



# **A GUIDE TO SENIOR RESOURCES**

## In and Around Fluvanna County



Fluvanna County cares about our seniors! This guide is provided to assist seniors, and their families, friends, and care givers in finding needed resources. This guide can be helpful when you are seeking information about community activities, health care services, financial advice or assistance, or a broad range of other topics.

This guide was developed by the Fluvanna County Partnership for Aging Committee in collaboration with many community partners. The Partnership also works with representatives from Fluvanna's human service departments, specialized agencies, businesses, and other interested individuals to improve the quality of life for those 55 and older, and for their families/ support systems.



*January 2015*

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***We welcome your feedback!***

Comments about this guide can  
be submitted online at:  
**www.fluvannacounty.org**  
(Senior Resources link)

Organization	Phone	Address	Website
<b>A. KEY &amp; ESSENTIAL CONTACTS</b>			>> Back to Top <<
Fluvanna County Administration	434-591-1910	132 Main Street Palmyra, VA 22963	<a href="http://www.fluvannacounty.org">www.fluvannacounty.org</a>
Sheriff's Office (Non-Emerg)	434-589-8211	160 Commons Blvd. Palmyra, Virginia 22963	<a href="http://www.fluvannasheriff.com">www.fluvannasheriff.com</a>
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
Social Services, Fluvanna County	434-842-8221	8880 James Madison Hwy Carysbrook Complex Fork Union, VA 23055	<a href="http://www.fluvannacounty.org/services/social-services">www.fluvannacounty.org/services/social-services</a>
<b>B. RESOURCES IN FLUVANNA</b>			>> Back to Top <<
Fluvanna County Administration	434-591-1910	132 Main Street Palmyra, VA 22963	<a href="http://www.fluvannacounty.org">www.fluvannacounty.org</a>
Sheriff's Office (Non-Emerg)	434-589-8211	160 Commons Blvd. Palmyra, Virginia 22963	<a href="http://www.fluvannasheriff.com">www.fluvannasheriff.com</a>
Social Services - Fluvanna County	434-842-8221	8880 James Madison Hwy Carysbrook Complex Fork Union, VA 23055	<a href="http://www.fluvannacounty.org/services/social-services">www.fluvannacounty.org/services/social-services</a>
Fluvanna County Health Department	434-591-1960	Rt 15, County Office Bldg Palmyra, VA 22963	<a href="http://www.vdh.state.va.us/LHD/ThomasJefferson/Fluvanna/">www.vdh.state.va.us/LHD/ThomasJefferson/Fluvanna/</a>
MACAA - Monticello Area Community Action Agency	434-842-2521	8888B James Madison Hwy Fork Union, VA 23055	<a href="http://www.maca.org">www.maca.org</a>

Organization	Phone	Address	Website
Region Ten Community Services	434-589-8276 C'ville Office: 434-972-1800	13623 James Madison Hwy Palmyra, VA 22963	<a href="http://www.regionten.org">www.regionten.org</a>
Virginia SeniorNavigator			<a href="http://www.virginiannavigator.org/sn/senior-navigator-home-page">www.virginiannavigator.org/sn/senior-navigator-home-page</a>
<b>C. ACTIVE &amp; INDEPENDENT LIVING</b>			>> Back to Top <<
<b>Animal Assistance &amp; Care</b>			>> Back to Top <<
Caring for Creatures Animal Sanctuary	434-842-2404	352 Sanctuary Lane Palmyra, VA 22963	<a href="http://www.caringforcreatures.com">www.caringforcreatures.com</a>
Crossroads Animal Hospital	540-832-1751	65 Jefferson Court Zion Crossroads, VA 22942	<a href="http://www.xroadsanimalhospital.com">www.xroadsanimalhospital.com</a>
Fluvanna County SPCA	434-591-0123	5239 Union Mills Rd Route 616 Troy, VA 22974	<a href="http://www.fspca.org">www.fspca.org</a>
Fork Union Animal Clinic	434-214-0361	6690 James Madison Hwy Fork Union, VA 23055	<a href="http://www.forkunionvet.com">www.forkunionvet.com</a>
Peaceful Passings Senior Animal Rescue	434-842-3287	2856 Cloverdale Road Bremono Bluff, VA 23022	<a href="http://www.peacefulpassings.org">www.peacefulpassings.org</a>
<b>Community &amp; Intergenerational Centers</b>			>> Back to Top <<
Fluvanna Community Senior Center	434-842-3150	5725 James Madison Hwy Fork Union, VA 23055	<a href="http://www.fluvannacounty.org/services/parks-and-recreation">www.fluvannacounty.org/services/parks-and-recreation</a>

Organization	Phone	Address	Website
Blue Ridge PACE	434-529-1300	1335 Carlton Ave Charlottesville, VA	<a href="http://www.blueridgepace.org">www.blueridgepace.org</a>
Scottsville Community Senior Center	434-286-6890	250 Page Street Scottsville, VA 24590	<a href="http://www.fluvannacounty.org/services/parks-and-recreation">www.fluvannacounty.org/services/parks-and-recreation</a>
Senior Center of Charlottesville	434-974-7756	1180 Pepsi Place Charlottesville, VA 22901	<a href="http://www.seniorcenterinc.org">www.seniorcenterinc.org</a>
<b>Education, Continued &amp; Lifelong Learning</b>			>> Back to Top <<
PVCC - Piedmont Virginia Community College	434-961-5351	501 College Drive Charlottesville, VA	<a href="http://www.pvcc.edu">www.pvcc.edu</a>
Region Ten Community Services (C'ville Office: 434-972-1800)	434-589-8276	13623 James Madison Hwy Palmyra, VA 22963	<a href="http://www.regionten.org">www.regionten.org</a>
UVa OLLI Program (Osher Lifelong Learning Program)	434-923-4600		<a href="http://pages.shanti.virginia.edu/olliuva/">pages.shanti.virginia.edu/olliuva/</a>
UVa School of Continuing and Professional Studies	800-346-3882	UVa Zehmer Hall 104 Midmont Lane Charlottesville, VA 22904	<a href="http://www.scps.virginia.edu">www.scps.virginia.edu</a>
Virginia Cooperative Extension Service	434-591-1950	132 Main Street Palmyra, VA 22963	<a href="http://www.offices.ext.vt.edu/fluvanna">www.offices.ext.vt.edu/fluvanna</a>
Virginia Dept for Aging and Rehabilitative Services (DARS)	434-296-5621	2211 Hydraulic Rd, Ste 101 Charlottesville, VA	<a href="http://www.dars.virginia.gov">www.dars.virginia.gov</a>
Virginia Employment Commission (VEC)	434-987-7630	2211 Hydraulic Road Charlottesville, VA	<a href="http://www.vec.virginia.gov/charlottesvile">www.vec.virginia.gov/charlottesvile</a>

