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# Henrico County's Resource Guide for Older Adults and Persons with Disabilities



**Compiled by the Advocate for the Aging's Office  
Summer 2017**



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# Important Phone Numbers

|  |  |
|--|--|
| AARP   | 1-866-542-8164   |
| Adult Protective Services  | 804-501-7346<br>888-832-3858                                 |
| Better Business Bureau Elder Fraud                                 | 804-780-2222   |
| Community Resource Line  | 804-501-5294   |
| Community Revitalization   | 804-501-4757   |
| Dominion Virginia Power  | 804-819-2000   |
| Elder Care Locator   | 1-800-677-1116   |
| Emergency  | 911  |
| Finance, Real Estate Advantage Program-<br>REAP (Tax Relief)       | 804-501-5580   |
| Fire Non-Emergency   | 804-501-4900   |
| Health Department  | West End Main: 804-501-4522<br>East End Clinic: 804-652-3190 |
| Henrico County Main Number   | 804-501-4000   |
| Library  | 804-501-1900   |
| Meals on Wheels of Greater Richmond                                | 804-673-5035   |
| Mental Health & Developmental Services                             | 804-727-8515   |
| Mental Health & Developmental Services:<br>Emergency Mental Health | 804-727-8484   |
| Police Non-Emergency   | 804-501-5000   |
| Public Utilities   | 804-501-4275   |
| Public Works   | 804-501-4393   |
| Recreation & Parks   | 804-501-7275   |
| Senior Connections, The Capital Area Agency<br>on Aging            | 804-343-3000   |
| Sheriff's Department   | 804-501-5860   |
| Social Security Administration                                     | 1-800-772-1213; TTY 1-800-325-0778                           |
| Social Services  | West End: 804-501-4001<br>East End: 804-652-3123             |

# Advocate for the Aging

P.O. Box 90775 | Henrico, VA 23273 | Phone: 804-501-5065 | Email: tur060@henrico.us

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The Advocate for the Aging's Office strives to fulfill needs of Henrico County's aging population by enhancing social engagement, wellness, and independence. The Advocate for the Aging serves Henrico residents 60 and older, their family members, and caregivers by:

- Providing information and referral services
- Assisting caregivers
- Communicating current and changing needs of the aging population to Henrico County government agencies
- Raising awareness about aging services offered by all county agencies and departments

The Advocate for the Aging's Office houses the EngAGE in Henrico County program, which is an initiative that focuses on Community, Outreach, and Wellness.

EngAGE partners with community organizations to offer an array of programs:

- **Active Aging Week:** celebrates the positivity of aging and active lifestyles
- **Annual Senior and Caregiver Expo:** free resource fair for older adults and family caregivers
- **Educational Seminars:** programs include Aging in Place, Medicare 101, Downsizing, Diabetes Nutrition, Active Aging and more
- **Henrico Ambassador Program for Seniors (HAPS):** participants learn about county resources and programs
- **Henrico Council on Aging:** network of service providers meets monthly to discuss needs of aging residents
- **Holiday Celebrations**
- **Kinship Connection:** support group for grandparents raising their grandchildren
- **Operation Shut In, Not Shut Out:** recognizes residents of nursing and assisted-living facilities who are advocates for their peers
- **Senior Safety Event:** highlights safety and emergency preparedness
- **Senior Law Day:** provides free help with legal documents for eligible older adults
- **Spring Recharged: Volunteer Fair:** offers participants the chance to share thoughts regarding senior needs and programs
- **Raise Your Voice: Senior Forums:** gives participants the chance to share thoughts regarding senior needs and programs
- **Volunteer Opportunities:** available through the Advocate's Office and other community organizations

# Henrico Area Mental Health and Developmental Services

10299 Woodman Road | Glen Allen, VA 23060 | Main Office 804-727-8500 | Intake (All Locations)  
804-727-8515 | Mental Health Emergency Services 804-727-8484

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We serve people experiencing the effects of or at risk for mental illness, intellectual disability, substance abuse, and children with developmental delay. Henrico Area Mental Health and Developmental Services promotes dignity, recovery, and self-sufficiency in the lives of the people we serve.

## **Mental Health Services**

Many mental health problems experienced by adults arise in response to family crises, unusually high stress, and traumatic events. Brief adult services provide a variety of therapeutic services for adults experiencing severe psychological and/or interpersonal difficulties. Services are provided in individual and group therapy format. Since interpersonal relationship problems are frequently present, spouses and other family members may also be involved in treatment.

Types of problems treated include:

- Depression and anxiety
- Severe relationship problems
- Antisocial behavior
- PTSD and trauma

The needs for mental health services by adults in the community are quite varied. Clients are given a thorough assessment and then therapy begins if appropriate. The general course of treatment is 10-12 sessions. Henrico Area Mental Health and Developmental Services aims its services at those who are unable to receive services in the private care sector and those who tend to experience more severe problems. Often these adults have a history of psychiatric hospitalization or have been involved in the criminal justice system. Therefore, the population served focuses on the following six categories of adults:

1. Those individuals over the age of 18 who suffer severe emotional, relational, or psychiatric problems, but who do not suffer from chronic, disabling mental illness of psychotic proportions.
2. Those individuals involved in the court or correctional system for whom mental health services are deemed important to the individual and society in general.
3. Those individuals referred for follow-up treatment following psychiatric hospitalization or from emergency services related to suicidal or violent behavior.

4. Elderly individuals (over age 64) experiencing psychological problems associated with aging, including depression or other mental disorders.
5. Those individuals who have been charged with a crime and for whom a forensic evaluation has been ordered to determine competency to stand trial, mental status at the time of offense, and/or pre-sentencing recommendations.

### **Adult Mental Health Recovery Services**

Services for adults with severe and persistent mental illness are based on evidence that major mental illness are brain diseases, which result in chronic illness. Symptoms are often life long, causing impairment in the persons' thought process and their ability to function in expected daily life activities, including employment, independent living and interpersonal relationships. Eligibility requirements include a diagnosis of serious mental illness accompanied by poor social and occupational functioning and a history of or expectation of persistence of the illness over time. With appropriate treatment, rehabilitation and support, individuals can live successful lives in the community.

*Case Management services are an integral part of all ARS services. These services include:*

- Monitoring of symptoms and coordination of psychiatric and medical care
- Linking to community resources (e.g., Social Security, Food Stamps, Housing)
- Addressing activities of daily living (e.g., hygiene, grocery shopping, financial management, assistance with transportation, daily structure)
- Assisting with medication compliance
- Coordination with other services (e.g., Court, Probation and Parole, Community Corrections Department, Department of Social Services)

### **Adult Substance Abuse**

Henrico Area Mental Health and Developmental Services is committed to providing treatment services to those suffering from drug and alcohol abuse. This program serves individuals over the age of 18 who are addicted to or abuse alcohol and/other drugs. We recognize that problems associated with alcohol or other drug use effect not only the individual but also the family, the workplace, and the general community.

Substance abuse is present when a person's use of alcohol or other drugs continues despite problems it causes in any area of life: personal, social, familial, medical, and/or employment. While alcohol is the substance most frequently abused, marijuana, cocaine, heroin and multiple drugs are also common. A high percentage of Henrico Area Mental Health and Developmental Services clients are dually diagnosed, having significant mental health problems in conjunction with primary drug or alcohol problems.



*Services Include:*

*Outpatient Services*

Services are provided in a trauma informed manner. Services start with a thorough evaluation. Treatment recommendations are made based on the result of the evaluation.

Recommendations may range from individual counseling, substance abuse education groups, addiction treatment groups, detoxification or residential treatment. Urine drug screens may be utilized as part of the initial assessment and ongoing support of treatment. In addition to the clinic-based services, there are extensive addiction treatment services offered in the Henrico Jail.

*Women's Services*

Henrico Area Mental Health & Developmental Services (HAMHDS) offers specialized evidence-based outpatient substance abuse treatment programming for women. HAMHDS gives priority to pregnant & post-partum women who are using drugs and/or alcohol. Therapeutic interventions address issues such as relapse prevention, self-care, relationships and intimacy, healthy boundaries, parenting, domestic violence/abuse, and exploitation. Providers help participants link to community-based resources.

*Opiate Services*

We recognize the growing use of opiates in our region. We provide an Opiate Recovery Program to those addicted to opiates. Individual and group therapy is provided. This treatment may include medication assisted treatment through contracts with local MAT providers.

*Detoxification and Residential Treatment*

Detoxification and Residential Treatment are available through arrangements with local private hospitals and specialized treatment facilities.

Involvement in self-help groups such as **Alcoholics Anonymous, Al-Anon, Adult Children of Alcoholics, and Narcotics Anonymous** is an important component of treatment.

**Fees**

Fees are based on the cost of delivering each service. A sliding scale, based on family income and number of dependents, allow the agency to make a payment adjustment. Fees may be covered by Medicaid, Medicare, or other third-party insurance. No one is denied service due to an inability to pay.

Henrico Area Mental Health & Developmental Services does not discriminate on the basis of sex, age, religion, race, handicap, or national origin.

**For more information, call Intake- (All locations) 804-727-8515; Main Office- 804-727-8500. Mental Health Emergency Services- 804-727-8484.**

**Visit the website at: [www.henrico.us/mhds](http://www.henrico.us/mhds)**

# Henrico County Citizens Academy

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Henrico residents can get a firsthand, comprehensive look at county operations and services at the Henrico Citizens Academy.

The academy is a free 15-hour program that is open to 35 residents, with space reserved for seven individuals from each of Henrico's five magisterial districts. Participants must be 18 or older. Residents placed on a waiting list from the prior year academy will be offered a position in the upcoming program.

Classes are led by Henrico officials and staff and take place at a different county facility each week. Classes typically feature a presentation and discussion, facility tours, equipment demonstrations and other activities. Topics include community and economic development, human services, public safety, libraries, finance, and recreation and parks, and schools.

Residents can register at [connect.henricorecandparks.com](http://connect.henricorecandparks.com). They also can sign up at the Division of Recreation and Parks office in the Human Services Building, 8600 Dixon Powers Drive.

**For more information call 804-501-4370 or email [zin01@henrico.us](mailto:zin01@henrico.us).**

## Henrico Department of Community Revitalization

4062 Crockett Street | Henrico, VA 23228 | 804-501-4757

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The Department of Community Revitalization was created in 2004 to coordinate the County's revitalization programs and services intended to promote healthy, vibrant and attractive residential, commercial and industrial communities.

### **Homeowner Rehabilitation and Repair Assistance**

Henrico County has two programs that assist current homeowners with improvements to their homes with both minor and emergency repairs and moderate rehabilitation. These programs are available to qualifying low and moderate income homeowners. The Emergency and Minor Housing Repair Program provides for the repair or replacement of exterior or interior items that pose an imminent threat to the health and/or safety of persons. The cost of repairs can go up to \$10,000.

The Moderate Rehabilitation Housing Rehabilitation Program enhances the long-term livability of homes by undertaking substantial home improvements addressing health and safety issues as well as complete system upgrades, energy efficiency, and adaptability improvements. Improvements up to \$45,000 are available. All improvements bring the homes up to HUD Uniform Property Condition Standards. To be eligible for this program, homeowners must be elderly (62 or over) or disabled and must be of low or moderate income.

For both programs, all work is done by licensed contractors and overseen by professional rehabilitation specialists. Both programs are administered for the County by project:HOMES. To seek assistance or learn more about these programs, homeowners should contact project:HOMES directly at 804-233-2827.

### **Operation Paintbrush**

Operation Paintbrush is a program whereby volunteer groups are recruited to paint the homes of needy Henrico citizens. These are citizens without adequate resources or family help whose homes need painting and would only further deteriorate without our assistance. They are screened for eligibility using the federal guidelines for low and moderate-income families. Typically, they are senior citizens, and most can be classified as very low income. Sometimes minor repairs are needed before a home can be painted, but usually a volunteer group of 10 or more can make the necessary repairs and paint the home on a single Saturday. Depending on the amount of work needed and the number of volunteers, some homes can be painted in half a day while others may take two days.

#### *Benefits of Operation Paintbrush:*

- Needy citizens are helped
- The deterioration of homes and neighborhoods is prevented
- The County's low-income housing stock is preserved
- Citizens who otherwise might not be able to are helped to remain in their homes
- Individual and community safety and health is improved
- Property values are protected
- Citizens are given the opportunity to help their neighbors
- Volunteers receive the satisfaction of helping others
- Groups and organizations benefit from a team-building experience
- Quality of life is enhanced

In light of the tremendous benefits Operation Paintbrush provides for the citizens of Henrico County, the Community Maintenance staff seeks to continue to expand its efforts in the years to come. This expansion, of course, depends on a growing number of volunteer groups. We sincerely hope that you and your friends and associates will consider volunteering a weekend of

your time to assist us in this worthwhile endeavor. Our guarantee is that you will find it rewarding – and even fun. Donations and contributions are always appreciated.

**For more information, call 804-501-4757 or visit the website at [www.henrico.us/revit](http://www.henrico.us/revit).**

## Henrico County Department of Finance

4301 East Parham Road | Henrico, VA 23228 | 804-501-4729

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### **Real Estate Advantage Program (REAP)**

Pursuant to the Henrico County Code, persons qualifying for exemption are deemed to be bearing an extraordinary real estate tax burden in relation to their income and financial worth. The Real Estate Advantage Program (REAP) is a tax exemption for qualified seniors, residents that are 100 percent permanently and totally disabled, and their spouses which relieves real estate tax up to a maximum of \$3,000.

- Maximum taxable income is \$67,000
- Maximum net worth allowed is \$350,000
- Maximum exemption awarded is \$3,000
- Filing deadline is April 1st

### *Qualifications:*

- Applicant(s) must be at least 65 years of age **OR** 100 percent permanently and totally disabled
- Applicant(s) must occupy as the sole dwelling the residence in question
- Applicant(s) must hold title to the residence
- Applicant(s) and spouse may not have a combined taxable income exceeding \$67,000, including Social Security
- The income of relatives living in the dwelling must be included in the taxable income total excluding the first \$10,000 of the relative's earnings
- Maximum net worth of resident, spouse, and relatives may not exceed \$350,000
- Applicants applying who share ownership of the residence or other unrelated persons living in the residence, but not married to applicant, must **all apply** and must **all qualify** to receive eligibility for REAP

The initial REAP application **and** certification forms must be completed and submitted for the qualifying year by April 1st, with the Revenue Division. Hardship cases will be considered through December 31st.

*Documentation Needed:*

Whether you are submitting an application at your local government center in person or mailing an application in, supporting documentation for each entry of income and net worth must be included with all applications. Such documents needed include photocopies of:

- End of the year statements of income (previous year)
- End of the year checking and savings account statements (previous year)
- End of the year statements showing values of stocks owned (previous year)
- First time applicants need a copy of their birth certificate or driver's license as proof of age
- Proof of disability is required for those under 65 years only. A certification from the social Security Administration, such as an awards letter, will suffice or a letter from the Railroad Retirement Board, Department of Veteran Affairs, or two signed affidavits from Virginia licensed doctors to the effect that such person is permanently and totally disabled.
- Affidavits for disability may be obtained from the Revenue Division offices.

**For more information, call 804-501-5580 or visit the website at [www.henrico.us/finance](http://www.henrico.us/finance).**

## Henrico County Department of Public Works

4301 East Parham Road | Henrico, VA 23228 | 804-501-4393

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The Department of Public Works is responsible for developing, improving, and maintaining an efficient and safe transportation and drainage network for Henrico County. The Department of Public Works is divided into 7 Divisions: Administration, Construction, Design, Engineering and Environmental Services, Road Maintenance, Transportation Development (Capital Projects), and Traffic Engineering. These divisions insure that all engineering, construction, and maintenance work for roads, drainage, transit service, and erosion control follow the acceptable standards achievable with the efficient use of capital expenditures to provide the residents of Henrico County the ability to travel throughout the County in a safe manner and with minimum congestion. We strive to provide each resident with the informative and factual response to any inquiry in a timely manner.

*Services Provided:*

*File a Standing Water Complaint*

- County residents are encouraged to contact the Department of Public Works Standing Water Initiative if they are experiencing mosquito problems or if they have a standing water complaint. A complimentary mosquito inspection will be conducted on

residential or commercial properties to help find the source of mosquito annoyance. Standing water complaints will be investigated to determine if the area in question is a potential mosquito breeding site and who is responsible for the area.

- Please call 226-NILE (6453) to request a free mosquito inspection of your property or file a standing water complaint. Requests for mosquito inspections or standing water complaint calls are responded to within 5 working days and residents do not need to be present. An inspector will gladly contact you to discuss our findings and provide you with a checklist of potential mosquito breeding sites on your property.

#### *Mosquito Inspection*

- To help find the source of mosquito problems, we offer complimentary mosquito inspections on residential and commercial properties. To request a mosquito inspection of your property, please fill out the form on the website and an inspector will contact you. Residents do not need to be present during the mosquito inspection. An inspector will call you to discuss findings and provide you with a checklist of potential or active breeding sites on your property

#### *Questions or concerns regarding pavement markings*

- *Citizens can report the following:*
  - Potholes
  - Spills, Dumping, or Other Illicit Discharges (non-emergency)
  - Signs, Sign Posts, or Pavement Marking Needing Maintenance
  - Installation of new signs or pavement markings

**To file a report or request, all forms can be found at [www.henrico.us/works/services](http://www.henrico.us/works/services) or over the phone at 804-501-4393.**

## Henrico County Department of Social Services

West End: 8600 Dixon Powers Drive | Henrico, VA 23228 | 804-501-4001

East End: (Benefit Programs only) | 3820 Nine Mile Road | Henrico, VA 23223 | 804-652-3123

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The Adult Services Unit provides information, referrals, and assistance to disabled adults and those who are 60 and older so they can live as independently as possible, maintain the right to self-determination, and live in the least restrictive setting possible.

#### **Adult Protective Services**

Receives and investigates reports when an adult is being abused, neglected, exploited, or is at-risk, provides a variety of health, housing, social and legal services to stop the mistreatment and prevent further abuse, and may legally intervene in emergency situations to protect adults who lack the capacity to consent to services. These services are also available to residents living in nursing homes, assisted living facilities, and adult group homes. Anyone who suspects abuse,

neglect, or exploitation can make an anonymous report by calling the 24-hour, toll-free hotline at 1-888-83-ADULT or during regular business hours, from 8 a.m. to 4:30 p.m., call 501-7346.

### **Adult Services**

Links customers and their families to community resources and provides some direct services for those who are eligible.

They include:

- Home screenings for those seeking Medicaid benefits for personal care in the home, adult day care or nursing home placement. (Long Term Care Screening Request)
- Auxiliary grants provide supplemental payments for individuals seeking admission to or living in licensed adult homes.
- Companion Program assists home-bound residents with their daily living activities.
- Annual Guardianship Reports are read for an incapacitated person. Staff can assist with filing the report.

### **Case Management**

Trained social workers can help customers and their families make decisions in times of crisis for support services. They also provide service referrals to community programs providing home-based care, transportation, adult day care, money management, nutrition services, placement services and other activities that assist eligible residents. For a list of services, call 501-7346.

A support group for grandparents who are raising grandchildren is held monthly.

## **Henrico County Division of Fire**

P.O. Box 90775 | Henrico, VA 23273-0775 | 804-501-4900

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Henrico County Division of Fire is a community driven, professional public safety and service organization that takes PRIDE in stewardship and innovation, while maintaining the public trust.

### **Our Values**

Henrico County Division of Fire takes PRIDE in our unique calling to fulfill the needs of our customers in the community we share.

