FREE/GRATIS

ESPAÑOL PAGINA 72

AGING TOGETHER
five communities creating choices

REGIONAL Resource Guide

4TH EDITION 2027

for OLDER ADULTS

CULPEPER, FAUQUIER, MADISON,
ORANGE AND RAPPAHANNOCK COUNTIES, VA.



WELLSPRING

Access Your
Best Wellness & Health

Independent & locally owned since 2016



FAMILY MEDICINE • WALK-IN CARE • CHRONIC CARE MANAGEMENT

Aging well with a provider who actually knows you.

Two Culpeper clinics, one connected care team — for the walk-in visit you didn't plan on, the condition you manage every day, and **a provider who remembers your name.**

Walk-In Care for Minor Illness

OPEN 7 DAYS · NO APPOINTMENT

Colds and flu, sore throats, urinary infections, rashes, sprains, minor cuts and burns — treated the same day, without the emergency-room wait.

Family Medicine for Every Age

PHYSICALS · SAME-DAY SICK VISITS

Wellness exams, preventive screenings, women's and men's health, behavioral health, and referrals coordinated with our own specialty team.

Chronic Care Management

CARE BETWEEN YOUR VISITS

Diabetes, blood pressure, heart disease, COPD and asthma — a team that checks in, tracks your numbers and adjusts the plan as life changes.

On Medicare, or turning 65? Ask us about...

TEAR OUT & BRING IN

The visits and screenings that matter most after 65 — most covered by Medicare, many at no cost to you.

- ✓ **Your Medicare Annual Wellness Visit** — yearly, no copay
- ✓ **Memory & thinking changes** — early, careful answers
- ✓ **Flu, shingles, RSV & pneumonia shots** — given in office
- ✓ **Blood pressure, diabetes & heart** — tracked between visits
- ✓ **Fall risk & balance check** — stay steady, stay independent
- ✓ **Medication review** — are all of them still needed?
- ✓ **Bone health** — osteoporosis screening & fracture risk
- ✓ **Mood, sleep & loneliness** — behavioral health, judgment-free

Pediatric & Walk-In Clinic
CREATIVITY DRIVE

15237 Creativity Drive
Culpeper, VA 22701

(540) 321-4281

Open 7 days a week
Monday – Sunday, 8:00 AM – 5:00 PM

WALK-INS WELCOME · ALL AGES

Family Practice & Specialty Clinic
WILLIS LANE

891 Willis Lane
Culpeper, VA 22701

(540) 825-4557

Monday – Friday
8:00 AM – 5:00 PM · Closed major holidays

ACCEPTING NEW PATIENTS

SCHEDULE ONLINE IN ABOUT A MINUTE

Scan the code. Pick your provider. Done.

Point your phone's camera at the square — no phone tree, no hold music. Prefer a person? Call the clinic nearest you.

wellspringhealthservices.com

Proudly serving Culpeper, Madison, Orange, Rappahannock & Fauquier counties. Clinically integrated with Privia Medical Group. Medicare and most major insurance plans accepted.

Access Your Best
Wellness & Health



Exceptional Care for Seniors & Individuals with Disabilities

Paladin Life Care's trusted experts provide the compassionate, customized care you need:

- Life Care Management
- Health & Emotional Wellness
- Medical & Disability Advocacy
- Financial Advocacy
- Daily Money Management
- Digital Technology Training
- Downsizing & Relocation Services
- Concierge Companion Services
- Empowered Senior Services

Contact Paladin Life Care and live your best life possible now.

PALADIN LIFE CARE

Exceptional Care from Trusted Experts

703.879.6992 | Info@PaladinLifeCare.com

PaladinLifeCare.com

AGING TOGETHER
five communities creating choices

OUR VISION

Age friendly communities that actively engage, value & support older adults

OUR MISSION

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

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Rappahannock News · INSIDENOVA PRINCE WILLIAM · FAUQUIER NOW · INSIDENOVA MEDIA SOLUTIONS · CULPEPER TIMES · WARRENTON LIFESTYLE MAGAZINE · Ashburn MAGAZINE · HAYMARKET/GAINESVILLE LIFESTYLE MAGAZINE

This guide is produced by InsideNoVa Media Solutions, the locally owned publisher of the Culpeper Times, Rappahannock News, FauquierNow and other trusted community information sources.

Welcome!

Dear Friends,

As Aging Together proudly presents the 4th Edition of the Regional Resource Guide for Older Adults, we are reminded that the strength of our communities is measured by how well we support one another across every stage of life. Throughout our planning district, (Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties), older adults continue to shape our region through their wisdom, volunteerism, caregiving, leadership, and lifelong contributions.

Virginia's population continues to age rapidly, reflecting a nationwide demographic shift. Today, nearly 1 in 5 Virginians are 65 or older, and more than 1.9 million adults in the Commonwealth are over age 60. Rural communities like ours are experiencing this growth even more significantly, increasing the need for accessible services, caregiver support, transportation, housing options, healthcare resources, and opportunities for healthy aging and social connection.

This guide was created to help older adults, caregivers, families, professionals, and neighbors easily find trusted local and regional resources. Inside, you will find information on transportation, food access, caregiver support, housing, healthcare, legal and financial assistance, wellness programs, and much more. We have also included practical tools such as nursing home and assisted living checklists, and home safety guidance.

The past several years have highlighted both the resilience of older adults and the importance of strong and supportive communities. At the same time, challenges such as rising costs, caregiver shortages, social isolation, and navigating digital systems have made access to clear and reliable information more important than ever. Aging Together remains committed to supporting aging in the community through connecting people to resources and supports.

This guide represents a collaborative effort among local governments, nonprofit organizations, healthcare providers, community partners, and more. We are deeply grateful to everyone who contributed their time, expertise, and support to make this resource possible.

Whether you are planning for yourself, supporting a loved one, or working professionally with older adults, we hope this guide serves as a practical and empowering tool. Together, we can continue building age-friendly communities where every person is valued, supported, and able to thrive.

Ellen Phipps, Executive Director Aging Together

Jeff Say, Board Chair of Aging Together

DISCLAIMER

- This guide is intended to serve as a helpful resource. While every effort has been made to ensure the information included is accurate and up to date, errors or changes may occur. Information is provided "as is" without guarantees of completeness, accuracy, availability, or changes in details such as services, hours, or locations. Aging Together assumes no responsibility for any inaccuracies or changes. Nor do we represent or make referrals to any organization listed in the guide.
- Please contact providers directly before visiting, using services, or sharing information to confirm current details.
- If you would like to suggest a resource for inclusion in a future edition of this guide, please contact Aging Together at **info@agingtogether.org.**

Crisis and Emergency Assistance

911 - Call in emergencies or go to the nearest hospital emergency room.

988 - Crisis and Suicide Hotline

Adult Protective Services

Call your DSS below or this hotline to report adult abuse: 888-832-3858, Toll free

Departments of Social Services (DSS)

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

Encompass Community Supports

24/7 Crisis Line: 540-617-0774



The 988 Lifeline is available 24/7/365.
Your conversations are free and confidential.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you.
You are not alone.

Dial 988 on your phone.
If you prefer an online chat go to:
chat.988lifeline.org.

To connect with a Spanish-speaking crisis counselor, call 988 and press "2," text AYUDA to 988, or start a live chat at 988lifeline.org/es/chat.

We care about the communities we cover.



This resource guide is produced in partnership with Aging Together by Rappahannock Media, the locally-owned community information company that publishes the Culpeper Times, Rappahannock News, FauquierNow and other local news sources.

CULPEPER TIMES / Rappahannock News / INSIDENOVA

FAUQUIER NOW / LIFESTYLE Serving Fauquier and Western Prince William Counties / Ashburn MAGAZINE / INSIDENOVA MEDIA SOLUTIONS

insidenovamedia.com

AGING TOGETHER

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

- **Annual 5 Over 65 Celebration, honoring those older adults who make a positive impact on our region.**

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

Art of Aging Lifestyle & Wellness

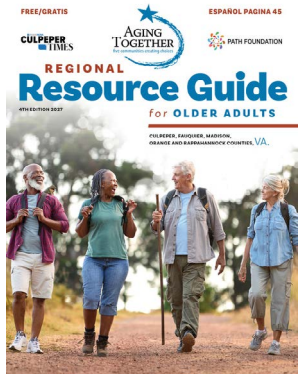
EXPOS

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



- **The Aging in Community Conference to determine barriers and inspire strategies for staying at home as we get older.**

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



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

- **Dementia Friendly Workplaces: An initiative dedicated to supporting our region by offering educational opportunities for businesses and organizations. The goal is to provide staff training to help your team become advocates for individuals living with dementia and the caregivers who visit your establishment.**

- **Dementia Friends - free 1-hour sessions for anyone to learn about dementia, how it is manifested, and how to help someone you may encounter who is living with it.**

www.agingtogether.org

540-829-6405

info@agingtogether.org

Support Aging Together! Sponsor. Volunteer. Join a committee. Donate. There are many ways to make a difference. Contact us to get involved!

Fauquier County Domestic Violence Sexual Assault Advocacy Program

Fauquier County Social Services
540-422-8429 • www.fauquiercounty.gov

George Mason's Warmline

703-215-1898

Daily 8:30am-8:30pm, English or Spanish

The Mental Health - Virginia warm line

866-400-6428

National Call Center for Homeless Veterans

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

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

SAFE

Domestic Violence / Abuse
24 Hour Crisis Hotline • 800-825-8876

Veterans Crisis Line

Online Chat: veteranscrisisline.net
DIAL 988 and Press 1 or Text: 838255

National and Federal Government Organizations

AARP

aarp.org
888-687-2277 / 877-342-2277 (Spanish)

The Administration on Aging (AOA)

acl.gov > Click on Administration on Aging.
202-401-4634

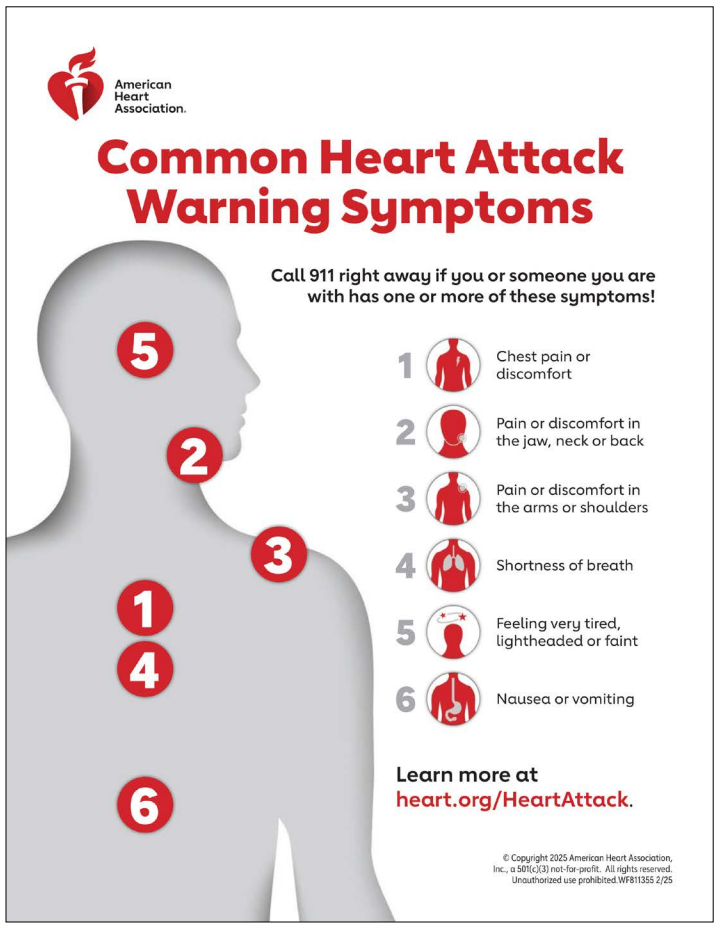
Alzheimer's Association HelpLine (24/7)

alz.org • 800-272-3900

American Cancer Society

cancer.org • 800-227-2345 (helpline)





How do I know if a government website is legitimate?



• To identify an official U.S. federal government website, verify that the URL (website address of organization) ends in .gov or .mil. Official sites use HTTPS for secure, encrypted connections, which is often indicated by a lock icon in the browser bar.

• Note the "s" - if the http has no "s", the site may not be secure. Be careful about submitting sensitive personal information online.

• Another trusted indicator is a standardized banner at the top of the page stating that the site is managed by an official government agency, or that it's "an official website of the United States government" with a flag image.

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

• Government forms and instructions are free.

American Heart Association

heart.org • 800-242-8721

American Lung Association

lung.org • 800-586-4872

American Stroke Association

(part of American Heart Association)
stroke.org • 888-478-7653
(Mon-Fri / 8a-5p CST)

Centers for Disease Control & Prevention (CDC)

cdc.gov • 800-232-4636

Center for Medicare & Medicaid Services (CMS)

cms.gov
Medicare Service Center: 800-MEDICARE (800-633-4227)
Medicare Service Center TTY: 877-486-2048
Report Medicare Fraud & Abuse: 800-HHS-TIPS (800-447-8477)

Chronic Obstructive Pulmonary Disease (COPD) Foundation

copdfoundation.org • 866-731-COPD (2673)
info@copdfoundation.org

Diverse Elders Coalition

diverseelders.org

Elder Justice

(Administration for Community Living)
elderjustice.acl.gov

Eldercare Locator

eldercare.acl.gov • 800-677-1116

Federal Health Insurance Marketplace

healthcare.gov

US government site for HIV

hiv.gov

The National Resource Center on LGBT Aging (SAGE)

lgbtagingcenter.org • 212-741-2247

The National Resource Center on Native American Aging

nrcnaa.org • 800-896-7628

Lupus Foundation of America

lupus.org • 202-349-1155 / 800-558-0121

Medicare

medicare.gov • 800-MEDICARE

National Alliance on Caregiving (NAC)

caregiving.org • 202-918-1013

National Caucus and Center on Black Aging (NCBA)

ncba-aging.org • 202-637-8400

National Center on Elder Abuse

ncea.acl.gov • 855-500-3537

National Consumer Voice

theconsumervoice.org • 202-332-2275

National Council on Aging (NCOA)

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

National Hispanic Council on Aging

nhcoa.org • 202-347-9733

National Institutes of Health (NIH)

nih.gov • 301-496-4000

National Kidney Foundation

kidney.org
855-653-2273 (transplant toll-free helpline)

National Multiple Sclerosis Society

nationalmssociety.org • 800-344-4867

Parkinson's Foundation

parkinson.org • 800-473-4636 - Helpline

Reach

va.gov/reach
(suicide prevention and support for Veterans)

Rosalynn Carter Institute for Caregivers

rosalynncarter.org • 229-928-1234

Substance Abuse and Mental Health Services Administration (SAMHSA)

samhsa.gov

SCORE

(Business Mentorship)
score.org • 800-634-0245

Medicare

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

Medicare Part A (Hospital Insurance)
Helps pay for inpatient hospital care, psychiatric hospital care, medically necessary short-term skilled nursing facility care following a hospital stay, home health care, and hospice care.

Medicare Part B (Medical Insurance)
Helps pay for doctors' services, outpatient hospital services, and various medical services and supplies. Part B is a voluntary program with a monthly premium. Financial assistance may be available for individuals with low income.

Medicare Part C (Medicare Advantage Plans / MAPs)
A type of Medicare health plan offered by private insurance companies that contract with Medicare to provide all Part A and Part B benefits. Medicare Advantage Plans manage the healthcare services of members and help cover care provided by doctors and hospitals within the plan network.

Types of Medicare Advantage Plans include:
- Health Maintenance Organizations (HMO)
- Preferred Provider Organizations (PPO)
- Private Fee-for-Service Plans (PFFS)
- Medicare Medical Savings Account Plans (MSA)
- Special Needs Plans (SNP)

Most Medicare Advantage Plans cover all Medicare services and may offer additional benefits not covered under Original Medicare. Most also include prescription drug coverage. In addition to monthly premiums, members may have out-of-pocket costs such as deductibles, copays, and coinsurance for office visits, hospital stays, and outpatient services such as physical therapy. Some plans may require referrals from a primary care physician. Services received outside the provider network may cost more.

Medicare Part D (Prescription Drug Coverage)
Adds prescription drug coverage to Original Medicare and certain other Medicare plans. Part D plans are offered by private insurance companies approved by Medicare.

For more information and updates about Medicare benefits, visit Medicare.gov.

The US Social Security Administration

ssa.gov
Culpeper Office, 1014 S. Main St., Culpeper
800-722-1213

(appointment required)

USAging

usaging.org • **202-872-0888**

VisionAware

aphconnectcenter.org • **800-232-5463**

Jobs for Older Workers

workforce50.com

Virginia and State Government Organizations

2-1-1 Virginia

211virginia.org • **Dial 211 (available 24/7)**

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

AARP Virginia

states.aarp.org/virginia • **866-542-8164**

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

Commonwealth of Virginia Office of the Attorney General: Consumer Protection

oag.state.va.us/consumer-protection

Check for scams & fraud or file a complaint.

National Alliance on Mental Health/ Virginia (NAMI)

namivirginia.org
888-486-8264 (not a crisis line)

"Find Help, Find Hope, Find Support" Resources and programs in Virginia for mental health and wellbeing.

On website click Resources > Senior Resources

Virginia Easy Access

easyaccess.virginia.gov • **888-992-0959 (24/7)**

For information concerning healthcare, finances, food, education & more. Language interpretation for over 200 languages.

Office of the State Long Term Care Ombudsman

dars.virginia.gov/aging/ombudsman
800-552-3402

Dept. for Aging & Rehabilitative Services. Advocates for older persons receiving long term care services, whether the care is provided in a nursing home, assisted living facility, or through community-based services to assist people still living at home. (In our region contact Encompass Community Supports for information about the Long Term Care Ombudsman.)

Virginia Department for Aging and Rehabilitative Services (VADARS)

vadars.org • **800-552-5019**

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

Virginia Department of Health

vdh.virginia.gov

For immunization info.

Virginia Department of Veterans Services

dvs.virginia.gov • **804-786-0286**
Crisis Hotline - dial 988, press 1
info@dvs.virginia.gov

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

Virginia Employment Commission (VEC)

vec.virginia.gov • **866-832-2363**

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

Virginia Housing

virginiahousing.com
804-782-1986 or Toll Free at 877-843-2123

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



A NEW ADDITION TO BROOKSIDE

Right-Size in Style

Now Selling in WARRENTON, VA

Craftmark Homes brings main-level living and elevator-ready floor plans to a new collection of luxury estate homes at Brookside, so you can right-size without giving up the space and features that matter.

Craftmark Homes is now selling Kettle Run Estates at Brookside: luxury estate homes built so you can age in place beautifully, with main-level owner's suites and elevators available on select plans. Explore five home new home designs set within Brookside's established lifestyle of trails, clubhouses and gym, pools, and tennis/pickleball courts, all on the convenient D.C. side of Warrenton.

Right-Size, Not Downsize

Estate-scale luxury on your terms, without giving up the space that matters.

Main-Level Living

Elegant main-level owner's suites and elevators available on select plans.

An Established Community

Brookside's tennis/pickleball courts, clubhouses, gym, and pools are ready now, not years away.

The D.C. Side of Warrenton

Stay close to the region you love, with Northern Virginia conveniences nearby.



An active, established community, ready from day one.

Kettle Run Estates *at Brookside*

New Estate Homes from the Upper $1.2Ms
Warrenton, VA | Fauquier County

Sales Manager: **Ann Featherstone**

Sales by Appointment: 11 AM - 5 PM (Days off: Wed & Thurs)
afeatherstone@craftmarkhomes.com | 540-509-4945
Sales Office: Brookside's Lake Wesley Clubhouse
1000 Clubhouse Way, Warrenton, VA
Future Model Address: 2015 Nesting Lane, Nokesville, VA 20181





KETTLE RUN ESTATES at Brookside | CRAFTMARK HOMES®

sales by urbanpace
Brokerage Phone Number
202.296.1203

Caregiver Resources

A caregiver is an individual who provides direct personal, physical, or emotional assistance to someone who is ill, injured, disabled. They help manage daily tasks and maintain independence, operating either as unpaid family members or as licensed professionals.

Types of Caregivers

- Informal (Family) Caregivers: Unpaid family members, friends, or neighbors who assist loved ones. Often, they act as the primary caregiver.
- Formal Caregivers: Paid professionals or volunteers who are hired or assigned to provide support. This includes home health aides, companions, and dementia specialists.
- Respite Caregivers: Providers who step in temporarily to relieve family caregivers, allowing them to take a necessary break.

