



## COMMUNITY RESPONSE TO COVID-19 / RESOURCE LIST

### LOCAL & REGIONAL RESOURCES FOR OLDER ADULTS IN PLANNING DISTRICT 9

Culpeper, Fauquier, Madison, Orange, Rappahannock Counties.

This list is in alphabetical order. The listings provided reflect info we have been given to date. All info is subject to change. If an important resource is missing please advise by contacting us at 540-829-6405 or [info@agingtogether.org](mailto:info@agingtogether.org). / **LATEST UPDATE: 12/10/2020**

<b>AARP COMMUNITY CONNECTIONS</b>	Sign up for a friendly call, a Mutual Aid Group or get information on COVID-19 & legislative alerts.	<a href="https://aarpcommunityconnections.org/">https://aarpcommunityconnections.org/</a>	
<b>ABUSE / NEGLECT</b>	<b>DEPARTMENTS OF SOCIAL SERVICES</b> In each county	Culpeper Fauquier Madison Orange Rappahannock	<b>540-727-0372</b> <b>540-422-8400</b> <b>540-948-5521</b> <b>540-672-1155</b> <b>540-675-3313</b>
<b>ACTIVITIES</b>	<b>AGING TOGETHER</b> website  <b>LOWLINC</b> (Lake of The Woods) See "Things to Do" on home page  <b>ORANGE COUNTY PARKS &amp; RECREATION</b>	<a href="http://www.agingtogether.org">www.agingtogether.org</a>  <a href="https://lowlinc.clubexpress.com/">https://lowlinc.clubexpress.com/</a>  <a href="https://www.orangecountyva.gov/873/Home-Activities">https://www.orangecountyva.gov/873/Home-Activities</a>	
<b>AGING TOGETHER</b>	Connecting people to resources & information.	<a href="http://www.agingtogether.org">www.agingtogether.org</a>	<b>540-829-6405</b>
<b>ALZHEIMER'S ASSOCIATION</b>	For Caregiver support & information on dementia  Community Resource finder on Alzheimer's website - for programs, housing & community resources	<a href="http://www.alz.org">www.alz.org</a>  <a href="http://www.communityresourcefinder.org/">www.communityresourcefinder.org/</a>	<b>800-272-3900</b>
<b>AREA AGENCY ON AGING RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES (RRCS)</b>	Information on meals, programs, Senior Centers, Transportation & other services for older adults	<a href="http://www.rrcsb.org">www.rrcsb.org</a>  <u>Culpeper</u> : Hannah Botocario  <u>Fauquier</u> : Poppy Foddrell (Poppy is also the Medicare expert)  <u>Madison</u> : Toni Browning  <u>Orange</u> : Jennifer Zamora  <u>Rappahannock</u> : Kathi Walker (Kathi is also the Long Term Care Ombudsman)	<b>540-825-3100</b>  X3467  X3427  X3471  X3450  X3416



<b>DEPARTMENTS OF SOCIAL SERVICES (DSS)</b>	Information on benefits, Adult Protective Services, meals, housing & more	Culpeper Fauquier Madison Orange Rappahannock	<b>540-727-0372</b> <b>540-422-8400</b> <b>540-948-5521</b> <b>540-672-1155</b> <b>540-675-3313</b>
	<p>Also Under Culpeper DSS:</p> <p><b>Culpeper First Call for Help</b> - provides emergency food assistance &amp; resources for Culpeper residents; M-F, 9-5pm / <b>540-229-3816</b></p> <p><b>Sam's Place</b> - (food closet &amp; firewood) / <b>540-727-1055</b>, press 0</p>		
<b>DRIVING</b>	<b>VIRGINIA GRANDDRIVER</b>	Provides driving safety tips for older adults, info about CarFit events, and information for caregivers on how to talk with a loved one about safe driving.	<a href="https://granddriver.net/">https://granddriver.net/</a>

