



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. / **LATEST UPDATE: 12/30/2020**

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

ASSISTED LIVING	<p>Alzheimer’s Association Community Resource Finder. For a list of facilities click on “Housing Options” to find by zip code.</p> <p>DSS (VA Dept. of Social Services) website</p> <p>Senior Navigator</p> <p>Elder Care Locator</p>	<p>https://www.communityresourcefinder.org/</p> <p>https://www.dss.virginia.gov/facility/search/alf.cgi</p> <p>https://seniornavigator.org/</p> <p>https://eldercare.acl.gov/Public/Resources/LearnMoreAbout/Housing.aspx</p>	
BLIND OR VISUALLY IMPAIRED	DEPARTMENT FOR THE BLIND & VISUALLY IMPAIRED	https://www.vdbvi.org/	(804) 371-3151 (800) 622-2155
CAREGIVING	<p>Helpful websites (educational information, resources, services)</p> <p>Family Caregiver Alliance</p>	<p>www.agingtogether.org</p> <p>www.alz.org/cwva</p> <p>www.cornerstoneva.org/caregivers</p> <p>www.caregiver.com</p> <p>www.caregiving.com</p> <p>www.communityresourcefinder.org/</p> <p>www.seniornavigator.org</p> <p>www.caregiverstress.com</p> <p>www.medicare.gov</p> <p>www.caregivinginnovations.org</p> <p>https://www.caregiver.org/</p>	800-445-8106

FOOD For local food pantries & distribution sites <i>(SOME AREA CHURCHES PROVIDE FREE MEALS ON DIFFERENT DAYS. LOCAL NEWSPAPERS OFTEN LIST THESE OFFERINGS.)</i>	DEPARTMENTS OF SOCIAL SERVICES (DSS)	Culpeper Fauquier Madison Orange Rappahannock	540-727-0372 540-422-8400 540-948-5521 540-672-1155 540-675-3313
	RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES (RRCS)	www.rrcsb.org <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)	540-825-3100 X3467 X3427 X3471 X3450 X3416
	RAPPAHANNOCK FOOD PANTRY		540-987-5090
	EMPOWERING CULPEPER USDA FREE FOOD DISTRIBUTION 3rd Saturday each month / 9:00am-11:00am Located at: Culpeper United Methodist Church 1233 Oaklawn Dr., Culpeper	empoweringculpeper@peopleinc.net	540-935-0047
	FAUQUIER COUNTY - COMMUNITY TOUCH "CLARA'S HOUSE" FOOD PANTRY	https://www.facebook.com/culpeperhousingandshelter-services/	540-439-9300
	SAM'S PLACE (CULPEPER) 219 E. Davis St., Culpeper Must complete paperwork first. Call # at right for appointment or walk in. (You can access food or firewood with the help of Sam's Place.)	(associated with Culpeper Food Closet)	540-727-1055, press 0
	BLUE RIDGE AREA FOOD BANK	https://www.brafb.org/find-help/pantry-locator/	
	REVA MOBILE FOOD PANTRY 18230 Birmingham Rd., Madison	4th Wed. of month/ 10-11:30am	540-213-1319
	SALVATION ARMY 133 E. Culpeper St., Culpeper Tue-Thurs/9am-5pm <i>Offers food to clients 1x per month. Must complete application on first visit.</i>		540-317-5873
	GOOGLE MAPS links showing where to go for resources in specific counties.	Culpeper County Fauquier County Rappahannock County	