Virginia Relay

varelay.org

804-662-9502 / 800-552-7917 Toll Free (Voice)
804-325-1290 (Video)

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

Virginia Senior Medicare Patrol (SMP)

virginiasmp.com • **800-938-8885**

If abuse or fraud is suspected, or for suspicious Medicare activity, call the SMP Hotline above.

Virginia's Senior Alert System

vsp.virginia.gov

Provides a valuable tool for Virginia law enforcement agencies to help locate missing "senior adults", while allowing the broadcasters of Virginia an opportunity to contribute to the communities they serve. On website click News and Alerts > Active Alerts

Caregiver Resources

Caregiver Support

Aging Together

agingtogether.org • **540-829-6405**
info@agingtogether.org

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

Alzheimer's Association

alz.org • **800-272-3900 (24/7 Helpline)**

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

AARP Virginia Caregiver Guide

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

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

Caregiving.com official site

caregiving.com

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

The Caregiver Space

thecaregiverspace.org

A collection of caregiver stories submitted by those with personal experience.

Community Resource Finder

communityresourcefinder.org

A database of dementia and aging-related resources that makes it easy for individuals and families to find programs and services in a specific location.

Family Caregiver Alliance

caregiver.org • **800-445-8106**

Provides support, resources and guidance to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia.





ENERGY SOLUTIONS





WEATHERIZATION & ENERGY EFFICIENCY PROGRAMS

SAVE MONEY AND IMPROVE YOUR HOME'S COMFORT AT NO-COST TO YOU!

CHP Energy Solutions is a non-profit organization serving qualifying homeowners and renters across Virginia with no-cost weatherization and energy efficiency home upgrades. Program qualification varies and is based on income and/or age.

Typical Upgrades

- LED BULBS
- HVAC
- INSULATION
- AIR SEALING
- SELECT REPAIRS
- AND MORE!

Program Eligibility

- ☑ You are a Virginia resident
- ☑ You rent or own a house, mobile home, or apartment
- ☑ Your household qualifies on income or age

Learn More & Get Started!

See if you qualify by scanning the code and applying for our programs!

ENERGY SOLUTIONS
888-229-3714
chpenergysolutions@chpc2.org
www.chpenergysolutions.org

Virginia Lifespan Respite Program

The Virginia Lifespan Respite Voucher Program (VLRVP), administered by the Virginia Department for Aging and Rehabilitative Services (DARS), provides eligible family and kinship caregivers with reimbursements of up to $595 per household per year for temporary respite care (amount subject to change) for the cost of temporary, short-term rest or relief from caregiving.

Eligibility: Caregivers must live in Virginia, reside at least part-time with the care recipient, and serve as the primary caregiver for a person of any age with a documented disability or medical condition. Eligible kinship caregivers include grandparents and relatives raising minor children with legal custody.

How It Works: Apply with documentation of the care recipient's disability or medical condition. Approved applicants may choose their own respite provider and submit receipts for reimbursement.

Funding is limited and available on a first-come, first-served basis. Voucher funds may only be used for respite care services and cannot be used for household expenses or medical supplies.

For more information or to apply:

- dars.virginia.gov/aging/caregiver-support/lifespan-respite-voucher
- 804-662-9333
- vlrvp@dars.virginia.gov

Long Term Care Ombudsman

Regional Office / Encompass Community Supports
encompasscommunitysupports.org/service/quality-of-care
540-825-3100

Serves all 5 counties.

VA Caregiver Support Program for Veterans

caregiver.va.gov

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

Caregiver Respite

ARCH National Respite Network & Resource Center

archrespite.org

ARCH does not provide respite care, but they may be able to help find it in local communities through their search resources. Find descriptions of different types of respite services and other respite information. On website click Caregivers>Find a Respite Provider

Generations Central Adult Day Center

318 S West St., Culpeper • generationscentral.org
540-403-0557

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

GUIDE Guiding an Improved Dementia Experience

cms.gov/priorities/innovation/innovation-models/guide
Contact: Encompass Community Supports
agingservices@ecsva.org • 540-825-3100 ext 3416

Offers guidance and financial respite to qualified individuals.

Virginia Lifespan Respite Voucher Program (VLRVP)

vda.virginia.gov/vlrv.htm • 800-552-3402

Up to $599 (subject to change) in reimbursement per family for respite services to assist Virginians with disabilities or chronic conditions and the family members who provide their care. Contact them for more detailed information and guidelines, or for an application.

VA Caregiver Support Program

va.gov

Find information on types of respite and caregiver tools for Veterans. On website click Healthcare>Family and Caregiver Health Benefits>Respite Care

disAbility Resource Center
OF THE RAPPAHANNOCK AREA, INC.

SAFER HOMES.
GREATER INDEPENDENCE.
PEACE OF MIND.

OLDER ADULT HOME MODIFICATION PROGRAM



Helping older adults stay safe, independent, and at home.

Free home safety assessments and home modifications for income-qualified adults age 62+.

The program helps reduce fall risk, improve accessibility, and support older adults in remaining safely at home.

May include:

- Grab bars and handrails
- Improved lighting
- Safer entrances, thresholds, and ramps
- Bathroom safety modifications
- Other approved accessibility improvements

Who is eligible?

- Age 62 or older
- Live in Stafford, Spotsylvania, Caroline, King George, Orange, Culpeper, Madison, or Rappahannock County
- Household income at or below 80% of Area Median Income
- Own or rent your home

How it works:

1. Contact us
2. Complete a home safety assessment
3. Receive approved modifications ***at no cost to you!***

Get Started Today! | 540-373-2559 | drc@cildrc.org | www.cildrc.org

Questions about disability services, resources, or supports?

The dRC is a Center for Independent Living supporting people with all disabilities of all ages. We provide information and referral, peer mentoring, advocacy, independent living skills training, and transition services.

Serving Orange, Culpeper, Madison, and Rappahannock counties.



CONTACT THE dRC

409 Progress St., Fredericksburg, VA 22401
540-373-2559 | www.cildrc.org | drc@cildrc.org

INFORMATION • ADVOCACY • PEER SUPPORT • INDEPENDENT LIVING SKILLS • STRONGER COMMUNITIES

PAID ADVERTISEMENT

Now there's another option for kids with lazy eye

Available with prescription for kids ages 4-12 with amblyopia, an FDA-cleared digital therapy where kids watch TV shows to improve their vision*

By Dr. Miles Press, *Optometrist, Eye Care of Virginia*

If your child has lazy eye (amblyopia), you know the eye patch. It's been the standard treatment for decades. It helps many children, and I still prescribe it.

But I also see the kids patching isn't helping. The six-year-old who dreads putting on the patch every morning. The 8-year-old who can't fit in hours of patching into a busy day of school and afterschool sports. The ten-year-old whose vision improved for four months, then stalled. The child who finished patching, and then started re-gressing.

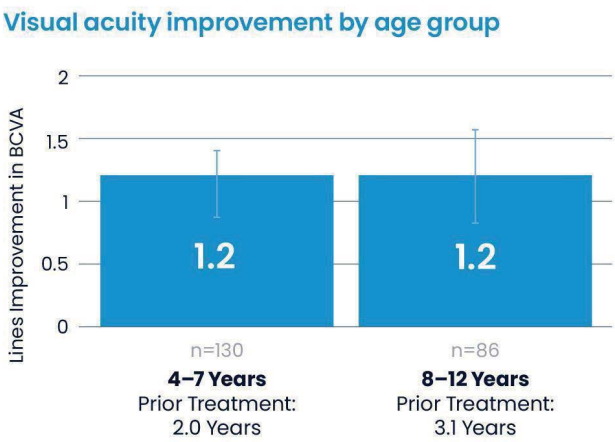
Amblyopia is a breakdown in how the brain and eye work together. When an eye sends a blurry picture to the brain, the brain starts to ignore that eye. This weakens the connection between the eye and the brain. A child with amblyopia has an eye that can read fewer lines on an eye chart, even when wearing glasses.

For most of my career, I had little else to offer those families. Conventional treatments all work the same: cover or blur the stronger eye, with a patch or drops, and hope the weaker eye catches up. When a child couldn't tolerate that, or they still had some amount of amblyopia after months or years of treatment, the conversation in my exam room got hard.

Now the conversation about what's possible has changed. My practice offers Luminopia, an FDA-cleared* digital therapy for children ages 4 to 12 with amblyopia where your child watches TV as treatment.1

Luminopia trains both eyes to work together, where-as patching works by shutting down the stronger eye altogether.

With Luminopia, your child wears a lightweight virtual reality headset that fits over their glasses and picks a TV show to watch for one hour a day, six days a week.1 Luminopia gives each eye a different image to address what's at the root of amblyopia: the image going to the stronger eye is dulled, so the brain starts to receive the signal from the weaker eye. At the same time, opposite parts of the picture are blocked in each eye to encour-age the brain to use signals from both eyes to follow the whole show.2,3



Real-world evidence shows that, with Luminopia, older kids (ages 8 to 12) improved just as much as younger kids ages 4 to 7.1,4,7 This matters because families of older children with amblyopia are so often told they've missed the window of early intervention.

Luminopia earned its FDA clearance* through a randomized controlled clinical trial where 86% of children saw their vision improve.4 Kids completed 85% of their prescribed viewing, compared with 44% adherence reported with patching.1,4 Among parents who had experience with patching for amblyopia, 94% of parents preferred Luminopia over patching.1

The real-world evidence that shows how Luminopia



Eye Care of Virginia
Culpeper & King George



Luminopia, an FDA-cleared digital therapy for children ages 4 to 12 with amblyopia where your child watches TV as treatment.1 Luminopia is covered by Anthem, CareFirst, and Sentara health plans. There are options for families who don't have those health insurance plans.*

helps kids no matter where they started got me excited about this treatment.1,4,7 Children who had already patched for months or years still gained vision. Older kids, ages 8 to 12, improved just as much as younger kids, ages 4 to 7. Luminopia also demonstrates vision gains for kids with mild to severe amblyopia.

Just as important, vision gains with Luminopia lasted. Research shows that the children are keeping their vision improvements after finishing treatment after being followed for an average of more than six months.7 Comparatively, when patching stops, about 1 in 4 children experience vision loss in their amblyopic eye in the first year.8

Now I can give families another option when we didn't think more improvement was possible. I can prescribe a treatment kids will do instead of fight.

If your child has amblyopia, come talk with us about whether Luminopia is a fit. Luminopia is covered by Anthem, CareFirst, and Sentara health plans. There are options for families who don't have those health insurance plans, too. Call 540-825-3937 or visit www.eyecareofvirginia.com to schedule an appointment.

**Luminopia Indication for Use: Luminopia is indicated for improvement in visual acuity in amblyopia patients age 4 to <13, associated with anisometropia and/or with mild strabismus. Luminopia is for Prescription Use Only. Please see the Luminopia Directions for Use for more information: luminopia.com/dfu*

References:

1. Luminopia. Directions for Use, LBL-0001 Rev E. Luminopia, Inc.; 2025.

2. Li J, Thompson B, Lam CS, Deng D, Chan LY, Maehara G, Woo GC, Yu M, Hess RF. The role of suppression in amblyopia. Invest Ophthalmol Vis Sci. 2011;52(7):4169-4176. doi:10.1167/iovs.11-7233

3. Birch EE, Jost RM, Wang YZ, Kelly KR, Giaschi DE. Impaired fellow eye motion perception and abnormal binocular function. Invest Ophthalmol Vis Sci. 2019;60(10):3374-3380. doi:10.1167/iovs.19-26885

4. Xiao S, Angjeli E, Wu HC, Gaier ED, Gomez S, Travers DA, Binenbaum G, Langer R, Hunter DG, Repka MX; Luminopia Pivotal Trial Group. Randomized controlled trial of a dichoptic digital therapeutic for amblyopia. Ophthalmology. 2022;129(1):77-85. doi:10.1016/j.ophtha.2021.09.001. Compliance figure is the median percentage of total prescribed treatment completed; the median is the middle value of a set of numbers.

5. Wallace MP, Stewart CE, Moseley MJ, Stephens DA, Fielder AR; MOTAS and ROTAS Cooperatives. Compliance with occlusion therapy for childhood amblyopia. Invest Ophthalmol Vis Sci. 2013;54(9):6158-6166. doi:10.1167/iovs.13-11861

6. Data on file. Luminopia, Inc.

7. Real-world outcomes from the PUPiL Registry (NCT06429280) in patients aged 4 to 7 years ("younger") vs patients aged 8 to 12 years ("older"); severe defined as baseline best-corrected visual acuity of 20/100 or worse in the amblyopic eye; previously treated defined as prior patching and/or atropine therapy for amblyopia, exclusive of refractive correction. Data on file. Luminopia, Inc.

8. Holmes JM, Beck RW, Kraker RT, et al; Pediatric Eye Disease Investigator Group. Risk of amblyopia recurrence after cessation of treatment. J AAPOS. 2004;8(5):420-428.

If your child has amblyopia, or patching has stalled, isn't sticking, or never took hold, come talk with us about whether Luminopia is a fit. Call 540-825-3937 or visit www.eyecareofvirginia.com to schedule an appointment.

Regional Senior Centers

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

Culpeper: 540-825-5778

Fauquier: 540-347-7729

Madison: 540-948-4131

Orange: 540-672-5926

Rappahannock: 540-987-3638

Regional Support Groups

The support groups below are in person. For information about virtual support groups check agingtogether.org/caregiver-support.

Support groups are subject to change or dissolvement. Please use the contact information provided for each group for the most updated information.

DEMENTIA & CAREGIVER SUPPORT GROUPS (INCLUDES PARKINSON'S)

Alzheimer's & Dementia Support Group

Alzheimer's Association, Central & Western VA Chapter
alz.org • 540-321-1319
The Culpeper, 12425 Village Loop, Culpeper

Please RSVP at the website above or contact Ashley Gore at the phone number above. Meets 2nd Wednesday of the month / 5:00pm in the 1st floor activity room.

Caregiver Support Group

Generations Central Adult Day Center
Culpeper Baptist Church, 318 S. West Street, Culpeper (lower level)
540-403-0557 • adultday@generationscentral.org

Meets 3rd Monday of the month 10:00am. Provides emotional, educational & social support for family & friends caring for older adults facing age-related challenges. RSVP at phone or email above.

Care Partner Discussion Group

LOWLINC (Locust Grove, Orange County)
lowlinc.org • 855-569-5462
info@lowlinc.org

Meets every other month - check the calendar on the website above. Open to non-professional caregivers/care partners in the community with a focus on adults 55+.

Dementia Caregiver Support group

Orange Church of the Nazarene
159 West Nelson Street, Orange, VA
434-466-4011

Meets 1st & 3rd Monday of each month from 10:30 a.m. - Noon.

Dementia Care Partners Support Group

Rapp at Home
rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
540-937-4663 • info@rappathome.org

Support for those caregiving for older adults. Monthly meetings held in person in Rappahannock County provide a safe space for caregivers to connect, share thoughts, and gain valuable resources and knowledge. Email for more information.

Parkinson's Support Group - Living your new reality

The Culpeper
12425 Village Loop, Culpeper, VA 22701
540-212-1326

Call Rachel Reno at The Culpeper with questions and schedule. All are welcome.

Parkinson's Support Group

Powell Wellness Center, 1005 Golf Drive, Culpeper (Education Room)
powellwellnesscenter.org • vawstanley@gmail.com

Meets the 2nd Wednesday of each month at 11:30am.

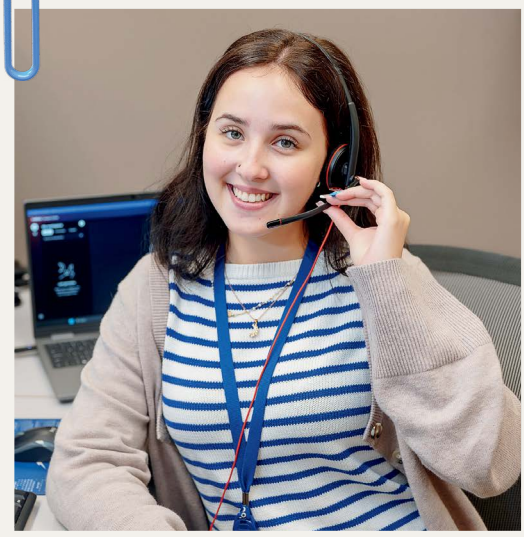
ART OF AGING

REC, FOCUSED ON YOU.

5 TIPS TO SAVE MONEY & ENERGY

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





EXPLORE OUR HELPFUL SERVICES

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

REC RAPPAHANNOCK ELECTRIC COOPERATIVE

www.myrec.coop
1-800-552-3904

Open to the public and free to attend. To learn more about the Parkinson's Disease Support Group, email Virginia Stanley at the email address above.

BEREAVEMENT & GRIEF SUPPORT GROUPS

Bereavement / Grief Support Groups

Culpeper Baptist Church
318 S. West Street, Culpeper
culpeperbaptist.org/ministries/care-grief
540-825-8192

The church runs a schedule of grief support groups throughout the year. See their website for more info or give them a call. On website click Ministries>Care & Grief

Bereavement Support Group

Trinity Hospice Warrenton
5 Rock Pointe Lane, #250, Warrenton
trinityhospice.com • 757-664-9441
areid@trinityhospice.com

Contact Trinity Hospice for current support group scheduling.

Hospice of the Piedmont

hopva.org • 434-817-6915

Hospice of the Piedmont offers compassionate grief support groups for both adults and children, designed to provide comfort, connection, and understanding after a loss.

OTHER SUPPORT GROUPS

Mature Adult Gathering

Reformation Lutheran Church
601 Madison Road, Culpeper
culpeperlutherans.org • 540-270-1026

Meets every 3rd Tuesday at Noon. Lunch Included. Various speakers on older adult issues.

Food And Clothing

For Regional Food Inquiry

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org

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

SNAP

(Supplemental Nutritional Assistance Program)
dss.virginia.gov

Scroll down and click on "SNAP". SNAP accounts are for low-income households and can be used like cash to purchase food items. Contact Culpeper Human Services: 540-727-0372

Home Delivered Meal Services

Encompass Community Supports

encompasscommunitysupports.org/service/home-delivered-meals
540-825-3100

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

CULPEPER COUNTY

Please call in advance of visiting any of these organizations, as their hours of operation may change.

CDR Resource Center

cdrresourcecenter.org
office@cdrresourcecenter.org

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

Culpeper Food Closet (St. Stephens Church)

ststephensculpeper.net/culpeper-food-closet
120 N. Commerce Street, Culpeper

Must complete paperwork first from Sam's Place: 540-727-1055, extension 409. Sam's Place location: 219 East Davis Street, Suite 100, Culpeper

Culpeper Farmers Market

facebook.com/CulpeperFarmersMarket
Culpeper Baptist Church, 318 S. West Street, Culpeper (parking lot)
540-825-4416

Accepts EBT card. Open seasonally May through October on Saturdays from 7:30am-Noon. Check the website for updated information.

Empowering Culpeper

(USDA Free Food Distribution)
Culpeper United Methodist Church
1233 Oaklawn Drive, Culpeper
info@culpeperumc.org • 540-825-0764

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

Spring Oak
Senior Living

WELCOME TO THE FAMILY.



- A place to feel at home.
- People who know you.
- Friendship and companionship built into everyday life.
- Support when you need it.

At Spring Oak, assisted living is about more than having a little help. It's about staying connected, enjoying the things you love, and having people around you to share the day with.

Come get to know us.

Schedule a visit today.

Spring Oak at Warrenton
Assisted Living
540-347-6000

Spring Oak at Culpeper
Assisted Living
540-509-9988

www.springoakliving.com

Full Circle Thrift

facebook.com/fullcirclethriftculpeper
12308 Sperryville Pike, Culpeper • 540-727-8716

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

Goodwill Store

504 Culpeper Town Square, Culpeper
540-829-8068

Pre-owned clothing, furniture, housewares and more.

Manna Ministry

Culpeper Presbyterian Church (Fellowship Hall)
301 South Main Street, Culpeper
540-825-8616

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

REVA Mobile Food Pantry

facebook.com/p/Reva-Mobile-Food-Pantry-100076983862713
18230 Birmingham Road, Culpeper (Reva Fire & Rescue)
540-248-3663

4th Wednesday of the month / 9:30-11:00am.

Salvation Army

salvationarmypotomac.org
133 E. Culpeper St., Culpeper • 540-317-5873

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

Sam's Place

219 E. Davis Street, Suite 100, Culpeper
540-727-1055, press 0

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

St. Joseph's Table /Precious Blood Catholic Church

pbcconline.com/stjosephstable
Corner of Main and East Edmondson Street, Culpeper
540-825-8945

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

FAUQUIER COUNTY

Please call in advance of visiting any of these organizations, as their hours of operation may change.

