

Property is required annually by March.

## Chesterfield County Cooperative Extension

<https://www.chesterfield.gov/extension>

**P. O. Box 146, 9501 Lori Road, Chesterfield, VA 23832**

**Phone:** 804-751-4401

**Fax:** 804-768-7576

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 Sustainable Landscaping.

### ●– **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, Chesterfield, VA 23832**  
**9854 Lori Road Court Square, Chesterfield, VA 23832**  
**Phone: 804-748-1183**

**The office is open October – December**

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.

## Chesterfield County Health Department

<https://www.vdh.virginia.gov/LHD/cfield>

**P. O. Box 100, 9501 Lucy Corr Circle, Chesterfield, VA 23832**  
**Phone: 804-748-1691**

- **Communicable Disease Program**

Investigates disease outbreaks.  
**804-748-1975**

- **Environmental Health**

Management of environmental complaints, well and septic system evaluations, food establishment permitting and inspection and rabies control.  
**804-748-1610**

- **Immunization Services**

Provides required childhood vaccinations and vaccines for foreign travel.  
**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. **804-748-1691**

## Chesterfield County Mental Health Support Services

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

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

**Phone:** 804-768-7318

**Fax:** 804-717-6659

**TDD:** 804-768-7200

**CRISIS:** 804-748-6356

### **Office hours:**

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

## **Services for Older Adults**

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

## Chesterfield-Colonial Heights Department of Social Services

<https://www.chesterfield.gov/569/social-services>

**P. O. Box 430, 9501 Lucy Corr Circle**

**Chesterfield, VA 23832**

**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. <https://www.chesterfield.gov/749/Adult-Protective-Services>

### **•– 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. 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. <https://www.chesterfield.gov/757/Long-Term-Care>

### **• Energy Assistance Programs**

Financial assistance is available to qualified individuals for the purchase of necessary fuel during peak periods.



- **Assessment & Resource Team (ART)**  
Provides assistance locating appropriate resources to meet individual needs of the adult population, including emergency needs. <https://www.chesterfield.gov/625/Emergency-Services---Assessment-Resource>
- **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 <http://www.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.
- **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

<https://www.chesterfield.gov/parks>  
<https://www.chesterfield.gov/activelifestyles>

**P.O. Box 40, 12140 Harrowgate Rd, Chester, VA 23831**

**Program Registration:** 804-748-1623

**50+ Active Lifestyles:** 804-751-4135

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 Huguenot Road Baptist Church**  
10525 West Huguenot Road, North Chesterfield, VA 23235  
804-212-8815
- **Bensley Recreation Center**  
2900 Drewrys Bluff Road, North Chesterfield, VA 23237  
804-275-5321
- **Etrick Recreation Center**  
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
- **Stonebridge Recreation Center**  
230 Karl Linn Drive, North Chesterfield, VA 23225  
804-768-7885

## Chesterfield County Public Library

<https://library.chesterfield.gov>

**P. O. Box 297, 9501 Lori Road, Chesterfield, VA 23832**

**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**  
9103 Rattlesnake Road, North Chesterfield, VA 23235  
804-318-8966
- **Central Library**  
7051 Lucy Corr Boulevard, Chesterfield, VA 23832  
804-748-1774
- **Chester Library**  
11800 Centre Street, Chester, VA 23831  
804-318-8977
- **Clover Hill Library**  
6701 Deer Run Drive, Midlothian, VA 23112  
804-318-8668
- **Enon Library**  
1801 Enon Church Road, Chester, VA 23836  
804-318-8911
- **Ettrick-Matoaca Library**  
4501 River Road, Ettrick, VA 23803  
804-318-8688
- **LaPrade Library**  
9000 Hull Street Road, North Chesterfield, VA 23236  
804-318-8988
- **Meadowdale Library**  
4301 Meadowdale Blvd., North Chesterfield, VA 23234  
804-318-8778
- **Midlothian Library**  
521 Coalfield Road, Midlothian, VA 23113  
804-768-7907
- **North Courthouse Road Library**  
325 Courthouse Road, North Chesterfield, VA 23236  
804-318-8499

## Chesterfield County Fire and EMS

<https://www.chesterfield.gov/489/Fire-EMS>

**P. O. Box 40, Chesterfield, VA 23832**

**Phone: 804-748-1360**

The Chesterfield County Fire and EMS Department offers many resources to county residents other than our usual emergency medical services and fire protection. Below you will find several of those resources and programs:

- – **Community Emergency Response Team (CERT)**

CERT training is a free eight-week class program in basic disaster response skills. Participants will be trained how to help their families, friends and neighbors in the event of an emergency. Participants will learn about emergency preparedness, incident management, terrorism awareness, 911 communication, disaster psychology, fire safety & suppression, medical operations, and light duty search and rescue.

This is a volunteer organization; however, no volunteer commitment is required after completion.

**Website:** <https://www.chesterfield.gov/cert>

**Email:** [CERT@chesterfield.gov](mailto:CERT@chesterfield.gov)

**Phone:** 804-751-2378

- – **Citizen's Academy**

The Chesterfield Fire & EMS Citizen's Academy is an eight-class program that gives the student a unique insight into what services your fire department provides and what it is like to be a firefighter with CF&EMS. Each session will provide you with how your fire department operates and show you what it means to be an All-Hazards Organization. The Academy is offered twice a year, beginning in April and October.

To register, call 804-748-1426 or email [firemarshal@chesterfield.gov](mailto:firemarshal@chesterfield.gov).

- – **Ems Passport**

Passport is a subscription program, when emergency ambulance transportation is required, that is designed to help eliminate out-of-pocket patient expenses and health insurance co-payments. It also offers protection against rising health care costs. Subscribers will not be responsible for any additional balances or fees, except as required by law or regulation, after insurance claims are processed. The subscription cost is \$49/year for an individual and \$79/year for a family.

If you need assistance on how to complete an application, please call 804-768-7524, and speak to one of our specialists. <https://www.chesterfield.gov/573/EMS-Passport>

- – **Smoke Alarm Program**

Chesterfield county Fire and EMS understands the importance of having a working smoke alarm in your home. A working smoke alarm doubles your chance of survival in the event of a residential fire.

If you need a smoke alarm or need assistance to install an alarm or change the batteries, please call the Fire and Life Safety Division at 804-748-1426

- **Fire and Life Safety Education Programs**

The Community Programs Office provides educational opportunities to the community to reduce the number and severity of fires and injuries. Each program focuses on a set of objectives that is relevant to the age group being taught from school age children to the older adult, to reduce known causes of fire, injury and fatalities.

If you have any questions, please call the Fire and Life Safety Division at 804-748-1426.

## Chesterfield County Police Department

<https://www.chesterfield.gov/941/Police>

**Emergency: 911**

**P. O. Box 148, 10001 Iron Bridge Road, Chesterfield, VA 23832**

**Phone: 804-748-1251**

**Fax: 804-748-6265**

### Community Services Division

2730 Hicks Road, N. Chesterfield, VA 23235

804-318-8699

<https://www.pdcommunityservices@chesterfield.gov>

Twitter @ccdpcommunitysvcs

The Chesterfield Police department offers specific programs and services to county seniors through its Community Services Division.

- – **Neighborhood Watch**

This program unites residents within a community with the ultimate goal of reducing crime by being observant and reporting suspicious activity.

- – **Senior citizen's Police Academy**

County residents and business owners, age 55 or older, are given the opportunity to "go behind the badge" and get an inside look at the operations of the police department.

- – **Home Security Assessments**

County residents are encouraged to schedule a free assessment with a Crime Prevention Specialist who will provide recommendations on how to most effectively bolster the security of their homes.

- – **Worship Watch**

Worship leaders and law enforcement work together to maintain a safe welcoming environment through application of crime prevention best practices.

- – **Crime Prevention Programs**

Crime Prevention Specialists are available for group/organization presentations on topics including active shooter, frauds/scams, identity theft, personal safety, and shopping safety.

## Chesterfield County Sheriff's Office

<https://www.chesterfield.gov/765/Sheriffs-Office>

**P. O. Box 940, 9500 Courthouse Road, Chesterfield, VA 23832**

**Phone:** 804-748-1261

**Fax:** 804-748-5808

The Chesterfield County Sheriff's Office brings resources to our community by providing the following community service programs:

- **Seniors in Touch Program**

There are many seniors in our community that live alone and have no family in the area. The Chesterfield County Sheriff's Office Seniors in touch Program pairs deputies with qualifying county seniors to monitor their personal safety and well-being. Seniors receive visits and phone calls from Sheriff's Office personnel for updates on daily events, health concerns and personal needs. The program provides family members living out of the area the comfort of knowing someone is checking on their family member.

- **File of Life**

The Sheriff's Office provides resource cards for this safety program to members of the community during various community service events. The File of Life Program provides a card and decal with medication information that is held inside a magnetic red vinyl sleeve marked File of Life which the user posts on the refrigerator or on the inside of their front door to aid first responders in saving their lives in the event of an emergency.

- **Yellow Dot Program**

The Sheriff's Office provides resource decals for this safety program to community members during various community events. The program is designed to save valuable time in the event of a medical related incident. A reflective yellow decal is placed on a vehicle's window and a medical information sheet is placed in the glove box to help first responders in the event of an emergency.

- **Safe Exchange Zone**

The Chesterfield County Sheriff's Office Safe Exchange Zone located at 9500 Courthouse Road, Chesterfield, VA 23832 is a designated area that can be used to conduct goods or custody exchanges in a safe area monitored by 24/7 video surveillance. The safe zone is well marked, well lit, and monitored by multiple video cameras that are continually monitored by our deputies. The safe zone is equipped with a panic button which activates a duress alarm as well as a visual strobe light. The Safe Exchange Zone is open to anyone and appointments are not necessary.

## 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**
- **Center for Healthy Hearts**  
**804-359-9375**  
200 West Cary Street, Richmond, VA 23220  
<https://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 Rd, Suite 105, Richmond, VA 23229  
**804-622-0803**  
<https://www.crossoverministry.org>
- **Health Brigade**  
**804-358-8538**  
1010 North Thompson Street, Richmond, VA 23230  
<https://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.