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<b>FOOD</b> For local food pantries & distribution sites	<b>DEPARTMENTS OF SOCIAL SERVICES (DSS)</b>	Culpeper Fauquier Madison Orange Rappahannock	<b>540-727-0372</b> <b>540-422-8400</b> <b>540-948-5521</b> <b>540-672-1155</b> <b>540-675-3313</b>
	<b>RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES (RRCS)</b>	<a href="http://www.rrcsb.org">www.rrcsb.org</a>  <u>Culpeper</u> : Hannah Botocario  <u>Fauquier</u> : Poppy Foddrell (Poppy is also the Medicare expert)  <u>Madison</u> : Toni Browning  <u>Orange</u> : Jennifer Zamora  <u>Rappahannock</u> : Kathi Walker (Kathi is also the Long Term Care Ombudsman)	<b>540-825-3100</b>  X3467  X3427  X3471  X3450  X3416
	<b>EMPOWERING CULPEPER USDA FOOD DISTRIBUTION</b> (Food distribution for all counties - monthly; September 19, October 17' 9-11am) Culpeper County High School	<a href="mailto:empoweringculpeper@gmail.com">empoweringculpeper@gmail.com</a>	
	<b>FAUQUIER COUNTY - COMMUNITY TOUCH FOOD PANTRY</b>	<a href="https://www.communitytouchinc.org/">https://www.communitytouchinc.org/</a>	<b>540-439-9300</b>
	<b>Sam's Place (Culpeper)</b>		<b>540-727-1055</b> , press 0
	<b>BLUE RIDGE AREA FOOD BANK</b>	<a href="https://www.brafb.org/find-help/pantry-locator/">https://www.brafb.org/find-help/pantry-locator/</a>	
	<b>SALVATION ARMY - CULPEPER OFFICE</b>		<b>540-321-4859</b>
	Google Maps links showing where to go for resources in specific counties.	EMAIL: thsculpeperva@gmail.com  <a href="#">Culpeper County</a> <a href="#">Fauquier County</a> <a href="#">Rappahannock County</a>	

<b>FRIENDLY CALL</b>	<b>INSTITUTE ON AGING FRIENDSHIP LINE</b>  24 hour phone service for older adults & adults with disabilities operating as both a crisis intervention line and a line for non-emergency emotional support calls.		<b>800-971-0016</b>
<b>FRAUD &amp; SCAMS</b>	Info from the federal government (FTC) regarding COVID-19 scams  <b>FRAUD/SCAM HOTLINE</b>	<a href="http://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing">www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing</a>	<b>833-372-8311</b> (833-FRAUD-11)
<b>HEALTH DEPARTMENT</b>	<b>RAPPAHANNOCK RAPIDAN HEALTH DISTRICT</b>	<a href="http://www.vdh.virginia.gov/rappahannock-rapidan/">http://www.vdh.virginia.gov/rappahannock-rapidan/</a>	<b>540-316-6280</b>
<b>HOME HEALTH AGENCIES</b>	<b>MEDICARE.GOV</b> - site to compare home health care agencies	<a href="https://www.medicare.gov/homehealthcompare/search.html">https://www.medicare.gov/homehealthcompare/search.html</a>	
<b>HOSPICE CARE</b>	<b>CAPITAL CARING HEALTH</b>  <b>HEARTLAND HOSPICE</b>  <b>HOSPICE OF THE PIEDMONT</b>  <b>KINDRED HEALTH</b>	<a href="https://www.capitalcaring.org/get-help/our-services/hospice/">https://www.capitalcaring.org/get-help/our-services/hospice/</a>  Or for grief support: <a href="https://www.capitalcaring.org/get-help/our-services/grief-support/">https://www.capitalcaring.org/get-help/our-services/grief-support/</a>  <a href="https://heartlandhospice.com/warrenton">https://heartlandhospice.com/warrenton</a>  <a href="https://www.hopva.org/">https://www.hopva.org/</a>  <a href="https://www.kindredhealthcare.com/our-services/hospice">https://www.kindredhealthcare.com/our-services/hospice</a>	<b>540-891-1200</b>  <b>540-349-3970</b>  <b>540-825-4840</b>  <b>434-995-5367</b>
<b>HOSPITALS</b>	<b>CULPEPER REGIONAL HEALTH SYSTEM</b>  <b>FAUQUIER HEALTH HOSPITAL</b>		<b>540-829-4100</b>  <b>540-316-5000</b>