CDR Resource Center

cdrresourcecenter.org • **office@cdrresourcecenter.org**

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

Clara's House

communitytouchinc.org • **10499 Jericho Road, Bealeton**

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

Fauquier Community Food Bank & Thrift Store

fauquierfoodbank.org
249 E. Shirley Ave., Warrenton • 540-359-6053
fauquier_thrift@yahoo.com

Food Bank Hours: Monday-Friday, 12:00-4:00pm, Thrift Hours: Monday-Friday, 9:00am-5:00pm; Saturday 9:00-2:00pm. Provides USDA Commodities, pantry services, some personal supplies, and firewood to registered clients only in Fauquier County. Bring the proper documentation as listed on the website. Clients are served based on income; families do not need to receive public assistance to come to the Food Bank.

Fauquier FISH (Food distribution)

fauquierfish.org • **540-347-3474**
680A Industrial Road, Warrenton

Call for hours.

Grace Episcopal Church Peas & Grace Food Pantry

gracetheplains.org • **6507 Main St., The Plains**
540-253-5177

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

Hope Heals Community Free Store

hopehealsfreestore.org
606 Falmouth Street, Warrenton
hopehealsfreestore@gmail.com

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

Noah's Ark Thrift Store by Community Touch, Inc.

communitytouch.org • 540-364-8007
4199-D Winchester Road, Marshall

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

The Salvation Army Family Store

salvationarmypotomac.org • 540-341-8385
62 Waterloo Street, Warrenton

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

MADISON COUNTY

Please call in advance of visiting any of these organizations, as their hours of operation may change.

CDR Resource Center

cdrresourcecenter.org • office@cdrresourcecenter.org

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

Madison County Farmers Market

madisonfarmersmarket.info
Hoover Ridge Park, 1110 Fairground Road, Madison

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

MESA (Madison Emergency Services Association)

mesamadisonva.org • 540-948-4427

Food pantry and thrift shop. Limited hours. Call or check the website for a schedule.

ORANGE COUNTY

Please call in advance of visiting any of these organizations, as their hours of operation may change.

CDR Resource Center

cdrresourcecenter.org • office@cdrresourcecenter.org

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

Good Samaritan, Inc.

goodsamaritaninc.org • 540-308-7741
105 N Madison Road, Orange

Thursdays, 12:00-6:00pm; Fridays 12:00-3:00pm. Food pantry and clothes closet (all items are free)

Goodwill Store

Orange Village Shopping Center
547 N. Madison Road, Orange • 540-672-6555

Pre-owned clothing, furniture, housewares & more.

Lake of the Woods Lions Club Wilderness Food Pantry

lowlions.org/food-pantry • 540-518-2440

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

Love Outreach Food Pantry & Clothes Closet

loveoutreachocva.org • 252 Blue Ridge Drive, Orange
540-308-7352

Open on Wednesdays from 9:00am-noon and on the 3rd Monday of each month from 5:00-7:00pm pm. Must provide the name, birthdate, and income for each person on the first visit.

LOWLINC

lowlinc.org • 855-LOWLINC (569-5462)
info@lowlinc.org

Empowering people 55+ to age in community. Member services include transportation to grocery stores and farmers markets, as well as grocery order pick ups.

Orange Mobile Food Pantry

Booster Park, 11177 Bloomsbury Road, Orange
540-213-8400

Free Produce, 3rd Tuesday of each month / 10:00-11:30am

RAPPAHANNOCK COUNTY

Please call in advance of visiting any of these organizations, as their hours of operation may change.

CDR Resource Center

cdrresourcecenter.org • office@cdrresourcecenter.org

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

Dementia

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

10 Early Signs and Symptoms of Alzheimer's

1. Memory Loss that disrupts daily life

2. Challenges in planning or solving problems

3. Difficulty completing familiar tasks

4. Confusion with time or place

5. Trouble understanding visual images and spatial relationships

6. New problems with words in speaking or writing

7. Misplacing things and losing the ability to retrace steps

8. Decreased or poor judgment

9. Withdrawal from work or social activities

10. Changes in mood and personality

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

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

https://tinyurl.com/vadementiarm

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

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

Rapp at Home

rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
540-937-4663 • info@rappathome.org

Volunteers give rides to the grocery store, Rappahannock Food Pantry, or pick up and deliver groceries you have ordered online. Free service if you are age 50 or better and live in Rappahannock County.

Rappahannock Food Pantry

rappahannockpantry.org • **540-987-5090**
37 Leggett Ln, Washington, VA

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

Healthcare

Adult Day Services

Generations Central Adult Day Center (Culpeper)

generationscentral.org • **540-403-0557**
adultday@generationscentral.org

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

Alzheimer's & Dementia Support

Alzheimer's Association

alz.org • **800-272-3900 (24/7 Helpline)**

Alzheimer's Foundation of America

alzfdn.org • **866-232-8484**

Community Resource Finder

communityresourcefinder.org

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

Dementia Capable Virginia

dementiacapablevirginia.org • **804-662-9154**
dementia@dars.virginia.gov

An initiative of the Alzheimer's Disease and Related Disorders Commission and the Virginia Department for Aging and Rehabilitative Services (DARS). Find

THEY DON'T *SQUEAL*

COSTS FIT YOUR *BUDGET*

NOBODY'S *MUMBLING*

THEY'RE *NOT BIG*

YOU'RE NOT OLD YOU JUST *CAN'T HEAR*

THEY ARE *COMFORTABLE*

YOUR FAMILY WANTS TO *CONVERSE*



The TRUTH about hearing and hearing aids

Wagner Hearing Aid of Culpeper

Victory Hearing Care in Warrenton

We offer the latest in small, smart and sleek hearing aids.

Call to schedule your free consultation today.

767 Madison Road, Suite 110
Culpeper, VA 22701
568 Waterloo Rd, Suite 103
Warrenton, VA 20186

540-825-6770

540-513-9897

Helpuhearculpeper.com

Victoryhearingcare.com

a wealth of information and resources including the Virginia Dementia Road Map, information on keeping your loved one with cognitive change safe, a range of caregiver tipsheets, and links to free caregiver training and education materials. There are also resources for primary healthcare and community organizations serving people living with dementia.

GUIDE

(Guiding an Improved Dementia Experience)
cms.gov/priorities/innovation/innovation-models/guide
Contact: Encompass Community Supports
agingservices@ecsva.org • 540-825-3100 ext 3416

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary, nationwide model testing the impact of providing comprehensive services and support for people with dementia and their caregivers. The model began on July 1, 2024, and will run for 8 years.

MedicAlert ID Bracelet with Wandering Support® / MedicAlert Foundation

medicalert.org/alz • 800-432-5378

6:00am-4:30pm Monday-Friday (Pacific Time). If an individual with dementia wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it. MedicAlert will create a missing person report and activate a community support network including local law enforcement and hospitals to help locate the person who wandered. MedicAlert will share vital information with first responders as needed.

Project Lifesaver

Search and rescue program that provides devices for persons who are at risk of wandering or getting lost. ***see Safety and Support Section for each county

GETTING A DIAGNOSIS / NEUROLOGISTS

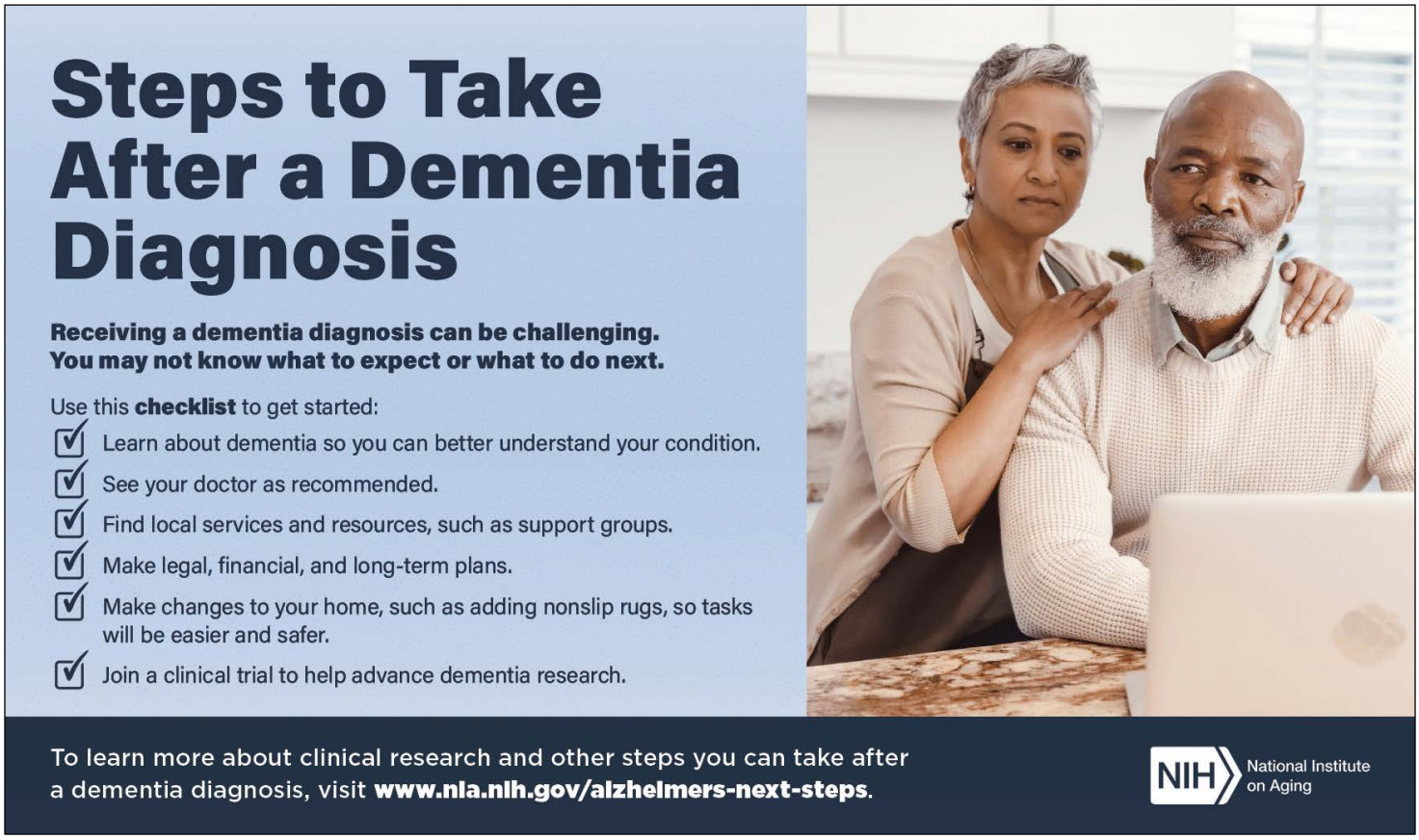
The following is a list of available providers at time of printing. Aging Together does not represent or recommend any specific provider. We encourage researching each doctor individually prior to scheduling a visit.

Alzheimer's Association

alz.org

UVA Health Adult Neurology Clinic

uvahealth.com/conditions/alzheimers-memory-disorders
1221 Lee Street, 4th Floor, Charlottesville
434-924-2706



Guiding an Improved Dementia Experience (GUIDE) Model

INFORMATION FOR PATIENTS & CAREGIVERS

Your doctor or care team may be participating in a new program called GUIDE. This Medicare program provides enhanced services for dementia care and support for caregivers. Your Medicare benefits stay the same – you can still see any doctor or hospital that accepts Medicare.

What are the program's goals?

- ❖ Improve the quality of life for people living with dementia
- ❖ Enhance support for caregivers of people living with dementia
- ❖ Help people living with dementia stay in their homes and communities longer

Find a GUIDE doctor or care team on the **GUIDE website** and contact them to see if you are eligible.

What can you expect?

- ✓ **Comprehensive Assessment & Care Plan**: Get an **assessment** to identify your individual health needs and build a personalized **care plan** tailored to provide the services you need.
- ✓ **Caregiver Support**: Caregivers (relatives or unpaid nonrelatives who help with daily activities) can receive **education and support** such as direct communication with a care navigator when they need it.
- ✓ **GUIDE Respite Services**: **Respite services** are available to qualifying caregivers up to an annual cap, giving caregivers temporary relief when they need a break. Support comes from local in-home respite providers, adult day centers, and 24-hour care facilities.
- ✓ **Coordination & Support**: Get connected to **community-based services** like meals and transportation. Care teams will also work together to **coordinate** clinical and support services.
- ✓ **Care Navigation & 24/7 Access**: **A care navigator** helps coordinate your care and you get **24/7 access** to a care team member or helpline when you have questions or need support.

CMS CENTERS FOR MEDICARE & MEDICAID SERVICES

https://innovation.cms.gov/innovation-models/guide

Fauquier Health

fauquierhealth.org/find-a-doctor • **540-316-5000**
550 Hospital Drive, Warrenton

Fauquier Neurological Associates

Larry Stephenson, MD
440 Hospital Drive, Warrenton
540-347-1600

Luzzi Neuropsychology Practice

luzzineuropsychpractice.com
70 Main Street, Suite 200, Warrenton
571-583-0122
contact@luzzineuropsychpractice.com

Mary Washington Neurology

marywashingtonhealthcare.com/our-services/medical-group/neurology
1340 Central Park Boulevard, Fredericksburg
540-899-2900 or 540-899-1354

Behavioral Health

(See Mental Health)

Blindness & Visual Impairment

BARD - Braille & Audio Reading Download

nlsbard.loc.gov

Access audio books to download and listen. You will need to create an account on the site.

Department for the Blind & Vision Impaired

(located in Richmond, VA)
vdbvi.org • **804-371-3140 / 800-622-2155**

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

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

loc.gov/nls/braille-audio-reading-materials/find-a-local-library
888-657-7323

Search on the site for the nearest library that can help receive access to the BARD (Braille and Audio Reading Download) website and app. Can be done remotely, via telephone, fax, postage-free mail, or e-mail. All network libraries provide access to NLS-produced braille and talking books and magazines, which they circulate via postage-free mail. Contact your library today to find out what services they can offer you. Or call the phone number above and be connected with the library serving your area.

VisionAware

aphconnectcenter.org/visionaware
800-232-5463

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

Deaf & Hearing Impaired

Caption Call

sorenson.com/captioned-calls/captioncall
support@captioncall.com
ccmsupport@captioncall.com

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

Virginia Relay

varelay.org • **DIAL 711**
866-894-4116 (Voice) • 866-246-9300 (TTY)

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

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons

(VDDHH)
nvrc.org
703-352-9055 ext. 101 for voice; 571-350-8656 VP
703-352-9056 TTY

Dental Care

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

Piedmont Regional Dental Clinic

vaprdc.org • **540-661-0008**
13296 James Madison Highway, Orange

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

Diabetes

Diabetes Self-Management Program

540-829-4315 • mhorne@culpeperhospital.com

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

Disabilities

The ARC of North Central Virginia

arcofncv.org
PO Box 3186, Warrenton, VA 20188
571-399-5390 • info@arcofncv.org

Largest national community-based organization advocating for and with people with intellectual and developmental disabilities (I/DD) and serving them and their families.

The disAbility Resource Center

cildrc.org • 540-373-2559 • drc@cildrc.org

The disAbility Resource Center (dRC) is a Center for Independent Living serving people with disabilities, older adults, families, and caregivers. Services include information and referral, independent living skills training, peer support, and advocacy. The dRC also administers home modification grant programs that help income-eligible individuals make their homes safer and more accessible so they can continue living independently.

Free Clinics

Free Clinic of Culpeper

freeclinicofculpeper.org • 540-829-5032
610 Laurel St., Suite 3, Culpeper

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

Fauquier Free Clinic

fauquierfreeclinic.org • 540-347-0394
35 Rock Pointe Lane, Warrenton

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

Living Water Community Clinic

Livingwaterclinic.life • 540-854-5922
32345 Constitution Highway, Suite P, Locust Grove

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

Madison Free Clinic

madisonfreeclinic.org • 540-948-3667
125 N Main Street, Madison

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

Orange County Free Clinic

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

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

Rappahannock County

See Fauquier Free Clinic

Health Department / Rappahannock Rapidan Health District

vdh.virginia.gov/rappahannock-rapidan
540-316-6280

The website has contact information for individual counties.

Home Care, Home Health, Companion Care

For a list of providers visit Aging Together's website (agingtogether.org/caregiver-support); the Community Resource Finder (communityresourcefinder.org); or Virginia Easy Access (easyaccess.virginia.gov).

Hospitals

UVA Culpeper Medical Center

novanthealthuva.org • 501 Sunset Ln., Culpeper
540-829-4100

Fauquier Hospital (part of Fauquier Health)

fauquierhealth.org
500 Hospital Drive, Warrenton • 540-316-5000

Mary Washington Hospital

marywashingtonhealthcare.com/Mary-Washington-Hospital.aspx
1001 Sam Perry Blvd, Fredericksburg
540-741-1100

Sentara Martha Jefferson Hospital

sentara.com/hospitalslocations
434-654-7000 or 800-633-6353

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

University of Virginia Medical Center

uvahealth.com • **1215 Lee Street, Charlottesville**
434-924-0000

Warren Memorial Hospital

valleyhealthlink.com/warren-memorial-hospital
351 Valley Health Way, Front Royal • 540-636-0300

Hospice, Palliative Care & Grief Help (non-profit)

Hospice of the Piedmont

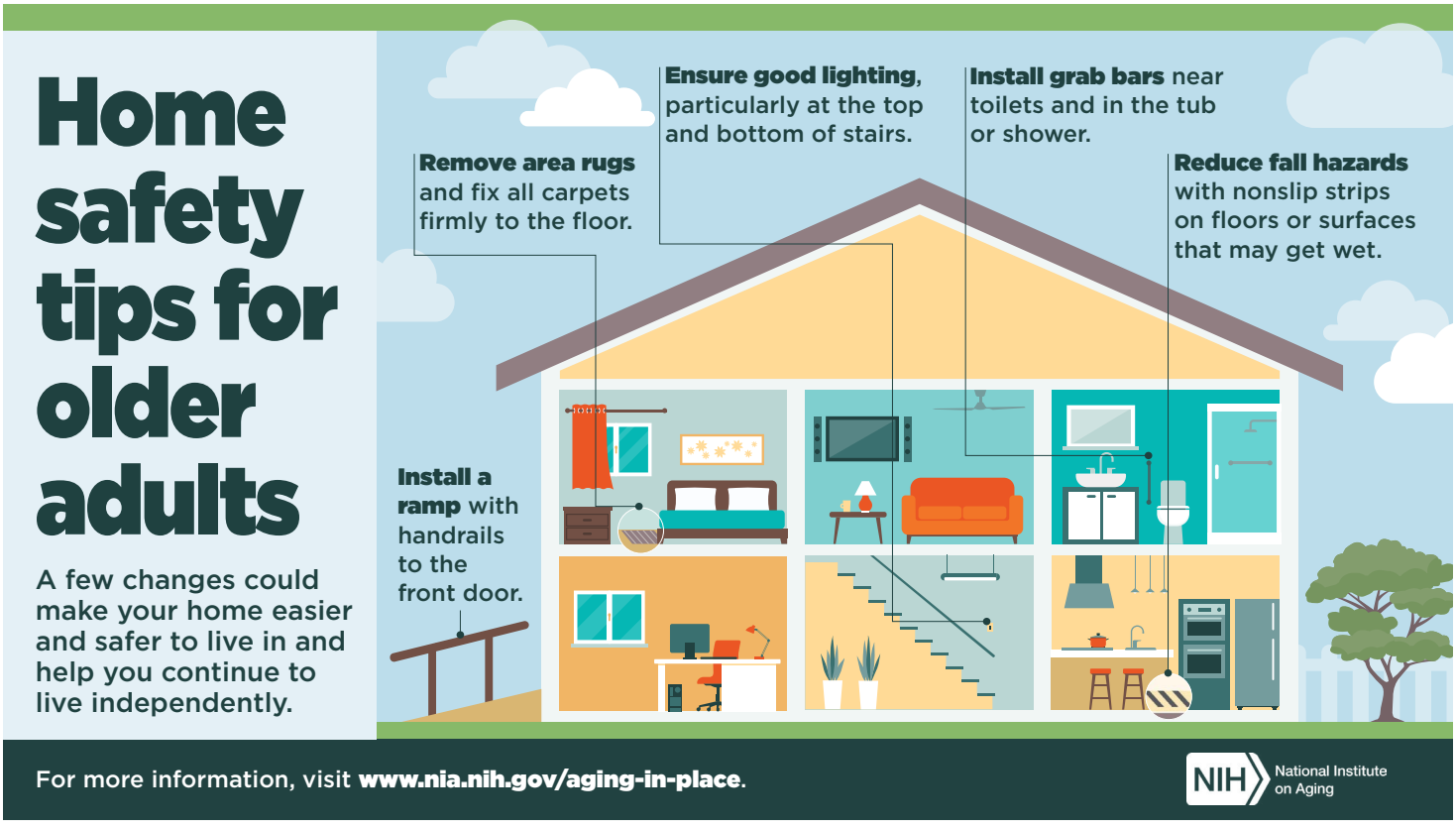
hopva.org • **800-975-5501**
info@hopva.org

A community-based nonprofit that has offered expert care and peaceful resolution to Virginia families for over 40 years. Hospice of the Piedmont cares for patients with serious illnesses and their families during the final months of life, and offers grief and bereavement services to the entire community. Additional supportive services include Veteran Services, Supportive Music, Community Education and many Volunteer services.

