Resource Directory of Services for Older Adults and Adults with Disabilities in Chesterfield County

Prepared and Published by: Chesterfield Council on Aging

Funded by: CJW Medical Center Chippenham & Johnston-Willis
INTRODUCTION

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

The Resource Directory of Services for Older Adults and Adults with Disabilities was prepared by the Chesterfield Council on Aging, (formerly known as the Chesterfield County Long Term Care Council) and is intended for a wide audience, including older and disabled adults, their families, caregivers, health professionals, providers of social services and others who have a special interest in the field of aging. The directory contains the names, addresses, telephone numbers (toll-free, whenever possible) and websites of organizations that offer health information, legal aid, educational opportunities, social services, consumer advice, or other assistance.

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

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

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

Chesterfield Council on Aging ---------------------------------------1

Chesterfield County Human Services Departments
- Chesterfield -Colonial Heights Social Services ---------------2
- Chesterfield County Disability Services Board ---------------2
- Chesterfield County Extension Services ---------------------3
- Chesterfield County Health Department ---------------------3
- Chesterfield County Mental Health, Mental Retardation, and Substance Abuse Services ---------------4
- Chesterfield County Parks and Recreation ------------------5
- Chesterfield County Public Library -------------------------5
- Chesterfield County Senior Advocate ------------------------8
- Lucy Corr Village ------------------------------------------8

Senior Connections, The Capital Area Agency on Aging ------------10
SeniorNavigator --------------------------------------------------11
Adaptive Technology (See Medical Supplies & Equipment) -- 40
Adult Day Care Centers ----------------------------------------12
Adult Protective Services/Elder Abuse ------------------------13
Advocacy Relating to Older or Disabled Adults ---------------13
Alzheimer’s Disease ------------------------------------------15
Area Agencies on Aging ---------------------------------------16
Assisted Living ----------------------------------------------16
Bereavement Support & Widowed Support Groups ---------------18
Care Management Services -------------------------------------18
Clothing and Thrift Stores ------------------------------------18
Companion Services (See Home Health Care) -------------------32
Counseling Services -------------------------------------------19
Crime Prevention/Consumer Protection --------------------------20
Crisis Intervention --------------------------------------------21
Parks and Recreation
Personal Emergency Response
Pharmacies Providing Home Delivery
Physician House Calls
Physician Referral Services
Prescription Assistance
Recreation (See Fitness/Exercise/Recreation)
Respite or Temporary Care
Senior Centers
Senior Groups
SeniorNavigator Centers
Social Security
Support Groups
Tax Assistance
Toll Free Telephone Numbers
Transportation Services
Veterans
Vision Services
Volunteer Opportunities
Voter Registration
Web Sites
Background

The Chesterfield County Board of Supervisors established a Long Term Care Coordinating Committee in 1983 in response to Senate Bill 219 passed by the Virginia General Assembly. The mission of the committee was to support the development of community based resources and to avoid the inappropriate institutionalization of impaired elderly and disabled adults. In 1987, this committee was expanded to encompass the Long-Term Care Council. Since that time the Council has been very active. It has received both State and National recognition. In August 2004, the Council changed its name to Chesterfield Council on Aging.

THE MISSION STATEMENT

The Chesterfield Council on Aging seeks to enhance the quality of life for older adults and adults with disabilities through education, advocacy and community service.
• **ADULT PROTECTIVE SERVICES**
Protective services are provided to aged, blind and disabled adults who are unable to protect themselves from neglect, abuse and exploitation. Protective services may include individual and family counseling, referral for legal representation or health care and arranging guardianship or other living situations.

<table>
<thead>
<tr>
<th>Chesterfield-Colonial Heights Department of Social Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>P.O. Box 430</td>
</tr>
<tr>
<td>Chesterfield, VA 23832</td>
</tr>
<tr>
<td>Telephone: (804) 748-1100</td>
</tr>
<tr>
<td><a href="http://www.chesterfield.gov">www.chesterfield.gov</a></td>
</tr>
</tbody>
</table>

• **COMPANION SERVICES**
Services include personal and housekeeping tasks for individuals who are unable to perform such tasks. Eligibility based on income.

• **FOOD STAMPS**
Financial assistance to qualified individuals, for the purchase of necessary food items.

• **FUEL ASSISTANCE**
Financial assistance may be offered to qualified individuals, for the purchase of necessary fuel during peak periods.

• **INFORMATION AND REFERRAL SERVICES**
Provides assistance answering questions and locating appropriate resources to meet individual needs of the adult population, including emergency needs.

• **PLACEMENT SERVICES**
Help in locating appropriate adult care residence, screening for placement in a Nursing Home or Personal Care, Adult Day Care, and Respite Care Services by way of the Medicaid Program.

• **TRANSPORTATION SERVICES**
With at least two weeks notice of need for transportation to medical appointments, transportation may be provided by agency.

Chesterfield County Disability Services Board
Telephone: (804) 751-4142
Ukejen@chesterfield.gov
Serves people with physical and sensory disabilities in Chesterfield County.
The Extension Office offers an extensive list of publications as well as services that will help you make decisions to improve the quality of your life. Most information is free. Some workshops require a modest fee to attend.

- Financial management counseling and information
- Food safety, food preservation, and food buying information
- Nutrition counseling and information
- Home and yard pest, plant disease identification; pesticide recommendation
- Recycling information
- Services/referrals for limited resource and bi-lingual populations
- 4-H youth development
- Volunteer opportunities

**Chesterfield Extension Services**
6807 Mimms Loop
P.O. Box 146
Chesterfield, VA 23832
(804) 751-4401 phone
(804) 751-0515 fax
[www.chesterfield.gov](http://www.chesterfield.gov)

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

Telephone: (804) 748-1975
[www.chesterfield.gov](http://www.chesterfield.gov)

**MEDICAID NURSING HOME PRE-SCREENING**
In cooperation with the Department of Social Services, people who are requesting nursing home placement and anticipate using Medicaid as a payment source are screened to determine the level of care needed. This screening is free of charge. Phone (804) 748-1975

**INFLUENZA AND PNEUMOCOCCAL IMMUNIZATION PROGRAM**
Annually, October through December, influenza (flu) and pneumococcal immunizations are available for senior citizens, aged 65 years and over, and to other individuals identified as being in a high-risk group. Pneumococcal immunizations are not indicated annually. These immunizations are offered at clinics located at the Health Department and other community sites. Fees vary according to the cost of the vaccine. Phone (804) 748-1975
• **COMMUNICABLE DISEASE PROGRAM**
  Provides identification and investigation of outbreaks, routine immunizations and
  immunizations required for travel. Phone (804) 748-1975

• **COMMUNITY HEALTH INFORMATION**
  Provides information and services to promote health in the community.
  Phone (804) 748-1691

• **ENVIRONMENTAL HEALTH**
  Management of environmental complaints, well and septic system evaluations,
  public food establishment evaluations, consultation services and rabies control.
  Phone (804) 748-1691

• **VITAL STATISTICS**
  Provides information and statistics on the community. Includes death certificates.
  Phone (804) 748-1691

---

**Chesterfield Mental Health/ Mental Retardation and Substance Abuse Services**
P.O. Box 92
6801 Lucy Corr Boulevard
Chesterfield, VA 23832
Telephone (804) 748-1227
Fax (804) 768-9283
TDD (804) 768-7200
Office hours: Monday thru Friday,
8:30 A.M.-5:00 P.M.
CRISIS PHONE # 748-6356
www.chesterfield.gov

**SERVICES FOR OLDER ADULTS**
- OUTPATIENT MENTAL HEALTH COUNSELING
- PSYCHIATRIC SERVICES
- CRISIS INTERVENTION
- HEALTHY AGING
- WORKSHOPS & CLASSES
- SPEAKERS BUREAU
Our Community Centers offer older adult programs 5 days a week.

Bensley Community Building
2900 Drewrys Bluff Rd., Chester, VA
(804) 275-5321

Ettrick Community Building
20400 Laurel Rd., Ettrick, VA

---

Older Adult Programs
The Chesterfield Parks and Recreation Dept. offers a wide variety of activities and programs, throughout the county, to suit your leisure interests. Older Adults are invited to participate and recreate. Activities include:

- Art classes
- Craft programs
- Dance classes and evening dances
- Fitness and exercise
- Walking club
- Day trips
- Sports
- Special Interest programs
- Various Card Clubs
- Pot Lucks
- Special theatrical productions

---

The mission of the Chesterfield County Public Library is “to inspire, enlighten, entertain, and educate by bringing people and information services and resources together.” The Library provides programs and services to people of all ages and backgrounds.

Bon Air Library
9103 Rattlesnake Road Richmond, VA 23235

Central Library
9501 Lori Road Chesterfield, VA 23832

Chester Library
11800 Centre Street Chester, VA 23831
All Chesterfield County Libraries have resources for the disabled.

The following is a list of programs and services created with our adult patrons in mind:

- **“Freedom and Democracy” Lectures**
  Freedom is vital to the American way of life. This lecture series features speakers who contemplate the many ideas and issues surrounding the protection of our freedom. Call 768-7941 for information about upcoming lectures and locations.

- **“Tuesday Night Westerns” at Meadowdale Library**
  In the fall and spring of each year, Meadowdale Library presents the “Tuesday Night Westerns” program series. Favorite cowboy films from the late ‘30’s, ‘40’s, and ‘50’s are shown, preceded by 15-minute chapters of a serial film. Stars of the films include Johnny Mack Brown, Gene Autry, Roy Rogers, and many more. The fun begins at 7:00 PM and ends around 8:45 PM. Call 743-4842 for more information.
• **“Get in the Know” at LaPrade Library**
  This monthly informative program encourages adults to learn more about their community. It is made possible by the cooperative efforts of the Chesterfield County Public Library, the Friends of the Library, and Chesterfield County Parks and Recreation. Call 276-7755 for more information.