- **About You Concierge**  
**804-921-9942**  
14405 Silver Birch Court, Midlothian, VA 23112  
<http://www.aboutyouconcierge.com>
- **Agape Companions**  
**804-320-1113**  
221 Ruthers Road, North Chesterfield, VA 23235  
<http://www.agapecompanions.com>
- **Always Best Care Senior Services**  
**804-912-5688**  
10810 Hasty Lane, Suite 103, Midlothian, VA 23112  
<https://www.alwaysbestcarerichmondsouth.com>



- **Brightstar Care of Richmond**  
**804-378-8686**  
 7202 Glen Forest Drive, Suite 302, Richmond, VA 23226  
<https://www.brightstarcare.com>
  
- **ComForCare Home Care Helping Hands say Amen**  
**804-454-0137**  
 11300 Iron Bridge Road, Suite C, Chester, VA 23831  
<https://www.comforcare.com/virginia/richmond-south>
  
- **Comfort Keepers**  
**804-750-1123**  
 10833 Ridgefield Parkway, Richmond, VA 23238  
<https://www.comfortkeepers.com>
  
- **Companion Extraordinaire Nursing Network, Inc.**  
**804-752-2205**  
 5311 Lakeside Avenue, Henrico, VA 23228  
<https://www.cenninc.com>
  
- **Executive Care**  
**804-313-6343**  
 901 Moorefield Park Drive, Suite 103, North Chesterfield, VA 23236  
<http://www.southernrichmond.executivehomecare.com>
  
- **Hand ‘n Heart Home Care Services**  
**804-819-1755**  
 681 Hioaks Road, Richmond, VA 23225  
<https://www.handnheart.org>
  
- **Heart Home Care**  
**804-614-6193**  
 1519 Huguenot Road, Suite 201, Midlothian, VA 23113
  
- **Heaven Sent by Home Town Health Care**  
**804-526-3600**  
 12900 Jefferson Davis Highway, Chester, VA 23831  
<http://www.heavensentservices.com>
  
- **Home Helpers**  
**804-864-4258**  
 711 Twinridge Lane, North Chesterfield, VA 23235  
<http://www.homehelpershomecare.com/richmond>
  
- **Interim HealthCare**  
**804-340-6455**  
 720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236  
<https://www.interimhealthcare.com/RichmondVA>

- **Nurse Next Door Home Care**  
**804-716-7195**  
 2214 Westwood Avenue, Henrico, VA 23230  
<http://www.nursenextdoor.com>
  
- **Seniors Helping Seniors**  
**804-921-4280**  
 7400 Beaufont Springs Drive, Suite 300, North Chesterfield, VA 23235  
<https://www.seniorcarechesterfieldcountyva.com>
  
- **Synergy Home Care**  
**804-299-3479**  
 11159 Air Park Road, Suite 4, Ashland, VA 23005  
<https://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**  
**804-748-1100**  
 9501 Lucy Corr Circle, Chesterfield, VA 23832  
<https://www.chesterfield.gov/569/Social-Services>
  
- **Alcoholics Anonymous, Richmond Intergroup, Inc.**  
**804-355-1212**  
<http://www.aarichmond.org>
  
- **AlAnon/AlAteen Service Center**  
**757-499-1443**  
 4968 Euclid Road, Virginia Beach, VA 23462  
<http://www.vaalanon.org>
  
- **Chesterfield Mental Health Support Services**  
**804-748-1227**  
 6801 Lucy Corr Blvd., Chesterfield, VA 23832  
<https://www.chesterfield.gov/878/Mental-Health-Support-Services>
  
- **Chesterfield Mental Health Crisis Intervention (24/7)**  
**804-748-6356**  
<https://www.chesterfield.gov/926/Emergency-Services>
  
- **Dominion Behavioral Health Care**  
 703 North Courthouse Road, Richmond, VA 23236  
**804-794-4482**  
 5931 Harborpark Drive, Midlothian, VA 23112  
**804-639-1136**

<https://www.dbhhelp.com>

- **Footsteps Counseling**  
**804-715-3215**  
Southside Nazarene Church, 6851 Courthouse Road, Suite 300, Chesterfield, VA 23832  
<http://www.footstepscounseling.com>
  
- **GeroPartners LLC**  
**855-998-4376**  
P.O. Box 1764, Midlothian, VA 23113  
<http://www.geropartners.com>
  
- **Good Neighbor Counseling**  
**804-520-8005**  
7501 Boulder View Drive, Suite 601, Richmond, VA 23225  
<http://www.goodneighborcommunityservices.com>
  
- **Jewish Family Services**  
**804-282-5644**  
6718 Patterson Avenue, Richmond, VA 23226  
<https://www.jfsrichmond.org>
  
- **Lutheran Family Services of Virginia**  
**804-288-0122**  
4901 Dickens Road, Suite 115, Richmond, VA 23230  
<http://www.lfsva.org>
  
- **Women's Victim Advocacy Program (YWCA)**  
**Hotline 804-612-6126**  
**Info 804-643-6761**  
6 North 5<sup>th</sup> Street, Richmond, VA 23219  
<https://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.

- **Better Business Bureau**  
**804-648-0016**  
100 Eastshore Drive, Suite 100, Glen Allen, VA 23059  
<https://www.bbb.org/local-bbb/bbb-serving-central-virginia>
  
- **Better Business Bureau/Senior Fraud**  
**804-780-2222**  
100 Eastshore Drive, Suite 100, Glen Allen, VA 23059  
<https://www.bbb.org/local-bbb/bbb-serving-central-virginia>
  
- **Chesterfield County Cooperative Extension**  
**804-751-4401**

Consumer/Credit, 9501 Lori Road, Chesterfield, VA 23832  
<https://www.chesterfield.gov/429/Cooperative-Extension>

- **Chesterfield Police Department**  
**804-318-8699**  
Crime Prevention, Community Academy  
2730 Hicks Road, North Chesterfield, VA 23235
  
- **Chesterfield Police, Fire & Rescue - Non-Emergency**  
**804-748-1251**  
<https://www.chesterfield.gov/489/Fire-EMS>
  
- **Chesterfield TRIAD**  
**804-768-7878**  
P. O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/triad>
  
- **Office of the Attorney General (Consumer Protection Services Hotline)**  
**800-552-9963**  
202 North 9th Street, Richmond, VA 23219  
**804-786-2042**  
<http://www.oag.state.va.us/consumer-protection/>
  
- **Virginia Department of Agriculture & Consumer Services**  
**804-786-3523**  
102 Governor Street, Richmond, VA 23219  
<http://www.vdacs.virginia.gov>
  
- **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  
<http://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  
<https://www.chesterfield.gov/569/Social-Services>
  
- **Alcoholics Anonymous, Richmond Intergroup, Inc.**  
**804-355-1212**
  
- **Chesterfield Department of Mental Health Services**  
**804-748-1227**

**TDD 804-768-7200**

6801 Lucy Corr Boulevard, Chesterfield, VA 23832

<https://www.chesterfield.gov/878/Mental-Health-Support-Services>

- **Chesterfield Domestic and Sexual Violence Resource Center**

Administrative

**804-318-8265**

Client Services

**804-318-8264**

10111 Krause Road, Suite 210, P.O. Box 40, Chesterfield, VA 23832

<https://www.chesterfield.gov/dsvrc>

- **Crisis Intervention**

**804-748-6356**

6801 Lucy Corr Boulevard, Chesterfield, VA 23832

<https://www.chesterfield.gov/1951/MHSS-Crisis-Intervention>

- **Women's Victim Advocacy Program (YWCA)**

**804-643-0888**

6 North 5th Street, Richmond, VA 23219

<https://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)

<https://www.vdaf.org>

- **VCU Dental Clinic**

**804-828-9190**

520 North 12<sup>th</sup> Street, Richmond, VA 23298

<http://www.vcudentalcare.com>

## Disability Services

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

- **Department for Aging and Rehabilitative Services**

**Rehab 804-714-2021, Aging 804-662-7000**

720 Moorefield Park Drive, Suite 200, North Chesterfield, VA 23236

Provides employment services for individuals with disabilities.

<https://www.dars.org>

- **disAbility Law Center of Virginia**  
**800-552-3962, TTY/TDD: 804-225-2042**  
1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230  
<https://www.dlcv.org>
- **F.R.E.E. Foundation**  
**804-920-9828**  
6301 Midlothian Turnpike, Richmond, VA 23225  
<http://www.free-foundation.org>
- **Good Neighbor Community Services**  
**804-520-8005**  
7501 Boulder View Drive, Suite 601, North Chesterfield, VA 23225  
Provides the adult ID population with a more independent lifestyle.  
<http://www.goodneighbor.care>
- **Greater Richmond Chapter of the American Red Cross**  
**804-780-2250**  
420 East Cary Street, Richmond, VA 23219  
<https://www.redcross.org/va/Richmond>
- **Independent Capacity System**  
**804-520-7773**  
16015 Continental Boulevard, Colonial Heights, VA 23834  
P. O. Box 3163, Petersburg, VA 23805  
<http://www.independentcapacitysystem.com>
- **Meals on Wheels, Serving Central Virginia**  
**804-673-5035**  
1415 Rhoadmiller Street, Richmond, VA 23220  
<https://www.feedmore.org>
- **Powell Orthotics and Prosthetics**  
**804-649-9043**  
2034 Dabney Road, Suite C, Richmond, VA 23230  
<https://www.powelloandp.com>
- **Resources for Independent Living**  
**804-353-6503**  
4009 Fitzhugh Avenue, Suite 100, Richmond, VA 23230  
<http://www.ril-va.org>
- **United Way of Greater Richmond and Petersburg**  
**804-771-5820, 3-digit toll-free 211**  
2001 Maywill Street, Suite 201, P. O. Box 11807, Richmond, VA 23230

Information & Referrals - United Way does not provide direct services but will refer individuals to various organizations and agencies.

<https://www.yourunitedway.org>

- **Virginia Department for the Deaf and Hard of Hearing**  
**804-662-9502, Toll Free: 800-552-7917, VP 804-325-1290**  
1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229-5012  
<https://www.vddhh.org>
- **Virginia Voice**  
**804-266-2477**  
395 Azalea Avenue, P.O. Box 15546, Richmond, VA 23227  
<https://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**  
707 E. Main Street, Suite 910, Richmond, VA 23219  
<https://www.AARP.org/findacourse>
- **Chesterfield County Public Schools – Adult Continuing Education**  
**804-768-6140**  
10101 Courthouse Road, Chesterfield, VA 23832  
<https://mychesterfieldschools.com/curriculum/adult-continuing-education/>
- **GrandDriver** (through Virginia Dept. for Aging and Rehabilitative Svcs)  
**804-662-7686, Toll Free: 800-552-3402**  
1610 Forest Avenue, Suite 100, Henrico, VA 23229  
<https://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**  
<http://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

**804-594-1500**

<https://www.jtcc.edu>

●– **Lifelong Learning Institute in Chesterfield**

**804-378-2527**

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

<http://www.llichesterfield.org>

●– **Road Scholar, The Virginia Center on Aging, Virginia Commonwealth University**

**804-828-1525**

Box 980229, Richmond, VA 23298-0229

<https://www.vcoa.chp.vcu.edu>

●– **The Shepherd's Center of Chesterfield**

**804-706-6689**

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

<https://www.shepcenter.org>

●– **Thinking CAP Technologies**

**804-928-3689**

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

<http://www.thinkingcaptechnologies.com>

●– **University of Richmond School of Professional and Continuing Studies**

**804-287-6344, 804-289-8133**

490 West Hampton Way, Richmond, VA 23173

<https://spcs.richmond.edu/osher/index.html>

●– **Virginia Center on Aging, Virginia Commonwealth University**

**804-828-1525**

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

[www.vcoa.chp.vcu.edu/programs/road-scholar](http://www.vcoa.chp.vcu.edu/programs/road-scholar)

●– **Virginia Senior Services**

**804-381-4604**

10800 Midlothian Turnpike, Suite 129, Richmond, VA 23235

●– <http://www.vaseniorservices.com>

●– **Virginia State University**

**804-524-5000**

Continuing Education

**804-524-5377**

One Hayden Drive, Petersburg, VA 23806

<http://www.vsu.edu>

## 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**  
**804-745-1800, 804-745-1117**  
14121 Justice Road, Midlothian VA 23113  
<https://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  
<https://www.aarp.org/foundation>
  
- **Goodwill of Central Virginia, Chesterfield Employment Center**  
**804-745-6300**  
6301 Midlothian Turnpike, Richmond, VA 23225  
<https://www.goodwillvirginia.org>
  
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000, Toll Free: 800-989-2286**  
●– 24 East Cary Street, Richmond, VA 23219  
  
<https://www.seniorconnections-va.org>
  
- **Serving You Virginia**  
**804-814-2055**  
10307 West Broad Street, Suite 222, Glen Allen, VA 23060  
<http://www.ServingYouVirginia.com>
  
- **Virginia Career Works**  
**804-652-3490, 804-652-3480**

304 Turner Road, North Chesterfield, VA 23225  
<https://www.vcwcapiatal.com>

- **Virginia Employment Commission**  
3719 Saunders Avenue, Richmond, VA 23227  
**804-663-5400**  
5240 Oaklawn Boulevard, Hopewell, VA 23860  
<http://www.vec.virginia.gov>

