



A GUIDE TO SENIOR RESOURCES

In and Around Fluvanna County

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

The **Fluvanna County Partnership for Aging Committee** developed this guide in collaboration with many community partners. If you have questions or need further information about resources available for seniors, please contact the Partnership by email at **partnership@fluvannacounty.org**.



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We welcome your feedback!

Comments about this guide can be submitted
 online at: **www.fluvannacounty.org**
 or by email: **partnership@fluvannacounty.org**

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

Organization	Phone	Address	Website
Region Ten Community Services	434-589-8276 C'ville Office: 434-972-1800	13623 James Madison Hwy Palmyra, VA 22963	www.regionten.org
Virginia SeniorNavigator			www.virginiannavigator.org/sn/senior-navigator-home-page
C. ACTIVE & INDEPENDENT LIVING			>> Back to Top <<
Animal Assistance & Care			>> Back to Top <<
Caring for Creatures Animal Sanctuary	434-842-2404	352 Sanctuary Lane Palmyra, VA 22963	www.caringforcreatures.com
Crossroads Animal Hospital	540-832-1751	65 Jefferson Court Zion Crossroads, VA 22942	www.xroadsanimalhospital.com
Fluvanna County SPCA	434-591-0123	5239 Union Mills Rd Route 616 Troy, VA 22974	www.fspca.org
Fork Union Animal Clinic	434-214-0361	6690 James Madison Hwy Fork Union, VA 23055	www.forkunionvet.com
Peaceful Passings Senior Animal Rescue	434-842-3287	2856 Cloverdale Road Bremo Bluff, VA 23022	www.peacefulpassings.org
Community & Intergenerational Centers			>> Back to Top <<
Blue Ridge PACE	434-529-1300	1335 Carlton Ave Charlottesville, VA	www.blueridgepace.org

Organization	Phone	Address	Website
Fork Union Active Older Adult Center	434-842-3150	5725 James Madison Hwy Fork Union, VA 23055	www.fluvannacounty.org/services/parks-and-recreation
Scottsville Community Senior Center	434-286-6890	250 Page Street Scottsville, VA 24590	www.jabacares.com
Senior Center of Charlottesville	434-974-7756	1180 Pepsi Place Charlottesville, VA 22901	www.seniorcenterinc.org
Education, Continued & Lifelong Learning			>> Back to Top <<
PVCC - Piedmont Virginia Community College	434-961-5351	501 College Drive Charlottesville, VA	www.pvcc.edu
Region Ten Community Services (C'ville Office: 434-972-1800)	434-589-8276	13623 James Madison Hwy Palmyra, VA 22963	www.regionten.org
UVa OLLI Program (Osher Lifelong Learning Program)	434-923-4600		pages.shanti.virginia.edu/olliuva/
UVa School of Continuing and Professional Studies	800-346-3882	UVa Zehmer Hall 104 Midmont Lane Charlottesville, VA 22904	www.scps.virginia.edu
Virginia Cooperative Extension Service	434-591-1950	132 Main Street Palmyra, VA 22963	www.offices.ext.vt.edu/fluvanna
Virginia Dept for Aging and Rehabilitative Services (DARS)	434-296-5621	2211 Hydraulic Rd, Ste 101 Charlottesville, VA	www.dars.virginia.gov
Virginia Employment Commission (VEC)	434-987-7630	2211 Hydraulic Road Charlottesville, VA	www.vec.virginia.gov/charlottesvile

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

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

Organization	Phone	Address	Website
Fluvanna/Louisa Housing Foundation	540-967-3483	P.O. Box 413 Palmyra, VA 22963	www.louisa-county.com/LCliving/HousingBrochure.htm
Local Energy Alliance Program (LEAP)	434-227-4666	608 Ridge Street Charlottesville, VA 22902	www.leap-va.org
The Mobility Center of Virginia	804-231-0177	7450 Midlothian Trnpg N Chesterfield, VA 23225	www.mobilityva.com
NewWell Fund	866-835-5976	1602 Rolling Hills Rd Suite 107 Richmond, VA 23229	www.newwellfund.org
Piedmont Housing Alliance	434-817-2436	1215 East Market Street Charlottesville, VA 22902	www.piedmonthousingalliance.org
Legal Services			>> Back to Top <<
AARP Legal Services Network (for AARP members)	866-330-0753		www.aarp.org
Central Virginia Legal Aid Society	434-296-8851	1000 Preston Ave, Ste B Charlottesville, VA 22903	www.cvlas.org
State Bar Association	434-775-0522		www.vsb.org/
University of Virginia Women's Center Legal Clinic	434-982-2902	1400 University Avenue Charlottesville, VA 22903	www.womenscenter.virginia.edu
Virginia Lawyer Referral Service	800-552-7977		www.vsb.org/vlrs/

