



UVA Health Culpeper Medical Center

Community Health Needs Assessment

(Culpeper County)

2017-2019

Approved by the Culpeper Medical Center Board of Trustees on November 15, 2017

Table of Contents

I. Introduction	
a) Organizational overview	3
b) Our community	4
II. Assessment	
a) Collaborative community partners	7
b) Solicitation	7
c) Data collection and analysis	7
III. Identification and Prioritization of Health Needs	
a) Identified Significant Health Needs	8
b) Prioritization	9
IV. Addressing needs	11
V. Impact evaluation of 2014-2016 CHNA	41
VI. Appendix	42

I. Introduction

UVA Health Culpeper Medical Center conducted a community health needs assessment in 2017 to identify the most pressing health needs in our community. The assessment is designed to identify the health needs of the most vulnerable populations in the community. UVA Health Culpeper Medical Center will enhance the community's health by offering health and wellness programming, clinical services and financial support in response to the specific health needs identified.

a. Organization Overview

UVA Health Culpeper Medical Center ("NHUVACMC") is an integral part of the Novant Health UVA Health System ("NHUVAHS"). NHUVAHS was formed in 2016 by Novant Health and the University of Virginia Health System, and is a regional nonprofit, integrated healthcare network of physician clinics, outpatient centers, and hospitals that serves patients and communities in Virginia.

NHUVACMC receives strategic planning, administrative, and other support from Novant Health, Inc., a member of the Novant Health UVA Health System.

Our employees and physician partners strive every day to bring our mission, vision and values to life. We demonstrate this commitment to our patients in many different ways. Our organization:

- Maintains an active community health outreach program.
- Demonstrates superior outcomes for many health conditions as indicated by our state and national quality scores.
- Creates innovative programs that address important health issues, with many of our programs and services being recognized nationally.
- Believes in its role as a good corporate citizen, working with community agencies and organizations to make our communities better places to live and work.

UVA Health Culpeper Medical Center, (NHUVACMC), is a 70-bed acute care community hospital offering a family birth center and 24/7 emergency department. By bringing together world-class technology and clinicians to provide quality care, we are committed to creating a healthcare experience that is simpler, more convenient and more affordable so patients can focus on getting better and staying healthy.

b. Our Community

Primary Service Areas

The Primary Service Area for UVA Health Culpeper Medical Center is defined by the zip codes that represent 75% to 85% of the hospital’s in-patient population as outlined below:

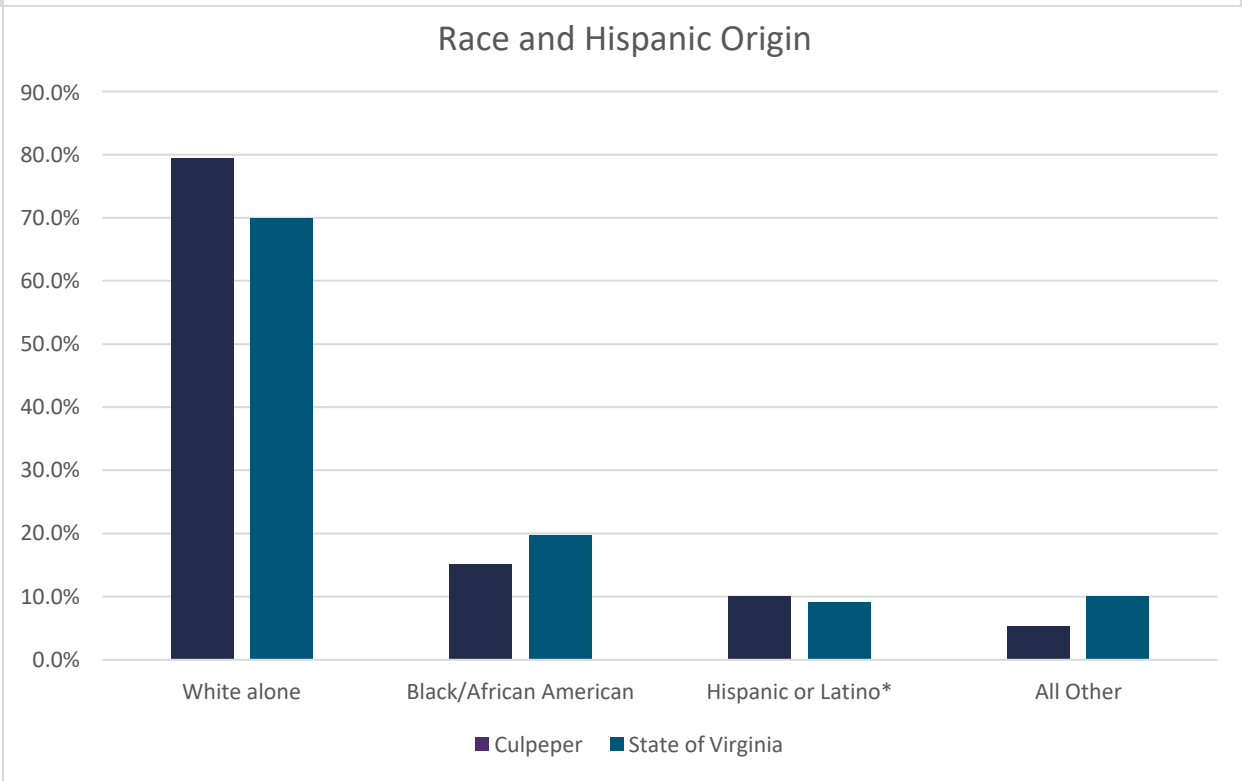
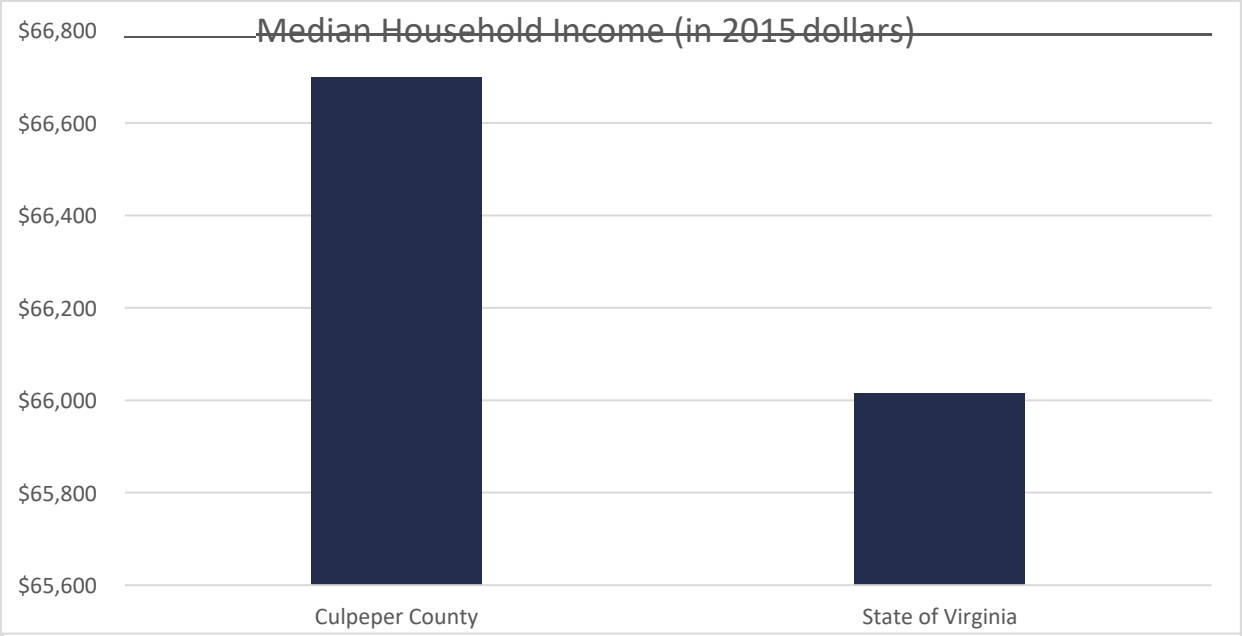
Zip Code	City	County/Jurisdiction
20106	Amissville	Culpeper
22701	Culpeper	Culpeper
22713	Boston	Culpeper
22714	Brandy Station	Culpeper
22718	Elkwood	Culpeper
22724	Jeffersonton	Culpeper
22726	Lignum	Culpeper
22729	Mitchells	Culpeper
22733	Rapidan	Culpeper
22735	Brightwood	Culpeper
22736	Richardsville	Culpeper
22737	Rixeyville	Culpeper
22741	Stevensburg	Culpeper

The primary service area includes Culpeper County, Virginia. Based on 2016 estimates, Culpeper County is the 37th out of 133 counties in the State of Virginia with just over 50,000 residents¹. Spread across the foothills of the Blue Ridge Mountains’ fields of the North Central Piedmont Region, Culpeper County, Virginia possesses a rural character displaying the natural splendor of rustic Virginia. Culpeper County has experienced small, but steady population growth (7.3%)² since the 2010 US Census.

According to the 2016 U.S. Census estimates, Culpeper County include the following demographic profiles:

¹ U.S. Census Bureau (2017). American FactFinder <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

² U.S. Census Bureau (2017). US Census Bureau. <https://www.census.gov/quickfacts/fact/table/culpepercountyvirginia/AGE295216>



*Hispanics may be of any race, so also are included in applicable race categories

Population

Detailed demographic data for Culpeper County is outlined below:

Culpeper County Population by Race & Ethnicity (2016)

	Culpeper County	Virginia
Population Estimates	50,083	8,411,808
Persons under 5 years, percent 2016	6.5%	6.1%
Persons under 18 years, percent 2016	25.0%	22.2%
Persons 65 years and over, percent 2016	14.7%	14.6%
Female persons, percent 2016	49.9%	50.8%
White alone, percent 2016	79.5%	70.0%
Black or African American alone, percent 2016	15.1%	19.8%
American Indian and Alaska Native alone, percent 2016	0.7%	0.5%
Asian alone, percent 2016	1.6%	6.6%
Native Hawaiian and Other Pacific Islander alone, percent 2016	0.1%	0.1%
Two or More Races, percent 2016	2.9%	2.9%
Hispanic or Latino, percent 2016	10.1%	9.1%
Persons in Poverty, Percent 2016	10.2%	11.0%

Source: U.S. Census Bureau (2016).

Children and adolescents (age 0-18) make up an estimate of just over one-third (31.5%) of the population in Culpeper County and seniors (age 65 and over) make up 14.7% of the population. Since 2010, all areas have experienced steady population growth. Non-white minorities currently make up 30.5% of the racial demographic in Culpeper County.³

Population Educational Attainment, Culpeper County, 2015 (ages 25+)		Graduation and Degree Attainment, 2011-2015 (ages 25+)		
			Culpeper County	Virginia
< HS diploma/GED	16.3%			
HS diploma/GED	34.1%			
Some college or Associate's degree	27.7%	High school graduate or higher	83.8%	88.3%
Bachelor's degree	14.9%			
Graduate or professional degree	7.0%	Bachelor's degree or higher	21.9%	36.3%

*Some estimates presented in US Census data come from sample data, and thus have sampling errors that may render some apparent differences between geographies statistically indistinguishable.

83.8% of Culpeper residents are high school graduates, which is slightly lower than the State of Virginia rate of 88.3%. Culpeper residents earn a median income of \$66,697, which is only \$1,682 higher than the Virginia state average of \$65,015.² A key indicator to evaluate economic condition is the poverty

³ US Census Bureau (2017). American FactFinder www.factfinder.census.gov

rate. The poverty rate for Culpeper County residents is 10.2%, which is slightly lower than the rate of the Virginia state average of 11.0%.

II. Assessment

a) Collaborative community partners

The 2017 NHUVA Culpeper Medical Center (NHUVACMC) Community Health Needs Assessment was a collaborative effort of community organizations in Culpeper County Virginia that are involved with delivering community services and programs to residents throughout Culpeper and surrounding counties. For a list of community agencies, please see Appendix A. As part of this assessment process, special attention was paid to the needs of the underserved. The process emphasized collaboration among these community partners to improve the overall health of the community.

The assessment process was initiated by NHUVACMC. To ensure input from public health professionals, leaders of medically underserved communities, and persons with broad knowledge of the community, invitations were distributed to a large number of individuals and community groups. Together with the Culpeper Community organizations, NHUVACMC worked collaboratively to support the assessment process. (See Appendix A for a complete list of agencies that were represented).

b) Solicitation

We solicited input from persons who represent the broad interest of Culpeper County. Such persons who represent the broad interest of these communities include Hispanics, persons living in poverty and those without a high school degree. A targeted distribution of paper surveys was utilized in an effort to reach areas of the population that may not have been able to access the online survey. Paper copies were distributed at key community locations represented by the community organizations involved in the CHNA process for their clients and patients where a diverse population is served. Through both online and paper surveys, participants surveyed similarly represented the communities represented in Culpeper County. Areas identified as gaps in the quantitative data sampling included an underrepresentation in males.

c) Data collection and analysis

Primary Data

The Community Health Needs Assessment (CHNA)

With guidance from community organizations supporting the CHNA process, a community health needs assessment survey for residents from Culpeper County was created. The CHNA Survey was made available to community residents from June 12, 2017 to August 27, 2017. Surveys were administered online through SurveyMonkey® and in paper copy which was provided in both English and Spanish. Paper surveys were made available to local community groups representing the medically underserved to ensure that participants surveyed represented the medically underserved, uninsured, low-income and minority populations. Participants surveyed represented the following demographic population of Culpeper County:

- 84.5% female; 15.5% male
- 12.9% ages 65+
- 11.5% identified as Hispanic/Latino; 17.7% identified as African-American or Black; 0.7% identified as Asian
- 9.8% less than high school graduate; 35.6% high school diploma or GED; 45.6% associate's or bachelor's degree or some college; 9.0% advanced college degree

Areas identified as gaps in the quantitative data sampling included an underrepresentation of males.

Secondary Data

Along with the outlined primary data, secondary data was collected from other sources and reviewed. Health data was gathered and analyzed from the following sources:

- Virginia Department of Health Division of Health Statistics
- Virginia Department of Health, Virginia Health Opportunity Index
- US Census Bureau

III. Identification and Prioritization of Health Needs

a) Identified Significant Health Needs

From participant responses, it was apparent that chronic disease prevention, health risk factors, mental health and substance abuse were the most important concerns of community residents. Other key data points included:

- When asked to identify the greatest health related concerns, respondents identified the following:
 - Substance Abuse (59.9%)
 - Mental health issues (38.3%)
 - Health risk factors (36.5%)
 - Chronic disease including cancer, diabetes and heart disease (34.3%)
 - Access to healthy foods (28.9%).
- When asked to identify which community health services need strengthening, respondents identified the following:
 - Behavioral Health/Mental Health Services (47.3%)
 - Substance Abuse Services (43.2%)
 - Homeless Services (41.8%)
 - Healthcare Coverage (34.7%)
 - Aging/Senior Services (32.1%)
 - Early Intervention for Children (23%)
 - Maternal, Infant and Child Services (15.6%)
 - Family Planning (13.5%).
- When asked to rate their own personal health, respondents rated themselves as the following: 12.1 % as very healthy, 47.2% as healthy, 33.1% as somewhat healthy, 6.3% as unhealthy, and 1.2% as very unhealthy.

- When asked about diagnosis of specific health conditions, respondents identified that they had been diagnosed with the following: 30.0% high blood pressure, 27.7% overweight/obesity, 25.8% high cholesterol, 23.8% depression or anxiety, 15.8% asthma, and 13.1% diabetes.

Based on these identified health needs, the following 8 social, clinical and behavioral health needs were identified as a significant need for Culpeper County:

1. Access to Healthcare (includes healthcare coverage, clinical services, pharmacy services, cancer services, primary care and specialty providers)
2. Aging Issues (includes available resources for seniors, elder-friendly housing, etc.)
3. Behavioral and Lifestyle Issues (includes physical inactivity, environment, access to healthy foods)
4. Chronic Disease Prevention (includes cancer, heart disease, stroke, diabetes, etc.)
5. Health Risk Factors (includes high blood pressure, obesity, high cholesterol, etc.)
6. Maternal/Infant Health (includes maternal and infant mortality)
7. Mental Health Issues (includes substance abuse, suicide)
8. Socioeconomic Issues (includes employment availability, homeless services and social support services)

b) Prioritization

In October 2017, survey results were presented to community members and stakeholders via electronic distribution, and both were asked to rank the top three health issues according to magnitude, severity, and scope of these issues. The outcomes from the priority survey exercises were weighted and ranked with the following results:

- 1) Mental Health
- 2) Health Risk Factors
- 3) Access to Healthcare
- 4) Chronic Disease Prevention
- 5) Behavioral and Lifestyle Issues
- 6) Aging Issues
- 7) Socioeconomic Issues
- 8) Maternal/Infant Health

Recommended Prioritized Health Outcomes

For each of the identified areas, recommendations were made for the top prioritized health needs. Below is a summary of those recommendations:

- *Mental health issues (includes substance abuse, suicide):* Increase in programming addressing mental health such as mental health first aid and/or support groups; partnerships and more coordinated efforts to connect community members to community agencies and substance abuse treatment facilities

- *Health Risk Factors and Chronic Disease Prevention (includes high blood pressure, obesity, high cholesterol; also includes prevention of cancer, heart disease, diabetes, etc.):* Increase in programming that addresses health risk factors with a focus on education and prevention
- *Access to Health Care (includes healthcare coverage, clinical and pharmacy services, cancer services, primary care and specialty providers):* Innovative partnerships to increase access to healthcare in rural areas, specialty provider recruitment and/or creation of a service that will create greater access to specialty providers

Facility prioritization

In addition to the community rankings, UVA Health Culpeper Medical Center reviewed the top five diagnosis codes for inpatient and outpatient hospital emergency room visits in 2016.