## Eyeglasses

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, (Voice/TTY) 804-662-9000**  
Low interest loan program for assistive technology  
<https://www.atlfa.org>
- **Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)**  
**804-796-2749**  
P. O. Box 1741, Chesterfield, VA 23832, <https://www.cchasm.org>
- **Chesterfield-Colonial Heights Dept. of Social Services**  
**804-748-1100**  
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832  
<https://www.chesterfield.gov/569/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  
<https://www.financialandestateplanning.com>
- **Highstone Group Comprehensive Financial Services**  
**804-285-7010**  
4205 Dover Road, Richmond, VA 23221  
<http://www.highstonegroup.com>
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000, :Toll Free: 800-989-2286**  
24 East Cary Street, Richmond, VA 23219  
  
●– <https://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**  
<https://www.socialsecurity.gov>

- **Virginia Department of Veterans Services**  
**804-786-0286**  
Pocahontas Building, 6th Floor West Wing,  
900 East Main Street, Richmond, VA 23219  
<https://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  
<https://www.acac.com>
- **Anthem Healthkeepers/Caremore**  
**1-888-649-5968**  
10030 Robious Road, Richmond, VA 23235  
<https://www.caremore.com>
- **Chesterfield County Parks & Recreation Department**  
**804-748-1623, TDD: 804-748-1127**  
6801 Mimms Loop, P. O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/parks>
- **Lifelong Learning Institute of Chesterfield**  
**804-378-2527**  
13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113  
<http://www.llichesterfield.org>
- **Sailing 4 All**  
**804-901-4301**  
P.O. Box 13405, Richmond, VA 23225  
<http://www.gosailing4all.org>
- **SwimRVA**  
**804-271-8271**  
5050 Ridgedale Parkway, North Chesterfield, VA 23234  
<http://www.swimrichmond.org>
- **The Shepherd's Center of Chesterfield**

**804-706-6689**

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

<https://www.shepcenter.org>

- **Sportable**

**804-340-2991**

1365 Overbrook Road, Room 2, Richmond, VA 23220

<https://www.sportable.org>

- **YMCA**

- **Chester Branch**

**804-748-9622**

3011 West Hundred Road, Chester, VA 23831

<http://www.chesterymca.org>

- **Manchester Branch**

**804-276-9622**

7540 Hull Street Road, Richmond, VA 23235

<http://www.manchesterfamilyymca.org>

- **Midlothian Branch**

**804-379-5668**

737 Coalfield Road, Midlothian, VA 23114

<http://www.midlothianymca.org>

- **Swift Creek YMCA**

**804-595-9622**

15800 Hampton Park Drive, Chesterfield, VA 23832

<http://www.swiftcreekyymca.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 criterion must be met to be eligible.

- **Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)**

**804-796-2749**

P. O. Box 1741, Chesterfield, VA 23832

(Mon.-Thurs., 8:30 a.m.-1:30 p.m.)

<https://www.cchasm.org>

- **Chesterfield-Colonial Heights Department of Social Services**

**804-748-1100**

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

<https://www.chesterfield.gov/569/social-services>

- **Crater District Area Agency on Aging**

**804-732-7020**

23 Seyler Drive, Petersburg, VA 23805

**888-732-7020**

- **Meals on Wheels of Greater Richmond**  
**804-673-5035**  
1415 Rhoadmiller Street, Richmond, VA 23220  
<https://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, Toll Free: 800-989-2286**  
24 East Cary Street, Richmond, VA 23219
- ●– <https://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  
<https://www.familylifeline.org/>

## 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  
<https://www.chesterfield.gov/569/Social-Services>
- **Salvation Army**  
**804-225-7470**  
2 West Grace Street, Richmond, VA 23220  
<http://www.richmond.salvationarmy.org>

## Funeral Homes

- **Bennett Funeral Homes**  
**804-639-4975**  
14301 Ashbrook Parkway, Chesterfield, VA 23832  
<https://www.bennettfuneralhomes.com>
- **Bliley's Funeral Home**  
**804-355-3800**  
6900 Hull Street Road, Richmond, VA 23224  
<http://www.blileys.com>
- **JT Morriss & Son, Inc.**  
**804-748-2500**  
3050 West Hundred Road, Chester, VA 23831  
<http://www.jtmorriss.com>
- **Morrissett Funeral & Cremation Service**  
**804-275-7828**  
6500 Iron Bridge Road, North Chesterfield, VA 23234  
<http://www.morrissett.com>
- **Woody Funeral Home & Cremation Services, Huguenot Chapel**  
**804-794-1000**  
1020 Huguenot Road, Midlothian, VA 23113  
<http://www.woodyfuneralhomehuguenot.com>

## Handyman and Home Repair Services

- **Allstar Floring and Construction, Inc.**  
**804-920-3745**  
5451 River Road West, Goochland, VA. 23063

- **Fixer Upper Coach**  
**804-505-0660**  
 2133 Loch Braemer Drive, North Chesterfield, VA 23236  
<https://www.fixeruppercoach.com>
  
- **HomeKeepers, LLC**  
**804-750-1166**  
 8501 Patterson Avenue, Richmond, VA 23229  
<http://www.homekeepers.org>
  
- **The Shepherd’s Center of Chesterfield**  
**804-706-6689**  
 P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.shepcenter.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**  
**301-978-9855**  
 30 West Gude Drive, Suite 150, Rockville, MD 20850  
<http://www.ALSInfo.org>
  
- **Alzheimer’s Association, Greater Richmond Chapter**  
**804-967-2580, 24/7 Help Line Toll Free: 800-272-3900**  
 4600 Cox Road, Suite 130, Glen Allen, VA 23060
  
- <https://www.alz.org/grva>
  
- **American Cancer Society**  
**804-527-3700, Toll Free: 800-227-2345**  
 4240 Park Place Court, Glen Allen, VA 23060  
<https://www.cancer.org>
  
- **American Heart Association**  
**804-747-8334, Toll Free: 800-242-8721**  
 4217 Park Place Court, Glen Allen, VA 23060  
<https://www.heart.org>
  
- **American Lung Association**  
**717-971-1129**  
 9702 Gayton Road, Suite 110, Richmond, VA 23238  
<https://www.lung.org/>
  
- **Anthem Healthkeepers/Caremore**  
**804-212-3450**  
 10030 Robious Road, North Chesterfield, VA 23235  
<https://www.caremore.com>

- **Arthritis Foundation, Virginia Chapter**  
**804-446-6897, 804-665-9950**  
 1506 Willow Lawn Drive, Richmond, VA 23230  
<https://www.arthritis.org/virginia>
  
- **CancerLINC**  
**804-562-0371**  
 P. O. Box 73281,  
 1423 Johnston Willis Drive, North Chesterfield, VA 23235  
<https://www.cancerlinc.org>
  
- **Dispatch Health**  
**804-495-0053**  
 7200 Glen Forest Drive, Richmond, VA 23226  
<https://www.dispatchhealth.com>
  
- **Instructive Visiting Nurse Association (IVNA)**  
**804-355-7100**  
 5008 Monument Avenue, Richmond, VA 23230  
<http://www.ivna.org>
  
- **National Cancer Institute – Cancer Information Services**  
**800-422-6273, Toll Free: 800-4CANCER**  
<https://www.cancer.gov>
  
- **National Multiple Sclerosis Society, Virginia/West Virginia Chapter**  
**804-353-5008**  
 4200 Innslake Drive, Suite 301, Glen Allen, VA 23060  
<https://www.nationalmssociety.org>
  
- **Unitedhealthcare, Kittygayle McMoon**  
**804-334-1228**  
 101 N Pinetta, #35975, North Chesterfield, VA 23235

## Hearing Services

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

- **Connect Hearing**  
**804-796-3210**  
 3610 Festival Park Plaza, Suite A, Chester, VA 23831  
<http://www.connecthearing.com>
  
- **Deaf and Hard of Hearing Community Counseling Service**  
**804-282-1943**  
 1503 Santa Rosa Road, Suite 211, Richmond, VA 23229  
<https://www.challengediscoveryprojects.org>



- **Department for the Deaf and Hard of Hearing**  
**804-662-9502, Toll Free: 800-552-7917**  
 1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229-5012  
<https://www.vddhh.org>
  
- **Hearing at Home**  
**844-543-2782**  
 590 Neff Ave, Harrisonburg, VA 22801  
<https://www.hearingathomeva.com/>
  
- **Hearing Life**  
**804-272-6004**  
 9220 Forest Hill Avenue, Suite A-4, Richmond, VA 23235  
<https://www.hearinglife.com>
  
- **Hearing Solutions**  
**804-794-9087**  
 14408 Sommerville Court, Midlothian, VA 23113  
<https://www.hearingsolutions.us>
  
- **Live Better Hearing**  
**804-739-0031**  
 4828 Market Square Lane, Midlothian, VA 23112  
<http://www.livebetterhearing.com>

## 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  
<https://www.alwaysbestcarerichmondsouth.com>
  
- **Amedisys Home Health**  
**804-639-7903, Toll Free: 800-313-4353**  
 4589 Lifestyle Lane, Midlothian, VA 23112  
<https://www.amedisys.com>
  
- **At Home Care**  
 4116 Fitzhugh Avenue, Richmond, VA 23230  
 Richmond  
**804-359-3400**  
 Tri-Cities  
**804-524-0062**  
<http://www.athomecare.com>

- **Brightstar Care of Richmond**  
**804-378-8686**  
7202 Glen Forest Drive, Suite 302, Richmond, VA 23226  
<https://www.brightstarcare.com>
  
- **Care Advantage**  
**804-323-9464**  
Tri-Cities  
**804-520-5454**  
Richmond/West End  
**804-285-1212**  
Southside, 10041 Midlothian Tnpk., North Chesterfield, VA 23235  
**804-323-9667**  
<https://www.careadvantage.com>
  
- **CareMed, Chesterfield**  
**804-674-7130**  
7300 Hull Street Road, North Chesterfield, VA 23235  
<https://www.caremedcares.com>
  
- **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  
<https://www.comforcare.com/virginia/richmond-south>
  
- **Comfort Keepers**  
**804-750-1123**  
10833 Ridgefield Parkway, Henrico, VA 23233  
<https://www.comfortkeepers.com>
  
- **Companion Extraordinaire Nursing Network, Inc.**  
**804-752-2205**  
5111 Lakeside Avenue, Henrico, VA 23228  
<http://www.cenninc.com>
  
- **Content Family Services**  
**804-416-5056**  
9702 Gayton Road, Suite 209, Henrico, VA 23238
  
- **Encompass Health**  
**804-377-1188**  
100 Gateway Center Parkway, Suite 205A, Richmond, VA 23235  
<https://www.encompasshealth.com>

- **Encompass Home Health**  
**804-541-6224**  
 34 Medical Park Boulevard, Suite G, Petersburg, VA 23805  
<https://www.encompasshealth.com>
  
- **Executive Care**  
**804-313-6343**  
 901 Moorefield Park Drive, Suite 103, North Chesterfield, VA 23236  
<http://www.southernrichmond.executivehomecare.com>
  
- **Family Lifeline**  
**804-282-4255**  
 1518 Willow Lawn Drive, Richmond, VA 23230  
<https://www.familylifeline.org>
  
- **Hand ‘n Heart Home Care Services**  
**804-819-1755**  
 681 Hioaks Road, Richmond, VA 23225  
<https://www.handnheart.org>
  
- **Heart Home Care**  
**804-614-6193**  
 1519 Huguenot Road, Suite 201, Midlothian, VA 23113  
<http://www.heartelderlycare.com>
  
- **Heaven Sent by Hometown Health Care**  
**804-526-3600**  
 12900 Jefferson Davis Highway, Chester, VA 23831  
<http://www.heavensentservices.com>
  