Organization	Phone	Address	Website
Virginia Industries for the Blind	434-295-5168	1102 Monticello Road Charlottesville, VA	<a href="http://www.vibonline.org">www.vibonline.org</a>
Virginia Workforce Center	434-984-7630	2211 Hydraulic Road Charlottesville, VA	<a href="http://www.vec.virginia.gov/charlottesvile">www.vec.virginia.gov/charlottesvile</a>
WorkSource Enterprises	434-972-1730	1311 Carlton Avenue Charlottesville, VA	<a href="http://www.worksourceva.org">www.worksourceva.org</a>
<b>Financial Counseling &amp; Services</b>			>> Back to Top <<
AIM - Alliance for Interfaith Ministries	434-972-1704	413 East Market Street Charlottesville, VA 22902	<a href="http://www.aimcville.org">www.aimcville.org</a>
Albemarle County Office of Housing	434-296-5839	1660 5th St, Ste B Charlottesville, VA 22902	<a href="http://www.albemarle.org">www.albemarle.org</a>
BankOn Greater Charlottesville	434-906-4674		<a href="http://www.bankoncharlottesville.org">www.bankoncharlottesville.org</a>
Charlottesville Housing Authority	434-326-4719	605 East Main Street Charlottesville, VA 22902	<a href="http://www.charlottesville.org">www.charlottesville.org</a>
Christian Outreach Program	434-983-8643	23878 N James Madison Hwy New Canton, VA 23123	<a href="http://www.coppc.org">www.coppc.org</a>
Clearpoint Credit Counseling Solutions	877-422-9043	8000 Franklin Farm Drive Richmond, VA 23229	<a href="http://www.clearpointccs.org">www.clearpointccs.org</a>
Love INC	434-977-7777	198 Spotnap Road, Ste C-1 Charlottesville, VA 22911	<a href="http://www.loveinccville.org">www.loveinccville.org</a>
MACAA - Monticello Area Community Action Agency	434-842-2521	8888B James Madison Hwy Fork Union, VA 23055	<a href="http://www.maca.org">www.maca.org</a>

Organization	Phone	Address	Website
Piedmont Housing Alliance	434-817-2436	1215 East Market St, Ste B Charlottesville, VA 22902	<a href="http://www.piedmonthousingalliance.org">www.piedmonthousingalliance.org</a>
Salvation Army	434-295-4058	207 Ridge Street Charlottesville, VA 22901	<a href="http://www.virginiasalvationarmy.org/charlottesvilleva">www.virginiasalvationarmy.org/charlottesvilleva</a>
UVA Community Credit Union	434-964-2001	3300 Berkmar Drive Charlottesville, VA 22901	<a href="http://www.uvacreditunion.org">www.uvacreditunion.org</a>
Virginia Cooperative Extension Service	434-872-4580	460 Stagecoach Road Charlottesville, VA 22902	<a href="http://www.ext.vt.edu">www.ext.vt.edu</a>
<b>Financial &amp; Estate Planning, Insurance</b>			>> Back to Top <<
Legacy Asset Management Board (Bernard Whitsett, II)	973-865-3310	7 Georgetown Green Road Charlottesville, VA 22902	
Northwestern Mutual Financial Network	434-817-1060	215 Wayles Lane, Ste 200 Charlottesville, VA 22911	
<b>Home Repairs &amp; Renovations</b>			>> Back to Top <<
Albemarle Housing Improvement Program (AHIP)	434-817-2447	2127 Berkmar Drive Charlottesville, VA 22901	<a href="http://www.ahipva.org">www.ahipva.org</a>
Amramp	888-715-7598		<a href="http://www.amramp.com">www.amramp.com</a>
Building Goodness Foundation	434-973-0993	1017 Gordon Avenue Charlottesville, VA 22903	<a href="http://www.buildinggoodness.org">www.buildinggoodness.org</a>
Community Energy Conservation Program, Inc.	434-293-3777	1819 Broadway Street Charlottesville, VA 22902	<a href="http://www.cecpva.org">www.cecpva.org</a>



Organization	Phone	Address	Website
Fluvanna/Louisa Housing Foundation	434-589-4820	P.O. Box 413 Palmyra, VA 22963	<a href="http://www.louisa-county.com/LCliving/HousingBrochure.htm">www.louisa-county.com/LCliving/HousingBrochure.htm</a>
Local Energy Alliance Program (LEAP)	434-227-4666	608 Ridge Street Charlottesville, VA 22902	<a href="http://www.leap-va.org">www.leap-va.org</a>
The Mobility Center of Virginia	804-231-0177	7450 Midlothian Trnpg N Chesterfield, VA 23225	<a href="http://www.mobilityva.com">www.mobilityva.com</a>
NewWell Fund	866-835-5976	1602 Rolling Hills Rd Suite 107 Richmond, VA 23229	<a href="http://www.newwellfund.org">www.newwellfund.org</a>
Piedmont Housing Alliance	434-817-2436	1215 East Market Street Charlottesville, VA 22902	<a href="http://www.piedmonthousingalliance.org">www.piedmonthousingalliance.org</a>
<b>Legal Services</b>			>> Back to Top <<
AARP Legal Services Network (for AARP members)	866-330-0753		<a href="http://www.aarp.org">www.aarp.org</a>
Central Virginia Legal Aid Society	434-296-8851	1000 Preston Ave, Ste B Charlottesville, VA 22903	<a href="http://www.cvlas.org">www.cvlas.org</a>
State Bar Association	434-775-0522		<a href="http://www.vsb.org/">www.vsb.org/</a>
University of Virginia Women's Center Legal Clinic	434-982-2902	1400 University Avenue Charlottesville, VA 22903	<a href="http://www.womenscenter.virginia.edu">www.womenscenter.virginia.edu</a>
Virginia Lawyer Referral Service	800-552-7977		<a href="http://www.vsb.org/vlrs/">www.vsb.org/vlrs/</a>

Organization	Phone	Address	Website
<b>Mobility, Vehicles</b>			>> Back to Top <<
MITS of Virginia	888-897-6154	2075 West Main Street Waynesboro, VA 22980	<a href="http://www.aarp.org">www.aarp.org</a>
The Mobility Center of Virginia	804-231-0177	7450 Midlothian Trnprk N Chesterfield, VA 23225	<a href="http://www.cvlas.org">www.cvlas.org</a>
<b>Staying Active</b>			>> Back to Top <<
Area Volunteer Opportunities			<a href="http://www.fluvannacounty.org/411/volunteer">www.fluvannacounty.org/411/volunteer</a>
Fluvanna County Parks & Recreation			<a href="http://www.fluvannacounty.org/services/parks-and-recreation">www.fluvannacounty.org/services/parks-and-recreation</a>
<b>Tax Assistance</b>			>> Back to Top <<
AARP		At the Fluvanna Library during tax season	<a href="http://www2.youseemore.com/fluvanna/">www2.youseemore.com/fluvanna/</a>
Fluvanna County Commissioner of the Revenue	434-591-1940	34 Palmyra Way Post Office Box 124 Palmyra, VA 22963	<a href="http://www.fluvannacounty.org/services/commissioner">www.fluvannacounty.org/services/commissioner</a>
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
<b>Thrift Stores</b>			>> Back to Top <<
Christian Outreach Program	434-983-8643	PO Box 262 New Canton, VA 23123	<a href="http://www.coppcc.org">www.coppcc.org</a>