UVA Health Culpeper Medical Center Emergency Department Top 5 Diagnoses 2016

Top Inpatient ED Diagnosis 2016		Top Outpatient ED Diagnosis 2016	
Diagnosis	Volume	Diagnosis	Volume
Sepsis, unspec organism	375	Other chest pain	835
Pneumonia, unspec organism	149	Acute upper respiratory infection, unspecified	687
Acute kidney failure, unspec	106		Urinary tract infection, site not specified
Chronic obstructive pulmonary dis w(acute) exacerbation	97	Acute bronchitis, unspecified	474
		Strain of muscle, fascia and tendon of lower back, init.	412
Acute on chronic diastolic (congestive) heart failure	54		

A review of the hospital emergency room visits indicated that many of the top inpatient diagnosis codes are correlated with chronic issues that typically affect the aging population and also symptoms related to specific chronic diseases. Upon analysis of the outpatient diagnosis codes, it was apparent that many of the patients seen had symptoms that could be related to a number of chronic conditions, including (but not limited to) behavioral/lifestyle issues, chronic sinus, heart disease, obesity, and other chronic issues related to aging.

Upon a comprehensive review of the community’s recommended prioritized outcomes and UVA Health Culpeper Medical Center’s ED top 5 diagnosis codes, the UVA Health Culpeper Medical Center leadership team and Board of Trustees evaluated this information based on the scope, severity, health disparities associated with the need, and the estimated feasibility and effectiveness of possible interventions. Through this thorough evaluation, the team agreed on the following three top significant health priorities for UVA Health Culpeper Medical Center:

1. Mental Health
2. Health Risk Factors
3. Access to Care

IV. Addressing needs

UVA Health Culpeper Medical Center is committed to working to address each of the identified areas of need through resource allocation and support of the following programs:

Mental Health:

- Community awareness campaigns
- Community education programs and support groups
- Strengthened community partnerships/interventions

Health Risk Factors and Chronic Disease Prevention:

- Biometric screenings at key community events
- Charitable contributions impacting health outcomes for vulnerable community members
- Strengthened community partnerships with local free clinics
- Ongoing community health education

Access to Care:

- Strengthened partnerships with local free clinics
- Recruitment of specialty providers
- Integration of social services to assist uninsured community members with Medicaid enrollment

In addition to the programs and services offered to the community through UVA Health Culpeper Medical Center, there are several existing community assets available throughout the Culpeper County that have additional programs and resources tailored to meet all of the identified health needs. The following is a list of programs and services provided by the 2017 Culpeper Resource Guide. An interactive online version of the guide and Spanish version of the guide can be found [here](#) via the HealthyCulpeper website:

EMERGENCY SERVICES

American Red Cross

Central Virginia Chapter
118 East Piedmont Street, Culpeper
540-825-9291
Piedmont Branch
540-825-929

Disaster Assistance: 855-853-8272

Military Families: 877-272-7337

www.redcross.org/CentralVirginia

American Red Cross programs include Disaster Relief Services, Preparedness, Health and Safety training, Service to the Armed Forces, Blood Collections and Volunteer Services. The Red Cross provides preparedness information before disaster strikes; shelters, feeds and provides emotional support; and coordinates recovery assistance. It collects lifesaving blood and blood products to meet patient needs in area hospitals and teaches CPR, first aid and water safety skills that save lives. The Red Cross supports military members, veterans and their families with emergency communications and other resources. For 24/7 disaster assistance, call 855-853-8272.

Culpeper County Fire, Rescue, and Emergency Management

Emergency 540-727-7161

Non-emergency 540-727-7900

Fire and rescue services are provided by two organizational groups: the Volunteer Fire and Rescue Association (CCVFRA), and the Office of Emergency Services (OES) dedicated to providing fire protection, emergency medical services, and related life safety functions. The Culpeper County Volunteer Fire and Rescue Association and the Culpeper County Office of Emergency Services strive to reduce threats to life, safety, property and the environment of Culpeper County residents through education, prevention, and effective response to emergencies. The Office of Emergency Services is also responsible for programs following a local disaster and maintains and operates an Emergency Operations Center.

Culpeper County Sheriff's Office

Sheriff Scott H. Jenkins

14023 Public Safety Court, Culpeper

540-727-7520 Jail: 540-727-3434

Records: 540-727-3400

www.culpepersheriffsoffice.com

Patrols, investigations, crime prevention, and court security. The agency includes the Culpeper County Jail. The mission of the Sheriff's Office is to protect and serve the citizens of Culpeper County while maintaining professional standards and integrity in public service. Deputies conduct patrols throughout the county's 389 square miles 24 hours a day. The administrative office and records center is open 8 am - 4 pm; Monday-Friday.

Culpeper Police Department

740 Old Brandy Road, Culpeper

Emergency – 911 Non-Emergency 540-727-3430

www.culpeperva.gov/Public-Safety/Town-Police-Department

Department

Foothills Housing Network

540-724-6630

To request emergency housing services in Culpeper, Fauquier, Madison, Orange, or Rappahannock, please call.

RRCS Crisis Services

(and Crisis Intervention Team)

15361 Bradford Road /P.O. Box 1568, Culpeper

540-825-5656

www.rrcsb.org

crisisservices@rrcs

Crisis Services are available 24 hours per day. If you are experiencing a behavioral health or substance abuse related crisis and need services immediately, you will receive prompt assistance from a Crisis Clinician. Crisis Clinicians provide assessment, crisis intervention counseling, hospital diversion, pre-admission screening as well as other services.

Rappahannock-Rapidan Medical

Reserve Corps (RRMC)

540-316-4135

www.mrc.org

rrmrc@vdh.virginia.gov

The Rappahannock-Rapidan Medical Reserve Corps (RRMRC) is a force of over 400 dedicated volunteers who stand ready to support the community in the event of a public health emergency. The RRMRC is comprised of teams of medical professionals, as well as community members without medical training, who volunteer their skills, expertise and time to support ongoing public health initiatives and assist during emergencies throughout Virginia. It is one of 27 MRC units throughout Virginia that actively improve and protect their community's public health by supporting: health education and preventative health screenings; efforts to provide medical services to at-risk populations; communicable disease outbreak response; volunteer emergency preparedness training and exercises; and local, state and national response to terrorism attacks and disasters.

The Salvation Army Family Store

Emergency Disaster Services

571 James Madison Hwy, Culpeper

540-321-4859

See full listing under Community Enrichment Programs.

Virginia State Police Dispatch (24 hours)

540-829-7767

VOLUNTEER FIRE/RESCUE ORGANIZATIONS

Brandy Station Volunteer Fire Department

19601 Church Rd., Brandy Station

540-825-1555

Culpeper County Volunteer Fire Department

151-153 West Davis Street, Culpeper

540-825-8777

Culpeper Volunteer Rescue Squad

P.O. Box 731, Culpeper

540-825-2247

Little Fork Volunteer Fire & Rescue Company

6011 Rixeyville Road, Rixeyville

540-937-7717

AGING & SENIOR SERVICES

AARP

888-687-2277

AARP is a nonprofit, nonpartisan organization for people age 50 and over. AARP is dedicated to enhancing quality of life for all as we age through information, advocacy and service. AARP also provides a wide range of unique benefits, special products, and services for our members, including the AARP Web site at www.aarp.org, "AARP The Magazine," and the monthly "AARP Bulletin."

Adult Services and Adult Protective Services

540-727-0372; See Culpeper Human Services

Aging Together

PO Box 367, Culpeper

540-829-6405

www.agingtogether.org

info@agingtogether.org

If you care about Culpeper County seniors, you should look into Aging Together. Aging Together forms partnerships and finds funds to expand and enhance services for people over the age of 60 in Culpeper, Fauquier, Rappahannock, Madison and Orange counties. We identify gaps in service and facilitate educational programs, caregiver supports, volunteer transportation and much more. Please join our Culpeper Team that meets the first Thursday of each month at 9 am at Reformation Lutheran Church. We'd love your ideas, input and energy. We are also a source of information if you are looking for a resource for an older adult and don't know where to start.

Alzheimer's Association Central and Western Virginia

1160 Pepsi Pl. Suite 306, Charlottesville

800-272-3900

www.alz.org

www.alzcv@alz.org

The Alzheimer's Association provides education and support to the millions who face dementia every day, while advancing critical research towards methods of treatment, prevention and, ultimately, a cure. The Alzheimer's Association serves individuals with the disease and their families, health care and social services professionals, and the general public. The Central and Western Virginia Chapter has offices in Charlottesville, Danville and Roanoke and serves Culpeper. Join the Walk To End Alzheimer's.

At Home Your Way

P.O. Box 609, Front Royal

844-828-5591

athomeyourway.com

info@homeyourway.com

At Home Your Way can help you access consumer-directed personal care services to meet the needs of you or the individual you care for. Consumer direct services are personal care, companion services, or respite care services where the individual or his family/caregiver, as appropriate, is responsible for hiring, training, supervising and firing of the employee or employees.

Culpeper Senior Center

Monday, Tuesday, Wednesday & Friday 10 am – 2 pm

710 U.S. Avenue, Culpeper

540-825-5778

Open to seniors 60 and older, with priority given to those with the greatest nutritional, social or economic needs, the senior center

includes a daily hot lunch program and a chance to socialize and participate in a variety of recreational and educational activities. Open Monday through Thursday. Operated by Rappahannock-Rapidan Community Services.

Dogwood Village Senior Living Support Group

120 Dogwood Lane, Orange

540-672-2611

Last Wednesday of each month. Contact Martha Robeson.

Fauquier Adult Day Healthcare Center

430 East Shirley Avenue, Warrenton

540-347-2797 or 540-825-3100, ext. 3427

Adult day care provides a safe, supportive environment for adults who need help with health and personal care activities (including those with dementia). Open Monday through Friday. Operated by Rappahannock-Rapidan Community Services and serving five counties, including Culpeper.

In-Home Health Agencies

See full listing in the In-Home Care section.

Overwhelmed How Can I Help, LLC

703-508-3056

www.OverwhelmedHowCaniHelp.com

www.OverwhelmedHowCaniHelp@yahoo.com

Specializing in senior moves. Free in home consultation. Are you or a loved one going through a transition? Are you in need of downsizing, liquidating an estate, decluttering and/or moving? Are you asking yourself where are the valuables and what is valuable?

Protective Money Management Program

Rappahannock-Rapidan Community Services

540-825-3100

See full listing under Rappahannock Rapidan Community Services

Rappahannock Rapidan Community Services

P.O. Box 1568/15361 Bradford Road, Culpeper

540-825-3100

See full listing under Rappahannock Rapidan Community Services

Reformation Lutheran Church Senior Adult Ministry

601 Madison Rd., Culpeper

571-213-6070

www.culpeperlutherans.org

Reformation Lutheran Church offers a senior adult ministry. Activities include "Lunch and Learning" Tuesdays at 12:30 pm. After a potluck luncheon, an educational program is offered that includes a speaker from the governmental, social services, or business sector. There may be a special study/musical presentation. "Senior Bible Study" Thursdays at 1 pm. After a light lunch, an interactive bible study is offered. Other events have included senior worship, intergenerational activities and short trips. Visitation and counseling are also available.

Senior Helpers of Central and Western Virginia

540-746-7060

www.SrHelpersVA.com

Senior Helpers helps seniors stay independent and at home for as long as possible by providing help with light housekeeping, meal planning and preparation, and activities of daily living such as bathing, dressing and eating. Senior Helpers has a record of providing dependable and compassionate caregivers. Their motto is "Care and comfort at a moment's notice" – one client said "I don't know how you found someone so good so fast!"

Senior Housing

See separate Housing: Senior section.

Silver Citizens' Club

131 N. Main St., Culpeper
540-727-3412, ext 4 or 5
www.CulpeperRecreation.com
Parks@CulpeperCounty.gov

Culpeper County Parks & Recreation Department's longest running program is the Silver Citizen's Club. The Club is for those 55 years or better and meets weekly on Wednesdays from 10 am - 3 pm at the Culpeper County Library. Members enjoy a guest speaker program that includes all sectors of life from healthcare, to musicians and everything in between. Each meeting has a potluck lunch followed by a card game. The club also takes occasional local trips, attends shows, volunteers in the community, and actively supports fellow senior citizens.

The Place

601 Madison Rd., Culpeper
540-825-1376

"The Place" is a daily center for senior adults. Open Monday through Friday from 9 am to 3 pm. Mature adults gather for fellowship, study, recreation, discussion and support. Some of the activities include breakfast or lunch outings, weekly bible studies, special programs and speakers, movies, card playing, puzzles, reading. Come to relax, come for a cup of coffee, come to be around caring people. All will be heartily welcomed!

Virginia Department of Aging and Rehabilitative Services

540-829-7360

The Adult Protective Services Division of DARS oversees local programs that investigate reports of abuse, neglect and exploitation of older adults as well as incapacitated adults. For more information, see also Dementia and Care Giving, DSS, Hospice and In-Home Care, Housing, and RRCS.

DEMENTIA SUPPORT GROUPS FOR CAREGIVERS

Alzheimer's Association

Central & Western Virginia
800-272-3900

We are here to help the people in our chapter area who have been diagnosed with Alzheimer's disease or related dementias, as well as their caregivers and families. This assistance comes in the form of a toll-free HelpLine, support groups and care consultation in each region, lending libraries, Medic Alert + Safe Return, an annual education conference as well as many other programs and services.

Alzheimer's Family Support Group

422 William Mills Drive, Standardville
434-985-4481

Join us at The Harbor the 4th Tuesday of each month to discuss Alzheimer's with Dr. Rodney Kibler.

Caregiver Support Group

Kathi Walker
540-825-3100 ext. 3416

Meets the 4th Tuesday 4:30 pm in the Culpeper Hospital Board Room.

Dementia Support Groups for Caregivers

Alzheimer's Association
Bonnie Vermillion
UVA Culpeper Hospital Conference Room

Meets the fourth Tuesday of each month from 4:30 pm to 5:30 pm.

Memory Cafe

540-547-4824
jemiller@alz.org

Memory Cafe is a place for relaxed conversations and interaction for persons who are diagnosed with early stage symptoms of Alzheimer's disease, Mild Cognitive Impairment, or another related memory disorder. Care partners are invited to this social opportunity, too. There is no fee for attending.

CHILDREN'S SERVICES

Alice C. Tyler Village of Childhelp

23164 Dragoon Rd, Lignum
540-399-5073

www.childhelp.org
AClark@Childhelp.org

ACTV is a private, nonprofit psychiatric residential treatment center that services children aged 5-14. ACTV provides a therapeutic program utilizing an interdisciplinary approach for children with mild to severe trauma or neglect, psychiatric disorders, and neurodevelopmental disorders. ACTV offers a nurturing treatment setting therapy resources including equine, small animal, hiking, biking, pool, children's recreational sports teams and a full-time chaplain. ACTV provides assessments, 24 hour nursing care, a licensed on-site school, and a private day school.

Blue Ridge Care Connection for Children

2205 Fontaine Ave, Suite 201, Charlottesville
434-924-0222 or toll free: 866-596-9367

www.healthsystem.virginia.edu
BRCCC@hscmail.mcc.virginia.edu

BRCCC provides free case management services/care coordination services with independent, private specialist and practitioners. The program coordinates all involved to determine how children with health care needs can reach their maximum potential. Services include: access to medical specialists; assistance in coordinating specialty care/accessing services; obtaining, understanding and using health insurance; communication with schools, payers, providers and services; and navigating medical system/services. Financial assistance may be available to eligible families whose income is at/below 300% of the federal poverty level. Some may qualify for financial assistance for medical equipment/medications.

Child Services and Child Protective Services from DSS

<http://www.dss.state.va.us/family/children.html>

See Culpeper Human Services

Child Support Call Center

1-800-468-8894 toll-free Monday-Friday 7 am- 6 pm

Child Support Enforcement

2211 Hydraulic Rd., Suite. 200, Charlottesville

Culpeper Parent Teacher Resource Center

540- 825-3677, Ext. 2131

See full listing under Disabilities section.

Families First

**Office hours: Monday through Friday, 8:30 am - 5:00 pm
540-321-3071**

Provides services for expectant and new families with children (up to the age of five) to prevent child maltreatment, promote positive parenting, and improve the child's health and development. Families First is responsible for the management and operation of a home visiting program, Welcome Home Baby Program and Parenting Education Program for Culpeper County.