- **Home Helpers**  
**804-864-4258**  
 711 Twinridge Lane, North Chesterfield, VA 23235  
<https://www.homehelpershomecare.com/richmond>
  
- **Independence Senior Care**  
**804-288-1616**  
 721 Twinridge Lane, North Chesterfield, VA 23235  
<http://www.iscrichmond.com>
  
- **Interim HealthCare**  
**804-340-6455**  
 720 Moorefield Park Drive, Suite 301, North Chesterfield, VA 23236  
<https://www.interimhealthcare.com/RichmondVA>
  
- **Intrepid Hospice & Home Health**  
**804-318-5371**  
 2430 Southland Drive, Suite B, Chester, VA 23831  
<https://www.IntrepidUSA.com>

- **Jewish Family Services**  
**804-282-5644**  
6718 Patterson Avenue, Richmond, VA 23226  
<https://www.jfsrichmond.org>
  
- **Kindred At Home**  
**804-672-7500**  
7113 Three Chopt Road, Suite 201, Richmond, VA 23226  
<https://www.kindredhealthcare.com>
  
- **Maxim Health Care Services**  
**804-355-9800**  
4235 Innslake Drive, Suite 200, Glen Allen, VA 23060  
<https://www.maximhomecare.com>
  
- **Medicaid Personal Care Agencies**  
**804-662-9333**  
**Toll Free: 800-552-3402**  
These agencies use Medicaid funding to provide services in your home
  
- **Nurse Next Door Home Care**  
**804-716-7194**  
2214 Westwood Avenue, Henrico, VA 23230  
<http://www.nursenextdoorva.com>
  
- **Options for Senior America**  
**804-673-6730**  
8100 Three Chopt Road, Suite 233, Richmond, VA 23229  
<http://www.optionscorp.com>
  
- **SeniorBridge, Humana at Home**  
**804-282-0753**  
6802 Paragon Place, Suite 201, Richmond, VA 23230  
<http://www.seniorbridge.com>
  
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000**  
**Toll Free: 800-989-2286**  
24 East Cary Street, Richmond, VA 23219
  
- ●– <https://www.seniorconnections-va.org>
  
- **Synergy Home Care**  
**804-299-3479**  
11159 Air Park Road, Suite 4, Ashland, VA 23005  
<https://www.synergyhomecare.com>
  
- **Visiting Angels**  
**804-423-6500**  
2405 Dovercourt Drive, Midlothian, VA 23113

## Hospice

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  
<https://www.bonsecours.com/health-care-services/hospice-palliative-care>
  
- **Crater Community Hospice**  
**804-526-4300**  
3916 South Crater Road, Petersburg, VA 23805  
<https://www.cratercommunityhospice.org>
  
- **Hospice Community Care**  
**800-409-9094**  
10128 West Broad Street, Suite J, Glen Allen, VA 23060  
<https://hospice.io/care/hospice-community-care-llc-glen-allen-va/>
  
- **Hospice of Virginia**  
2235 Staples Mill Road, Suite 100, Richmond, VA 23230  
Richmond  
**804-281-0451**  
In-patient Unit at Retreat Hospital  
**804-200-1810**  
<https://hospiceofvirginia.com/>
  
- **Intrepid Hospice**  
**804-318-5371**  
2430 Southland Drive, Suite B, Chester, VA 23831  
<https://www.intrepidusa.com>
  
- **Kindred Hospice**  
**804-290-4300, 804-504-0031**  
1602 Rolling Hills Dr, Suite 204, Richmond, VA 23229  
595 Old Wagner Road, Suite E, Petersburg, VA 23805  
<https://www.kindredhealthcare.com>
  
- **Medi Home Hospice**  
**804-282-4301**  
4461 Cox Road, Suite 100, Glen Allen, VA 23060  
<http://www.medicalservicesofamerica.com>
  
- **New Century Hospice**  
**804-353-2702**

808 Moorefield Park Drive, Suite 113, Richmond, VA 23236

<http://www.newcenturyhospice.com>

- **Palliative Care at Massey Cancer Center at VCU**

**804-828-9992**

1300 East Marshall Street, Richmond, VA 23298

<http://www.massey.vcu.edu/patient-care/therapies/palliative-care/>

## 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

<https://www.bonsecours.com>

- **Memorial Regional Medical Center**

**804-764-6000**

8260 Atlee Road, Mechanicsville, VA 23116

- **Richmond Community Hospital**

**804-225-1700**

1500 North 28<sup>th</sup> 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**

- **Chippenham Hospital**

**804-320-3911**

7101 Jahnke Road, Richmond, VA 23225

[www.johnstonwillismed.com](http://www.johnstonwillismed.com)

- **Johnston Willis Hospital**

**804-330-2000**

1401 Johnston Willis Drive, North Chesterfield, VA 23235

[www.chippenhammed.com](http://www.chippenhammed.com)

- **Henrico Doctor's Hospital**

<https://www.henicodoctors.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**  
<http://www.johnrandolphmed.com>  
411 West Randolph Road, Hopewell, VA 23860  
**804-541-1600**
- **Encompass Health Rehabilitation Hospital of Petersburg**  
**804-504-8100, 804-504-8203**  
95 Medical Park Boulevard, Petersburg, VA 23805  
<https://www.encompasshealth.com/petersburgrehab>
- **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  
<https://www.shelteringarms.com>
- **Southside Regional Medical Center**  
**804-765-5000**  
200 Medical Park Boulevard, Petersburg, VA 23805  
<https://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, Suite 100, Richmond, VA 23235  
  
<https://www.stonypointsc.com>
- **VCU Medical Center**  
**804-828-9000**  
1250 East Marshall Street, Richmond, VA 23219  
<https://www.vcuhealth.org>
- **Veterans Administration McGuire Hospital**  
**804-675-5000**  
1201 Broad Rock Boulevard, Richmond, VA 23249  
<https://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  
<https://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  
<http://www.goodneighborcommunityservices.com>
- **HOME (Housing Opportunities Made Equal)**  
**804-354-0641**  
626 East Broad Street, Suite 400, Richmond, VA 23219  
<https://www.homeofva.org>
- **ProjectHomes**, 88 Carnation Street, Richmond, VA 23225  
**804-233-2827**  
<https://www.projecthomes.org>
- **Seniors Guide**  
**804-674-5004**  
711 Moorefield Park, Suite H, North Chesterfield, VA 23236  
<http://www.seniorsguide.com>
- **United Way (shelter referrals)**  
**804-771-5820**  
<https://www.211virginia.org>
- **Urban League of Greater Richmond**  
1420 Hull Street, Building B3, Richmond, VA 23224  
<https://www.urbanleaguerichmond.org>
- **Women’s Victim Advocacy Program (YWCA)**  
**804-643-6761, Hotline 804-612-6126**  
6 North 5th Street, Richmond, VA 23219  
<https://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.

**PR – Personal Referral Service:** These organizations offer a free, personalized service that assists in locating the right housing option.

- **A Helping Hand Senior Care Services - PR**  
**804-486-9177**  
Serving Chesterfield & Greater Richmond  
<http://www.AHelpingHandVA.com>
- **Always Best Care Senior Services - PR**  
**804-912-5688**  
10810 Hasty Lane, Suite 103, Midlothian, VA 23112  
<https://www.alwaysbestcarerichmondsouth.com>
- **Assisted Living Locators of Greater Richmond - IL, AL, ALZ, R, PR**  
**804-643-2600**  
10440 Greglynn Road, North Chesterfield, VA 23236  
<http://www.assistedlivinglocatorsrva.com>
- **Atlantic at Charter Colony - IL**  
**804-378-9919**  
550 Coalfield Road, Midlothian, VA 23114  
<http://www.mychartercolonyapts.com>
- **Bickford Assisted Living and Memory Care - AL, ALZ**  
**804-594-7055**  
11200 West Huguenot Road, Midlothian, VA 23113  
<http://www.bickfordseniorliving.com>
- **Bonview Rehabilitation and Healthcare - SNF, R**  
**804-320-7901**  
7246 Forest Hill Avenue, Richmond, VA 23225
-

- <http://www.consulatehealthcare.com>
- **Brandermill Woods Health Care Center - AL, SNF, ALZ, R**  
**804-379-7100**  
 2100 Brandermill Parkway, Midlothian, VA 23112  
<http://www.brandermillwoods.com>
- **Brandermill Woods Retirement Community - IL**  
**804-744-1173**  
 14311 Brandermill Woods Trail, Midlothian, VA 23112  
<http://www.brandermillwoods.com>
- **Brighter Living Assisted Living - AL, R**  
 804-458-5830  
 5301 Plaza Drive, Hopewell, VA 23860 AL, R  
<http://www.brighter-living.com>
- **Brighter Living Sunflower Gardens - ALZ**  
**804-452-5000**  
 5305 Plaza Drive, Hopewell, VA 23860  
<http://www.sunflower-gardens.com>
- **Brookdale Midlothian - IL, AL, ALZ, R**  
**804-897-8884**  
 14016 Turnberry Lane, Midlothian, VA 23113  
<http://www.brookdale.com/en/communities/brookdale-midlothian.html>
- **Chester Village Apartments - IL**  
 804-425-1200  
 11701 Chester Village Drive, Chester, VA 23831  
<http://www.chestervillageseniors.com>
- **Chesterfield Heights - IL**  
**804-302-6550**  
 901 Madrona Street, Midlothian, VA 23114  
<http://www.seniorlivinginstyle.com>
- **Colonial Heights Health Care Center - SNF, ALZ**  
**804-526-6851**  
 831 East Eilerslie Avenue, Colonial Heights, VA 23834  
[www.colonialheightshc.com](http://www.colonialheightshc.com)
- **Courthouse Senior Apartments - IL**  
**804-796-9191**  
 6500 Fore Circle, Chesterfield, VA 23832
- **Crossings at Bon Air - IL, AL, ALZ**  
**804-560-1440**  
 9100 Bon Air Crossings Drive, North Chesterfield, VA 23235  
<http://www.thecrossingsatbonair.com>

- **Crossings at Ironbridge - AL, ALZ, R**  
**804-748-7000**  
 6701 Ironbridge Parkway, Chester, VA 23831  
<https://www.harmonyseniorservices.com/senior-living/va/chester/ironbridge-pkwy/>
  
- **Dunlop House Assisted Living - AL, ALZ, R**  
**804-520-0050**  
 235 Dunlop Farms Boulevard, Colonial Heights, VA 23834  
<http://www.dunlophouse.com>
  
- **Ginter Hall South Assisted Living - AL, ALZ, R**  
**804-794-7770**  
 11300 Mall Court, North Chesterfield, VA 23235  
<http://www.ginterhall.com>
  
- **Heritage Oaks - IL**  
**804-323-3800**  
 1100 German School Road, Richmond, VA 23225  
<http://www.heritageoaksseniorliving.com>
  
- **Hopewell Health Care Center - SNF**  
**804-458-6325**  
 905 Cousins Avenue, Hopewell, VA 23860  
<http://www.care-virginia.com/locations/hopewell-health-care-center/>
  
- **Independent Living at Lucy Corr - IL**  
**804-425-2900 or 804-748-1511**  
 6653 Roundabout Way, Chesterfield, VA 23832  
<https://www.lucycorr.org>
  
- **Laurels of Bon Air - SNF, R**  
**804-521-9980**  
 9101 Bon Air Crossings Drive, North Chesterfield, VA 23235  
<http://www.laurelsofbonair.com>
  
- **Laurels of Willow Creek - SNF, R**  
**804-379-4771**  
 11611 Robious Road, Midlothian, VA 23113  
<http://www.laurelsofwillowcreek.com>
  
- **Lucy Corr - IL, AL, SNF, ALZ, R**  
**804-748-1511**  
 P. O. Drawer 170, 6800 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.lucycorr.org>
  