Organization	Phone	Address	Website
Goodwill	434-589-2848	85 Heritage Drive Palmyra, VA 22963	<a href="http://www.goodwill.org/">www.goodwill.org/</a>
MACAA - Monticello Area Community Action Agency	434-842-2521	8888B James Madison Hwy Fork Union, VA 23055	<a href="http://www.macaa.org/ProgramsServices/RuralOutreach">www.macaa.org/ProgramsServices/RuralOutreach</a>
<b>Utility/Fuel Assistance, Cooling, &amp; Weatherization</b>			>> Back to Top <<
Central Virginia Electric Cooperative	434-263-8336		<a href="http://www.forcvec.com">www.forcvec.com</a>
Community Energy Conservation Program	434-293-3777	1819 Broadway Street Charlottesville, VA 22902	<a href="http://www.cecpva.org">www.cecpva.org</a>
Dominion Virginia Power EnergyShare Program	434-972-1704	1025 Park Street Charlottesville, VA 22902	<a href="http://www.dominioncsr.com/community/energy_assistance_programs.php">www.dominioncsr.com/community/energy_assistance_programs.php</a>
Fluvanna County Department of Social Services (DSS)	434-842-8221	8880 James Madison Hwy Carysbrook Complex Fork Union, VA 23055	<a href="http://www.fluvannacounty.org/services/social-services">www.fluvannacounty.org/services/social-services</a>
MACAA - Monticello Area Community Action Agency	434-842-2521	8888B James Madison Hwy Fork Union, VA 23055	<a href="http://www.macaa.org/ProgramsServices/RuralOutreach">www.macaa.org/ProgramsServices/RuralOutreach</a>
Virginia Assistance with Utility, Heating, and Electric Bills			<a href="http://www.utilitybillassistance.com/html/assistance_in_virginia_with_ut.html">www.utilitybillassistance.com/html/assistance_in_virginia_with_ut.html</a>
<b>Volunteer Services &amp; Opportunities</b>			>> Back to Top <<
Area Volunteer Opportunities			<a href="http://www.fluvannacounty.org/411/volunteer">www.fluvannacounty.org/411/volunteer</a>

Organization	Phone	Address	Website
Fluvanna County Public Schools	434-589-8208		<a href="http://www.fluco.org">www.fluco.org</a>
Fluvanna Parks & Recreation	434-842-8221	5725 James Madison Hwy Fork Union, VA 23055	<a href="http://www.fluvannacounty.org">www.fluvannacounty.org</a>
Fluvanna SPCA	434-501-0123	5239 Union Mills Rd Route 616 Troy, VA 22974	<a href="http://www.fspca.org">www.fspca.org</a>
Fluvanna Youth Advisory Council	434-246-4118		<a href="http://www.fluvannayac.org">www.fluvannayac.org</a>
JABA - Jefferson Area Board for Aging	434-817-5222		<a href="http://www.jabacares.org">www.jabacares.org</a>
Meals on Wheels	434-589-1685		<a href="http://www.mealsonwheelsfluvanna.org">www.mealsonwheelsfluvanna.org</a>
United Way Thomas Jefferson Area	434-972-1705		<a href="http://www.unitedwaytja.org">www.unitedwaytja.org</a>

#### D. FOOD RESOURCES

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Beaver Dam Baptist Church (Wed, 9–11 am)	434-295-0277	1794 Richmond Road Troy, VA	
Blue Ridge Area Food Bank – Thomas Jefferson Branch	434-296-3663	1207 Harris Street Charlottesville, VA 22903	<a href="http://www.brafb.org">www.brafb.org</a>
Calvary Hill Baptist Church	434-581-3724	30520 N. James Madison Hwy New Canton, VA	Thu, 6 pm or call; Sun, 1–2 pm
Columbia Mobile Food Pantry	434-825-1447	Columbia Baptist Church, Rivanna Rd. Columbia, VA	3rd Wed, 10 am -11:30 pm

Organization	Phone	Address	Website
Effort Mobile Food Pantry	434-987-6416	7820 Thomas Jefferson Pkwy Palmyra, VA	Last Thu, 10 - 11:30 am
Fluvanna Christian Service	434-842-2521	Carysbrook Complex 8888B James Madison Hwy Fork Union, VA 23055	Mon-Fri, 9 am – 4:30 pm
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
Meals on Wheels of Fluvanna	434-589-1685	105 Crofton Plaza Palmyra, VA 22963	<a href="http://mealsonwheelsfluvanna.org">mealsonwheelsfluvanna.org</a>
Salvation Army Public Meals Program	434-295-4058	207 Ridge Street Charlottesville, VA 22903	<a href="http://www.virginiasalvationarmy.org/charlottesvilleva">www.virginiasalvationarmy.org/charlottesvilleva</a>
SNAP - Supplemental Nutrition Assistance Program (formerly Food Stamps)	434-842-8221	8880 James Madison Hwy Fork Union VA 23055	<a href="http://www.fns.usda.gov/snap">www.fns.usda.gov/snap</a>
<b>E. HEALTH CARE</b>			>> Back to Top <<
<b>Adult Day Care</b>			>> Back to Top <<
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
<b>Alzheimer's &amp; Dementia</b>			>> Back to Top <<
Alzheimer's Association - Central & Western Virginia	434-973-6122	1160 Pepsi Place Charlottesville, VA 22901	<a href="http://www.alz.org/cwva/">www.alz.org/cwva/</a>

Organization	Phone	Address	Website
<b>Blindness and Low-Vision Services</b>			>> Back to Top <<
Lighthouse International	212-821-9200	111 East 59th Street New York, NY 10022	<a href="http://www.lighthouse.org">www.lighthouse.org</a>
Vision Solutions	434-295-1050	1424 Darley Row Keswick, VA 22947	<a href="http://www.lowvisionassistance.com">www.lowvisionassistance.com</a>
<b>Chiropractic Care</b>			>> Back to Top <<
Edward Lauterbach	434-591-0900	202 Turkeysag Trail Palmyra, VA 22963	<a href="http://drlauterbach.com/">drlauterbach.com/</a>
Lake Chiropactic	434-589-8005	9 Centre Court Palmyra VA 22963	<a href="http://www.rickwellsdc.com">www.rickwellsdc.com</a>
<b>Deaf &amp; Hard of Hearing Services</b>			>> Back to Top <<
Audient/Epic Hearing Healthcare	877-283-4368	3191 W Temple Ave Suite 200 Pomona, CA 91768	<a href="http://www.audientalliance.org/patient.php">www.audientalliance.org/patient.php</a>
Learning Ally (Formerly Recording for the Blind and Dyslexic)	800-221-4792		<a href="http://www.learningally.org">www.learningally.org</a>
Speech, Language, and Hearing Center - University of Virginia	434-924-4613	417 Emmett Street S Charlottesville, VA 22903	<a href="http://www.curry.virginia.edu/community-programs/sjc/u.va.-speech-language-hearing-center">www.curry.virginia.edu/community-programs/sjc/u.va.-speech-language-hearing-center</a>
Starkey Hearing Foundation	866-354-3254		<a href="http://www.starkeyhearingfoundation.org">www.starkeyhearingfoundation.org</a>