- **Professionalism**—We will provide service in an accountable, competent and innovative manner.
- **Respect**—We will hold in high regard, the diversity within our organization and community.
- **Integrity**—We will uphold public and organizational trust by committing ourselves to the highest ethical and moral codes.
- **Dedication**—We will remain loyal to our commitment, our oath, and our community.
- **Empathy**—We will support, understand, and meet the needs of our organization and the community in a compassionate manner.

### **Smoke Alarm Assistance**

Sleeping in a home without working smoke alarms is DANGEROUS! The Division of Fire is eager to prevent this. We will ensure that your home has at least the minimum protection: one working alarm [independent] on each level of your home. Our program was created to assist those in our community who cannot afford smoke alarms and those who are having difficulty keeping alarms working.

For those in the community with adequate financial resources, please understand that better systems are available. Smoke alarms which are interconnected [when one sounds, they all sound] offer the BEST protection. We also recommend that interconnected alarms be installed in all bedrooms for increased safety.

*(Online Form Available)*

### **Henrico CERT Subscription**

The purpose of HCCERT is to provide training to citizens to help cope in the time period immediately following a disaster when local public safety resources may be overwhelmed. HCCERT's learn basic first aid, search and rescue, and fire suppression techniques. But more importantly, HCCERT members learn how to PREPARE for a disaster long before one occurs. By being prepared and knowing how to respond to a situation, a HCCERT member, family, friends, and co-workers will be able to cope with the stresses of a disaster.

For more information, please contact the Henrico County Division of Fire's Office of Emergency Management at 804-501-7183 or [emergencymanager@henrico.us](mailto:emergencymanager@henrico.us)

## **Henrico County Health Department**

West Clinic: 8600 Dixon Powers Drive | Henrico, VA 23228 | 804-501-4522  
East Clinic: 1400 North Laburnum Avenue | Richmond, VA 23223 | 804-652-3190

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Henrico County Health Department exists and acts to protect the health of communities within Henrico County. These communities include residents, visitors, newly arrived immigrants, pregnant women, infants, school children, and many more. Chances are you are a beneficiary of the health protective services of the Henrico County Health Department if you: eat in a restaurant or cafeteria, need an immunization, live in a house with a well or septic system, received nutritional supplements, and counseling while pregnant, experience a foodborne or sexually transmitted illness, or experience a death in your family.

**For more information, call West End Main Office 804-501-4522; East End Clinic 804-652-3190  
Visit the website at [www.henrico.us/health](http://www.henrico.us/health)**



# Henrico County Police Division

7721 East Parham Road | Henrico, VA 23228 | Emergency 911 | Non-Emergency 804-501-5000

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The Henrico County Police Division is fully accredited by the Commission on Accreditation for Law Enforcement Agencies (CALEA).

As an internationally accredited law enforcement agency, our mission is to enhance the quality of life in Henrico County through innovative crime prevention strategies and partnerships. Seniors can become partners with the Henrico County Police Division through the following programs:

- Triad & SALT (Seniors And Law Enforcement Together) Council
- Senior Citizens Police Academy
- Neighborhood Watch
- Volunteers in Police Service (VIPS)

Seniors may also take advantage of these free services we offer to help keep them safe.

- Home Security Audit- Schedule a free audit to see where you could improve your home's security.
- Community Presentations for your group or organization about a variety of topics will help keep you and your community safe.

## **Triad and SALT Council**

*What is the Triad-SALT Council?*

The Triad-SALT is a crime-fighting partnership between law enforcement and seniors. The organizations that form the Triad are the AARP (American Association of Retired People), IACP (International Association of Chiefs of Police), and NSA (National Sheriffs' Association).

**SALT** is an acronym for the partnership, **S**eniors **A**nd **L**aw **E**nforcement **T**ogether.

*Triad/SALT Goals are to:*

- Develop and manage crime prevention projects and programs that reduce senior crime victimization, and therefore, improve their quality of life
- Increase awareness about public safety concerns through education and community involvement
- Recruit and train senior volunteers to work as law enforcement partners that provide community service
- Develop new friendships and have fun!

*Some Triad-SALT programs are:*

- File of Life
- Public Safety Education and Awareness Seminars
- Senior Citizens Volunteers in Policing (VIPs)
- Senior Citizens Police Academy

**Join today! For more information on these programs call 804-501-5933 or write to: seniorservices@henricopolice.org**

### **Senior Citizens Police Academy**

The Police Division conducts two Citizens Police Academies and two Senior Citizens Police Academies annually for **FREE**.

When you participate in one of our Citizens Academies, you will learn about:

- The Division's mission
- Technology Enhanced Modern Policing Operations (TEMPO policing business model)
- Law enforcement operations
- The Criminal Justice system
- Crime prevention
- Crime trends and how they affect your community, and much more

Also, you will get to experience some hands-on "training" activities, meet Division staff members and officers, and see live demonstrations. Academies may also feature guest speakers who will discuss topics such as Severe Weather Preparedness, Consumer Protection, Con & Fraud Prevention, and other topics of interest. **For more information about the Senior Citizens' Academy, call 804-501-5933 or seniorservices@henricopolice.org.**

### **Neighborhood Watch**

The Henrico County Neighborhood Watch program is a valuable crime fighting partnership between Henrico County citizens and the Henrico County Police Division. Neighborhood Watch helps to reduce the fear and incidence of crime, thus, making Henrico County a safer place to live, work, and play. It enlists the assistance of citizens as additional "eyes and ears" in each participating neighborhood to watch for any suspicious activity and immediately report all crime and suspicious activity to police. **For more information Prevention Services Unit 804-501-4838 or nhwatch@henricopolice.org .**

### **Volunteers in Public Service (VIPs)**

The Police Division welcomes citizens to volunteer for various positions throughout the Division. Our volunteer opportunities include chaplains, motorist assistance, office assistants, fingerprint assistants, and more.

**For more information, please visit [www.henrico.us/rec/volunteer](http://www.henrico.us/rec/volunteer) or contact the Police Volunteer Coordinator at 804-501-5047.** Please note that some volunteer positions for the Police Division require extensive background checks.

# Henrico County Project Lifesaver

P.O. Box 90775 | Henrico, VA 23273-0775 | 804-501-5860

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Project Lifesaver is a rapid response program that aids victims and families who suffer from Alzheimer's disease, Dementia, and Autism. The program uses state of the art technology and specially trained officers to locate individuals who have wandered away.

The patient wears a personalized bracelet that emits a tracking signal, allowing the officers to locate the patient quickly. The average rescue time is 22 minutes after the individual has been reported missing. Project Lifesaver has been a very successful program for the sheriff's office, because no deaths or serious injuries have been reported once the specially trained officers have located the individual.

There are approximately 101,000 individuals in Virginia with Alzheimer's disease, making Project Lifesaver an important and helpful program.

Project Lifesaver is funded through charitable donations from generous organizations and individuals.

**For more information on how to sign up or who qualifies, please call the Henrico County Sheriff's Office at 804-501-5860 or send an email to [sheriffprojectlifesaver@henrico.us](mailto:sheriffprojectlifesaver@henrico.us).**

# Henrico County Public Schools

P.O. Box 23120 | 3820 Nine Mile Road | Henrico, VA 23223 | 804-652-3600

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## Adult Education

Henrico County offers lifelong learning courses in:

- Financial Literacy
- Computer Skills
- Language
- Health & Medical Fields
- Business/ Personal Enrichment
- Arts & Design
- Creative Writing
- Adult Basic Education
- English for Speakers of Other Languages

**For more information, call 804-328-4095 or 804-328-4081 or visit [www.henricoadulteducation.com](http://www.henricoadulteducation.com).**

## **Henrico County Golden Age Program**

Henrico County Public Schools welcomes the opportunity to provide a benefit for our senior citizens. Henrico County residents, age 60 or older, are eligible to participate in the Golden Age Program and receive the following benefits:

*Free Admission* to athletic events, drama and musical productions, and other activities at schools in Henrico. A Golden Age Program membership card must be presented. Admission to athletic tournaments and playoffs at schools in Henrico is not guaranteed. In the production of some dramas and musicals, royalties must be paid. When this happens, reduced admission prices will be charged. If you have questions regarding an event, please contact the school directly.

Golden Age Membership Program Cards can be found at [www.henrico.k12.va.us/Pdf/Homepage/GoldenAge.pdf](http://www.henrico.k12.va.us/Pdf/Homepage/GoldenAge.pdf). (Just print & Fill out!)

*Free Tuition* for certain classes offered through Henrico County Public Schools Adult Education Center. A limited number of spaces are reserved for Golden Age Program members – on a “first come, first served” basis. There is a 2 class limit per person for Golden Age registration. Fees for registration, materials, supplies, textbooks and/or late fees must be paid. A government-issued photo ID (showing the name of the person registering and the Henrico County address) must be presented at the time of registration. For registrations mailed in, a photocopy of the ID must be enclosed with the registration form. **For questions about Golden Age classes and available slots, please call the office at 804-328-4095.**

# Henrico County Recreation & Parks

P.O. Box 90775 | Henrico, VA 23273-0775 | Main Number 804-501-7275 | Inclement Weather Hotline 804-501-5132

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We are pleased to offer our citizens a variety of programs and activities for all ages, including residents with special needs. From visual arts to nature and outdoors, preschool to senior adults, there is something for everyone!

Our Division also oversees the development, construction, and maintenance of many parks, recreation facilities, athletic complexes, and historic sites throughout Henrico County.

## **Free Programs**

### *Deep Run Friendship Cafe*

Ages 60+. Senior Connections' Friendship Cafés are neighborhood gathering places for seniors. A nutritious midday meal is served. Enjoy meeting up with good friends and participating in diverse activities to remain active and connected to the community. The program is free, however registration is required in advance through Senior Connections (no drop-ins). The Friendship Café is located at Deep Run Recreation Center. For more information contact Senior Connections, The Capital Area Agency on Aging at 804-343-3000.

### *Blood Pressure & Cholesterol Screening*

Ages 50+. Come and get your blood pressure and cholesterol checked and learn healthful ways to keep it under control. To ensure accuracy, do not eat breakfast before having cholesterol tested. Service provided by Westport Rehabilitation and Nursing Center. Free. Appointment required. Information: 804-243-9785.

### **Open Gym**

#### *Senior Pickleball*

Ages 50+. Stay active playing pickleball, a blend of tennis, table tennis and badminton on a smaller court.

- Deep Run Recreation Center  
Monday, Wednesday, & Friday, 8:30 am-noon  
Information: 804-652-1430
- Eastern Henrico Recreation Center  
Tuesday & Thursday: 8:30 am-noon  
Information: 804-652-1450

#### *Senior Volleyball*

Men ages 50+ and women ages 40+. Volleyball is fun, competitive, and a great way to meet new friends while staying active.

- Deep Run Recreation Center  
Tuesday & Thursday: 6-8:30 pm  
Information: 804-652-1430

#### *Senior Open Gym*

Ages 40+.

- Eastern Henrico Recreation Center  
Friday: 8:30-10:30 am  
Information: 804-652-1450

### **Senior Clubs & Leagues**

#### *55+ Bowling League*

Ages 55+. Join other senior adults in Henrico for bowling, fun, and fellowship. Meets Mondays, 1-3 pm at Shrader Lanes. Information: 804-755-1342.

#### *Cheswick Walking Club*

Ages 50+. Walk your way to improved health and fitness! This club combines fitness and fun for the walker who likes to socialize. Visitors welcome! This club meets on Tuesdays from 10 am-noon throughout the year at Cheswick Park. On the first Tuesday of each month, a club meeting is held at Belmont Recreation Center. Visitors are welcome. Information: 804-652-1408.

### *Golf Club*

Ages 50+. Senior golfers are welcome to join the group for weekly matches. Play different area courses on Tuesday mornings at 10 a.m. Information: 804-740-3209.

### *Leisure Clubs*

Ages 60+. Meetings consist of a discussion of club business, guest speakers, or entertainment. Each club meets on a regular basis, except during July and August.

- Central Gardens  
Hidden Creek Recreation Center  
Information: 804-652-1450
- Confederate Hills  
Confederate Hills Recreation Center  
Information: 804-652-1420
- Golden Angels  
Belmont Recreation Center  
Information: 804-652-1410
- Gravel Hill Longbridge Seniors  
Dorey Recreation Center  
Information: 804-652-1440

### *Mahjong*

All ages. Mahjong is a game of skill, strategy, intelligence, calculation, and luck! Bring friends or come alone and join our group that meets every Friday from 1-4 pm at Deep Run Recreation Center. Information: 804-652-1430.

### *Pinochle*

Ages 50+. Playing with two, three, or four players and a unique deck of 48 cards, accumulate points by winning tricks or melding a combination of cards. Join us the third Wednesday of each month from noon-5 pm at Eastern Henrico Recreation Center. Information: 804-652-1450.

### *Social Bridge Bunch*

Bridge players with previous experience can join fellow players for fun and fellowship. Supplies provided.

- Belmont Recreation Center: Wednesdays: 10 am-1 pm. 804-652-1410
- Confederate Hills Recreation Center: Tuesdays: 9:30 am-1 pm. 804-652-1420
- Deep Run Recreation Center: Thursdays, 10 am-1 pm. 804-652-1430

### *Tennis Clubs*

For ages 55+. Enjoy challenging tennis with a large dose of fun? Join these groups for round-robin style social style tennis at an intermediate level of play. Both groups play April-November at Belmont Recreation Center, 8:30-11:30 am.

- Net Set  
Tuesdays & Fridays  
Information: 804-387-9212
- Racketeers  
Mondays & Thursdays  
Information: 804-216-3876

**For more information, call 804-501-7275 or visit [www.henrico.us/rec/programs-events/seniors](http://www.henrico.us/rec/programs-events/seniors).**

**Additional classes and programs can be found at [www.connect.henricorecandparks.com](http://www.connect.henricorecandparks.com).**

## Public Library

1700 North Parham Road | Henrico, VA 23229 | 804-501-1900

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### Offers:

- Large Print Books
- Books on tape
- Computer Classes
- Senior programming
- Grandparent programs

### **Mobile Library Services**

The Mobile Library Service is dedicated to bringing quality outreach to retirement communities, child care centers and is a popular sight at many area events. Bringing the library out of the buildings and into the community, Henrico County Public Library's first Bookmobile went into operation in 1977. The current model was purchased in 2011 with maximum flexibility, efficiency and accessibility in mind.

The Mobile Library Service van visits Henrico County senior facilities each month, bringing 3-5 book carts of large type, current fiction and non-fiction, as well as mixed media such as magazines, DVDs and audio books. MLS staff are dedicated to bringing educational and entertaining materials and programming to local senior communities, encouraging improved quality of life. Please check with your Activities Director to see if the Mobile Library visits your facility.

**For more information, call 804-501-1953 or email [MLSManager@henricolibrary.org](mailto:MLSManager@henricolibrary.org)**

**To inquire about Senior Program schedules, contact for additional information:**

|                                       |  |              |
|---------------------------------------|--|--------------|
| Fairfield Area Library                | 1001 North Laburnum Ave<br>Henrico, VA 23223-2705    | 804-501-1930 |
| Gayton Branch Library                 | 10600 Gayton Road<br>Henrico, VA 23238-4117          | 804-501-1960 |
| Glen Allen Branch Library             | 10501 Staples Mill Road<br>Glen Allen, VA 23060-3242 | 804-501-1950 |
| Libbie Mill Library                   | 2100 Libbie Lake East Street<br>Henrico, VA 23230    | 804-501-1940 |
| Municipal Government &<br>Law Library | Collection located at<br>Tuckahoe Library            | 804-501-1910 |
| North Park Branch Library             | 8508 Franconia Road<br>Henrico, VA 23227-1213        | 804-501-1970 |
| Sandston Branch Library               | 23 East Williamsburg Road<br>Sandston, VA 23150-2011 | 804-501-1990 |
| Tuckahoe Area Library                 | 1901 Starling Drive<br>Henrico, VA 23229-4564        | 804-501-1910 |
| Twin Hickory Area Library             | 5501 Twin Hickory Road<br>Glen Allen, VA 23059-2509  | 804-501-1920 |
| Varina Branch Library                 | 2001 Library Road<br>Henrico, VA 23231-5826          | 804-501-1980 |

## Senior Connections

24 East Cary Street | Richmond, VA 23219 | 804-343-3000

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Senior Connections, The Capital Area Agency on Aging offers programs and services that are tailored to meet the social, nutritional, educational, and logistical needs for older adults, caregivers, and persons with disabilities. The agency is dedicated to building a community that supports older residents and allows them to age with independence, dignity, security, and an enhanced quality of life. Some of these programs and services offered include:

- **Adult Day Care**  
Scholarships provided for care and supervision of older persons with disabilities who cannot manage daytime activities alone. Services may vary by location and may include assistance with personal care, limited health care, therapeutic activities, meals, and social activities.
- **Aging and Disability Resource Connection**  
Provides information, referrals and assistance with finding services for individuals with disabilities and support for caregivers.



- **Care Coordination and Case Management**  
 Provides assistance to seniors and their families with locating, applying for, and receiving needed community services provided by Senior Connections and other human service agencies.
- **Caregiving Support Services**  
 Aids caregivers by providing them with information about resources, supportive services, individual counseling, and respite care.
- **Chronic Disease Self-Management Program**  
 Workshops are given free of charge to help individual cope with and manage chronic diseases.
- **Emergency Services and Financial Assistance**  
 Seniors experiencing crisis situations with paying for utilities, prescription assistance, or medical supplies can reach out for emergency financial assistance.
- **Employment Assistance**  
 Short-term work experience for income eligible mature job seekers age 55 and older. Offers job listings and referrals to Job File-registered job seekers
- **Foster Grandparent Program**  
 Offers opportunities for adults, age 55 and older, to serve as mentors, tutors, and caregivers for children and youth with special needs. Foster Grandparents must be able to volunteer at least 20 hours per week.
- **Friendship Cafes**  
 Offer gathering places for seniors ages 60+ for meeting up with friends for a midday meal and activities to remain active and connected to the community. Henrico County is home to the Friendship Café located at Deep Run Recreation Center.
- **Home Care**  
 Short-term personal care, homemaker/companion care, and caregiver respite given on a basis of need. This assistance can be used during a period of recovery or while plans are being made for continued care.
- **Home-delivered meals**  
 Provides meals for home bound seniors who live alone and have significant health conditions or physical or mental impairments that prevent them from preparing their own meals. The program helps seniors meet the recommended dietary allowances for proper nutrition and provides daily interaction with volunteers who deliver the meals.

- **Information and Assistance Program**  
Helps seniors identify services that best fit their individual needs and interests.
- **Long-term Care Ombudsman**  
Investigates and resolves complaints that involve nursing homes, assisted living facilities and home care providers. Also, they provide facilities with information and technical support.
- **Medication Assistance**  
Assists income eligible seniors 55 and older, who have no other means to pay for medications, gain access to drug assistance programs for free or discounted medicines offered by pharmaceutical companies.
- **Money Management and Counseling**  
Provides one-on-one check writing and bill paying services and assists seniors age 60 and over with managing personal finances. Provides protection from exploitation.
- **Options Counseling**  
Person-centered counseling on long-term care options for seniors, persons with disabilities, families, and caregivers is provided through partnerships with community groups.
- **Public Guardianship Program**  
Advocates for and protects vulnerable at-risk persons who have legally been found unable to manage the basic requirements of physical health and safety and do not have family or friends suitable to assist them. These advocates aid in making decisions for a client's health improvement, safety and over-all wellbeing.
- **Retired and Senior Volunteer Program (RSVP)**  
Provides volunteer opportunities for seniors age 55 and older to use their skills and experiences to fulfill community needs.
- **Senior Medicare Patrol**  
Education and outreach are provided by volunteers to consumers about Medicare and Medicaid fraud, waste, and abuse and how to report them.
- **Transportation Assistance**  
Transportation is provided for medical appointments for individuals who meet the eligibility requirements. Also, transportation to Friendship Café participants is provided.