<b>HOTLINES</b>	<p><b>2-1-1 VIRGINIA</b> - for state information on community resources &amp; services</p> <p><b>FAMS ONE CALL CENTER</b> (central hub for local transportation)</p> <p><b>FRAUD/SCAM HOTLINE</b></p> <p><b>PATH COMMUNITY LINK</b> Free information &amp; referral call center; available to Culpeper, Fauquier &amp; Rappahannock residents</p> <p><b>PEER2PEER MENTAL HEALTH HOTLINE</b> (connects you to a “peer specialist” who is on call)</p> <p><b>VETERANS CRISIS HOTLINE</b>  Or <b>VETERANS SERVICES</b></p>	<p><a href="https://www.211info.org/">https://www.211info.org/</a></p> <p><a href="https://pathforyou.org/community-link/">https://pathforyou.org/community-link/</a></p>	<p><b>211</b></p> <p><b>540-829-5300</b></p> <p><b>833-372-8311</b> (833-FRAUD-11)</p> <p><b>855-495-5465</b> (855-495-LINK)</p> <p><b>833-626-1490</b></p> <p><b>800-273-8255</b> Press 1</p> <p><b>703-630-2810</b></p>
<b>HOUSING</b>	<p><b>FOOTHILLS HOUSING NETWORK</b> (emergency shelter &amp; housing issues)</p> <p><b>LEGAL AID WORKS</b> (free legal assistance on eviction &amp; housing issues)</p> <p>(Rappahannock-Rapidan Regional Commission)</p> <p><b>FAUQUIER COUNTY - COMMUNITY TOUCH</b></p> <p>See <b>DEPARTMENT OF SOCIAL SERVICES (DSS)</b> listing above - contact info for each county.</p> <p><b>PEOPLE, INC.</b> (Rental Assistance program)</p>	<p><a href="http://www.legalaidworks.org">www.legalaidworks.org</a></p> <p><a href="mailto:rwareham@rrregion.org">rwareham@rrregion.org</a></p> <p><a href="https://www.communitytouchinc.org/">https://www.communitytouchinc.org/</a></p> <p><a href="mailto:info@peopleinc.net">info@peopleinc.net</a></p>	<p><b>540-724-6630</b></p> <p><b>540-371-1105</b></p> <p><b>540-829-7450</b></p> <p><b>540-439-9300</b></p> <p><b>833-437-0114</b> <b>833-788-0387 (español)</b></p>
<b>LANGUAGE ASSISTANCE</b>	<p><b>PRONUNCIATOR</b> If you have a Culpeper County Library Card this is a free app that offers 163 language “courses” including one specific to COVID-19.</p>	<p><a href="http://learning.pronunciator.com/getstarted.php?library_id=7989">http://learning.pronunciator.com/getstarted.php?library_id=7989</a></p>	

<b>MEDICARE</b>		<a href="https://www.medicare.gov/">https://www.medicare.gov/</a>	
<b>NCOA (NATIONAL COUNCIL ON AGING)</b> (available in Spanish)	National organization with resources for older adults regarding SNAP, benefits programs, legislation on COVID-19, etc.	<a href="https://www.ncoa.org/">https://www.ncoa.org/</a>	<b>540-222-4263</b>
<b>NIH (NATIONAL INSTITUTES ON HEALTH)</b>	An agency of the Department of Health and Human Services, the NIH is the Federal focal point for health research. Lots of very good info on many subjects including COVID-19.	<a href="https://www.nia.nih.gov/">https://www.nia.nih.gov/</a>	
<b>NURSING HOMES</b>	Alzheimer’s Association Community Resource Finder. For a list of facilities click on “Housing Options” to find by zip code.  <b>MEDICARE.GOV</b> - site to compare nursing homes	<a href="https://www.communityresourcefinder.org/">https://www.communityresourcefinder.org/</a>  <a href="https://www.medicare.gov/nursinghomecompare/search.html">https://www.medicare.gov/nursinghomecompare/search.html</a>	
<b>OMBUDSMAN</b> (for Long Term Care facilities)	RRCS (Rappahannock Rapidan Community Services)		<b>540-825-3100</b> X3416
<b>OVERDOSE SUPPORT</b>	<b>CULPEPER OVERDOSE AWARENESS</b> (also lists other resources and support systems)	<a href="http://www.culpeperoverdoseawareness.org/">http://www.culpeperoverdoseawareness.org/</a>  or <a href="https://www.culpeperoverdoseawareness.org/support-during-corona/">https://www.culpeperoverdoseawareness.org/support-during-corona/</a>	
<b>RAPPAHANNOCK COUNTY SUPPORT FOR OLDER ADULTS</b>	<b>RAPP AT HOME</b> (members helping members live safely in their homes with deliveries, transportation, and	<a href="mailto:info@rappathome.org">info@rappathome.org</a>	<b>540-937-4663</b> (540-937-HOME)