Organization	Phone	Address	Website
Mobility, Vehicles			>> Back to Top <<
MITS of Virginia	888-897-6154	2075 West Main Street Waynesboro, VA 22980	www.aarp.org
The Mobility Center of Virginia	804-231-0177	7450 Midlothian Trnpg N Chesterfield, VA 23225	www.cvlas.org
Staying Active			>> Back to Top <<
Area Volunteer Opportunities			www.fluvannacounty.org/411/volunteer
Fluvanna County Parks & Recreation			www.fluvannacounty.org/services/parks-and-recreation
Tax Assistance			>> Back to Top <<
AARP		At the Fluvanna Library during tax season	www2.youseemore.com/fluvanna/
Fluvanna County Commissioner of the Revenue	434-591-1940	34 Palmyra Way Post Office Box 124 Palmyra, VA 22963	www.fluvannacounty.org/services/commissioner
Thrift Stores			>> Back to Top <<
Christian Outreach Program	434-983-8643	PO Box 262 New Canton, VA 23123	www.coppc.org

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

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

D. FOOD RESOURCES

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

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

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

Organization	Phone	Address	Website
Virginia Department for the Deaf and Hard of Hearing (VDDHH)	800-552-7919	1602 Rolling Hills Rd Suite 203 Richmond, VA 23229	www.vddhh.org
Dentistry >> Back to Top <<			
Central Virginia Health System		Esmont, Louisa, New Canton	www.cvhsinc.org
Charlottesville Free Clinic at Thomas Jefferson Health Department	434-296-5525	1138 Rose Hill Drive Charlottesville, VA 22903	www.cvillefreeclinic.org
Donated Dental Services (DDS) Program	877-726-0850	3460 Mayland Ct Ste 110 Henrico, VA 23233	
UVA Dentistry	434-924-1774	UVA Health Sciences Center/ Primary Care Dental Services	www.medicine.virginia.edu/clinical/departments/dentistry/home-page
Dentures >> Back to Top <<			
Central Virginia Health System	434-581-3271		www.cvhsinc.org
Donated Dental Services (DDS) Program	800-552-3886		www.vadental.org
Disability Resources >> Back to Top <<			
Access Virginia	877-428-8844		www.accessVA.org
Americans with Disabilities Act Information Line	800-514-0301		www.ada.gov/infoline.htm

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We Need You! Volunteer Today!

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

Examples include:

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

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

Visit www.fluvannacounty.org

Staying Informed is Easy!

Sign up for...FAN Mail

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



Fluvanna Area News (FAN Mail)

County of Fluvanna Email Newsletter

EMERGENCY PREPAREDNESS FOR SENIORS

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

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

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

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

Get a Kit, Make a Plan, and Stay Informed

For more info go to: www.ReadyVirginia.gov

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

MY IMPORTANT NUMBERS

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No advice or recommendation: This guide does not provide you with advice or recommendation of any kind and you should not rely upon this guide as the basis for any decision or action. You are advised to consult professional advisors in the appropriate field with respect to the applicability of any particular aspect of the contents.

A GUIDE TO SENIOR RESOURCES -- In and Around Fluvanna County

Errata Sheet for January 2015a Edition

Organization	Phone	Address	Website
B. RESOURCES IN FLUVANNA			
Fluvanna TRIAD	434-589-8211	160 Commons Blvd. Palmyra, Virginia 22963	http://www.easyaccess.virginia.gov/triad.shtml
Community & Intergenerational Centers			
Scottsville Community Senior Center	434-286-6890	250 Page Street Scottsville, VA 24590	www.jabacares.com
Cunningham Active Older Adult Center	434-842-3150	Scottsville VFW Post 8169 VFW Hall, 2997 W. River Rd Scottsville, VA 24590	www.jabacares.com www.fluvannacounty.org/services/parks-and-recreation
Deaf & Hard of Hearing Services			
Virginia Dept for the Deaf and Hard of Hearing (VDDHH)	800-552-7919	1602 Rolling Hills Rd, Ste 203 Henrico, VA 23229	www.vddhh.org
MEDICARE & MEDICAID Assistance			
JABA	434-817-5248	674 Hillsdale Dr. , Ste 9 Charlottesville, VA 22901	www.jabacares.com
Hospice Care & Counselling			
JABA Options Counseling Fork Union Community Center	434-996-7516	5725 James Madison Hwy Fork Union, VA 23055	www.jabacares.com