A list of transportation providers is also made available for seniors, families and caregivers.

- **Virginia Insurance Counseling and Assistance Program (VICAP)**  
Volunteers counsel seniors and others about making informed decisions on Medicare and other insurance including health, Medigap and long-term care. Assistance with tracking medical bills and resolving complaints is also provided.

***Senior Connections Local Service Areas: City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.***

**For more information, call 804-343-3000 or Toll-Free 1-800-989-2286.**

**Visit the website at: [www.seniorconnections-va.org](http://www.seniorconnections-va.org)**

## The Virginia Insurance Counseling and Assistance Program (VICAP)

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The Virginia Insurance Counseling and Assistance Program (VICAP) is a free, non-biased and confidential health insurance counseling service for Medicare beneficiaries and/or caregivers of people with Medicare. VICAP is a part of a nationwide network of health insurance programs. Locally, VICAP is sponsored by Senior Connections, The Capital Area Agency on Aging.

Trained volunteer counselors provide counseling on Medicare and other health insurance benefits through interaction by phone or in person. VICAP counselors do not make decisions for clients, but help people to review options and to make informed and personalized choices on health insurance coverage.

VICAP counselors provide information on:

- Medicare (for seniors and the disabled under 65 with Medicare)
- Medicare Supplemental Insurance
- Medicare Advantage
- Medicare Prescription Drug Plan (Part D)
- Extra help for Part D
- Long Term Care Insurance
- Medicaid
- Medicare Savings Programs for help with Medicare premiums, deductibles and co-payments

- Understanding medical and insurance statements
- Filing claims and appeals
- Medicare and Medicaid Fraud and Abuse

**For more information, call Senior Connections' VICAP Intake Line at 804-343-3014 or send an e-mail to [vicap@youraaa.org](mailto:vicap@youraaa.org).**

## Long Term Care Ombudsman Program

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The mission of Senior Connections, The Capital Area Agency on Aging's Long-Term Care Ombudsman Program is to act as an advocate for older persons receiving long-term care, whether the care is provided in a nursing home or assisted living facility, or through community-based services to assist persons still living at home. Ombudsman services are free and confidential. If consumers of long-term care services are unable to resolve problems on their own, the Ombudsman will assist them to find a solution.

The objectives of the Ombudsman Program are:

- Receive, investigate, and work to resolve complaints involving quality of care in a confidential manner
- Assist residents in exercising their rights
- Mediate concerns between residents (and/or their families) and the facility/provider
- Provide residents and their families with information about long term care resources in our community

Long-Term Care Ombudsmen assist residents of Long-Term Care facilities and their families by providing the following services:

- Promotes the civil and human rights of long-term care residents
- Assists residents to obtain needed services
- Empowers residents and families to advocate for themselves
- Consults with residents, families, and facilities to avoid problems, or solve them before they become crises
- Educates consumers and the community about long-term care issues, provides technical assistance to providers, and promotes increased community involvement in long-term care facilities
- Investigates and attempts to resolve concerns and complaints made by, or on behalf of, long-term care residents. This may include suspicions of abuse and neglect.
- Works with resident and family councils, community organizations, and state and federal enforcement agencies to improve residents' quality of life

- Seeks a regular presence in all long-term care facilities. Identifies problem areas and advocates for change.
- Coordinates efforts with other agencies and service providers

For more information, call 804-343-3057 or 343-3000 or visit [www.seniorconnections-va.org](http://www.seniorconnections-va.org).

## Additional Services and Phone Numbers

### Emergency Housing

|                                |              |
|--------------------------------|--------------|
| American Red Cross (Disaster)  | 804-780-2250 |
| United Way (Shelter Referrals) | 804-771-5820 |

### Information and Assistance

|  |  |
|--|--|
| Elder Care Locator   | 1-800-677-1116   |
| Henrico County Department of Social Services (Community Resource Line) | 804-501-5294   |
| Senior Connections, The Capital Area Agency on Aging                   | 804-343-3000   |
| Senior Navigator   | 1-866-393-0975 or <a href="http://seniornavigator.org">seniornavigator.org</a> |
| United Way Information and Referral Center                             | 804-771-5853 or 2-1-1  |
| Virginia Easy Access   | 2-1-1  |

### Employment Services

|  |   |              |
|--|---|--------------|
| AARP Senior Community Service, Employment Program    | 1806 Chantilly Street, Suite 100,<br>Richmond, VA 23230<br><a href="http://www.aarpworksearch.org">www.aarpworksearch.org</a>     | 804-355-3600 |
| Goodwill Northside Community Employment Center       | 2606-B Chamberlayne Road,<br>Richmond, VA 23227   | 804-823-2787 |
| Resource Work Force Investment Board                 | 7333 Whitepine Road, Richmond,<br>VA 23237<br><a href="http://www.resourceva.com">www.resourceva.com</a>                          | 804-271-8510 |
| Senior Connections, The Capital Area Agency on Aging | 24 East Cary Street, Richmond, VA<br>23219<br><a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>      | 804-343-3000 |
| Virginia Employment Commission                       | 8093 Elm Drive, P. O. Box 997,<br>Mechanicsville, VA 23111-1160<br><a href="http://www.vec.virginia.gov">www.vec.virginia.gov</a> | 804-355-3600 |

## Volunteer Programs

|  |  |                              |
|--|--|------------------------------|
| AARP   | <a href="http://www.aarp.org">www.aarp.org</a>   | 1-888-687-2277               |
| American Red Cross                                   | 420 East Cary Street<br>Richmond, VA 23261<br><a href="http://www.greaterrichmond.redcross.org">www.greaterrichmond.redcross.org</a>   | 804-780-2250                 |
| HandsOn Greater Richmond                             | 7501 Boulders View Drive, Suite 101, Richmond, VA 23225<br><a href="http://www.handsonrva.org">www.handsonrva.org</a>  | 804-330-7027 ext.132         |
| Henrico County Volunteer Coordinator                 | <a href="mailto:spo001@henrico.us">spo001@henrico.us</a>   | 804-501-4425                 |
| Meals on Wheels of Greater Richmond                  | 1600 Willow Lawn Drive<br>Richmond, VA 23230<br><a href="http://www.mowdelivers.com">www.mowdelivers.com</a>   | 804-673-5035                 |
| Retired Senior Volunteer Program (RSVP)              | 24 East Cary Street<br>Richmond, VA 23219<br><a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>  | 804-343-3050                 |
| Senior Connections, The Capital Area Agency on Aging | 24 East Cary Street<br>Richmond, VA 23219<br><a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>  | 804-343-3000<br>800-989-2286 |
| The Shepherd's Center of Richmond (TSCOR)            | 3111 Northside Avenue, Suite 400<br>Richmond, VA 23228<br><a href="http://www.tscor.wordpress.com/seniors-volunteer-richmond-va">www.tscor.wordpress.com/seniors-volunteer-richmond-va</a> | 804-355-7282                 |
| United Way Information and Referral Center           |  | 2-1-1                        |

To find more volunteer opportunities, contact local hospitals, hospices, assisted living facilities, area schools, and support groups.

## State Agencies

|   |                                |
|---|--------------------------------|
| Disability Law Center of Virginia                             | 804-225-2042   800-552-3962    |
| Office of the Attorney General                                | 804-786-2071                   |
| a. Virginia TRIAD Resources                                   | a. 804-786-2071                |
| b. Medicaid Fraud Control                                     | b. 804-371-0779   800-371-0824 |
| Virginia Department for the Aging and Rehabilitative Services | 804-662-9333   800-552-3402    |
| Virginia Department for the Blind and Vision Impaired         | 804-371-3140   800-622-2155    |
| Virginia Department for the Deaf and Hard of Hearing          | 800-552-7917                   |

|   |                                 |
|---|---------------------------------|
| Virginia Department of Behavioral Health and Developmental Services                                 | 804-786-3921   800-451-5544     |
| Virginia Department of Health   | 804-864-7001                    |
| Virginia Department of Medical Assistance Services  | 804-786-7933                    |
| Virginia Department of Medical Assistance Services  | 804-786-7933                    |
| Virginia Department of Professional and Occupational Regulations<br>a. Hotline for Older Virginians | 804-367-8500<br>a. 804-367-2178 |
| Virginia Department of Social Services  | 804-726-7000   800-552-3402     |
| Virginia Fair Housing Office  | 804-367-8530   888-551-3247     |
| Virginia Logisticare/Medicaid Transportation  | 866-386-8331                    |
| Virginia Office of Consumer Affairs   | 804-786-2042                    |
| Virginia State Corporation Commission   | 804-371-9967   800-552-7945     |

#### **Federal Agencies**

|   |              |
|---|--------------|
| Administration on Aging                   | 800-677-1116 |
| Center for Medicare and Medicaid Services | 877-267-2323 |
| Department of Veterans Affairs            | 804-675-6546 |
| Social Security Administration            | 800-772-1213 |

# Adult Day Services

*Centers providing programs that include day support and care services, activities, and meals*

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|  |              |
|--|--------------|
| <b>A Grace Place Adult Center</b> .....          | 804-261-0205 |
| 8030 Staples Mill Road, Richmond, VA 23228       |              |
| www.agprva.org                                   |              |
| <b>Alternative Adults Care LLC</b> .....         | 804-427-6966 |
| 7193 Brooking Way, Mechanicsville, VA 23111      |              |
| <b>Beechwell Adult Day Program LLC</b> .....     | 804-217-8196 |
| 3900 Deep Rock Road, Richmond, VA 23233          |              |
| www.beechwelladp.com                             |              |
| <b>Blessings for You Adult Care Center</b> ..... | 804-612-0794 |
| 2231 East Parham Road, Richmond, VA 23228        |              |
| www.blessingsforyouadultcare.com                 |              |
| <b>Circle Center Adult Day Services</b> .....    | 804-355-5717 |
| 4900 West Marshall Street, Richmond, VA 23230    |              |
| www.circlecenterads.info                         |              |
| <b>Hanover Adult Center, Inc</b> .....           | 804-746-0743 |
| 7231 Stonewall Parkway, Mechanicsville, VA 23111 |              |
| www.hanoveradultcenter.com                       |              |
| <b>Riverside PACE</b> .....                      | 804-977-5900 |
| 1300 MacTavish Avenue, Richmond, VA 23230        |              |
| www.riversideonline.com                          |              |

## Adult Protective Services for Henrico

*Receives and investigates reports when an adult is being abused, neglected, exploited, or is at-risk; Anyone who suspects abuse, neglect, or exploitation can make an anonymous report*

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|  |              |
|--|--------------|
| <b>Adult Protective Services</b> .....                   | 804-501-7346 |
| <b>West End</b> .....                                    | 804-501-4001 |
| 8600 Dixon Powers Drive, Henrico, VA 23228               |              |
| <b>East End (Benefit Programs only)</b> .....            | 804-652-3123 |
| 3820 Nine Mile Road, Henrico, VA 23223                   |              |
| Mail for both offices: P.O. Box 90775, Henrico, VA 23273 |              |
| www.henrico.us/dss                                       |              |



# Adult Education

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- AARP Driver Safety Program**.....800-350-7025
- GrandDriver** (*through VA Dept. for Aging and Rehabilitation Services*).....800-552-3402  
1610 Forest Avenue, Suite 100, Richmond, VA 23229  
[www.granddriver.net](http://www.granddriver.net)
- Henrico County Adult Education Center- Golden Age Program**
- East End**.....804-328-4095  
Highland Springs Complex- 201 East Nine Mile Road, Highland Springs, VA 23075
- West End**.....804-527-4660  
Mount Vernon Complex- 7850 Carousel Lane, Henrico, VA 23294  
[www.blogs.henrico.k12.va.us/adulteducation](http://www.blogs.henrico.k12.va.us/adulteducation)
- J. Sargent Reynolds Community College**.....804-371-3000  
1651 East Parham Road, Richmond, VA 23228  
[www.reynolds.edu](http://www.reynolds.edu)
- Osher Institute at University of Richmond**.....804-289-8000  
28 Westhampton Way, University of Richmond, VA 23173  
[www.spcs.richmond.edu/osher](http://www.spcs.richmond.edu/osher)
- The READ Center** (*For adults with low-level reading and communication skills*).....804-288-9930  
4915 Radford Avenue, Suite 204, Richmond, VA 23230  
[www.readcenter.org](http://www.readcenter.org)
- Road Scholar**.....804-828-1525  
[www.roadscholar.org](http://www.roadscholar.org)
- The Shepherd's Center of Richmond**.....804-355-7282  
3111 Northside Avenue, Suite 400, Richmond, VA 23228  
[www.tscor.org](http://www.tscor.org)
- TechStar Tutors**.....804-442-7827  
6802 Paragon Place, Suite 410, Richmond, VA 23230  
[www.techstartutors.com](http://www.techstartutors.com)
- Virginia Department for Aging and Rehabilitation Services**.....804-662-7000  
8004 Franklin Farms Drive, Henrico, VA 23229.....TTY: 800-464-9950  
[www.vadars.org](http://www.vadars.org)

# Advocacy and Support

*Agencies that provide assistance with grievances and concerns*

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- AARP State Office**.....866-542-8164  
707 East Main Street, Suite 910, Richmond, VA 23219  
[www.aarp.org/states/va](http://www.aarp.org/states/va)

**Better Business Bureau Elder Fraud**.....804-780-2222  
[www.bbb.org](http://www.bbb.org)

**Central Virginia Legal Aid Society**.....804-648-1012  
 101 West Broad Street, Suite 101, Richmond, VA 23220  
[www.cvlas.org](http://www.cvlas.org)

**Central Virginia Task Force on Domestic Violence in Later Life**.....804-828-1525  
 Virginia Center on Aging, VCU, P.O. Box 980229, Richmond, VA 23298

**Medicaid Fraud Control Unit**.....804-371-0779  
 202 North 9th Street, Richmond, VA 23219  
[www.oag.state.va.us/programs-initiatives/medicaid-fraud](http://www.oag.state.va.us/programs-initiatives/medicaid-fraud)

**Disability Law Center of Virginia**.....804-225-2042  
 1512 Willow Lawn, Suite 100, Richmond, VA 23230  
[www.dlcva.org](http://www.dlcva.org)

**Legal Aid Justice Center**.....804-643-1086  
 123 East Broad Street, Richmond, VA 23219  
[www.justice4all.org](http://www.justice4all.org)

**Legal Information Network for Cancer (CancerLINC)**.....804-562-0371  
 1423 Johnston Willis Drive, P.O. Box 73281, Richmond, VA 23235  
[www.cancerlinc.org](http://www.cancerlinc.org)

**Office of the State Long-Term Care Ombudsman**.....804-565-1600  
 8004 Franklin Farms Drive, Henrico, VA 23229  
[www.elderrightsva.org](http://www.elderrightsva.org)

**Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

**Virginia Board for People with Disabilities**.....804-786-0016  
 1100 Bank Street, 7th Floor, Richmond, VA 23219.....TTY: 800-846-4464  
[www.vaboard.org](http://www.vaboard.org)

**Virginia Department for Aging and Rehabilitation Services**.....804-662-7000  
 8004 Franklin Farms Drive, Henrico, VA 23229.....TTY: 800-464-9950  
[www.vadars.org](http://www.vadars.org)

**Virginia Poverty Law Center**.....804-782-9430  
 919 East Main Street, Suite 610, Richmond, VA 23219  
[www.vplc.org](http://www.vplc.org)

**YWCA Women’s Victim Advocacy Program**.....804-643-6761  
 6 North 5th Street, Richmond, VA 23219  
[www.ywcarichmond.org](http://www.ywcarichmond.org)

## Area Agency on Aging

*Provides home-based and community-based services for older adults, persons with disabilities, caregivers, and their families*

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**Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## Assistive Technology

*Equipment, systems, or programs that improve or maintain functions of persons with disabilities*

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**Assistive Technology Loan Fund Authority**.....Phone/TTY: 804-662-9000  
1602 Rolling Hills Drive, Suite 107, Richmond, VA 23229  
[www.atlfa.org](http://www.atlfa.org)

**Powell Orthotics and Prosthetics**.....804-649-9043  
2034 Dabney Road, Suite C, Richmond, VA 23230  
[www.powelloandp.com](http://www.powelloandp.com)

**Sportable**.....804-340-2991  
1365 Overbrook Road, Richmond, VA 23220  
[www.sportable.org](http://www.sportable.org)

**Virginia Assistive Technology System**.....804-662-9990  
2001 Maywill Street, Suite 202, Richmond, VA 23230.....TTY: 800-464-9950  
[www.vats.org](http://www.vats.org)

**Virginia Voice**.....804-266-2477  
395 Azalea Avenue, P.O. Box 15546, Richmond, VA 23227  
[www.virginiavoice.org](http://www.virginiavoice.org)

## Care Management Services

*Services providing care and care coordination, referrals, and support to maintain independence*

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**A Place for Mom**.....877-271-2939  
[www.aplaceformom.com](http://www.aplaceformom.com)

**BrightStar Care**.....804-378-8686  
7202 Glen Forest Drive, Suite 302, Richmond, VA 23226  
[www.brightstarcare.com](http://www.brightstarcare.com)

|   |              |
|---|--------------|
| <b>Care Advantage</b> .....                                       | 804-285-1212 |
| 3201 Hungary Spring Road, Richmond, VA 23228                      |              |
| www.careadvantageinc.com  |              |
| <b>Eldercare Locator</b> .....                                    | 800-677-1116 |
| www.eldercare.gov   |              |
| <b>Home Helpers</b> .....   | 804-864-4258 |
| 715 Twinridge Lane, Richmond, VA 23235                            |              |
| www.homehelpershomecare.com                                       |              |
| <b>Jewish Family Services</b> .....                               | 804-282-5644 |
| 6718 Patterson Avenue, Richmond, VA 23226                         |              |
| www.jfsrichmond.org   |              |
| <b>Lutheran Family Services</b> .....                             | 804-288-0122 |
| 4901 Dickens Road, Suite 115, Richmond, VA 23230                  |              |
| www.lfsva.org   |              |
| <b>Senior Connections, The Capital Area Agency on Aging</b> ..... | 804-343-3000 |
| 24 East Cary Street, Richmond, VA 23219                           |              |
| www.seniorconnections-va.org                                      |              |
| <b>SeniorBridge Family Companies, Inc.</b> .....                  | 804-282-0753 |
| 6802 Paragon Place, Suite 201, Richmond, VA 23230                 |              |
| www.seniorbridge.com  |              |

## Companion Care Services

*Services that help with household tasks and completing Activities of Daily Living*

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|---|--------------|
| <b>Acti-Kare of Richmond</b> .....                | 804-264-2829 |
| 9962 Brook Road, Suite 676, Glen Allen, VA 23059  |              |
| www.richmond.actikare.com                         |              |
| <b>Always Best Care</b> .....                     | 804-324-3989 |
| 4870 Sadler Road, Suite 300, Glen Allen, VA 23060 |              |
| www.alwaysbestcare.com                            |              |
| <b>Comfort Keepers</b> .....                      | 804-750-1123 |
| 10833 Ridgefield Parkway, Richmond, VA 23238      |              |
| www.comfortkeepers.com                            |              |
| <b>Commonwealth Catholic Charities</b> .....      | 804-285-5900 |
| 1601 Rolling Hills Drive, Richmond, VA 23229      |              |
| www.cccofva.org                                   |              |
| <b>Family Lifeline</b> .....                      | 804-282-4255 |
| 2325 West Broad Street, Richmond, VA 23220        |              |
| www.familylifeline.org                            |              |