• **“Celebrating Seniors” at Central Library**
  This monthly program engages speakers, performers, and storytellers selected especially for the education and enjoyment of the County’s senior population. The program series begins in September of each year and continues through the following May. Tea and refreshments are provided by the Friends of the Library. For more information, call 748-1773.

• **“The Art Show” at Chester Library**
  Chester Library features a monthly show displaying work of local artists. The public is invited to meet the featured artist at the opening reception held the first Saturday of the month (except July) from 3:30 PM to 5:30 PM. The opening reception is sponsored by the Chesterfield Center for the Arts at Chester Foundation. For more information, call 748-6314.

• **Book Discussion Groups**
  Book discussion groups are held at all library branches on a monthly or biweekly basis. Book selections include Great Books, current nonfiction, popular fiction, mysteries, and short stories. Call your local branch for more information.

• **Volunteer Opportunities**
  The Friends of the Library is a nonprofit organization whose purpose is to help the Library achieve its objectives. Participate in fund-raising projects, volunteer to help with hosting cultural events, special community programs and book talks, and advocate for the library at the legislative level. Call 748-1772 for more information about volunteering at the Library.

• **Homebound Library Service**
  The Outreach Services department provides Homebound Library Service for individuals that cannot get to the Library. If you are a resident of Chesterfield County, and unable to visit the Library because you are confined at home, we will bring library service to you. Library materials available to homebound customers include books, videos, audiocassettes, CDs, and DVDs. Books will be delivered to your home free of charge. To receive Homebound Library Service, please call Outreach Services at 748-1768, or email us at booksathome@chesterfield.gov.
The Senior Advocate’s Office was created to provide leadership and direction as Chesterfield County seeks to meet the needs of an increasingly older population. The Senior Advocate’s Office offers information and referral, and promotes and coordinates services for:

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

Summary of Services:
- Information about and referrals to services and resources relating to issues of aging and caregiving.
- Promotes and coordinates services and resources for older adults and their caregivers.
- Advocates and serves as a spokesperson for older adults and their caregivers at the local, state and national level.

Lucy Corr Village
A non-profit long-term care/continuum care community delivering long term care services in the Chesterfield County, Tri-city and Richmond metropolitan areas since 1970. Lucy Corr Village is located at the Chesterfield County Government Complex and is governed by the Chesterfield County Health Center Commission.

Lucy Corr Village serves central Virginia as a teaching center for geriatric education for local nursing schools, community colleges, and VCU/MCV Schools of Medicine, Social Work and School of Allied Medical Professions. Courtyard residents and their families also enjoy the convenience of amenities including an on-site Health Care center, beauty shop, pharmacy, rehab center, computer lab, chapel, library and gift shop.

Senior Advocate
Chesterfield County
7000 Lucy Corr Boulevard
P. O. Box 520
Chesterfield, VA 23832
Phone (804) 768-7878
Fax (804) 748-7915
petersond@chesterfield.gov

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

Telephone (804) 748-1511
Fax (804) 796-6285
www.lucycorrvillage.com
• **Health Care Center**
  Health Care Center has 240-bed licensed beds for skilled and nursing care services. The Health Care Center is among the 10 per cent of long-term care facilities accredited by Joint Commission On Accreditation of Healthcare Organizations (JCAHO) for standards of excellence. Lucy Corr is dedicated to providing cost-effective, quality medical services including skilled nursing care, post acute medical and rehabilitative services in addition to long-term nursing care. Residents, families and staff benefit from the latest in geriatric medical research and development. Residents of the Health Care Center receive 24-hour support from licensed RNs, LPNs, and certified nursing assistants in state-of-the-art accommodations.

• **Rehabilitation Center**
  The 16-bed skilled transitional rehabilitation center provides comprehensive geriatric rehabilitation and convalescent services. Full-time licensed professionals provide physical, occupational and speech therapy 6 days per week. Comprehensive discharge planning includes a home visit by the staff prior to discharge. The Center is spacious and complete with exercise equipment, assistive and adaptive devices, a hydrotherapy area, a large, fully equipped kitchen and living area for training in activities of daily living.

• **The Courtyard Assisted Living Center**
  The Courtyard at Lucy Corr Village has 48 private resident apartments. Residents are encouraged to bring in their personal furnishings, lamps and bed linens. Rental furniture is available upon request. Courtyard residents enjoy common areas with a gracious living room, a fully equipped country kitchen, a resident lounge and entertainment room, an activities solarium, a beautifully appointed dining room, resident laundry facilities and an outdoor veranda overlooking the Courtyard gardens. The Courtyard provides three levels of assisted-care services – residential, moderate and intensive assisted care. In addition to personal care assistance, emergency call system and a full range of activities and social programs to meet residents’ interests and abilities.

• **Adult Day Center**
  The Adult Day Center at Lucy Corr Village is a community-based day program offering a stimulating, fun environment that encourages creativity, socialization, and continued learning. Adult Day Center services provide respite for families and caregivers. It offers an alternative to costly in-home and nursing-home services. Trained staff members, certified in CPR, as well as medication management, supervise all programs at the Center. The daily program fee includes nutritious morning and afternoon snacks, and lunch served in the beautiful Courtyard Dining Room. Hours of operation are Monday through Friday, from 7:15a.m. until 5:30p.m.
Senior Connections was established in 1973 and is part of a nationwide network of Area Agencies on Aging that provide information, advocacy and direct services to seniors and their families. Our goal is to serve as a primary resource in the community for seniors and caregivers who need assistance with planning for and making decisions later in life. Our programs and services help identify and locate the most appropriate solutions based on personal needs.

- **Meal Programs:** Friendship Cafes provide socialization and a nutritionally balanced noon time meal. Home Delivered Meals provide one hot meal, up to 5 days per week, to low income, homebound elderly who are unable to prepare their own meals and have no one available to assist them.

- **Short Term Home Care:** Personal care service assists an individual with their desire to continue to live at home during an interim period as plans are made for more permanent long term care arrangements.

- **Resource Coordination:** Assists seniors to locate, apply for, receive, and maintain needed community services. Services may be directly offered by Senior Connections or other human service agencies.

- **Senior Employment:** Offers two employment service programs for seniors interested in reentering the workforce. The Senior Community Service Employment Program provides part-time employment opportunities in community service work to assist economically disadvantaged seniors age 55 and older. The Job Referral File provides seniors age 60 and older, with a resource that will place job seekers in available positions.

- **Volunteer Money Management:** Volunteers provide budget set-up, check book balancing, and bill paying services for persons who remain in control of their finances, but need some help keeping things in order.
• **Long Term Care Ombudsman:** Ombudsman Volunteers visit with seniors living in long-term care facilities to ensure their satisfaction with the services and care provided by the facility where they reside.

• **Foster Grandparent Program:** Seniors, age 60 or older, who serve as mentors, tutors, and caregivers for children and youth with special needs. They work a minimum of 20 hours per week in designated volunteer agencies such as hospitals, schools, and juvenile centers.

• **Volunteer Opportunities:** The Volunteer Coordinator maintains an on-going system of volunteer opportunities available, which includes the Retired Senior Volunteer Program (RSVP), Senior Medicare Patrol, and Money Management.

• **Newsletter:** Mature Life, a bi-monthly newsletter, featuring news of interest to older adults such as professional advice, community activities, benefit updates, and health education.

---

**SeniorNavigator**

600 East Main Street  
Suite 360  
Richmond, VA, 23219  
Phone (804) 827-1280

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

SeniorNavigator is a non-profit organization that combines the Internet with a network of volunteers to provide information about health and aging resources for seniors, their family members and caregivers. The information focuses on senior related issues such as health and aging, financial concerns, legal questions, health care facilities, assisted living and independent housing, fitness programs, support groups and more.

The information is organized on the website and allows you to search using your ZIP code. Searching by ZIP code identifies the resources available in your community.

For those not having computer or Internet access, the Chesterfield County Library and all branch libraries offer free access and assistance with the website.

---

**ADULT DAY CARE CENTERS**
These centers provide activities as well as nutritional programs to stimulate and maintain daily functioning. This allows families the freedom to work and/or provide respite for the caregiver. The centers are typically open Monday – Friday from 6 a.m. to 6 p.m.

**Adult Care Services**

8030 Staples Mill Road - Richmond, VA 23228

**Alternative Adult Services**

2221-B East Parham Road - Richmond, VA 23228

**Circle Center Adult Day Services**

3900 West Broad Street, Bldg. 20 - Richmond, VA 23230

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

**Ginter Hall Assisted Living South**

11300 Mall Court - Richmond, VA 23235

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

**Ginter Hall West Adult Day Care**

12411 Gayton Road - Richmond, VA 23233

**Hanover Adult Center, Inc**

P.O. Box 824, 7231 Stonewall Parkway - Mechanicsville, VA 23111

**Lucy Corr Village Adult Day Care**

P.O. Drawer 170, 6800 Lucy Corr Blvd. - Chesterfield, VA 28382

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

**Mary Carter Beacon House**

142 East Wythe St. - Petersburg, VA 23804-0469

**Petersburg Adult Care Health Center**

130 McKeaver Street - Petersburg, VA 23803

**Richmond Community Senior Center & Adult Care, Inc.**

1 Brenton St. - Richmond, VA 23222

[www.rcscadultdaycarecenter.com](http://www.rcscadultdaycarecenter.com)
**ADULT PROTECTIVE SERVICES/ELDER ABUSE**

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

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

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

**Office of the State Long Term Care Ombudsman**---------- 565-1600
530 East Main St. Suite 800 - Richmond, VA 23219 ---------- 1-800-552-3402
www.vaaaa.org/longterm.html

**Senior Connections, The Capital Area Agency on Aging**---------- 343-3000
24 E. Cary Street - Richmond, VA 23219 ----------------------- 1-800-989-2286
www.seniorconnections.va.org