Family Preservation Services of Virginia

**1200 Sunset Lane #2132, Culpeper
540-825-3117, ex 2131 & 2132
www.pathways.com**

FPS offers home or school based counseling and services, community-based surveillance for court-involved youth, behavioral monitoring, case management, substance abuse counseling, therapeutic foster care and therapeutic mentoring. Their focus is on avoiding out-of-home placements through collaboration with community agencies. FPS is also developing "virtual residential programs" as an alternative to out of home care. Services for children include therapeutic day treatment, intensive in home services, and adolescent sexual harm program and other services. FPS also offers parent support and education programs, supervised visitation for children living apart from parents, and psycho-social rehabilitation for adults.

Infant and Toddler Connection (ITC)

**314 N. West Street, Culpeper
and PO Box 1568, Culpeper
540-829-7480 ext 105
www.rrcsb.org
ITC@rrcsb.org**

The ITC provides early intervention services to infants and toddlers (birth through age 2) who have a diagnosed condition with a high probability of resulting in a developmental delay, have an existing delay, or have atypical development. The goal of these services is to help parents and caregivers support their child's development, lessen the effects of the delay or disability, improve the overall functioning of the child, and increase the child's participation in home and community activities. Services are designed to address the child's overall development, including communication, physical development, cognitive development, social or emotional development, and adaptive environment. Services available include: service coordination, eligibility determination, physical therapy, occupational therapy, speech therapy, and developmental services.

Smart Beginnings

**Rappahannock Area/ Virginia Quality
2300 Fall Hill Ave., Fredericksburg
540-479-6944**

smartbeginningsra.org www.virginiaquality.com
Virginia Quality is the state's voluntary quality rating and improvement system. Quality rating and improvement systems exist in most states across the country and are a proven strategy to systematically improve the quality of childcare and early learning programs. The north central region supports centers in Fredericksburg, Stafford, Spotsylvania, King George, Fauquier, Culpeper, Caroline, Rappahannock, Manassas, Manassas Park and Manassas City. We offer support for child care providers in private, corporate, nonprofit, and in home settings. For more information give us a call, check us out on the web and on Facebook.

UVA Pediatrics Culpeper

**16244 Bennett Rd., Culpeper
540-825-5381**

CAR SEAT INSTALLATION AND SAFETY CHECKS

Culpeper Police Department

540-727-3430

CHILD CARE CENTERS - LICENSED

Culpeper Baptist Church CDC

**318 South West St., Culpeper
540-825-9798
Hours: 7:30 am - 6:00 pm M-F Ages: 2 1/2 - 5 years.**

Culpeper Montessori Children's Community

**101 Duke St, Suite 119, Culpeper
540-671-9894
Hours: 6:30 am - 6 pm Ages: 2 1/2 yrs - 6 yrs**

Culpeper United Methodist Church

**1233 Oaklawn Dr., Culpeper
540-825-0764
Hours: 9 am -12 pm Ages: 3-4 yrs**

Head Start

**1401 Old Fredericksburg Road, Culpeper
540-829-2330
Hours: Monday through Friday, 8 am - 4 pm**

Heritage Child Development Center

**120 Chestnut Drive, Culpeper . 22701
540-825-6420
Hours: 6:30 am - 6 pm; Ages 2 1/2 - 11**

Kid Central / Culpeper County Child Care

**1401 Old Fredericksburg Road, Culpeper
540-829-2124
Hours: Monday through Friday, 6:30 am - 6:30 pm**

Rainbow Child Care Center

**673 Sunset Lane, Culpeper . 22701
540-825-6333
Hours: 6:30 am - 6:30 pm M-F Ages: 1 mo.-12 y**

CLOTHING & FURNITURE

Culpeper Hospital's Auxiliary Thrift Shop

**513 Meadowbrook Shopping Center, Culpeper
540-825-7523**

Monday-Friday, 9 am - 5 pm, Saturday 9 am - 3 pm. Clothing from outerwear to shoes, casual to formal, from babies to adults. The Thrift Shop also carries housewares, books, toys, furniture. Items are priced to suit even the tightest. All proceeds benefit UVA Culpeper Hospital. Donations can be dropped at the Thrift Shop during business hours or call to arrange a time. Please do not leave donations outside the building. Manager Dottie McConchie is looking for new volunteers! If you're interested in joining the Auxiliary, please call (540) 829-4280 for more information.

Full Circle Thrift - Culpeper
Department of Social Services
12308 Sperryville Pike, Culpeper
540-727-8716
www.fullcirclethrift.org

Monday-Friday, 9:30 am - 5 pm, Saturday 9:30 am - 4 pm. With the motto of "Culpeper Helping Culpeper", Full Circle Thrift donates their net proceeds to help meet the emergency needs of the elderly, low income families and children in Culpeper County. Full Circle Thrift, through its partnership with Culpeper Human Services, is able to provide funding for assistance with transportation, home energy costs, prescriptions, companion services for the elderly, and much more.

Rappahannock Goodwill Industries, Inc.
504 Culpeper Town Square, Culpeper
540-829-8068

Monday - Saturday 9 am - 8 pm; Sunday 10 am - 7 pm Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares and more.

Noah's Ark Outreach/Community Touch, Inc.
10499 Jerico Road, Bealeton
540-439-9300

Sat. 10 am - 1 pm; closed every 2nd and 5th Sat. Noah's Ark Outreach accepts donated professional, business, outdoor and children's clothing for the underprivileged. It also accepts furniture, washers, dryers, refrigerators, stoves, microwaves and other household items that will assist the less fortunate. All donated goods are given free of charge through a voucher program to qualified low-income individuals who need assistance. Transitional housing for the homeless.

Salvation Army Family Store

Monday to Friday 10 am to 6 pm; Saturday 9:30 to 7 pm
571 James Madison Hwy, Culpeper
540-321-4859

See full listing under Community Enrichment Programs

COMMUNITY ENRICHMENT PROGRAMS

Culpeper County Library
271 Southgate Shopping Center, Culpeper
540-825-8691
www.cclva.org

Monday - Thursday 10 am - 9 pm, Friday & Saturday 10 am - 5 pm, Sunday 1 pm - 5 pm. Free to all residents of Culpeper and surrounding counties, and for those who own property or work in Culpeper County. Library cards provide access to electronic and digital resources. Desktop and lab computers and iPads provide access to the Internet and/or Microsoft Office. Story-time, special events and book clubs are available for children, teens and adults. A gently used Bookstore, meeting room, conference room, and three study rooms are also available. A Summer Reading Program is open for children ages birth through 5th grade, and a Teen Summer Reading Program for grades 6-12.

Culpeper County Parks & Recreation

131 N Main Street, Culpeper
540-727-3412
www.CulpeperRecreation.com
Parks@CulpeperCounty.gov

Leisure classes, programs and activities for all age groups are available. Arts/crafts, dance, health and fitness, environmental education, dog obedience, horseback riding, guitar lessons, sports for adults and youth, day trips and events are available. Special events include the Wicked Bottom 5K on the first Saturday of May, and the Culpeper Cycling Century on the first Saturday of October. Spilman Park, Lenn Park, and the Culpeper Sports Complex (next to Eastern View High School), are all managed by this department.

Culpeper Fiesta

540-729-9956
www.culpeperfiesta.org

The Culpeper Fiesta strives to provide a cultural bridge between the wonderful diversity in the Culpeper community - through an evening of education, music, dance, friendship, and great food. This free celebration takes place during Hispanic Heritage Month each year. The 2017 date will be Friday, September 15 from 6 to 10 pm at the Culpeper Train Depot, 109 Commerce St., See the Culpeper Fiesta Facebook page or website for more details.

Culpeper Law Explorers

740 Old Brandy Road, Culpeper
540-727-3430

Offers young adults ages 14 - 20 an opportunity to become familiar with local law enforcement by working with veteran police. The Explorers experience assignments like patrol, traffic direction, investigations, K9 Operations community relations and assisting with major events within town.

Culpeper Literacy Council

415 S. Main Street, Suite 204, Culpeper
540-825-5804

www.culpeperliteracy.org
director@culpeperliteracy.org

Provides basic literacy classes free of charge to adults (18 and older) in Culpeper County. One-on-one tutoring is provided for reading and math literacy skills. ESOL classes are offered to students who wish to learn English. A daytime GED prep class is offered year round. Job skills training and computer classes are also offered on a monthly basis. Staff and tutors work with each adult learner to help them achieve their goals.

Culpeper YoungLives

540-219-6768
ylives.culpeper@gmail.com

Support, friendship, resources and mentoring relationships for teen moms. Weekly get-togethers and summer camps offered for teens and their babies.

Girls on the Run Piedmont

PO BOX 245, Warrenton
540-296-4687 (GOTR)
www.gotrpedmont.org
kathybutler@girlsontherun.org

Girls on the Run serves 3rd - 5th grade girls participate in an after-school program like no other. The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Heart & Sole is Girls on the Run's new program for middle school girls. It creates a positive, structured space for middle school girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond.

Healthy Culpeper After School Arts Program

Healthy Culpeper/Denise Walker
540-727-0372, Ext. 385

Free arts program for teens includes visual arts, music, crafts, video game design, computer programming and more. During the school year, the program runs every Thursday from 4 pm - 5:30 pm for eight weeks in spring and fall semesters.

Options Program

13033 James Madison Highway, Culpeper, Virginia
540-829-2129

Serves youth (ages 12-18) at no cost to residents of Culpeper County. OPTIONS mission statement: To provide services for at-risk youth in collaboration with other agencies that help reduce risk factors and recidivism while encouraging youth to become productive, respectful, and responsible members of the community. Clients complete an assessment to determine what OPTIONS can offer to reduce their risk level or if referral to another agency for service is advisable.

Piedmont Regional Adult and Continuing Education Programs (PRACEP)

14270 Achievement Drive, Room 200, Culpeper
540-718-8243

www.pracep.org

This regional adult education program provides instruction to adults in need of a GED credential or help with English language skills. It offers GED classes, GED Official Testing, ELL (English Language Learner) Classes, Distance Education and Soft Skills Training. All classes are free. There is a charge for the GED test. Individuals may be eligible for vouchers that cover the cost of the test.

The Lighthouse Project/Empowering Women

540-422-0907

www.thelighthouseproject.weebly.com
lighthousekeeper09@gmail.com

The free Women's Weekend Warrior Workshops can fine-tune your computer skills, learn how to connect through social media, receive career coaching, get solid practical advice on creating effective resumes and prepare you for job interviews. The Lighthouse Project is a women's ministry of Pathway's Inc. a non-profit 501(c)3 organization.

The Parenting Cooperative Program

P.O. Box 1321, Madison

540-522-6112

parentingcooperative@gmail.com

Six two-hour group-sessions offered monthly during weekday evenings for parents, grandparents & caregivers. Research-based curriculum with techniques proven effective to stimulate healthy growth & development in children/youth. This program encourages greater cooperation and effective communication to strengthen parent-child relationships, increase protective factors for children/youth, and prevent risky behaviors. Class Location: Reformation Lutheran Church, Culpeper

The Salvation Army Family Store

Monday to Friday 10 am to 6 pm; Saturday 9:30 to 7 pm

571 James Madison Hwy, Culpeper

540-321-4859

Established in 1865, The Salvation Army is ranked as one of the most trusted and enduring institutions in the U.S., meeting spiritual, physical, financial, and social needs of 30 million people every year. We are the nation's leader in social services, active in every zip code in America. Our approach to helping families out of intergenerational

poverty comes from knowing what works and dedicating our frontline services to those evidence-based practices. Our mission is to preach the gospel of Jesus Christ and to meet human needs in his name without discrimination. We provide social services in the following areas: utilities assistance, food and commodities pantry, summer camps, emergency disaster services and an angel tree.

Verdun Adventure Bound

17044 Adventure Bound Trail, Rixeyville
540-937-4920

www.verdunadventurebound.org

Adventure Bound is a charitable nonprofit youth and adult retreat center whose mission is to help individuals pursue one's "True Self." VAB philosophy promotes the advancement of personal growth through meaningful and fun experiential learning. Programs include youth and adult team building days, selected camp days throughout the year, equestrian, 5k cross country races, theater, and a musical concert series.

Virginia Cooperative Extension and 4-H Club

101 S. West Street, Culpeper
540-727-3435

The Culpeper County office of Virginia Cooperative Extension is your local connection to Virginia's land-grant universities, Virginia Tech and Virginia State University. Programs offered include: Food and Nutrition (works with SNAP benefits); Agriculture and Natural Resources; Horticulture; Parenting Classes; training for child care providers, and volunteer opportunities to lead youth and The 4-H Youth Development Program.

Windmore Foundation for the Arts

P.O. Box 38, Culpeper

540-547-4333

www.windmorefoundation.org

Founded in 1987, Windmore Foundation for the Arts promotes the visual, literary, and performing arts through awareness, participation, and education. Windmore programs include: Crossroads Youth Orchestra (audition based orchestra and beginning strings ensemble for youth 12 to 25 years of age); StageWorks Theater Program (theatre program for all ages of children and adults who produce plays and musicals); Artists of Windmore (visual artist group that exhibits art, and offers classes and workshops); and Pen-to-Paper

(literary arts writing group for all ages and skill levels).

COUNSELING & MENTAL HEALTH

Alice C. Tyler Village of Childhelp

23164 Dragoon Rd, Lignum

540-399-5073

Chrysalis Counseling Centers, Inc.

605 N. Main Street, Culpeper

540-727-0770

www.chrysaliscenters.com

contact@chrysaliscenters.com

Chrysalis Counseling Centers, Inc. has been serving the area since 1993. Chrysalis provides mental health services to children, adolescents, and adults in the form of psychotherapy, psychiatric, in-home counseling, therapeutic day treatment services, psychological testing, and therapeutic mentoring with empathy and compassion. They provide supportive services that promote empowerment, recovery, and self-determination and assist in creating productive and fulfilling lives.

Clancy Counseling, LLC

Jamie Clancey, LCSW
317 S. Main St., Culpeper
540-445-1183

Jaime Clancey, LCSW works with individuals and families motivated to identify internal and external obstacles to reaching improved functioning. She helps those struggling with anxiety, trauma, grief, and self exploration. Office hours are by appointment only Monday through Friday between the hours of 9 am and 2:30 pm.

Community Health Center of the Rappahannock Region

1965 Jefferson Davis Hwy., Fredericksburg
540-735-0560 or 540-727-3430
www.cvhsinc.org

Federal Clinic open to everyone with all services offered at a reduced cost, based on income. Services include: primary care, including sport, job, and school physicals; immunizations; chronic disease management; and sick visits; dental services; behavioral health services, including individual, family, couples, and group therapy; treatment for anxiety, school-related problems, grief, stress management, trauma issues affecting immigrants and refugees; and more.

Counseling Interventions, Inc.

540-222-2594
www.counselinginterventions.com

CI's goal is to support the preservation of families and to improve the lives of adults, children, and families. Caseworkers at CI offer personalized service combined with addressing the multiple needs of the family: In-Home Counseling for Individuals and Families, School Based Services, Mental Health Treatment, and Parenting Education. For a complete description of services or to make a referral online, please visit the CI website.

Culpeper County Christian Ministerial Association

Ron Young, President

The Culpeper County Christian Ministerial Association is comprised of clergy and persons who meet the spiritual and physical needs of persons in Culpeper. Regular meetings are held the third Tuesday of each month in the boardroom of the UVA Culpeper Hospital at 8 am. Breakfast is served. All clergy and others who minister to the community are welcome. Further information can be found on the Facebook page at Culpeper County Christian Ministerial Association.

FAHASS

Culpeper Care Services
210 E. Stevens St., 3rd Floor, Suite 309, Culpeper
540-907-4555
www.fahass.org

FAHASS is a private, nonprofit organization whose mission is to positively impact individual and community health by providing integrated wellness, prevention, and health navigation services. Free HIV testing. Off-site and event testing. Oraquick and Orasure testing options offer the ability to test in non-traditional testing environments, such as outreach programs and mobile testing clinics. We would be glad to work with any organization to schedule a testing time.

Family Focus Counseling Services

767 Madison Road, Suites 112-114, Culpeper
540-829-9666

Services: Individual, marital and family counseling

Family Preservation Services of Virginia

1200 Sunset Lane #2131 and #2132, Culpeper
540-825-3117

www.pathways.com

FPS offers home and school-based counseling services, community-based surveillance for court-involved youth, behavioral monitoring, case management, substance abuse counseling, therapeutic foster care and therapeutic mentoring. Their focus is on avoiding out-of-home placements. FPS is also developing "virtual residential programs" as an alternative to out of home care. Services for children include, intensive in home services (IHS), behavior treatment services (BTS) for autism spectrum disorders, and an adolescent sexual harm program (ASHP) among other services. FPS offers parent support and education programs, supervised visitation for children living apart from parents, and psycho-social rehabilitation for adults. Insurance, including Medicaid, is accepted for outpatient services.