- Hand ‘n Heart Home Care Services**.....804-819-1755  
[www.handnheart.org](http://www.handnheart.org)
- Home Helpers**.....804-864-4258  
 715 Twinridge Lane, Richmond, VA 23235  
[www.homehelpershomecare.com](http://www.homehelpershomecare.com)
- Home Instead Senior Care**.....804-527-1100  
 2565 Homeview Drive, Richmond, VA 23294
- Independence Senior Care**.....804-288-1616  
 719 Twinridge Lane, Richmond, VA 23235  
[www.iscrichmond.com](http://www.iscrichmond.com)
- Jewish Family Services**.....804-282-5644  
 6718 Patterson Avenue, Richmond, VA 23226  
[www.jfsrichmond.org](http://www.jfsrichmond.org)
- Maxim Healthcare Services**.....804-355-9800  
 4235 Innslake Drive, Suite 200, Glen Allen, VA 23060  
[www.maximhomecare.com](http://www.maximhomecare.com)
- Nurse Next Door**.....804-716-7194  
 2214 Westwood Avenue, Henrico, VA 23230  
[www.nursenextdoor.com](http://www.nursenextdoor.com)
- Options for Senior America**.....804-673-6730  
 8100 Three Chopt Road, Suite 233, Richmond, VA 23229  
[www.optionscorp.com](http://www.optionscorp.com)
- Right at Home**.....804-793-9170  
 4906 Fitzhugh Ave Suite 105, Richmond, VA 23230  
[www.rightathome.net](http://www.rightathome.net)
- SeniorBridge Family Companies, Inc.**.....804- 282-0753  
 6802 Paragon Place, Suite 201, Richmond, VA 23230  
[www.seniorbridge.com](http://www.seniorbridge.com)
- Seniors Helping Seniors**.....804-476-0092  
 12149 Glen Gary Circle, Henrico, VA 23233  
[www.seniorcarerva.com](http://www.seniorcarerva.com)

## **Crime Prevention/Consumer Protection Services**

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- Agriculture and Consumer Services**.....804-786-3501  
 102 Governor Street, Richmond, VA 23219  
[www.vdacs.virginia.gov](http://www.vdacs.virginia.gov)
- Agriculture and Natural Resources (Henrico)**.....804-501-5160  
 8600 Dixon Powers Drive, Human Services Building, Henrico, VA 23228  
[www.henrico.us/extension/anr](http://www.henrico.us/extension/anr)

|   |              |
|---|--------------|
| <b>Better Business Bureau</b> .....   | 804-648-0016 |
| 720 Moorefield Park Drive, Suite 300, Richmond, VA 23236  |              |
| <a href="http://www.bbb.org/richmond">www.bbb.org/richmond</a>  |              |
| <b>Henrico County Police (non-emergency)</b> .....  | 804-501-5000 |
| 7721 East Parham Road, Richmond, VA 23294   |              |
| <a href="http://www.henrico.us/police">www.henrico.us/police</a>  |              |
| <b>TRIAD/SALT Council</b> .....   | 804-501-5933 |
| <b>Office of the Attorney General (Consumer Protection Services)</b> .....  | 804-786-2042 |
| <a href="http://www.oag.state.va.us">www.oag.state.va.us</a> .....Hotline: 800-552-9963                                 |              |
| <b>Virginia State Corporation Commission (Financial Institutions, Insurance, Public Utilities and Securities)</b> ..... | 804-371-9967 |
| P.O. Box 1197, Richmond, VA 23218.....800-552-7945  |              |
| <a href="http://www.scc.virginia.gov">www.scc.virginia.gov</a>  |              |
| <b>Virginia Department of Agriculture and Consumer Services</b> .....   | 804-786-3501 |
| 102 Governor Street, Richmond, VA 23219.....Hearing Impaired: 800-828-1120  |              |
| <a href="http://www.vdacs.virginia.gov">www.vdacs.virginia.gov</a>  |              |

## Dental Services

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|  |              |
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| <b>CrossOver Healthcare Ministry</b> .....   | 804-655-2794 |
| 108 Cowardin Avenue, Richmond, VA 23224.....804-233-5016   |              |
| 8600 Quioccasin Road, Suite 105, Richmond, VA 23229.....804-622-0803   |              |
| <a href="http://www.crossoverministry.org">www.crossoverministry.org</a>   |              |
| <b>Daily Planet (West Grace Health Center)</b> .....   | 804-783-2505 |
| 517 West Grace Street, Richmond, VA 23220  |              |
| <a href="http://www.dailyplanetva.org">www.dailyplanetva.org</a>   |              |
| <b>Donated Dental Services</b> .....   | 804-264-9010 |
| 3460 Mayland Court, Suite 110, Richmond, VA 23233  |              |
| <a href="http://www.vdaf.org">www.vdaf.org</a>   |              |
| <b>Glenwood Medical and Dental Center</b> .....  | 804-780-0840 |
| 2711 Byron Street, Richmond, VA 23223  |              |
| <a href="http://www.cahealthnet.org/location/glenwood-medical-dental-center">www.cahealthnet.org/location/glenwood-medical-dental-center</a> |              |
| <b>MCV Dental Clinic</b> .....   | 804-828-9190 |
| 520 North 12th Street, Richmond, VA 23298  |              |
| <a href="http://www.vcudentalcare.com">www.vcudentalcare.com</a>   |              |

# Disability Services

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|   |              |
|---|--------------|
| <b>AccessVA</b> .....   | 877-428-8844 |
| <a href="http://www.accessva.org">www.accessva.org</a> .....                              | TTY: 711     |
| <b>A Grace Place Adult Center</b> .....   | 804-261-0205 |
| 8030 Staples Mill Road, Richmond, VA 23228  |              |
| <a href="http://www.agprva.org">www.agprva.org</a>  |              |
| <b>Brain Injury Association of Virginia</b> .....   | 804-355-5748 |
| 1506 Willow Lawn Drive, Suite 212, Richmond, VA 23230                                     |              |
| <a href="http://www.biav.net">www.biav.net</a>  |              |
| <b>Disability Law Center of Virginia</b> .....  | 800-552-3962 |
| 1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230                                     |              |
| <a href="http://www.dlcva.org">www.dlcva.org</a>  |              |
| <b>FREE Foundation (Foundation for Rehabilitation Equipment and Endowment)</b> .....      | 804-920-9828 |
| 6301 Midlothian Turnpike, Richmond, VA 23225  |              |
| <a href="http://www.free-foundation.org">www.free-foundation.org</a>                      |              |
| <b>FeedMore (Meals on Wheels)</b> .....   | 804-673-5035 |
| 1601 Rhoadmiller Street, Richmond, VA 23220   |              |
| <a href="http://www.feedmore.org">www.feedmore.org</a>                                    |              |
| <b>H.I.G.H Hopes (Helping in Good Housing)</b> .....                                      | 804-282-6609 |
| P.O. Box 8544 Richmond, VA 23226  |              |
| <b>National Alliance on Mental Health</b> .....   | 804-285-1749 |
| 1904 Byrd Avenue, Suite 207, Richmond, VA 23230   |              |
| <a href="http://www.namicva.website">www.namicva.website</a>                              |              |
| <b>Positive Vibe Café</b> .....   | 804-560-9622 |
| 2825 Hathaway Road, Richmond, VA 23225  |              |
| <a href="http://www.positiveviberva.com">www.positiveviberva.com</a>                      |              |
| <b>Resources for Independent Living, Inc.</b> .....                                       | 804-353-6503 |
| 4009 Fitzhugh Avenue, Suite 100, Richmond, VA 23230                                       |              |
| <a href="http://www.ril-va.org">www.ril-va.org</a>  |              |
| <b>The READ Center (For adults with low-level reading and communication skills)</b> ..... | 804-288-9930 |
| 4915 Radford Avenue, Suite 204, Richmond, VA 23230  |              |
| <a href="http://www.readcenter.org">www.readcenter.org</a>                                |              |
| <b>The Greater Richmond ARC</b> .....   | 804-358-1874 |
| 3600 Saunders Avenue, Richmond, VA 23227  |              |
| <a href="http://www.richmondarc.org">www.richmondarc.org</a>                              |              |
| <b>United Way of Greater Richmond</b> .....   | 804-771-5820 |
| 2001 Maywill Street, Suite 201, Richmond, VA 23230  |              |
| <a href="http://www.yourunitedway.org">www.yourunitedway.org</a>                          |              |

- Virginia Department for the Blind and Vision Impaired**.....804-371-3140  
 397 Azalea Avenue, Richmond, VA 23227  
[www.vdbvi.org](http://www.vdbvi.org)
- Virginia Department for the Deaf and Hard of Hearing**.....Phone/TTY: 804-662-9502  
 1602 Rolling Hills Drive, Richmond, VA 23229  
[www.vddhh.org](http://www.vddhh.org)
- Virginia Department for Aging and Rehabilitation Services (Virginia Disability Services Agencies)**.....804-662-7000  
 8004 Franklin Farms Drive, Henrico, VA 23229.....TTY: 800-464-9950  
[www.vadsa.org](http://www.vadsa.org)
- Virginia Relay Center**.....Voice: 866-894-4116  
 1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229.....TTY: 866-246-9300  
[www.varelay.org](http://www.varelay.org)
- Virginia Voice**.....804-266-2477  
 395 Azalea Avenue, Richmond, VA 23227  
[www.virginiavoice.org](http://www.virginiavoice.org)

## Durable Medical Equipment

*Services providing medical equipment that assists those with disabilities*

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- American Cancer Society (Hotline)**.....800-227-2345  
 4240 Park Place Court, Glen Allen, VA 23060.....804-527-3700  
[www.cancer.org](http://www.cancer.org)
- All-Med Express**.....804-261-0011  
 9627 West Broad Street, Glen Allen, VA 23060  
[www.allmedexpress.com](http://www.allmedexpress.com)
- Amramp**.....888-715-7598  
[www.amramp.com](http://www.amramp.com)
- Apria Healthcare**.....804-553-4964  
 2808 East Parham Road, Richmond, VA 23228  
[www.apria.com](http://www.apria.com)
- AreoCare**
- Freedom Respiratory, Inc**.....804-266-2002  
 2852 East Parham Road, Henrico, VA 23228
- Health First**.....804-266-2002  
 8143 Staples Mill Road, Richmond, VA 23228  
[www.aerocareusa.com](http://www.aerocareusa.com)
- Astrix Medical Supplies**.....804-897-4335  
 241 East German School Road, Richmond, VA 23224  
[www.astrixmed.com](http://www.astrixmed.com)



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|--|-------------------|
| <b>Buford Road Pharmacy, Inc.</b> .....  | 804-272-1423      |
| 2608 Buford Road, Richmond, VA 23235   |                   |
| www.bufordrx.com   |                   |
| <b>Capital Medical Supply</b> .....  | 804-353-0707      |
| 2233 Tomlynn Street, Richmond, VA 23230  |                   |
| www.capitalmedicalsupply.com   |                   |
| <b>FREE Foundation (Foundation for Rehabilitation Equipment and Endowment)</b> |                   |
| 6301 Midlothian Turnpike, Richmond, VA 23225.....                              | 804-920-9828      |
| www.free-foundation.org  |                   |
| <b>Home Care Delivered</b> .....   | 800-565-6167      |
| 11013 West Broad Street, 4 <sup>th</sup> Floor, Glen Allen, VA 23060           |                   |
| www.hcd.com  |                   |
| <b>Home Watch Caregivers</b> .....   | 804-644-1076      |
| 4901 Fitzhugh Avenue, Richmond, VA 23230                                       |                   |
| www.homewatchcaregivers.com  |                   |
| <b>Life Alert</b> .....  | 800-360-0329      |
| www.lifealert.com  |                   |
| <b>Lincare, Inc.</b> .....   | 804-355-2323      |
| 2801 Ackley Avenue, Richmond, VA 23228   |                   |
| www.lincare.com  |                   |
| <b>Ride-Away</b> .....   | 855-694-7323      |
| 232 East Belt Boulevard, Richmond, VA 23224                                    |                   |
| www.ride-away.com  |                   |
| <b>United Techologies</b> .....  | 804-553-3116      |
| 2301 Hilliard Road Suite 9, Richmond, VA 23228                                 |                   |
| www.utechllc.com   |                   |
| <b>Virginia Assistive Technology System</b> .....                              | 804-662-9990      |
| 2001 Maywill Street, Suite 202, Richmond, VA 23230.....                        | TTY: 800-464-9950 |
| www.vats.org   |                   |
| <b>Virginia Medical Alert</b> .....  | 804-433-4677      |
| 3973 Deep Rock Road, Richmond, VA 23233  |                   |

## Elder Law Attorneys

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|  |              |
|--|--------------|
| <b>A Better Choice (ABC Law) Retirement and Estate Planning Center</b> ..... | 804-747-1922 |
| 4860 Cox Road, Suite 200, Glen Allen, VA 23060.....                          | 800-326-4179 |
| www.abclaw.com   |              |
| <b>Bourdow, Bowen and Ellis, PC</b> .....                                    | 804-744-6133 |
| 5104 West Village Green Drive, Suite 108, Midlothian, VA 23112               |              |

**Carrell Blanton Ferris & Associates**.....804-285-7900  
 Jeremy Pryor.....804-285-7900, ext.105  
 7275 Glen Forest Drive, Suite 310, Richmond, VA 23226  
[www.carrellblanton.com](http://www.carrellblanton.com)

**Coates & Davenport, PC**.....804-729-5537  
 T. Michael Blanks, Jr; John C. Moore.....804-285-7000  
 5206 Markel Road, Suite 200, Richmond, VA 23230  
[www.coateslaw.com](http://www.coateslaw.com)

**Galston, Jeffrey**.....804-346-5956  
 2819 North Parham Road, Suite 110, Richmond, VA 23294.....[jeff@galstonlaw.com](mailto:jeff@galstonlaw.com)

**Larkin Law Firm, PLC**.....804-303-2075  
 5230 Hickory Park Drive, Suite D, Glen Allen, VA 23059

**Lee Law Office**.....804-204-1500  
 1809 West Main Street, Suite 201, Richmond, VA 23220  
[www.mleelaw.com](http://www.mleelaw.com)

**Gee Law Firm**.....804-226-4111  
 4719 Nine Mile Road, Henrico, VA 23223  
[www.geelawfirm.com](http://www.geelawfirm.com)

**Moore Financial Services**.....804-379-3212  
 567 B Southlake Boulevard, Richmond, VA 23236  
[clmoore@moorefinancialservices.com](mailto:clmoore@moorefinancialservices.com)  
[www.moorefinancialservices.com](http://www.moorefinancialservices.com)

**Parker, Pollard, Wilton & Peaden, Attorneys**.....804-262-3600  
 Paula L. Peaden.....804-261-7326  
 6802 Paragon Place, Suite 300, Richmond, VA 23230  
[www.parkerpollard.com](http://www.parkerpollard.com)

**Parker & McMakin Law Group**.....804-285-3807  
 8100 Three Chopt Road, Suite 116, Richmond, VA 23229  
[www.parkermcmakin.com](http://www.parkermcmakin.com)

**The Law Offices of Kimberly A. Pinchbeck**.....804-320-2439  
 6932 Forest Hill Avenue, Richmond, VA 23225.....[susan@kpinchbeck.com](mailto:susan@kpinchbeck.com)  
[www.kpinchbeck.com](http://www.kpinchbeck.com)

**Thompson McMullan, Attorneys at Law**.....804-649-7545  
 Paul Izzo.....804-698-6237  
 Andrea J. Yoak.....804-698-5921  
 100 Shockoe Slip, Third Floor, Richmond, VA 23219  
[www.t-mlaw.com](http://www.t-mlaw.com)

**Virginia Poverty Law Center**  
 Pryor, Kathy.....804-782-9430, ext.14  
 919 East Main Street, Suite 610, Richmond, VA 23219.....[kathy@vplc.org](mailto:kathy@vplc.org)  
[www.vplc.org](http://www.vplc.org)

**White & McCarthy, Attorneys at Law**.....804-379-1905  
15871 City View Drive, Suite 220, Midlothian, VA 23113  
[www.whitemccarthy.com](http://www.whitemccarthy.com)

## Emergency Intervention

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**Alcohol/Drug Abuse Hotline**.....800-662-4357  
**Alzheimer’s Safe Return**.....800-272-3900  
**Commonwealth Catholic Charities**.....804-285-5900  
1601 Rolling Hills Drive, Richmond, VA 23229  
[www.cccofva.org](http://www.cccofva.org)

**Henrico Mental Health**  
Henrico Area Mental Health.....804-727-8500  
10299 Woodman Road, Glen Allen, VA 23060  
Henrico County Mental Health.....804-727-8515  
4825 South Laburnum Avenue, Richmond, VA 23231  
[www.henrico.us/mhds](http://www.henrico.us/mhds)

**Henrico Social Services**  
**Adult Protective Services**.....804-501-7346  
**West End**.....804-501-4001  
8600 Dixon Powers Drive, Henrico, VA 23228  
**East End (Benefits Program only)**.....804-652-3123  
3820 Nine Mile Road, Henrico, VA 23223  
Mail for both offices: P.O. Box 90775, Henrico, VA 23273  
[www.henrico.us/dss](http://www.henrico.us/dss)

**National Domestic Abuse Hotline**.....800-799-7233  
.....TTY: 800-787-3224  
**National Suicide Prevention Lifeline**.....800-273-8255  
.....For Deaf/Hard of Hearing: 800-799-4889  
**Poison Control Center**.....800-222-1222  
**Richmond Behavioral Health Authority**.....804-819-4000  
107 South 5th Street, Richmond, VA 23219  
[www.rbha.org](http://www.rbha.org)

**Safe Harbor**.....804-249-9470  
24 Hour Helpline.....804-612-6126  
**YWCA Women’s Victim Advocacy Program**.....804-643-6761  
6 North 5th Street, Richmond, VA 23219  
[www.ywcarichmond.org](http://www.ywcarichmond.org)

**2-1-1 Virginia**.....2-1-1  
[www.211virginia.org](http://www.211virginia.org)

# Exercise and Recreation

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| <b>Henrico Recreation and Parks</b> .....  | 804-501-7275 |
| P. O. Box 90775, Henrico, VA 23273   |              |
| <a href="http://www.henrico.us/rec">www.henrico.us/rec</a>                                       |              |
| <b>Jewish Community Center</b> .....   | 804-285-6500 |
| 5403 Monument Avenue, Richmond, VA 23226   |              |
| <a href="http://www.weinsteinjcc.org">www.weinsteinjcc.org</a>                                   |              |
| <b>Nifty After Fifty</b>   |              |
| 5620 Brook Road, Richmond, VA 23227.....804-767-8372   |              |
| 8935 Patterson Avenue, Richmond, VA 23229.....804-767-8329                                       |              |
| <a href="http://www.niftyafterfifty.com">www.niftyafterfifty.com</a>                             |              |
| <b>Senior Center of Greater Richmond</b> .....   | 804-353-3171 |
| P.O Box 6521, Richmond, VA 23230   |              |
| <a href="http://www.seniorcenterofgreaterrichmond.org">www.seniorcenterofgreaterrichmond.org</a> |              |
| <b>Senior Connection’s Friendship Café</b> ( <i>See Senior Centers</i> ).....                    | 804-343-3000 |
| 24 East Cary Street, Richmond, VA 23219  |              |
| <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>                   |              |
| <b>The Shepherd’s Center of Richmond</b> .....   | 804-355-7282 |
| 3111 Northside Avenue, Suite 400, Richmond, VA 23228   |              |
| <a href="http://www.tscor.org">www.tscor.org</a>   |              |
| <b>Weinstein Jewish Community Center</b> .....   | 804-545-8611 |
| 5403 Monument Avenue, Richmond, VA 23226   |              |
| <a href="http://www.weinsteinjcc.org">www.weinsteinjcc.org</a>                                   |              |
| <b>YMCA</b>  |              |
| <b>Chickahominy Family YMCA</b> .....  | 804-737-9622 |
| 5401 Whiteside Road, Sandston, VA 23150  |              |
| <b>John Rolfe Family YMCA</b> .....  | 804-360-8767 |
| 2244 John Rolfe Parkway, Henrico, VA 23233   |              |
| <b>Shady Grove Family YMCA</b> .....   | 804-270-3866 |
| 11255 Nuckols Road, Glen Allen, VA 23059   |              |
| <b>Tuckahoe Family YMCA</b> .....  | 804-740-9622 |
| 9211 Patterson Avenue, Henrico, VA 23229   |              |
| <a href="http://www.ymcarichmond.org">www.ymcarichmond.org</a>                                   |              |