---

**ADVOCACY RELATING TO OLDER OR DISABLED ADULTS**

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

**AARP State Office** ------------------------------------------ 819-1902
707 East Main Street, Suite 910 - Richmond, VA 23219
www.aarp.org

**Chesterfield County Senior Advocate**------------------------ 768-7878
P. O. Box 520 - Chesterfield, VA 23832
Petersond@chesterfield.gov
ALZHEIMER’S DISEASE

These agencies provide a variety of services to meet the needs of those with Alzheimer’s Disease/dementia and their caregivers.
Alzheimer’s Association, Greater Richmond Chapter ------------ 967-2580
4600 Cox Road, Suite 130 - Glen Allen, VA 23060
Helpline ------------------------------------------------------------------------------------------------- 967-2589
Toll Free -------------------------------------------------------------------------------------------------- 1-800-598-4673
Area Support Groups (call for extensive listing)---------------------------------- 967-2580
www.alz.org

Alzheimer’s Association, Petersburg Branch ------------------------ 518-1293
P. O. Box 1808 – Petersburg, VA 23805

Alzheimer’s Support Group Information (Meeting locations) --- 967-2580

The Assisted Living facilities that offer Alzheimer’s Care in the Chesterfield area are:

**Bon Secours Retirement Community** ----------------------------- 748-7000
6701 Ironbridge Parkway - Chester, VA 23831

**Dunlop House Assisted Living and Alzheimer’s Care**---------- 520-0050
235 Dunlop Farms Boulevard - Colonial Heights, VA 23834
www.dunlophouse.com

**Morningside at Bellgrade** ----------------------------------- 379-2800
2800 Polo Parkway - Midlothian, VA 23113 1 (888) 406-1576
www.morningsideassistedliving.com

**Southerland Place** --------------------------------------------- 897-8884
14016 Turnberry Lane – Midlothian, VA 23113
www.americanseniorliving.net

**The Chesterfield at Brandermill Woods** ---------------------- 379-7100
2100 Brandermill Parkway - Midlothian, VA 23112
www.brandermillwoods.com

The Nursing Home facilities that offer Alzheimer’s Care in the Chesterfield area are:

**Colonial Heights Health Care Center** -------------------------- 526-6851
831 Ellerslie Avenue - Colonial Heights, VA 23834
**AREA AGENCIES ON AGING**

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

**Crater District Area Agency on Aging**

23 Seyler Drive - Petersburg, VA  23805

www.CDAAA.org

**Senior Connections, The Capital Area Agency on Aging**

Chesterfield County Office

6800 Lucy Corr Court, P.O. Box 170 - Chesterfield, VA 23832

www.seniorconnections-va.org

**Senior Connections, The Capital Area Agency on Aging**

343-3000

Toll Free Number

1-800-989-2286

24 E. Cary Street - Richmond, VA 23219

www.seniorconnections-va.org

---

**ASSISTED LIVING**

*These residential communities provide 24-hour care and supervision. They vary from fully independent to nursing support. The level of care varies widely, as does the cost.*

**Beaufont Towers**

7015 Carnation Street - Richmond, VA 23225

www.beaufonttowers.com

**Bon Secours Retirement Community**

748-7000

6701 Ironbridge Parkway - Chester, VA 23831

**Dunlop House Assisted Living**

520-0050

235 Dunlop Farms Boulevard - Colonial Heights, VA  23834
www.dunlophouse.com

Ginter Hall South Assisted Living --------------------------------------------------794-7770
11300 Mall Court - Richmond, VA 23235
www.ginterhall.com

Hodges’ Manor ---------------------------------------------------------------745-6074
410 Adkins Road - Richmond, VA 23236
www.tlchoices.com/hodgesmanor

Morningside at Bellgrade----------------------------------------------------------379-2800
2800 Polo Parkway - Midlothian, VA 23113 1 (888) 406-1576
www.morningsideassistedliving.com

Southerland Place ---------------------------------------------------------------897-8884
14016 Turnberry Lane – Midlothian, VA 23113
www.americanseniorliving.net

The Chesterfield at Brandermill Woods ------------------------------------------379-7100
2100 Brandermill Parkway - Midlothian, VA 23112
www.brandermillwoods.com

The Courtyard at Lucy Corr Village---------------------------------------------748-1511
P O. Drawer 170, 6800 Lucy Corr Blvd. - Chesterfield, VA 23832

Totty Metro-------------------------------------------------------------------526-6921
3500 Totty Street - Ettrick, VA 23803
Metrogardens@yahoo.com

SEE YELLOW PAGES: RETIREMENT AND ASSISTED LIVING COMMUNITIES

BEREAVEMENT SUPPORT GROUPS/WIDOWED GROUPS

These agencies and support groups provide a variety of services and support for those that have lost a loved one. Please note all Hospice organizations have bereavement support services for their client’s families.
Compassionate Friends -------------------------------------------- 254-0588

Depression Support Group - Tucker's Pavilion ------------------- 323-8695
7101 Jahnke Road - Richmond, VA 23225

Widowed Support Group – Woody Funeral Home ------------------ 288-3013
1771 Parham Road - Richmond, VA 23229

---

**CARE MANAGEMENT SERVICES**

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

**Life Solutions** -------------------------------------------- 794-9599
1233 Mall Drive - Richmond, VA 23235

**Mature Options** ------------------------------------------- 282-0753
10124 W. Broad Street, Glen Allen, VA 23060

**Senior Advocacy Management** ------------------------------- 355-0966

**Senior Connections, The Capital Area Agency on Aging** -------- 343-3000
Toll Free Number ----------------------------------------------- 1-800-989-2286
24 E. Cary Street - Richmond, VA 23219
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

---

**CLOTHING AND THRIFT STORES**

*Clothing and general household goods are offered at reduced prices. Some require a screening process to determine need. Some clothing is preowned.*

**Adaptive Equipment** ---------------------------------------- 521-4916

**Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM)**
P.O. Box 341 - Chester, VA 23831 ---------------------------------- 796-2749
COUNSELING SERVICES

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

Adult Protective Services Chesterfield Dept. of Social Services -- 748-1100
P.O. Box 430, 9501 Lucy Corr Circle - Chesterfield, VA 23832
www.chesterfield.gov\humanservices\socialservices\default.asp

Alcoholics Anonymous, Richmond Intergroup, Inc. -------------- 355-1212
Alcoholics Anonymous, ALAnon/ALAteen ------------------------- 353-4885
3600 West Broad Street Suite 684 - Richmond, VA 23230-4916
www.aa.org

Chapman Senior Care------------------------------------------ 741-7500
1403 Pemberton Road, Suite 306 - Richmond, VA 23233
Chesterfield Dept. of Mental Health & Mental Retardation ------ 748-1227
6801 Lucy Corr Blvd. - Chesterfield, VA 23832 ----------------- TDD 768-7200
Crisis Intervention ----------------------------------------------- 748-6356
www.chesterfield.gov

Life Solutions-------------------------------------------------------------- 794-9599
1233 Mall Drive - Richmond, VA 23235

Resources for Independent Living ----------------------------------- 353-6503
4009 Fitzhugh Ave., Suite 100 - Richmond, VA 23230

- Chesterfield Office ----------------------------------------------- 743-3798
  6603-B Irongate Square - Richmond, VA 23234
- Petersburg Office 1845-A Fort Mahone Rd ------------------------ 862-9338
  Petersburg, VA 23805

Women's Victim Advocacy Program (YWCA) ------------------------ 796-3066
P. O. Box 1028 - Chester, VA 23831
www.ywcarichmond.org

See “Counselors” in Yellow Pages for Other Listings

CRIME PREVENTION/CONSUMER PROTECTION

These agencies offer help in protecting yourself from being a victim of a crime. They also will provide information regarding businesses you may consider using. They also can help you with settlement if a company does not honor its agreement.

Agriculture and Consumer Services ---------------------------------- 786-2042
P.O. Box 163 - Richmond, VA 23218
www.dacs.state.va.us

Better Business Bureau ----------------------------------------- 648-0016
701 East Franklin Street - Richmond, VA 23219
www.richmond.bbb.org

Better Business Bureau Eldercare Fraud -------------------------- 780-2222

Chesterfield Extension Service Consumer Credit Counseling ------- 751-4401
6807 Mimms Loop - Chesterfield, VA 23832
Chesterfield Police Department Non-Emergency------------------------748-1251
P.O. Box 140 - Chesterfield, VA 23832
www.chesterfield.gov

Chesterfield Police Department ----------------------------------748-1266
Crime Prevention ----------------------------------------------- 674-7006 ext 112
2730 Hicks Road - Richmond, VA 23235
Community Support offers classes in home safety, self-defense, and prevention of vandalism.
www.chesterfield.gov

Chesterfield TRIAD ------------------------------------------717-6266
P.O. Box 7 - Chesterfield, VA 23832
www.vaag.com/protecting/TRIAD

Consumer Affairs/Citizens Assistance--------------------------786-2042
P.O. Box 163 - Richmond, VA 23218

Consumer Complaints on Public Entities---------------------1-800-552-7945
Bureau of Insurance P.O. 1157 - Richmond, VA 23218
www.state.va.us/scc

CRISIS INTERVENTION

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

Adult Protective Services Chesterfield Dept. of Social Services--748-1100
P.O. Box 430, 9501 Lucy Corr Circle - Chesterfield, VA 23832
www.chesterfield.gov\humanservices\socialservices\default.asp

Alcoholics Anonymous, Richmond Intergroup, Inc.------------355-1212
Alcoholics Anonymous, AlAnon/AlAteen------------------------353-4885
3600 West Broad Street Suite 684 - Richmond, VA 23230-4916
DENTAL SERVICES

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

Cross-Over Clinic ------------------------------------------ 233-5016
108 Cowardin Avenue - Richmond, VA 23224

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

Lucy Corr Dental Clinic - opening soon ------------------- 748-1511
6800 Lucy Corr Boulevard - Chesterfield, VA 23832

MCV Dental Clinic------------------------------------------ 828-9190
520 N 12th Street - Richmond, VA 23298

Virginia Dental Association - Denture Help Program -------- 261-1610
7525 Staples Mill Road - Richmond, VA 23228  (special criteria to qualify)
www.vadental.org

DISABLED SERVICES
These programs offer services varying from adaptive devices, hearing aides, meal deliveries and other services available to disabled adults.

