

Fluvanna Community Resources Guide 2018

Updated: March 2018

All area codes (434) unless otherwise noted.

PUBLIC SERVICE AGENCIES	
Social Services – Fluvanna	842-8221
Health Department – Fluvanna	591-1960
<i>General health care, immunizations, pregnancy and well-baby care.</i>	
CHILD CARE	
REFERRAL RESOURCES	
ReadyKids!	296-4118
FINANCIAL AID SCHOLARSHIPS	
United Way Child Care Scholarships	972-1715
<i>See also Social Services Agencies</i>	
DONATIONS & THRIFT STORE	
Central Virginia Baptist Association	977-6876
Goodwill Industries Thrift Shop – Palmyra	589-2848
Pregnancy Center of Central VA	979-8888
Salvation Army Family Store	979-5230
Schoolhouse Thrift Shop	973-2271
Twice is Nice Thrift Shop	293-8319
EDUCATION	
ADULT AND BASIC EDUCATION	
Adult Education	961-5461
Adult Learning Center (GED & ESL Progs)	961-5461
CATEC	973-4461
Continuing Education – PVCC	977-3900
Continuing Education – UVA	982-5252
Families Learning Together – Fluvanna	842-9273
EARLY CHILDHOOD	
Head Start – MACAA	295-3171
Shining Star – JABA	817-5222
LITERACY AND TUTORING	
Literacy Volunteers of Cville-Albemarle	977-3838
EMERGENCY SERVICES	
Sheriff – Fire – Rescue	911
Child & Adult Protective Services	Call DSS
Poison Control	(800) 222-1222
Region Ten - Mental Health	972-1800
Runaway Hotline – ReadyKids!	972-7233
SARA Hotline (Sexual Assault)	977-7273
Shelter for Help in Emergency (SHE)	293-8509
EMPLOYMENT COUNSELING AND TRAINING	
Downtown Job Center	970-3933
Offender Aid & Restoration Reentry	296-2441
Piedmont Workforce Network	977-2662
VA Dept. of Rehabilitative Services	296-5621
VA Employment Commission	282-2594
WorkSource Enterprises	972-1730

FINANCIAL SERVICES - BUDGET & CREDIT COUNSELING	
Consumer Credit Counseling	(888) 738-8233
UVA Community Credit Union	964-2001
FREE Financial Education Seminars: www.uvacreditunion.org	
TEMPORARY FINANCIAL ASSISTANCE	
Financial Assistance – Charlottesville Area	234-4490
Helpline, Mon-Fri, 11:00 am to 2:00 pm.	
MACAA – Fluvanna	842-2521
FOOD RESOURCES	
Daily Meal Sites/Soup Kitchens (Cville)	972-1703
Emergency Food Bank – Fluvanna	842-2521
<i>Food Stamps (See Public Service Agencies)</i>	
Loaves and Fishes	996-7868
Meals on Wheels – Fluvanna	589-1685
Salvation Army Public Meals	295-4058
HEALTH / MEDICAL ASSISTANCE	
Affordable Care Act (ACA) Assistance	220-1496
Charlottesville Free Clinic	296-5525
Community Children's Dental Center	293-9300
Envoy at the Village (Nursing Home)	842-2916
Independence Resource Center	971-9629
Sentara Martha Jefferson Hospital	654-7000
United Way Prescription Assistance	972-1709
UVA Medical Center	924-0211
MENTAL HEALTH SERVICES	
Partner for Mental Health	977-4673
On Our Own-Mental Health Recovery	979-2440
Region Ten	972-1800
Sexual Assault Resource Agency	295-7273
Women's Initiative	872-0047
PREGNANCY, PRENATAL AND WELL BABY	
Healthy Families – ReadyKids!	296-4118
Jefferson Area CHIP	964-4700
Sentara Martha Jefferson Hospital	654-7009
Planned Parenthood	296-1000
Pregnancy Center of Central VA	979-8888
WIC Program (<i>contact local Health Dept</i>)	
HOUSING RESOURCES	
Albemarle Housing Improvement Prg (AHIP)	817-2447
Albemarle Office of Housing	296-5839
Habitat for Humanity – Fluvanna	589-3752
Fluvanna/Louisa Housing Foundation	(540) 967-3483
Piedmont Housing Alliance	817-2436
This guide is not all-inclusive and does not list all of the services provided by an agency.	