Hospice of the Piedmont: Palliative Medicine

hopva.org • **434-423-0700 • info@hopva.org**

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



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Home Medical Store

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- Stairlifts
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- Incontinent Supplies
- Orthopedic Braces
- Hot/Cold Therapy
- Rentals









Simple Comforts
41 W. Lee Hwy. #61
Warrenton, VA 20186
(540) 341-7135

M-F 9:30am-6pm
S 9:30am-4pm, Closed Sunday

202 Albemarle Square,
Charlottesville, VA 22901.
(434) 245-0001

www.simplecomforts.com

Danielsen Center for Hope after Loss

(formerly known as Spiritual Care Support Ministries)
7179 New Hope Lane, Warrenton
danielsencenter.org • **540-349-5814**

Provides faith-based education, counseling, and support to those experiencing grief, illness, or personal losses, and to those who journey with them.

Immunizations

Virginia Department of Health

vdh.virginia.gov/covid-19-vaccine

For vaccine information.

Mental Health

CARS: Christ-Centered Addiction Restoration Services

(RESTORE, a program of CARS)
herestores.com • **540-445-1733** • **info@herestores.com**

RESTORE provides addiction restoration support for individuals, as well as support for the family members, friends, and allies of those battling addictions, in Culpeper, Fauquier, Madison, and Rappahannock counties. For more information, including information regarding RESTAURA, a Spanish-speaking support group, visit HeRestores.com or HeRestoresVA on social media.

Healthy IDEAS

(Identifying depression in older adults)
Encompass Community Supports

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

Mental Health Association of Fauquier County

fauquier-mha.org
321 Walker Drive, Suite 302, Warrenton
540-341-8732

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

Mental Health America of VA

mhav.org • **804-257-5591**
Warm Line: 866-400-MHAV (6428) - Peer run support line
Crisis Line: Dial 988

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

Encompass Community Supports

encompasscommunitysupports.org
General Questions: 540-825-3100
Crisis Services: 540-825-5656 - available 24/7.

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988 Suicide and Crisis Lifeline - English and Spanish

988lifeline.org • **Call or text 988 for immediate help!**

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

Health Insurance and Prescription Drug Coverage

HEALTH INSURANCE

Common Help

(A partnership with Virginia Department of Social Services)
commonhelp.virginia.gov • **855-635-4370**

Site that helps find healthcare coverage for Virginians.

Cover Virginia (Commonwealth of Virginia)

coverva.org

Information about Virginia's Medicaid and FAMIS (Family Access to Medical Insurance Security Plan) programs. Information about health insurance options available through the Federal Marketplace. Apply online.

Medicare and Medicaid

Two government programs to help people pay for health care – how they differ.

Medicare

Care for People Who Are Older, Disabled, or Chronically Ill

- Administered by Federal government.
- Benefits are 100% Federal funds.
- Eligibility based on age (65 and over), disability, or chronic illness.
- Coverage is Federally mandated and generally includes hospital, outpatient, nursing home, and prescription drugs.
- No financial tests to qualify.

Medicaid

Care for People With Limited Incomes and Resources

- Administered by States.
- Benefits are a combination of State and Federal funds.
- Eligibility based on limited income and resources.
- Coverage varies by State but generally includes most medical services prescribed by a doctor or dentist.
- Income and asset tests vary by State.

Total Beneficiaries in Millions



DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES

* September 2014
** January 2014

Follow us on Twitter #MedicaidIntegrity

Federal Insurance Medicare

medicare.gov • 800-633-4227

Healthcare Marketplace

An official website of the U.S. Centers for Medicare & Medicaid Services)
healthcare.gov • 800-318-2596 (24/7)

The Health Insurance Marketplace® is a federal government service (through the Affordable Care Act) that provides health plan shopping and enrollment services for health insurance through websites, call centers, and in-person help. Enrollment for certain life events, like losing other coverage, moving, getting married, or having a baby - or if eligible for Medicaid or CHIP.

Insurance Counseling

Encompass Community Supports
540-825-3100 (ask for VICAP Counselor in your county)

VICAP (Virginia Insurance Counseling and Assistance Program). Part of a national network of programs that offer free, unbiased, confidential counseling and assistance for people with Medicare or who are about to become Medicare eligible. ECS has trained counselors who can meet one-on-one to provide information to make informed decisions about healthcare needs.

Long Term Care Insurance

See Insurance Counseling.

Commonwealth of Virginia's Insurance Marketplace

marketplace.virginia.gov

Virginia's Insurance Marketplace is Virginia's official source to apply for financial help to lower the cost of monthly premiums and out-of-pocket costs for health insurance.

NATIONAL DRUG DISCOUNT PROGRAMS

America's Pharmacy

americaspharmacy.com

Blink Health

blinkhealth.com

Good RX

goodrx.com

National Drug Card

nationaldrugcard.com

Discount Drug Network

discountdrugnetwork.com • 877-537-5537

Single Care

singlecare.com

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

Housing

Accessible & Emergency Housing, Repairs

ACCESS VA

(Virginia's Accessible Housing Resource)
accessva.org • 877-428-8844 • TDD/TTY: 7-1-1

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

Benevolent Fund

rappbenfund.org
370 Gay Street, Washington, VA
540-671-0421 (Berni Olson)
berniolson@rappbenfund.org

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

Community Touch, Inc.

communitytouchinc.org • 540-439-9300
info@communitytouchinc.org

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

Culpeper Housing and Shelter Services (CHASS)

culpepershelter.org • 540-825-7434
215 E. Spencer Street, Culpeper

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

Memory Care Checklist

Source: U.S. News Best Senior Living
usnews.com/best-senior-living

1. YOUR LOVED ONE'S PREFERENCES	YES	NO
Is the facility close to family members and friends who are most likely to visit your loved one?		
Is the facility close to emergency medical care?		
Is the facility large enough to have on-site medical services?		
Is the facility part of a larger medical system?		

2. YOUR LOVED ONE'S CARE NEEDS	YES	NO
Does your loved one still have some independence, making memory care in an assisted living community or in a stand-alone facility a good fit?		
Or, does your loved one have more care needs that could be better supported in a memory care unit in a nursing home?		

3. YOUR LOVED ONE'S FINANCES	YES	NO
Is your loved one in the right level of care, with the correct fees? (In other words, is your loved one in an assisted living community, with a typical assisted living cost, vs. a nursing home, which may have higher costs.)		
Have you looked into benefits with Medicaid, Medicare, Social Security or veterans benefits to help cover expenses?		
Have you considered speaking with a senior care financial advisor?		

4. RESEARCH FACILITY QUALITY RATINGS	YES	NO
Have you created a shortlist of facilities you think would meet your preferences, needs and budget?		
Have you checked facility quality ratings to ensure they are meeting the minimum standards for workplace safety, accreditation and care standards?		

5. TOUR YOUR FAVORITE OPTIONS	YES	NO
Have you made appointments to tour your top communities?		
Do you have this **Memory Care Checklist** on hand?		

6. GET TO KNOW THE STAFF	YES	NO
During your tour, did you chat with staff to learn more about their competency, standards of care, training and any awards or recognition they've received?		

7. HOW THE FACILITY PRIORITIZES SAFETY	YES	NO
Does the community have safety protocols in place for falls, wandering and agitation?		
Did the community tell you its staff-to-resident ratio?		
Does the community offer medication management services?		

8. MEMORY CARE COSTS AND FEES	YES	NO
During your tour, did you request to meet with a facility representative to go over some of the costs with you?		
Did you ask if the facility requires any type of deposit upfront?		
Did the facility provide the payment structure for your loved one's stay?		

9. ASSESSMENTS AND CARE PLANS	YES	NO
Have nurses in memory care designed a care plan detailing your loved one's diagnosis and planned interventions and evaluations?		

10. ACTIVITIES AND SPECIALIZED THERAPIES	YES	NO
When touring a memory care facility, did you ask to sit in on some of the residents' daily activities?		
Did you speak to the activities director?		

11. TRANSPORTATION	YES	NO
Does the community provide transportation so residents can go to a doctor's appointment off-site or to other events and locations?		
Did the community explain where the ambulance would likely take your loved one in an emergency?		
If residents can leave, is private transportation allowed?		
Are there limitations on the amount of time residents can leave?		

12. EMERGENCY PROTOCOLS	YES	NO
Does the memory care facility have protocols in place for natural disasters, fi res, security threats, medical emergencies and medication errors?		
Did you ask how the facility tracks and follows resident wishes, including do-not-resuscitate orders or medical power of attorney?		

NOTES: _____

Nursing Home Checklist

Source: Medicare.gov

Name of Nursing Home:	Phone:
Address:	Date of Visit:

BASIC INFORMATION	YES	NO
Is the nursing home Medicare certified?		
Is the nursing home Medicaid certified? ***Note:*** "Certified" means the nursing home passed an inspection conducted by a state government agency. Medicare only covers care from nursing homes that are certified.		
Are the nursing home and current Administrator licensed in my state?		
Does the nursing home have a bed available?		
Does the nursing home offer specialized services, like a special care unit for a resident with dementia or ventilator care?		
Is the nursing home located close enough for friends and family to visit?		
Are there resident policies I must follow? Will I get a written copy of these policies?		
Are there extra charges for other services, like beauty shop services?		
Will the nursing home tell me in writing about their services, charges, and fees before I move into the home? ***Note:*** Medicare- and/or Medicaid- certified nursing homes must tell you this information in writing. Get a copy of the fee schedule to find out which services are available, which are included in your monthly fee, and which services cost extra. Then, compare nursing home costs.		
Is the nursing home Medicare certified?		

PREVENTING ABUSE	YES	NO
Does the relationship between staff and residents appear to be warm, polite, and respectful?		
Does the nursing home check to make sure they don't hire staff members with a finding or history of abuse, neglect or mistreatment of residents in the state nurse aid registry?		
Does the nursing home have policies and procedures on prohibiting and reporting abuse and neglect?		
Is the nursing home taking action to keep residents safe from abuse, neglect, mistreatment, or exploitation?		
Is there information about how to report concerns about the care and safety of residents?		
Is there information about how the facility responds to concerns that are reported?		
Has the nursing home been cited for issues related to abuse in the last year or two? ***Note:*** Nursing homes cited for abuse will have the following icon next to their name on Medicare.gov:		

SAFETY & CARE	YES	NO
Have you checked the nursing home's star ratings on Medicare.gov?		
Is the nursing home taking action to improve quality or staffing as needed?		
Can residents still see their personal doctors? If needed, does the facility help arrange transportation for this purpose?		
Does the nursing home have an arrangement with a nearby hospital?		
Are care plan meetings held with residents and family members at times that are convenient and flexible whenever possible?		
Does the nursing home's inspection report show quality of care problems or other citations (failure to meet one or more state or federal requirements)? ***Note:*** The nursing home must have the report of the most recent state or federal survey of the facility available for you to look at. These reports tell you how well the nursing home meets federal health and safety regulations. Reports can also be found on most state survey agency websites and Medicare.gov.		

NURSING HOME APPEARANCE	YES	NO
Are residents clean, well groomed, and appropriately dressed for the season or time of day?		
Is the nursing home free from overwhelming unpleasant odors?		
Does the nursing home appear clean and well kept?		
Is the temperature in the nursing home comfortable for residents?		
Does the nursing home have good lighting?		
Are the noise levels in the dining room and other common areas comfortable?		

RESIDENTS' ROOMS	YES	NO
Can residents have personal belongings and furniture in their rooms?		
Does each resident have storage space (closet and drawers) in their room?		
Does each resident have a window in their bedroom?		
Do residents have access to internet, a computer, a personal phone, and television?		
Do residents have a choice of roommates?		
Are there policies and procedures to protect residents' possessions, including lockable cabinets and closets?		

NURSING HOME LIVING SPACES	YES	NO
Is the furniture sturdy, yet comfortable and attractive?		
Are exits clearly marked?		
Are there quiet areas where residents can visit with friends and family?		
Does the nursing home have smoke detectors and sprinklers?		
Are all common areas, resident rooms, and doorways designed for wheelchairs?		
Can the nursing home provide for special dietary needs (like low-salt or no-sugar- added diets)?		
Are nutritious snacks available?		
Does the staff help residents eat and drink at mealtimes, if needed?		

STAFF	YES	NO
Do staff knock on the door before entering a resident's room?		
Do staff refer to residents by name?		
Does the nursing home offer a training and continuing education program for all staff?		
Is there licensed nursing staff 24 hours a day, including a Registered Nurse (RN) present at least 8 hours per day, 7 days a week?		
Do Certified Nurse Aides (CNAs) help plan the care of residents?		
How many nurses, including CNAs, will be available to help me during the day, at night, and on weekends? ***Note:*** The nursing home is required to post this information.		
Is there a person on staff assigned to meet my social service needs, and can I meet with him or her?		
Will staff call my doctor for me if I have a medical need?		
Has there been a turnover in administrative staff, like the administrator or director of nursing, in the past year?		
Is my primary language spoken by staff? If not, is an interpreter available or another system in place to help me communicate my needs?		

ACTIVITIES	YES	NO
Can residents, including those who are unable to leave their rooms, choose to take part in a variety of activities?		
Do residents help plan or choose the activities that are available?		
Is staff available to help residents go outside?		
Does the nursing home have an active volunteer program?		
Do I get to choose what time to get up, go to sleep, or bathe?		
Can I have visitors at any time – even early or late hours?		
Would I be able to leave the facility for a few hours or days if I choose to do so? Are there procedures for leaving?		
Does the nursing home offer the religious or cultural support I need? If not, what type of arrangements will they provide to meet my needs?		

CARING FOR RESIDENTS WITH DEMENTIA	YES	NO
Does the nursing home have specific policies and procedures related to the care of residents with dementia?		
If so, does the policy include the use of non-medication based approaches to care as a first attempt to respond to behavioral symptoms (which are often a means of communication) for residents living with dementia?		
What percentage of residents who have a diagnosis of dementia are currently being prescribed an antipsychotic medication?		
What's the nursing home's current rate of antipsychotic medication use?		
Does the nursing home participate in any efforts related to reducing antipsychotic medication use in nursing homes (like the National Partnership to Improve Dementia Care)?		

GO TO A RESIDENT OR FAMILY GROUP MEETING

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

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

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

VISIT AGAIN

It's a good idea to visit the nursing home a second time. It's best to visit a nursing home on a different day of the week and at a different time than your initial visit. Staffing can be different at different times of the day and on weekends.

NOTES:

The disAbility Resource Center

cildrc.org • 540-373-2559 • drc@cildrc.org

The Older Adult Home Modification Program (OAHMP) helps income-qualified older adults make safety and accessibility improvements to their homes. The program may provide grant-funded modifications such as grab bars, railings, ramps, improved lighting, and other changes that reduce fall risks and support independent living. Contact the disAbility Resource Center to learn more about eligibility and how to apply.

Eviction Helpline

(Project of The Virginia Poverty Law Center)
fightmyeviction.org (Self help website)
833-663-8428 (833-NoEvict) Leave message.
noevict@hotmail.com

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

Foothills Housing Corporation Home Repair Loan Program

fhcorp.org • 540-341-2805

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

Foothills Housing Network Homeless Assistance

foothillshousing.org • fhn@rrregion.org
540-724-6630 (housing help)
540-829-7450 (General Inquiries)

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

Fauquier Family Shelter

familyshelterservices.org • 540-351-0130
24-hour, 52-bed emergency shelter in Warrenton.

Habitat for Humanity - Culpeper County

culpeperhabitat.org/what-we-do/home-repairs
305 S. Main Street, Suite 101, Culpeper
540-445-0432

Helps homeowners in the town of Culpeper and Culpeper County, with financial need, perform critical, affordable, emergency repairs on their homes. (by appointment only; 9:00am-1:00pm)

Habitat for Humanity - Fauquier County

Main Street, Suite 401, Warrenton
fauquierhabitat.org/what-we-do/programs/home-repair-service.html
540-341-4952

Intended to improve the safety, accessibility, and health of individuals and their homes.

LOWLINC

(Lake of the Woods, Living Independently in our Community)
lowlinc.org • 855-LOWLINC (569-5462)

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

People Incorporated

13230 Lovers Lane, Culpeper
peopleinc.net • info@peopleinc.net
833-277-9330 / 833-788-0387 español

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

Skyline CAP

skylinecap.org • 540-948-3916

Madison, Orange, extending to Fauquier and Rappahannock - Supports safe, affordable housing including emergency home repairs, housing choice vouchers, affordable housing and counseling.

Facility Search Sites

Access Virginia

accessva.org

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

Community Resource Finder

communityresourcefinder.org

Search for housing and in-home care options. Enter zip code for local facilities and services..

Virginia Easy Access

easyaccess.virginia.gov • 888-992-0959 (24/7)

Connects to information concerning healthcare, finances,



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850 SPERRYVILLE PIKE
CULPEPER, VA 22701

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www.FoundandSons.com

MSA Medi Home Hospice

Medi Home Hospice
763 Madison Road Ste 204
Culpeper VA 22701

Phone: 540-212-2196
Fax: 540-212-6403
www.msahealthcare.com
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Medicare.gov

medicare.gov/care-compare

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

Veterans Long-Term Care Information

va.gov

A service of the U.S. Department of Veterans Affairs. Veterans may be able to get assisted living, residential (live-in), or home health care through the VA. Find out how to access these long-term care services. Find living options for veterans. On the website click VA Benefits and Health Care>Health Care>About VA Health Benefits>Long Term Care (Long term care is on the left bar.)

Virginia Department of Social Services

dss.virginia.gov

Find assisted living facilities based on zip code. On website click Families and Individuals>Assisted Living>Assisted Living Facilities

Assisted Living Facilities / Memory Care

Please note that the included listings were available at the time of printing. Aging Together does not represent any of these listings, nor do we make specific recommendations. This may or may not be a complete list of all facilities in the region.

Blue Ridge Christian Homes

blueridgechristianhomes.com
7034 Catlett Road, Bealeton
540-439-2627
blueridgechristianhomes@gmail.com

Countryside Assisted Living

1240 Orange Road, Pratts (Madison County)
540-948-6318

Dogwood Village of Orange County

dogwoodvillageocva.org • **540-661-3100**
120 Dogwood Lane, Orange

Lavender Hills Assisted Living Orange Campus

680 University Lane, Orange • 800-755-1458
assistedlivingcenter.com/facilities/va/orange/lavender-hills-orange-campus-22960
800-755-1458

Jackson House Assisted Living

8 Jackson Lane, Boston VA (Culpeper County)
540-987-8746

Our Father's House

ofhch.com • **15260 Jubilee Road, Culpeper**
540-727-8292 • ofhbender@gmail.com

Poet's Walk

pwwarrenton.com • **540-340-5663**
33 Woodlands Way, Warrenton

Spring Oak Senior Living

springoakliving.com/culpeper
215 Southridge Pkwy, Culpeper
540-509-9988
springoakliving.com/warrenton
239 Alexandria Pike, Warrenton
540-347-6000

The Villa at Suffield Meadows

virginiavilla.org • **540-316-3800**
6735 Suffield Lane, Warrenton

White Springs Senior Living

springarborliving.com
349 Legion Drive, Warrenton • 540-216-7557

On website click Our Communities>Virginia>White Springs Senior Living

Independent Living

The following list includes low-income or subsidized independent living facilities and income-restricted Low-Income Housing Tax Credit (LIHTC) properties. Please note that these facilities may not be exclusively for older adults. The included listings were available at the time of printing. However, this may not be an exhaustive list of all facilities in the region. Please be advised that Aging Together does not represent any of these properties, nor do we make specific recommendations. We suggest that you research any facilities that may be of interest.