**Disability Services Board**

P.O. Box 40, Chesterfield, VA 23832
ukejen@chesterfield.gov

**Department of Rehabilitative Services Chesterfield Office**

674-2369
Rockwood Office Park Suite A, 9503 Hull St. Road - Richmond, VA 23236-1420
www.vadrs.org

**Greater Richmond Chapter of the American Red Cross**

780-2250
P.O. Box 655 - Richmond, VA 23205
www.redcross.org/va/Richmond

**Johnston-Willis Hospital Disabled Driving Instructions**

330-2145
1401 Johnston Willis Drive, Richmond, VA 23235

**Meals on Wheels of Greater Richmond**

673-5035
1600 Willow Lawn Drive - Richmond, VA 23230
www.mowdelivers.com

**Resources for Independent Living**

353-6503
4009 Fitzhugh Ave., Suite 100 - Richmond, VA 23230
- Chesterfield Office 743-3798
  6603-B Irongate Square - Richmond, VA 23234
- Petersburg Office 1845-A Fort Mahone Rd - Petersburg, VA 23805 862-9338

**United Way of Greater Richmond**

771-5820
224 E. Broad Street - Richmond, VA 23219
Information & Referrals 275-2000
Petersburg Office 861-9330
www.yourunitedway.org

**Virginia Department for the Deaf and Hard of Hearing**

662-9502
1602 Rolling Hills Dr., Suite 203 - Richmond, VA 23229 TDD/1-800-552-7917
www.vddhh.org

*All Chesterfield County Libraries have resources for the disabled.*
These programs are designed to expand your knowledge and help develop new skills.

AARP 55 Alive Driving Improvement ------------------------------------- 346-4125

Chesterfield County School Board – Adult Education ---------- 748-1405

Elderhostel ------------------------------------- 828-1525
Hosted by The Virginia Center on Aging, Virginia Commonwealth University
520 N. 12th Street, Room B25, PO Box 980229 -Richmond, VA  23298-0229
http://www.elderhostel.org/about/default.asp

GrandDriver ------------------------------------- 1-800-552-3402
www.GrandDriver.net

Johnston -Willis Driver Evaluation Program ------------------------ 330-2068

J. Sargeant Reynolds Community College --------------------------- 371-3000
1651 East Parham Road - Richmond, VA  23228------------------------ 371-3368
700 East Jackson Street - Richmond, VA  23219 ---------------------- 786-5455
1851 Dickinson Road - Goochland VA  23063 ------------------------ 662-6400
www.reynolds.edu

John Tyler Community College (Chester Campus)------------------ 796-4000
13101 Jefferson Davis Highway - Chester, VA  23831
www.jt.cc.va.us

John Tyler Community College (Midlothian Campus) ---------- 594-1400
740 Gardiner Court - Midlothian, VA  23113

Lifelong Learning Institute of Chesterfield----------------------- 521-8282
14311 Brandermill Woods Trail - Midlothian, VA  23112
www.brandermillwoods.com

Randolph Macon College------------------------------------------ 752-7500
P. O. Box 5005 - Ashland, VA  23005
www.rmc.edu
The Shepherd’s Center of Chesterfield-------------------------- 706-6689
EMPLOYMENT

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

Capital Area Training Consortium----------------------------- 271-8510
7321 Whitepine Road - Richmond, VA 23237
www.co.henrico.va.us.org

Equal Employment Opportunity Commission ------------------- 771-2200
830 E. Main St. Suite 600 - Richmond, VA 23219
www.eeoc.gov

Senior Community Service-AARP Employment Program ------- 355-3600
1806 Chantilly Street, Suite 100 - Richmond, VA 23230
www.aarp.org/scsep

Senior Connections, The Capital Area Agency On Aging --------- 343-3000
24 E. Cary Street - Richmond, VA 23219 ------------------------ 1-800-989-2286
www.seniorconnections-va.org

Urban League of Greater Richmond----------------------------- 649-8407
FINANCIAL ASSISTANCE AND PLANNING

These agencies offer counsel and advice as well as opportunities to purchase services. The service can range from purchasing insurance policies to having funds managed. Some programs require a screening process to determine need. Some offer assistance with managing personal finances and paying bills.

ATLFA  (Assistive Technology Loan Fund Authority)----------662-9000
www.atlfa.org

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

Comprehensive Financial Investment Advisors ------------------- 285-7010
6243 River Road, Suite 7 - Richmond, VA 23229

Consumer Credit Counseling Service---------------------------379-4505
1403 Huguenot Road, Suite 102 - Midlothian, VA 23113
www.repaydebt.org

Senior Connections, The Capital Area Agency on Aging -------- 343-3000
Toll Free Number --------------------------------------------- 1-800-989-2286
24 E. Cary Street - Richmond, VA 23219
www.seniorconnections-va.org

Social Security Offices---------------------------------------- 1-800-772-1213
13564 Waterford Place - Midlothian, VA 23112 --------------- 744-0227
105 Holly Hill Drive, P.O. Box 911 - Petersburg, VA 23805 ------ 862-6080
www.ssa.gov
Virginia Department of Veterans Affairs ----------------------786-2261
FITNESS/EXERCISE/RECREATION

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

Chesterfield County Parks & Recreation Department -------------- 748-1623
6801 Wagners Way, P.O. Box 40 - Chesterfield, VA 23832 --- TDD 748-1127

Senior Center of Richmond at Chesterfield --------------------------- 594-2339
1807 Huguenot Road - Midlothian, VA 23113

The Shepherd’s Center of Chesterfield-----------------------------706-6689
Chester Presbyterian Church, 3424 West Hundred Road - Chester, VA 23831
www.shepctrchesterfield.org

YMCA
Chester ----------------------------------------------- 748-9622
Manchester ----------------------------------------------- 276-9622
Midlothian ----------------------------------------------- 379-5668

FOOD AND NUTRITION SERVICES

Home delivered meal programs can meet a variety of dietary and nutritional needs for the homebound elderly who are unable to prepare their own meals and have no one available to assist them. Some agencies provide food assistance to needy individuals or families and a screening criterion must be met to be eligible. Other programs offer meals (mainly lunch) at designated locations in the community. The goal of these programs is to provide a nutritious meal as well as opportunities for socialization.

Chesterfield-Colonial Heights Dept. of Social Services--------- 748-1100
9501 Lucy Corr Circle, P.O. Box 430 - Chesterfield, VA 23832
www.chesterfield.gov\humanservices\socialservices\default.asp
Chesterfield Colonial Heights Alliance for Social Ministry ------- 796-2749
(CCHASM) P.O. Box 1741- Chesterfield, VA  23832

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

Meals on Wheels of Greater Richmond-----------------------------673-5035
1600 Willow Lawn Drive - Richmond, VA  23230
www.mowdelivers.com

Salvation Army -----------------------------------------------225-7470
2 West Grace Street - Richmond, VA  23220
www.salvationarmy.org

Senior Connections, The Capital Area Agency on Aging -------- 343-3000
24 E. Cary Street - Richmond, VA 23219------------------------- 1-800-989-2286
www.seniorconnections-va.org

Metropolitan Area Resource Clearing House – an emergency food pantry organized through area churches.
224 East Broad Street - Richmond, VA  23241
www.yourunitedway.org

Virginia Tech Extension Service - Chesterfield------------------ 751-4401
P.O. Box 146, Route 10 and Wagner Way - Chesterfield, VA  23832
www.chesterfield.gov/extension

---

FRIENDLY VISITING

Volunteers visit older adults to provide friendship and help reduce the risk of isolation. The effects of the volunteer can contribute to maintaining and enhancing the physical and emotional health of the older adult.

Friendly Visitor Program----------------------------------------796-3715
Chesterfield-Colonial Heights Alliance for Social Ministry
P. O. Box 1741 – Chester, VA  23831

---
FUEL ASSISTANCE

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

Chesterfield/Colonial Heights Dept. of Social Services---------- 748-1100
P.O. Box 430, 9501 Lucy Corr Circle - Chesterfield, VA 23832
www.chesterfield.gov\humanservices\socialservices\default.asp

Salvation Army -----------------------------------------------225-7470
2 West Grace Street - Richmond, VA  23220
www.salvationarmy.org

GERIATRICIANS

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

George R. Brengel, MD ------------------------------------------560-8838
9210 Forest Hill Avenue, Suite 3-B - Richmond, VA  23235

Stanley R. Furman, MD ------------------------------------------673-2829
5855 Bremo Road, Suite 102 - Richmond, VA  23226

Kishor Dabhi, MD -----------------------------------------------526-5850
3628 Boulevard – Colonial Heights, VA  23834

Angela Gentili, MD ---------------------------------------------675-5181
1201Broad Rock Boulevard - Richmond, VA  23249 (McGuire VA Medical Center)

Michael Godschalk, MD ------------------------------------------675-5181
1201Broad Rock Boulevard - Richmond, VA  23249 (McGuire VA Medical Center)

Joseph James, MD-----------------------------------------------320-1333
1441 Johnston Willis Drive - Richmond, VA  23235
GRANDPARENTS

Senior Connections offers 3 different opportunities for grandparents or seniors to volunteer their services:

- Protect and Respect – School Mentoring Program
- Foster Grandparents
- Kinship Coalition – Grandparents Support Group