Organization	Phone	Address	Website
Virginia Department for the Deaf and Hard of Hearing (VDDHH)	800-552-7917	1602 Rolling Hills Rd Suite 203 Richmond, VA 23229	<a href="http://www.vddhh.org">www.vddhh.org</a>
<b>Dentistry</b>			>> Back to Top <<
Central Virginia Health System		Esmont, Louisa, New Canton	<a href="http://www.cvhsinc.org">www.cvhsinc.org</a>
Charlottesville Free Clinic at Thomas Jefferson Health Department	434-296-5525	1138 Rose Hill Drive Charlottesville, VA 22903	<a href="http://www.cvillefreeclinic.org">www.cvillefreeclinic.org</a>
Donated Dental Services (DDS) Program	877-726-0850	3460 Mayland Ct Ste 110 Henrico, VA 23233	
UVA Dentistry	434-924-1774	UVA Health Sciences Center/ Primary Care Dental Services	<a href="http://www.medicine.virginia.edu/clinical/departments/dentistry/home-page">www.medicine.virginia.edu/clinical/departments/dentistry/home-page</a>
<b>Dentures</b>			>> Back to Top <<
Central Virginia Health System	434-581-3271		<a href="http://www.cvhsinc.org">www.cvhsinc.org</a>
Donated Dental Services (DDS) Program	800-552-3886		<a href="http://www.vadental.org">www.vadental.org</a>
<b>Disability Resources</b>			>> Back to Top <<
Access Virginia	877-428-8844		<a href="http://www.accessVA.org">www.accessVA.org</a>
Americans with Disabilities Act Information Line	800-514-0301		<a href="http://www.ada.gov/infoline.htm">www.ada.gov/infoline.htm</a>

<b>Organization</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
The Arc of the Piedmont	434-977-4002	509 Park Street Charlottesville, VA 22901	<a href="http://thearcofthepiedmont.org/">thearcofthepiedmont.org/</a>
Independence Resource Center (IRC)	434-971-9629	815 Cherry Avenue Charlottesville, VA 22903	<a href="http://charlottesvilleirc.org">charlottesvilleirc.org</a>
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
Region Ten Community Services (C'ville Office: 434-972-1800)	434-589-8276	13623 James Madison Hwy Palmyra, VA 22963	<a href="http://www.regionten.org">www.regionten.org</a>
Thomas Jefferson Planning District Commission (TJPDC)	434-979-7310	401 East Water Street Charlottesville, VA 22902	<a href="http://www.tjpd.com">www.tjpd.com</a>
United Way-Thomas Jefferson Area	434-972-1703	806 East High Street Charlottesville, VA 22902	<a href="http://www.unitedwaytja.org">www.unitedwaytja.org</a>
Virginia Board for People with Disabilities	800-846-4464	1100 Bank Street, 7th Fl Richmond, VA 23219	<a href="http://www.vaboard.org">www.vaboard.org</a>
Virginia Disability Services			<a href="http://www.vadsa.org">www.vadsa.org</a>
Virginia Office for Protection and Advocacy (VOPA)	800-552-3962	1910 Byrd Avenue Richmond, VA 23230	<a href="http://www.vopa.virginia.gov">www.vopa.virginia.gov</a>
<b>Eye Care</b>			>> Back to Top <<
Dr. Douglas Weiss and Dr. Victoria Molnar Weiss	434-591-0262	5 Centre Court Palmyra, VA 22963	<a href="http://www.weisseyes.com">www.weisseyes.com</a>
Retina Institute of Virginia	804-644-7478	8700 Stoney Point Pkwy Suite 150 Richmond, VA 23235	<a href="http://www.rivonline.net">www.rivonline.net</a>



Organization	Phone	Address	Website
<b>Health Care Equipment</b>			>> Back to Top <<
Assistive Technology Loan Fund Authority	866-835-5976	1602 Rolling Hills Drive Suite 107 Charlottesville, VA 23229	<a href="http://www.atlfa.org">www.atlfa.org</a>
CVS	434-589-2278	28 Abby Road Palmyra, VA 22963	<a href="http://www.cvs.com">www.cvs.com</a>
Fork Union Pharmacy	434-842-3208	4316B James Madison Hwy Fork Union, Virginia 23055	
Jefferson Good Neighbor Pharmacy	434-589-7902	194B Turkeysag Trail Palmyra, VA 22963	<a href="http://jeffersondrug.com/">jeffersondrug.com/</a>
Lincare	434-974-6688	386C Greenbrier Drive Charlottesville, VA 22901	<a href="http://www.lincare.com">www.lincare.com</a>
MITs of Virginia/Disabled Dealer	800-420-6470	2075 W Main Street Waynesboro, VA 22980	<a href="http://www.mitsofva.com">www.mitsofva.com</a>
RadioShack	434-973-7330	1516 Seminole Trail Charlottesville, VA 22901	<a href="http://www.radioshack.com">www.radioshack.com</a>
Roberts Home Medical	434-973-7847	1180 Seminole Trail, #180 Charlottesville, VA 22901	<a href="http://www.robertshomemedical.com">www.robertshomemedical.com</a>
Scottsville Pharmacy	434-286-6009	295B East Main Street Scottsville, VA 24590	
Simple Comforts	434-245-0001	1950 Rio Hill Center Rio Hill Shopping Center Charlottesville, VA 22901	<a href="http://www.simplecomforts.com">www.simplecomforts.com</a>