Free To Be ADHD Coaching

Linda Swanson, MA, ACC, and Neil Swanson, MA, ACC
7180 Baldwin Ridge Rd., Warrenton
703-508-4774 and 703-509-5377

www.freetobecoaching.com

ADHD-specific coaching for adults and parents, as well as college, high school and middle school students. Credentialed ADHD coaches help clients identify their strengths as well as their areas of greatest challenge. Together coach and client discover tools and strategies to address those challenges and lay the foundation for effective new habits to achieve more order and satisfaction in life. Free initial session. Coaching in person in Warrenton, or by phone, Skype, or video chat. Some scholarships available. Website includes links to many ADHD resources.

Greater Piedmont Trauma-Informed Community Network

540-827-7395 www.gpticn.org

Through trainings to community groups, agencies, schools, and all organizations, the GPTICN strives to raise awareness on the causes and consequences of trauma, and work to support resilience through a coordinated, comprehensive community effort. Our certified counselors are available to present trauma-informed workshops to all groups who focus on the well-being of families, creating a community where children and families are safe, healthy, cared-for, and educated.

Hope Water Wellness, LLC

Amanda Findley, MSW, LCSW, Owner
317 S. Main Street, Culpeper
540-445-1820

Hopewaterwellness.com
hopewaterwellness@gmail.com

Hope Water Wellness offers individual, group, and family counseling in support of women, children, adolescents, and families. Through partnering with other community resources and disciplines Hope Water works to bring about sustained transformation, empowerment, and resilience.

Jane C. Probst, MSW, LCSW, Trauma Therapist

317 S. Main St., Culpeper
540-827-7395

NAMI (National Alliance on Mental Illness) Piedmont

540-347-9104 or 540-347-7620 (Ext.-109)
weigelww@yahoo.comNAMI

Meeting: First Wednesday of each month/ 7 am -9 pm / Fauquier Hospital (Sycamore Room - A.) Confidential support group meeting for family members of and individuals dealing with mental health challenges such as schizophrenia, bipolar disorder, major depression, borderline personality disorder, OCD, PTSD, anxiety, and panic disorder. NAMI FSG (Family Support Group) Meeting: Last Monday of each month from 6:30 am -8 pm at Fauquier Hospital (Sycamore Room - A.) Confidential support group meeting for family members of individuals with mental health challenges.

New Hope Treatment Centers

800-776-6482

nrs@newhopetreatment.com

A 150-bed psychiatric residential treatment facility for youth ages 12-21 years old. Treating youth with general psychiatric disorders, lower cognitive functioning, and sexually aggressive males. Programs include LEAP which is an ASD (Autism Spectrum Disorder) for males ages 12-17 and sex trafficking for males and females. New Hope Treatment Centers is located in Rock Hill, SC and is a Medicaid provider. Call or email for more information.

Paul Stefan Regional Maternity Housing and Educational Center

P.O. Box 754 , Locust Grove
540-854-2300

www.paulstefanhome.org

rjames@paulstefanhome.org

Regional Maternity Housing and Educational Center houses up to 30 women and their children for up to 5 years. During that time, they will receive professional counseling on Healthy Family support, Day Care for their children, Early Head Start, along with parenting classes. They offer women time to gain their degree or vocational training for college courses, PCA, CNA, culinary arts and cosmetology.

Professional Alternatives

219 E. Davis St., Suite 310, Culpeper

540-825-2788

www.professionalcounselingpiedmont.com

Services: Counseling for couples, families, groups. Services provided are individual, couples and family counseling.

Rafala Professional Counseling Services

206 S. Main St., Culpeper

540-829-0036

Rafala@RCPS.comcastbiz.net

RRCS Behavioral Health Services

Rappahannock Rapidan Community Services

P.O. Box 1568, Culpeper

540-825-5656 or 540-825-3100

www.rrcsb.org

Walk-in intake appointments are available Tuesday through Friday from 8:30 am to 11:00 am through the Rapid Access program. If you are experiencing a mental health emergency, please contact our mental health crisis hotline at 540-825-5656. RRCS offers programs for infants and youth with developmental delays, disabilities, or challenging behavioral health issues. We also offer programs for young adults suffering a psychosis for the first time, with substance use disorders or with intellectual disabilities.

Virginia Veteran and Family Support

(formerly Virginia Wounded Warrior Program)

600 Jackson St., Fredericksburg

540-840-3003

Virginia Veteran and Family Support (formerly Virginia Wounded Warrior Program) provides a network of community-based services designed to help Virginia Veterans and their families overcome challenges related to military service. These services are coordinated through local community providers, such as community services boards, brain injury service providers medical facilities and other public/private providers. WFS provides direct support using veteran peer specialist and family support specialist who provide one-on-one care coordinator and facilitate peer/family support groups.

ADDICTION

Come As You Are (CAYA)

PO Box 3457, Warrenton

info@cayacoalition.org

(CAYA) is a substance abuse prevention coalition to help anyone affected by substance abuse. We connect people to helpful resources, available treatment and support groups. We raise community awareness on substance abuse through local prevention programs in Fauquier, Culpeper and the surrounding counties.

Empowering Families Program

206 South East St, Culpeper

Group therapy for substance abuse and anger management.

Families Overcoming Drug Addiction (FODA)

myFODAFamily.org

myfodafamily@gmail.com

FODA is a support group that is open to families who have lost someone to addiction, or whose lives have been thrown into chaos due to a family member's addiction. If you or a family member in recovery and want the support of others in the same situation, please consider joining our support group. We meet on the 1st and 3rd Thursday of each month from 6:30 to 8:30 pm in the Sycamore A Conference Room at Fauquier Hospital.

National Counseling Group,

Central Piedmont Region Office

13230 Lovers Lane, Culpeper

540-825-0705

www.ncgcommunity.com

NCG provides community-based mental health and substance abuse services to individuals and families throughout Virginia.

RRCS Prevention Services

www.rrcsb.org

rrcsb@rrcsb.org

See full listing under Rappahannock Rapidan Community Services.

CULPEPER HUMAN SERVICES

1835 Industry Drive, P.O. Box 1355

540-727-0372

www.culpepercounty.gov

Adoption Services

540-727-0372

1835 Industry Dr., P.O. Box 1355, Culpeper

Helps children who have been permanently and legally separated from their birth parents become permanent members of a new

family. If a foster care child cannot be returned to his or her parents or placed with relatives, the goal becomes adoption. Adoption is a social and legal process.

Adult Protective Services (APS)

Investigates reports of abuse, neglect, and exploitation of adults over 60 years of age and incapacitated adults over 18 years of age. The goal of APS is to protect a vulnerable adult's life, health, and property without a loss of independence. When this is not possible, APS attempts to provide assistance with the least disruption of lifestyle and with full due process, protection, and restoration of the person's liberty in the shortest possible period of time. Partnerships are integral to prevention and to maximize risk reduction and independence.

Adult Services

A program that enables adults to remain in the least restrictive setting and function independently. This program provides long-term care, preventive services, nursing and adult home screening and placement services, guardianship oversight and adult protective services.

Auxiliary Grants

A supplement to income for recipients of Supplemental Security Income and other low-income aged, blind, or disabled individuals residing in licensed assisted living facilities. The grant amount received by eligible individuals includes a small personal allowance plus the difference between the recipient's own income and the State reimbursement rate for assisted living. Recipients also receive medical assistance through the Medicaid program.

Career Resource Center

**210 East Stevens Street, Suite 300, Culpeper
540-727-1055**

The Career Center's mission is to provide the general public with career resources/services to prepare a workforce that is informed, capable, and ready for work. The services available include assistance with resumes, cover letters and interview techniques. Internet-accessible computers, faxes, phones, printers, and copiers available to clients and job search assistance is available. Job seekers can also open e-mail accounts to correspond with potential employers. Monday and Friday, 8 am - 4 pm, Tuesday – Thursday, 8 am - 5 pm

Child Care Subsidies

A program that provides low-income families with funding to enhance the quality, affordability, and availability of childcare. Child Care Subsidy Services assist low-income parents who are working and/or are attending school and whose children have childcare needs. Child Care Services are also provided to families who are receiving TANF and are working towards economic self-sufficiency. These services are designed to help parents locate affordable quality care to support their efforts toward greater self-sufficiency.

Child Protective Services

Identifies, assesses, and provides services to children (and their families) who have been abused or neglected. CPS is designed to preserve families, yet protect children and prevent further maltreatment. They are non-punitive in their approach and attempt to enable families to provide adequate care for their children. CPS also provides foster care prevention services to families referred by the community and by court order. In addition, the CPS unit attempts outreach to prevent child abuse or neglect by addressing risk issues before they result in maltreatment of children.

Companion Services Program

Assists elderly and/or disabled adults in their home who are unable to care for themselves. Home-based care minimizes institutionalization of elderly and disabled residents. The Companion Services Program is only open to individuals who are SSI recipients.

Energy Assistance

Three Federally mandated Energy Assistance Programs with heating/cooling for citizens with economic need are: The Cooling Assistance Program (purchases of window A/C and fans, or repair and/or payment for electricity for households containing a vulnerable individual); The Fuel Assistance Program (helps with home heating fuel/charges and benefits are determined in December); and Crisis Assistance (provides household's emergency heating needs and offers heating equipment repair or purchase and/or a one-time only heat security deposit - purchase of home heating fuel or payment is available January 1). Each program has income and non-financial requirements. Culpeper County operates "Keep a Family Warm" program with the participation of Salvation Army, Energy Share, and Virginia Dominion Power.

Families First 540-321-3074

**Monday through Friday, 8:30 a.m. - 5 p.m.
1835 Industry Drive, Culpeper
P. O. Box 1355 Culpeper (mailing)
See full listing under Children's Services**

Foster/Adopt Parent Training (PRIDE)

Assists foster care youths ages 14-21 in developing skills necessary to transition from foster care to independent living. Independent Living services include activities that are based on a written assessment of life skills. Areas of focus include personal development (such as self-esteem), communication, decision-making, conflict resolution and anger management skills. Examples of independent living skills are career exploration, job skills, money, management, housing, transportation, and legal issues.

Guardianships

Services are designed for individuals who are incapacitated, indigent, and have no suitable person to serve as their guardian. Guardianship ensures that their essential requirements for physical and emotional health are met, and that their financial resources are managed. Guardianship requests must go through the Culpeper County Circuit Court. If the individual is found to meet the criteria for guardianship services, the agency will assist with locating a suitable guardian to the Circuit Court for the person. The Circuit Court makes the appointment and the appointee takes over as guardian for the incapacitated person.

Independent Living Program

Assists foster care youths ages 14-21 in developing skills necessary to transition from foster care to independent living. Independent Living services include activities that are based on a written assessment of life skills. Areas of focus include personal development (such as self-esteem), communication, decision-making, conflict resolution and anger management skills. Examples of independent living skills are career exploration, job skills, money, management, housing, transportation, and legal issues.

Long Term Care Services

Long-Term Care support comes in the form of Medicaid for nursing care, community based care and Auxiliary Grants for adult living facility care provided by social workers who complete assessments

(UAI). The level of care needed is decided upon and a benefit program specialist will determine financial eligibility. When a person requires an assisted living level of care and meets financial criteria, an Auxiliary Grant supplements other income in an effort to meet the cost of care in an facility. After evaluation, financially eligible individuals approved for nursing home level of care can receive that care either in the community or in a nursing home.

Medicaid

<http://www.dmas.virginia.gov/>

See full listing under Medical.

Medication Access Program

**610 Laurel Street, Suite 3, Culpeper
540-829-5037**

Tuesday & Thursday, 9 am - 3 pm. Provides low-income Culpeper County residents 18 and over with access to medication/prescriptions at a reduced charge or no charge through the Free Clinic. The program staff works with individuals who meet financial qualifications, are residents of Culpeper County, and 18 and over without a Medicaid or prescription care. The staff helps them complete an application to be submitted through computer software directly to the prescription drug companies. The medications are provided for free or at a reduced cost to the patient. Clinic staff coordinates the program with local participating physicians.

Sam's Place/Culpeper

Department of Social Services

**210 East Stevens Street, Suite 301, Culpeper
540-727-1055**

Office hours Monday - Friday: 8 am to 4:30 pm (food closet intake 12 pm to 1 pm) appointment only for eyes, hearing aids, etc. Contact Lisa Houck at 727-1055 ext 413 with questions. Intake - Sam's Place: This community outreach center is a one-stop hub where individuals/families in crisis can access information and referrals to other community partners. Assistance is provided for but not limited to health, transportation, food assistance, home repairs and applying for housing financial assistance. It also offers eye and hearing aids, clothing and furniture vouchers. Referrals are available based on personal needs and are based on funds available and program criteria.

Supplemental Nutrition Assistance Program (SNAP)

<http://www.fns.usda.gov/snap/>

This program provides benefits to eligible persons for the purchase of vital food items. Electronic Benefits Transfer (EBT) is the process that the Virginia Department of Social Services uses to deliver SNAP benefits. SNAP households use the card to make food purchases at retailers authorized by the U. S. Department of Agriculture.

Temporary Assistance to Needy Families (TANF)

<http://www.dss.state.va.us/benefit/tanf/>

Provides temporary financial assistance to eligible families. A monthly cash payment is distributed to eligible families to meet their basic needs. The program is based upon the principles of personal responsibility, time-limited assistance, and work in exchange for benefits. TANF is the cash assistance component of the Virginia Independence Program (VIP) that helps families work toward their goal of total independence.

The Foster Care Program

Provides services, substitute care, and supervision for a child on a 24-hour basis until the child can return to his or her family or be placed



in an adoptive home or other permanent foster care placement. Assistance is given to children and families in an effort to prevent removal of a child from his or her home. When parents are unsuccessful in changing conditions in the home, it may be necessary to place the child in foster care.

Virginia Initiative for Employment not Welfare (VIEW)

**1835 Industry Drive, P.O. Box 1355
540-727-0372**

VIEW provides employment education, training and support services to qualified TANF recipients. VIEW is designed to encourage self-sufficiency through a "work first" philosophy and offers recipients the opportunity to work and continue to receive some TANF benefits and supportive services. Other work activities can include on-the-job training or community work experience for at least the minimum federally required hours per week. VIEW participants can also participate in optional transitional services such as childcare.

DISABILITY SERVICES

A Little Magic

www.alittlemagic.org

A Little Magic is a miniature horse therapy group. Our volunteer handlers with their trained miniature horses provide animal assisted therapy activities for children, teens and adults. We visit nursing homes, rehabs, hospitals and senior centers. We also work with special needs classes at local schools and camps. Please visit our website for more information, to schedule a visit, or to volunteer with us. We are part of Love a Little Horses, a 501 (c) 3 charity registered in Virginia. Like us on our Facebook page.

Allegro Community School of the Arts

**Music Therapy & Academy for the Blind
20 Main Street, Warrenton 20186
540-349-5188**

www.AllegroCSA.org
info@AllegroCSA.org

In line with Allegro CSA's mission & philosophy, its Music Therapy program provides interventions focused on the development of the whole child. This encompasses social/emotional, cognitive and physical development on all levels. Sessions are designed specifically to meet the needs of each group or individual through the use of preferred music. The Academy for the Blind offers visually impaired students the highest quality music instruction. By including music braille in the training, students learn to speak the same musical language as the sighted students. Blind students can enjoy Allegro resources, including Allegro's recording studio, the Duxburry

Translator, JAWS, and other software designed to help blind students learn and create. Allegro is a nonprofit and is private pay.

Arc of North Central Virginia

PO Box 852, Bealeton

571-399-5390

www.arcfnorthcentral.org

arcfnorthcentral@gmail.com

The Arc of North Central Virginia is an advocacy organization committed to enhancing the lives of persons with intellectual/developmental disabilities (I/DD), and ensuring that they are valued members of our community who are able to reach their full potential. They are committed to creating an environment that encourages inclusiveness and acceptance through, education, advocacy and support to families, friends and our community.

Assistive Devices from Culpeper County Library

540-825-8691

The library offers various assistive devices for a two-week loan and then renewable for 8 more times with a library card. Devices may be checked out for free to see what might work best for you or a loved one. Available are different strength magnifiers; a Magic Eye; Pocket talkers (hearing assistance), and a mono mouse (print enlarger that displays on a computer monitor); for in library use only is a CCTV.

Auxiliary Grants for Disabilities

See Culpeper Department of Social Services.

Canine Companions for Independence

19038 Colonial Drive, Culpeper

540-219-5868

Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships free of charge. The service dogs assist adults with physical disabilities by performing daily tasks. Hearing dogs alert the deaf and hard of hearing to important sounds. Facility dogs work with a professional in a visitation, education or healthcare setting. Skilled companions enhance the independence for children/adults with physical, cognitive and developmental disabilities. For more information, contact Nancy Lagasse for presentations/demonstrations.

Culpeper Parent Teacher Resource Center

540- 825-3677, Ext. 2131

The Culpeper County Public Schools' Parent Teacher Resource Center provides information and resources on disabilities, including a lending library, list of community resources, and free parent workshops on a variety of topics related to children and disabilities. The Parent Teacher Resource Center is located at Eastern View High School and is staffed by a special education teacher and a parent of a student with a disability. They have limited office hours.