Senior Connections, The Capital Area Agency on Aging ---------- 343-3000
24 E. Cary Street - Richmond, VA 23219-------------------------- 1-800-989-2286
www.seniorconnections-va.org

HEALTH ORGANIZATIONS

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

Alzheimer's Association Greater Richmond Chapter ----------- 967-2580
4600 Cox Rd, Suite 130 - Glen Allen, VA 23060
www.richmondalzheimers.org

American Cancer Society----------------------------------------- 1-800-227-2345
4240 Park Place Court - Glen Allen, VA 23060 ------------------------ 527-3710
www.cancer.org
American Heart Association -------------------------------------------- 747-8334
4217 Park Place Court - Glen Allen, VA 23060----------------- 1-800-242-8721
www.americanheart.org

American Lung Association of Virginia ----------------------------- 267-1900
9221 Forest Hill Ave - Richmond, VA 23235
www.lungusa.org/virginia

Arthritis Foundation-VA Chapter --------------------------------- 1-800-456-4687
3805 Cutshaw Avenue, Suite 200 - Richmond, VA 23230
www.arthritis.org

Cancer Hotline----------------------------------------------------- 1-800-422-6237

Multiple Sclerosis Society----------------------------------------- 353-5008
2104 W. Laburnum Ave. - Richmond, VA 23227 ------------- 1-800-FIGHT-MS
www.nmss.org

Parkinson's Disease Support Group ------------------------------- 355-5717
Circle Center Adult Day Services
3900 W. Broad Street, Bldg. 20 - Richmond, VA 23230
www.circlecenteradultday.org

HEARING SERVICES

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

Catholic Charities ----------------------------------------------- 285-5900
1512 Willow Lawn Drive, P.O. Box 6565 - Richmond, VA 23230 -- 285-9632

Deaf and Hard of Hearing Community Counseling Service ------ 762-9671
8917 Fargo - Richmond, VA 23229 ------------------------------- TDD 346-3043

Deaf Voice Dept. for Deaf and Hard of Hearing------ TDD 1-800-552-7917
www.vddhh.org

Disability Rights Voice ------------------------------------------ 1-800-552-3962
Johnston -Willis Hospital Occupational Therapy  330-2147
www.johnstonwillismed.com

Virginia Department for the Deaf and Hard of Hearing  662-9502
1602 Rolling Hills Dr. Suite 203 - Richmond, VA 23229  1-800-552-7917
www.vddhh.org

Virginia Dept. of Rights for Virginians with Disabilities  1-800-552-3962
202 North 9th St Office Bldg 9th Flr - Richmond, VA 23219  TTD 225-2042
www.vopa.state.va.us

---

**HOME HEALTH CARE**

*These agencies provide a range of home based care services from companion care to skilled nursing care. Many of these services support your ability to remain in your home by performing household chores and assisting with the activities of daily living (ADLs). Fees are typically charged, however some may accept Medicare or Medicaid. Asking for references is suggested.*

**Care Advantage Tri Cities**  520-5454
798 Southpark Boulevard, Park South #14 - Colonial Heights, VA  23834
- Corporate  323-9464
- Colonial Heights  520-5454
- Richmond  285-1212
- East End  737-7733
- South Hill  447-6777
- Clarksville  374-2566

**CareMed Chesterfield**  674-1193

**CareMed Richmond**  282-3791
9840 Midlothian Turnpike – Richmond, VA  23225  327-9712

**Caring Companions**  594-3816
6966 Forest Hill Avenue, Suite B - Richmond, VA  23225
www.caring-companions.net
Chesterfield-Colonial Heights Department of Social Services ----748-1100
P.O. Box 430, 9501 Lucy Corr Circle - Chesterfield, VA 23832

Family Lifeline---------------------------------------------------------------282-4255
1518 Willow Lawn Drive - Richmond, VA 23220
www.family-lifeline.org

Freedom Home Health --------------------------------------------------------1-800-313-4353
Chesterfield/Tri Cities-------------------------------------------------------674-4181
Henrico----------------------------------------------------------------------------281-5613
Amelia, Powhatan, Nottoway, Lunenburg, Prince Edward----------------------561-1950

Home Care Connection--------------------------------------------------------1-888-540-7306
Dinwiddie Location-----------------------------------------------------------863-2442
Mechanicsville Location------------------------------------------------------730-4223
Midlothian Location----------------------------------------------------------379-9314
www.homecareconnection.com

Instructive Visiting Nurse Association (IVNA) ---------------355-7100
5008 Monument Avenue - Richmond, VA 23230
www.ivna.org

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

Medicaid Personal Care Agencies These agencies utilize Medicaid funding to
provide services in your home. Typically the services are related to health needs.
Call Health Department for Current Listing ----------------------------------748-1975

Senior Connections, The Capital Area Agency on Aging -------------343-3000
24 E. Cary Street - Richmond, VA 23219-------------------------------1-800-989-2286
www.seniorconnections-va.org
HOSPICE CARE

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

Bon Secours Hospice (Home Services)--------------------------627-5360
8580 Magellan Parkway - Richmond, VA 23227
www.bonsecours.com

Hospice of Central Virginia ----------------------------------281-0451
7231 Forest Ave. Suite100 - Richmond, VA 23226
www.americanhospice.com

Crater Community Hospice-----------------------------------526-4300
840 W. Roslyn Road, Suite E - Colonial Heights, VA 23834
www.cratercommunityhospice.org

Hawthorne – The Cancer Resource Center----------------------330-2300
1459 Johnston-Willis Drive – Richmond, VA 23235
www.TheHawthorne.org

Heartland Hospice ------------------------------------------273-6060
3212 Skipwith Road, Suite 110 - Richmond, VA 23294

Hunter Holmes McGuire VA Medical Center Hospice ---------675-5385
1201 Broad Rock Road – Richmond, VA 23249

Thomas Palliative Care - Massey Cancer Center at MCV ------828-0450

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

**Bon Secours Hospitals Richmond Community Hospital**

--- 225-1700

1500 North 28th Street - Richmond, VA 23223

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

**Bon Secours Memorial Regional Medical Center**

---------- 764-6000

8260 Atlee Road - Richmond, VA 23116

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

**CJW Medical Center**

- Chippenham Location: 7101 Jahnke Road - Richmond, VA 23225 ---320-3911
- Johnston Willis Location: 1401 Johnston Willis Drive, Richmond, VA 23235 ------330-2000

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

**Henrico Doctor’s Hospital**

------------------------------------------------ 289-4500

1602 Skipwith Road - Richmond, VA 23229

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

**Henrico Doctor’s Hospital - Parham Campus**

------------------------ 747-5600

7700 East Parham Road - Richmond, VA 23294

**John Randolph Medical Center**

---------------------------------------- 541-1600

411 West Randolph Road - Hopewell, VA 23860

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

**Medical College of Virginia (MCV)**

---------------------------------------- 828-9000

1250 E Marshall - Richmond, VA 23219

[www.vcu.edu](http://www.vcu.edu)

**Retreat Hospital**

------------------------------------------------------------- 254-5100

2621 Grove Avenue - Richmond, VA 23220

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

**Richmond Eye and Ear Hospital**

---------------------------------------- 775-4500

8700 Stony Point Parkway - Richmond, VA 23235
www.richmondeyemandear.com

St. Francis --- Opening Fall 2005 ------------------------------- 594-7400
13701 Center Point Parkway - Midlothian, VA 23114

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

Sheltering Arms Hospital---------------------------------------- 342-4100
8254 Atlee Road - Mechanicsville, VA 23116
www.shelteringarms.com

Southside Regional Medical Center ------------------------------- (Chester) 748-0074
801 South Adams Street - Petersburg, VA 23803-------- (Petersburg) 862-5000
www.srmconline.com

Veterans Administration McGuire Hospital ---------------------- 675-5000
1201 Broadrock Boulevard - Richmond, VA 23249
www.opm.gov

---------------------------------------------------------------------

**HOUSING ASSISTANCE**

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

American Red Cross (Disaster Victims) ------------------------------- 780-2250
420 East Cary Street - Richmond, VA 23219
www.redcross.org-va-richmond

Community Development Block Grant Office ----------------------- 768-8707
10100 Iron Bridge Road, Suite 110 P.O. Box 40 – Chesterfield, VA 23832

ElderHomes ------------------------------------------------------- 233-2827
88 Carnation Street - Richmond, VA 23225------------------------ 1-800-989-6686
www.conservationstrategies.com

HOME (Housing Opportunities Made Equal) ------------------------ 354-0641
2201 West Broad Street, Suite 200 - Richmond, VA 23220
INDEPENDENT LIVING/HOUSING

*This type of housing for senior adults typically provides maintenance free apartments. They do not, however, provide nursing care services.*

**Braxton**---------------------------------------------------------------275-2689
5700 A Hopkins Road - Richmond, VA 23234
www.wscarnesinc.com

**Brander Mill Woods Retirement Community**-------------------------------744-1173
14311 Brandermill Woods Trail - Midlothian, VA 23112
www.brandermillwoods.com

**Heritage Oaks**----------------------------------------------------------323-3800
1100 German School Road - Richmond, VA 23225
www.theallegro.com/heritage.htm

**Summerhill at Stony Point**-----------------------------------------------320-8312
9250 Forest Hill Avenue - Richmond, VA 23235
INFORMATION AND REFERRAL SERVICES

These programs are available to provide necessary information and suggestions for referrals. Some of the agencies actually provide direct service.