Organization	Phone	Address	Website
Virginia Assistive Technology System (VATS)	800-552-5019	8004 Franklin Farms Drive Richmond, VA 23288	<a href="http://www.vats.org">www.vats.org</a>
Wal-Mart			<a href="http://www.walmart.com">www.walmart.com</a>
<b>Home Care &amp; Companion Services</b>			>> Back to Top <<
BrightStar Care	434-422-3600	2820 Hydraulic Rd, Ste 400 Charlottesville, VA 22901	<a href="http://www.brightstarcare.com">www.brightstarcare.com</a>
Care Advantage Plus	434-973-2000	671 Hillsdale Drive, Ste 1 Charlottesville, VA 22901	<a href="http://www.careadvantageinc.com">www.careadvantageinc.com</a>
Daughter Down the Street	434-284-0824	905 Leigh Way Charlottesville, VA 22901	<a href="http://www.daughterdownthestreet.com">www.daughterdownthestreet.com</a>
Encompass Home Health	434-202-7138	199 Spotnap Road, Ste 3 Charlottesville, VA 22911	<a href="http://www.ehhi.com">www.ehhi.com</a>
Home Instead Senior Care	434-979-4663	500 10th Street NE Charlottesville, VA 22902	<a href="http://www.homeinstead.com/532">www.homeinstead.com/532</a>
Interim Health Care	434-295-5501	103 S Pantops Dr, Ste 205 Charlottesville, VA 22911	<a href="http://www.interimhealthcare.com">www.interimhealthcare.com</a>
JABA - Jefferson Area Board for Aging	434-817-5222	674 Hillsdale Drive, Ste 9 Charlottesville, VA 22901	<a href="http://www.jabacares.org">www.jabacares.org</a>
Maxim Healthcare Services	434-973-1749	335 Greenbrier Dr, Ste 102 Charlottesville, VA 22901	<a href="http://www.maximhealthcare.com">www.maximhealthcare.com</a>
Medi Home Health and Hospice	434-244-0890		<a href="http://www.medicalservicesofamerica.com">www.medicalservicesofamerica.com</a>

Organization	Phone	Address	Website
Nurse Finders	434-972-7200	1807 Emmett St, Ste 1A Charlottesville, VA 22901	<a href="http://www.nursefinders.com">www.nursefinders.com</a>
Quality Home Care of Virginia	434-589-3050	112-H Crofton Plaza Palmyra, VA 22963	<a href="http://www.qualityhomecareofvirginia.com">www.qualityhomecareofvirginia.com</a>
Right at Home	434-260-8715	1119 5th Street SW, Ste G Charlottesville, VA 22902	
Senior Helpers	866-584-7011	3040 Berkmar Drive, Ste B Charlottesville, VA 22901	<a href="http://www.seniorhelpers.com">www.seniorhelpers.com</a>
Seniors Helping Seniors			<a href="http://seniorcarecharlottesvilleva.com/">seniorcarecharlottesvilleva.com/</a>
Sentara Home Care Services	434-964-3700	540 Greenfield Terrace Charlottesville, VA 22901	<a href="http://www.sentara.com/Services/HomeCare/Pages/Charlottesville.aspx">www.sentara.com/Services/HomeCare/Pages/Charlottesville.aspx</a>
T & L Companions, Inc.	800-664-2129	Palmyra, VA 22963	<a href="http://www.tandlcompanions.com">www.tandlcompanions.com</a>
UVA Continuum Home Health Care	800-336-4040	2205 Fontaine Ave Suite 204 Charlottesville, VA 22908	<a href="http://www.healthsystem.virginia.edu/pub/continuum/home.html">www.healthsystem.virginia.edu/pub/continuum/home.html</a>
<b>MEDICARE &amp; MEDICAID Assistance</b>			>> Back to Top <<
Medical Assistance Programs			<a href="http://www.dss.virginia.gov/benefit/medical_assistance/">www.dss.virginia.gov/benefit/medical_assistance/</a>
<b>Medical Services</b>			>> Back to Top <<
Blue Ridge PACE	434-529-1300	1335 Carlton Avenue Charlottesville, VA 22902	<a href="http://www.riversideonline.com/blue_ridge_pace">www.riversideonline.com/blue_ridge_pace</a>

<b>Organization</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
Central Virginia Health System		Louisa, New Canton, Esmont	<a href="http://www.cvhsinc.org">www.cvhsinc.org</a>
Charlottesville Free Clinic	434-296-5525	1138 Rose Hill Dr, Ste 200 Charlottesville, VA 22903	<a href="http://www.cvillefreeclinic.org">www.cvillefreeclinic.org</a>
Charlottesville/Albemarle Health Department	434-972-6200	1138 Rose Hill Dr, Ste 200 Charlottesville, VA 22903	<a href="http://www.vdh.state.va.us/LHD/ThomasJefferson/Charlottesville/">www.vdh.state.va.us/LHD/ThomasJefferson/Charlottesville/</a>
Fluvanna County Health Department	434-591-1960	Route 15 County Office Bldg Palmyra, VA 22963	<a href="http://www.vdh.state.va.us/LHD/ThomasJefferson/Fluvanna/">www.vdh.state.va.us/LHD/ThomasJefferson/Fluvanna/</a>
Fluvanna Family Medicine	434-591-1314	138 Heritage Drive Palmyra, VA 22963	
Fork Union Medical Associates	434-842-3244	4064 James Madison Hwy Fork Union, VA 23055	
Martha Jefferson Hospital	434-982-7000	500 Martha Jefferson Dr Charlottesville, VA 22911	<a href="http://www.marthajefferson.org">www.marthajefferson.org</a>
Martha Jefferson Medical Group	434-982-7000	500 Martha Jefferson Dr Charlottesville, VA 22911	<a href="http://www.marthajefferson.org">www.marthajefferson.org</a>
Scottsville Family Medicine	434-286-6434	295 East Main Street Scottsville, VA 24590	
United Way-Thomas Jefferson Area	434-972-1701	806 East High Street Charlottesville, VA 22902	<a href="http://www.unitedwaytja.org/need-help/health">www.unitedwaytja.org/need-help/health</a>
UVA Medical System/UVA Physicans Group	434-924-0000		<a href="http://www.healthsystem.virginia.edu">www.healthsystem.virginia.edu</a>

Organization	Phone	Address	Website
<b>Mental Health</b>			>> Back to Top <<
Brain Injury Association of Virginia (BIAV)	800-444-6443	1506 Willow Lawn Dr Suite 212 Richmond, VA 23230	<a href="http://www.biav.net">www.biav.net</a>
Building a Bridge Foundation	434-989-1274		<a href="http://buildingbridgescharlottesville.org/">buildingbridgescharlottesville.org/</a>
Love INC	434-977-7777	198 Spotnap Road, Ste C-1 Charlottesville, VA 22911	<a href="http://www.loveincville.org">www.loveincville.org</a>
Mental Health America (formerly Mental Health Assoc)	434-977-4673	911 East Jefferson Street Charlottesville, VA 22902	<a href="http://www.mha.avenue.org">www.mha.avenue.org</a>
MACAA - Monticello Area Community Action Agency	434-842-2521	8888B James Madison Hwy Fork Union, VA 23055	<a href="http://www.macaa.org">www.macaa.org</a>
On Our Own of Charlottesville	434-979-2440	123 Street NW Charlottesville, VA 22903	<a href="http://www.onourownville.org">www.onourownville.org</a>
Region Ten Community Services (C'ville Office: 434-972-1800)	434-589-8276	13623 James Madison Hwy Palmyra, VA 22963	<a href="http://www.regionten.org">www.regionten.org</a>
SARA - Sexual Assault Resource Agency	434-295-7273	1013 Little High Street Charlottesville, VA 22902	<a href="http://saracville.org/">saracville.org/</a>
Thomas Jefferson Department of Health	434-972-6200	1138 Rose Hill Drive Charlottesville, VA 22901	<a href="http://www.vdh.state.va.us/lhd/thomasjefferson">www.vdh.state.va.us/lhd/thomasj efferson</a>
University of Virginia Geriatric Psychiatry Services	434-243-4646		<a href="http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/neurocognitivestudies/geriatric/geriatric">www.medicine.virginia.edu/clinica l/departments/psychiatry/sections /neurocognitivestudies/geriatric/g eriatric</a>