CULPEPER COUNTY

The Arbors at Culpeper

arborsatculpeper.com/neighborhood
15255 Ira Hoffman Lane Culpeper, VA
855-279-2710

Leaflin Lane Elder Housing Apartments

540-829-7396

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

Meadowbrook Apartments

501A Meadowbrook Dr., Culpeper • 240-683-0300

The Meadows Senior Apartments

northridgeapthomes.com/meadows
1050 Claire Taylor Court, Culpeper • 540-825-6300

Apartment catering to active seniors and senior living.

Mountain Run Apartments

608-AA Clair Page Way, Culpeper • 540-825-8850

Southridge Apartments

southridgeaptsculpeper.com **• 540-510-8785**
601 Southview Court, Culpeper

FAUQUIER COUNTY

Millview Apartments

peopleinc.net **• 540-317-1635**
401 North Church Street, Remington
millviewapartments@peopleinc.net

On website click Services>Find a Services>Housing>Affordable Rental Housing>Millview Apartments

Mintbrook Senior Apartments

4475 Bacon Street, Bealeton • 540-402-6005

Moffett Manor

moffettmanorapartments.com
115 Manor Ct., Warrenton • 540-341-8299

The Oaks

oaksofwarrenton.com **• 540-349-9725**
305 Oak Springs Dr, Warrenton





Finding an Elder Law Attorney

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

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

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

SOURCE: NAELA.ORG

Key questions to ask when interviewing a lawyer:

1. How long have you been practicing elder law?

2. Are you a certified elder attorney?

3. What percentage of your law practice is elder law?

4. Will you see me and my family through the entire process?

5. Do you do home visits?

6. What will it cost?

7. Will I work with you or someone else in the office?

8. How long does it take you to return phone calls and emails?

9. Are you a member of the National Academy of Elder Law Attorneys (NAELA)?

10. What recognition have you received as an elder law attorney?

11. What will happen to my file when you stop practicing?

Warrenton Manor Apartments

663 Hastings Lane, #1, Warrenton
540-349-1353

ORANGE COUNTY

Belleview Apartments

222 Belleview Ave., Orange • 540-661-3300

The apartment complex for seniors consists of one-bedroom, one-bath apartments. Maximum income qualifications apply. Please call for details.

Meadow Run Apartments

603 Knighting Road, #11, Gordonsville • 540-832-5350

65+ community

Skilled Nursing

Please note that the included listings were available at the time of printing. Aging Together does not represent any of these listings, nor do we make specific recommendations. This may or may not be a complete list of all facilities in the region.

Autumn Care of Madison

saberhealth.com/locations/autumn-care-of-madison
1 Autumn Ct., Madison • 540-948-3054

Brookside Nursing & Rehabilitation

brooksiderehabandnursing.com **• 540-347-4770**
614 Hastings Lane, Warrenton

The Culpeper

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

Culpeper Health & Rehabilitation

culpeperhealthrehab.com **• 540-825-2884**
602 Madison Road, Culpeper

Dogwood Village

dogwoodvillageocva.org
120 Dogwood Ln., Orange • 540-672-2611

Fauquier Health & Rehabilitation Center

fhrnc.org **• 360 Hospital Dr., Warrenton**
540-316-5500

Mountain View Nursing Home

mvnursing.net **• 540-948-6831**

Southridge Apartments

southridgeaptsculpeper.com
601 Southview Ct., Culpeper • 540-510-8725

Puller Veterans Care Center (PVCC)

6951 Vint Hill Parkway, Warrenton
540-680-5200 • PVCCAdmissions@dvs.virginia.gov

Veterans skilled nursing facility located in Fauquier County.

Legal And Financial

Disability Law

disAbility Law Center of Virginia

dLCV.org • **info@dLCV.org**

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

Elder Law

Legal Aid Works

legalaidworks.org/culpeper
1200 Sunset Ln, Suite 2122, Culpeper
lawculp@legalaidworks.org • 540-825-3131

Legal Aid Works provides free, high-quality, civil legal assistance to low income individuals and families. Serving Counties of Culpeper, Fauquier, Madison, Orange, & Rappahannock.

National Academy of Elder Law Attorneys

naela.org/findlawyer • **naela@naela.org**

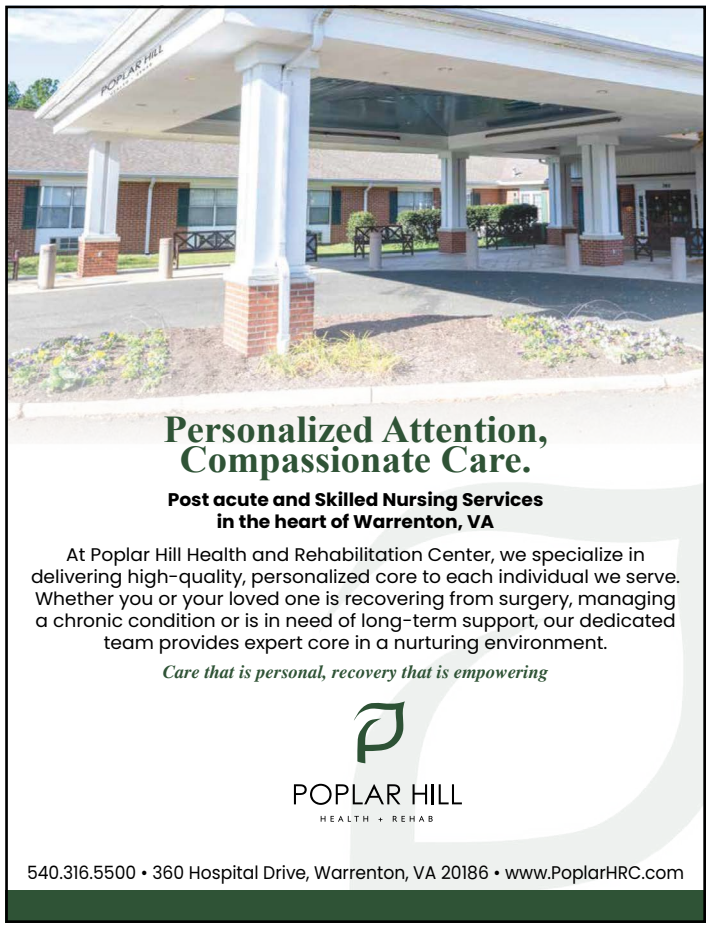
A publicly available tool to find a licensed practicing NAELA member attorney. who specializes in serving older adults. Enter your zip code to find an elder law attorney near you.

Funeral Planning

Funeral Consumers Alliance

funerals.org

Offers information on different types of burials, pre-panning and paying for a funeral, consumer rights and more.





Medicare Advice

VA Insurance Counseling and Assistance Program (VICAP)

vda.virginia.gov/vicap.htm

The Virginia Insurance Counseling and Assistance Program (VICAP) offers free, unbiased, and confidential help for people with Medicare. VICAP counseling is available through Encompass Community Supports (regional Area Agency on Aging).

Tax Information

AARP Tax-Aide

taxaide.aarpfoundation.org or aarp.org

AARP Foundation Tax-Aide provides tax assistance to those who qualify, free of charge, with a special focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. On website search for Tax Aide.

Life Enrichment

Activities & Entertainment, Online & In Person

AARP Online Community Center

aarp.org/events

Discover experiences and connections you'll love, online and in your community.

Age Better Orange

orangerotaryclub@gmail.com

A community initiative dedicated to helping older adults, caregivers, and families live well, stay informed, and stay connected. Through educational programs, community partnerships, and practical resources, Age Better Orange promotes safety, independence, and a higher quality of life for aging residents in Orange County.

LOWLINC

lowlinc.org • 855-569-5462 • info@lowlinc.org

LOWLINC empowers older adults to live fully and independently in their homes through member services, health and wellness programs, and social connections. (Locust Grove, Orange County)

RAPP at Home

rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
540-937-4663 • info@rappathome.org

Rapp at Home offers numerous activities, designed to be fun and also designed to provide opportunities to get together with other friends (Rappahannock County). In addition, activities focus on simple and easy social activities, diverse educational opportunities, and activities to promote fitness and health. On website click on Activities>Activities Overview

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Ted Talks

ted.com/talks

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

Clubs

Senior Gold Card FCPS (Fauquier County Public Schools)

fcps1.org (click on "community")

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

Silver Citizens Club/Culpeper

web.culpepercounty.gov/parksrec/page/active-adults
540-727-3412

Continuing Education

Culpeper Literacy Council

culpeperliteracy.org • facebook.com/CulpeperLiteracy
415 S. Main St., Culpeper • 540-825-5804

Madison Literacy Council

madisonliteracy.org • 540-948-5514
info@madisonliteracy.org

AudioNova
Your Hearing Experts

Hear the Difference Personalized Hearing Care Can Make

At AudioNova, better hearing is always our focus. Katelyn Morris-Stearns, HIS is committed to providing each patient with an exceptional level of care and attention. She's been one of the leaders in hearing technology for years. If you're experiencing hearing loss for the first time or exploring new technology, we're here to help.

Call or Scan Today to Schedule Your Free Hearing Screening ($250 Value)



AudioNova Culpeper, VA

Katelyn Morris-Stearns, HIS

(540) 829-9005

13220 Lovers Ln.

Scan to book your appt.

AudioNova.com

★★★★★

encompass Community Supports
Formerly Known As – Rappahannock-Rapidan Community Services

ECS SENIOR CENTERS

More Life in Every Movement

Give the Gift of Care

$200 Transportation or Emergency Heat / AC Units

$150 Chronic Disease Self Management Classes

$100 Social & Recreational Activities

$50 Arts & Cultural Experiences

$25 Nutritious Meal

DONATE TODAY!



540 347-7729

Encompasscommunitysupports.org/donate

Germanna Community College

germanna.edu • 540-891-3000

Literacy Volunteers of Fauquier County

lvfc.net • 540-422-8465
320 Hospital Dr, Suite 10, Warrenton
lvfc320@gmail.com

Laurel Ridge Community College

laurelridge.edu • 540-351-1505
6480 College St,Warrenton

Piedmont Regional Adult Education (PRACEP)

pracep.org • 540-718-8243
info@pracep.org

Free GED & English language classes.

County Parks & Recreation (Programs & Classes)

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

Culpeper County Parks & Recreation

web.culpepercounty.gov/parksrec
16388 Competition Drive, Culpeper
540-727-3412

Fauquier County Parks & Recreation

fauquiercounty.gov • 540-422-8550
320 Hospital Drive, Suite 6, Warrenton

On website click Government>Departments H-Z>Parks and Recreation

Madison County Parks & Recreation

hooverridge.com • 540-308-1247
158 Primary School Drive, Madison

Orange County Parks & Recreations

orangecountyva.gov • 540-672-5435
11350 Porter Road, Orange

On website click Rec Registration>Senior Activities

Employment

AARP

aarp.org/jobs

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

Culpeper Career Resource Center (CCRC)

ccrc-jobs.com • 540-727-1055
219 E. Davis Street, Suite 100, Culpeper

CCRC offers a wide variety of services for both Job Seekers and Employers. For staff assistance, please call to make an appointment.

Virginia Career Works Centers

vcwpiedmont.com
Culpeper County Center: 210 E Stevens St., Suite 200, Culpeper
540-212-4570, Option 2
Mobile Centers:
Madison County | 540- 212-4570
Orange County | 540-212-4570, option 3

Offers job search and resume writing assistance, as well as job skills training. Call for an appointment and more information.

Virginia Employment Commission

vec.virginia.gov

State government site that offers resources, locations of regional workforce centers, job fair listings, and more. Also has information about unemployment benefits.

The Workplace / Fauquier County

fauquiercounty.gov • 540-422-8422
workplace320@gmail.com

Career resource center (not an employment agency) available to all county residents to assist them in finding employment.

Elections

LOCAL ELECTION OFFICES

(Voter info, registrar contact info, polling places, etc.)

Culpeper County Voter Registration & Election Office

web.culpepercounty.gov/registrar
131 N. Main Street, Suite 301, Culpeper
540-825-0652

Fauquier County Office of the General Registrar

fauquiercounty.gov • 540-422-8290
528 Waterloo Rd, Suite 200, Warrenton
On website click Government>Departments H-Z>Registrar

Madison County Voter Registrar

madisonco.virginia.gov/registrar
414 N. Main St., Madison • 540-948-6533

Orange County Office of Voter Registration & Elections

orangecountyva.gov/354/Voter-Registration-Elections
130 N. Madison Rd., Orange • 540-672-5262

Rappahannock County Voter Information

rappahannockcountyva.gov/residents/voter_information/index.php
262-A Gay St. Washington • 540-675-5380

INFORMATION ON NATIONAL ELECTIONS

General Election information

usa.gov/agencies/federal-election-commission

INFORMATION ON VIRGINIA ELECTIONS

Commonwealth of Virginia Election Information

elections.virginia.gov

Find your local legislators

whosmy.virginiageneralassembly.gov

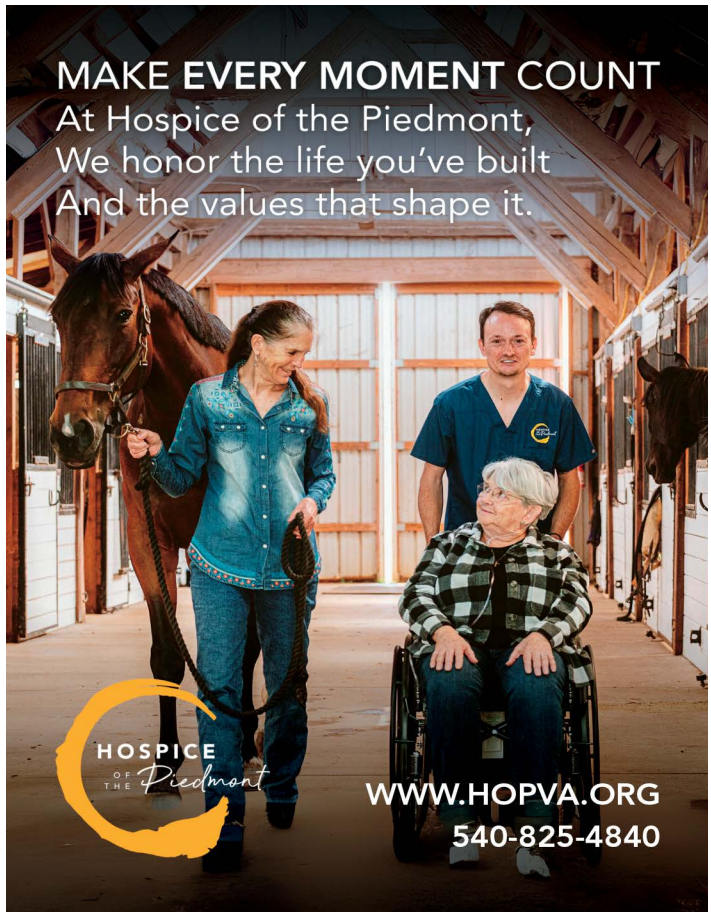
Major USA Election Dates

ballotpedia.org/Elections_calendar

Exercise & Fitness

Culpeper Parks & Recreation Sports Facilities

web.culpepercounty.gov
16358 Competition Drive, Culpeper
On website click Government>Parks and Recreation>Facility Information





Becky Abdullah & Dr. Nikki Butler

SPECIALIZING IN THE BEST:
- Hearing treatment
- Hearing Technology
- Overall patient experience
- Hearing Health Education
- Cognitive Screening

493 Blackwell Road,
Suite 311
Warrenton, VA 20186
hearingassessment.com
540.495.8601

PATH Recreation & Fitness Center

pathrecreationandfitnesscenter.org
19002 Crossroad Parkway, Culpeper
prfc@culpeperwellness.org • 540-825-0000

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

Powell Wellness Center

powellwellnesscenter.org
1005 Golf Dr., Culpeper • 540-445-5406

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

Warrenton Aquatic & Recreation Facility (WARF)

warrentonva.gov/201/WARF
800 Waterloo Rd., Warrenton • 540-349-2520

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

Libraries

Culpeper Public Library

cclva.org • **540-825-8691**
271 Southgate Shopping Center, Culpeper

Fauquier Public Library

fauquierlibrary.org

- **Bealeton**

10877 Willow Drive North, Bealeton
540-422-8500 (option 5)

- **Vint Hill (Kiosk)**

4235 Aiken Drive, Warrenton
(Vint Hill Community Center)
540-422-8500 – option 1

A mini-library, offering a selection of books for checkout using a library card. Materials checked out from this location can be returned to any of the library's main branches.

- **Marshall**

Marshall Community Center
4133 Rectortown Road, Marshall
540-422-8500 (option 6)

- **Warrenton**

11 Winchester Street, Warrenton
540-422-8500 (option 1)

Madison County Library

madisoncountylibrary.org
402 N. Main St., Madison • 540-948-4720

Orange County Library

ocplva.org
146 N. Main St., #A, Orange • 540-672-3811

Rappahannock County Public Library

rappahannocklibrary.org • **540-675-3780**
4 Library Rd, Washington, VA

Out and About

Library of Congress, Packard Campus Theater

loc.gov/programs • **19053 Mt. Pony Road, Culpeper**

Home to more than 1.1 million film, television, and video items from the National Audio-Visual Conservation Center stored underground on 90 miles of shelving. The campus hosts a regular series of film and television programming and occasional concerts in its 205 seat theater. All programs at the Campus are free and open to the public first come, first served. Movie schedule is on their website. On website click Audio-Visual-Conservation>Learn more About the Packard Campus

Tourism Offices

A great place to get ideas for day outings, things to do, restaurants in the region, and event schedules among other activities.
Culpeper: visitculpeperva.com
Fauquier: visitfauquier.com
Madison: madisonva.com
Orange: visitorangevirginia.com
Rappahannock: rappahannock.com

Parks

Culpeper County

culpeperva.gov/Community/Parks

Fauquier County

fauquiercounty.gov

Madison County

Hoover Ridge Park
hooverridge.com

Rappahannock County

The Rappahannock County Park
rappahannockcountypark.org

Orange County

orangecountyva.gov/300/Parks-Recreation

State of Virginia (& National)

National Park Service • nps.gov/findapark/index.htm

Search for specific parks by location on the website. *US citizens and permanent residents ages 62 and older can purchase an annual pass for $20; Senior Lifetime Pass $80 (at time of printing) **Veterans and military pay no entrance fees.

Programs for Older Adults

Aging Together

agingtogether.org • **540-829-6405**
info@agingtogether.org

Free monthly in person and virtual programs for older adults on subjects including brain health, caregiver support, mental health, chronic disease, scams & fraud, solo aging, hospice care and more! Regularly changing schedule.

LOWLINC

Empowering people 55+ to age in community
lowlinc.org • **855-LOWLINC (569-5462)**
info@lowlinc.org

Member services for transportation, friendly visits, light home maintenance, tech assistance, and social activities for Lake of the Woods residents, as well as Speaker Series, Encore Broadway (choral group), Vaccine Clinic, Care Partner Discussion Group, volunteer opportunities, and other programs open to the community.

Library-by-Mail
Culpeper County Library
Books, audiobooks, and DVDs shipped directly to your door!

These resources also available at the library:

- **Gale Legal Forms:** Providing access to customizable legal documents, including Powers of Attorney, Last Wills and Testaments, Bills of Sale, and more.
- **Virtual Health & Wellness Author Talks:** Featuring expert authors and speakers through our partnership with the Library Speakers Consortium (LCS).
- **Newspapers and News Access:** In-library access to newspapers including the Culpeper Star-Exponent, Richmond Times-Dispatch, Wall Street Journal, Washington Post, and other regional publications.
- Online access to the Culpeper Star-Exponent, Richmond Times-Dispatch, Charlottesville Daily Progress, USA Today, and additional newspapers through NewsBank.
- **Programs & Activities for Adults:** Knit & Crochet workshops, a variety of educational & entertainment programs such as Digital Drop-In: Monthly relaxed and friendly opportunity to receive help with phones, tablets, laptops, and other technology .
- **Large Print Titles:** Audiobooks, and accessible resources available in a variety of formats.

FREE for eligible Culpeper County residents with difficulty visiting us.

Scan, visit, or call to learn more or apply.



Dok Klaus Computer Care
Call us at (540) 428 2376

Technology Help for Seniors



Dok Klaus Computer Care offers IT support in Fauquier, Prince William, Culpeper, & Rappahannock counties. Our technicians have patient answers for all your computer, smartphone, & tablet questions!



10% off services for seniors

- House Calls
- Remote Help
- Virus removal
- Email Assistance
- One-on-One Classes
- Simplify Phones/Tablets

solutions@dokklaus.com
335 Waterloo street, Warrenton, VA 20186
Weekdays 9am - 5pm, Saturdays 9am - 12pm

SOLO AGING

Solo aging refers to growing older without a built-in support system such as a spouse, adult children nearby, or close family members who can regularly help with daily needs or emergencies.