Demand-Response Transportation Service

540-825-2456 or 540-341-3464

This curb-to-curb transportation service is open to the general public by reservation, at least 24 hours in advance. All equipment is lift-equipped and handicapped accessible. Rides can be reserved up to two weeks in advance. Scheduled riders should be prepared to leave 20 minutes before or after a scheduled appointment time and if unable to ride by themselves are permitted to bring a personal assistant for free. Call for additional information on pick-ups and fixed routes or how to apply for an American with Disability Act. Service hours are Monday, Wednesday, and Friday from 8 am -5 pm.

Didlake

10164 Marsh Road, Bealeton

540-904-4207

www.didlake.org

Adult Day Support/Community Inclusion Program with an emphasis on Community Integration.

disAbility Resource Center

409 Progress St., Fredericksburg

540-373-2559 or 540-373-5890 (TTY/CAPTEL)

www.cildrc.org

drc@cildrc.org

The dRC helps people of all ages and disabilities to live up to their greatest potential of independent living. Services include information and referral, advocacy, independent living skills training, peer counseling, youth services, a durable medical equipment reuse program (The Equipment Connection), ADA guidance, health and nutrition classes, personal attendant service facilitation, deaf and hard of hearing services, and Developmental Disabilities Waiver Case Management. The dRC serves the greater Fredericksburg area and provides outreach, training, and deaf and hard of hearing services the city of Culpeper and Culpeper, Madison, Orange, and Rappahannock counties.

Fauquier Bridges/Rappahannock Rapidan Community Services

50 S. Third Street, Warrenton
ssobkowiak@rrcsb.org adiorio@rrcsb.org

An adult day program for individuals with intellectual and developmental disabilities located in Warrenton. Bridges encourages independence and lifelong learning. For more information, contact Arlene Diorio, Day Support Program Manager at Fauquier Bridges or Sheri Sobkowiak ID Programs Coordinator at Rappahannock-Rapidan Community Services Main Office at 540-825-3100 ext.3474.

Free To Be ADHD Coaching

See full listing under Counseling and Mental Health.

Infant and Toddler Connection (ITC)

540-829-7480

See full listing under Children's Services.

Moms In Motion/At Home Your Way

800-417-0908

www.MomsInMotion.net/www.AtHomeYourWay.com

Moms in Motion and At Home Your Way is a service facilitation provider for Medicaid CD-PAS (EDCD, ID & DD Waivers) enrollees and a Case Management provider for DD Waiver enrollees. They use person-centered practices while sharing resources, expanding knowledge, and networking, including advocating in the school systems for younger clients, assisting young adults with transitioning to independence, and helping our aging clients to be cared for by the people who love them.

National Library Service for the Blind and Handicapped

800-552-7015

www.visionaware.org

nls@loc.gov

The branch of the library of Congress supplies recorded books and playing equipment to the blind, braille books for the braille reader, among other services. A form signed by a doctor or a librarian is required.

Parent Teacher Resource Center

540-825-3677, Ext. 2131

The Culpeper County Public Schools' Parent Teacher Resource Center provides information and resources on disabilities, including a lending library, list of community resources and free parent workshops on topics related to children and disabilities. The Parent Teacher Resource Center is located at Eastern View High School. Limited office hours.

RRCS Community Support Division Intellectual

See also Rappahannock Rapidan Community Services
540-825-3100

RRCS provides support coordination to assist in evaluating, linking,

monitoring, and advocating for services to meet individual's identified needs and serves children through adults.

Shooting Stars

540-937-0302

www.shootingstars21.com

shootingstars@gmail.com

Shooting Stars is a local nonprofit organization that is also an affiliate of the National Down Syndrome Society. The association strives to be the local advocate for the value, acceptance and inclusion of people with Down Syndrome. Some of the group's current projects include creating congratulatory gift bags for new parent of babies diagnosed with Down Syndrome, co-hosting A Night To Shine (a prom for people with special needs that is also sponsored by the Tim Tebow Foundation), and serving as a network of support for people with Down Syndrome as well as their families.

Social Security Administration

1014 South Main St., Culpeper

540-825-5781 or 877-531-4694

Special Olympics

3212 Skipwith Road, Suite 100, Richmond

800-932-4653

info@specialolympics.org

TOPS Soccer

540-349-8722

piedmontTOPsoccer@gmail.com

For children with special needs.

Virginia Department for Aging and Rehabilitative Services (DARS)

19006 Crossroad Parkway, Culpeper

540-829-7360

www.dars.org

This department offers vocational rehabilitation to assist people with disabilities prepare for, secure, retain or regain employment. Assists individuals in achieving employment goals and/or independence and works with One-Stop Centers to provide workforce services.

The Woodrow Wilson Rehabilitation Center provides integrated medical/vocational rehabilitation services to enhance an individual's independence/employability. Services include assistive technology devices, services or accommodations to live/ work independently.

The Community Based Services Division administers programs to maximize independence, employment and inclusion into society.

Disability Determination Services (DDS) processes claims for federal benefits under the Social Security Disability Insurance and Supplemental Security Income Disability Programs.

Virginia Department for the Blind and Vision Impaired

11150 Fairfax Blvd., Suite 502, Fairfax

703-359-1100

www.vdbvi.org

This state agency serves Virginians who are blind or vision impaired. Education coordinators work with blind or vision impaired children, their parents, teachers, and community to ensure individuals receive what they need to succeed. Vocational Rehabilitation Counselors assist in educational planning and obtaining employment, orientation, and mobility instructors who teach orientation techniques and how to navigate the environments safely, vision rehabilitation. Instruction on Braille and independent living skills is also provided.

DOMESTIC VIOLENCE & ABUSE

Domestic Violence Hotline

800-799-SAFE (7233) or TTY 800-787-3224

SAFE, Services to Abused Families, Inc.

800-825-8876, 24-Hour Helpline
501 E. Piedmont St, Culpeper
540-825-8891

www.safejourneys.org

SAFE provides shelter, support and advocacy to survivors of domestic violence and sexual assault. All services are free and confidential with a 24 hour Helpline answered by a local advocate who's ready to help. SAFE services include: crisis intervention, safety planning, emergency shelter, court advocacy, support groups, individual advocacy/support, children's services, public awareness, education and prevention. SAFE partners with community agencies to help clients make self-directed life changes.

Virginia Family Violence Sexual Assault Hotline

800-838-8238

This 24 hour trained staff offers free and confidential services including: information and support for survivors, friends and family, and the general public; links to local crisis centers, shelters or other human resource agencies through referrals and by directly connecting callers to local agencies via a 3-way calling system; resource packets on a variety of topics for callers seeking written information; technical assistance to professionals working with victims and perpetrators of domestic violence and sexual assault; brochures and other resource materials in bulk for agencies seeking to distribute information about domestic violence and sexual assault.

EMPLOYMENT & JOB TRAINING

Career Resource Center

See full listing under Culpeper Human Services.

Culpeper CAN (Christians Are Networking)

114 East Edmondson St. Culpeper
540-422-0907

Available every Tuesday evening by appointment, from 6:30 pm to 8:30 pm at the Precious Blood Catholic Church in the parish hall facility lounge. Volunteers provide free assistance with resume writing, job search, interview skills, and much more. Call for appointment. culpepercan@gmail.com.

Culpeper Workforce Center &

Goodwill Job Help Center

210 E. Stevens St., Suite 200, Culpeper
540-212-4570

www.piedmontworkforce.net

marty.baldwin@fredgoodwill.org

The one-stop for all employment needs. Get free help with: job search, resume writing, computer access, career counseling, grant funding for school and internships, unemployment questions, GED and ESL classes and tutoring, college and vocational training, veterans and re-entry employment, and job fairs. Meet with one of our workforce partners, all under the same roof: Piedmont Workforce Network and WIOA programs, Virginia Employment Commission, Germanna Community College, Piedmont Regional Adult & Continuing Education, disAbility Resource Center, Job Corps VA Cares, Veteran's Employment Services, and Rappahannock Goodwill Industries.

Didlake

10164 Marsh Road, Bealeton
540-904-4207

www.didlake.org

Adult Day Support/Community Inclusion Program with an emphasis on community integration.

Division of Rehabilitative Services, Virginia DARS

1300 Sunset Lane, Suite 3120, Culpeper
540-829-7360

www.dars.org

The agency partners with a network of community rehabilitation providers, also known as Employment Services Organizations. These organizations provide Employment and Vocational Services throughout the state. See also Disability Services Virginia Department for Aging and Rehabilitation Services

Pathways, Inc.

Powering Your Path

PO Box 2156, Culpeper
540-422-0907

www.lighthouseprojectusa.org

lighthousekeeper09@gmail.com

Empowering women by providing the tools that lead to self-reliance, independence and abundant lives. We offer free computer skills workshops, job coaching, and resources devoted to promoting careers, well-being and spiritual health. Pathways, Inc. is a nonprofit 501 (c) 3 organization based in Culpeper.

The Lighthouse Project, Empowering Women

540-422-0907

www.thelighthouseprojectusa.org

lighthousekeeper09@gmail.com

The Lighthouse Project is a life changing women's ministry of Pathway's Inc., a nonprofit 501 (c) 3 organization. Assistance is provided in the form of Women's Weekend Warrior Workshops, instruction on computer skills, social media connections, career coaching (advice on creating effective resumes), job interview preparation, and more.

Virginia Employment Commission

Charlottesville Office

2211 Hydraulic Road, Charlottesville
434-984-7630

FOOD & NUTRITION

Buy Fresh Buy Local Guide

434-977-2033

BuyLocalVirginia.org

Piedmont Environmental Council's Buy Fresh Buy Local program supports local farms, retailers, restaurants and food businesses by promoting local farm and food products to consumers. The program includes local farmers interested in connecting with local markets. Obtain a free guide that lists where to find fresh veggies, meats, fruit and other locally-grown and produced foods.

Clara's House Food Pantry/Community Touch Inc

10499 Jericho Rd, Bealeton
540-439-9300

www.communitytouchinc.org

Saturdays 9 am to 12 pm.

Culpeper Farmers Market

The Culpeper Downtown Farmers Market accepts food stamps and is open every Saturday from the last Saturday in April 25 through the Saturday before Thanksgiving from 7:30 am to 12 pm at the East Davis Street and Commerce Street parking lot in historic downtown Culpeper.

Culpeper Senior Center

540-825-5778

See full listing under Aging and Senior Services. Hot meals for members and guests.

Culpeper United Methodist Church food program

1233 Oaklawn Dr, Culpeper

540-825-0764

Empowering Culpeper USDA Food Distribution Program

540-727-0372, Ext. 385

Provides food for individuals or families that qualify for food stamps, social security, Medicaid, low income assistance or disability every third Saturday from 9 am - 11 am at Culpeper United Methodist Church. Assistance is always appreciated the Friday before to help unload and prep the site.

Food Closet/St. Stephen's Episcopal Church

Monday - Friday, 9 am - 1 pm

120 N. Commerce Street, Culpeper

540-825-1177

We provide food and some personal care products to town and county families in need. Referrals for the Food Closet must be picked up at Sam's Place from 8 am - 11:30 am.

Home Delivered Meals for Seniors (formerly known as Meals on Wheels)

540-825-3100, ext.3427

Rappahannock Rapidan Community Services provides frozen meals for seniors who have no one to help them prepare meals.

MANNA MINISTRY

Culpeper Presbyterian Church Fellowship Hall

215 South Main St., Culpeper

540-825-8616

Free Lunches every Monday, Wednesday, and Friday 11 am - 12:30 pm for everyone in need of a meal.

Nutritional Education

See Educational Programs

Pilinut Press, Inc.

www.pilinutpress.com

Free articles, worksheets, word games and puzzles, and lesson plans for developing literacy, budget, and food management skills.

Power Pack Program

See Education: Schools and Preschools Through several Culpeper schools, the Power Pack Program provides weekend meals to children who would normally go without. Assistance is needed through financial support as well as helping to pack and prep the food for backpacks.

SHARE Food Network

800-21-SHARE

www.sharedc.org

SHARE provides approximately \$40-45 of food for \$20. Menu changes monthly.

Silver Citizen's Club

Wednesday lunches at the library.

540-727-3412

SNAP/"Food Stamps"

See Culpeper Human Services

www.fns.usda.gov/snap/

See full listing under Culpeper Human Services

The Salvation Army Family Store

571 James Madison Hwy, Culpeper 22701

540-321-4859

See full listing under Community Enrichment Programs. Monday to Friday 10 am to 6 pm; Saturday 9:30 to 7 pm

Virginia Cooperative Extension – Culpeper County

540-727-3435

WIC Program

Culpeper Health Department

540-829-7350

Educates financially-eligible pregnant women and new moms about nutrition, with personalized assessments, counseling, and support. Provides pregnant women, new moms, infants and children (up to age 5) with nutritious supplemental foods, using a debit card at local grocery stores. Provides women the support they need to breastfeed their babies. Offers referrals to additional social services and healthcare resources.

FOUNDATIONS AND NONPROFIT SUPPORT

Culpeper Wellness Foundation

311 S. East Street, Suite 100, Culpeper

540-829-8891

www.culpeperwellnessfoundation.org

The Culpeper Wellness Foundation, previously Culpeper Regional Health System, was established in 2014 out of the sale of Culpeper Regional Hospital. The Foundation's focus is on improving the health of Culpeper, Madison County and Orange County through strategic grant making, collaborative programming and sharing of information with related community partners. Our mission is to improve community health by establishing or supporting initiatives centered on improving the physical, behavioral and social health and wellness of those living in our local communities.

Foundation Center at the Culpeper County Library

Established in 1956, the Foundation Center is the leading source of information about philanthropy worldwide. Foundation Center maintains the most comprehensive database in the U.S. and, increasingly, global grant makers and their grants - a robust, accessible knowledge bank for the sector. It also operates research, education, and training programs designed to advance knowledge of philanthropy at every level. Available free at the Culpeper County Library.

Northern Piedmont Community Foundation

Culpeper offices at 102 South Main Street, Suite 207,
Culpeper Mailing address: P.O. Box 5, Culpeper 22701

540-349-0631

www.npcf.org

aflynn@npcf.org

Celebrating its 16th year in 2015, the Northern Piedmont Community Foundation is a public charity that builds philanthropic capital to enhance and preserve the quality of life in Culpeper, Fauquier, Madison, and Rappahannock Counties and to strengthen the region's nonprofit organizations.

PATH Foundation

**98 Alexandria Pike, Suite 43, Warrenton
540-680-4100**

**www.pathforyou.org
apetty@pathforyou.org**

Serving Fauquier, Rappahannock and northern Culpeper Counties, the PATH Foundation's mission is to enhance the health and vitality of our community. The charitable foundation offers support to the community through programs and grant funding, with four main areas of focus: Access to Healthcare; Childhood Wellness; Mental Health; and Senior Services. The PATH Foundation (formerly the Fauquier Health Foundation) was created in late 2013 through a joint venture between Fauquier Health and LifePoint Hospitals, and it manages the assets to promote healthy communities today and in stewardship for our children's grandchildren. In 2017, the PATH Foundation is slated to invest more than \$4 million to support programs and grants in the community. For more information, please visit our website.

PATH Resource Center

**98 Alexandria Pike, Suite 21, Warrenton
540-680-4149**

**www.pathforyou.org
jsweigart@pathforyou.org**

The PATH Resource Center is a resource for area nonprofits to help strengthen their organizations and increase community impact. Made possible through a partnership between the PATH Foundation and the Center for Nonprofit Excellence, the PATH Resource Center offers tools, training, consulting, and resources to nonprofits serving Fauquier, Rappahannock, and northern Culpeper counties. Nonprofit topics and trainings covered by the Resource Center include governance, philanthropy, marketing, finance, and community engagement. The PATH Resource Center, funded by the PATH Foundation, is managed and operated by the CNE. Hours: Monday through Friday, 10 am–4 pm.

PATH Volunteer Center

**98 Alexandria Pike, Suite 21, Warrenton
540-680-4148**

**www.letsvolunteer.org
llauritzen@pathforyou.org**

The PATH Volunteer Center supports resources for recruitment, retention and management of volunteers to help match the needs of nonprofit organizations. Their website offers nonprofit agencies the ability to list specific volunteer opportunities, and it offers volunteers the ability to search available volunteer positions based on interests, schedule, skills and more.

FUEL & UTILITY ASSISTANCE

Culpeper Human Services

**1835 Industry Dr, Culpeper
540-727-0372**

Energy Assistance programs help with the cost of home heating or cooling in certain circumstances. To apply for Energy Assistance, go online to <https://commonhelp.virginia.gov> or call the Culpeper office. See Culpeper Human Services entry in separate section for details.

Culpeper United Methodist Church

1233 Oaklawn Dr, Culpeper
540-825-0764

www.culpeperumc.org/misions

CUMC is a mission focused church with many areas to help serve the community.

Dominion Electric Energy Share Program

540-727-0372 ext 402 or call 211 for a referral to your local EnergyShare agency

For qualified customers facing financial hardship, the program includes bill pay assistance and free weatherization and energy-saving upgrades. The program has been expanded in both funding and resources, broadening participation to individuals with disabilities and military veterans facing financial challenges.

Energy and Maintenance Assistance/Handy Hearts

Handy Hearts focuses on meeting the needs of individuals and families in Culpeper County that have challenges beyond their means, including building free handicapped ramps, making home repairs and providing wood to families identified by Culpeper Human Services as needing winter heating assistance. Wood splitters, and volunteer handymen are always a great help and a wonderful way to make a difference in the quality of life for these individuals. Contact Culpeper Human Services.