Cancer Hotline----------------------------------------------- 1-800-422-6237

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

Chesterfield County Senior Advocate---------------------------- 768-7878
P. O. Box 520 - Chesterfield, VA 23832
Petersond@chesterfield.gov

Citizen Answer Line -------------------------------------------- 751-INFO (4636)

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

Physician Referral - Bon Secours Saint Mary’s Hospital --------- 270-3737
5801 Bremo Road - Richmond, VA 23226

Physician Referral - Henrico Doctors Hospital --------------- 1-800-888-3627
1602 Skipwith Road - Richmond, VA 23229

Physician Referral - Virginia Dept. of Rehabilitative Services --- 662-7000
8004 Franklin Farms Drive - Richmond, VA 23288
Senior Connections, The Capital Area Agency On Aging --------- 343-3000
24 E. Cary Street - Richmond, VA 23219------------------------ 1-800-989-2286
www.seniorconnections.va.org

United Way Information and Referral Center ----------------------------771-5820
www.yourunitedway.org

Virginia Department for the Aging--------------------------------------662-9333
1600 Forest Avenue - Richmond, VA 23229 -----------------------------1-800-552-3402
http://www.aging.state.va.us/


LEGAL SERVICES

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

AARP -----------------------------------------------1-800-424-3410
www.aarp.com

American Civil Liberties Union of Virginia --------------------------644-8022
6 N. Sixth Street, Suite 400 - Richmond, VA 23219
http://members.aol.com/acluva

Central Virginia Legal Aid Society-----------------------------648-1012
101 West Broad Street, Suite 101 - Richmond, VA 23220
www.valegalaid.org

Equal Employment Opportunity Commission-------------------------771-2200
830 E Main Street - Richmond, VA 23230
http://www.eeoc.gov

National Association for the Advancement of Colored People (NAACP)-------------------------321-5678
P.O. Box 27212 - Richmond, VA 23261
http://www.naacp.virginia.com

Virginia Lawyer Referral Service ------------------------------------775-0808
707 East Main Street, Suite 1500 - Richmond VA 23219 ---- 1-800-552-7977
MEDICAL SUPPLIES AND EQUIPMENT

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

American Cancer Society ------------------------------- 1-800-277-2345
P.O. Box 6359 - Glen Allen, VA 23060 -------------------------------527-3710
www.cancer.org

American Lung Association of Virginia ------------------ 267-1900
9221 Forest Hill Avenue - Richmond, VA 23235

Apria ---------------------------------- 271-8171
7401 Whitepine Road - Richmond, VA 23237

Buford Road Pharmacy, Inc ---------------------------- 272-1423
Cardinal Drug Center 2608 Buford Road - Richmond, VA 23235

Eckerd Drugs---------------------------------------- 748-2151
4408 West Hundred Road - Chester, VA 23831
www.Eckerd.com

General Electric Medical Systems --------------------- 1-800-558-5120
8200 West Tower Avenue - Milwaukee, Wisconsin 53223
www.gemedicalsystems.com

Goodwill Industries, Inc.-- 745-6300
6301 Midlothian Turnpike - Richmond, VA 23225------------------ 521-4916
www.goodwillrichmond.org

Health First-----------------------------------------------673-6500
2205 Perl Road - Richmond, VA 23230
www.healthfirstmed.com

Home Care Delivered, Inc. (Incontinence Products) ------- 1-800-565-5644
4144A Innslake Drive- Glen Allen, VA 23060
www.homecaredelivered.com

Lincare Inc.-----------------------------------------------355-2323
4912 W. Marshall Street - Richmond, VA 23230
www.lincare.com

Mobility Center-----------------------------------------------231-7774
255 East German School Rd - Richmond, VA 23224

Robert's Home Medical Co ---------------------------------748-0148
3917 Deep Rock Road - Richmond, VA 23233

Therapeutic Concepts ----------------------------------------434-577-2780
P. O. Box 60 – Valentine, VA 23887

Virginia Assistive Technology System (VATS) ----------- TTY 804-662-9990
Dept. Rehabilitative Services ----------------------------- 1-800-435-8490
8004 Franklin Farms Drive - Richmond, VA 23229 ----------- 1-800-552-5019
www.vats/vats.org

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

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

Social Security Office ------------------------------------------ 1-800-772-1213
www.ssa.gov

Social Security Administration for Chesterfield------------------744-0227
13564 Waterford Place - Midlothian, VA 23112

Chesterfield Office --------------------------------------------- 744-0227
13564 Waterford Place - Midlothian, VA 23112

Petersburg Office----------------------------------------------- 862-8100
105 Holly Hill Drive    P.O. Box 991 Petersburg, VA 23805

Social Security District Office ------------------------------ 862-6080
1834 W. Cary Street Richmond, VA 23220

MENTAL HEALTH SERVICES

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

Chapman Senior Care-------------------------------------------- 741-7500
1403 Pemberton Road, Suite 306 - Richmond, VA 23233

Chesterfield Dept. of Mental Health and Mental Retardation --- 748-1227
6801 Lucy Corr Boulevard - Chesterfield, VA 23832

CJW Medical Center, Chippenham Campus Tucker Pavilion --- 320-3971
7101 Jahnke Road - Richmond, VA 23225
www.cjwmedical.com
Crisis Intervention Team --------------------------------------- 748-6356
NURSING HOMES

These are licensed facilities that provide basic needs including assistance with personal care and nursing supervision. A screening process is required. Stays may be short term for rehab services or long term for life support services. Investigate early.

Brandermill Woods Health Care Center----------------------------- 379-7100
2100 Brandermill Pkwy - Midlothian, VA 23112
www.brandermillwoods.com/chesterfield

Colonial Heights Health Care Center------------------------------- 526-6851
831 Ellerslie Avenue - Colonial Heights, VA 23834

Hopewell Health Care Center ------------------------------------- 458-6325
905 Cousins Avenue – Hopewell, VA 23860

John Randolph Health Care Center ------------------------------ 452-3600
P. O. Box 1626, 409 West Randolph Road- Hopewell, VA 23860
p://johnrandolphmed.com

Lucy Corr Village ------------------------------------------------ 748-1511
6800 Lucy Corr Blvd., P.O. Drawer 170 - Chesterfield, VA 23832
Willow Creek Health Care Center ---------------------------------379-4771
11611 Robious Road - Midlothian, VA 23113
www.laurelsofwillowcreek.com

See Nursing Homes in the Yellow Pages

PERSONAL EMERGENCY RESPONSE

These agencies provide a method of communication for response from emergency personnel.

ATD -----------------------------------------------1-877-828-1433

Bon Secours Personal Response System -----------------------627-5015

IVNA Health Watch ---------------------------------------355-7100

Life Alarm ---------------------------------------------1-800-780-5433

Nightingale---------------------------------------------1-800-626-3311

PHARMACY/DELIVERY

All of these listed pharmacies provide delivery services. Check for one near you. Some have limited delivery areas. Check if there is a fee for delivery or if they have a Senior Discount for prescription medications.

AARP Pharmacy Service----- (Mail In Only)--------------1-800-456-2277
P. O. Box 1087 - Bensalem, PA 19020-9956
www.aarppspharmacy.com

Bremo-Westhampton Pharmacy Limited----------------------288-8361
2024 Staples Mill Road – Richmond, VA 23230-3109
Buford Road Pharmacy, Inc ---------------------------------272-1423
2612 Buford Road - Richmond, VA 23235-3422
(Deliver from Bon Air out to Midlothian Turnpike; some areas excluded)

**Center Pharmacy**---------------------------------737-6049
3 West Nine Mile Road - Highland Springs, VA 23045

**Chippenham Medical Center Pharmacy**---------------------------------323-8888
7101 Jahnke Road - Richmond, VA 23225
[www.cjwmedical.com](http://www.cjwmedical.com)

**Colonial Pharmacy**---------------------------------746-7997
7501 Mechanicsville Turnpike - Mechanicsville, VA 23111

**Eckerd**---------------------------------732-8802
847 West Washington Street - Petersburg, VA 23803
[www.eckerd.com](http://www.eckerd.com) (Free delivery-Ettrick and Matoaca)

**Edloe’s Professional Pharmacy**---------------------------------643-5721
1124 N. 25th Street - Richmond, VA 23223-5256

**Grove Avenue Pharmacy**---------------------------------355-3405
4911 Grove Avenue - Richmond, VA 23226

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

**Lee-Davis Pharmacy**---------------------------------730-9200
7023 Lee Park Road - Mechanicsville, VA 23111

**McGuire Park Pharmacy, Inc.**---------------------------------232-5644
3729 E. Broad Rock Road - Richmond, VA 23224

**Metropolitan Pharmacy**---------------------------------285-7823
700 W. Grace Street – Richmond, VA 23220

**Midlothian Apothecary**---------------------------------794-5592
13502 Midlothian Turnpike - Midlothian, VA 23113

**Professional Pharmacy**---------------------------------783-6020
505 W. Leigh Street - Richmond, VA 23220
Professional Pharmacy South, Inc.  231-9422
101 Cowardin Avenue - Richmond, VA  23224

Sandston Pharmacy  737-2270
2 W. Williamsburg Road - Sandston, VA  23150-2013

Ukrop’s Pharmacy at Joe’s Market  285-8618
400 Libbie Avenue - Richmond, VA  23226-2616

Westbury Pharmacy  285-3428
8901 Three Chopt - Richmond, VA 23229

Westwood Pharmacy  288-1933
5823 Patterson Avenue – Richmond, VA 23226

---

**PHYSICIAN HOUSE CALLS**

*These physicians will make house calls to their established patients only.*

Chesterfield Family Practice  276-9305
2500 Pocoshock Place - Chesterfield, VA 23235
[www.chesterfieldfp.com](http://www.chesterfieldfp.com)

---

**PHYSICIAN REFERRAL SERVICE**

*These programs provide information regarding doctors near you and the specialty you may need.*

Bon Secours Richmond Call for Health  359-9355

CJW Medical Center  320-3911
[www.cjwmedical.com](http://www.cjwmedical.com)