- **Magnolias of Chesterfield - AL, ALZ, R**  
**804-778-7777**  
 6701 Court Yard Road, Chester, VA 23831  
<https://www.meridiansenior.com/community/magnolias-of-chesterfield/>

- **Market Square - IL**  
**804-279-0133**  
7300 Taw Street, Richmond, VA 23237
  
- **Monarch Woods - IL**  
**804-320-4301**  
6501 Jahnke Road, Richmond, VA 23225  
<https://www.betterhousingcoalition.org/property/monarch-woods/>
  
- **Morningside at Bellgrade - AL, ALZ, R**  
**804-379-2800**  
2800 Polo Parkway, Midlothian, VA 23113  
<http://www.morningsideofbellgrade.com>
  
- **Oasis Senior Advisors - PR**  
**804-836-3046**  
2217 Flat Branch Court, Richmond, VA 23233  
<http://www.westrichmond.oasisseioradvisors.com>
  
- **Park at Ridgedale - IL**  
**804-271-4166**  
5001 Ridgedale Parkway, Suite 107, Richmond, VA 23234
  
- **Phoenix Senior Living (The Pearl at Watkins Centre) - ALZ, R**  
**804-893-0067**  
650 Watkins Centre Parkway, Midlothian, VA 23113  
<http://www.phoenixsriving.com>
  
- **Riverview on the Appomattox Health and Rehab Center - SNF, ALZ**  
**804-541-1445**  
201 Epps Street, Hopewell, VA 23860  
<http://www.riverview-rehab.com>
  
- **Rockwood Village - IL**  
**804-745-0911**  
3901 Price Club Boulevard, Midlothian, VA 23112  
<https://www.betterhousingcoalition.org/property/rockwood-village/>
  
- **Seniors Guide - IL, AL, SNF, ALZ, R**  
**804-674-5004**  
711 Moorefield Park, Suite H, North Chesterfield, VA 23236  
<http://www.seniorguide.com>
  
- **Spring Arbor of Salisbury - AL, ALZ**  
**804-897-2727**  
14001 Turnberry Lane, Midlothian, VA 23113  
<https://www.springarborliving.com/>
  
- **St. Francis Home - AL**  
**804-231-1043**

65 West Clopton Street, Richmond, VA 23225

<http://www.saintfrancishome.com>

- **Sunrise Assisted Living at Bon Air - AL, ALZ, R**  
**804-560-7707**  
2105 Cranbeck Road, North Chesterfield, VA 23235  
<http://www.sunrisebonair.com>
- **Symphony Manor of Richmond - AL, ALZ**  
804-396-2414  
12411 Gayton Road, Richmond, VA 23238  
<https://symphonymanorofrichmond.business.site/>
- **The Memory Center, Richmond - ALZ**  
**804-378-5100**  
13800 Bon Secours Drive, Midlothian, VA 23114  
<http://www.thememorycenter.com>
- **The Towers - IL, AL, ALZ, R**  
**804-320-1412**  
350 Hioaks Road, Richmond, VA 23225  
<https://www.rui.net/the-towers>
- **The Traway Home (Synergy Community Supports) - AL, R**  
**804-745-1157**  
8001 Traway Court, North Chesterfield, VA 23235
- **Totty Place Residential - AL**  
**804-526-6921**  
3500 Totty Street, South Chesterfield, VA 23803
- **Tyler's Retreat at Ironbridge - SNF**  
**804-706-1023**  
12001 Ironbridge Road, Chester, VA 23831  
<https://www.saberhealth.com>
- **Virginian - IL**  
**804-330-4252**  
300 Twinridge Lane, North Chesterfield, VA 23235  
<https://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**  
**Toll Free: 800-230-6977**  
2001 Maywill Street, Suite 201, Richmond, VA 23230  
<https://www.211virginia.org>

- **Cancer Hotline**  
Toll Free: **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 Aging & Disability Services**  
**804-768-7878**  
P. O. Box 40, 9800 Government Center Parkway, Chesterfield, VA 23832  
<https://www.chesterfield.gov/seniorservices>
  
- **Chesterfield Domestic and Sexual Violence Resource Center**  
10111 Krause Road, Suite 210, P.O. Box 40, Chesterfield, VA 23832  
Administrative: **804-318-8265**  
Client Services: **804-318-8264**  
<https://www.chesterfield.gov/dsvrc>
  
- **Chesterfield Fire & EMS Mobile Integrated Healthcare/Community Paramedic Program**  
**804-706-2587**  
6731 Mimms Loop, P.O. Box 40, Chesterfield, VA 23832
  
- **Citizens Assistance Office**  
**804-646-7000**  
900 East Broad Street, Room 109, Richmond, VA 23219  
<http://www.richmondgov.com>
  
- **Eldercare Locator**  
Toll Free: **800-677-1116**  
<https://eldercare.acl.gov>
  
- **Fixer Upper Coach**  
**804-505-0660**  
2133 Loch Braemer Drive, North Chesterfield, VA 23236  
<https://www.fixeruppercoach.com>
  
- **Legal Information Network for Cancer (LINC)**  
**804-272-5462, 877-644-5462**  
P. O. Box 73281, 1459 Johnston Willis Drive, North Chesterfield, VA 23235  
Free legal services, debt management services and referral to community resources  
<https://www.cancerlinc.org>
  
- **Physician Referral – All Bon Secours**  
**804-359-WELL/804-359-9355**
  
- **Physician Referral/Consult a Nurse with HCA Hospitals**  
**804-320-3627**  
Toll Free: **800-257-0944**

- **Physician Referral - VA Dept. for Aging & Rehabilitative Services**  
**804-662-7000**  
**Toll Free: 800-552-5019**  
 8004 Franklin Farms Drive, Richmond, VA 23229  
<https://www.vadars.org>
  
- **Senior Connections, The Capital Area Agency On Aging**  
**804-343-3000**  
**Toll Free: 800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
<https://www.seniorconnections-va.org>
  
- **Seniors Guide**  
**804-674-5004**  
 711 Moorefield Park, Suite H, North Chesterfield, VA 23236  
<http://www.seniorguide.com>
  
- **United Way Information and Referral Center/2-1-1 Virginia Helpline**  
**Dial 211**  
<https://www.yourunitedway.org>
  
- **Virginia Department for Aging and Rehabilitative Services**  
**Toll Free: 800-552-3402**  
**804-662-9333**  
 1610 Forest Avenue, Suite 100, Richmond, VA 23229  
<https://www.vadars.org>

## Kinship Program

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

- **Kinship/Grandparent Connection**  
**804-768-7878**  
 9800 Government Center Parkway, Chesterfield, VA  
 Support Group for Grandparents or older relatives raising a child.  
<https://www.chesterfield.gov/199/kinship-grandparent-connection>
  
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000**  
**Toll Free: 800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
 School Mentoring Program, Foster Grandparents  
<https://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**  
888-687-2277  
<https://www.aarp.org>
- **American Civil Liberties Union of Virginia**  
804-644-8022  
701 E. Franklin Street, Suite 1412, Richmond, VA 23219  
<https://www.acluva.org>
- **Carrell Blanton Ferris & Associates, PLC**  
804-285-7900  
7275 Glen Forest Drive, Suite 310, Richmond, VA. 23226  
<https://www.carrellblanton.com>
- **Central Virginia Legal Aid Society**  
804-648-1012  
Toll Free: 800-868-1012  
101 West Broad Street, Suite 101, P.O. Box 12206, Richmond, VA 23220  
<http://www.cvlas.org>
- **CMG Foundation**  
804-254-2664  
9100 Arboretum Parkway, Suite 190, North Chesterfield, VA 23236  
<http://www.cmg-foundation.org/>
- **Commonwealth Mobile Notary**  
804-314-2257  
P.O. Box 74212, North Chesterfield, VA 23236  
<https://www.commonwealthmobilenotaryva.com>
- **Equal Employment Opportunity Commission**  
804-771-2200  
800-669-4000  
TTY/Toll Free: 800-669-6820  
400 North 8<sup>th</sup> Street, Suite 350, Richmond, VA 23219  
<https://www.eeoc.gov>
- **Legal Information Network for Cancer (LINC)**  
804-272-5462, ext. 4  
877-644-5462  
P. O. Box 73281, 1459 Johnston Willis Drive, North Chesterfield, VA 23235  
<https://www.cancerlinc.org>
- **National Association for the Advancement of Colored People**  
804-321-5678  
(NAACP) P. O. Box 27212, Richmond, VA 23261  
[www.naacp.org](http://www.naacp.org)
- **Serving You Virginia**  
804-814-2055  
10307 West Broad Street, Suite 222, Glen Allen, VA 23060  
<http://www.ServingYouVirginia.com>



- **Virginia Lawyer Referral Service**  
**804-775-0808**  
**800-552-7977**  
**TTY 804-775-0502**  
 1111 East Main Street, Suite 700, Richmond VA 23219  
<https://www.vsb.org/vlrs/index.php/public/vlrs/>
  
- **disAbility Law Center of Virginia**  
**Toll Free: 800-552-3962**  
**804-225-2042**  
 1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230  
<https://www.dlcva.org>
  
- **Virginia Poverty Law Center**  
**804-782-9430**  
 700 East Main Street, Suite 1410, Richmond, VA 23219  
<https://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**  
**Toll Free: 800-227-2345**  
 4240 Park Place Court, Glen Allen, VA 23060  
<https://www.cancer.org>
  
- **Amramp**  
**804-564-4973**  
**Toll Free: 800-649-5215**  
 P. O. Box 4163, Glen Allen, VA 23058  
<https://www.amramp.com>
  
- **Apria Healthcare**  
**804-553-4964**  
 2808 East Parham Road, Richmond, VA 23228  
<http://www.apriahealthcare.com>
  
- **Buford Road Pharmacy, Inc**  
**804-272-1423**

2608 Buford Road, North Chesterfield, VA 23235  
<http://www.bufordrx.com>

- **Capital Medical Supply**  
**804-353-0707**  
2233 Tomlynn Street, Richmond, VA 23230  
<http://www.capitalmedicalsupply.com>
- **Clay Home Medical**  
**804-861-1606**  
3333 South Crater Road, Petersburg, VA 23805  
<http://www.clayhomemedical.com>
- **FREE (Foundation for Rehabilitation Equipment & Endowment)**  
**804-920-9828**  
6301 Midlothian Turnpike, Richmond, VA 23225 [www.free-foundation.org/](http://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  
<http://www.aerocareusa.com>
- **Home Care Delivered, Inc**  
**800-867-4412**  
**866-332-4193**  
11013 West Broad Street, 4th Floor, Glen Allen, VA 23060  
<http://www.hcd.com>
- **Lincare Inc**  
**804-355-2323**  
2801 Ackley Avenue, Henrico, VA 23228  
<http://www.lincare.com>
- **Med-Inc**  
**804-674-6688**  
9100 Arborteum Parkway, North Chesterfield, VA 23236  
<http://www.medinc.net>
- **Mobility Supercenter**  
**804-231-7774**  
7450 Midlothian Turnpike, North Chesterfield, VA 23225  
<http://www.mobilitysupercenter.com>
- **Mobility Works**  
**804-233-8267**  
232 East Belt Boulevard, Richmond, VA 23224  
<http://www.mobilityworks.com>
- **Powell Orthotics and Prosthetics**

**804-649-9043**

2034 Dabney Road, Suite C, Richmond, VA 23230

<https://www.powelloandp.com>

●– **Richmond Respiratory and Medical Supply**

**804-745-9677**

1108 Courthouse Road, Suite D, North Chesterfield, VA 23236

●– **Rite Aid Pharmacy**

**804-748-9040**

2600 Weir Place, Chester, VA 23831

<https://www.riteaid.com>

●– **Virginia Department for Aging and Rehabilitative Services**

**804-662-9990**

**804-662-7000**

**800-552-5019**

Virginia Assistive Technology System (VATS)

**800-435-8490**

8004 Franklin Farms Drive, Richmond, VA 23229

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

●– **West Home Health**

**804-353-7703**

2026 Dabney Road, Richmond, VA 23230

<https://www.whhci.com>

## **Medicare, Medicare Advantage and Medicaid**

Applications are required and may take up to 45 days for approval. Definite criteria must be met before approval. If you need to apply for Medicaid contact your local Department of Social Services.

