Campbell County Social Services Community Resource Directory

Campbell County Department of Social Services
69 Kabler Lane Rustburg, VA 24588
434-332-9585
www.campbellcountyva.gov/depts/socialservices
APS Hotline: 888-832-3858 **CPS Hotline:** 800-552-7096

To apply for benefits online visit: www.commonhelp.virginia.gov

To apply for all programs by phone: call 1-855-635-4370

For Medicaid only (applications and renewals): call CoverVA at 1-855-242-8282

To report abuse and neglect, utilize the following toll-free hotline numbers that operate 24/7:

Child Abuse or Neglect Hotline: In Virginia, 1-800-552-7096; Out-of-State, 1-804-786-8536

Hearing-impaired, 1-800-828-1120

Adult Protective Services Hotline: 1-888-832-3858

EMERGENCY ASSISTANCE AND GENERAL RESOURCES

Campbell County Department of Social Services
69 Kabler Lane Rustburg, VA 24588
434-332-9585
www.campbellcountyva.gov/depts/socialservices
APS Hotline: 888-832-3858 **CPS Hotline:** 800-552-7096

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EMERGENCY ASSISTANCE AND GENERAL RESOURCES

Screening Procedures (All assistance will be done by appointment only)
Phone number used for screening and appointments will be (434) 846-8467

Neighbor to Neighbor – AEP Eligibility

- Applicant must have a termination notice or service has been disconnected.
- Applicants must have an outstanding balance on their AEP bill of at least $100.
- Total gross household income must be at or below 150% of the Federal Poverty Income Guidelines.
- Applicants must have paid at least $100 on their AEP account in the 90 days prior to applying for grant (seniors at least $75) (pledges or grants cannot be counted)
- Eligible clients must apply for all federally funded programs when programs are open.
- Account must be residential, single home or apartment. (no cooking only, commercial, industrial, or apartments with shared utilities).
- Account must be that of an adult who is currently living in the home.
- Client must bring n required documents
    - Social Security cards for everyone in the household
    - All income (last 30 days) documents for everyone that receives income in the household. If missing pay stubs request a copy from employer or if receiving SSI, etc. get a copy from social security office.
    - Copy of cut off notice
    - Copy of pledges received from other assistance programs
    - Itemized list of bills paid in last 30 days
    - Proof of sincere payment

Neighbor to Neighbor – Columbia Gas Eligibility

Income Guidelines fall at or below 175% FFIG.

- Account must be for residential service of a single home or apartment
- Applicants must have exhausted all other energy assistance programs (including heating assistance through DSS)
- Funds can be used toward security deposits

  Guidelines for recipients under the age of 61:
    - Must have a termination notice or be living without heat
    - Must have paid at least $50 in the last 90 days
    - Must owe a balance of at least $100 (after required payment of $50)

  Guidelines for recipients over the age of 61:
    - No service status requirements; does not need a termination notice or living without heat to apply
    - Must have paid at least $25 in the last 90 days
    - Must owe a balance of at least $50 (after required payment of $25)

  Client must bring in required documents
    - Social Security cards for everyone in the household
    - All income (last 30 days) documents for everyone that receives income in the household. If missing pay stubs request a copy from employer or if receiving SSI, etc. get a copy from social security office
    - Copy of cut off notice
    - Copy of pledges received from other assistance programs
    - Itemized list of bills paid in last 30 days
    - Proof of sincere payment

EMERGENCY ASSISTANCE AND GENERAL RESOURCES

Energy Share – Dominion Power/Southside Coop. (Appomattox & Campbell County)

Eligibility

- Applicants must have a disconnect notice or be in danger of losing their primary heat source. Applicants age 60 or older do not have to have a disconnection notice.
- Applicant must live within the company's service area.
- Applicant must have exhausted all other state and federal resources.
- Applicant must be income eligible.
- Head of household may be unemployed; or
- Applicant is experiencing a personal/family crisis
- Client must bring required documents
  - All income (last 30 days) documents. If missing pay stubs request a copy from employer or if receiving SSI, etc. get a copy from social security office
  - Copy of cut off notice (seniors can bring in current bill if not in termination status)
  - Copy of pledges received from other assistance programs
  - Itemized list of bills paid in last 30 days
  - Proof of sincere payment

SALVATION ARMY

Applications taken Wednesday - Friday
9 am – 12:30 pm *(subject to earlier cut-off if necessary)*
2 pm – 3:30 pm *(subject to earlier cut-off if necessary)*

2301 Park Ave.
Lynchburg, VA 24501
434-845-5939

INTERFAITH OUTREACH

Applications taken Monday - Friday
9 am – 11:30 am
Utilities, eviction, 1st month deposit, 1st month rent