# Food Assistance

*Agencies that provide meals or food to those in need. Please call ahead for more information regarding pantries.*

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- Commonwealth Catholic Charities (Food Pantry)**.....804-285-5900  
1601 Rolling Hills Drive, Richmond, VA 23229  
[www.cccofva.org](http://www.cccofva.org)
- Dignity Food Pantry (For residents of 23229, 23230, 23233)**.....804-360-4442  
13000 Gayton Road, Henrico, VA 23233  
[www.discoverymethodist.org](http://www.discoverymethodist.org)
- Eastern Henrico FISH**.....804-257-7730
- FeedMore (Meals on Wheels)**.....804-673-5035  
1601 Rhoadmiller Street, Richmond, VA 23220  
[www.feedmore.org](http://www.feedmore.org)
- Lamb’s Basket**.....804-565-8007  
8419 Oakview Avenue, Henrico, VA 23228  
[www.lambsbasket.org](http://www.lambsbasket.org)
- Our Lady of Lourdes Catholic Church**.....804-262-7315  
8200 Woodman Road, Henrico, VA 23228  
[www.olrichva.org](http://www.olrichva.org)
- Salvation Army**.....804-225-7470  
2 West Grace Street, Richmond, VA 23224  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

# Friendly Visitors

*Volunteers who visit older adults to provide friendship and decrease isolation*

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- Family Lifeline**.....804-282-4255  
2325 West Broad Street, Richmond, VA 23220  
[www.familylifeline.org](http://www.familylifeline.org)
- Jewish Family Services**.....804-282-5644  
6718 Patterson Avenue, Richmond, VA 23226  
[www.jfsrichmond.org](http://www.jfsrichmond.org)

# Fuel Assistance

*Depends upon availability of resources*

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## Henrico Social Services *(eligibility screening required)*

**West End**.....804-501-4001

8600 Dixon Powers Drive, Henrico, VA 23228

**East End *(Benefit Programs only)***.....804-652-3123

3820 Nine Mile Road, Henrico, VA 23223

Mail for both offices: P.O. Box 90775, Henrico, VA 23273

[www.henrico.us/dss](http://www.henrico.us/dss)

**Salvation Army**.....804-225-7470

2 West Grace Street, Richmond, VA 23224

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

# Funeral Resources

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**Affinity Funeral Service**.....804-621-2512

2720 Enterprise Parkway, Richmond, VA 23294

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

**Bennett Funeral Home**.....804-359-4481

3215 Cutshaw Avenue, Richmond, VA 23230

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

**Bliley's Funeral Home**.....804-523-8510

8510 Staples Mill Road, Richmond, VA 23228

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

**Bon Secours Bereavement Resources *(Grief Workshops, Support Groups, Individual***

*Counseling, Referrals, Memorial Services)*.....804-433-4710

7229 Forest Avenue, Richmond, VA 23226.....[bereavement@bshsi.org](mailto:bereavement@bshsi.org)

**Cremation Society of Virginia**.....804-355-3360

7542 West Broad Street, Richmond, VA 23294

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

**Joseph Jenkins Jr Funeral Home**.....804-358-9177

2011 Grayland Avenue, Richmond, VA 23220

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

**My Digital Audit**.....[www.digitalpassing.com/digital-audit](http://www.digitalpassing.com/digital-audit)

**Nelson Funeral Home**.....804-222-8601

4650 South Laburnum Avenue, Richmond, VA 23231

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

- Virginia Board of Funeral Directors & Embalmers**.....804-367-4479  
 9960 Mayland Drive, Suite 300, Richmond, VA 23233  
[www.dhp.virginia.gov/funeral](http://www.dhp.virginia.gov/funeral)
- Wilson and Associates' Funeral Service, Inc.**.....804-222-1720  
 5008 Nine Mile Road, Richmond, VA 23223  
[www.wilsonafs.com](http://www.wilsonafs.com)
- Woody Funeral Home**.....804-288-3013  
 1771 North Parham Road, Richmond, VA 23229  
[www.dignitymemorial.com](http://www.dignitymemorial.com)

## Grandparent Programs

*Support for grandparents taking care of grandchildren*

- 
- Kinship Care Support Group**.....804-501-5866
- Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## Guardianship

*Agencies that assume legal responsibilities for older adults when they do not have a Power of Attorney or available decision maker*

- 
- Commonwealth Catholic Charities**.....804-285-5900  
 1601 Rolling Hills Drive, Richmond, VA 23229  
[www.cccofva.org](http://www.cccofva.org)
- Henrico Social Services**
- West End**.....804-501-4001  
 8600 Dixon Powers Drive, Henrico, VA 23228
- East End (Benefit Programs only)**.....804-652-3123  
 3820 Nine Mile Road, Henrico, VA 23223  
 Mail for both offices: P.O. Box 90775, Henrico, VA 23273  
[www.henrico.us/dss](http://www.henrico.us/dss)
- Jewish Family Services**.....804-282-5644  
 6718 Patterson Avenue, Richmond, VA 23226  
[www.jfsrichmond.org](http://www.jfsrichmond.org)
- Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

# Health Care Clinics

*Clinics offering health care services for free, low cost, or for the uninsured*

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|  |              |
|--|--------------|
| <b>Access Now</b> .....  | 804-643-6631 |
| 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294  |              |
| <a href="http://www.ramdocs.org">www.ramdocs.org</a>   |              |
| <b>Bon Secours Care-A-Van</b> .....  | 804-359-9355 |
| <a href="http://www.bonsecours.com">www.bonsecours.com</a>   |              |
| <b>Center for Healthy Hearts</b> .....   | 804-359-9375 |
| 1200 West Cary Street, Richmond, VA 23220  |              |
| <a href="http://www.rahbpc.org">www.rahbpc.org</a>   |              |
| <b>CrossOver Healthcare Ministry</b> .....   | 804-655-2794 |
| 108 Cowardin Avenue, Richmond, VA 23224.....   |              |
| 8600 Quioccasin Road, Suite 105, Richmond, VA 23229.....   |              |
| <a href="http://www.crossoverministry.org">www.crossoverministry.org</a>   |              |
| <b>Daily Planet (West Grace Health Center)</b> .....   | 804-783-2505 |
| 517 West Grace Street, Richmond, VA 23220  |              |
| <a href="http://www.dailyplanetva.org">www.dailyplanetva.org</a>   |              |
| <b>Glenwood Medical and Dental Center</b> .....  | 804-780-0840 |
| 2711 Byron Street, Richmond, VA 23223  |              |
| <a href="http://www.cahealthnet.org/location/glenwood-medical-dental-center">www.cahealthnet.org/location/glenwood-medical-dental-center</a> |              |
| <b>Health Brigade</b> .....  | 804-358-6343 |
| 1010 North Thompson Street, Richmond, VA 23230   |              |
| <a href="http://www.healthbrigade.org">www.healthbrigade.org</a>   |              |
| <b>Henrico Health Department</b>   |              |
| <b>West End Clinic</b> .....   | 804-501-4651 |
| 8600 Dixon Powers Drive, Henrico, VA 23228   |              |
| <b>East End Clinic</b> .....   | 804-652-3190 |
| 1400 N. Laburnum Avenue, Richmond, VA 23223  |              |
| <a href="http://www.henrico.us/health/locations">www.henrico.us/health/locations</a>   |              |
| <b>Northside Medical Center</b> .....  | 804-780-0840 |
| 2809 North Avenue, Richmond, VA 23222  |              |
| <a href="http://www.cahealthnet.org/location/northside-medical-center">www.cahealthnet.org/location/northside-medical-center</a>             |              |
| <b>Quit Now Virginia</b> .....   | 800-784-8669 |
| <a href="http://www.quitnow.net/virginia">www.quitnow.net/virginia</a>   |              |



# Health Organizations

*Organizations that offer information, support, and services relating to a specific disease*

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|  |              |
|--|--------------|
| <b>ALS Association</b> .....   | 804-836-1750 |
| 2800 North Parham Road, Suite 208, Richmond, VA 23294                      |              |
| <a href="http://www.webdc.alsa.org">www.webdc.alsa.org</a>                 |              |
| <b>Alzheimer’s Association, Greater Richmond Chapter</b> .....             | 804-967-2580 |
| 4600 Cox Road, Suite 130, Glen Allen, VA 23060                             |              |
| <a href="http://www.alz.org/grva">www.alz.org/grva</a>                     |              |
| <b>American Cancer Society (Hotline)</b> .....                             | 800-227-2345 |
| 4240 Park Place Court, Glen Allen, VA 23060.....                           |              |
| 804-527-3700   |              |
| <a href="http://www.cancer.org">www.cancer.org</a>                         |              |
| <b>American Diabetes Association</b> .....                                 | 804-225-8038 |
| 4335 Cox Road, Glen Allen, VA 23060  |              |
| <a href="http://www.diabetes.org">www.diabetes.org</a>                     |              |
| <b>American Heart Association</b> .....                                    | 804-747-8334 |
| 4217 Park Place Court, Glen Allen, VA 23060                                |              |
| <a href="http://www.heart.org">www.heart.org</a>                           |              |
| <b>American Liver Foundation</b> .....                                     | 800-465-4837 |
| <a href="http://www.liverfoundation.org">www.liverfoundation.org</a>       |              |
| <b>American Lung Association</b> .....                                     | 804-302-5740 |
| 9702 Gayton Road, Suite 110, Richmond, VA 23238                            |              |
| <a href="http://www.lung.org">www.lung.org</a>                             |              |
| <b>Anthem HealthKeepers CareMore</b> .....                                 | 804-262-5077 |
| 5620 Brook Road, Richmond, VA 23227  |              |
| <a href="http://www.caremorecom">www.caremorecom</a>                       |              |
| <b>Arthritis Foundation</b> .....  | 804-665-9950 |
| 7202 Glen Forest Drive, Suite 305, Richmond, VA 23226                      |              |
| <a href="http://www.arthritis.org/virginia">www.arthritis.org/virginia</a> |              |
| <b>Colon Cancer Alliance</b> .....   | 877-422-2030 |
| <a href="http://www.ccalliance.org">www.ccalliance.org</a>                 |              |
| <b>Huntington’s Disease Society of America (Mid-Atlantic Region)</b> ..... | 540-431-8573 |
| <a href="http://www.hdsa.org">www.hdsa.org</a>                             |              |
| <b>JenCare</b> .....   | 804-228-1143 |
| 3806 Mechanicsville Turnpike, Richmond, VA 23223                           |              |
| <a href="http://www.jencaremed.com">www.jencaremed.com</a>                 |              |
| <b>Legal Information Network for Cancer (CancerLINC)</b> .....             | 804-562-0371 |
| 1423 Johnston Willis Drive, P.O. Box 73281, Richmond, VA 23235             |              |
| <a href="http://www.cancerlinc.org">www.cancerlinc.org</a>                 |              |

- Leukemia and Lymphoma Society's Virginia Chapter**.....804-673-5690  
 5540 Falmouth Street, Suite 101, Richmond, VA 23230  
[www.lls.org/virginia](http://www.lls.org/virginia)
- National Alliance on Mental Illness (NAMI) (Central VA)**.....804-285-1749  
 1904 Byrd Avenue, Suite 207, Richmond, VA 23230  
[www.namicentralvirginia.org](http://www.namicentralvirginia.org)
- National Cancer Institute (Information Services)**.....800-422-6237  
[www.cancer.gov](http://www.cancer.gov)
- National Kidney Foundation**.....804-288-8342  
 1622 East Parham Road, Richmond, VA 23228  
[www.kidney.org](http://www.kidney.org)
- National Multiple Sclerosis Society**.....804-353-5008  
 4200 Innslake Drive, Suite 301, Glen Allen, VA 23060  
[www.nationalmssociety.org](http://www.nationalmssociety.org)
- VCU Massey Cancer Center**.....804-828-0450  
 401 College Street, Richmond, VA 23298  
[www.massey.vcu.edu](http://www.massey.vcu.edu)

## Hearing Services

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- Beltone Hearing Care Foundation**.....866-521-7164  
**Beltone Virginia**.....804-754-3600  
 10327 West Broad Street, Glen Allen, VA 23060
- Beltone Hearing Centers**.....804-320-6915  
 10441 Midlothian Turnpike, Richmond, VA 23235  
[www.beltone.com](http://www.beltone.com)
- Commonwealth Catholic Charities**.....804-285-5900  
 1601 Rolling Hills Drive, Richmond, VA 23229  
[www.cccofva.org](http://www.cccofva.org)
- Challenge Discovery Projects Deaf and Hard of Hearing Community Counseling Services**  
 1503 Santa Rosa Road, Suite 211, Richmond, VA 23229.....Phone: 804-282-1943  
[www.challengediscoveryprojects.org](http://www.challengediscoveryprojects.org).....TTY: 804-282-1944
- Hearing Clinics of Virginia**.....804-358-7992  
 7110 Patterson Avenue, Richmond, VA 23229  
[www.hcva.net](http://www.hcva.net)
- Lions 24B Hearing Aid Foundation**.....804-756-0288  
 10286 Staples Mill Road, Suite 131, Glen Allen, VA 23060.....[hearaidsva@gmail.com](mailto:hearaidsva@gmail.com)  
[www.lionshabva.org](http://www.lionshabva.org)

**Live Better Hearing**.....804-359-5851  
12077 Gayton Road, Richmond, VA 23238  
www.livebetterhearing.com

**Virginia Department for the Deaf and Hard of Hearing**.....Phone/TTY: 804-662-9502  
1602 Rolling Hills Drive, Richmond, VA 23229  
www.vddhh.org

## Home Based Care Services

*Agencies providing health care in the home for adults to maintain independence and have assistance with Activities of Daily Living*

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**Always Best Care**.....804-324-3989  
4870 Sadler Road, Suite 300, Glen Allen, VA 23060  
www.alwaysbestcare.com

**AT Home Care**.....804-359-3400  
2922 West Marshall Street, Richmond, VA 23230  
www.athomecare.com

**Blake Home Health**.....804-545-1974  
5709 South Laburnum Avenue, Richmond, VA 23231  
www.blakeeducationalcenter.com

**Care Advantage Inc. (Richmond West End branch)**.....804-285-1212  
3201 Hungary Spring Road, Richmond, VA 23228  
www.careadvantageinc.com

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

**Companion Extraordinaire Home Care Services**.....804-752-2205  
5311 Lakeside Avenue, Henrico, VA 23228  
www.cenninc.com

**Concordia Home Health Services**.....804-288-2578  
1904 Byrd Avenue, Suite 200, Richmond, VA 23230  
www.theconcordiagroup.com

**Encompass Home Health**.....804-562-4252  
1606 Santa Rosa Road, Suite 134, Richmond, VA 23229  
www.ehhi.com

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

|   |               |
|---|---------------|
| <b>Hand ‘n Heart Home Care Services</b> .....                     | 804-819-1755  |
| www.handnheart.org  |               |
| <b>Gentiva Home Health Richmond</b> .....                         | 804-672-7500  |
| 7113 Three Chopt Road, Suite 201, Richmond, VA 23226              |               |
| <b>Guardian Home Care</b> .....                                   | 804-282-9999  |
| 1700 Willow Lawn Drive Richmond, VA 23230                         |               |
| www.guardianhomecare.biz  |               |
| <b>Jewish Family Services</b> .....                               | 804-282-5644  |
| 6718 Patterson Avenue, Richmond, VA 23226                         |               |
| www.jfsrichmond.org   |               |
| <b>Kindred at Home</b> .....                                      | 804-672-7500  |
| 7113 Three Chopt Road, Suite 201, Richmond, VA 23226              |               |
| www.kindredhealthcare.com   |               |
| <b>Maxim Healthcare Services</b> .....                            | 804-355-9800  |
| 4235 Innslake Drive, Suite 200, Glen Allen, VA 23060              |               |
| www.maximhomecare.com   |               |
| <b>Nurse Next Door</b> .....                                      | 804-716-7194  |
| 2214 Westwood Avenue, Henrico, VA 23230                           |               |
| www.nursenextdoor.com   |               |
| <b>Options for Senior America</b> .....                           | 804- 673-6730 |
| 8100 Three Chopt Road, Suite 233, Richmond, VA 23229              |               |
| www.optionscorp.com   |               |
| <b>Paradise Home Care, Inc</b> .....                              | 804-288-0033  |
| 8900 Three Chopt Road, Richmond, VA 23229                         |               |
| www.paradisehomecareinc.com                                       |               |
| <b>Right at Home</b> .....  | 804-793-9170  |
| 4906 Fitzhugh Ave Suite 105, Richmond, VA 23230                   |               |
| www.rightathome.net   |               |
| <b>SeniorBridge Family Companies, Inc</b> .....                   | 804- 282-0753 |
| 6802 Paragon Place, Suite 201, Richmond, VA 23230                 |               |
| www.seniorbridge.com  |               |
| <b>Senior Connections, The Capital Area Agency on Aging</b> ..... | 804-343-3000  |
| 24 East Cary Street, Richmond, VA 23219                           |               |
| www.seniorconnections-va.org                                      |               |
| <b>Visiting Angels</b> .....                                      | 804-353-0000  |
| 4914 Radford Avenue, Suite 211, Richmond, VA 23230                |               |
| www.visitingangels.com/rva  |               |

# Home Management

*Organizational and decluttering services*

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|                                     |              |
|-------------------------------------|--------------|
| <b>A Place for Mom</b> .....        | 877-271-2939 |
| www.aplaceformom.com                |              |
| <b>Abundance Organizing</b> .....   | 804-212-2160 |
| www.abundanceorganizing.com         |              |
| <b>Brilliant Transitions</b> .....  | 804-402-1228 |
| www.brillianttransitions.com        |              |
| <b>Compass Home Solutions</b> ..... | 804-647-3718 |
| www.compassrva.com                  |              |
| <b>Dunmar</b> .....                 | 804-714-2520 |
| www.dunmar.com                      |              |
| <b>Kicking Klutter</b> .....        | 804-389-8931 |
| www.kickingklutter.com              |              |
| <b>Legacy Navigator</b> .....       | 800-913-7747 |
| www.legacynavigator.com             |              |
| <b>less is more interiors</b> ..... | 804-837-2402 |
| www.lessismoreonline.com            |              |
| <b>Life Well Managed</b> .....      | 804-263-3186 |
| www.lifewellmanaged.com             |              |
| <b>Space Matters LLC</b> .....      | 804-355-7330 |
| www.myspacematters.com              |              |
| <b>Thistle Be Simple</b> .....      | 804-366-6815 |
| www.thistlebesimple.com             |              |