SOLO AGING RESOURCE CENTER

www.soloagingresourcecenter.org

The Solo Aging Resource Center provides research-based resources, definitions, conversation guides, and planning tools for people who are aging alone and the health and social service providers who serve them.

- A *program of the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services*

IONA - AGING SOLO LEARNING

iona.org/programs/aging-solo

IONA is a nonprofit located in Washington DC that supports older adults with aging events, information and resources.

Their Aging Solo online learning program is available for a small fee (with support for payment if needed) and is an award-winning online educational program with videos, planning workbooks, and reflection tools focused on aging independently and preparing for future needs.

Many solo agers live independently and lead active, fulfilling lives by intentionally creating strong social connections and support networks.

DOROT

www.dorotusa.org

DOROT - Aging Alone Together
A nationally recognized program (based in New York City) for adults 60+ who identify as solo agers. Includes workshops on building support networks, aging in place, legal planning, and staying connected. DOROT's reach of programs reache 42 states, DC, and continues to grow.

DOROT also has articles, videos, emergency planning guides, and social connection resources for solo agers.
dorotusa.org/solo-aging-resources

THE ETHEL CIRCLE

facebook.com/groups/theethelcircle

An effort of AARP, the Ethel Circle is a closed Facebook community of women who celebrate life at every age (just join by answering simple questions and agreeing to their rules). Members connect through lively online conversations, a weekly newsletter and sometimes local meet-ups. "Each connection — big or small — can enrich daily life, offering belonging, purpose and the reassurance that you are never too old to make new friends. Living alone does not mean living lonely."

SENIOR PLANT ONLINE BOOK CLUB - FROM AARP

www.seniorplanet.org/online-book-club

Join the Senior Planet Online Book Club — read, discuss, and connect in monthly virtual sessions with older adults.

AGING TOGETHER

www.agingtogether.org

Aging Together invites all older adults to attend our monthly free programs, which cover a wide range of relevant topics.

Additionally, we hope you will join us for our Art of Aging Lifestyle & Wellness Expos in the fall. These events offer a wonderful opportunity to socialize and learn about available resources in our region.

Find information about these and other events and programs on our website.



Orange County Free Clinic...



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

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

Get to feeling better!

We're registering new patients now...
No waiting!
Call Today...540-672-0793
(Se Habla Espanol)

*Income guidelines apply

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

OCFC is a 501c3 community based healthcare provider for those in need...
101 C Woodmark Street Orange County, VA 22960

STARTING OCTOBER 26, 2026

RAPP RESPITE

A SOCIAL MODEL RESPITE CARE PROGRAM



Rapp Respite, a *social model respite care program* designed to:

- Help seniors with dementia or Parkinson's Disease remain at home longer
- Reduce isolation through meaningful engagement
- Provide critical relief to family caregivers

PROGRAM OVERVIEW

- 4-hour sessions, on Mondays and Wednesdays, 10 am to 2 pm
- Serving approx. 10 participants per day
- Located at Washington Baptist Church
- Led by trained staff and dedicated volunteers (2:1 ratio)

DAILY ACTIVITIES MAY INCLUDE:

- Music, art, and memory games
- Exercise (Tai chi, movement-based activities)
- Gardening, cooking, and pet therapy
- Community service projects that foster purpose and connection

FOR MORE INFORMATION
Call Rapp at Home at
540-937-4663
or email us at rapprespite@rappathome.org

rapp at home
COMMUNITY. COMPASSION. CONNECTION.

Rapp at Home

rappathome.org

17 Leggett Lane, Suite 110, Washington, VA
P.O. Box 193, Washington, VA 22747
540-937-4663 • info@rappathome.org

Nonprofit senior village under a national network that supports older adults living safely and independently in their homes and communities for as long as they choose. Offers free programs and services along with engaging activities. Supports transportation, health and wellness, home safety, social connections, and caregiver referrals,etc. Membership is free to all Rappahannock residents age 50 or better and volunteers are welcome.

Technology Help and Online Learning

LearnFree

learnfree.org

From career-boosting expertise to everyday life skills, LearnFree gives access to certified courses, engaging episodes, and a global community of learners.

Goodwill Rappahannock

fredgoodwill.org/virtual-training

Computer and internet skills, among others.

Senior Planet

seniorplanet.org

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

Udemy

udemy.com

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

Many of the libraries offer free computer classes and some are specifically geared toward older adults. Contact the libraries directly to find out their schedules (under "Libraries" section above).

Translation Assistance

PATH Community Link

Yesenia Reyes
888-495-LINK (5465) • communitylink@pathforyou.org



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

Pronunciator

pronunciator.com

Free for Culpeper County Library Card holders: a free app that offers 163 language "courses".

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

Video Chat Resources

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

· Facebook Messenger - (you do not have to be a member of Facebook)

· Microsoft Teams

· Google Chat (for Google Users)

· Facetime (for Apple users)

· Whats App (mobile phones)

· GrandPad (offers specialized, secure tablets designed for seniors aged 75+ to connect with family via video calls, photos, and games.

· Zoom

Google how to use these resources or go to YouTube (YouTube.com) for detailed videos.

Volunteer

Aging Together

agingtogether.org • **540-829-6405**
info@agingtogether.org

Aging Together seeks volunteers all year round for help with its signature annual events, administrative tasks, support for the Dementia Friendly initiative, and more. Training provided.

Volunteer Driver Opportunities:

RTC (Regional Transportation Collaborative)
rtcmc.org/give-a-ride • **540-445-0577**

Encompass Community Supports Volunteer Opportunities

Senior Centers. For Volunteer opportunities contact Encompass Community Supports / 540-825-3100 or contact the regional senior centers directly for more information.

Generations Central Adult Day Center (GCADC)

318 S. West Street, Culpeper
generationscentral.org • **540-403-0557**
adultday@generationscentral.org

Lower level, Culpeper Baptist Church. Support, engage with, and help those living with dementia while volunteering at GCADC.

Path Volunteer Hub

letsvolunteer.org • **volunteerhub@pathforyou.org**
540-680-4100

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

VolTran

voltran.org • **540-422-2600** • **voltranrides@gmail.com**

Worship

Church Finder

churchfinder.com

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

Safety & Support

Assistive Technology, Aids & Medical Equipment

All Blessings Flow

allblessingsflow.org • **434-422-8888**

Mobile unit supplying used medical equipment and supplies to those in need. Also accepts gently used medical equipment. Comes to Journey Church Orange County on Fridays from 10am-12pm. Call in advance to confirm.

FRAUD & SCAMS



Scams and fraud are more prevalent than ever, with thousands of attempts occurring daily across the internet. Older adults are often targeted, and increasingly sophisticated tactics can make fraudulent messages difficult to identify. Below are a few examples of scams that are commonly reported today.

- Romance Scam: Perpetrators pose as interested romantic partners through dating websites to capitalize on their elderly victims' desire to find companions.
- Tech Support Scam: Perpetrators pose as technology support representatives and offer to fix non-existent computer issues—gaining remote access to victims' devices and, thus, their sensitive information.
- Grandparent Scam: Perpetrators pose as a relative—usually a child or grandchild—claiming to be in immediate dire financial need.
- Government Impersonation Scam: Perpetrators pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- Sweepstakes/Charity/Lottery Scam: Perpetrators claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- Home Repair Scam: Perpetrators appear in person and charge homeowners in advance for home improvement services that they never provide.
- TV/Radio Scam: Perpetrators target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- Family/Caregiver Scam: Perpetrators are relatives or acquaintances of the elderly victims and take advantage of them or otherwise get their money.

Source: Internet Crime Complaint Center of the Federal Bureau of Investigation

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If you think you or someone else has been a victim of fraud, you can contact any of these organizations:

- The FBI Internet Crime Complaint Center: www.ic3.gov
- National Elder Fraud Hotline: 833-372-8311 (1-833-FRAUD-11)
- The Federal Trade Commission: reportfraud.ftc.gov
- Office of the Attorney General, Virginia: www.oag.state.va.us / 800-552-9963
- Virginia Senior Medicare Patrol (SMP): virginiasmp.com
- Your local police or sheriff's office or their Triads (see county contact info at beginning of this resource guide).
- If you believe an older adult has been a victim of financial extortion, contact your local Department of Social Services (see county contact info at beginning of this resource guide).
- If a bank account is involved contact your local bank or credit union.

Culpeper County Library / ADA Assistive Technology

cclva.org/services/ada-assistive-technology
271 Southgate Shopping Center, Culpeper
540-825-8691

Accessibility tools are available for those visiting the library, including assistive devices for the deaf and hard of hearing and magnifiers for those with low vision.

Community Support of the Piedmont

communitysupportofthepiedmont.com
169 Broadview Ave., Warrenton • 540-347-5922

Loan Closet: Open Monday through Friday from 10:00am- 3:00pm. Connects people to medical supplies and equipment as well as emotional support through volunteers. Includes wheel chairs, walkers, bedside commodes and hospital beds. See website for full list. Also takes donations (form on website).

The disAbility Resource Center

cildrc.org • **540-373-2559 • drc@cildrc.org**

The Equipment Connection of the disAbility Resource Center provides durable medical equipment through its adaptive medical equipment reuse program in Fredericksburg. The center also offers home modification grant programs that help income-qualified individuals make their homes safer and more accessible. Contact the disAbility Resource Center to learn more about eligibility and referral requirements.

Fauquier Community Coalition

fauquiercommunitycoalition.org • **540-729-2743**

Connects Fauquier County residents in need with local volunteers and community organizations. Programs include free firewood for qualifying households in central and southern Fauquier that primarily heat with wood, and free simple home repairs for qualifying Fauquier County residents, including minor carpentry, plumbing, drywall, and flooring repairs.

Full Circle Thrift

540-727-8716 • 12308 Sperryville Pike, Culpeper

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

Hot Wheels Program

540-547-6160 • madisonlegion157@gmail.com

Used medical equipment to lend to members of the community in need. Offered by American Legion Post 157 in Madison. To donate or request equipment please call and leave a message or email.

Emergency Preparedness Guide / Rapp at Home

rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
540-937-4663 • info@rappathome.org

Free to Rappahannock County residents age 50+: "Emergency Preparedness Guide". Emergencies - whether natural disasters, public health crises, or unexpected accidents - can strike without warning. Being prepared means having the knowledge, plans, and supplies in place to protect yourself, family, and neighbors when the unexpected happens. Making plans, building an emergency kit, staying informed, understanding local Rappahannock County resources and more is found compiled in this guide.

Driver Safety

AARP Smart Driver Course

aarp.org/auto/driver-safety

A defensive driving program designed specifically for motorists age 50 and older. Offered both online and in person depending on location. Check local Parks & Recreation offices as some offer the course or click the 'Find A Course' button on the website.

Blue Envelope Program

culpeperpd.org • **BlueEnvelope@culpeperva.gov**

Pick up an envelope at the Culpeper Police Department at 740 Old Brandy Rd Culpeper VA 22701 or at any Virginia DMV customer service center. A voluntary program that supports safer, more effective interactions between law enforcement and individuals with autism, dementia, disabilities, or communication challenges. On website click Resources>Blue Envelope Program

Virginia GrandDriver

granddriver.net

GrandDriver is an initiative of the Virginia Department for Aging and Rehabilitative Service and offers driving tips and safety resources for older adults to help stay safe on the road.

Center for Combating Elder Financial Abuse

endefa.org

John Schwartz / Founder & President
jschwartz@endefa.org

Protects the nation's seniors from financial predators by delivering free educational materials online and through presentations.

Commonwealth of Virginia Office of the Attorney General: Consumer Protection

oag.state.va.us/consumer-protection • **804-786-2042**

Check for, or report scams and fraud. File a complaint on their website.

Internet Crime Complaint Center

ic3.gov

The Internet Crime Complaint Center provides the public and private sector with a mechanism to submit information to the Federal Bureau of Investigation concerning suspected cyber-facilitated criminal activity.

Medicare.gov

Offers guidelines to help spot and prevent Medicare fraud and abuse, and offers the ability to report Medicare Fraud.

Triad Programs

Triad partnerships in Virginia, through the office of the Attorney General, protect older adults. Triad is a cooperative effort of law enforcement agencies, senior citizens, and senior organizations, focused on reducing crimes targeting older adults. The goal of Triad is to reduce the fear of crime and victimization among older adults by increasing awareness of scams and frauds, strengthening communication with law enforcement, and educating older adults on available local and state resources.

• Culpeper County Triad Program

Culpeper County Sheriff's Office

Deputy Sonia Perez
540-829-9769 • Sperez@culpepercounty.gov

Deputy Rikki Guerrero
540-829-9768
Rguererro@culpepercounty.gov

• Fauquier County Triad Program

Fauquier County Sheriff's Office

Captain Kristi Kiernan
540-422-8590 • Kristi.Kiernan@fauquiercounty.gov

Sergeant Justin Welch
540-422-8731 or 540-878-6183
Justin.welch@fauquiercounty.gov

• Madison County Triad Program

Madison County Sheriff's Office

Investigator Danny Clatterbuck
540-948-7505 • dclatterbuck@madisonco.virginia.gov

• Orange County Triad Program

Orange County Sheriff's Office

Deputy Ron Kesner
540-672-1536

The Orange Triad provides educational sessions to help seniors protect themselves against scams, fraud, and elder abuse (financial, physical, emotional). Call to request a presentation for your organization or business.

Federal Trade Commission (FTC) / Bureau of Consumer Protection

ftc.gov **or** consumer.ftc.gov

Lemonaide

Lemonaide.org

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

Long Term Care Ombudsman

Regional Office: Encompass Community Supports
encompasscommunitysupports.org
15361 Bradford Rd., Culpeper • 540-825-3100

A Long-Term Care Ombudsman promotes quality care and protects rights for community members of long-term care facilities as well as persons receiving community-based care services at home. The ombudsman facilitates discussion, investigates complaints, and educates everyone involved about the rights of adults 60 and above. These services are free of charge.

US Department of Justice National Elder Fraud Hotline

justice.gov/stopelderfraud
833-FRAUD-11 (833-372-8311)

10:00am–6:00pm, Monday–Friday. If you or someone you know is age 60 or older and has been a victim of fraud, help is standing by at the National Elder Fraud Hotline.

Virginia Senior Medicare Patrol (SMP)

virginiasmp.com • 800-938-8885 (Hotline)

The SMP mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling and education. To report fraud, talk with an SMP representative to discuss and/or report a suspected case of fraud against you or a loved one.

Heating & Cooling Aid

CommonHelp

(Virginia Department of Social Services)
commonhelp.virginia.gov
Contact the Enterprise Call Center at 855-635-4370.

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

Senior Cool Care

(Encompass Community Supports)
encompasscommunitysupports.org
540-825-3100 x3450

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

Medical Alert and Locator Devices

Lifeline Program

lifelinesupport.org • 800-234-9473
LifelineSupport@usac.org

Lifeline is a federal program that lowers the monthly cost of phone or internet service for qualified applicants. Qualification is based on income or participation in a government assistance program (e.g., SNAP or Medicaid). Sign up online or to get help with an application call the Lifeline Support Center. 7 days a week from 9:00am-9:00pm

MedicAlert Foundation

medicalert.org • 800-432-5378

8:00am-4:30pm Monday-Friday (Pacific Time). Nonprofit, membership organization which protects lives by sharing information through their wearable IDs.



HELP US HONOR THE LEGACY OF COLD WAR VETERANS!

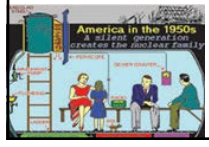
At The Cold War Museum®, we recognize the critical importance of honoring Cold War veterans, educating students, and preserving the rich history of this pivotal era.
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coldwar.org
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540-341-2008



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- Develop Flexibility
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- Meet New Friends

Ask about our **FitScripts** *program*



An exercise prescription for optimal health!

POWELL WELLNESS CENTER
Culpeper Wellness Foundation

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

Madison County EMS Community Paramedicine Program

540-383-9913

Guardian alert devices compatible with either a landline, or a device that can work with cell phones if there is no landline.

Orange County Sheriff Triad Program / Fall alert devices

540-672-1536

Triad's Emergency Pendant Program provides eligible Orange County residents with a Go Anywhere pendant that enables the wearer to contact 911 with the push of a button.

Rapp at Home

rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
P.O. Box 193, Washington, VA 22747
540-937-466 • info@rappathome.org

A person's 9-1-1 address is used by first responders to locate them during an emergency. Rapp at Home will have a 911 sign made for individuals, and installed if desired. This service is free to Rappahannock County property owners aged 50+. For younger residents or those living outside the county's boundaries, we ask for a tax-free donation to Rapp at Home, a 501c3 organization.

PROJECT LIFESAVER
projectlifesaver.org/about-us

Culpeper, Fauquier, Orange Counties

Project Lifesaver provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life-threatening behavior of wandering. Contact the Sheriff's Offices below for regional information and to apply.

- **Culpeper County Sheriff's Office Project Lifesaver Program**

Deputy Sonia Perez
540-829-9769 • sperez@culpepercounty.gov
Deputy Rikki Guerrero
540-829-9768 • rguererro@culpepercounty.gov
Deputy Wayne Gibson
540-829-9885 • Wgibson@culpepercounty.gov

- **Fauquier County Sheriff's Office Project Lifesaver Program**

Captain Kristi Kiernan
540-422-8590 • kristi.kiernan@fauquiercounty.gov
Sergeant Justin Welch
540-422-8731 or 540-878-6183
justin.welch@fauquiercounty.gov

- **Orange County Sheriff's Office Project Lifesaver Program**

Deputy Ron Kesner
540-672-1536 • rkesner@orangecountyva.gov

RAMPS

SAWS Virginia, Inc.

sawsva.org • **540-646-0896**
virginia@sawsramps.org

Builds ramps for income eligible individuals with long-term, ambulatory disabilities..

Foothills Housing Corporation

fhcorp.org • **540-341-2805**
info@foothillshousingcorporation.com

Offers ADA approved aluminum ramps for those who are income qualified. Ramps are installed by a qualified contractor and are put in place for as long as needed. Also offers ramps to non-income qualified persons for a cost. Please call or email for pricing. On website click Services>Home Accessibility Modifications

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The disAbility Resource Center

cildrc.org • **540-373-2559 • drc@** cildrc.org

The Older Adult Home Modification Program (OAHMP) helps income-qualified older adults make safety and accessibility improvements to their homes. The program may provide grant-funded modifications such as grab bars, railings, ramps, improved lighting, and other changes that reduce fall risks and support independent living. Contact them to learn more about eligibility and how to apply.

Service Animals

Canine Companions for Independence

cci.org/veterans • **Nancy Lagasse / 540-219-5868**
bshert07@gmail.com

Canine Companions for Independence places highly trained dogs with older adults with disabilities. Dogs do not perform diabetic alerts and are not seeing-eye or emotional support dogs. However, support is provided to



DOGWOOD VILLAGE
of Orange County

Care with Compassion

Why Choose Dogwood?

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- Long-Term Care
- Assisted Living Care
- Respite Care

120 Dogwood Lane, Orange, VA 22960 ● 540-672-2611 ● www.dogwoodvillageocva.org

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At FirstLight, the care we provide goes beyond the basics of bathing and medication reminders. If you or your loved one wants to work in the garden or play a cherished game, we're there. Our team, led by local owners, Mark and Stacey Harvey, will spend time getting to know your family and finding ways to enrich your lives. Let us create a personalized care plan to fit your needs:

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- Transportation, shopping & errands
- Bathing, dressing & hygiene
- Medication reminders
- Laundry & light housekeeping
- Assistance with meals
- Walking & mobility assistance
- Mail & paperwork organization
- And much morel



Caring husband and wife team, Mark & Stacey Harvey ... here to make a difference.

Call us today to schedule a complimentary consultation.
540-579-7570
Warrenton.FirstLightHomeCare.com

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THANK YOU FOR VOTING!

veterans with PTSD. They also place hearing dogs, seizure alert dogs, and facility dogs, who work with a professional in a setting such as a court or with a physical therapist.

Transportation

LOWLINC

(Lake of the Woods, Living Independently in our Community)
lowlinc.org • 855-LOWLINC (569-5462)

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

Rapp at Home

rappathome.org
17 Leggett Lane, Suite 110, Washington, VA
540-937-4663, option 1 • info@rappathome.org

Rapp at Home in cooperation with the Regional Transportation Collaborative provides transportation free of charge to all Rappahannock residents age 50+. One call connects to safe, reliable transportation supported by local partners. Trained volunteers can transport wheelchair bound residents in specially equipped vans. This service may be used for critical errands, medical appointments, and even rides to Rapp at Home social events. Call 540-937-4663 and press 1 to be connected to the mobility center.