●– **Anthem Healthkeepers/Caremore**

**1-888-649-5968**

10030 Robious Road, North Chesterfield, VA 23235

<https://www.caremore.com>

●– **Benefinder**

**804-381-4604**

10800 Midlothian Turnpike, Suite 129, North Chesterfield, VA 23235

<https://www.benefinder.com>

●– **Centers for Medicare and Medicaid Services**

**Toll Free: 800-633-4227**

<https://www.cms.gov>

●– **Chesterfield-Colonial Heights Department of Social Services**

**804-748-1100**

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

●– **Content Family Services**

**804-416-5056**

9702 Gayton Road, Suite 209, Henrico, VA 23238

- **Mike Mason Insurance, LLC**  
**804-216-5422**  
14304 Candlewick Court, Midlothian, VA 23112
- **Social Security Office**  
**Toll Free: 800-772-1213**  
<https://www.ssa.gov>
- **Social Security Administration for Chesterfield**  
**804-744-0227**  
**Toll Free: 800-772-1213**  
13551 Waterford Place, Midlothian, VA 23112
- **Unitedhealthcare, Kittygayle McMoon**  
**804-334-1228**  
101 N Pinetta, #35975, North Chesterfield, VA 23235
- **Virginia Premier**  
**Medicare: 1-877-739-1370**  
**Medicaid: 1-800-727-7536**  
600 E Broad Street, Suite 400, Richmond, VA. 23219  
<https://www.virginiapremier.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  
<https://www.cvhsinc.org>  
Offers sliding scale community services for health and wellness on multiple levels, including mental health as well as physical health
- **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**  
**804-320-3911**  
7101 Jahnke Road, Richmond, VA 23225  
<https://www.cjwmedical.com>

- **Dominion Behavioral Health Care**  
**804-794-4482**  
 703 North Courthouse Road, Richmond, VA 23236 (Psychological Testing)  
<https://www.dbhhelp.com>
  
- **Footsteps Counseling**  
**804-715-3215**  
 Southside Nazarene Church, 6851 Courthouse Road, Chesterfield, VA 23832  
<http://www.footstepscounseling.com>
  
- **Independent Capacity Systems**  
**804-590-7914**  
 16015 Continental Boulevard, South Chesterfield, VA 23834  
<http://www.independentcapacitysystem.com>
  
- **Jewish Family Services**  
**804-282-5644**  
 6718 Patterson Avenue, Richmond, VA 23226  
<https://www.jfsrichmond.org>
  
- **Lutheran Family Services**  
**804-288-0122**  
 4901 Dickens Road, Suite 115, Richmond, VA 23230  
<http://www.lfsva.org>
  
- **MCV Department of Psychiatry**  
 (outpatient) existing patients **804-828-9452**  
 (intake) new patients **804-828-2000**  
 501 North 2<sup>nd</sup> Street, 3<sup>rd</sup> Floor, Richmond, VA 23219  
<https://www.VCUHealth.org>
  
- **National Counseling Group**  
**804-767-3470**  
 21 Walnut Boulevard, Petersburg, VA 23805  
<http://www.nationalcounselinggroup.com>
  
- **Poplar Springs Hospital**  
**866-546-2229**  
 350 Poplar Drive, Petersburg, VA 23805  
<https://poplarsprings.com/>
  
- **Bon Secours Behavioral Health at Richmond Community Hospital**  
**804-225-1700**  
 1500 North 28<sup>th</sup> Street, Richmond, VA 23223  
<https://www.bonsecours.com>

## Moving and Organizational Services

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

- **Caring Transitions of Greater Richmond**  
**804-256-2048**  
<http://www.CaringTransitionsRichmond.com>
- **Door to Door Solutions**  
**804-261-4124**  
2214 Westwood Avenue, Richmond, VA 23230  
<http://www.doortodoorsolutions.com>
- **Home Matters**  
**804-385-2433**  
<http://www.HomeMattersOfVa.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**  
2000 Bremono Road, Richmond, VA 23226  
<https://www.americanopc.com>
- **Powell Orthotics and Prosthetics**  
**804-649-9043**  
2034 Dabney Road, Suite C, Richmond, VA 23230  
<https://www.powelloandp.com>

## Personal Emergency Response

See [Emergency Response Systems](#)

## Pharmacies Providing Home Delivery

All 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**  
**804-733-5591**  
321 C Poplar Drive, Petersburg, VA 23805  
<https://www.cvhsinc.org>
- **Bremo Pharmacy**

**804-288-8361**

2024 Staples Mill Road, Richmond, VA 23230

<https://www.bremorx.com>

●– **Buford Road Pharmacy, Inc**

**804-272-1423**

2608 Buford Road, North Chesterfield, VA 23235

<http://www.bufordrx.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

<https://www.midloapothecary.com>

●– **Rite Aid**

**804-230-6645**

1801 Hull Street, Richmond, VA 23224

<https://www.riteaid.com>

●– **Westbury Apothecary**

**804-285-3428**

8903 Three Chopt Road, Richmond, VA 23229

<https://www.mygnp.com/pharmacies/westbury-apothecary-henrico-va-23229/>

## 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.

●– **Mansilla Medical Practice**

**804-379-3100**

360 Browns Hill Court, Midlothian, VA 23114

<https://www.mansillamedical.com/>

●– **McGuire VA Medical Center**

Angela Gentili, MD

**804-675-5000**

1201 Broad Rock Boulevard, Richmond, VA 23224

●– **Primary Health Group – Johnston Willis**

**804-320-1333**

1471 Johnston Willis Drive, North Chesterfield, VA 23235

●– **Swift Creek Family Care**

**804-526-5850**

3628 Boulevard, Colonial Heights, VA 23834

- **VCU Geriatrics**

**804-354-8108**

2104 West Laburnum Ave, Richmond, VA 23227

<http://www.intmed.vcu.edu/about/institutes/vcucahm/index.html>

## Physician House Calls

These physicians will make house calls.

- **Visiting Physicians Association**

**804-687-4973**

**855-803-9352**

6802 Paragon Place, Suite 410, Office 417, Richmond, VA 23230

<https://www.visitingphysicians.com>

- **VCU Health Geriatric and Continuum Services**

**804-354-8108**

2104 West Laburnum Ave., Richmond, VA 23227

<https://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**

**855-275-7555**

<http://www.cjwmedical.com>

- **Medical College of Virginia Associated Physicians**

**Toll Free: 800-762-6161**

<http://www.mcv.org>

## Prescription Assistance

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

- **Medicare Prescription Drug Benefit**

**800-633-4227**

<https://www.medicare.gov> (click on Prescription Drug Plan)

- **Senior Connections, The Capital Area Agency On Aging**

**804-343-3000**

**Toll Free: 800-989-2286**

24 East Cary Street, Richmond, VA 23219

<https://www.seniorconnections-va.org>



## Ramps

- **Amramp**  
**804-564-4973**  
**800-649-5215**  
P. O. Box 4163, Glen Allen, VA 23058  
<http://www.amramp.com>
- **Mobility Supercenter**  
**804-231-7774**  
**866-202-8607**  
7450 Midlothian Turnpike, North Chesterfield, VA 23225  
<https://www.mobilityworks.com>
- **project:HOMES**  
**804-233-2827**  
88 Carnation Street, Richmond, VA 23225  
<https://www.projecthomes.org>
- **RAMPS**  
**804-282-3605**  
1114 Westbriar Drive, Suite D, Richmond, VA 23238  
<http://www.rampsrva.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**  
**Helpline Toll Free: 800-272-3900**  
4600 Cox Road, Suite 130, Glen Allen, VA 23060  
<https://www.alz.org/grva>
- **Alzheimer's Association Tri-Cities Branch**  
**804-446-5860**  
201 Temple Avenue, Suite E, Colonial Heights, VA 23834  
<https://www.alz.org/grva>
- **Chesterfield-Colonial Heights Department of Social Services**  
**804-748-1100**  
P. O. Box 430, 9501 Lucy Corr Circle, Chesterfield, VA 23832
- **Commonwealth Catholic Charities Independence for Seniors**  
**804-545-5916**  
1601 Rolling Hills Drive, Richmond, VA 23229  
<https://www.cccofva.org>

- **Family Lifeline**  
**804-282-4255**  
 2325 West Broad Street, Richmond, VA 23220  
<https://www.familylifeline.org>
  
- **Jewish Family Services**  
**804-282-5644**  
 6718 Patterson Avenue, Richmond, VA 23226  
<https://www.jfsrichmond.org>
  
- **Senior Connections, The Capital Area Agency On Aging**  
**804-343-3000**  
**800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
  
 ●– <https://www.seniorconnections-va.org>
  
- **Virginia Department for Aging and Rehabilitation Services**  
**804-662-7671**  
**Toll Free: 800-552-3402**  
 State information on Respite Providers or Programs  
 1610 Forest Avenue, Suite 100, Henrico, VA 23229  
<https://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  
<https://www.chesterfield.gov/activelifestyles>
  
- **50+ Active Lifestyle programs at Huguenot Road Baptist Church**  
**804-212-8815**  
 10525 West Huguenot Road, North Chesterfield, VA 23235  
<https://www.chesterfield.gov/activelifestyles>
  
- **Bensley Recreation Center**  
**804-768-7904**  
 2900 Drewrys Bluff Road, North Chesterfield, VA 23237  
<https://www.chesterfield.gov/Facilities/Facility/Details/Bensley-Recreation-Center-36>
  
- **Bon Air Presbyterian Church Friendship Café**  
**804-343-3000**  
 9201 W. Huguenot Rd, North Chesterfield, VA 23235

- **dayBREAKS Adult Care Center**  
**804-419-0999**  
 2405 Dovercourt Drive, Midlothian, VA 23113  
<https://www.daybreaksva.com>
  
- **Lifelong Learning Institute**  
**804-378-2527**  
 13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113  
<http://www.llichesterfield.org>
  
- **Market Square Friendship Café**  
**804-343-3000**  
 7109 Bensley Commons Lane, North Chesterfield, VA 23237
  
- **New Covenant Presbyterian Church Friendship Café**  
**804-343-3000**  
 6415 Irongate Drive, 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  
<https://www.shepcenter.org>
  
- **YMCA**  
 Chester: **804-748-9622**  
 Manchester: **804-276-9622**  
 Midlothian: **804-379-5668**  
 Swift Creek: **804-595-9622**

## Senior Connections, The Capital Agency on Aging

<https://www.seniorconnections-va.org>

**24 East Cary Street, Richmond, VA 23219**

**Toll Free: 800-989-2286**

**Phone: 804-343-3000**

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

Senior Connections, The Capital Area Agency on Aging, is dedicated to helping individuals maintain quality of life and independence as they age. We place special emphasis on helping older adults who may be socially isolated and physically or economically at risk. Senior Connections serves as an advocacy and education organization focusing on issues that impact current and future retirees.

## Finding Options and Resources

Our Agency will provide Information and Referrals for resources in our service area for older adults and caregivers. We are an entry point for connecting individuals with agencies and resources through

the state's secure No Wrong Door System.

Our Care Coordination Program provides information, referral, assessment and coordination of services to older adults, caregivers and their families.