Safe Link Wireless

www.safelinkwireless.com

Safe Link Wireless is a government-supported program that provides a free cell phone and airtime on a monthly basis. To see if you qualify, see website.

The Salvation Army of Fauquier County

540-317-5873

See full listing under Community Enrichment. The Salvation Army provides emergency assistance to Fauquier families and individuals to help maintain or restore utility services. It also administers the Columbia Gas Dollar Energy program for Columbia Gas customers. A utility termination notice is required. Applicants must meet program criteria; a caseworker will determine eligibility. Please call to schedule an appointment.

HEALTH & WELLNESS

BEV, LLC

540-547-4824

www.gohealthysteps.com

bonnired@comcast.net

BEV, LLC is owned/operated by Bonnie Enyart Vermillion and offers classes and trainings to instructors to teach the exercise program Healthy-Steps to improve health with the Lebed Method. This therapeutic exercise program improves the immune system and is designed for almost anyone regardless of present physical ability. The exercises can be done seated, standing or in the water. BEV teaches American Red Cross CPR/AED/FA at local businesses/agencies for their employees. For more information contact Bonnie Vermillion.

Carrie Heitsch, Certified Trager® Practitioner

214 N. East Street, Suite 104, Culpeper

540-222-3954

www.facebook.com/TragerByCarrie

CarrieHeitsch@yahoo.com

Approach offers a gentle touch and rhythmic wavelike movement

that instills new sensory information in the mind, along with a lasting feeling of movement with ease. It is gentle and safe enough for the very frail or elderly and can benefit strong, healthy athletes, dancers, and performers. This approach can assist individuals that have had an accident or injury, have chronic pain and may benefit movement and mental clarity.

Culpeper Jin Shin Jyutsu

540-829-5879

www.facebook.com/CulpeperJinShinJyutsu

Jin Shin Jyutsu is a gentle art of harmonizing and balancing the body's energy. The art was created from an ancient tradition that works with the body's energy pathways feeding life to all cells. Jin Shin Jyutsu is a valuable complement to conventional medicine that assists in recovering from injury/surgery; benefits the healing process; reduces effects of pain, stress and fatigue; strengthens the immune system; promotes deep and restful sleep; enhances harmony, balance and well being. Individual Sessions or Self-Help classes are available. Facebook: Culpeper Jin Shin Jyutsu

Desy Campbell

540-825-0681

www.desycampbell.com

Certified Master Integrative Coach, Reiki Master and Teacher.

Greater Piedmont Trauma-Informed Community Network

540-827-7395

www.gpticn.org

Through trainings to community groups, agencies, schools and all organizations, the GPTICN strives to raise awareness on the causes and consequences of trauma, and work to support resilience through a coordinated, comprehensive community effort. Our certified counselors are available to present trauma-informed workshops to all groups who focus on the well-being of families, creating a community where children and families are safe, healthy, cared-for, and educated.

Live Life Well, LLC/Karen David, RN, CWC

540-219-1797

www.livelifewellconsulting.com

karen@livelifewellconsulting.com

Live Life Well, LLC is a Holistic Health/Wellness Business focusing on promoting self-care to encourage powerful individuals to lead purposeful lives. Each personal coaching session is based on the client's wellness goals in areas of health maintenance and stress reduction. Live Life Well, LLC offers our clients a process to learn, make and implement life choices striving towards a healthier you! The Coaching process begins with a free initial consultation and are available in packages of 12 weeks and greater.

The Natural Spine/Karen Loving

Whiteflower Studios

139 West Davis Street #301 Culpeper

32 Waterloo Street Warrenton

540-222-7842

Karenloving.com

A moving medicine practice to strengthen the spine and reduce stiffness as we age. This one on one practice is individually tailored and is for all ages, specializing in the over-55 group. Karen Loving has over 20 years experience to help clients discover infinite possibilities of relieving the signs of aging through education. By feeling ways in your own unique moving patterns, changes in how you walk, sit, stand, so there is more vitality and joy! Helping you develop long term health and balance.

HELPLINES & HOTLINES

Adult Protection Services Hotline

1-888-832-3858

AIDS/HIV Helpline

800-533-4148

Alcoholism: National Council on Alcoholism

800-622-2255

Alzheimer's Association Helpline

800-272-3900

American Parkinson Disease Association, Inc.

434-973-6122

Cancer Information Center

800-237-1225

Center for Disease Control

800-232-4636

First Call for Help/Piedmont United Way

540-825-7569

Mental Health (NAMI)

800-950-6264

Missing Children's Clearinghouse

800-822-4453

Narcotics Anonymous

800-777-1515

National Runaway Hotline

800-786-2929

Poison Control Center

800-222-1222

The Pregnancy Centers of Central Virginia

540-727-0400

Prevent Child Abuse

540-422-8400

Substance Abuse Helpline

800-662-HELP

Suicide Prevention Lifeline

800-273-TALK

Terrorism Hotline

866-488-8554

Veteran Crisis Line

800-273-8255 (press 1)

HOUSING

SENIOR HOUSING

Amerisist of Culpeper

215 Southridge Parkway, Culpeper
540-825-4500

www.amerisist.org

culpeper@amerisist.com

With the goal to provide carefree living to seniors, Amerisist of Culpeper encourages its residents to remain independent while offering the highest quality of care and encourages families and friends to stay active in the residents' lives while living in the community. Amerisist of Culpeper is designed with the needs and preferences of seniors in mind, and allows the residents to hold on to both their independence and dignity.

Blue Ridge Christian Home

7034 Catlett Road, Bealeton
540-439-2627

Family-owned, licensed assisted living facility with nurses on staff. Located on a farm; administrator lives on property. Not-for-profit. Private pay only.

Brookside Rehab and Nursing Center

614 Hastings Lane, Warrenton
540-347-4770

www.brooksiderehabandnursing.com

info@brooksiderehabandnursing.com

Brookside Rehab and Nursing Center was built on the premise of providing quality healthcare to its residents. Throughout the years, we have provided an array of services, including subacute rehabilitation for patients following injury or hospitalization, long-term care for those who choose Brookside as their permanent place of residence, and short-term care for those who desire a temporary stay at Brookside. Furthermore, we have a specialized unit for individuals struggling with Alzheimer's and/or dementia.

Culpeper Health and Rehabilitation

602 Madison Road, Culpeper
540-825-2884

Fauquier Health Rehabilitation & Nursing Center

360 Hospital Drive, Warrenton
540-316-5500

www.fauquierhospital.com

FHRNC - often known as "Overlook" - is a 113-bed center located on the Fauquier Hospital campus in Northern Virginia. This is a Medicare/Medicaid certified facility. Services include: short term rehabilitation, long term care and respite care.

Grace Retirement Village and The Harbor

Retirement, Assisted Living Memory Care & Skilled Nursing

422 William Mills Drive, Stanardsville
434-985-4481

Grace Retirement Village is a full service Senior Living Community offering skilled nursing at Grace Health & Rehabilitation, assisted living memory care at The Harbor and assisted living at Renaissance. We are conveniently located in historic Stanardsville at the foothills of the Blue Ridge Mountains. The serene setting has all the peace and tranquility of the countryside, yet offers easy access to shopping, dining, medical facilities and other senior needs.

The Culpeper

Formerly The Baptist Retirement Community
12425 Village Loop (Route 15, South), Culpeper
540-825-2411 or 800-894-2411
www.culpeperretirement.org

Culpeper Baptist Retirement Community, a faith-based nonprofit continuing care retirement community, offers apartments, cottages, assisted living, and nursing services. Five minutes from downtown Culpeper. Restaurant style dining, a library, wellness program, gardening. Health services available just a short stroll from apartments and cottages. For the greater community, services include inpatient and outpatient rehabilitation therapy for those with Medicare coverage. The nursing home has a Five Star Rating (CMS Five-Star Quality Rating System).

TRANSITIONAL AND EMERGENCY HOUSING

Center of Hope Shelter

217 Ridge Street, Charlottesville
434-295-4058, ext. 106

The Salvation Army of Charlottesville administers the SHARE/ Homeless Intervention Program (HIP) and the Center of Hope - Transitional Housing program at this location. Singles and families are accepted. Applicants must meet program criteria; a caseworker will determine eligibility.

Culpeper Winter Heat Shelter

Located at St. Luke Lutheran Church
1200 Old Rixeyville Rd, Culpeper
540-825-8258
540-317-0030
culpeperheatshelter@gmail.com

The Culpeper Heat Shelter is open during the colder months to provide emergency shelter and food to those in need. Accommodations and volunteers are provided by Culpeper area churches. Mailing address is PO Box 1262, Culpeper 22701.

Culpeper Housing and Shelter Services

Cheryl Carter, executive director
602 S. Main St., Suite 3, Culpeper
540-825-7434

Assistance for the homeless and those at risk of homelessness.

Fauquier Family Shelter Services, Inc.

95 Keith Street/P.O. Box 3599, Warrenton
540-351-0130 or 540-341-0900
www.fauquierfamilyshelter.org

Established in 1998, this 52-bed facility can accommodate up to eleven families and eight single adults at any one time. The ground level is 100% accessible to persons with physical disabilities. Trained staff oversees shelter operations 24 hours a day, 7 days a week. An on-site case manager helps formulate/facilitate plans for future stable housing. Programs include budget management, employment, life-skills, nutrition, job search, parenting and children's programs. Referral services to local, state and federal resources are provided to all residents as appropriate.

SAFE: Services to Abused Families, Inc.

501 E. Piedmont St., Culpeper
540-825-8891 or 1-800-825-8876 (24 hours)
www.safejourneys.org
executivedirector@safejourneys.org

SAFE provides shelter, support and advocacy to survivors of domestic

violence and sexual assault. All services are free and confidential with a 24-hour Helpline answered by a local advocate who's ready to help. SAFE services include: crisis intervention, safety planning, emergency shelter, court advocacy, support groups, individual advocacy/support, children's services, public awareness, education and prevention. Includes an accredited volunteer program. SAFE partners with community agencies to help clients make self-directed life changes.

Section 8 Housing

540-727-0372 or 540-825-3100

Section 8, or the Housing Choice Voucher Program, is a Federal housing program which provides housing assistance to low-income renters and homeowners. This assistance comes in the form of rental subsidies, limiting the monthly rent payment of the assistance recipient. To qualify for Section 8, one must be a low-income person (below 50% of the Area Median Income). Culpeper Human Services and Rappahannock-Rapidan Community Services coordinate to administer the program locally.

Victory Transitional Housing/Community Touch Inc

10499 Jericho Rd, Bealeton
540-439-9300

The Victory Transitional Housing (VTH) is a one year program that offers transitional housing to homeless men, women and children with a broad range of needs. The program helps individuals achieve and sustain a higher quality of life through resources and various training opportunities. The VTH program provides an opportunity for homeless individuals to save money for a future residence, gain information and access to services they need. Individuals meet with assigned financial mentors every week and participate in structured programs where their needs can be met.

Vint Hill Transitional Housing

4383 Hunsberger Drive, Unit H, Warrenton
540-347-7374
www.fauquierfamilyshelter.org

This program assists families transitioning from homeless to stable/independent living. Eligible individuals need to be: in the process of eviction, living in a shelter, or living with family or friends in crowded conditions. Residents must have custody of children under the age of 18, full-time employment for 30 days, and a working vehicle. Participants must pay a program fee of 30% of gross income to pay for utilities, maintain full-time employment, learn budget skills, pay off debts, improve credit, attend classes and supervise their children.

LEGAL/CRIMINAL JUSTICE

COURT SERVICES

Commonwealth's Attorney

118 W. Davis St., Culpeper
540-727-3441

Crime Victim's Assistance

131 W. Davis St., Culpeper
540-727-3413

Culpeper Circuit Court

135 W. Cameron St., Culpeper
540-727-3438

Culpeper General District Court

135 W. Cameron St., Culpeper
540-727-3417

Division of Child Support Enforcement

2211 Hydraulic Rd. , Ste. 200, Charlottesville
800-468-8894

Juvenile and Domestic Relations Court

135 W. Cameron St., Culpeper
540-727-3418

Juvenile Probation Services

101 S. West St., Suite 200, Culpeper
540-727-3437

Local Adult Probation: Criminal Justice Services

155 W. Davis St., Suite 200, Culpeper
540-727-3450

Options Program

3033 James Madison Highway, Culpeper
540-829-2129

Virginia Adult Probation Department

1845 Orange Rd., Culpeper
540-829-7369

LEGAL SERVICES

Legal Aid Works (LAW)

146 N. Main Street, Culpeper
After July 1, 2017 1200 Sunset Lane, Suite 2122
Call for screening first 703-778-6800; 540-825-3132
www.legalaidworks.org
lawculp@legalaidworks.org

Legal Aid Works provides legal advice and representation to individuals who cannot afford to hire private counsel in civil legal matters.

Child Support Customer Service

2211 Hydraulic Rd. , Ste. 200, Charlottesville
1-800-468-8894

Katherine S. Charapich, Esq., PLLC

219 E. Davis Street, Suite 320, Culpeper
540-812-2046
www.Culpeper.com
Katherine@Culpeper.com

Ms. Charapich is dedicated to helping the older adult community protect the stewardship of their God-given assets by focusing on estate planning and elder law. Ms. Charapich uses the protective nature of estate planning, such as trusts, wills, powers of attorney, and advance medical directives, and if needed guardianships and conservatorships. Her focus is on protecting a person's interests and well-being at present, should that individual become incapacitated, as well as the ease of transferring remaining assets to beneficiaries.

Neighborhood Watch/ Culpeper Police Department

Division of Child Support Enforcement
740 Old Brandy Road, Culpeper
540-727-3430

The Culpeper Police Department maintains strong community relationships through a strong Neighborhood Watch Program. There

are over 20 watch groups within the Town that have an officer assigned to them, who provides a direct line of communication to the Police Department and can provide security information, crime report data, traffic data, and assist in organizing and coordinating Neighborhood Watch meetings. Every two months joint Neighborhood Watch meetings are held that offer guest speakers and provide information on a various topics. To join the Neighborhood Watch contact the Lead Coordinator at the Culpeper PD.

Piedmont Dispute Resolution Center

3 South Fourth Street, Warrenton
540-347-6650

PiedmontDisputeResolution.org
pdrc@verizon.net

US Citizenship & Immigration Services/Customer Service Center

(TDD for the Hearing Impaired 1-800-767-1833)
1-800-375-5283

MEDICAL

DENTAL

Culpeper Dental Group

415 S, Main St, #101, Culpeper
540-825-7676

Hours: Monday-Thursday 8 am - 5 pm.

Piedmont Regional Dental Clinic

13296 James Madison Highway, Orange
540-661-0008

www.vaprdc.org

Piedmont Regional Dental Clinic is a nonprofit dental safety net clinic dedicated to providing affordable care for residents of Virginia's Piedmont. It uses a sliding scale fee system so the cost of care is lowest for patients with the fewest financial resources. Accepts Medicaid/Smiles for Children insurance as well as Delta Dental insurance. PRDC runs popular programs such as Smile Time (dental exams as school) and free care for US Veterans on Veterans Day.

GENERAL

Blue Ridge Care Connection for Children

434-924-0222 toll free: 1-866-596-9367

See full listing under Children's Services.

CHARLI PROGRAM

CHARLI Care Coordinator
434-962-2000

heather.glass@vdh.virginia.gov

If you are living with HIV/AIDS and have been incarcerated within the last year, this program is designed to help you get what you need to be successful and enjoy life. Will work with individuals for up to 18 months to help you manage medical appointments, medication, housing, nutrition, transportation, health insurance, job searching and employment. These services are provided at no cost to you. CHARLI Care Coordinators will work with you to address problems that could interfere with your ability to stay physically, mentally and emotionally healthy. Set up an appointment, we are here to help.

Community Health Center of the Rappahannock Region

1965 Jefferson Davis Highway, Fredericksburg
540-735-0560

www.cvhsinc.org

Federal Clinic open to everyone with all services offered at a reduced cost, based on income. Services include: primary care (including sport, job, and school physicals); immunizations; chronic disease management; and sick visits; dental services; Behavioral Health Services (individual, family, couples, and group therapy); and treatment for anxiety, school-related problems, grief, stress management, trauma issues affecting immigrants and refugees; and more.

Culpeper County Health Department

640 Laurel St, Culpeper
540-829-7350

Family Health Services at the CHD include: referrals for community services including: immunizations; family planning(birth control); pregnancy testing and counseling; Women, Infants, and Children Supplemental Nutrition Program (see Nutrition section); STD's and infectious disease testing/treatment; car seat distribution/ education; and vital records. Emergency Preparedness with the Medical Reserve Corps. Services are by appointment.

Culpeper Family Practice

1200 Sunset Lane, Suite 2210, Culpeper
540-825-6100

Diabetes Self-Management Program

540-829-4315

mhorne@culpeperhospital.com

Diabetes self-management education program accepts most insurance plans, including Medicare. Group classes educates on aspects of diabetes: benefits of lifestyle changes, medications, testing, potential complications, goal setting, and nutrition. Individuals may take group classes and have the option for individual follow up. To register, a referral from their primary health care provider is needed. Once the referral is received, the program will call the patient to register.