Regional Transportation Collaborative Mobility Center

rtcmc.org/get-help • 540-445-0577

Virginia's One-Call, One-Click Mobility Center: the regional Mobility Center connects and coordinates services for individuals in Culpeper, Fauquier, Madison, Orange and Rappahannock Counties. Services include volunteer transportation, gas subsidies, pilot programs, charity rides, public transit, Medicaid transportation, and private provider options. Call Monday - Friday 8:30am-4:30pm.

Virginia Regional Transit (VRT)

vatransit.org • 540-825-2456

Circuit Rider - Covers Fauquier County

Culpeper - Orange Connector - stops in Orange & Culpeper

Foothills Express - Connects Culpeper, Madison & Charlottesville

Toot Bus - Serves the towns of Orange and Gordonsville

Virginia Breeze - serves Town and County of Culpeper

Demand-Response Transportation Service

540-825-2456 or 540-341-3464

A curb-to-curb transportation service of Virginia Regional Transit open to the general public by reservation. Reservations are taken on a first come, first served basis. Fares vary throughout the region. Monday through Friday, 8:00am-5:00pm.

VolTran

voltran.org • 540-829-5300 to request a ride
540-422-2600 to be a volunteer driver

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

Veterans

American Legion

legion.org

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

American Legion Auxiliary

vaauxiliary.org

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

Benefits.gov

benefits.gov

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

Culpeper Veteran Walk-in Clinic

219 E. Davis St., Culpeper • 804-773-0751

Walk in only, 4th Tuesday every month, 8:30am – 3:00pm. (Take elevator at the end of hall. Go down to the basement)

Disabled American Vets

dav.org

The DAV helps returning veterans transition back to civilian life by linking them with services that address their physical, emotional, and financial needs. Provides free, professional assistance. facebook.com/davchapter7va

Healthcare access online

vets.gov

Create an account to manage your VA benefits and care in one place — any time, from anywhere.

Hero's Bridge

herosbridge.org • **540-341-5378** • **info@herosbridge.org**

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

Military.com

military.com

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

Military Benefits Info

veteran.com

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

Military Consumer

militaryconsumer.gov

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

My Next Move

mynextmove.org/vets • **onet@onetcenter.org**

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

National Call Center for Homeless Vets

877-424-3838 (877-4AID-VET)

(part of US Department of Veterans Affairs)

National Cemetery

cem.va.gov • **305 US Ave., Culpeper • 540-825-0027**

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

Please call us to arrange a free consultation!

Licensed Home Care Agency through the Virginia Department of Health

571.483.8806 · evernestcare.com · 37 Beckham St, Warrenton

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EMERGENCY HOME REPAIR PROGRAM

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

Plumbing Repairs

Electrical Repairs

Accessibility Ramps and Modifications

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

Call us to learn more:
(540) 948-3916 ext. 350

WWW.SKYLINECAP.ORG

National Resource Directory

nrd.gov

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

Operation First Response, Inc

operationfirstresponse.org
20037 Dove Hill Road, Culpeper
888-289-0280 • Info@operationfirstresponse.org

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

Puller Veterans Care Center (PVCC)

6951 Vint Hill Parkway, Warrenton
540-680-5200 • PVCCAdmissions@dvs.virginia.gov

Veterans skilled nursing facility located in Fauquier County. For admission related questions, contact email above.

US Department of Veterans Affairs

va.gov

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

VA Caregiver Support

caregiver.va.gov

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

Veterans Crisis Hotline

DIAL 988 (press 1)

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

Veterans Health Administration

• VA Charlottesville

va.gov • **434-293-3890**
590 Peter Jefferson Pkwy, 2nd Floor, Ste 250, Charlottesville

On website click Find a VA Location (Enter zip code or City, State)

• VA Fredericksburg Health Care Center

va.gov • **540-707-7074**
10432 Patriot Highway, Fredericksburg

The new 470,000+ sq. ft. health care center provides Veterans of the Fredericksburg and northern Virginia area with high-quality health care services. On website click Find a VA Location (Enter zip code or City, State)

My HealtheVet

va.gov/health-care/manage-health • **877-327-0022**
Help Desk

Veterans online personal healthcare management system.

Veterans Long-Term Care Information

va.gov

Veterans may be able to get assisted living, residential (live-in), or home health care through VA. Find out how to access these long-term care services. On website click VA Benefits and Health Care>Health Care>About VA health benefits>Long Term Care (on left side bar)

Veterans of Foreign Wars

vfw.org

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

Veterans of Foreign Wars Auxiliary

vfwauxiliary.org

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

Veterans Task Force for Mental Health

(Culpeper, Fauquier, Rappahannock)
fauquier-mha.org/vtf • **540-341-8732**
mhafc1@gmail.com

Partners with local organizations for veteran suicide prevention; facilitates communication and increases connection to care; raises awareness and reduces the stigma surrounding the difficulties veterans face.

MOSER FUNERAL HOME

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Memorials & Monuments for all cemeteries

Randolph T. Minter, President

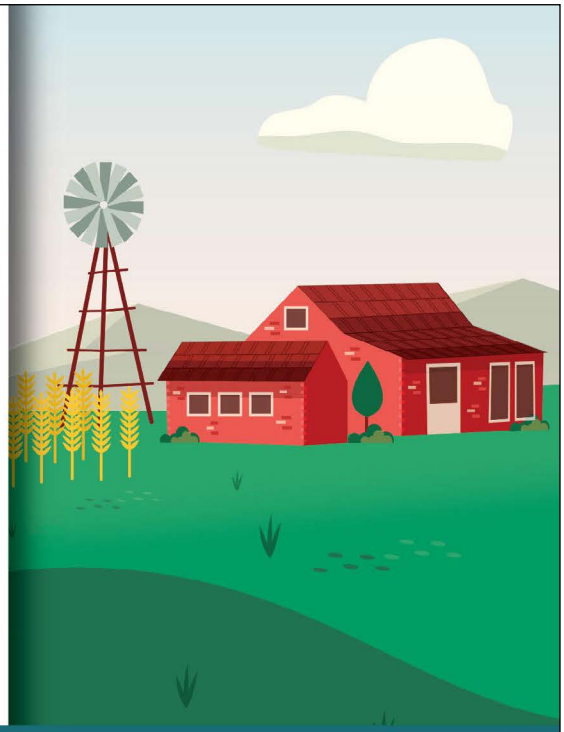
Rappahannock Benevolent Fund

OUR MISSION IS:

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

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

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



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

PO Box 133
370 Gay Street
Washington, VA 22747

540.671.0421
www.rappbenfund.org

DONATE

RETIREMENT! WHAT TO DO NOW?

Positive aging starts with a positive retirement.



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

1 REMAIN ENGAGED

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

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

2 CONTINUE TO LEARN

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

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



3 CREATE A ROUTINE

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

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

4 VOLUNTEER!

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

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

5 ENJOY HEALTHY ACTIVITIES

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

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



A Place Where Senior Adults Thrive!



Generations Central is an affordable adult day center offering engaging activities and compassionate support for seniors facing the challenges of aging, while providing respite for the caregivers who love and support them.

Personal Care | **Engaging Activities** | **Nutritious Meals** | **Dementia Support**

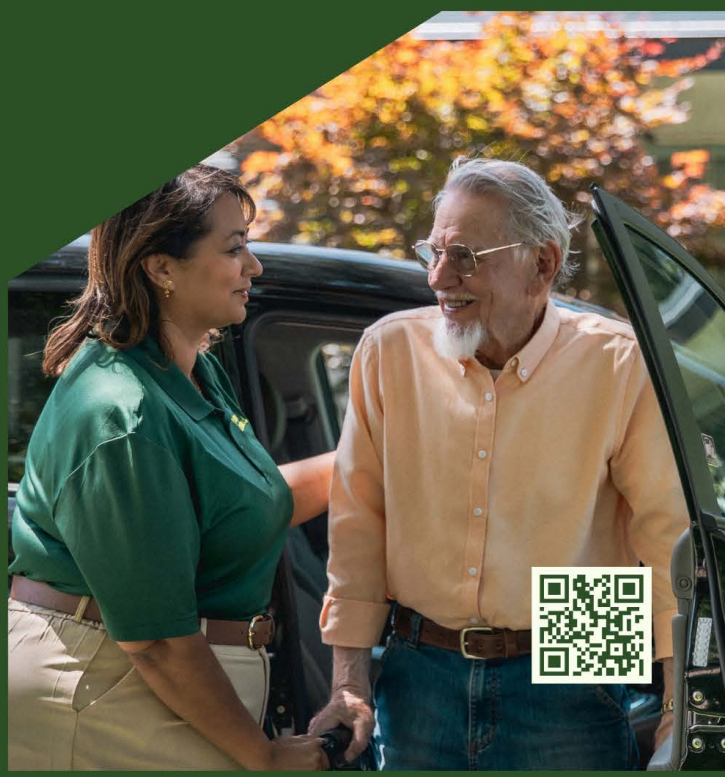
GENERATIONS CENTRAL ADULT DAY CENTER

540-403-0557
GenerationsCentral.org

318 S West St
Culpeper Va 22701

Care that's tailored to your needs.

Customizable and reliable in-home care, so you can experience a better what's next.



home instead

540.899.1422
homeinstead.com/614

Personal Care * Respite Care * Alzheimer's and Dementia Support * Chronic Conditions Support * 24 hr Care * Companion Care * Hospital to Home Care

Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor company. © 2025 Home Instead, Inc.

Prescription Drug Cards

Prescription drug discount programs offer free cards or coupons that can help reduce the cost of medications. Many cards can be downloaded directly from the program's website, and some major programs are listed here.

When filling a prescription, you present the discount card at the pharmacy — similar to using a coupon — to receive a reduced price on medications. In some cases, the savings can be significant. These programs are designed to help lower prescription costs for people paying with cash or credit card, whether for the full cost of a medication or sometimes a copay.

There is generally no cost to use prescription discount cards, and they are available whether you have health insurance or not. Discount organizations negotiate pricing with drug companies and pharmacies in order to offer lower prices to consumers.

Ask your local pharmacy which discount cards they accept, or check the program's website for participating pharmacies. Many chain pharmacies accept multiple discount programs, and some pharmacies, such as Walgreens, offer their own discount programs.

Some prescription discount programs may also offer savings on healthcare services or doctor visits. Because policies, prices, and participating pharmacies vary by program, check each website or contact the company directly for current information.

Vietnam Veterans of America

vva.org

Promotes and supports the issues important to Vietnam Veterans.

Virginia Department of Veteran Services

dvs.virginia.gov

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

Virginia Works / Department of Workforce Development & Advancement / Veterans

vec.virginia.gov/veterans

veteran-services@virginiaworks.gov

Veterans from all periods of military service are eligible for job referral, job training and job placement assistance through Virginia Works. Assists unemployed veterans with claims assistance.

Virginia Veterans Resource Guide online

online.flippingbook.com/view/685161/

Complete online guidebook for Veterans from the Virginia Department of Veterans Service.

You Can Quit 2

ycq2.org

Defense Department program to help U.S. Service members quit tobacco - for themselves and their loved ones.



GLOSSARY

Activities of daily living (ADLs)
Includes basic personal activities like bathing, eating, dressing, toileting, and mobility. A person's degree of independence in performing these activities is important in determining the appropriate level of care and services.

Activity Director
An individual who coordinates recreational programming and life enrichment activities, like art, music, and exercise programming to improve engagement, socialization, and well-being of residents in a care facility.

Advanced Healthcare Directive (see also Living Will)
Legal documents that allow a person to convey decisions about end-of-life care should they be unable to communicate these decisions themselves.

Adult Day (or Adult Day Centers, formerly referred to as Adult Day Care):
Provides a variety of structured, supervised programs for adults with disabilities who cannot remain alone at home during the day. These programs are regulated and licensed by the Department of Social Services.

Ageism
Stereotyping and discriminating against individuals, or groups, based on their age; a tendency to view older persons as debilitated, unworthy of attention, or unsuitable for employment;

Aging and Disability Resource Centers (ADRCs)
ADRCs raise visibility about the full range of available options; provide objective information, advice, counseling, and assistance; empower people to make informed decisions about their long-term services and supports, and help people access public and private programs. ADRCs provide unbiased, reliable information and counseling to people with all levels of income (www.acl.gov).

Aging in Place
Remaining in the community — ideally in one's own home - as one grows older.

Americans With Disabilities Act (ADA)
Civil rights law passed in 1990 that prohibits discrimination based on disability.

Area Agency on Aging (AAA)
A public or private non-profit agency, designated by the state to address the needs and concerns of all older persons at the regional and local levels. "Area Agency on Aging" is a generic term - specific names of local AAAs may vary, as in the Encompass Community Supports (ECS) in our region (Culpeper, Fauquier, Madison, Orange, Rappahannock). AAAs coordinate and offer services that help older adults. In our region older adults can get help with options counseling, chronic disease self management education, the emergency medical alert and fan care programs, home delivered meals, elder housing apartments, long-term care ombudsman services, the protective money management program, senior centers, Virginia counseling and assistance program (VICAP), and adult day care.

Assisted Living
Long term care service that provides housing along with personal and health care services to individuals who need assistance with normal daily living activities but are able to maintain a level of independence.

Assistive Technology (AT)
Used by individuals with disabilities to perform functions that might otherwise be difficult or impossible. AT can be any item or piece of equipment used to increase, maintain or improve the functional capabilities of aging individuals in all aspects of life. Some examples of assistive technology are simple reaching equipment, wheel chairs or scooters, hearing aids, computerized aids including text-to-speech and word prediction, close captioning, screen readers and mobile devices. Assistive aids also include non-motorized and non-tech tools, like walkers, canes, grab bars, pencil grips, or ramps.

Caregiver
A family member or paid helper who regularly looks after a sick, elderly, or disabled person. A caregiver helps a person with their activities of daily living which may include emotional or financial support, as well as hands-on help. Generally, family members do not categorize themselves as "caregivers", but they are. In fact the largest percentage of caregivers are family members.

Chronic Disease
A condition that lasts for a year or more and requires ongoing medical attention or limits daily activities. Chronic diseases can worsen over time and are usually not curable, but they can be controlled. Examples include Cancer, Heart disease, Diabetes, Arthritis, Stroke, Asthma, Multiple sclerosis, HIV/AIDS, Pain, among others.

Companion Care
A form of home care offering non-medical services including emotional support and socialization, household chores, transportation, and meal preparation to older adults and those with disabilities.

Dementia
Describes a group of diseases (including Alzheimer's Disease) which are characterized by memory loss and other declines in mental functioning.

Direct Care
Any activities by a health professional involving direct interaction, treatment, administration of medications, and/or other therapy or involvement with a resident or patient.

Do Not Resuscitate (DNR)
DNR stands for Do Not Resuscitate and tells health care providers and emergency medical personnel not to do cardiopulmonary resuscitation (CPR) on a person if they stop breathing or if their heart stops beating. The DNR only affects the decision about CPR, not any other treatments such as pain medicine, or nutrition.

Durable Medical Equipment
Equipment and supplies ordered by a health care provider for everyday or extended use. Payment for DME by Medicare may include: oxygen equipment, wheelchairs, crutches or blood testing strips for diabetics, and other items. Medicare defines Durable Medical Equipment as long lasting, used for a medical reason, not usually used by someone not sick or injured, and used in the home. Medicare Part B usually covers durable medical equipment prescribed by your doctor.

Durable Power of Attorney for Health Care
A legal document authorizing an individual to act on one's behalf when incapacitated or is otherwise unable to handle one's affairs.

Elder Abuse
Refers to any knowing, intentional, or negligent act by a caregiver or other person that causes harm or serious risk of harm to a vulnerable adult.

Elderspeak
Elderspeak is a way of speaking to older adults that's similar to baby talk, using simplified language and terms of endearment. Elderspeak can be harmful because it can make older adults feel devalued and sad. It's based on the stereotype that older people have reduced cognitive abilities, but it's not uncommon for older adults to be able to understand just as well as anyone else.

Encore Career
The term "encore careers" generally refers to people over 50 doing work and volunteering that combines continued income/compensation with personal meaning and social impact – to meet society's biggest needs; paid work with a social purpose.(see encore.org).

Family Council
A self-governing group of family members and friends of residents of a nursing home which works to improve the quality of care and quality of life of those residents.

Home Health Care (or In-Home Health Care)
Health care or supportive care provided by a professional in the person's own home, as opposed to care provided in group accommodations like clinics or nursing homes.

Home Care
Home care provides non-medical companion care, and personal care to an individual in their own home. Services may include light housekeeping, daily care assistance, medication reminders, meal preparation, shopping services and some others. There are fees for this service which are usually not covered by insurance.

Hospice Care
Kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice care provides compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible (from www.cancer.org).

Independent Living
Living arrangement for those individuals who can live on their own with limited to no assistance with activities of daily living (ADL).

Independent Living Community
Communities with housing arrangements designed exclusively for older adults, generally those aged 55 and over who need little or no assistance with activities of daily living. They do not offer medical or nursing staff. They typically offer meal plans, social activities, housekeeping and yard maintenance, as well as transportation options.

Level of Care
Generally, refers to how much assistance a person needs with activities of daily living (ADLs) and health maintenance needs. Levels of care can be divided into independent living, assisted living, nursing home, adult day, and home health and hospice.

Living Will
Directs, in advance, an individual's wishes concerning the use of life-sustaining devices and procedures in the event of an incapacitating illness or injury.

Long Term Care
Provides a range of medical and/or social services designed to help people who have disabilities or chronic care needs. Services may be short-term or long-term, and may be provided in a person's home, in the community, or in residential facilities (e.g., assisted living or nursing home). LTC in Virginia primarily refers to nursing homes and assisted living, but also includes adult day.

Long Term Care Ombudsman
An individual designated by a state or a local agency responsible for investigating and resolving complaints

made by or for older people in long term care (LTC) facilities. Also responsible for monitoring federal and state policies that relate to LTC facilities, for providing information to the public about the problems of older people in facilities, and for training volunteers to help in the ombudsman program.

Medicaid

Health coverage to those with limited income and resources including eligible adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

Medicare

National health insurance began in 1966 under the Social Security Administration (SSA) and is now administered by the Centers for Medicare and Medicaid Services (CMS). It primarily provides health insurance for Americans aged 65 and older who have paid into social security, but also for some younger people with disability status as determined by the SSA, and people with end stage renal disease and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease).

Memory Care

A form of senior living that provides specialized care for people with memory issues such as Alzheimer's and other forms of dementia. Many assisted living facilities and nursing homes have created special memory care units for those living with dementia. There are also stand-alone memory care facilities.

Options Counseling

A person-centered service for older individuals, persons with disabilities, or their caregivers.

Palliative Care

Specialized medical care that focuses on providing patients relief from pain and other symptoms of a serious illness, no matter the diagnosis or stage of disease. May include medical, spiritual, psychological and social care.

Person-Centered Care

Care in which the patients or residents of a care community actively participate in their own medical treatment with the primary goal of improving the individual's health outcomes, not just the population's outcomes. Person centered care encourages caregivers and facilities to "see the person" and not the medical condition.

Senior Villages

A "Senior Village" is a concept in which older residents (age 50 and older) of a community such as a neighborhood, town, or county form a nonprofit group to help one another remain in their own homes as they age. Senior Villages help empower the wish of most older adults to "age in place" or stay in their own homes and remain independent even if some of the activities of caring for the home and getting around become more difficult. So for instance, if someone needs help with driving to the doctor or mowing their lawn, they can access help from their own community, usually from people they already know which extends a sense of safety and security. Senior Village models typically offer social activities and exercise opportunities that those in their 50's and 60's enjoy while they are still mostly able to take care of their own homes. Senior Villages, also referred to as Village Models, are planned around the concept of "neighbors helping neighbors" where connectedness to the community offers support and social engagement as well as opportunities to volunteer and get needed help. Villages are non-profit membership based communities which sometimes require a membership fee as there is staff that manage, plan and schedule the available community resources. In our region there are currently two senior village models: Lowlinc (Lake of the Woods Living Independently in Our Community) in Orange, VA and Rapp at Home in Rappahannock County.

Skilled Nursing

Type of high level care provided by licensed health professionals such as registered nurses. Additional professionals may include physical therapists, occupational therapists and speech-language therapists. It can be provided for short or long-term depending on the care required. Skilled nursing assures medical, psychological, or social needs are met and provides rehabilitation, nutritional help, and activities. Can be provided at home or in a facility, but must be ordered by a doctor if it is to be covered by Medicare or Medicaid or health insurance.