In addition, we have a Medicare and Insurance Counseling Program to assist Medicare beneficiaries, their families and caregivers in understanding Medicare coverage and other related health insurance benefits. Specialists with our Benefits Enrollment Center assist Medicare beneficiaries to apply for and understand benefits for which they may be eligible.

## **Support to Stay Home**

We promote connections to help individuals live positive independent lives. Our programs include:

- **Home Delivered Meals** for those who are homebound;
- **Friendship Cafes** to allow older adults to socialize over a hot meal;
- **TeleBridges** to provide a friendly call two to five times per week;
- **Respite and In-Home Services** to provide temporary support;
- **Money Management** to help with check writing and reviewing bank statements;
- **Care Transitions** to work with the local hospitals to support a successful discharge
- **Ride Connection** to assist with transportation for medical appointments.

## **Assistance to Caregivers**

Caregivers are provided assistance with obtaining information about available services. In addition, educational programs are provided to help with problem solving and decision making.

## **Advocacy and Support**

The following programs allows us to advocate for older adults and caregivers. Our Public Guardians are advocates for the most vulnerable adults who lack capacity to make decisions. Senior Law Days are offered throughout the year to assist eligible older adults and persons with disabilities to prepare Wills, Durable Powers of Attorney and Advance Medical Directives. Our Long-Term Care Ombudsman protects and advocates for the rights of persons living in nursing and assisted living homes. The Virginia Senior Medicare Patrol educates Medicare beneficiaries, caregivers and their families to prevent, detect and report healthcare fraud, errors and abuse.

## **Getting Involved**

We provide programs that allow older adults to become involved through volunteering or with our employment services. An older adult can provide additional support to children through our Foster Grandparent program as a volunteer mentor. The Retired and Senior Volunteer Program offers many opportunities with organizations throughout the area for volunteering and our internal Volunteer Program provides opportunities to support Agency programs. Our Senior Employment offers short term work experience and matches potential job candidates with other organizations.

## **Education and Information**

Computer classes are offered to older adults wishing to learn the basics. Learning opportunities include Health and Wellness classes on fall prevention, chronic disease self-management and healthy habits for adults. We have Speakers who can speak on topics related to enhancing the quality of life for seniors and caregivers.

Please contact Senior Connections at 804-343-3000 or go to our website at [seniorconnections-va.org](http://seniorconnections-va.org) to learn more about our services. You may also pick up a copy of our Engage at Any Age Newsletter (formerly Mature Life) in the FiftyPlus publications at over 300 locations in the Greater Richmond area.

## 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.

- **Golden Age Fellowship – Clover Hill Baptist Church**  
**804-745-0660**  
3100 Courthouse Road, North Chesterfield, VA 23236  
<https://www.cloverhillbaptist.com>
  
- **Saint Gabriel Catholic Church**  
**804-639-6712**  
8901 Winterpock Road, Chesterfield, VA 23832
  
- **Older Adult Ministries and Healing Hearts**  
**804-272-2072**  
Huguenot Road Baptist Church, 10525 West Huguenot Road, North Chesterfield, VA 23235  
<https://www.hrbcrichmond.org>
  
- **Providence Retired Club – Providence United Methodist Church**  
**804-276-4289**  
901 South Providence Road, North Chesterfield, VA 23236  
<http://www.providenceumc.net>
  
- **Reveille United Methodist Church**  
**804-359-6041**  
4200 Cary Street, Richmond, VA 23221  
<http://www.reveilleumc.org/leisure-club>
  
- **St. Mathias Episcopal Church**  
**804-272-8588**  
11300 West Huguenot Road, Midlothian, VA 23113  
<https://www.stmatmidlo.com/>
  
- **Salisbury Presbyterian Church (Senior Choir)**  
**804-794-5311**  
13621 West Salisbury Road, Midlothian, VA 23113  
<https://www.thesalisburychurch.org/>
  
- **Tabernacle Baptist Church**  
**804-739-2169**  
11521 Coalboro Road, Chesterfield, VA 23838  
<https://www.tbcchesterfield.org>
  
- **Women’s Guild**  
**804-275-7962**  
St. Augustine’s Catholic Church, 4400 Beulah Road, North Chesterfield, VA 23237  
<http://www.staugustineparish.net>
  
- **Young Seniors – Second Branch Baptist Church**  
**804-739-3460**  
12217 Second Branch Road, Chesterfield, VA 23838

<https://www.secondbranch.org>

## Social Security

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

- **Chesterfield Office**  
**877-773-7231**  
**TTYToll Free: 800-325-0778**  
13551 Waterford Place, Midlothian, VA 23112
- **Petersburg Office**  
**877-803-6322**  
**Toll Free: 800-325-0778**  
100 Poplar Drive, Petersburg, VA 23805
- **Social Security District Office**  
**866-679-7228**  
**TTYToll Free: 800-325-0778**  
Main number: **800-772-1213**  
1834 West Cary Street, Richmond, VA 23220  
<https://www.socialsecurity.gov> or <https://www.ssa.gov>

## Substance Abuse

- **Alcoholics Anonymous**  
**804-355-1212** (Phone Support & Meeting Information)  
<https://www.aarichmond.org>
- **Chesterfield Mental Health Support Services**  
**Crisis Phone: 804-748-6356**  
PO Box 92, 6801 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.chesterfield.gov/ASAS>
- **The Daily Planet, Southside Community Health Center**  
**804-292-3011**  
180 Belt Boulevard, Richmond, VA 23225  
<https://www.dailyplanetva.org>
- **The Healing Place**  
**804-358-0964, ext. 114**  
700 Dinwiddie Avenue, Richmond, VA 23224  
<http://www.thehealingplace.com>
- **The Meridian Group of Chesterfield**  
**804-751-8644**  
10109 Krause Road, Suite 100, Chesterfield, VA 23832-6501  
<http://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  
<https://www.alanonrichmond.org>
  
- **Alcoholics Anonymous (Phone Support & Meeting Information)**  
**804-355-1212**  
<https://www.aarichmond.org>
  
- **ALS Support Group**  
**804-297-1954**  
Trinity United Methodist Church,  
**Contact: Christina Vargas**  
8100 Three Chopt Road, Suite 1217, Richmond, VA 23229  
Meets on Wednesday from 3:30 – 5:00 p.m.
  
- **Alzheimer’s Association, Greater Richmond Chapter**  
**804-967-2580**  
**Toll Free: 800-272-3900**  
4600 Cox Road, Suite 130, Glen Allen, VA 23060  
<https://www.alz.org/grva>
  
- **Alzheimer’s Association, Tri-Cities Branch**  
**804-526-2359**  
201 Temple Avenue, Suite E, Colonial Heights, VA 23834  
<https://www.alz.org/grva>
  
- **Alzheimer’s Support Groups**  
[www.alz.org/grva](http://www.alz.org/grva)  
Richmond area groups are contacted via the Alzheimer’s Chapter Office (804-967-2580)
  - **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.

- **Lucy Corr**  
**804-967-2580**  
 6800 Lucy Corr Blvd, 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.
  
- **Petersburg Public Library**  
**804-733-2387**  
 201 W. Washington Street, Petersburg, VA 23803  
 Meets on the second Wednesday at 4:00pm in the 1<sup>st</sup> floor conference room
  
- **Second Branch Baptist Church**  
**804-967-2580**  
 12217 Second Branch Road, Chesterfield, VA 23838  
 Meets on the first Tuesday at 10:30 a.m.
  
- **American Cancer Society**  
**804-527-3700**  
**24-hour hotlineToll Free: 800-227-2345**  
 4240 Park Place Court, Glen Allen, VA 23060  
<https://www.cancer.org>
  
- **American Diabetes Association**  
**804-225-8038**  
**888-DIABETES**  
 870 Greenbrier Circle, Suite 404, Chesapeake, VA 23320  
<https://www.diabetes.org>
  
- **American Lung Association – The Better Breathers Club**  
 HealthSouth Rehabilitation Hospital of Petersburg,  
**800-LUNGUSA**  
 95 Medical Park Boulevard, Petersburg, VA 23805  
[https://action.lung.org/site/TR?fr\\_id=16873&pg=entry](https://action.lung.org/site/TR?fr_id=16873&pg=entry)  
 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**  
**804-937-6855**  
 Chippenham Hospital, 7101 Jahnke Road, Richmond, VA 23235  
<http://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  
<https://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  
<https://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.
  
- **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](mailto:airymount@comcast.net) :**804-248-6848**  
Angie Phelon, email [aphelon@youraaa.org](mailto: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  
<http://www.facebook.com/GreaterRichmondAmputeeSupportGroup.com>;  
<https://www.powelloandp.com>
  
- **Healing Hearts (Widow(ers) Support Group)**  
**804-272-2072**  
10525 West Huguenot Road, North Chesterfield, VA 23235  
<https://www.hrbcrichmond.org>
  
- **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.
  
- **Multiple Sclerosis Support Group**  
**804-739-8488**  
North Courthouse Road Library, 325 Courthouse Road  
**804-794-7589**  
North Chesterfield, VA 23236  
Email: [smyelinms@gmail.com](mailto:smyelinms@gmail.com)  
Meets the 3<sup>rd</sup> 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  
<http://www.namicentralvirginia.org>
  
- **Parkinson’s Disease Support Group**  
**804-355-5717**  
 Circle Center Adult Day Services  
 4900 West Marshall Street, Richmond, VA 23230  
<https://www.circlecenterads.org>
  
- **Prostate Cancer Group**  
**804-346-4407**  
 Ridge Baptist Church, 1515 Eastridge Road, Henrico, VA 23229  
 Contact: Peter Moon  
<https://www.rvaprostatecancersupport.org>  
 Meets on the third Thursday of each month at 7:00 p.m.
  
- **Richmond Aphasia Support (brain injury)**  
**804-908-3261**  
 Wells Coleman building, Training Room 100, Monument Corporate Center,  
 5400 Monument Avenue, Richmond, VA 23230  
 Contact: Susan Hapala, <http://www.rva-aphasia.com>  
 Meets on the second Thursday at 6:00 p.m.
  
- **Richmond Well Spouse Support Group**  
**804-545-4952**  
 Parham Doctor’s Hospital  
 7700 East Parham Road, Suite 120, Richmond, VA 23294  
 Contact: Kathy Jarrell at [Kathy.jarrell@hcahealthcare.com](mailto:Kathy.jarrell@hcahealthcare.com)  
 Meets on the second Tuesday night of each month, from 7-9 p.m.
  