# Home Modification

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|   |              |
|---|--------------|
| <b>Amramp</b> .....                       | 888-715-7598 |
| www.amramp.com                            |              |
| <b>Home Keepers</b> .....                 | 804-750-1166 |
| 8501 Patterson Avenue, Richmond, VA 23229 |              |
| www.homekeepers.org                       |              |

# Homeless Resources

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|  |              |
|--|--------------|
| <b>Better Housing Coalition</b> .....                                  | 804-644-0546 |
| 23 West Broad Street, Richmond, VA 23241                               |              |
| www.betterhousingcoalition.org   |              |
| <b>Commonwealth Catholic Charities (Homeless Point of Entry)</b> ..... | 804-648-4177 |
| 511 West Grace Street, Richmond, VA 23220                              |              |
| www.cccofva.org  |              |

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| <b>Homeward VA</b> .....   | 804-343-2045 |
| 1125 Commerce Road, Richmond, VA 23224   |              |
| <a href="http://www.homewardva.org">www.homewardva.org</a>                                 |              |
| <b>Housing Families First (Hilliard House Shelter)</b> .....                               | 804-236-5800 |
| 3900 Nine Mile Road, Richmond, VA 23223  |              |
| <a href="http://www.housingfamiliesfirst.org">www.housingfamiliesfirst.org</a>             |              |
| <b>Salvation Army</b> .....  | 804-225-7470 |
| 2 West Grace Street, Richmond, VA 23224  |              |
| <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>                     |              |
| <b>Shelter Diversion Line</b> .....  | 804-972-0813 |
| <b>St. Joseph's Villa</b> .....  | 804-553-3258 |
| <a href="http://www.neverstopbelieving.org">www.neverstopbelieving.org</a>                 |              |
| <b>Virginia Supportive Housing</b> .....   | 804-788-6825 |
| 8002 Discovery Drive, Suite 201, Richmond, VA 23229  |              |
| <a href="http://www.virginiassupportivehousing.org">www.virginiassupportivehousing.org</a> |              |

## Hospice and Palliative Care Resources

*Agencies providing care for those with life limiting illnesses and offer support for their families*

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| <b>Ascend Hospice</b> .....  | 804-673-1330 |
| 10571 Telegraph Road Suite 203, Glen Allen, VA 23059                       |              |
| <a href="http://www.ascendhospice.com">www.ascendhospice.com</a>           |              |
| <b>AseraCare Hospice</b> .....   | 804-282-4364 |
| 8001 Franklin Farms Drive, Suite 116, Richmond, VA 23229                   |              |
| <a href="http://www.aseracare.com">www.aseracare.com</a>                   |              |
| <b>AT Home Care</b> .....  | 804-359-3400 |
| 2922 West Marshall Street, Richmond, VA 23230                              |              |
| <a href="http://www.athomecare.com">www.athomecare.com</a>                 |              |
| <b>Bon Secours Hospice and Palliative Care</b> .....                       | 804-627-5360 |
| 8580 Magellan Parkway, Richmond, VA 23227                                  |              |
| <a href="http://www.bonsecours.com">www.bonsecours.com</a>                 |              |
| <b>Encompass Home Health</b> .....   | 804-562-4252 |
| 1606 Santa Rosa Road, Suite 134, Richmond, VA 23229                        |              |
| <a href="http://www.ehhi.com">www.ehhi.com</a>                             |              |
| <b>Gentiva Hospice Richmond</b> .....                                      | 804-290-4300 |
| 8000 Franklin Farms Drive, Suite 100, Richmond, VA 23229                   |              |
| <b>Harbor Light Hospice</b> .....  | 804-292-2944 |
| 10128 West Broad Street, Suite J, Glen Allen, VA 23060                     |              |
| <a href="http://www.harborlighthospice.com">www.harborlighthospice.com</a> |              |

|   |              |
|---|--------------|
| <b>Hospice of Virginia, Richmond</b> .....                      | 804-281-0451 |
| 2235 Staples Mill Road, Suite 100, Richmond, VA 23230           |              |
| www.hospiceofvirginia.com                                       |              |
| <b>James River Hospice</b> .....                                | 804-272-3300 |
| 9211 Arboretum Parkway, Suite 100, North Chesterfield, VA 23236 |              |
| www.jamesriverhospice.com                                       |              |
| <b>Legacy Hospice</b> .....                                     | 804-528-5883 |
| 1801 Bayberry Court, Suite 201, Richmond, VA 23226              |              |
| <b>Palliative Care at Massey Cancer Center at VCU</b> .....     | 804-628-1295 |
| 401 College Street, Richmond, VA 23298                          |              |
| www.massey.vcu.edu  |              |

## Hospitals

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|  |                        |
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| <b>Bon Secours Hospitals</b> .....                                       | www.bonsecours.com     |
| <b>Richmond Community Hospital</b> .....                                 | 804-225-1700           |
| 1500 North 28 <sup>th</sup> Street, Richmond, VA 23223                   |                        |
| <b>St. Mary's Hospital (Features Senior Emergency Departments)</b> ..... | 804-285-2011           |
| 5801 Bremono Road, Richmond, VA 23226                                    |                        |
| <b>HCA Virginia Hospitals</b>  |                        |
| <b>Henrico Doctor's Hospital</b> .....                                   | www.henricodoctors.com |
| <b>Henrico Doctor's Hospital</b> .....                                   | 804-289-4500           |
| 1602 Skipwith Road, Richmond, VA 23229                                   |                        |
| <b>Parham Doctor's Hospital</b> .....                                    | 804-747-5600           |
| 7700 East Parham Road, Richmond, VA 23294                                |                        |
| <b>Retreat Doctor's Hospital</b> .....                                   | 804-254-5100           |
| 2621 Grove Avenue, Richmond, VA 23220                                    |                        |
| <b>Stony Point Surgery Center</b> .....                                  | 804-775-4500           |
| 8700 Stony Point Parkway, Richmond, VA 23235                             |                        |
| www.stonypointsc.com   |                        |
| <b>VCU Medical Center</b> .....  | 804-828-9000           |
| 1250 East Marshall Street, Richmond, VA 23219                            |                        |

## Housing Assistance

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|-----------------------|--------------|
| <b>AccessVA</b> ..... | 877-428-8844 |
| www.accessva.org..... | TTY: 711     |

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| <b>Better Housing Coalition</b> .....                                       | 804-644-0546 |
| 23 West Broad Street, Richmond, VA 23241                                    |              |
| www.betterhousingcoalition.org  |              |
| <b>CARITAS (Furniture Bank)</b> .....                                       | 804-358-0964 |
| www.caritasva.org   |              |
| <b>Commonwealth Catholic Charities (Housing and Support Services)</b> ..... | 804-285-5986 |
| 511 West Grace Street, Richmond, VA 23220                                   |              |
| www.cccofva.org   |              |
| <b>Home Again</b> .....   | 804-358-7747 |
| www.homeagainrichmond.org   |              |
| <b>Housing Families First</b> .....   | 804-236-5800 |
| 3900 Nine Mile Road, Henrico, VA 23223                                      |              |
| www.housingfamiliesfirst.org  |              |
| <b>Housing Opportunities Make Equal (HOME)</b> .....                        | 804-354-0641 |
| 626 East Broad Street, Suite 400, Richmond, VA 23219                        |              |
| www.homeofva.org  |              |
| <b>Southside Community Development &amp; Housing Corporation</b> .....      | 804-231-4449 |
| 1624 Hull Street, Richmond, VA 23224  |              |
| www.scdhc.com   |              |
| <b>United Way</b> .....   | 804-771-5820 |
| 2001 Maywill Street, Suite 201, Richmond, VA 23230                          |              |
| www.yourunitedway.org   |              |
| <b>Virginia Housing Development Authority</b> .....                         | 804-782-1986 |
| 601 South Belvidere Street, Richmond, VA 23220                              |              |
| www.vhda.com  |              |

## Housing Options

- AL- Assisted Living (Residents need some assistance with Activities of Daily Living)*
- IL- Independent Living (Residents can perform all Activities of Daily Living independently)*
- MC- Memory Care (Residents have memory impairments and need assistance)*
- R- Respite (Residents need care for a temporary amount of time)*
- SNF- Skilled Nursing Facility (Residents need short term rehabilitation or long term skilled care with nurses and therapists)*

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| <b>Beth Sholom</b> .....   | 804-750-2183 |
| 1600 John Rolfe Parkway, Richmond, VA 23238.....AL, IL, MC, R, SNF |              |
| www.bslcc.org  |              |
| <b>Bonview Rehabilitation and Healthcare</b> .....                 | 804-320-7901 |
| 7246 Forest Hill Avenue, Richmond, VA 23225.....R, SNF             |              |
| www.consulatehealthcare.com  |              |



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|---|-----------------|
| <b>Brookdale Gayton Terrace</b> .....                                       | 804-292-2462    |
| 12401 Gayton Road, Richmond, VA 23238.....                                  | AL, IL, MC, SNF |
| www.brookdale.com   |                 |
| <b>Brookdale West End Richmond</b> .....                                    | 804-292-2461    |
| 1800 Gaskins Road, Richmond, VA 23238.....                                  | AL, IL, MC, SNF |
| www.brookdale.com   |                 |
| <b>Carriage Hill Apartments</b> .....                                       | 804-365-5473    |
| 7000 Coachman Lane, Richmond, VA 23228.....                                 | IL              |
| www.carriagehillapartments.com  |                 |
| <b>Chestnut Grove</b> .....   | 804-262-7333    |
| 9010 Woodman Road, Richmond, VA 23228.....                                  | AL              |
| www.chestnutgroveliving.com   |                 |
| <b>Commonwealth Senior Living at the West End</b> .....                     | 804-596-9025    |
| 2400 Gaskins Way, Richmond, VA 23238.....                                   | AL, IL, MC      |
| www.commonwealthal.com  |                 |
| <b>Discovery Village at the West End</b> .....                              | 804-569-5949    |
| 9801 Harmony Woods Way, Richmond, VA 23233.....                             | AL, IL, MC      |
| www.discoveryvillages.com   |                 |
| <b>Elizabeth House</b> .....  | 804-337-0459    |
| 3590 Mountain Road, Glen Allen, VA 23060.....                               | AL              |
| <b>Glenburnie Rehab and Nursing Center</b> .....                            | 804-281-3500    |
| 1901 Libbie Avenue, Richmond, VA 23226.....                                 | R, SNF          |
| www.carevirginia.com/locations/glenburnie-rehabilitation-and-nursing-center |                 |
| <b>Heritage Oaks</b> .....  | 804-323-3800    |
| 1100 German School Road, Richmond, VA 23225.....                            | IL              |
| www.heritageoaksseniorliving.com  |                 |
| <b>Hermitage at Cedarfield</b> .....  | 804-474-8800    |
| 2300 Cedarfield Parkway, Richmond, VA 23233.....                            | AL, IL, MC      |
| www.hermitage-cedarfield.com  |                 |
| <b>Lakewood Manor</b> .....   | 804-729-5563    |
| 1900 Lauderdale Drive, Richmond, VA 23238.....                              | IL, MC, R, SNF  |
| www.lakewoodwestend.org   |                 |
| <b>Lexington Rehab and Healthcare</b> .....                                 | 804-740-6174    |
| 1776 Cambridge Drive, Richmond, VA 23238.....                               | R, SNF          |
| www.lexingtoncourt.net  |                 |
| <b>ManorCare Health Services- Richmond</b> .....                            | 804-266-9666    |
| 2125 Hilliard Road, Richmond, VA 23228.....                                 | R, SNF          |
| www.heartland-manorcare.com/Richmond  |                 |
| <b>Manorhouse</b> .....   | 804-360-7777    |
| 13500 North Gayton Road, Henrico, VA 23233.....                             | AL, IL, MC      |
| www.richmond.manorhouseretirement.com                                       |                 |

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| <b>Market Square Apartments</b> .....                        | 804-271-1142 |
| 7300 Taw Street, Richmond, VA 23237.....IL                   |              |
| <b>Masonic Home of Virginia</b> .....                        | 804-222-1694 |
| 500 Masonic Lane, Richmond, VA 23223.....AL, IL              |              |
| www.mahova.org   |              |
| <b>Monarch Woods Senior Apartments</b> .....                 | 804-320-4301 |
| 6501 Jahnke Road, Richmond, VA 23225.....IL                  |              |
| www.betterhousingcoalition.org/property/monarch-woods        |              |
| <b>Morningside in the West End</b> .....                     | 804-270-3990 |
| 3000 Skipwith Road, Richmond, VA 23294.....AL, MC, R         |              |
| www.fivestarseniorliving.com/communities/va                  |              |
| <b>Parham Healthcare and Rehabilitation Center</b> .....     | 804-264-9185 |
| 2400 East Parham Road, Richmond, VA 23228.....R, SNF         |              |
| www.parhamhealthrehab.com                                    |              |
| <b>Reflections Apartments</b> .....                          | 804-497-4343 |
| 4611 Lou's Lore Lane, Richmond, VA 23231.....IL              |              |
| www.reflectionsrichmond.com                                  |              |
| <b>Spring Arbor of Richmond</b> .....                        | 804-592-1948 |
| 9991 Ridgefield Parkway, Henrico, VA 23233.....AL, MC        |              |
| www.springarborliving.com                                    |              |
| <b>St. Francis Home</b> .....                                | 804-231-1043 |
| 65 West Clopton Street, Richmond, VA 23225.....AL            |              |
| www.saintfrancishome.com                                     |              |
| <b>St. Mary's Woods</b> .....                                | 804-741-8624 |
| 1257 Marywood Lane, Richmond, VA 23229.....AL                |              |
| www.stmaryswoods.com   |              |
| <b>Sunrise of Richmond</b> .....                             | 804-967-0303 |
| 1807 North Parham Road, Richmond, VA 23229.....AL, IL, MC, R |              |
| www.sunriseseniorliving.com                                  |              |
| <b>The Laurels of University Park</b> .....                  | 804-747-9200 |
| 2420 Pemberton Road, Richmond, VA 23233.....R, SNF           |              |
| www.laurelsofuniversitypark.com                              |              |
| <b>The Lynmoore: Symphony Manor</b> .....                    | 804-396-2414 |
| 12411 Gayton Road, Richmond, VA 23238.....AL, MC, R          |              |
| www.symphonymrichmond.com                                    |              |
| <b>The Towers</b> .....                                      | 804-320-1412 |
| 7015 Carnation Street, Richmond, VA 23225.....AL, IL, MC, R  |              |
| www.rui.net/the-towers                                       |              |
| <b>Westminster Canterbury</b> .....                          | 804-264-6000 |
| 1600 Westbrook Avenue, Richmond, VA 23227.....AL, IL, MC, R  |              |
| www.wcrichmond.org   |              |

**Virginian**.....804-414-8677  
 300 Twinridge Lane, Richmond, VA 23235.....IL  
[www.holidaytouch.com/our-communities/the-virginian](http://www.holidaytouch.com/our-communities/the-virginian)

## Information and Referral Services

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**Advocate for the Aging (Henrico County)**.....804-501-5065  
[www.henrico.us/services/seniors](http://www.henrico.us/services/seniors).....tur060@henrico.us

**Eldercare Locator**.....800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

**Henrico Social Services**

**Community Resource Line**.....804-501-5294

**West End**.....804-501-4001  
 Dixon Powers Drive, Henrico, VA 23228

**East End (Benefit Programs only)**.....804-652-3123  
 3820 Nine Mile Road, Henrico, VA 23223  
 Mail for both offices: P.O. Box 90775, Henrico, VA 23273  
[www.henrico.us/dss](http://www.henrico.us/dss)

**Physician Referral for Bon Secours**.....804-359-9355  
 5801 Bremono Road, Richmond, VA 23226

**Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

**Senior Navigator**.....804-525-7728  
[www.seniornavigator.org](http://www.seniornavigator.org)

**United Way**.....804-771-5820  
[www.yourunitedway.org](http://www.yourunitedway.org)

**Virginia Department for Aging and Rehabilitation Services**.....804-662-7000  
 8004 Franklin Farms Drive, Henrico, VA 23229.....TTY: 800-464-9950  
[www.vadars.org](http://www.vadars.org)

**2-1-1 Virginia**.....2-1-1  
[www.211virginia.org](http://www.211virginia.org)

## Job and Volunteer Opportunities

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**AARP Senior Community Service Employment Program**.....804-355-3600  
 1806 Chantilly Street, Suite 100, Richmond, VA 23230  
[www.aarp.org/aarp-foundation/our-work/income/scsep](http://www.aarp.org/aarp-foundation/our-work/income/scsep)

**American Lung Association**.....804-302-5740  
 9702 Gayton Road, Suite 110, Richmond, VA 23238  
[www.lung.org](http://www.lung.org)

**American Red Cross**.....[www.redcross.org/local/virginia/volunteer](http://www.redcross.org/local/virginia/volunteer)

**CARITAS**.....804-358-0964  
 1125 Commerce Road, Richmond, VA 23224  
[www.caritasva.org](http://www.caritasva.org)

**Commonwealth Catholic Charities**.....804-545-5924  
 1601 Rolling Hills Drive, Richmond, VA 23229  
[www.cccofva.org](http://www.cccofva.org)

**Family Lifeline**.....804-282-4255  
 2325 West Broad Street, Richmond, VA 23220  
[www.familylifeline.org](http://www.familylifeline.org)

**FeedMore (Meals on Wheels)**.....804-521-2500  
 1415 Rhoadmiller Street, Richmond, VA 23220  
[www.feedmore.org](http://www.feedmore.org)

**Goodwill of Central Virginia**.....804-745-6300  
 6301 Midlothian Turnpike, Richmond, VA 23225

**Henrico CASA (Court Appointed Special Advocates)**.....804-501-1671  
 3001 Hungary Spring Road, Suite A, Richmond, VA 23228  
[www.henicocasa.org](http://www.henicocasa.org)

**Henrico County**.....804-501-4425  
[henrico.us/services/volunteer](http://henrico.us/services/volunteer)

**Housing Families First**.....804-236-5800  
 3900 Nine Mile Road, Henrico, VA 23223  
[www.housingfamiliesfirst.org](http://www.housingfamiliesfirst.org)

**Jewish Family Services**.....804-282-5644  
 6718 Patterson Avenue, Richmond, VA 23226  
[www.jfsrichmond.org](http://www.jfsrichmond.org)

**Lamb’s Basket**.....804-565-8007  
 8419 Oakview Avenue, Henrico, VA 23228  
[www.lambsbasket.org](http://www.lambsbasket.org)

**Resource VA**.....804-952-6116  
[www.resourceva.com](http://www.resourceva.com)

**Senior Connections, The Capital Area Agency on Aging**.....804-343-3024  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

**The READ Center (For adults with low-level reading and communication skills)**.....804-288-9930  
 4915 Radford Avenue, Suite 204, Richmond, VA 23230  
[www.readcenter.org](http://www.readcenter.org)

**Virginia Employment Commission**.....804-652-3240  
 203 East Cary Street, Richmond, VA 23219.....TTY: 711 or 800-828-1120  
[www.vec.virginia.gov](http://www.vec.virginia.gov)

**Virginia Voice**.....804-266-2477  
 395 Azalea Avenue, P.O. Box 15546, Richmond, VA 23227  
[www.virginiavoice.org](http://www.virginiavoice.org)

## Legal Assistance

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**AARP**.....888-687-2277  
[www.aarp.org](http://www.aarp.org)

**American Civil Liberties Union of Virginia**.....804-644-8022  
 701 East Franklin Street, Suite 1412, Richmond, VA 23219  
[www.acluva.org](http://www.acluva.org)