Culpeper Medical Walk-In Clinic & Primary Care

451 James Madison Hwy, St 104, Culpeper
540-727-8880

540-727-8882 (Fax)

culpeperwalkinclinic@yahoo.com

Hours of Operation: Closed Sundays. Monday through Friday open from 9:30 am to 6:30 pm. Saturday from 10 am to 4 pm.

Diabetes Self-Management Program

540-829-4315

mhorne@culpeperhospital.com

Diabetes self-management education program accepts most insurance plans, including Medicare. Group classes educates on aspects of diabetes: benefits of lifestyle changes, medications, testing, potential complications, goal setting, and nutrition. Individuals may take group classes and have the option for individual follow up. To register, a referral from their primary health care provider is needed. Once the referral is received, the program will call the patient to register.

**Drug Take Back Program/
Culpeper Police Department**

740 Old Brandy Road, Culpeper
540-727-3430

The Culpeper Police Department can dispose of any unused prescription or over-the-counter drugs. This includes prescription pain killers that have the potential for abuse. The drop off box is located in the lobby of the Culpeper Police Department. Anyone wishing to utilize this drop off box can come to the Police Department Monday through Friday between 8 am and 5 pm. There is no paperwork to complete and the process is completely anonymous. This service is open to anyone in need of a method for drug disposal.

Enroll Virginia

1301 Sam Perry Blvd, Suite 100, Fredericksburg
540-741-2447

www.enrollva.org
Melissa@enroll-virginia.com

Certified Navigators (through CMS) to provide outreach, education and enrollment assistance for the Health Insurance Marketplace (Obamacare) during open enrollment (November-December) and special enroll period (January-October). We can help determine available Premium Tax Credits and Cost Sharing Reduction (CSR) to help make health insurance affordable and assist with insurance selection (premiums, deductible, copays/coinsurance, etc). Call for a free appointment. Toll-free hotline: 1-888-392-5132.

Families Overcoming Drug Addiction (FODA)

www.MyFODAFamily.org
MyFODAFamily@gmail.com

See full listing under Counseling and Mental Health.

Family Care of Culpeper

16240 Bennett Road, Culpeper
540-825-5951

Free Clinic of Culpeper

610 Laurel Street, Suite 3, Culpeper
540-829-5032

Provides confidential medical care to uninsured residents of Culpeper between the ages of 18 and 65 who have incomes at or below 250% of the federal poverty level. You must fill out an application to determine eligibility before your first appointment. Clinic hours: Monday, Tuesday and Thursday from 9 am - 3 pm; and the 1st and 4th Thursday of each month from 5 pm - 8 pm.

Hearing HealthCare of Virginia

700 Southridge Parkway, Suite 309, Culpeper
540-825-1805

**Medication Access Program/Culpeper Human
Services**

540-829-4900

Provides low-income Culpeper County residents 18 and over with access to medication/prescriptions at a reduced charge or no charge through the Free Clinic. The program staff works with individuals who meet financial qualifications, are residents of Culpeper County, and 18 and over without a Medicaid or prescription care. The staff helps them complete an application to be submitted through computer software directly to the prescription drug companies. The medications are provided for free or at a reduced cost to the patient. Clinic staff coordinates the program with local participating physicians.

MedExpress Urgent Care Center

Hours: 8 am to 8 pm
1420 South Main Street, Culpeper
540-825-2202
www.medexpress.com

As a neighborhood medical center, we're committed to enhancing the health and well-being of our communities. Whether through community events, sponsorships or educational programs, we're proud to partner with organizations that share our commitment to health.

Mid-Day Lions Club

P.O. Box 777, Culpeper

The Lions Clubs of Culpeper County provide financial assistance to qualified resident of the County for the testing and procurement, if necessary, of eye glasses and hearing aids. For children during the school year they should report to their school nurse for referral to the Lions Club. Adults should apply to The Department of Human Services located at SAMS place, 210 East Stevens St. The phone number is 540-727-1055, ext. 409. When school is not in session, parents should apply for assistance for their children at the SAMS Place location.

The Pregnancy Centers of Central Virginia

420 Sunset Lane, Culpeper
540-727-0400

www.virginiapregnancy.org
culp@virginiapregnancy.org

Trained staff and volunteers provide, at no cost and completely confidentially, pregnancy tests; limited ultrasounds (for qualifying clients); education on abortion, adoption, and pregnancy; relationship counseling; maternity and infant supplies.

UVA Pediatrics Culpeper

16244 Bennett Rd., Culpeper
540-825-5381

Walgreens Pharmacy

HIV Testing
15250 Montanus Dr.
540-727-8976

Watts Nutrition Services, LLC/ Maureen Watts, R.D.

101 Duke Street, Suite 203-A, Culpeper
540-825-6973
www.WattsRD.com

A Registered Dietitian works with individuals to assess dietary needs and assist in reaching specific nutrition-related goals. RDs consider diet, medical history, blood tests, weight trends, and other factors in making a nutrition diagnosis and developing a personalized dietary plan. RDs frequently work with other health professionals to coordinate nutrition therapy with medical or surgical treatments.

Wellspring Health Services

Family Practice & Walk-in Clinic; Hours: 8 am to 8 pm, 7 days a week.

15237 Creativity Drive, Culpeper
540-321-4281

www.wellspringhealthservices.com
info@wellspringhealthservices.com

In an outpatient setting we are second to none in providing preventative care, comprehensive family practice, urgent care for non-

life-threatening illnesses & injuries, and chronic care, all under one umbrella. In an inpatient setting at one of the major Nursing Home facilities in Culpeper, we provide exclusive medical services to the 180 long-term care and rehabilitation patients. And finally in your home setting, we are proud to be introducing remote home monitoring services for our select patients under the chronic care program, as part of a revolutionary custom designed service – Wellspring@home.

HOSPICE AND IN-HOME CARE

ACTI-KARE Responsive In-Home Care

540-727-0024

Piedmont.actikare.com

Acti-Kare Responsive In-Home Care provides non-medical personal and companion care. Services include but are not limited to: home companionship, light housekeeping, laundry, meal preparation, medication reminders, transportation, respite care, shopping, bathing assistance, and live-in 24/7 care. They especially focus on Alzheimer and Dementia care. Caregivers are screened, bonded and insured. Private pay and long term care insurance accepted.

AmeriCare Plus

321 North Madison Road, Orange

540-661-0232

www.americarepluspc.com

casey@americanretirementhomes.net

Serves Culpeper, Madison, Orange, Fauquier, Rappahannock Counties and the surrounding area providing care, compassion and security to community members of all ages (adults and children) in the comfort of their home. AmeriCare Plus accepts all Medicaid waivers (EDCD, ID, DD and EPSDT), Commonwealth Coordinated Care Program for dual enrollees under Medicare and Medicaid, Veterans Aide and Attendant Benefits for both the veteran and spouse, Worker's Compensation Insurance, Long Term Care Insurance Policies and Private Pay. State licensed, bonded and insured.

AT Home Care And Hospice

195 River Bend Drive, Suite 6, Charlottesville

434-327-4610

Specializing in Medicaid Personal Care and Private Duty Services. Team includes certified nursing assistants, home health aides, and companions. AT Home Care Staffing is licensed and bonded with several locations to meet your needs. Employees are experienced in caring for patients with dementia and Alzheimer's. AT Home Care Staffing offers one-on-one in nursing and rehab facilities, assisted living communities, senior independent communities, hospitals and patient homes.

At Home Your Way

PO Box 609, Front Royal

844-828-5591

info@athomeyourway.com

At Home Your Way can help you access consumer-directed personal care services to meet the needs of you or the individual you care for. Consumer Direct services are personal care, companion services, or respite care services where the individual or his family/caregivers, as appropriate, is responsible for hiring, training, supervising and firing of the employee or employees.

Cleansing Water, Inc.

30 Main Street, Suite 234, Warrenton

540-341-0212

www.cleansingwater.com

info@cleansingwater.com

Cleansing Water is a private home healthcare company with services including skilled nursing, certified nursing assistants, companion care and care management. Licensed by the Department of Health. Offers initial assessment at no charge. Offers 24/7 emergency on-call contact. In business for over 14 years; serving the counties of Fauquier, Culpeper, Prince William, Loudoun, Warren and Rappahannock.

FirstLight Home Care

Servicing Fauquier, Culpeper, Stafford, Orange, and Southern Prince William Counties.

37 Main Street, Warrenton

540-579-7570

www.Warrenton.FirstLighthomecare.com

Call 24/7. FirstLight HomeCare is built on a solid foundation of core values. Services include; bathing, personal hygiene, Continence and Toileting Care, special diets, meal preparation, feeding, light housekeeping, laundry, paperwork as well as Companion Care and Personal Care services. We have developed a unique dementia program building care around the individual, not the disease. Specialized programs include; dementia care, respite care, hospital to home services, travel companion, Care for new or busy moms, care for adults with disabilities, and 24-hour or live-in care. We accept Long Term Care Insurance, Veterans Aid and Attendant, Workers Compensation and Private Pay. We proudly serve as a preferred provider of choice by the Veterans Administration.

Heartland Hospice of Warrenton

400 Holiday Court, Suite # 101, Warrenton

540-349-3970

Heartland Hospice of Warrenton helps patients and families work through end of life issues, whether they are physical, emotional, spiritual or social in nature. It aims to enhance quality of life for patients by providing specialized symptom and pain control through a team of home care aides, registered nurses, social workers, chaplains, Veteran Care Coordinators, pet and massage therapy, nurse practitioners and physicians.

Heaven Sent

540-349-7772

www.heavensentpca.com

A state licensed, in-home personal care assistance service providing personal hygiene care, respite care, transportation to appointments, medication reminders, meal preparation, light housekeeping, laundry, errands, and companionship. Professionally trained staff who are experienced in caring for those with Alzheimer's/Dementia, Parkinson's, Cancer, COPD, Multiple Sclerosis and more. Long-term care insurance and VA benefits will usually cover the cost of services.

Home Instead Senior Care

1300 Sunset Lane, Suite 3220, Culpeper

540-825-7180

www.homeinstead.com/711

RKarch@homeinstead.com

Local family owned and operated and state licensed, Home Instead Senior Care helps with the struggles and challenges that accompany caring for a loved one. Caregivers work to provide the highest-quality care services to fit you and your family needs, whether it's returning from the hospital, a rehab setting, or simply needing some help in the home. Thoroughly screened, trained, insured and bonded caregivers provide individualized care. Service area: Culpeper, Madison, Orange, Rappahannock, Page Counties.

Hope In Home Care

413 Meadowbrook Shopping Center, Culpeper
540-718-9003

www.hopeinhomecare.org
hihcculpepper@hopeinhomecare.org

VDH licensed and Medicaid licensed company that takes care of the elderly and people with disabilities. All caregivers are background checked and drug screened. Serving Fauquier, Madison, Culpeper and Orange 24/7. Accept EDCD WAIVER. All assessments are free of charge and performed by a registered nurse.

Hospice of the Piedmont-Rapidan Regional Office

1200 Sunset Lane, Suite 2320, Culpeper
540-825-4840

www.hopva.org
info@hopva.org

Founded in 1980, Hospice of the Piedmont is the only community-based nonprofit hospice organization serving central and northern Virginia. We serve the counties of Albermarle, Augusta, Buckingham, Culpeper, Greene, Fauquier, Fluvanna, Louisa, Madison, Nelson, Orange, and Rappahannock. Hospice of the Piedmont provides high-quality, compassionate care to terminally ill patients and their families, plus grief support for community members coping with the death of a loved one. Hospice of the Piedmont is committed to providing care and support services to all members of our community regardless of their ability to pay.

SENIOR HELPERS

540-746-7060

www.SrHelpersva.com

Senior Helpers helps folks stay independent and at home for as long as possible by providing help with light housekeeping, meal planning and preparation, and activities of daily living such as bathing, dressing and eating.

MEDICAID AND MEDICARE

Medicaid

Contact Culpeper Human Services for Medicaid issues. Medicaid provides health coverage to low-income children and provides assistance for some low-income adults, such as pregnant women, parents of dependent children, blind or disabled individuals, individuals under hospice care, individuals age 65 or older, or other medically needy criteria. In Virginia, the Department of Medical Assistance Services (DMAS) is the agency that administers Medicaid and the State Children's Health Insurance Program (CHIP). In Virginia we call the children's program FAMIS.

Medicare

Medicare issues, including signing up for Part D Coverage, contact Rappahannock-Rapidan Community Services at 540-825-3100 and ask for a VICAP counselor. A good, complete, and free Medicare guide is Medicare & You. Available at www.medicare.gov or call 1-800-633-4227 to have a printed copy mailed to you. Medicare is a federal health insurance program for people age 65 or older, people under age 65 with certain disabilities, and people of all ages with end-stage renal disease (permanent kidney failure requiring dialysis or a kidney transplant).

NOVANT UVA HEALTH SYSTEM

Cancer Services

540-829-4352

Offering a wide range of treatment options for a variety of cancers, including leukemia, lymphoma and myeloma, so that our patients don't have to travel long distances to receive the therapies they need. Treatments include advanced screening and diagnostics, chemotherapy, radiation, surgery and investigational therapies. Patients benefit from our cancer care support team, including a dedicated pharmacist, social worker, nutritionist, patient advocate, financial advisor and an oncology nurse.

Cardiology

540-829-4400

A variety of advanced diagnostic testing is available to evaluate your heart. For patients experiencing a major heart attack, we quickly identify the best course of action and either administer clot-busting drugs or fly patients to another hospital for cardiac catheterization. In addition to advanced heart attack treatment, our patients have access to a variety of cardiac specialists through an easy referral process.

Culpeper Medical Center

501 Sunset Lane, Culpeper
540-829-4100
www.novanthealthuva.com

Emergency Department

540-829-4189

The ER is open 24 hours a day, 7 days a week. Size and process improvements reduce wait times. For stroke and heart attack patients, we offer access to medical experts using innovative technology. Check-in online using our ER Express system, which allows you to select an open time slot for your visit and wait at home until your designated arrival time.

Family Birth Center

540-829-4114

This designated "Baby-Friendly" (by UNICEF) offers superior care to mothers/babies in comfortable, supportive and family-friendly environment. It provides patients with a modern/accessible C-section suite, latest birth-related technologies, and free classes on childbirth, breastfeeding, infant CPR, car seat safety and infant care.

Medical Imaging

540-829-4144

The center is fully equipped to meet imaging needs from routine mammograms, X-ray, MRI, CT, nuclear medicine scan, diagnostic ultrasound or other tests.

Obstetrics and Gynecology

540-321-3002

Orthopaedics

540-321-3120

Pamper Me Pink Mammography Fund

540-829-4320

This fund was designed to pamper women, raise awareness of early detection of breast cancer and raise funds to provide free mammograms to women and men in need. If you or someone you know would benefit from these funds, contact UVA Culpeper Hospital Financial Counseling, where a financial counselor can help determine if you are eligible and walk you through the screening and scheduling.

Rehabilitation Services

(Powell Wellness Center)
540-829-4162

All rehabilitation services are available at two facilities: Madison and Culpeper. Skilled specialists will create custom treatment plans that may include physical, occupational or speech therapy. Rehabilitation services are also available for pediatric rehabilitation patients.

Surgical Services

540-825-2600

SPECIALIZED EQUIPMENT

Culpeper Home Medical

251 Southgate Shopping Center, Culpeper
540-825-7576
www.culpeperhomemedical.com
info@culpeperhomemedical.com

Culpeper Home Medical is a full Service Home Medical Equipment Retail Store located in Culpeper. We carry all types of home medical equipment including hospital beds, lift chair recliners, wheelchairs, power wheelchairs, scooters and many aids to daily living items as well. Let our friendly staff help you to help yourself with your home medical equipment needs.

Division of Rehabilitative Services/ Virginia DARS

540-829-7360

www.vadars.org

Assistive technology available. See entry under Disability Services.

Hospice Support of Fauquier County

42 N Fifth Street, Warrenton
540-347-5922

www.hospicesupport.org

gilbrooker@hospicesupport.org marittagotz@hospicesupport.org Laurenkrastins@hospicesupport.org

Maintains large medical equipment Loan Closet. Free for use for anyone when available: wheelchairs, walkers, electric hospital beds, shower benches/chairs, lift chairs, Hoyer lifts. Volunteer patient care and grief counseling also available.

Lincare

50 Sullivan Street, #E, Warrenton
540-349-0691

www.Lincare.com

Provides respiratory care, infusion therapy and medical equipment to patients in the home.

MONEY, INSURANCE, TAXES

AARP Tax-Aide

540-748-8712

AARP Tax-Aide volunteers at the Culpeper County Library prepare and electronically file tax returns free for low to middle income taxpayers. Starting the first week of February until April 15th, volunteers will be at the Culpeper Library in the meeting room. Appointments are preferred, but walk-ins are accepted as time permits.

Community Touch

540-439-9300

Emergency assistance for the truly needy.