Organization	Phone	Address	Website
Virginia NeuroCare/The High Street Clubhouse	434-220-4596	406 East Main Street Charlottesville, VA 22902	<a href="http://www.neurorestorative.com">www.neurorestorative.com</a>
Women's Initiative	434-872-0047	1007 East High Street Charlottesville, VA 22902	<a href="http://www.thewomensinitiative.org">www.thewomensinitiative.org</a>
<b>Rehabilitation Services</b>			>> Back to Top <<
Martha Jefferson Hospital	434-982-7000	500 Martha Jefferson Dr Charlottesville, VA 22911	<a href="http://www.marthajefferson.org">www.marthajefferson.org</a>
UVA-HealthSouth Rehabilitation Hospital	434-244-2013	515 Ray C Hunt Drive Charlottesville, VA 22903	<a href="http://www.uvahealthsouth.com">www.uvahealthsouth.com</a>
Woodrow Wilson Rehabilitation Center (WWRC)	540-332-7000	243 Woodrow Wilson Ave Fishersville, VA 22939	<a href="http://www.wwrc.virginia.gov">www.wwrc.virginia.gov</a>
<b>Health-Related Organizations</b>			>> Back to Top <<
American Cancer Society	800-227-2345		<a href="http://www.cancer.org">www.cancer.org</a>
American Diabetes Association	800-342-2383		<a href="http://www.diabetes.org">www.diabetes.org</a>
American Parkinson Disease Association	434-982-4482	500 Ray C Hunt Drive Charlottesville, VA 22903	<a href="http://www.apdaparkinson.org">www.apdaparkinson.org</a>
Arthritis Foundation	800-365-3811	2201 West Broad Street Suite 100 Richmond, VA 23220	<a href="http://www.arthritis.org">www.arthritis.org</a>
Easter Seals/United Cerebral Palsy North Carolina & Virginia	540-777-7325	201 East Main Street Salem, VA 24153	<a href="http://nc.eastersealsucp.com">nc.eastersealsucp.com</a>

Organization	Phone	Address	Website
Multiple Sclerosis Society	800-487-4677	1020 Carrington Place Charlottesville, VA 22901	<a href="http://www.nationalmssociety.org">www.nationalmssociety.org</a>
<b>F. HOUSING &amp; LONG-TERM CARE</b>			>> Back to Top <<
Seniors Guide			<a href="http://www.seniorsguideonline.com">www.seniorsguideonline.com</a>
Senior Housing Net			<a href="http://www.seniorhousingnet.com">www.seniorhousingnet.com</a>
<b>Affordable, Subsidized, and/or Accessible Housing</b>			>> Back to Top <<
Access Properties	434-296-7227	2027 Woodbrook Court Charlottesville, VA 22901	<a href="http://www.access-properties.com">www.access-properties.com</a>
Albemarle County Office of Housing (ACOH)	434-296-5839.	1600 5th Street Charlottesville, VA 22902	<a href="http://www.albemarle.org/department.asp?department=housing">www.albemarle.org/department.asp?department=housing</a>
Arbor Crest	434-978-1352	101 Arbor Crest Drive Charlottesville, VA 22901	<a href="http://www.arborcrest-online.com">www.arborcrest-online.com</a>
Carriage Hill	434-971-8439	825 Beverly Drive Charlottesville, VA 22911	<a href="http://www.carriagehillapts.com">www.carriagehillapts.com</a>
Charlottesville Redevelopment & Housing Authority	434-326-4672	605 East Main Street (Mall Entrance) Charlottesville, VA 22902	<a href="http://www.charlottesville.org/Index.aspx?page=28">www.charlottesville.org/Index.aspx?page=28</a>
Ephphatha Village	540-382-2002	1014 Ridge Street Charlottesville, VA 22902	
Epworth Manor & Epworth Manor II	540-967-1696	122 Cammack Street Louisa, VA 23093	<a href="http://www.epworthmanorapartments.com">www.epworthmanorapartments.com</a>

<b>Organization</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
Godfrey Property Management Inc,	434-979-8155	142A Carlton Avenue Charlottesville, VA 22902	<a href="http://www.godfreyproperties.com">www.godfreyproperties.com</a>
Hearthwood Townhouses	434-295-2174	2111 Michie Drive Office 50A Charlottesville, VA 22901	
Ivy Gardens	434-220-6650	100 Ivy Drive Charlottesville, VA 22903	<a href="http://www.ivygarden.com/home.htm">www.ivygarden.com/home.htm</a>
Midway Manor	434-971-6770	100 Ridge Street Charlottesville, VA 22902	
Monticello Vista	434-817-2436	1400 Monticello Road Charlottesville, VA 22902	<a href="http://www.piedmonthousing.org">www.piedmonthousing.org</a>
Neighborhood Properties	434-971-8000	1025 Wertland Street Charlottesville, VA 22903	<a href="http://neighborhoodprops.com">neighborhoodprops.com</a>
Northwoods at Four Seasons	888-431-0828	2210 Clubhouse Way Charlottesville, VA 22901	<a href="http://www.northwoodsatfourseasons.com">www.northwoodsatfourseasons.com</a>
Park View Apartments	434-923-0200	210 South Pantops Drive Charlottesville, VA 22911	<a href="http://southpantops.parkviewseniorliving.com">southpantops.parkviewseniorliving.com</a>
Parks Edge	434-973-4770	181 Whitewood Road Charlottesville, VA 22901	<a href="https://www.facebook.com/pages/Parks-Edge-Apartments/165462193465534">www.facebook.com/pages/Parks-Edge-Apartments/165462193465534</a>
Pine Ridge Apartments	540-967-9657	101 Pine Ridge Street Louisa, VA 23093	