**Central Virginia Legal Aid Society**.....804-648-1012  
 101 West Broad Street, Suite 101, Richmond, VA 23220  
[www.cvlas.org](http://www.cvlas.org)

**Commonwealth Mediation Group, Inc.**.....804-254-2664  
 9100 Arboretum Parkway, Suite 190, Richmond, VA 23236  
[www.cmg-foundation.org](http://www.cmg-foundation.org)

**Disability Law Center of Virginia**.....804-225-2042  
 1512 Willow Lawn, Suite 100, Richmond, VA 23230  
[www.dlc.v.org](http://www.dlc.v.org)

**Equal Employment Opportunity Commission**.....800-669-4000  
 400 North Eight Street, Suite 350, Richmond, VA 23219.....TTY: 800-669-6820  
[www.eeoc.gov](http://www.eeoc.gov)

**Legal Information Network for Cancer (CancerLINC)**.....804-562-0371  
 1423 Johnston Willis Drive, P.O. Box 73281, Richmond, VA 23235  
[www.cancerlinc.org](http://www.cancerlinc.org)

**National Association for the Advancement of Colored People (NAACP)**.....877-622-2798  
[www.naacp.org](http://www.naacp.org)

**Henrico Branch**.....804-740-5222  
 P.O. Box 3005, Henrico, VA 23228  
[www.henriconaacp.org](http://www.henriconaacp.org)

**Legal Aid Justice Center**.....804-643-1086  
 123 East Broad Street, Richmond, VA 23219  
[www.justice4all.org](http://www.justice4all.org)

**Virginia Lawyer Referral Service**.....804-775-0808  
 1111 East Main Street, Suite 700, Richmond, VA 23219.....TDD: 804-775-0502  
[www.vsb.org/vlrs](http://www.vsb.org/vlrs)

**Virginia Poverty Law Center**.....804-782-9430  
919 East Main Street, Suite 610, Richmond, VA 23219  
www.vplc.org

## Medicare and Medicaid

*Programs that provide assistance with insurance*

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

**Anthem HealthKeepers CareMore**.....804-262-5077  
5620 Brook Rd, Richmond, VA 23227  
www.caremorecom

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

**Henrico Social Services**

**West End**.....804-501-4001  
Dixon Powers Drive, Henrico, VA 23228

**East End (Benefit Programs only)**.....804-652-3123  
3820 Nine Mile Road, Henrico, VA 23223  
Mail for both offices: P.O. Box 90775, Henrico, VA 23273  
www.henrico.us/dss

**JenCare**.....804-228-1143  
3806 Mechanicsville Turnpike, Richmond, VA 23223  
www.jencaremed.com

**Social Security Offices**

1834 West Cary Street, Richmond, VA 23220.....800-772-1213  
245 East Williamsburg Road, Sandston, VA 23150.....866-218-2307  
www.ssa.gov.....TTY: 800-325-0778

**Virginia Insurance Counseling and Assistance Program (VICAP)**.....804-662-9333  
1610 Forest Avenue, Suite 100, Henrico, VA 23229  
www.vda.virginia.gov

## Memory Support

*For housing, please see Housing Options*

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

**The Memory Center**.....804-818-6273  
13800 Bon Secours Drive, Midlothian, VA 23114  
www.thememorycenter.com/communities/richmond

**Seniors Helping Seniors**.....804-476-0092  
12149 Glen Gary Circle, Henrico, VA 23233  
www.seniorcarerva.com

## Mental Health Services

*Agencies providing services to those experiencing mental health problems*

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### Henrico County

**Henrico Mental Health**.....www.henrico.us/mhds  
**Henrico Area Mental Health**.....804-727-8500  
10299 Woodman Road, Glen Allen, VA 23060  
**Henrico County Mental Health**.....804-727-8515  
4825 South Laburnum Avenue, Richmond, VA 23231

### Social Services

**Adult Protective Services**.....804-501-7346  
**West End**.....804-501-4001  
8600 Dixon Powers Drive, Henrico, VA 23228  
**East End (Benefit Programs only)**.....804-652-3123  
3820 Nine Mile Road, Henrico, VA 23223  
Mail for both offices: P.O. Box 90775, Henrico, VA 23273  
www.henrico.us/dss

**Alcoholics Anonymous, Richmond Intergroup, Inc**.....804-355-1212  
www.aarichmond.org

**Chapman Senior Care**.....804-741-7500  
9702 Gayton Road, Suite 181, Richmond, VA 23238  
www.chapmanseniorcare.com

**Clearr Vission Support Services, Inc**.....804-328-1784  
5350 Lewis Road, Suite E, Sandston, VA 23150  
www.clearrvission.com

**Dominion Behavioral Health**.....804-270-1124  
2305 North Parham Road, Suite 3, Richmond, VA 23229  
www.dbhhelp.com

**Greenbrook TMS NeuroHealth Center (Depression)**.....855-998-4867  
100 Eastshore Drive, Suite 110, Glen Allen, VA 23059  
www.tmsneuro.com

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

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| <b>Lutheran Family Services</b> .....                                | 804-288-0122 |
| 4901 Dickens Road, Suite 115, Richmond, VA 23230                     |              |
| <a href="http://www.lfsva.org">www.lfsva.org</a>                     |              |
| <b>National Alliance on Mental Illness</b> .....                     | 804-285-1749 |
| 1904 Byrd Avenue, Suite 207, Richmond, VA 23230                      |              |
| <a href="http://www.namicva.website">www.namicva.website</a>         |              |
| <b>Richmond Community Hospital</b> .....                             | 804-225-1700 |
| 1510 North 28th Street, Richmond, VA 23223                           |              |
| <b>The Greater Richmond ARC</b> .....                                | 804-358-1874 |
| 3600 Saunders Avenue, Richmond, VA 23227                             |              |
| <a href="http://www.richmondarc.org">www.richmondarc.org</a>         |              |
| <b>VCU's Center for Psychological Services and Development</b> ..... | 804-828-8069 |
| 612 North Lombardy, P.O. Box 84033, Richmond, VA 23284               |              |
| <a href="http://www.cpsd.vcu.edu">www.cpsd.vcu.edu</a>               |              |
| <b>YWCA Women's Victim Advocacy Program</b> .....                    | 804-643-6761 |
| 6 North 5th Street, Richmond, VA 23219                               |              |
| <a href="http://www.ywcarichmond.org">www.ywcarichmond.org</a>       |              |

## Money Management Services

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| <b>Clearpoint Financial Solutions</b> .....                                  | 804-288-1430 |
| 8000 Franklin Farms Drive, Henrico, VA 23229                                 |              |
| <a href="http://www.clearpoint.org">www.clearpoint.org</a>                   |              |
| <b>Commonwealth Catholic Charities</b> .....                                 | 804-285-5900 |
| 1601 Rolling Hills Drive, Richmond, VA 23229                                 |              |
| <a href="http://www.cccofva.org">www.cccofva.org</a>                         |              |
| <b>Guidelight Money Management, LLC</b> .....                                | 804-241-7506 |
| 4860 Cox Road, Suite 200, Glen Allen, VA 23060                               |              |
| <a href="http://www.guidelightmoneymgmt.com">www.guidelightmoneymgmt.com</a> |              |
| <b>Jewish Family Services</b> .....  | 804-282-5644 |
| 6718 Patterson Avenue, Richmond, VA 23226                                    |              |
| <a href="http://www.jfsrichmond.org">www.jfsrichmond.org</a>                 |              |
| <b>Highstone Group Comprehensive Financial Services</b> .....                | 804-285-7010 |
| 4205 Dover Road, Richmond, VA 23221  |              |
| <b>Net 30</b> .....  | 804-716-9070 |
| 8016 Staples Mill Road, Richmond, VA 23228                                   |              |
| <a href="http://www.net30.net">www.net30.net</a>                             |              |
| <b>Richmond Residential Services, Inc</b> .....                              | 804-358-2211 |
| 1000 North Thompson Street, Richmond, VA 23230                               |              |
| <a href="http://www.rrsi.org">www.rrsi.org</a>                               |              |



- River City Wealth Consultants**.....804-217-8354  
 4860 Cox Road, Suite 200, Glen Allen, VA 23060  
[www.rcwconsultants.net](http://www.rcwconsultants.net)
- Senior Connections, The Capital Area Agency on Aging**.....804-343-3000  
 24 East Cary Street, Richmond, VA 23219  
[www.seniorconnections-va.org](http://www.seniorconnections-va.org)
- Southside Community Development & Housing Corporation**.....804-231-4449  
 1624 Hull Street, Richmond, VA 23224  
[www.scdhc.com](http://www.scdhc.com)

## Moving Services

*Also see Certified Senior Advisors*

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- Brilliant Transitions**.....804-402-1228  
[www.brillianttransitions.com](http://www.brillianttransitions.com)
- Door to Door Solutions**.....804-261-4124  
 2214 Westwood Avenue, Richmond, VA 23230  
[www.doortodoorsolutions.com](http://www.doortodoorsolutions.com)
- Dunmar**.....804-714-2520  
[www.dunmar.com](http://www.dunmar.com)
- Home Matters of VA**.....804-385-2433  
[www.homemattersofva.com](http://www.homemattersofva.com)
- Move My Mom**.....804-338-2647  
 4112 Park Avenue, Suite 301, Richmond, VA 23221  
[www.movemymom.com](http://www.movemymom.com)

## Orthotics and Prosthetics

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- American Orthotic and Prosthetic Center**.....804-353-9077  
[www.americanopc.com](http://www.americanopc.com)
- Powell Orthotics and Prosthetics**.....804-649-9043  
 2034 Dabney Road, Suite C, Richmond, VA 23230  
[www.powelloandp.com](http://www.powelloandp.com)

# Personal Emergency Response System

*Systems that allow maintained independence for people who are at risk for injuries and accidents within the home*

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| <b>ADT</b> .....   | 804-477-1847 |
| <a href="http://www.adt.com/local/va/richmond">www.adt.com/local/va/richmond</a>                       |              |
| <b>Comfort Keepers</b> .....   | 804-750-1123 |
| 10833 Ridgefield Parkway, Richmond, VA 23238   |              |
| <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>                                     |              |
| <b>IVNA Health Watch</b> .....   | 804-355-7100 |
| <b>Life Alert</b> .....  | 800-360-0329 |
| <a href="http://www.lifealert.com">www.lifealert.com</a>   |              |
| <b>Philips Lifeline (Automatic Fall Detection)</b> .....   | 855-600-6126 |
| <a href="http://www.lifeline.philips.com">www.lifeline.philips.com</a>                                 |              |
| <b>Project Lifesaver for Henrico</b> .....   | 804-501-5860 |
| <a href="http://www.henrico.us/sheriff/project-lifesaver">www.henrico.us/sheriff/project-lifesaver</a> |              |
| <b>Structured Cable of VA</b> .....  | 804-934-0000 |
| <a href="http://www.structuredcableofva.com">www.structuredcableofva.com</a>                           |              |
| <b>Quality CCTV Systems</b> .....  | 804-276-7300 |
| <a href="http://www.qualitycctv.net">www.qualitycctv.net</a>   |              |

## Pharmacies Providing Home Services

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| <b>Bremo Pharmacy (features Medication Take-Back)</b> .....            | 804-288-8361 |
| 2024 Staples Mill Road Richmond, VA 23230                              |              |
| <b>Bremo Pharmacy at Henrico Doctors</b> .....                         | 804-285-7730 |
| 1602 Skipwith Road, Richmond, VA 23229                                 |              |
| <a href="http://www.bremorx.com">www.bremorx.com</a>                   |              |
| <b>C3 Pharmacy</b> .....   | 804-321-7500 |
| 2026 Dabney Road, Suite A, Richmond, VA 23230                          |              |
| <a href="http://www.c3healthcarerx.com">www.c3healthcarerx.com</a>     |              |
| <b>Lafayette Pharmacy Inc.</b> .....                                   | 804-355-1777 |
| 1011 Lafayette Street, Richmond, VA 23221                              |              |
| <a href="http://www.pharmacyrichmond.com">www.pharmacyrichmond.com</a> |              |
| <b>Westbury Pharmacy</b> .....   | 804-285-3428 |
| 8903 Three Chopt Road, Henrico, VA 23229                               |              |
| <a href="http://www.mygnp.com">www.mygnp.com</a>                       |              |

## Physician House Calls

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| <b>Visiting Physicians Association</b> .....   | 804-767-4441 |
| 7229 Forest Avenue, Suite 111, Richmond, VA 23226  |              |
| <a href="http://www.visitingphysicians.com">www.visitingphysicians.com</a>                                   |              |
| <b>VCU Center for Advanced Health Management</b> .....   | 804-254-3500 |
| 2116 West Laburnum Avenue, Richmond, VA 23227  |              |
| <a href="http://www.intmed.vcu.edu/about/institutes/vcucahm">www.intmed.vcu.edu/about/institutes/vcucahm</a> |              |

## Physician Referral Services

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| <b>Bon Secours Hospitals</b> .....                                       | 804-359-9355 |
| <b>HCA Physician Referral</b> .....                                      | 804-320-3627 |
| <a href="http://www.chippenhammed.com">www.chippenhammed.com</a>         |              |
| <b>Henrico Doctors' Hospital</b> .....                                   | 804-289-4500 |
| 1602 Skipwith Road, Richmond, VA 23229                                   |              |
| <a href="http://www.henricodoctors.com">www.henricodoctors.com</a>       |              |
| <b>MCV Physicans</b> .....   | 804-628-3627 |
| 830 East Main Street, Richmond, VA 23219                                 |              |
| <a href="http://www.mcvphysicians.vcu.edu">www.mcvphysicians.vcu.edu</a> |              |
| <b>The Richmond Academy of Medicine</b> .....                            | 804-643-6631 |
| 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294                    |              |
| <a href="http://www.ramdocs.org">www.ramdocs.org</a>                     |              |

## Physicians with Geriatric Focus

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| <b>Chippenham Family Medicine</b> .....                                  | 804-560-0490 |
| 500 Hioaks Road, Suite B, Richmond, VA 23225                             |              |
| <a href="http://www.phg-chippenham.com">www.phg-chippenham.com</a>       |              |
| <b>Commonwealth Internal Medicine Associates</b> .....                   | 804-560-8838 |
| 9220 Forest Hill Avenue, Suite A1, Richmond, VA 23235                    |              |
| <b>Primary Health Group</b> .....  | 804-320-1333 |
| 1471 Johnston Willis Drive, Richmond, VA 23235                           |              |
| <a href="http://www.phgjohnstonwillis.com">www.phgjohnstonwillis.com</a> |              |
| <b>VCU Geriatrics</b> .....  | 804-828-4624 |

# Prescription Aid

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|---|--------------|
| <b>Capital Area Health Network</b> .....  | 804-780-0840 |
| 2809 North Avenue, Richmond, VA 23222   |              |
| <a href="http://www.cahealthnet.org">www.cahealthnet.org</a>  |              |
| <b>Medicare</b> .....   | 800-633-4227 |
| Prescription Drug Benefits Manual..... <a href="http://www.cms.gov/medicare/prescription-drug-coverage/prescriptiondrugcovcontra/partdmanuals.html">www.cms.gov/medicare/prescription-drug-coverage/prescriptiondrugcovcontra/partdmanuals.html</a> |              |
| <b>Senior Connections, The Capital Area Agency on Aging</b> .....   | 804-343-3000 |
| 24 East Cary Street, Richmond, VA 23219   |              |
| <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>  |              |
| <b>Virginia Health Care Foundation</b> .....  | 804-828-5804 |
| 707 East Main Street, Suite 1350, Richmond, VA 23219  |              |
| <a href="http://www.vhcf.org">www.vhcf.org</a>  |              |

# Respite Referral Services

*Services that can assist in providing temporary relief for caregivers*

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| <b>Alzheimer's Association of Greater Richmond</b> .....                       | 804-967-2580 |
| 4600 Cox Road, Suite 130, Glen Allen, VA 23060.....Helpline: 800-272-3900      |              |
| <a href="http://www.alz.org/grva">www.alz.org/grva</a>                         |              |
| <b>Family Lifeline</b> .....   | 804-282-4255 |
| 2325 West Broad Street, Richmond, VA 23220                                     |              |
| <a href="http://www.familylifeline.org">www.familylifeline.org</a>             |              |
| <b>Henrico Mental Health</b>   |              |
| <b>Henrico Area Mental Health</b> .....  | 804-727-8500 |
| 10299 Woodman Road, Glen Allen, VA 23060                                       |              |
| <b>Henrico County Mental Health</b> .....                                      | 804-727-8515 |
| 4825 South Laburnum Avenue, Richmond, VA 23231                                 |              |
| <a href="http://www.henrico.us/mhds">www.henrico.us/mhds</a>                   |              |
| <b>Jewish Family Services</b> .....  | 804-282-5644 |
| 6718 Patterson Avenue, Richmond, VA 23226                                      |              |
| <a href="http://www.jfsrichmond.org">www.jfsrichmond.org</a>                   |              |
| <b>Senior Connections, The Capital Area Agency on Aging</b> .....              | 804-343-3000 |
| 24 East Cary Street, Richmond, VA 23219  |              |
| <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a> |              |
| <b>Virginia Department for Aging and Rehabilitation Services</b> .....         | 804-662-7000 |
| 8004 Franklin Farms Drive, Henrico, VA 23229.....TTY: 800-464-9950             |              |
| <a href="http://www.vadars.org">www.vadars.org</a>                             |              |

# Retirement and Financial Advisors

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| <b>Anliker Financial Management</b> .....                              | 804-237-6044 |
| 5348 Twin Hickory Road, Glen Allen, VA 23059                           |              |
| www.anlikerfinancial.com   |              |
| <b>AXA Advisors</b> .....  | 804-288-1100 |
| 7231 Forest Avenue, Suite 300, Richmond, VA 23226                      |              |
| www.us.axa.com   |              |
| <b>Edelman Financial Services LLC</b> .....                            | 888-PLAN-RIC |
| 200 Westgate Parkway, Suite 202, Henrico, VA 23233                     |              |
| www.edelmanfinancial.com   |              |
| <b>Edward Jones and Co.</b>  |              |
| <b>Chuck Smith Jr</b> .....  | 804-741 1271 |
| 1358 Gaskins Road, Richmond, VA 23238                                  |              |
| www.edwardjones.com  |              |
| <b>Genworth Financial</b> .....  | 888-436-9678 |
| 6620 West Broad Street, Richmond, VA 23230                             |              |
| www.genworth.com   |              |
| <b>Legacy Partners LLC</b> .....                                       | 804-290-8702 |
| 4880 Sadler Road, Suite 110 Glen Allen, VA 23060                       |              |
| www.legacypartnersus.com   |              |
| <b>New York Life</b> .....   | 800-CALL-NYL |
| www.newyorklife.com  |              |
| <b>Retirement Funding Solutions</b>                                    |              |
| <b>Jim Warns</b> .....   | 804-714-8007 |
| 4860 Cox Road, Suite 200, Glen Allen, VA 23060.....JWarns@RFSLends.com |              |
| www.rfslends.com/jim-warns-virginia-reverse-mortgage                   |              |
| <b>Old Dominion Investment &amp; Retirement Advisors</b> .....         | 804-741-4972 |
| 1897 Billingsgate Circle, Suite B, Henrico, VA 23238                   |              |
| www.olddominionira.com   |              |
| <b>The Benson Group</b> .....  | 804-914-0843 |
| 6802 Paragon Place, Suite 410, Richmond, VA 23230                      |              |
| www.bensonwealthmanagement.com   |              |
| <b>VOYA Financial Advisors (Orenduff &amp; Associates)</b> .....       | 804-673-1746 |
| 1500 Forest Avenue, Suite 114, Henrico, VA 23229                       |              |
| www.orenduff.com   |              |
| <b>Virginia Estate and Retirement Planning Advisors, Inc</b> .....     | 800-279-3768 |
| 4870 Sadler Road, Suite 300, Overlook II, Glen Allen, VA 23060         |              |
| www.myverpa.com  |              |