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

<p>HOTLINES</p>	<p>2-1-1 VIRGINIA - for state information on community resources & services</p> <p>FAMS ONE CALL CENTER (central hub for local transportation)</p> <p>FRAUD/SCAM HOTLINE</p> <p>PATH COMMUNITY LINK Free information & referral call center; available to Culpeper, Fauquier & Rappahannock residents</p> <p>PEER2PEER MENTAL HEALTH HOTLINE (connects you to a “peer specialist” who is on call)</p> <p>RRCS BEHAVIORAL HEALTH CRISIS HOTLINE (24/7)</p> <p>VETERANS CRISIS HOTLINE</p> <p>Or VA DEPARTMENT OF VETERANS SERVICES</p>	<p>https://www.211info.org/</p> <p>https://pathforyou.org/community-link/</p>	<p>211</p> <p>540-829-5300</p> <p>833-372-8311 (833-FRAUD-11)</p> <p>855-495-5465 (855-495-LINK)</p> <p>833-626-1490</p> <p>540-825-5656 Press 7</p> <p>800-273-8255 Press 1</p> <p>703-630-2810</p>
<p>HOUSING</p>	<p>CULPEPER HOUSING AND SHELTER SERVICES (CHASS)</p> <p>FOOTHILLS HOUSING NETWORK (emergency shelter & housing issues)</p> <p>LEGAL AID WORKS (free legal assistance on eviction & housing issues)</p> <p>(Rappahannock-Rapidan Regional Commission)</p> <p>FAUQUIER COUNTY - COMMUNITY TOUCH</p> <p>See DEPARTMENT OF SOCIAL SERVICES (DSS) listing above - contact info for each county.</p> <p>PEOPLE, INC. (Rental Assistance program)</p> <p>EVICTON HELPLINE</p>	<p>https://www.facebook.com/culpeperhousingandshelterservices/</p> <p>www.legalaidworks.org</p> <p>rwareham@rrregion.org</p> <p>https://www.communitytouchinc.org/</p> <p>info@peopleinc.net</p> <p>noevict@hotmail.com</p>	<p>540-825-7434</p> <p>540-724-6630</p> <p>540-371-1105</p> <p>540-829-7450</p> <p>540-439-9300</p> <p>(#s listed under DSS section on previous page)</p> <p>833-437-0114 833-788-0387 (español)</p> <p>833-663-8428 (833-NoEvict) (leave message)</p>

LANGUAGE ASSISTANCE	PRONUNCIATOR If you have a Culpeper County Library Card this is a free app that offers 163 language “courses” including one specific to COVID-19.	http:// learning.pronunciator.com/ getstarted.php?library_id=7989	
MEDICARE		https://www.medicare.gov/	
NCOA (NATIONAL COUNCIL ON AGING) (available in Spanish)	National organization with resources for older adults regarding SNAP, benefits programs, legislation on COVID -19, etc.	https://www.ncoa.org/	571-527-3900
NIH (NATIONAL INSTITUTES ON HEALTH)	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.	https://www.nia.nih.gov/	
NURSING HOMES	ALZHEIMER’S ASSOCIATION Community Resource Finder. For a list of facilities click on “Housing Options” to find by zip code. MEDICARE.GOV - site to compare nursing homes SENIOR NAVIGATOR ELDER CARE LOCATOR	https:// www.communityresourcefinder. org/ https://www.medicare.gov/ nursinghomecompare/ search.html https://seniornavigator.org/ https://eldercare.acl.gov/Public/ Resources/LearnMoreAbout/ Housing.aspx	
OMBUDSMAN (for Long Term Care facilities)	RRCS (Rappahannock Rapidan Community Services)		540-825-3100 X3416
OVERDOSE SUPPORT	CULPEPER OVERDOSE AWARENESS (also lists other resources and support systems)	http:// www.culpeperoverdoseawarene ss.org/ or https:// www.culpeperoverdoseawarene ss.org/support-during-corona/	