Organization	Phone	Address	Website
Rio Hill Apartments	434-974-6377	1610 Rio Hill Drive Charlottesville, VA 22901	<a href="http://www.riohillapartments.com">www.riohillapartments.com</a>
Scottsville School Apartments	434-817-2436	300 Page Street Scottsville, VA 24590	
The Crossings at Fourth & Preston	434-227-4251	401 Fourth Street NW Charlottesville, VA 22902	<a href="http://www.virginiasupportivehousing.org/thecrossings/">www.virginiasupportivehousing.org/thecrossings/</a>
Timberlake Place	434-973-2027	1512 East Market Street Charlottesville, VA 2902	<a href="http://www.jabacares.org/page/full/Timberlake/">www.jabacares.org/page/full/Timberlake/</a>
Treesdale Park	434-971-7368	1720 Treesdale Way Charlottesville, VA 22901	<a href="http://www.treesdaleapartments.com">www.treesdaleapartments.com</a>
Wilton Farms	434-295-7368	1475 Wilton Farm Road Charlottesville, VA 22911	<a href="http://www.wiltonfarmapartments.com">www.wiltonfarmapartments.com</a>
Woods Edge	434-975-9090	829 Mallside Forest Court Charlottesville, VA 22901	<a href="http://www.jabacares.org/page/full/independent-living/">www.jabacares.org/page/full/independent-living/</a>
<b>Apartments &amp; Condominiums</b>			>> Back to Top <<
The Independence	888-495-5786	350 Portico Way Charlottesville, VA 22911	<a href="http://www.theindependencetown.com">www.theindependencetown.com</a>
<b>Assisted Living Facilities</b>			>> Back to Top <<
Mountainside (JABA property)	434-823-4307	1220 Crozet Avenue Crozet, VA 22932	<a href="http://www.jabacares.org">www.jabacares.org</a>
Amerisist of Louisa	540-967-4600	440 W Main Street Louisa, VA 23093	

<b>Organization</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
Heritage Inn	434-977-6655	220 South Pantops Drive Charlottesville, Va 22911	<a href="http://www.heritageinncharlottesville.com">www.heritageinncharlottesville.com</a>
Martha Jefferson House	434-293-6136	1600 Gordon Avenue Charlottesville, VA 22903	<a href="http://www.marthajeffersonhouse.org">www.marthajeffersonhouse.org</a>
Monticello Ridge Crossing	434-977-8887	218 Ridge Street Charlottesville, VA 22902	
Morningside of Charlottesville	434-971-8889	491 Crestwood Drive Charlottesville, VA 22903	<a href="http://www.morningsideofcharlottesville.com">www.morningsideofcharlottesville.com</a>
Our Lady of Peace	434-973-1155	751 Hillsdale Drive Charlottesville, VA 22901	<a href="http://www.our-lady-of-peace.com">www.our-lady-of-peace.com</a>
Pine Grove	434-295-4408	2609 North Garden Ln N. Garden, VA 22959	<a href="http://www.pinegroveadulthome.com">www.pinegroveadulthome.com</a>
Reaves	434-296-4387	3744 Monacan Trail Rd N. Garden, VA 22959	<a href="http://www.assistedseniorliving.net/facilities/virginia/north-garden/57057/reaves-home-for-adults/">www.assistedseniorliving.net/facilities/virginia/north-garden/57057/reaves-home-for-adults/</a>
Riverdale	434-293-9845	1329 Riverdale Drive Charlottesville, VA 22902	<a href="http://www.assistedseniorliving.net/facilities/virginia/charlottesville/57067/riverdale/">www.assistedseniorliving.net/facilities/virginia/charlottesville/57067/riverdale/</a>
Rosewood Village	434-963-7673	Hollymead and Greenbrier locations	<a href="http://www.rosewoodvillage.com">www.rosewoodvillage.com</a>
The Colonnades	434-963-4176	100 Colonnades Hill Drive Charlottesville, VA 22901	<a href="http://www.sunriseseniorliving.com">www.sunriseseniorliving.com</a>

Organization	Phone	Address	Website
The Lodge at Old Trail	434-823-9100	330 Claremont Lane Crozet VA 22932	<a href="http://www.LodgeAtOldTrail.com">www.LodgeAtOldTrail.com</a>
Westminster-Canterbury of the Blue Ridge	434-972-3100	250 Pantops Mountain Pl Charlottesville, VA 22911	<a href="http://www.westminstercanterbury.org">www.westminstercanterbury.org</a>
The Village at Gordon House	540-832-2286	501 North Main Street Gordonsville, VA 22942	<a href="http://www.villageatgordonhouse.com">www.villageatgordonhouse.com</a>
<b>Emergency Shelters</b>			>> Back to Top <<
Shelter for Help in Emergency	434-963-4676	1415 Sachus Place, Ste 1 Charlottesville, VA 22902	<a href="http://www.shelterforhelpinemergency.org">www.shelterforhelpinemergency.org</a>
<b>Hospice Care &amp; Counselling</b>			>> Back to Top <<
Hospice of the Piedmont	434-817-6900	675 Peter Jefferson Pkwy Suite 300 Charlottesville, VA 22911	<a href="http://www.hopva.org">www.hopva.org</a>
Southern Care Hospice	866-804-9420	420 Neff Avenue, Ste 110 Harrisonburg, VA 22801	<a href="http://www.southerncaresinc.com">www.southerncaresinc.com</a>
Legacy Hospice	434-970-7776	500 Faulconer Dr, Ste 100 Charlottesville, VA 22903	<a href="http://www.legacy-hospice.com">www.legacy-hospice.com</a>
Medical Services of America	434-244-0890	1540 Insurance Lane Bldg E, Suite A Charlottesville, VA 22911	<a href="http://www.msa-corp.com">www.msa-corp.com</a>

Organization	Phone	Address	Website
<b>Nursing Homes (Skilled/Rehab)</b>			>> Back to Top <<
Charlottesville Health & Rehabilitation	434-978-7015	505 West Rio Road Charlottesville, VA 22901	<a href="http://www.charlottesvillerehab.com">www.charlottesvillerehab.com</a>
Golden Living Center	434-296-5611	1242 Cedars Court Charlottesville, VA 22903	<a href="http://www.goldenliving.com">www.goldenliving.com</a>
Martha Jefferson House	434-293-6136	1600 Gordon Avenue Charlottesville, VA 22903	<a href="http://www.marthajeffersonhouse.org">www.marthajeffersonhouse.org</a>
Our Lady of Peace	434-973-2716	751 Hillside Drive Charlottesville, VA 22901	<a href="http://www.our-lady-of-peace.com">www.our-lady-of-peace.com</a>
The Colonnades	434-963-4198	2600 Barracks Road Charlottesville, VA 22901	<a href="http://www.sunriseseniorliving.com/communities/the-colonnades/overview.aspx">www.sunriseseniorliving.com/communities/the-colonnades/overview.aspx</a>
The Laurels of Charlottesville	434-951-4200	1165 Pepsi Place Charlottesville, VA 22901	<a href="http://www.laurelsofcharlottesville.com">www.laurelsofcharlottesville.com</a>
Trinity Mission of Charlottesville	434-973-7933	1150 Northwest Drive Charlottesville, VA 22901	<a href="http://www.covenantdove.com">www.covenantdove.com</a>
Envoy at the Village	434-842-2916	4238 James Madison Hwy Fork Union , VA 23055	<a href="http://www.envoycare.com">www.envoycare.com</a>
Louisa Health & Rehabilitation Center	540-967-2250	210 Elm Street Louisa, Virginia 23093	<a href="http://www.louisahealthrehab.com">www.louisahealthrehab.com</a>