# Senior Advisors

*Agencies that provide information on and assistance with choosing a senior living facility*

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- A Place for Mom**.....877-271-2939  
www.aplaceformom.com
- Always Best Care**.....804-324-3989  
4870 Sadler Road, Suite 300, Glen Allen, VA 23060  
www.alwaysbestcare.com
- Amada Senior Care**.....804-297-0827  
6800 Paragon Place, Suite 106, Richmond, VA 23230  
www.amadarichmond.com
- Assisted Living Locators of Greater Richmond**.....804-643-2600  
www.assistedlivinglocatorsrva.com
- Choice Connections of Virginia**.....804-364-0123  
11525 Swanson Mill Way, Glen Allen, VA 23059  
www.choiceconnectionsva.com
- OASIS Senior Advisors**.....804-836-3046  
2217 Flat Branch Court, Henrico, VA 23233  
www.westrichmond.oasissenioradvisors.com
- Senior Assisted Solutions**.....973-650-2720  
4990 Sadler Place, Glen Allen, VA 23058  
www.seniorassistedolutionsva.com

# Senior Centers

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- Deep Run Friendship Café**.....804-343-3000  
9900 Ridgetfield Parkway, Henrico, VA 23233
- Henrico Senior Clubs and Leagues**.....804-501-7275  
www.henrico.us/rec/senior-clubs-leagues
- Highland Springs Recreation Center Friendship Café**.....804-343-3000  
16 South Ivy Avenue, Henrico, VA 23075
- Oakwood Memorial Baptist Church Friendship Café**.....804-343-3000  
3100 Gay Avenue, Richmond, VA 23231
- Senior Center of Greater Richmond**.....804-353-3171  
P.O. Box 6521, Richmond, VA 23230  
www.seniorcenterofgreaterrichmond.org
- The Shepherd's Center of Richmond**.....804-355-7282  
3111 Northside Avenue, Suite 400, Richmond, VA 23228  
www.tscor.org

**West Richmond Church of the Brethren Friendship Café**.....804-343-3000  
 7612 Wanymala Road, Henrico, VA 23229

**YMCA**

**Chickahominy Family YMCA**.....804-737-9622  
 5401 Whiteside Road, Sandston, VA 23150

**John Rolfe Family YMCA**.....804-360-8767  
 2244 John Rolfe Parkway, Henrico, VA 23233

**Shady Grove Family YMCA** .....804-270-3866  
 11255 Nuckols Road, Glen Allen, VA 23059

**Tuckahoe Family YMCA**.....804-740-9622  
 9211 Patterson Avenue, Henrico, VA 23229  
[www.ymcarichmond.org](http://www.ymcarichmond.org)

## Social Security

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### Social Security Offices

1834 West Cary Street, Richmond, VA 23220.....800-772-1213  
 245 East Williamsburg Road, Sandston, VA 23150.....866-218-2307  
 .....TTY: 800-325-0778  
[www.ssa.gov](http://www.ssa.gov)

## Substance Abuse Recovery

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**Alcohol & Drug Rehab Helpline**.....804-835-5149

**Alcoholics Anonymous in Greater Richmond**.....804-355-1212  
[www.aarichmond.org](http://www.aarichmond.org)

**American Addiction Center Helpline**.....888-407-6976  
[americanaddictioncenters.org](http://americanaddictioncenters.org)

**Bounce Back**.....[www.bouncebackhc.com](http://www.bouncebackhc.com)

**Daily Planet (West Grace Health Center)**.....804-783-2505  
 517 West Grace Street, Richmond, VA 23220  
[www.dailyplanetva.org](http://www.dailyplanetva.org)

**Family Intervention Center of Virginia**.....804-677-7728  
 2405 West Main Street, Richmond, VA 23220  
[www.interventionctr.com](http://www.interventionctr.com)

**Henrico Mental Health**

**Henrico Area Mental Health**.....804-727-8500  
 10299 Woodman Road, Glen Allen, VA 23060

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| <b>Henrico County Mental Health</b> .....  | 804-727-8515 |
| 4825 South Laburnum Avenue, Richmond, VA 23231   |              |
| <a href="http://www.henrico.us/mhds">www.henrico.us/mhds</a>   |              |
| <b>Libbie Avenue Recovery Houses</b>   |              |
| Men's Houses.....  | 804-334-9112 |
| Women's House.....   | 804-405-3468 |
| <a href="http://www.libbieavenue.webs.com">www.libbieavenue.webs.com</a>                                   |              |
| <b>McShin Foundation</b> .....   | 804-249-1845 |
| 2300 Dumbarton Road, Richmond, VA 23228  |              |
| <a href="http://www.mcshin.org/mcwp">www.mcshin.org/mcwp</a>   |              |
| <b>Oxford House of Virginia</b> .....  | 800-689-6411 |
| <a href="http://www.vaoxfordhouse.org/virginia-directory-2">www.vaoxfordhouse.org/virginia-directory-2</a> |              |
| <b>Richmond Behavioral Health Authority</b> .....  | 804-819-4000 |
| 107 South Fifth Street, Richmond, VA 23219   |              |
| <a href="http://www.rbha.org">www.rbha.org</a>   |              |
| <b>Richmond Private Methadone Clinic</b> .....   | 804-673-5241 |
| 4926 West Broad Street, Richmond, VA 23230   |              |
| <a href="http://www.methadonecenters.com">www.methadonecenters.com</a>                                     |              |
| <b>River City Comprehensive Counseling Services</b> .....  | 804-230-0999 |
| Main Office: 13100 Mountain Road, Glen Allen, VA 23059   |              |
| River City Integrative Counseling: 5511 Staples Mill Road, Suite 300, Richmond, VA 23228                   |              |
| <a href="http://www.rivercityccs.com">www.rivercityccs.com</a>   |              |
| <b>The Coleman Institute</b> .....   | 804-201-9218 |
| 204 North Hamilton Street, Suite B, Richmond, VA 23221   |              |
| <a href="http://www.thecolemaninstitute.com">www.thecolemaninstitute.com</a>                               |              |
| <b>The Healing Place</b> .....   | 804-230-1184 |
| 700 Dinwiddie Avenue, Richmond, VA 23224   |              |
| <a href="http://www.caritasva.org/programs/healing-place">www.caritasva.org/programs/healing-place</a>     |              |
| <b>Virginia Center for Addiction Medicine</b> .....  | 804-322-5950 |
| 2301 North Parham Road, Richmond, VA   |              |
| <a href="http://www.addictionva.com">www.addictionva.com</a>   |              |

## Support Groups

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| <b>Aging Parents</b> .....                                 | 804-320-3890 |
| <b>Alcoholics Anonymous in Greater Richmond</b> .....      | 804-355-1212 |
| <a href="http://www.aarichmond.org">www.aarichmond.org</a> |              |
| <b>ALS Support Group</b> .....                             | 866-348-3257 |



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|---|-----------------------|
| <b>Alzheimer’s Association Greater Richmond Chapter</b> .....   | 804-967-2580          |
| <b>Bon Secours Bereavement Resources</b> ( <i>Grief Workshops, Support Groups, Individual Counseling, Referrals, Memorial Services</i> )..... | 804-433-4710          |
| 7229 Forest Avenue, Richmond, VA 23226.....   | bereavement@bshsi.org |
| <b>Compassionate Friends</b> .....  | 804-254-0588          |
| <b>Depression and Bipolar Support Alliance</b> .....  | hk784700@yahoo.com    |
| <b>Essential Tremor</b> .....   | 804-556-2345          |
| <b>Fibromyalgia and Chronic Pain Association</b> .....  | 804-862-4244          |
| <b>Full Circle Grief Center</b> .....   | 804-912-2947          |
| 10611 Patterson Avenue, Building 201, Richmond, VA 23238  |                       |
| <b>Kinship Care Support Group</b> .....   | 804-501-5866          |
| <b>Levinson Heart Center</b> .....  | 804-741-3893          |
| <b>Lupus Foundation</b> .....   | 804-262-9632          |
| <b>Lutheran Family Services</b> .....   | 804-288-0122          |
| <b>Multiple Myeloma</b> .....   | 804-355-6217          |
| <b>National Multiple Sclerosis Society</b> .....  | 804-353-5008          |
| <b>Parkinson’s Disease</b> .....  | 804-355-5717          |
| <b>Prostate Cancer</b> .....  | 804-346-4407          |
| <b>Reach Out for Life</b> ( <i>Breast Health Education</i> ).....   | 804-977-3920          |
| <b>Richmond Supportive Survivors</b> ( <i>for adults with TBI, family, friends</i> ).....   | 804-240-8966          |
| <b>Well Spouse Group</b> .....  | 804-545-4592          |

## Tax Aid

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| <b>AARP</b> .....  | 866-542-8164 |
| 707 East Main Street, Suite 910, Richmond, VA 23219  |              |
| <a href="http://www.local.aarp.org/henrico-va">www.local.aarp.org/henrico-va</a>   |              |
| <b>Real Estate Advantage Program (REAP)</b> .....  | 804-501-4729 |
| 4301 East Parham Road, Henrico, VA 23228   |              |
| <a href="http://www.henrico.us/finance/real-estate/real-estate-advantage-program-reap">www.henrico.us/finance/real-estate/real-estate-advantage-program-reap</a> |              |
| <b>Internal Revenue Service (IRS)</b> .....  | 804-916-8700 |
| 400 North Eighth Street, Richmond, VA 23219  |              |
| <a href="http://www.irs.gov">www.irs.gov</a>   |              |
| <b>Virginia Department of Taxation</b> .....   | 804-367-8031 |
| Virginia Tax, Office of Customer Services, P.O. Box 1115, Richmond, VA 23218   |              |
| <a href="http://www.tax.virginia.gov">www.tax.virginia.gov</a>   |              |

## Telephone Reassurance

*Programs where volunteers call to check up on or have a friendly conversation with an older adult facing social isolation*

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| <b>Always Best Care</b> .....  | 804-324-3989 |
| 4870 Sadler Road, Suite 300, Glen Allen, VA 23060                              |              |
| <a href="http://www.alwaysbestcare.com">www.alwaysbestcare.com</a>             |              |
| <b>Commonwealth Catholic Charities</b> .....                                   | 804-285-5900 |
| 1601 Rolling Hills Drive, Richmond, VA 23229                                   |              |
| <a href="http://www.cccofva.org">www.cccofva.org</a>                           |              |
| <b>Jewish Family Services</b> .....  | 804-282-5644 |
| 6718 Patterson Avenue, Richmond, VA 23226                                      |              |
| <a href="http://www.jfsrichmond.org">www.jfsrichmond.org</a>                   |              |
| <b>Senior Connections, The Capital Area Agency on Aging</b> .....              | 804-343-3000 |
| 24 East Cary Street, Richmond, VA 23219  |              |
| <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a> |              |

## Transportation Services

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| <b>Acti-Kare of Richmond</b> .....   | 804-264-2829 |
| 9962 Brook Road, Suite 676, Glen Allen, VA 23059   |              |
| <a href="http://www.richmond.actikare.com">www.richmond.actikare.com</a>                       |              |
| <b>Alliance Specialty Transport</b> .....  | 804-225-8599 |
| <a href="http://www.alliancespecialtytransport.com">www.alliancespecialtytransport.com</a>     |              |
| <b>American Cancer Society</b> .....   | 804-527-3700 |
| 4240 Park Place Court, Glen Allen, VA 23060  |              |
| <a href="http://www.cancer.org">www.cancer.org</a>   |              |
| <b>Angels for Hire</b> .....   | 804-423-9200 |
| <a href="http://www.angelsforhire.com">www.angelsforhire.com</a>                               |              |
| <b>Care Advantage</b> .....  | 804-285-1212 |
| 3201 Hungary Spring Road, Richmond, VA 23228   |              |
| <a href="http://www.careadvantageinc.com">www.careadvantageinc.com</a>                         |              |
| <b>Caring Companions</b> .....   | 804-323-6900 |
| 6966 Forest Hill Avenue, Suite B, Richmond, VA 23225   |              |
| <a href="http://www.caringcompanions4u.homestead.com">www.caringcompanions4u.homestead.com</a> |              |
| <b>Companion Extraordinaire Home Care Services</b> .....                                       | 804-752-2205 |
| 5311 Lakeside Avenue, Henrico, VA 23228  |              |
| <a href="http://www.cenninc.com">www.cenninc.com</a>   |              |

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| <b>Dependacare Transportation</b> .....  | 804-745-1818 |
| 306 Turner Road, Suite A, Richmond, VA 23225   |              |
| <a href="http://www.dependacare.va.com">www.dependacare.va.com</a>                     |              |
| <b>GoGoGrandparent</b> .....   | 855-464-6872 |
| <a href="http://www.gogograndparent.com">www.gogograndparent.com</a>                   |              |
| <b>Grace Transportation Services</b> .....   | 804-399-1205 |
| <b>GRTC Transit System</b> .....   | 804-358-4782 |
| 301 East Belt Boulevard, Richmond, VA 23224  |              |
| <a href="http://www.ridegrtc.com">www.ridegrtc.com</a>                                 |              |
| <b>LogistiCare</b> .....   | 866-386-8331 |
| <a href="http://www.logisticare.com">www.logisticare.com</a>                           |              |
| <b>Mobility Transportation, LLC</b> .....  | 804-687-2199 |
| <b>New Freedom Transportation, LLC</b> .....   | 804-737-0134 |
| 6027 Nine Mile Road, Richmond, VA 23223  |              |
| <a href="http://www.newfreedomtransportation.com">www.newfreedomtransportation.com</a> |              |
| <b>Seniors Helping Seniors</b> .....   | 804-476-0092 |
| 12149 Glen Gary Circle, Henrico, VA 23233  |              |
| <a href="http://www.seniorcarerva.com">www.seniorcarerva.com</a>                       |              |
| <b>The Shepherd's Center of Richmond</b> .....   | 804-355-7282 |
| 3111 Northside Avenue, Suite 400, Richmond, VA 23228                                   |              |
| <a href="http://www.tscor.org">www.tscor.org</a>                                       |              |
| <b>TNT Transportation Services</b> .....   | 804-270-3258 |
| <b>Van Go, Inc.</b> .....  | 804-261-7388 |
| 5805 School Avenue, Richmond, VA 23228   |              |
| <a href="http://www.vangorichmond.com">www.vangorichmond.com</a>                       |              |

## Veteran Resources

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| <b>American Red Cross</b> .....  | 804-780-2250   |
| 420 East Cary Street, Richmond, VA 23219   |  |
| <a href="http://www.redcross.org/local/virginia">www.redcross.org/local/virginia</a>   |  |
| <b>AmVets</b> .....  | 877-726-8387   |
| <a href="http://www.amvets.org">www.amvets.org</a>   |  |
| <b>Centurion Military Alliance</b> .....   | <a href="http://www.cmawarrior.org">www.cmawarrior.org</a> |
| <b>Disabled Veterans Real Estate Tax Exemption</b> .....   | 804-501-4729   |
| 4301 East Parham Road, Henrico, VA 23228   |  |
| <a href="http://www.henrico.us/finance/real-estate/disabled-veterans">www.henrico.us/finance/real-estate/disabled-veterans</a> |  |

**DLW Veterans Outreach and Training Center**.....804-228-8077  
2702 Chamberlayne Avenue, Richmond, VA 23222  
[www.dlwveteranscenter.org](http://www.dlwveteranscenter.org)

**Glendale National Cemetery**.....804-795-2031  
8301 Willis Church Road, Richmond, VA 23231

**Healing Household 6**.....[www.healinghousehold6.org](http://www.healinghousehold6.org)

**Helmets to Hardhats**.....[www.helmetstohardhats.org](http://www.helmetstohardhats.org)

**Home Again**.....804-358-7747  
P.O. Box 5222, Richmond, VA 23220  
[www.homeagainrichmond.org](http://www.homeagainrichmond.org)

**Hospice of Virginia, Richmond**.....804-281-0451  
2235 Staples Mill Road, Suite 100, Richmond, VA 23230  
[www.hospiceofvirginia.com](http://www.hospiceofvirginia.com)

**Hunter Holmes McGuire VA Medical Center**.....804-675-5000  
1201 Broad Road Boulevard, Richmond, VA 23249  
[www.richmond.va.gov](http://www.richmond.va.gov)

**Mesothelioma Veterans Center**.....877-404-9992  
[www.mesotheliomaveterans.org](http://www.mesotheliomaveterans.org)

**National Call Center for Homeless Veterans**.....877-424-3838

**National Cemetery Administration**.....804-795-2031  
[www.cem.va.gov](http://www.cem.va.gov)

**Open Door Resource Center**.....804-658-2784  
4009 Fitzhugh Avenue, Suite 203, Richmond, VA 23230  
[www.odrcinc.org](http://www.odrcinc.org)

**Richmond National Cemetery**.....804-795-2031  
1701 Williamsburg Road, Richmond, VA 23231

**Senior Veterans Service Alliance**.....[www.veteransaidbenefit.org](http://www.veteransaidbenefit.org)

**Sportable**.....804-340-2991  
1365 Overbrook Road, Richmond, VA 23220  
[www.sportable.org](http://www.sportable.org)

**U.S. Department of Veteran Affairs**.....[www.va.gov](http://www.va.gov)

**Assistive Technology Program**.....804-675-5000 ext. 2134

**National Call Center for Homeless Veterans**.....877-424-3838

**Richmond Vet Center**.....804-353-8958  
4902 Fitzhugh Avenue, Richmond, VA 23230

**Virginia Department of Veteran Services**.....804-786-0286  
Office of the Commissioner, James Monroe Building, 101 North 14th Street, 17th Floor,  
Richmond, VA 23219  
[www.dvs.virginia.gov](http://www.dvs.virginia.gov)

# Vision Services

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- American Council of the Blind**.....202-467-5081  
1703 North Beauregard Street, Suite 420, Alexandria, VA 22311  
[www.acb.org](http://www.acb.org)
- EyeCare America**.....877-887-6327  
[www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)
- Lions Club**.....630-571-5466  
[www.lionsclub.org](http://www.lionsclub.org)
- VA Department for the Blind and Vision Impaired**.....804-371-3140  
397 Azalea Avenue, Richmond, VA 23227  
[www.vdbvi.org](http://www.vdbvi.org)
- VCU Medical Center (Department of Ophthalmology)**.....804-828-9315  
Nelson Clinic, 401 North 11th Street, Suite 439, Richmond, VA 23298  
[www.eye.vcu.edu](http://www.eye.vcu.edu)
- Virginia Voice**.....804-266-2477  
395 Azalea Avenue, P.O. Box 15546, Richmond, VA 23227  
[www.virginiavoice.org](http://www.virginiavoice.org)

## Submission Form

Would your agency like to be included in the Henrico County Resource Guide? Please fill out the form below and mail to P.O. Box 90775, Henrico, VA 23273 or email to tur060@henrico.us.

Note: Inclusion is under the discretion of the Advocate for the Aging's office.

**Name of Agency:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Web Site:** \_\_\_\_\_

**Contact Information for Submitter:**

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Best Way to Reach You:** \_\_\_\_\_

**Category/Categories That Agency Would Fall Under:** \_\_\_\_\_

\_\_\_\_\_

**Any other information you would like us to know?** \_\_\_\_\_

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