PANDEMIC RESOURCES REGIONAL ASSISTANCE	PATH COMMUNITY LINK Mon-Fri: 9am-5pm	https://pathforyou.org/ community-resource-links Email: commu- nitylink@pathforyou.org	540-316-9659
RAPPAHANNOCK COUNTY SUPPORT FOR OLDER ADULTS	RAPP AT HOME (members helping members live safely in their homes with deliveries, transportation, and social and fitness activities) Rappahannock Benevolent Fund (emergency assistance for Rappahannock residents)	info@rappathome.org berniolson@rappbenfund.org	540-937-4663 (540-937-HOME) 540-671-0421
RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES This organization comprises both the AREA AGENCY ON AGING & the COMMUNITY SERVICES BOARD	Information on meals, programs, Senior Centers, Transportation & other services for older adults	www.rrcsb.org <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)	540-825-3100 X3467 X3427 X3471 X3450 X3416
RESPIRE CARE FUNDING ASSISTANCE	VIRGINIA LIFESPAN RESPITE VOUCHER PROGRAM CORNERSTONE CARES	https://www.vda.virginia.gov/ vlrv.htm https:// www.cornerstoneva.org/respire	804-588-3978 (Nick Slentz, VADARS, Program Coordinator) nick.slentz@dars.virginia.gov
SAMSHA (Substance Abuse & Mental Health Services Administration)	DISASTER DISTRESS HELPLINE 24/7, 365 days/year Crisis counseling & support for caregivers & others experiencing emotional distress related to disasters, including COVID-19.	https://www.samhsa.gov/	800-985-5990

SAM'S PLACE	Food Closet & Firewood for Culpeper residents		540-727-1055 press 0
SENIOR CENTERS	Senior Centers are closed but are offering varied services to their members. Contact them for more information.	Culpeper Fauquier Madison Orange Rappahannock	540-825-5778 540-347-7729 540-948-4131 540-672-5926 540-987-3638
SENIOR COOL CARE	(Through RRCS) Offers fans & air conditioners to those age 65 and older who qualify. June through August	https://www.rrcsb.org/senior-services/senior-cool-care/	540-825-3100 Ask to speak to the support coordinator in your county.
SOCIAL SECURITY		https://www.ssa.gov/	
TRANSPORTATION	FAMS ONE CALL CENTER (central hub for local transportation)		540-829-5300
VADARS (VIRGINIA DEPARTMENT FOR AGING & REHABILITATIVE SERVICES)		https://www.vadars.org/	(804) 662-7000
VETERANS	VETERANS CRISIS HOTLINE Or VETERANS SERVICES OPERATION FIRST RESPONSE (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.) HERO'S BRIDGE Contact Dave Benhoff of Capital Caring Health/Veterans Health	https://www.operationfirstresponse.org/ https://herosbridge.org/	800-273-8255 Press 1 703-630-2810 888-289-0280 540-341-5378
VIRGINIA DEPARTMENT OF HEALTH		https://www.vdh.virginia.gov/ Culpeper Fauquier Madison Orange Rappahannock	877-275-8343 540-829-7350 540-347-6400 540-948-5481 540-672-1291 540-675-3516

<p>VOLUNTEER OPPORTUNITIES</p>	<p>AARP</p> <p>PATH VOLUNTEER HUB (If you looking for ways to help during the COVID-19 pandemic...For example, reaching out to isolated adults through technology, letter writing, etc. Or - sewing masks, making phone calls, or more.</p>	<p>www.aarp.org</p> <p>https://www.letsvolunteer.org/</p>	
<p>WI-FI ACCESS</p>	<p>CULPEPER COUNTY LIBRARY Southgate Shopping Center</p> <p>WARRENTON COMMUNITY PARKING LOT 7218 Colonial Rd, Warrenton</p> <p>MIDLAND COMMUNITY PARKING LOT</p> <p>WARRENTON DOWNTOWN Downtown Warrenton parking lots near the water town on North Fourth Street.</p> <p>ST. PETER CATHOLIC CHURCH 12762 Lee Highway Washington, VA</p> <p>AMISSVILLE VOLUNTEER FIRE DEPARTMENT 14711 Lee Highway, Amissville</p>	<p>Park in the parking lot to access free Wi-Fi. Stay in your car.</p> <p>Password: Schoolwork</p>	