Organization	Phone	Address	Website
<b>G. SAFETY</b>			>> Back to Top <<
Adult Protective Service (Department of Social Services)			<a href="http://www.fluvannacounty.org/services/social-services">www.fluvannacounty.org/services/social-services</a>
Crime Prevention Resources and Assistance			<a href="http://www.fluvannasheriff.com/page.php?id=15">www.fluvannasheriff.com/page.php?id=15</a>
Emergency Preparedness Resources			<a href="http://www.fluvannacounty.org/services/emergency-services/emergency">www.fluvannacounty.org/services/emergency-services/emergency</a>
Triad Crime Prevention and Assistance			<a href="http://easyaccess.virginia.gov/triad.shtml">easyaccess.virginia.gov/triad.shtml</a>
<b>H. TRANSPORTATION</b>			>> Back to Top <<
Air Ambulance Network	800-327-1966		<a href="http://www.airambulancenetwork.com">www.airambulancenetwork.com</a>
AirLifeLine	877-247-5433		<a href="http://lifelinepilots.org">lifelinepilots.org</a>
Angel Flights	800-296-3797		<a href="http://www.angelflight.com">www.angelflight.com</a>
Charlottesville Area Transit (CAT)	434-970-3649		<a href="http://www.charlottesville.org/transit">www.charlottesville.org/transit</a>
Handicab-Transmedic LLC	434-953-3304	Dillwyn, VA	
JAUNT	434-296-3184	104 Keystone Place Charlottesville, VA 22902	<a href="http://www.ridejaunt.org">www.ridejaunt.org</a>
LogistiCare	866-679-6330	2114 Angus Road, Ste 235 Charlottesville, VA 22901	<a href="http://www.lifecare94.com">www.lifecare94.com</a>

<b>Organization</b>	<b>Phone</b>	<b>Address</b>	<b>Website</b>
LifeCare Medical Transports, Inc.	800-772-1907		<a href="http://www.virginiannavigator.org/vn/transportation-medical/logisticare/program-253979.aspx">www.virginiannavigator.org/vn/transportation-medical/logisticare/program-253979.aspx</a>
Medical Transport LLC	434-984-9694	713 Harris Street Charlottesville, VA 22903	<a href="http://www.medicaltransportllc.com">www.medicaltransportllc.com</a>
Medi-Ride		527 Carter Road Louisa, VA	<a href="http://www.medi-ride.com">www.medi-ride.com</a>
Rideshare	434-295-6165	401 East Water Street Charlottesville, VA 22902	<a href="http://www.rideshareinfo.org/">www.rideshareinfo.org/</a>
Virginia Easy Access - Transportation			<a href="http://easyaccess.virginia.gov/transportation.shtml">easyaccess.virginia.gov/transportation.shtml</a>
Wood Medical Transport Services	434-977-1285	611 Grove Avenue Charlottesville, VA 22902	<a href="http://www.angelfire.com/mb/wmts/">www.angelfire.com/mb/wmts/</a>

## ***We Need You! Volunteer Today!***

Fluvanna County has over 35 local and regional standing committees and boards.

Examples include:

- Planning Commission
- Economic Development Authority
- Youth Advisory Council
- Parks and Recreation Advisory Committee
- Community Policy Mgmt Team
- Regional Jail Board
- Social Services Board

There are also more than 30 local organizations listed on the Fluvanna County website and seeking volunteers like you.

Visit [www.fluvannacounty.org](http://www.fluvannacounty.org)

## ***Staying Informed is Easy!***

### **Sign up for...FAN Mail**

- *Sign-up is easy & free!*
- Go to the Fluvanna County website, enter your email address in the green box, and click "Go."
- You can sign up with more than one address to receive FAN Mail at work, at home, or to any email account you choose.



**Fluvanna Area News (FAN Mail)**

County of Fluvanna Email Newsletter

## EMERGENCY PREPAREDNESS FOR SENIORS

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Emergencies and disasters can strike anyone, anytime and anywhere. They can happen quickly and without warning and can force you to evacuate your neighborhood or confine you to your home.

Disasters and emergencies can create special challenges for seniors. You might not be quite as agile as you used to be; you might use a cane, walker or wheelchair; or you might have vision or hearing difficulties. Whatever your limitations, or even if you are in good health, you need to be prepared to handle an emergency. Local officials and relief workers will respond quickly after a disaster, but they cannot reach everyone right away. Knowing what to do until help arrives is your best protection.

It is important to remember that local, state and federal government will do all it can to help disaster victims, but it cannot meet every need. Your emergency supply kit, emergency plan, and your family and friends are your most valuable resources in the immediate aftermath of a disaster.

You can get ready for emergencies with these three simple steps:

**Get a Kit, Make a Plan, and Stay Informed**

For more info go to: [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov)



<p style="text-align: center;"><b>Get a Kit</b></p>	<p style="text-align: center;"><b>Make a Plan</b></p>	<p style="text-align: center;"><b>Stay Informed</b></p>
<p>Have supplies on hand to last at least 3 days for each family member.</p> <p><b>Put these essentials in your kit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Food that won't spoil, such as canned goods and packaged foods</li> <li><input type="checkbox"/> Water, one gal per person per day</li> <li><input type="checkbox"/> Battery-operated radio and extra batteries</li> <li><input type="checkbox"/> A written family emergency plan</li> </ul> <p><b>Once you have the essentials, you should add:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flashlights and extra batteries</li> <li><input type="checkbox"/> First aid kit including a list of allergies and extra contact lenses or glasses</li> <li><input type="checkbox"/> A written list of your prescriptions and the prescribing doctor(s)</li> <li><input type="checkbox"/> At least a week's supply of medications</li> <li><input type="checkbox"/> Sanitation supplies: toilet paper, soap, garbage bags and personal hygiene items.</li> <li><input type="checkbox"/> Change of clothing, sturdy shoes</li> <li><input type="checkbox"/> A blanket or sleeping bag</li> <li><input type="checkbox"/> Food and water for your pets</li> <li><input type="checkbox"/> Special items for infant, elderly or disabled family members</li> </ul>	<p>Know how to contact loved ones.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss with your family the types of hazards and threats in your area and what to do in each case.</li> <li><input type="checkbox"/> Know where you would go if you had to evacuate your area and where you could take your pets.</li> <li><input type="checkbox"/> Decide on a meeting place in case you cannot return home.</li> <li><input type="checkbox"/> Choose an out-of-town friend or relative as a point of contact.</li> <li><input type="checkbox"/> Keep important phone numbers with you at all times.</li> </ul>	<p>You should listen for the most local, up-to-date information before, during and after a disaster.</p> <p><b>Your local media will provide:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any orders to evacuate</li> <li><input type="checkbox"/> Details about evacuation routes</li> <li><input type="checkbox"/> Locations of evacuation shelters</li> <li><input type="checkbox"/> How to safely stay where you are</li> <li><input type="checkbox"/> Where to find financial or medical help</li> <li><input type="checkbox"/> Weather watches and warnings</li> </ul> <p>Sign up for <b>CodeRed</b> – on the Fluvanna County website.</p>

# MY IMPORTANT NUMBERS

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