Columbia/HCA Physician Referral  320-DOCS  320-3627
Toll free  1-800-888-3627
PRESCRIPTION ASSISTANCE

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

Medicare Prescription Drug Benefit ---------------------------- 1-800-633-4227
www.medicare.gov

Senior Connections, The Capital Area Agency On Aging ------------- 343-3000
24 E. Cary Street - Richmond, VA 23219------------------------ 1-800-989-2286
www.seniorconnections-va.org

RESPITE OR TEMPORARY CARE

*Respite programs offer you a short break from caregiving duties. The goal is to provide you, the caregiver, with a break from your daily routine of caring for a loved one. Some Assisted Living facilities may also offer respite care.*

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

Family Lifeline------------------------------------------------------282-4255
1518 Willow Lawn Drive - Richmond, VA 23220
www.family-lifeline.org

Ginter Hall South ------------------------------------------ 794-7770
11300 Mall Court - Richmond, VA 23235

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

Medicaid Approved Respite Care Providers ------------------ 748-1975

Catholic Charities of Greater Richmond---------------------- 285-5900
1512 Willow Lawn Drive - Richmond, VA 23230
www.eccofvirginia.org

Senior Connections, The Capital Area Agency On Aging-------- 343-3000
24 E. Cary Street - Richmond, VA 23219------------------------ 1-800-989-2286
www.seniorconnections-va.org

The Courtyard at Lucy Corr Village-------------------------- 748-1511
6800 Lucy Corr Boulevard P. O. Drawer 170 - Chesterfield, VA 23832
www.lucycorrvillage.com

---

SENIOR CENTERS

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

Bensley Community Building Senior Adult Program ----------- 275-5321
2900 Drewrys Bluff Road - Richmond, VA 23237-------------------- 751-4135

Ettrick Community Building Senior Adult Program----------- 526-5596
20400 Laurel Road - Ettrick, VA 23803
Ettrick Friendship Café-------------------------------------- 526-5497
P.O. Box 40 - Chesterfield, VA 23832
New Covenant Presbyterian Church - Friendship Cafe ---------- 271-9416
6415 Irongate Drive - Richmond, VA 23234

Senior Center of Richmond at Chesterfield ------------------------ 594-2339
1807 Huguenot Road - Midlothian, VA 23113

The Shepherd’s Center of Chesterfield-----------------------706-6689
Chester Presbyterian Church, 3424 West Hundred Road - Chester, VA 23831
www.shepctrchesterfield.org

YMCA
Chester ---------------------------------------------748-9622
Manchester -----------------------------------------------276-9622
Midlothian -----------------------------------------------379-5668

SENIOR GROUPS

Services vary with each program, as do the times the programs are offered. Services may include meals, social activities, and information or referral services. Some groups sponsor trips, card games, dances or other social activities.

AARP - Chester United Methodist Church Seniors -------------- 748-6006
12132 Percival Street, P.O. Box 339 - Chester, VA 23831

Bethany Place Seniors -----------------------------------276-3993
1501 S. Providence Road - Richmond, VA 23236

Beulah’s Best - Beulah United Methodist Church ----------275-2325
6930 Hopkins Road - Richmond, VA 23234
www.beulahumc@erols.com

Golden Age Fellowship - Cloverhill Baptist Church----------745-0660
3100 Courthouse Road - Richmond, VA 23236
www.cloverhillbaptist.org
Golden Age Ministry - Spring Creek Baptist Church 744-3689
11900 Genito Road - Midlothian, VA 23112

Grace Lutheran Church Retirees Group 748-6058
13028 Harrowgate Road - Chester, VA 23831

Happy Woodpecker 590-1303
7401 Woodpecker Road - Chesterfield, VA 23838

Ivey 39er's - Ivey Memorial United Methodist Church 526-1350
17120 Jefferson Davis Highway - Colonial Heights, VA 23834

Leisure Group - Reveille United Methodist Church 359-6041
4200 Cary Street Road - Richmond, VA 23221

Mature Moderns - Ramsey Memorial United Methodist Church 276-4628
5900 Hull Street Road - Richmond, VA 23224
www.ramseymemorial@rcn.com

Midlothian Sr. Center - Mt. Pisgah United Methodist Church 794-5529
P.O. Box 97, 23111 Mt. Pisgah Drive - Midlothian, VA 23113

Prime-Timers - St. Edwards Church 272-3130
8531 Sunview Lane - Richmond, VA 23235

Prime-Timers - Southside Church of the Nazarene 778-7800
6851 Courthouse Road - Chesterfield, VA 23832
www.southsidenzarene.org

Providence Retired Club 276-4289
901 S. Providence Road - Richmond, VA 23236
www.gbgm-umc.org/providenceumc

Road Runners - Second Branch Baptist Church 739-3460
12217 Second Branch Road - Chesterfield, VA 23832

Roving Retirees - St. Augustine's Church 275-9501
4400 Beulah Road - Richmond, VA 23234

St. Mathias Episcopal Church 272-8588
11300 West Huguenot Road - Richmond, VA 23235

Salisbury Presbyterian Church ------------------------------- 794-5311
13621 Salisbury Road - Midlothian, VA 23113
Retired Men’s Service, Senior Choir, Leisure Group
www.salisburypc.org

Senior Friends - HCA Hospitals ------------------------------- 320-3627

Senior Saints - Clover Hill Baptist Church ----------------- 745-0660
3100 Courthouse Road - Richmond, VA 23236

Senior Sunshine Group - Matoaca Baptist Church --------- 590-2949
6409 River Road - Matoaca, VA 23803

Young at Heart Club ---------------------------------------- 276-3993
1501 S. Providence Road - Richmond, VA 23236
www.bethanyplace.com

---

SENIOR NAVIGATOR CENTERS

SeniorNavigator is a non-profit organization that combines the Internet with a network of volunteers to provide information about health and aging resources for seniors, their family members and caregivers. The information focuses on senior related issues such as health and aging, financial concerns, legal questions, health care facilities, assisted living and independent housing, fitness programs, support groups and more.

SeniorNavigator ------------------------------------------- 827-1280
600 East Main Street, Suite 360 - Richmond, VA, 23219
www.SeniorNavigator.com

---

SOCIAL SECURITY
Find answers to any questions you may have regarding eligibility and benefits for Medicare and Social Security.

Social Security Office --------------------------------------------- 1-800-772-1213
www.ssa.gov

Chesterfield Office --------------------------------------------- 744-0227
13564 Waterford Place Midlothian, VA 23112

Petersburg Office --------------------------------------------- 862-8100
105 Holly Hill Drive P.O. Box 991 Petersburg, VA 23805

Social Security District Office ------------------------------------- 862-6080
1834 W Cary Street Richmond, VA 23220

SUPPORT GROUPS

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

AA (Alcoholics Anonymous) --------------------------------------------- 644-2095
210 N. Madison Street Richmond, VA 23208

Alliance for the Mentally Ill of Central Virginia --------------- 285-1749
5001 W. Broad Street Richmond, VA

Alzheimer’s Association Greater Richmond Chapter ------------- 967-2580
4600 Cox Rd. Suite 130 Glen Allen, VA 23060----------------- 1-800-598-4673
www.richmondalzheimers.com.org

Alzheimer’s Association, Petersburg Branch ------------------ 518-1293
P. O. Box 1808 – Petersburg, VA 23805

American Cancer Society ------------------------------------------ 527-3710
4240 Park Place Court - Glen Allen, VA 23060
www.cancer.org --------------------------------------------- 1-800-227-2345
American Diabetes Association ------------------------------------- 225-8038
530 E. Main Street, Suite 200 - Richmond, VA 23219
www.diabetes.org

Compassionate Friends --------------------------------------------254-0588

Depression Support Group - Tucker's Pavilion ---------------------323-8695
7101 Jahnke Road - Richmond, VA 23225

Greater Richmond Self Help For Hard of Hearing People--------740-8470
(GRSHHH) 1911 Oakway Drive - Richmond, VA 23233
www.hearingloss.org

Lucy Corr Village Health Care Center -
Alzheimer's Support Group------------------------------------748-1511
6800 Lucy Corr Blvd., P.O. Drawer 170 - Chesterfield, VA 23832

The Lung Club - Virginia Lung Association ----------------------267-1900
9221 Forest Hill Avenue - Richmond, VA 23235
www.lungusa.org

Lupus Foundation of America----------------------------------262-9622
P.O. Box 25448 - Richmond, VA 23260-5418---------------------1-888-262-9632

Multiple Sclerosis Society--------------------------------------353-5008
www.nmss.org ------------------------------------------------1-800-FIGHT-MS

Parkinson's Disease Support Group -----------------------------355-5717
Circle Center Adult Day Services
3900 W. Broad Street, Bldg. 20 - Richmond, VA 23230
www.circlecenteradultday.org

The Stroke Club -----------------------------------------------342-4100
Richmond Stroke and Heart Trauma Club - Sheltering Arms Hospital
8254 Atlee Road - Mechanicsville, VA 23116

Virginia Mid-Atlantic Chapter Paralyzed Veterans of America - 378-0017
11620 Busy Street - Richmond, VA 23236------------------------1-800-852-7639
vapvs@aol.com

YWCA Women's Victim Advocacy ---------------------------------643-0888
6 N. Fifth Street - Richmond, VA 23219
YWCA Women's Victim Advocacy - Chesterfield  ----------------- 796-3066
www.ywcarichmond.org

--- TAX ASSISTANCE ---

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

AARP - Tax Aid  ----------------------------------------------- 379-7926

Internal Revenue Service  -------------------------------------- 1-800-829-1040
(Credit for the Elderly, or Permanently or Totally Disabled)
www.irs.gov

Real Estate Tax Relief (Chesterfield County)  ------------------ 748-1281
Commissioner of Revenue
P.O. Box 124 - Chesterfield, VA 23832
www.chesterfield.va.us/Constitution

Volunteer Income Tax Assistance-VITA  ------------------------ 1-800-829-1040

--- TOLL FREE NUMBERS ---

This is a list of toll free numbers that may be beneficial to senior or disabled adults.