Enroll Virginia

1301 Sam Perry Blvd #100, Fredericksburg
540-741-2447 or 888-392-5132
www.enrollvirginia.com
Melissa@enroll-virginia.com; Donna@enroll-virginia.com

Certified Navigators (through CMS) to provide outreach, education and enrollment assistance for the Health insurance Marketplace ("Obamacare") - during Open Enrollment (November - December) and Special Enroll Period (January - October). We can help determine available Premium Tax Credits (PTC) and Cost Sharing Reduction (CSR) to help make health insurance affordable and assist with insurance selection (premiums, deductible, copays/coinsurance, etc.). Call for a free appointment.

First Call for Help/Piedmont United Way

118 East Piedmont Street, Culpeper
540-825-7569

A no-charge source for referrals to information and resources for Culpeper and other citizens.

People, Inc.

7572 Gardner Park Dr., Gainesville 20155
571-445-3020
www.peopleinc.net

Budget counseling and other services. People Incorporated is a non-profit Community Action Agency and Community

Development Corporation committed to providing opportunities for people to reach their goals in order to enhance their lives, families, and communities. People Incorporated develops programs and strategies that are designed to move people and communities into the economic mainstream.

Protective Money Management Program

Rappahannock-Rapidan Community Services
540-825-3100

This is a program for people of all ages who receive SSA, SSDI or SSI who have difficulty managing their financial affairs. This program trains and supervises volunteers who help clients establish budgets, pay bills and ensure their financial stability. There is a \$25 fee per month for this service and it is for people in Fauquier, Culpeper, Rappahannock, Orange and Madison counties. This service will be provided upon availability of volunteers and we are always looking for new people to help with this incredibly gratifying volunteer opportunity.

Social Security Administration

1014 South Main Street, Culpeper
877-531-4694

www.socialsecurity.gov

This local office of the federal Social Security Administration is there to answer questions and help resolve problems concerning Social Security and the benefits available to people who are retired, people who are disabled, survivors of workers who have died and dependents of Social Security beneficiaries.

RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES (RRCS)

Aging and Transportation Services

540-825-3100

Provides a comprehensive array of services and supports for individuals/families including: Senior Centers, Home-Delivered Meals, Respite Care Services, Adult Day Care, Advocacy/Outreach/ Care Coordination, the VOICE OF EXPERIENCE newsletter, Senior Medicare Patrol, Virginia Insurance Counseling and Assistance Program, Care-A-Van Program, Emergency Medical Alert Program, Fan Care, Long-Term Care Ombudsman Program, RRCS Volunteer Program, and the Protective Money Management Program.

The agency's Transit Department provides handicap-accessible transportation to and from agency sites such as the senior centers in all five counties.

Outpatient Mental Health and Substance Abuse Services/RRCS Culpeper Clinic

650 Laurel Street, Culpeper

540-825-5656

www.rrcsb.org

rrcsb@rrcsb.org

Outpatient services aid individuals who are dealing with mental health or substance abuse issues that is impacting on their life. Individual, family and group therapy and psychiatric services are available for children through adults.

Rappahannock Rapidan Community Services

P.O. Box 1568/15361 Bradford Road, Culpeper

540-825-3100

RRCS is the area's largest social services agency. It serves Culpeper, Madison, Orange, Rappahannock, and Fauquier Counties. Programs are designed to help assure that older persons, individuals with long term care needs, and those with mental health or intellectual disability challenges.

RRCS Children's Behavioral Health Support Coordination

540-825-5656

CHILDSERVICES@rrcsb.org

Support coordination services help children/families learn, find, and access services to address behavioral, developmental, and social needs of children from birth to 18 years old. Various types of support coordination services are available to address specific needs. Families may request information and services. Referrals are completed by primary care physicians, pediatricians, nurse practitioners, teachers, and social workers.

RRCS Community Support Division

540-825-3100

Services for individuals with an intellectual disability or serious mental illness include: support coordination to assist in evaluating, linking, monitoring, and advocating for services to meet individual's identified needs. ID Group Homes provides independent living skills training to adult residents with intellectual disabilities in a 24-hour supervised setting. In-home supports are "drop-in" skill-building services for adults living in their own apartment or family's home. Bridges provides adult participants an opportunity to build skills and participate in meaningful day activities in the community. For individuals with serious mental illness transitional homes (Guinn Lane in Culpeper and Orange Apartments) support development

of independent living skills and emotional stability. The Visions Clubhouse offers structured day psychosocial rehabilitation service programs.

RRCS Crisis Services(Emergency Services and Crisis Intervention Team)

540-825-5656

www.rrcsb.org

crisisservices@rrcsb.org

Crisis Services are available 24 hours per day. Crisis Clinicians provide assessment, crisis intervention counseling, hospital diversion, pre-admission screening as well as other services.

RRCS Infant and Toddler Connection (ITC)

P.O. Box 1568, Culpeper (mailing)

22701 314 N. West Street, Culpeper

540-829-7480

www.rrcsb.org

ITC@rrcsb.org

Early intervention supports/services are for infants and toddlers from birth through two who are not developing as expected or who have a condition that can delay typical development. Focus is on increasing the child's participation in important family and community activities. Anyone can make a referral to ITC, and more information is available at www.infantva.org

RRCS Inpatient Substance Abuse Services/Boxwood

15511 Guinn Lane, Culpeper

540-547-2760

rrcsb@rrcsb.org

Services include motivational enhancement therapy, individual psychotherapy, education groups, group therapy, women's alternatives (an intensive outpatient program for chemically dependent women), drug screening, acupuncture, and case management services. Treatment at Boxwood educational sessions, lectures, relapse prevention and counseling. Boxwood Detox is a 7-day medically monitored program for withdrawal from substances.

RRCS Prevention Services

www.rrcsb.org

rrcsb@rrcsb.org

Promotes healthy behaviors and lifestyles for youth development.

The program addresses protective factors and major risk factors such as the dangers for substance abuse or teen suicide and other mental health concerns.

RRCS VICAP

540-718-7613

www.rrcsb.org

vicap@rrcsb.org

VICAP is an independent clinical assessment completed by an assessor through the local Community Service Boards. Medicaid members, under the age of 21, must obtain a VICAP prior to being considered for the following Medicaid funded services: Therapeutic Day Treatment, Intensive In-Home Services, and Mental Health Skill-building Services. Call to schedule an appointment.

RRCS Young Adult Coordinated Care (YACC)

540-825-3100, ext. 3153

www.rrcsb.org

YACC@rrcsb.org

YACC is an evidenced based program centered around the Coordinated Specialty Care Model of service for adolescents and young adults (age 15-25) who are experiencing psychosis for the first time. Individuals in the

program will receive support from a team of professionals. The support will focus on reduction of symptoms and community integration.

SUPPORT GROUPS

Alzheimer's Association

**Central & Western Virginia
800-272-3900**

We are here to help the people in our chapter area who have been diagnosed with Alzheimer's disease or related dementias, as well as their caregivers and families. This assistance comes in the form of a toll-free help-line, support groups and care consultation in each region, lending libraries, Medic Alert + Safe Return, an annual education conference, as well as many other programs and services.

American Cancer Society

**1833 Plaza Drive, Winchester
888-474-3044 or 540-667-2315**

The Fauquier chapter provides services to cancer patients and their families including patient transportation for treatment and 24-hour helpline at 800-ACS-2345. It also sponsors rehabilitation programs such as "Reach to Recovery."

Bereavement Support/Hospice Of The Piedmont **540-718-5323**

Hospice of the Piedmont offers free individual and group bereavement support to everyone in the community. Children and adults. Groups held throughout the year. Please contact Craig Wilt at 540-718-5323 for more information.

Breastfeeding Support/Pink Cocoon **www.pinkcocoon.com**

Breastfeeding Support Group for pregnant or breast feeding mothers and their babies.

CADRE

**Community Alliance for Drug Rehabilitation & Education
24 Pelham Street, Warrenton
540-347-2340**

Diabetes Support group **540-829-4315**

Support group for those with diabetes and /or their families. It is an informal opportunity to get together to discuss current topics in diabetes management and share in like experiences in a fun and supportive environment. Group meets monthly on the first Tuesday of each month at 7 pm in the boardroom at the hospital. There is no registration required and no charge for the meeting.

Greater Piedmont Trauma - Informed Community Network

**540-827-7395
www.gpticn.org**

Through trainings to community groups, agencies, schools, and all organizations, the GPTICN strives to raise awareness on the causes and consequences of trauma, and work to support resilience through a coordinated, comprehensive community effort. Our certified counselors are available to present trauma-informed workshops to all groups who focus on the well-being of families, creating a community where children and families are safe, healthy, cared-for, and educated.

Multiple Sclerosis Support/National Multiple Sclerosis Society

**202-296-5363
www.MSNationalCapital.org**

Offers a range of programs and services to help individuals and families cope with the everyday demands of living with multiple sclerosis. The chapter provides emotional support, self-help groups, limited financial assistance, referrals to healthcare and community professionals, and assistance with employment. The chapter also offers education and wellness programs to clients and families, advocacy, and educational opportunities for professionals.

Pamper Me Pink Mammography Fund

**UVA Culpeper Hospital, 501 Sunset Lane, Culpeper
540-829-4320**

Spiritual Care Support Ministries

**76 West Shirley Avenue, Warrenton 20186
540-349-5814**

**www.scsm.tv
ChaplainLiz@scsm.tv**

A nonprofit, nondenominational organization that provides short and long term support to those who are suffering. Staff are trained with a biblical perspective. Provides assistance through individual counseling and support groups for caregivers, chronically ill, bereaved parents, divorce loss, bereavement, spouse loss, pet loss, and loss due to sexual abuse and rape. SCSM also offers a summer Family Grief Camp. All services are free and available to anyone in need.

YoungLives, Young Life Culpeper

P.O Box 803, Culpeper
540-219-6768

www.facebook.com/CulpeperYoungLives
ylives.culpeper@gmail.com

YoungLives Culpeper offers mentoring and birth and parenting preparation classes to pregnant and parenting teens in the following schools: Culpeper Middle School, Floyd T. Binns, Culpeper High School, Eastern View High School, and to any pregnant or parenting teen in Culpeper who needs support. Partners with local groups that support the development, growth and empowerment of teens. YoungLives is a component of Young Life Culpeper. Through genuine friendships it helps teens "discover together what it means to live life to the fullest in a relationship with God."

TRANSPORTATION

AA Lightfoot Limousine

13908 Eggbornville Road, Culpeper
540-829-0997

www.lightfootlimo.com

AA Lightfoot is a taxi and limousine and airport service that will transport clients wherever needed. Fares vary according to times and distances. 24 hour service. Logisticare/Medicaid provider.

Amtrak

800-872-7245

www.amtrak.com

Amtrak provides passenger rail service to and from The Depot in downtown Culpeper.

Culpeper Cab Company

16492 Greens Corner Road, Culpeper
540-829-7922

www.culpepercab.com

Flat rate service quoted prior to the ride, mini-van taxi services. Check for availability of handicap accessible vehicles. Advance reservation required.

Foothills Area Mobility System Call Center (FAMS)

Office hours: Monday through Friday from 8:30 am to 4:30 pm

710 U.S. Avenue, Culpeper

540-829-5300

www.fams.org

info@fams.org

The Foothills Area Mobility System (FAMS) Call Center is the one-stop transportation information referral source for the counties of Culpeper, Madison, Orange, Fauquier and Rappahannock. The FAMS call center gives out free information on public, private, and volunteer transportation options. Learn how to navigate through town and allow a mobility specialist help plan your trip. They offer free travel training, where the mobility specialist will teach an individual or group of individuals how to navigate through the public transportation system. All services are offered at no cost.

Foothills Express

420 Southridge Parkway Suite 106, Culpeper
800-365-2868 (Reservations 24 hours in advance)

www.rrregion.org

JAUNT serves as the Foothills Express and operates Tuesdays, Wednesdays and Thursdays to Charlottesville, with bus stops located at Culpeper Regional Hospital Emergency Exit and Madison Food

Lion. It makes three round trips daily. Riders pick their destination in Charlottesville. Cost is \$3.00 one way or \$5.00 round trip; exact change required. Children under six and escorts for medical appointments ride free.

JLW Transport, LLC

12198 Riverton Ct, Remington

540-402-6174

Service Area: Culpeper County, Fauquier County, Front Royal, Madison County, Orange County.

Logisticare (Medicaid-reimbursed transportation)

1-800-772-9996

www.virginiamedicaid.dmas.virginia.gov

A transportation broker for Medicaid clients attending medical appointments. Call the number on the back of Medicaid card at least five days in advance to provide information on the appointment, location and important details. If you become ill and your doctor can see you in less than five days, call Logisticare and request an Urgent Trip.

Virginia Handi-Ride

(Reservations 3 to 5 days in advance)

1925 Wolfstown-Hood Road, Madison

540-738-0408 or 540-948-4443

www.virginiahandiride.com

handiride01@gmail.com

Safe, dignified transportation for medical, non-emergency transport services to both ambulatory and nonambulatory individuals.

Virginia Regional Transit (VRT)

1099 Brandy Knoll Court, Culpeper

540-825-2456

Culpeper Connector: Offers regional transit vans and trolleys. The route does not change daily or cross county lines. Senior Citizens ride free on Mondays. Cost is \$.50 one way. Monday – Friday: 7:00 am – 5:00 pm, Saturdays 9:30 am – 2:30 pm. Minors 5 and under ride free but must be accompanied by an adult. Demand Response Van will pick up rider at Culpeper County residence and bring to appointments and errands within the county. Reservations are required and it is a first come - first serve program. Minors under 10 ride free but must be accompanied by an adult. Available M-F, 7am – 6pm. On-Demand ADA Accessible van: Anyone ADA-certified (under 5 accompanied by an adult) can ride on the ADA accessible van/bus, which travels daily (Monday – Friday, 8:00 am – 4:00 pm) in and around the Town of Culpeper. This service does not cross county lines. Call between 8:00 am and 5:00 pm to pre-register and to schedule. Person must call at least 24 business hours in advance or earlier to schedule a trip. This is a first come-first serve program.

VETERANS SERVICES

American Red Cross Service to Armed Forces

1105 Rose Hill Drive, Charlottesville

434-979-7143

www.americanredcross.org

The American Red Cross Service to Armed Forces division assists the military community (active duty, reservists and guard, veterans and their families). Core services include supporting military hospitals and Veterans Affairs health care facilities, building strong families and resilient communities and providing emergency communication services. To send an emergency message to a service member, anywhere in the world, call 1 877- 272- 7337- service 24/7. Joining



Community Forces meetings are held in Culpeper to support the local military community.

Virginia Department of Veterans Services

3089 Roan Street, Quantico
703-630-2811

Helen.pickard@dvs.virginia.gov

Walk in services in the afternoon only; appointments in the morning.
This adviser also visits Culpeper once a month.

Virginia Veteran and Family Support
(formerly Virginia Wounded Warrior Program)

600 Jackson St., Fredericksburg
540-840-3003

Virginia Veteran and Family Support provides a network of community-based services to help Virginia Veterans and their families overcome challenges related to military service. Services are coordinated through local community providers, including services boards, brain injury service providers, medical facilities and other public/private providers. VVFS provides direct support using veteran peer specialist/family support specialist who provide one-on-one care coordinators and facilitate peer/family support groups. We support members of all branches of the Armed Services, National Guard and Reserves not in federal service and their family members who are Virginia residents.

INFORMATION NUMBERS

Bereavement Counseling

202-461-6530

Civilian Health and Medical Program

800-733-8387

Education

888-442-4551

Federal Recovery Coordination Program

877-732-4456

Foreign Medical Program

888-820-1756

Headstones and Markers

800-697-6947

Health Care

877-222-8387

Home Loans

877-827-3702

Homeless Veterans

877-222-8387

Life Insurance

800-669-8477

National Cemetery Scheduling Office

800-535-8255

National Suicide Prevention Lifeline

800-273-8255

Pension Management Center

877-294-6380

Presidential Memorial Certificate Program

202-565-4964

Special Health Issues

800-749-8387

Spina Bifida/Children of Women Vietnam Veterans

888-820-1756

Telecommunication Device for the Deaf: (TDD)

800-829-4833

VA Benefits

800-827-1000

Women Veterans

202-461-1070

V. Impact Evaluation of 2014-2016 Community Health Needs Assessment

Based on the previously reported health data from the 2014-2016 Community Health Needs Assessment, the Novant Health UVA Culpeper Medical Center Board of Trustees did a collective review of community feedback and prioritization, and determined the top health priorities for Novant Health UVA Culpeper Medical Center as the following:

Access to Care
Cancer
Heart Disease/Stroke
Diabetes

To address these priorities, from 2014-2016 UVA Health Culpeper Medical Center committed to adding additional orthopedic, cardiology and OBGYN services to the Culpeper area and added nurse practitioners to the primary care network.

Appendix A: Community Organizations supporting the NHUVACMC CHNA

Organizations:
Orange Free Clinic
Madison Free Clinic
Free Clinic of Culpeper
Piedmont United Way
Culpeper County School System
Public Safety
Culpeper Wellness Foundation
Culpeper Human Services
Culpeper County Department of Social Services
The Virginia Health Department
Other town and County representatives