- **TGIF: Through Grief in Friendship**  
**804-739-4535**  
 Woodlake United Methodist Church  
 6601 Woodlake Village Parkway, Midlothian, VA 23112  
 Contact: Cathy Frazier
  
- **Virginia Mid-Atlantic Chapter Paralyzed Veterans of America**  
**804-378-0017**  
**Toll Free: 800-852-7639**  
 11620 Busy Street, North Chesterfield, VA 23236  
<http://www.pvamidatlantic.org/>
  
- **YWCA Women’s Victim Advocacy, Greater Richmond Regional Hotline**  
**804-612-6126**  
**804-643-6761**  
 6 North 5<sup>th</sup> Street, Richmond, VA 23219  
 Email: [Info@ywcarichmond.org](mailto:Info@ywcarichmond.org)  
<https://www.ywcarichmond.org>

- **YWCA Women’s Victim Advocacy – Chesterfield**  
**804-643-6761. Ext 119**  
<https://www.ywcarichmond.org>  
 Contact: Ryan E. Morris, MSW, Director of Advocacy and Outreach  
[www.rmorris@ywcarichmond.org](http://www.rmorris@ywcarichmond.org)

## Tax Assistance

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

- **AARP**  
**888-687-2277**  
[https://www.aarp.org/money/taxes/aarp\\_taxaide/](https://www.aarp.org/money/taxes/aarp_taxaide/)  
**Also:** <https://local.aarp.org/chesterfield-va/>
- **Real Estate Tax Relief (Chesterfield County)**  
**804-748-1281**  
<https://www.Chesterfield.gov/1143/Tax-Relief>
- **Commissioner of the Revenue**  
**804-748-1281**  
 P. O. Box 124, 9901 Lori Road, Chesterfield, VA 23832  
<https://www.chesterfield.gov/310/Commissioner-of-the-Revenue>

## Technology

- **Chesterfield County Parks and Recreation**  
**804-748-1623**  
 P. O. Box 40, 6801 Mimms Loop, Chesterfield, VA 23832  
<https://www.chesterfield.gov/150/Parks-Recreation>
- **Chesterfield County Public Libraries**  
**804-751-2275**  
 P. O. Box 297, 9501 Lori Road, Chesterfield, VA 23832  
<https://library.chesterfield.gov/>
- **Lifelong Learning Institute of Chesterfield**  
**804-378-2527**  
 P. O. Box 1090, 13801 Westfield Road, Midlothian, VA 23113  
<http://www.llichesterfield.org>
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000**  
 24 East Cary Street, Richmond, VA 23219  
<https://www.seniorconnections-va.org>
- **Thinking CAP Technologies**  
**804-928-3689**  
 7305 Hancock Village Drive, Suite 508, Chesterfield, VA 23832  
<http://www.thinkingcaptechnologies.com>

## 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**  
<https://www.eldercare.acl.gov>
- **General Electric Healthcare Accessories and Supplies**  
**866-281-7545**  
<https://www.gehealthcare.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**  
804-343-3000  
800-989-2286  
<https://www.seniorconnections-va.org/>
- **Office of Equal Employment Services,**  
Dept. of Human Resource Management  
800-533-1414  
804-225-2131  
<https://www.dhrm.virginia.gov>
- **Sickle Cell Disease Association of America**  
800-421-8453
- **Social Security**  
800-772-1213  
<https://www.ssa.gov>
- **Virginia Department for Aging and Rehabilitative Services**  
800-552-5019  
<https://www.vadars.org>
- **Virginia Department for Deaf and Hard of Hearing**  
800-552-7917  
<https://www.vddhh.org>
- **Virginia Dept. of Social Services**  
Adult Protective Services Elder Abuse Hotline  
888-832-3858  
Child Protective Services, Abuse & Neglect Hotline  
804-786-8536  
<https://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.

- **American Cancer Society**  
800-227-2345  
For cancer patients to and from treatment and medical appointments  
804-527-3700  
<https://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. <https://www.redcross.org> or <https://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.
- **Mobility Services**  
804-706-2796  
9800 Government Center Pkwy, P.O. Box 40, Chesterfield, VA 23832  
Must be registered prior to using the service.  
<https://www.chesterfield.gov/mobilityservices>
- **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.  
<https://www.shepcenter.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  
<http://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.  
<http://www.tendercareofva.com>
- **TNT Transportation Services**  
804-270-3258  
<http://www.tntvans.com>  
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**  
<https://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  
<https://www.dvs.virginia.gov>
- **Sportable**  
**804-340-2991**  
1365 Overbrook Road, Suite 2, Richmond, VA 23220  
<https://www.sportable.org>
- **Veterans Affairs Department of Benefits & Claims**  
**800-827-1000**  
<https://www.va.gov>
- **Veterans Affairs Department of Education Benefits**  
**888-442-4551**  
●– <https://www.va.gov>
- **Veterans Cemeteries**  
**804-675-6546**  
Provides Information on 6 federal cemeteries in this area  
<https://www.cem.va.gov>
- **Virginia Department of Veterans Services**  
**804-786-0286**  
Office of the Commissioner, James Monroe Bldg.  
101 N. 14<sup>th</sup> Street (17<sup>th</sup> floor), Richmond, VA 23219, <https://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**  
**Toll Free: 800-424-8666**  
1703 N Beauregard Street, Suite 420, Alexandria, VA 22311  
<https://www.acb.org>
- **Chesterfield-Colonial Heights Department of Social Services**  
**804-748-1100**  
9501 Lucy Corr Circle, P. O. Box 430, Chesterfield, VA 23832  
(Ask for Assessment & Resource Team: ART)  
<https://www.chesterfield.gov/569/Social-Services>
- **Lions Club (Call Chesterfield Social Services)**  
**804-748-1100**  
<https://www.lionsclubs.org>
- **National Eye Care Project (Eye Care America)**  
**877-887-6327**  
<http://www.eyecareamerica.org>
- **VCU Medical Center**  
**804-828-0428**  
Nelson Clinic, 401 North 11th Street, 4th Floor, P. O. Box 980438, Richmond, VA 23298  
<https://www.vcuhealth.org>
- **Virginia Department for the Blind & Vision Impaired**  
**804-371-3140**  
**Toll Free: 800-622-2155**  
397 Azalea Avenue, Richmond, VA 23227  
<https://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.  
<https://www.virginiavoice.org>

## Virginia Navigator

<https://www.SeniorNavigator.org>    <https://www.DisabilityNavigator.org>  
<https://www.VeteransNavigator.org>    <https://www.VirginiaNavigator.org>

**7501 Boulders View Drive, Suite 630, North Chesterfield, VA 23225**

**Phone: 804-525-7728**

VirginiaNavigator is a free, non-profit, public/private partnership that connects older adults, people with disabilities, veterans, and their caregivers and families with local services available in the community.



The VirginiaNavigator family of Websites features over 26,000 programs and services that address health and aging issues, transportation options, benefits assistance, recreational opportunities, financial concerns, legal questions, caregiver support, housing options, and more. Additional features of the websites include “Ask an Expert” and a Community Calendar.

Chesterfield County partners with VirginiaNavigator 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.

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, 6800 Lucy Corr Boulevard, Chesterfield.

## 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**  
<https://states.aarp.org/virginia/>
  
- **American Red Cross**  
**804-780-2250**  
420 East Cary Street, Richmond, VA 23219  
<https://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  
<https://www.chesterfield.gov/569/Social-Services>
  
- **Chesterfield County Office of Aging & Disability Services**  
**804-768-7878**  
9800 Government Center Parkway, P. O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/213/Volunteer-Opportunities>
  
- **Chesterfield County Parks & Recreation Department**  
**804-748-1623**  
6801 Mimms Loop, P. O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/1072/Volunteering>
  
- **Chesterfield County Volunteer Coordinator**  
**804-751-4142**  
Human Resource Management, P.O. Box 40, Chesterfield, VA 23832  
<https://www.chesterfield.gov/volunteer>
  
- **CJW Medical Center**
  - **Chippenham Campus, Volunteer Services**  
**804-483-3257**  
7101 Jahnke Road, Richmond, VA 23225
  - **Johnston-Willis Campus, Director of Volunteers**  
**804-483-5081**  
1401 Johnston Willis Drive, North Chesterfield, VA 23235
  
- **Commonwealth Catholic Charities Independence for Seniors**  
**804-545-5916**  
1601 Rolling Hills Drive, Richmond, VA 23229  
<https://www.cccofva.org>
  
- **Crater District Area Agency on Aging**  
**804-732-7020**  
23 Seyler Drive, Petersburg, VA 23805

- **Lifelong Learning Institute**  
**804-378-2527**  
 13801 Westfield Road, P. O. Box 1090, Midlothian, VA 23113  
<http://www.llichesterfield.org>
  
- **Lucy Corr**  
**804-748-1511**  
 6800 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.lucycorr.org>
  
- **Meals on Wheels of Greater Richmond (Feed More)**  
**804-521-2500**  
 1415 Rhoadmiller Street, Richmond, VA 23220  
<https://feedmore.org/how-we-help/meals-on-wheels/>
  
- **Pocahontas State Park**  
**804-796-4255**  
 10301 State Park Road, Chesterfield, VA 23832  
<https://www.dcr.virginia.gov/state-parks/pocahontas>
  
- **Retired and Senior Volunteer Program (RSVP)**  
**804-343-3000**  
 Senior Connections, 24 East Cary Street, Richmond, VA 23219  
<https://www.seniorconnections-va.org>
  
- **Retired and Senior Volunteer Program (RSVP) Petersburg**  
**804-861-1767**  
 23 Seyler Drive, Petersburg, VA 23805
  
- **Senior Connections, The Capital Area Agency on Aging**  
**804-343-3000**  
**800-989-2286**  
 24 East Cary Street, Richmond, VA 23219  
<https://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**  
**804-706-9198**  
 6800 Lucy Corr Boulevard, Chesterfield, VA 23832  
<https://www.shepcenter.org>
  
- **Virginia Voice**  
**804-266-2477**  
 395 Azalea Avenue, P. O. Box 15546, Richmond, VA 23227  
<https://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  
<https://www.chesterfield.gov/registrar>

## Websites

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

- **211 Virginia**  
<http://www.211virginia.org>
- **AARP**  
<https://www.aarp.org>
- **Administration for Community Living**  
<https://www.acl.gov>
- **Alzheimer's Association, Richmond Chapter**  
<https://www.alz.org/grva>
- **Arc of Virginia**  
<https://www.hearcofva.org>
- **Centers for Disease Control & Prevention**  
<https://www.cdc.gov>
- **Centers for Medicare and Medicaid Services**  
<https://www.cms.gov>
- **Chesterfield Council on Aging**  
<https://www.chesterfield.gov/councilonaging>
- **Chesterfield County Government**  
<https://www.chesterfield.gov>
- **Chesterfield Aging & Disability Services**  
<https://www.chesterfield.gov/188/Aging-Disability-Services>
- **Chesterfield Triad**  
<https://www.chesterfield.gov/triad>
- **Consumer Information**  
<https://www.ftc.gov/bcp/consumer.shtm>
- **disAbility Law Center of Virginia**  
<https://www.dlcv.org>

- **Eldernet**  
<https://www.eldernet.com>
- **Families USA**  
<https://www.familiesusa.org>
- **Food Safety**  
<https://www.foodsafety.gov>
- **HCA VA Health System**  
<https://www.hcavirginiahealthsystem.com>  
7300 Beaufont Springs Dr, Suite 101, Richmond, VA 23225
- **Medicare**  
<https://www.medicare.gov>
- **Medications**  
<https://www.nlm.nih.gov/medlineplus/druginformation.html>
- **National Council on Aging**  
<https://www.ncoa.org>
- **National Health Information**  
<https://www.healthfinder.gov>
- **National Institutes of Health**  
<https://www.health.nih.gov>
- **Partnership for People with Disabilities**  
<https://www.vcu.edu/partnership>
- **Senior Connections, The Capital Area Agency on Aging**  
<https://www.seniorconnections-va.org>
- **Seniors Guide**  
<https://www.SeniorsGuide.com>
- **SeniorNavigator**  
<https://www.seniornavigator.org>
- **Social Security Administration**  
<https://www.ssa.gov>
- **U.S. Government**  
<https://www.usa.gov>
- **VCU-Virginia Center on Aging**  
<https://www.vcu.edu/vcoa>
- **Virginia’s Network for Healthy Aging**  
<http://www.vaaaa.org>

- **Virginia Association of Community Services Boards (VACSB)**  
<https://www.vacsb.org>
- **Virginia Board for People with Disabilities**  
<https://www.vaboard.org>
- **Virginia Center on Aging**  
<https://www.vcu.edu/vcoa>
- **Virginia Department for Aging and Rehabilitative Svcs.**  
<https://www.vadars.org>
- = **Virginia Easy Access**  
<http://www.easyaccess.virginia.gov>
- = **Virginia Assistive Technology System (VATS)**  
<http://www.vats.org>