General Telephone Information  ------------------------------- 1-800-555-1212

AARP  ----------------------------------------------- 1-800-424-3410

American Council of the Blind  ------------------------------- 1-800-424-8666

American Speech Language Hearing Association  ---------- 1-800-638-8255

Arthritis Foundation – Virginia Chapter  ------------------- 1-800-456-4687
Cancer Hotline--------------------------------- 1-800-422-6237
Cancer Information Service------------------ 1-800-422-6237
Child Abuse Hotline------------------------ 1-800-422-4453
Department for Deaf and Hard of Hearing----- 1-800-552-7917
Department for the Rights of Virginians------ 1-800-552-3962
with Disabilities, Protection & Advocacy
Elder Abuse---------------------------------- 1-800-552-3402
Equal Employment Opportunity Reference------ 1-800-533-1414
General Electric Medical Systems------------ 1-800-472-3666
Greater Richmond Physician Referral Service- 1-800-888-3627
Internal Revenue Service-------------------- 1-800-829-1040
Legal Aid Society, Inc.------------------------ 1-800-868-1012
Library Resources- Visually Handicapped------ 1-800-552-7015
Long Term Care Ombudsman Program------------ 1-800-552-3402
Sickle Cell Disease-------------------------- 1-800-421-8453
Social Security------------------------------- 1-800-772-1213
Social Services Child Abuse------------------ 1-800-552-7096
Virginia Dept. of Rehab. Services------------ 1-800-552-5019
Virginia Lawyer Referral-------------------- 1-800-552-7977

TRANSPORTATION
These programs provide transportation to individuals who cannot use public transportation, or need special assistance. Fees may be charged. Check with the provider and your insurance carrier for details. Some utilize volunteer organizations that gladly accept contributions.

**Access Chesterfield** --------------------------------------------------------------- 271-9451
Chesterfield County Coordinated Transportation Program

**American Cancer Society** ----------------------------------------------------------- 527-3700
For cancer patients, to and from treatment and medical appointments.

**American Red Cross** ----------------------------------------------------------------- 780-2250
420 East Cary Street - Richmond, VA 23219   *Requires two week notice*
[www.redcross.org](http://www.redcross.org)

**Hampton Transportation Services** -------------------------------------------------- 271-7829
*Wheelchair equipped, two to three days notice.*

**Med Express** ------------------------------------------------------------------------ 935-0647
*Wheelchair equipped, up to 48 hours notice.*

**Miki’s PDT Service** ------------------------------------------------------------------ 329-8792
*Not wheelchair accessible, one day notice.*

**Sevinc** ----------------------------------------------------------------------------- 400-5389
*Wheelchair equipped, 24-hour notice. Does not accept Medicaid reimbursement.*

**SmartRide** --------------------------------------------------------------------------- 222-6824
*Not wheelchair accessible, same day or one day notice.*

**The Shepherd’s Center of Chesterfield** ----------------------------------------------- 706-6689
Chester Presbyterian Church, 3424 West Hundred Road - Chester, VA  23831
*Not wheelchair accessible, four days notice.*
[www.shepctrchesterfield.org](http://www.shepctrchesterfield.org)

**The Shepherd’s Center of Richmond** ------------------------------------------------- 355-7282
*Not wheelchair accessible, four days notice.*

**Van Go, Inc. of Richmond** ---------------------------------------------------------- voice----------------TDD: 261-7388
5805 School Avenue - Richmond, VA 23228
Wheelchair equipped, 24-hour notice.

VIP & Associates --------------------------------------------------------- 329-5000
Wheelchair equipped, one to two days notice.

---

**VETERANS**

*These organizations provide services to military veterans.*

**McGuire Hospital “The VA Hospital”**
Hunter Holmes McGuire Dept. of Veterans Affairs Medical Center- 675-5000
1201 Broad Rock Road - Richmond, VA  23249

**AmVets** ----------------------------------- 231-7150

**Veterans Affairs Department of Benefits & Claims** ------- 1-800-827-1000

**Veterans Affairs Department of Education Benefits**------ 1-800-442-4551

**Veterans Cemeteries** ----------------------------------- 795-2031

**Virginia Department of Veterans Affairs** ---------------------- 786-2261
807 East Broad Street - Richmond, VA 23804

---

**VISION SERVICES**

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

**American Council for the Blind in Washington DC** ------- 1-800-424-8666

**Chesterfield-Colonial Heights Department of Social Services** ---- 748-1100
9501 Lucy Corr Circle, P.O. Box 430 - Chesterfield, VA 23832
[www.chesterfield.gov\humanservices\socialservices\default.asp](http://www.chesterfield.gov\humanservices\socialservices\default.asp)
Department for Blind & Vision Impaired-----------------------------371-3661
395 Azalea Avenue - Richmond, VA 23227
www.dbvi.org

Homebound Reader Service – Chesterfield County Library ----- 748-1768
9501 Lori Road - Chesterfield, VA 23832

Medical College of Virginia MCV Station ---------------------------828-0428
P.O. Box 209 - Richmond, VA 23219
www.mcv.edu

National Eye Care Project------------------------------------------1-800-222-3937
www.eyecareamerica.org

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

The Virginia Voice for the Print Handicapped ----------------------266-2477
395 Azalea Avenue, P.O. Box 15546 - Richmond, VA 23227

Virginia Department for the Blind & Vision Impaired ------------- 371-3140
397 Azalea Ave. - Richmond, VA 23227
www.vdbvi.org

All Chesterfield County Libraries have resources for the disabled.

VOLUNTEER OPPORTUNITIES

Programs offering opportunities for volunteer service. Opportunities range from driving to answering the phone.

AARP -------------------------------------------------------------1-800-424-3410
   District Coordinator-------------------------------------------794-5278
   Community Coordinator--------------------------------------321-7748

American Red Cross-----------------------------------------------780-2250
420 East Cary Street - Richmond, VA 23219
www.redcross.org/va/richmond
Chesterfield County Parks & Recreation Department 748-1623
6801 Wagners Way, P.O. Box 40 - Chesterfield, VA 23832
TDD 748-1127

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

Chesterfield County Volunteer Coordinator 751-4142

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

CJW Medical Center
Volunteer Services 323-8882
7101 Jahnke Road - Richmond, VA 23225
www.cjwmedical.com

Director of Volunteers 330-2000
1401 Johnston Willis Drive - Richmond, VA 23235

Lucy Corr Village 748-1511
6800 Lucy Corr Blvd., P.O. Drawer 170 - Chesterfield, VA 23832
www.lucycorrvillage.com

Meals on Wheels of Greater Richmond 673-5035
1600 Willow Lawn Drive - Richmond, VA 23230
www.MealsOnWheelsOnLine.com

Pocahontas State Park 796-4255
10301 State Park Road - Chesterfield, VA 23838

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

Retired Senior Volunteer Program (RSVP) Petersburg 861-1767
23 Seyler Drive - Petersburg, VA 23805
Senior Connections, The Capital Area Agency on Aging -------- 343-3000
24 East Cary Street - Richmond, VA 23219---------------------- 1-800-989-2286
www.seniorconnections-va.org

The Shepherd’s Center of Chesterfield --------------------------------- 706-6689
Chester Presbyterian Church; 3424 West Hundred Road - Chester, VA 23831
www.shepctrchesterfield.org

Note: For more volunteer opportunities, contact your local hospitals, hospices, assisted living facilities, nursing homes and support groups.

VOTER REGISTRATION

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

General Registrar’s Office ----------------------------------- 748-1471

WEBSITES

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

AARP ----------------------------------------------- www.aarp.org/destinations/

Administration on Aging --------------------------------- www.aoa.gov

Aging Well----------------------------------------------- http://agingwell.state.ny.us/eatwell/index.htm

Centers for Medicare and Medicaid Services ------------- www.cms.gov

Chesterfield County Government ------------------------ www.chesterfield.gov

Consumer Information-------------------------------------- www.ftc.gov/ftc/consumer.htm

Diabetic Shoe Website-------------------------------------- www.neckeradle.com
Eldernet -----------------------------------------------www.eldernet.com

Families USA -----------------------------------------------www.familiesusa.org

Food Safety -----------------------------------------------www.foodsafety.gov/-fsg/sr2/html

Medicare -----------------------------------------------www.medicare.gov


Senior Citizens -----------------------------------------------www.seniorcitizens.com/scams

Senior Connections, The Capital Area Agency on Aging -----------------------------------------------www.seniorconnections-va.org

SeniorNavigator -----------------------------------------------www.seniornavigator.com


Virginia Center on Aging -----------------------------------------------www.vcu.edu/vcoa/

Virginia Department for the Aging -----------------------------------------------www.aging.state.va.us

Virginia TRIAD -----------------------------------------------www.vaag.com/protecting/TRIAD
Prepared by:

Chesterfield Council on Aging

Directory Committee

Susie G. Bridgeman
Dunlop House Assisted Living

Shelley Brinson

Diane Peterson
Chesterfield County Senior Advocate

Special Thanks To:
CJW Medical Center, Bradford S. Hammer, Deputy County Administrator for Human Services, Members of the Chesterfield Council on Aging, and Gail Howerton of Dunlop House.

EMERGENCY NUMBERS

Fire-------------------------------911

Police --------------------------------911
Medical – All Rescue Squads ********** 911

NON - EMERGENCY NUMBERS

Fire ----------------------------------------- 748-1431
Police --------------------------------------- 748-1251

RESCUE SQUADS

Bensley ----------------------------------- 748-6122
Ettrick/Matoaca -------------------------- 590-2104
Forest View ----------------------------- 232-8971
Manchester ------------------------------- 276-4244