HOUSING RESOURCES (cont.)	
HOUSING REHABILITATION AND REPAIR	
AHIP Home Rehabilitation & Repair	817-2447
Fluvanna/Louisa Housing Foundation	(540) 967-3483
HOMELESS INTERVENTION	
Hope House – MACAA	295-3171, x3021
PACEM – Women	465-7521
PACEM – Men	465-1392
Salvation Army Homeless Intervention	295-4058
Shelter for Help in Emergency (SHE)	293-8509
The Haven at First & Market	973-1234, x113
Rapid Rehousing List (<i>Call the Haven</i>)	
HOTLINES/HELPLINES	
Statewide Information and Referral	211
Helpline – Madison House	295-8255
Pregnancy Center Hotline	220-3777
Region Ten Emergency Services	972-1800
Runaway Hotline – ReadyKids!	972-7233
Sexual Assault Resource Agency (SARA)	977-7273
Shelter for Help in Emergency (SHE)	293-8509
MISCELLANEOUS	
CHILD SUPPORT	
Div. of Child Support Enforcement	(800) 468-8894
INTERPRETATION/TRANSLATION	
IRC Community Interpreter Service	979-7772, x112
HOLIDAY ASSISTANCE	
	972-1703
LEGAL ASSISTANCE	
Central Virginia Legal Aid	296-8851
Legal Aid Justice Center	977-0553
MENTORING AND COMPANIONSHIP	
Abundant Life Ministries	970-2077
Big Brothers Big Sisters	244-0882
Boys & Girls Club	971-9400
Boy Scouts – Stonewall Jackson	(540) 943-6675
Community Attention Teens Give	981-4014
Computers4Kids	817-1121
Girl Scouts of VA/Skyline Council	(540) 777-5100
LOVE, INC.	977-7777
UVA Madison House	977-7051
FREE TAX PREPARATION	
	972-1703
Internal Revenue Service (IRS)	(800) 829-1040
Free Tax Preparation (coordinated by the	972-1703
United Way-Thomas Jefferson Area from Jan	
through Apr 15th. Call for info on sites.)	
PARENTING & FAMILY SUPPORT	
COUNSELING-FAMILIES OR CHILDREN	
Community Attention	970-3342
Family Preservation Services	293-4262
Lafayette School & Treatment Center	589-2370

PARENTING & FAMILY SUPPORT (cont.)	
ReadyKids!	296-4118
Region Ten Community Services	972-1800
Sexual Assault Resource Agency	295-7273
Virginia Cooperative Extension – Fluvanna	591-1950
SPECIAL EDUCATION SUPPORT	
Arc of the Piedmont	977-4002
P.R.E.P./Parent Resource Center	975-9400
SENIOR SERVICES	
Adult Day Care – JABA	817-5222
Alzheimer's Association	973-6122
Hospice of the Piedmont	817-6900
Information & Assistance – JABA	817-5222
Insurance Counseling & Assistance – JABA	817-5248
Meals Home Delivery – JABA	817-5222
Meals on Wheels – Fluvanna	589-1685
Senior Center, Inc.	974-7756
Social Security Administration	(800) 772-1213
TRANSPORTATION	
JAUNT (Toll free 800-365-2868)	296-3184
RideShare	295-6165
University Transit System (UTS)	924-7711
VOLUNTEER OPPORTUNITIES	
United Way Volunteer Center	972-1701
WOMEN'S SERVICES	
Sexual Assault Resource Agency	295-7273
Shelter for Help in Emergency (SHE)	293-8509
UVA Women's Center	982-2361
The Women's Initiative	872-0047

LIST OF ACRONYMS USED	
AHIP	Albemarle Housing Improvement Program
CHIP	Children's Health Improvement Program
IRC	International Rescue Committee
JABA	Jefferson Area Board for Aging
JAUNT	Jefferson Area United Transportation
MACAA	Monticello Area Community Action Agency
PACEM	People and Congregations Engaged in Ministry
PVCC	Piedmont Virginia Community College
SARA	Sexual Assault Resource Agency
SHE	Shelter for Help in Emergency
WIC	Women, Infants, and Children
MY IMPORTANT NUMBERS	

Resources compiled by the Fluvanna Partnership for Aging Committee.
Contact the Partnership by email at: partnership@fluvannacounty.org

EMERGENCY PREPAREDNESS

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 ALERTS – on the Fluvanna County website.</p>

WE NEED YOU... VOLUNTEER TODAY!

Fluvanna County has over 35 local and regional standing Boards and Committees. Examples include:

- Planning Commission
- Economic Development Authority
- Parks and Recreation Advisory Committee
- Economic Development & Tourism Advisory Council
- Social Services Board
- And many more

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

Visit

www.fluvannacounty.org/bc

STAYING INFORMED IS EASY!

SIGN UP FOR...FAN MAIL

- Fluvanna County's weekly email news
- Sign-up is easy & free!
- Go to the Fluvanna County website, click on green "Connect & Comment" button, then click the FAN Mail link.
- You can sign up with more than one address to receive FAN Mail at work, at home, or to any email account you choose.



FAN MAIL
FLU♥ANNA AREA NEWS

Your County of Fluvanna Email Newsletter

MY IMPORTANT NUMBERS