Social Isolation

Social isolation refers to the state of having little to no social contact or support, and few or no relationships with others.

Support Group

Support groups bring together people who are going through or have gone through similar experiences. For example, this common ground might be cancer, chronic medical conditions, addiction, bereavement or caregiving. Support groups provide opportunities to share feelings and experiences and offer ideas for help.

TRIAD Programs

AARP, the International Association of Chiefs of Police (IACP) and the National Sheriff's Association (NSA) have a cooperative agreement to address crime prevention needs of older citizens and many counties have their own TRIAD. TRIAD provides services such as smoke detectors, emergency beacons, emergency cell phones, etc. Contact your local TRIAD to obtain info on available services and to find out about fraud prevention programs.

En Español

CONDADO DE CULPEPER

Servicios de Dia para Adultos

Generations Central Adult Day Center

Culpeper • generationscentral.org • 540-403-0557

Un lugar que se siente como casa, donde los adultos mayores pueden estar bien, sentirse parte de algo, y recibir un plan de cuidado realizado especialmente para ellos, para apoyar su bienestar físico, emocional, social, espiritual, y mental.

Agencia Local para-Personas Mayores Encompass Community Supports

encompasscommunitysupports.org
agingservices@ecsva.org
540-825-3100

Apoyos para familias de referencias y conexiones a servicios, como comidas, Servicios de Dia para adultos mayores, Centros para Personas Mayores y más.

Lineas de Crisis

Encompass Community Supports

Linea de Crisis/ Línea de Crisis de Salud Mental
540-617-0774
disponible 24 horas/7 días de la semana

Linea de Apoyo Para Problemas de Consumo de Sustancias

800-662-HELP (4357)

Linea de Crisis y Prevencion de Suicidio

Llame al 988 • O manda HELLO por texto al 741741

Disponible 24 horas / 7 días a la semana.

Departamento de Servicios Sociales de Culpeper

Servicios Humanos de Culpeper
culpepercounty.gov • 540-727-0372

También: Primera Llamada para Ayuda / 540-229-3816 / Ayuda con medicamentos, utilidades, y otras ayudas para los residentes de Culpeper. En el sitio web vaya a "Services" y luego "Human Services"

Alojamiento de Emergencia

Culpeper Housing and Shelter Services (CHASS)

culpepershelter.org
215 E. Spencer St., Culpeper • 540-825-7434

Ayuda para personas sin hogar y para quienes están a riesgo de quedarse sin vivienda.

Foothills Housing Network

foothillshousing.org
Ayuda con Vivienda: 540-724-6630
Preguntas Generales: 540-829-7450

Alojamiento de emergencia, ayuda con servicios públicos, y asistencia con renta.

Asistencia Alimentaria

Para encontrar un centro de distribución de alimentos cerca de usted:

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org

Ingrese su código postal o busque por condado para encontrar una despensa

Entrega de comidas a domicilio

Encompass Community Supports
encompasscommunitysupports.org
540-825-3100 • service/agingservices@ecsva.org

Comidas a domicilio para mayores de 60 años

SNAP

Supplemental Nutritional Assistance Program
dss.virginia.gov/benefit/snap.cgi

Cuentas de SNAP son para hogares de bajos ingresos y pueden usarse como efectivo para comprar alimentos (SNAP están era conocido como "Estampillas de Comida"). Comuniquese con Culpeper Human Services: 540-727-0372

Policia (para casos no urgentes)

Culpeper Police

540-727-3430

Oficina de Sheriff del Condado de Culpeper

540-727-7520

Cuidado Medico

Free Clinic of Culpeper

freeclinicofculpeper.org • 540-829-5032
610 Laurel St., Suite 3, Culpeper

Departamento de Salud del Condado de Culpeper

vdh.virginia.gov/rappahannock-rapidan
640 Laurel St, Culpeper • 540-829-7350

Centro para Adultos Mayores

Centro para Adultos Mayores de Culpeper

710 US Ave., Culpeper • 540-825-5778

Transporte

Mobility Center / One Call Center

rtcmc.org • 540-445-0577

Encompass Community Supports

Encompasscommunitysupports.org
540-825-3100 • agingservices@ecsva.org

CONDADO DE FAUQUIER

Servicios de Dia para Adultos

Generations Central Adult Day Center

Culpeper • generationscentral.org
540-403-0557

Un lugar que se siente como casa, donde los adultos mayores pueden estar bien, sentirse parte de algo, y recibir un plan de cuidado realizado especialmente para ellos, para apoyar su bienestar físico, emocional, social, espiritual, y mental.

Agencia Local para Personas Mayores

Encompass Community Supports

encompasscommunitysupports.org
agingservices@ecsva.org
540-825-3100

Apoyos para familias de referencias y conexiones a servicios, como comidas, Servicios de Dia para adultos mayores, Centros para Personas Mayores y más.

Lineas de Crisis

Encompass Community Supports

Linea de Crisis/ Línea de Crisis de Salud Mental
540-617-0774
disponible 24 horas/7 días de la semana

Linea de Apoyo Para Problemas de Consumo de Sustancias

800-662-HELP (4357)

Linea de Crisis y Prevencion de Suicidio

Llame al 988
O manda HELLO por texto al 741741
Disponible 24 horas / 7 días a la semana

Departamento de Servicios Sociales del Condado de Fauquier (DSS)

fauquiercounty.gov • 540-422-8400
En el sitio web vaya a "Government" luego "Social Services"

Alojamiento de Emergencia

Community Touch, Inc.

communitytouchinc.org • 540-439-9300
Ofrece un programa de vivienda de transición por un año.

Fauquier Family Shelter

Alojamiento para Familias de Fauquier
familyshelterservices.org • 540-351-0130
Albergue de emergencia que esta abierto 24 horas con 52 camas en Warrenton.

Foothills Housing Network

foothillshousing.org
Ayuda con Vivienda: 540-724-6630
Preguntas Generales: 540-829-7450
Alojamiento de emergencia, ayuda con servicios públicos, y asistencia con renta.

Asistencia Alimentaria

Para encontrar un centro de distribución de alimentos cerca de usted:

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org
Ingrese su código postal o busque por condado para encontrar una despensa

Entrega de comidas a domicilio

Encompass Community Supports
encompasscommunitysupports.org
540-825-3100 • service/agingservices@ecsva.org

Comidas a domicilio para mayores de 60 años

SNAP

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

Cuentas de SNAP son para hogares de bajos ingresos y pueden usarse como efectivo para comprar alimentos (SNAP están era conocido como "Estampillas de Comida"). Comuniquese con Culpeper Human Services: 540-727-0372

Policia (para casos no urgentes)

Departamento de Policía de Remington

540-439-0344

Departamento de Policía de Warrenton

540-347-1100

Oficina del Sheriff del Condado de Fauquier

540-347-3300

Cuidado Medico

Fauquier Free Clinic

fauquierfreeclinic.org • **540-347-0394**
35 Rock Pointe Lane, Warrenton

Departamento de Salud del Condado de Fauquier

vdh.virginia.gov/rappahannock-rapidan
330 Hospital Dr., Warrenton • 540-347-6400

Asociación de Salud Mental del Condado de Fauquier

fauquier-mha.org • **540-341-8732**

Centro para Adultos Mayores

Centro para Adultos Mayores de Fauquier

The Moose Lodge • 6415 Colonial Rd., Warrenton

Transporte

Mobility Center / One Call Center

rtcmc.org • **540-445-0577**

Encompass Community Supports

Encompasscommunitysupports.org
agingservices@ecsva.org • 540-825-3100

Veteranos

Hero's Bridge

herosbridge.org • **540-341-5378 • info@herosbridge.org**

Conectando a veteranos mayores de 65 años o más con una mejor calidad de vida mediante programas innovadores y específicos para su edad, sin costa para ellos o sus familias.

CONDADO DE MADISON

Servicios de Dia para Adultos

Generations Central Adult Day Center

Culpeper • generationscentral.org • **540-403-0557**

Un lugar que se siente como casa, donde los adultos mayores pueden estar bien, sentirse parte de algo, y recibir un plan de cuidado realizado especialmente para ellos, para apoyar su bienestar físico, emocional, social, espiritual, y mental.

Agencia Local para-Personas Mayores

Encompass Community Supports

encompasscommunitysupports.org
agingservices@ecsva.org • 540-825-3100

Apoyos para familias de referencias y conexiones a servicios, como comidas, Servicios de Dia para adultos mayores, Centros para Personas Mayores y más.

Lineas de Crisis

Encompass Community Supports

Linea de Crisis/ Línea de Crisis de Salud Mental
540-617-0774

Disponible 24 horas/7 días de la semana

Linea de Apoyo Para Problemas de Consumo de Sustancias

800-662-HELP (4357)

Linea de Crisis y Prevencion de Suicidio

Llame al 988
O manda HELLO por texto al 741741

Disponible 24 horas / 7 días de la semana

Departamento de Servicios Sociales del Condado de Madison (DSS)

madisonco.virginia.gov • **540-948-5521**

En el sitio web vaya a "Government" Luego "Social Services" bajo County Departments

Alojamiento

Foothills Housing Network

foothillshousing.org
Ayuda con Vivienda: 540-724-6630
Preguntas Generales: 540-829-7450

Alojamiento de emergencia, ayuda con servicios públicos, y asistencia con renta.

Skyline Cap

skylinecap.org/housing • **540-948-3916**

Servicios de reparación de emergencia del hogar, vivienda basada en ingresos, y asesoría de vivienda.

Asistencia Alimentaria

Para encontrar un centro de distribución de alimentos cerca de usted:

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org

Ingrese su código postal o busque por condado para encontrar una despensa

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MESA

(Asociación de Servicios de Emergencia de Madison)
mesamadisonva.org/food-pantry • **540-948-4427**

Entrega de comidas a domicilio

Encompass Community Supports
encompasscommunitysupports.org
540-825-3100 • service/agingservices@ecsva.org

Comidas a domicilio para mayores de 60 años

SNAP

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

Cuentas de SNAP son para hogares de bajos ingresos y pueden usarse como efectivo para comprar alimentos (SNAP están era conocido como "Estampillas de Comida"). Comuniquese con Culpeper Human Services: 540-727-0372

Policia (para casos no urgentes)

Madison County Sheriff's Office

540-948-5161

Cuidado Medico

Madison Free Clinic

madisonfreeclinic.org
125 N Main St, Madison • 540-948-3667

(appointment required)

Departamento de Salud del Condado de Madison

vdh.virginia.gov/rappahannock-rapidan
1480 North Main Street, Suite A, Madison
540-948-5481

Dia de Madison

(Evento annual en Mayo)
540-672-8757 (Karen Coppage)

Ayuda para residentes de Madison con proyectos en el hogar. Debe programarse para al año siguiente llamando a la Sra. Coppage (arriba)

Programa Comunitario de Paramedicina del Servicio de Emergencias Medicas del Condado de Madison

540-383-9913 • trannebarger@madisonco.virginia.gov

Ofrece servicios gratuitos en el hogar para residentes del Condado de Madison. Los servicios disponibles incluyen alarmas de humo, dispositivos de alerta de caídas, prevención de caídas, inspecciones de seguridad en el hogar, y orientación para acceder a recursos.

Centro Para Adultos Mayores

Centro Para Adultos Mayores de Madison

1480 N. Main St., Madison • 540-948-4131

Transporte

Mobility Center / One Call Center

rtcmc.org • 540-445-0577

Encompass Community Supports

540-825-3100 • agingservices@ecsva.org
Encompasscommunity supports.org

CONDADO DE ORANGE

Servicios de Dia para Adultos

Generations Central Adult Day Center

Culpeper • generationscentral.org • 540-403-0557

Un lugar que se siente como casa, donde los adultos mayores pueden estar bien, sentirse parte de algo, y recibir un plan de cuidado realizado especialmente para ellos, para apoyar su bienestar físico, emocional, social, espiritual, y mental.

AARP

Locust Grove AARP Chapter 5239
aarp5239.org • **540-972-0519**
aarp5239chapter@gmail.com

Agencia Local para-Personas Mayores

Encompass Community Supports

encompasscommunitysupports.org
agingservices@ecsva.org • 540-825-3100

Apoyos para familias de referencias y conexiones a servicios, como comidas, Servicios de Dia para adultos mayores, Centros para Personas Mayores y más.

Lineas de Crisis

Encompass Community Supports

Linea de Crisis/ Línea de Crisis de Salud Mental
540-617-0774

Disponible 24 horas/7 días de la semana

Linea de Apoyo Para Problemas de Consumo de Sustancias

800-662-HELP (4357)

Linea de Crisis y Prevencion de Suicidio

Llame al 988
O manda HELLO por texto al 741741

Disponible 24 horas / 7 días a la semana

Departamento de Servicios Sociales de Orange

orangecountyva.gov • **540-672-6166**

En el sitios web vaya a "Community" y luego escoja "Social Services"

Alojamiento de Emergencia

Foothills Housing Network

foothillshousing.org
Ayuda con Vivienda: 540-724-6630
Preguntas Generales: 540-829-7450

Alojamiento de emergencia, ayuda con servicios públicos, y asistencia con renta.

Skyline Cap

skylinecap.org/housing • **540-948-3916**

Servicios de reparación de emergencia del hogar, vivienda basada en ingresos, y asesoría de vivienda.

Asistencia Alimentaria

Para encontrar un centro de distribución de alimentos cerca de usted:

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org

Ingrese su código postal o busque por condado para encontrar una despensa

Good Samaritan Inc. Food Distribution Center

105 North Madison Rd, Orange
goodsamaratininc.org • **540-308-7741**

Entrega de comidas a domicilio

Encompass Community Supports

encompasscommunitysupports.org
540-825-3100 • service/agingservices@ecsva.org

Comidas a domicilio para mayores de 60 años

SNAP

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

Cuentas de SNAP son para hogares de bajos ingresos y pueden usarse como efectivo para comprar alimentos (SNAP están era conocido como "Estampillas de Comida").

Departamento de Servicios Sociales de Orange

540-672-1155

Policia (para casos no urgentes)

Gordonsville Town Police

540-832-2234

Orange Town Police

540-672-1491

Oficina del Sheriff del Condado de Orange

540-672-1200

Program de Triad de la Oficina del Sheriff de Orange

540-672-1536

Los programas incluyen prevención de delito para adultos mayores e información y servicios de seguridad.

Comunicaciones de Emergencia del Condado de Orange

540-672-1234

Cuidado Medico

Departamento de Salud

Departamento de Salud del Condado de Orange
vdh.virginia.gov/rappahannock-rapidan
450 N. Madison Rd., Orange • 540-672-1291

Living Water Community Clinic

Livingwaterclinic.life • **540-854-5922**
32345 Constitution Highway, Suite P, Locust Grove

Orange County Free Clinic

orangecountyfreeclinic.org • **101 C Woodmark St., Orange**
540-672-0793 • ocfc@orangecountyfreeclinic.org

Centro para Adultos Mayores

Centro para Adultos Mayores de Orange

13010 Old Gordonsville Rd., Orange • 540-672-5926

Transporte

Mobility Center / One Call Center

rtcmc.org • **540-445-0577**

Red Comunitaria de Apoyo

LOWLINC

Empoderando a personas de 55 años o mas para envejecer dentro de su comunidad
lowlinc.org • **855-LOWLINC (569-5462) • info@lowlinc.org**

Servicios para miembros incluyen transporte, visitas, mantenimiento del hogar, asistencia tecnológica y actividades sociales para los residentes de Lake of the Woods, así como una Serie de Conferencias, el grupo coral Encore Broadway, clínica de vacunación, grupo de dialogo para cuidadores, oportunidades de voluntariado y otros programas abiertos a la comunidad.

CONDADO DE RAPPAHANNOCK

Servicios de Dia para Adultos

Generations Central Adult Day Center

Culpeper • generationscentral.org • **540-403-0557**

Un lugar que se siente como casa, donde los adultos mayores pueden estar bien, sentirse parte de algo, y recibir un plan de cuidado realizado especialmente para ellos, para apoyar su bienestar físico, emocional, social, espiritual, y mental.

Encompass Community Supports

encompasscommunitysupports.org
540-825-3100 x3467 • agingservices@ecsva.org

Apoyos para familias de referencias y conexiones a servicios, como comidas, Servicios de Dia para adultos mayores, Centros para Personas Mayores, asesoramiento para Medicare y más.

Lineas de Crisis

Encompass Community Supports

Linea de Crisis/ Línea de Crisis de Salud Mental
540-617-0774

Disponible 24 horas/7 días de la semana

Linea de Apoyo Para Problemas de Consumo de Sustancias

800-662-HELP (4357)

Linea de Crisis y Prevencion de Suicidio

Llame al 988
O manda HELLO por texto al 741741
Disponible 24 horas / 7 días a la semana

Departamento de Servicios Sociales del Condado de Rappahannock

540-675-3313

Alojamiento de Emergencia

Foothills Housing Network

foothillshousing.org
Ayuda con Vivienda: 540-724-6630
Preguntas Generales: 540-829-7450
Alojamiento de emergencia, ayuda con servicios públicos, y asistencia con renta.

Asistencia Alimentaria

Para encontrar un centro de distribución de alimentos cerca de usted:

Blue Ridge Area Food Bank Pantry Locator

foodfinder.brafb.org
Ingrese su código postal o busque por condado para encontrar una despensa

Entrega de comidas a domicilio

Encompass Community Supports

encompasscommunitysupports.org
540-825-3100 • service/agingservices@ecsva.org
Comidas a domicilio para mayores de 60 años

Despense de Alimentos de Rappahannock

rappahannockpantry.org **• 540-987-5090**
11763 Lee Highway, Sperryville

SNAP

(Supplemental Nutritional Assistance Program)
dss.virginia.gov/benefit/snap.cgi
Cuentas de SNAP son para hogares de bajos ingresos y pueden usarse como efectivo para comprar alimentos (SNAP están era conocido como “Estampillas de Comida”).

Comuníquese con el Departamento de Servicios Sociales de Rappahannock

540-675-3313

Ayuda de emergencia general

Rappahannock Benevolent Fund

540.671.0421 • 540-987-5090
www.rappbenfund.org
Provee Asistencia de emergencia y apoyo para la autosufiencia con compasión y confidencialidad a los residentes de Rappahannock.

Policia (para casos no urgentes)

Rappahannock County Sheriff’s Office

540-675-5300
Ofrece revisiones diarias de bienestar para personas mayores.

Cuidado Medico

Fauquier Free Clinic

fauquierfreeclinic.org **• 540-347-0394**
35 Rock Pointe Lane, Warrenton

Departamento de Salud

Departamento de Salud del Condado de Rappahannock
vdh.virginia.gov/rappahannock-rapidan
338A Gay Street, Washington, VA • 540-675-3516

Red de Apoyo Comunitario

Rapp at Home

rappathome.net
17 Leggett Lane, Suite 110, Washington, VA
540-937-HOME (4663) • info@rappathome.org
Organización local que promueve la ayuda entre vecinos para sostener programas de salud y bienestar, actividades educativas y sociales, y apoyo individual para encontrar recursos y resolver problemas.

Centro para Adultos Mayores

Rappahannock Senior Center

111 Scrabble Rd, Castleton • 540-987-3638

Transporte

Mobility Center / One Call Center

rtcmc.org **• 540-445-0577**

PATH Resource Center

The PATH Resource Center connects the community with information and services through volunteer opportunities, local resources, and support for nonprofit organizations.

PATH Community Link

A free, confidential service connecting community members with local organizations and services. Se habla Español.

855.495.LINK (5465)
communitylink@pathforyou.org

PATH Volunteer Hub

Matching community volunteers with the needs of area agencies to better our community.

letsvolunteer.org

CNE at the PATH Resource Center

Offering education, technical assistance, tools, and resources to area nonprofits.

540.680.4149

pathforyou.org/resource-center

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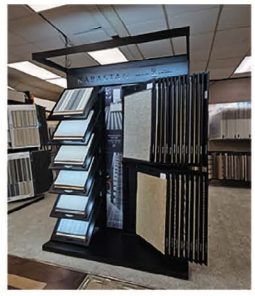




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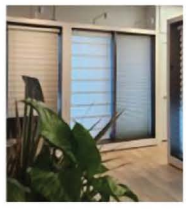
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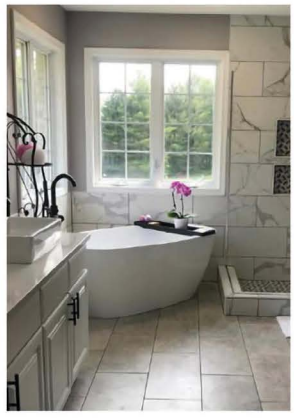
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