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<p><b>RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES</b></p> <p>This organization comprises both the <b>AREA AGENCY ON AGING &amp; the COMMUNITY SERVICES BOARD</b></p>	<p>Information on meals, programs, Senior Centers, Transportation &amp; other services for older adults</p>	<p><a href="http://www.rrcsb.org">www.rrcsb.org</a></p> <p><u>Culpeper</u>: Hannah Botocario</p> <p><u>Fauquier</u>: Poppy Foddrell (Poppy is also the Medicare expert)</p> <p><u>Madison</u>: Toni Browning</p> <p><u>Orange</u>: Jennifer Zamora</p> <p><u>Rappahannock</u>: Kathi Walker (Kathi is also the Long Term Care Ombudsman)</p>	<p><b>540-825-3100</b></p> <p>X3467</p> <p>X3427</p> <p>X3471</p> <p>X3450</p> <p>X3416</p>
<p><b>RESPIRE CARE FUNDING ASSISTANCE</b></p>	<p><b>VIRGINIA LIFESPAN RESPITE VOUCHER PROGRAM</b></p>	<p><a href="https://www.vda.virginia.gov/vlr.htm">https://www.vda.virginia.gov/vlr.htm</a></p>	<p><b>804-588-3978</b></p> <p>(Nick Slentz, VADARS, Program Coordinator)</p> <p><a href="mailto:nick.slentz@dars.virginia.gov">nick.slentz@dars.virginia.gov</a></p>

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<b>SAMSHA</b> <b>(Substance Abuse &amp; Mental Health Services Administration)</b>	<b>DISASTER DISTRESS HELPLINE</b> 24/7, 365 days/year Crisis counseling & support for caregivers & others experiencing emotional distress related to disasters, including COVID-19.	<a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a>	<b>800-985-5990</b>
<b>SAM'S PLACE</b>	Food Closet & Firewood for Culpeper residents		<b>540-727-1055</b> press 0
<b>SENIOR CENTERS</b>	Senior Centers are closed but are offering varied services to their members. Contact them for more information.	Culpeper Fauquier Madison Orange Rappahannock	<b>540-825-5778</b> <b>540-347-7729</b> <b>540-948-4131</b> <b>540-672-5926</b> <b>540-987-3638</b>
<b>SENIOR COOL CARE</b>	(Through RRCS) Offers fans & air conditioners to those age 65 and older who qualify. June through August	<a href="https://www.rrcsb.org/senior-services/senior-cool-care/">https://www.rrcsb.org/senior-services/senior-cool-care/</a>	<b>540-825-3100</b> Ask to speak to the support coordinator in your county.
<b>SOCIAL SECURITY</b>		<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>	
<b>TRANSPORTATION</b>	<b>FAMS ONE CALL CENTER</b> (central hub for local transportation)		<b>540-829-5300</b>
<b>VADARS</b> <b>(VIRGINIA DEPARTMENT FOR AGING &amp; REHABILITATIVE SERVICES)</b>		<a href="https://www.vadars.org/">https://www.vadars.org/</a>	<b>(804) 662-7000</b>
<b>VETERANS</b>	<b>VETERANS CRISIS HOTLINE</b>  Or <b>VETERANS SERVICES</b>  <b>OPERATION FIRST RESPONSE</b> (Serve Active Duty Service Members and Disabled Veterans with emergency financial aid. They have opened their scope during the COVID-19 pandemic to assist local First Responders and elderly.)  <b>HERO'S BRIDGE</b> Contact Dave Benhoff of Capital Caring Health/Veterans Health	<a href="https://www.operationfirstresponse.org/">https://www.operationfirstresponse.org/</a>  <a href="mailto:dbenhoff@capitalcaring.org">dbenhoff@capitalcaring.org</a>	<b>800-273-8255</b> Press 1  <b>703-630-2810</b>  <b>888-289-0280</b>  <b>540-717-9697</b>