701 Clay Street
Lynchburg, VA 24504
434-846-6098

LYNCHBURG COMMUNITY ACTION GROUP (LYN-CAG)

Applications taken Monday - Wednesday
*Must provide required documentation to apply.
Lyn-Cag provides food assistance Mon-Fri 9am - 12pm
See highlight below
Help with utilities, rent, food boxes, weatherization, housing programs

926 Commerce Street
Lynchburg, VA 24501
434-846-2778

PIEDMONT COMMUNITY IMPACT

Located at the old Gladys Elementary School
Applications taken Tuesday – Friday
10 am – 2:00 pm

1802 Long Island Road
Gladys, VA 24554
434-283-7531

MORE AID

St. Thomas More Catholic Church
Applications taken Tuesday and Thursday
9 AM- 11AM

3015 Roundelay Road
Lynchburg, VA 24502
434-237-8851

EMERGENCY ASSISTANCE AND GENERAL RESOURCES

DAWN
Applications taken Monday – Thursday
10 am – 12 pm
Serves: Altavista, Lynch Station, Brookneal, Evington, Naruna, Gladys
(Excludes Evington w/AEP bills and Brookneal west of 501 and 40)

1280 C Main Street
Altavista, VA 24517
434-369-7937

BEAM
(Must live within 5 mile radius of Brookneal)
Applications taken Tuesday & Saturday
Tue: 2 pm to 4 pm & Sat: 10 am to 12 pm

Brookneal Community Building
434-376-6686

You will need to visit these agencies to apply for emergency assistance. Take proof of all income, for last 30 days, from any source for each member of your household and receipts for how it was spent. Take proof of monthly rent or mortgage, utility bills, medical expenses, etc., and your termination or eviction notice. Don't wait to seek help; go early. **Contact your own church or area churches for assistance.**

CITIZENS ENERGY
Emergency Energy Assistance
877-563-4645 (*January through March)*

PRESCRIPTION ASSISTANCE **434-947-5137**
Applications taken Monday - Friday
Free Clinic of Central Virginia, 9 am – 12 pm
1016 Main St., Lynchburg, VA 24504

BOMAR COMMUNITY SERVICES 434-944-2301
Assists youth who age out of foster care
www.**bomarcommunityservices**.com

GOODWILL THRIFT STORES (Discount clothing and household items)
Monday-Saturday 8AM-8PM; Sunday 12PM-6PM
3213 Forest Brook Rd (behind Walmart on Old Forest Rd) Lynchburg **434-385-5375**
2420 Wards Rd (across for Kmart) Lynchburg **434-239-6637**
22103 Timberlake Rd Lynchburg **434-237-5470**
18366 Forest Rd (on 221) Forest **434-316-0178**
174 River James Dr. (across from Sheetz) Madison Heights **434-200-9920**
105 Clarion Rd Altavista **434-369-1336**

HYLAND HEIGHTS BAPTIST CHURCH CLOTHING CLOSET 434-821-6906
2nd Thursday 9:00AM – 1:00PM
11452 Wards Rd
Rustburg, VA 24588

NEW PROSPECT BAPTIST CHURCH CLOTHING CLOSET 434-324-8201
First Thursday of every month 10am-12pm
509 Prospect Rd.
Hurt, VA. 24563

TREE OF LIFE CLOTHING MINISTRY **434-944-3766**
2027 12th Street (sizes 0 to 10-12)
Lynchburg, VA 24501
2812 Greenview Dr. (sizes 14 and up)
Lynchburg, VA 24502

EMPLOYMENT/EDUCATIONAL RESOURCES

Adult Education/GED Classes (Campbell Co. Technical Center)
194 Dennis Riddle Dr.
Rustburg, VA 24588
Office: (434)821-6213

Blue Ridge Independent Living Center
1502 B Williamson Road, NE
Roanoke, VA 24012-5100
Office: (540)342-1231
Work incentives and planning assistance (WIPA) program

Goodwill Industries of the Valleys – Madison Heights Jobs Center
174 River James Shopping Center
Madison Heights, VA 24572
Office: (434) 200-9920
Youthworks ages 14-21
Office: (434) 455-5940

LynCAG Employment Services
915 Main Street
Lynchburg, VA 24504
Office: (434) 455-1601 x3
fhicks@lyncag.org

Department of Aging and Rehabilitative Services
2250 Murrell Rd., Ste. F
Lynchburg, VA 24501
Office: (434) 947-6721
www.vdrs.org

Reading Tutors
Literacy Volunteers of Campbell County Public Library
www.campbellcountylibraries.org/literacy.html
Free, confidential instruction in reading, math, GED preparation, and English language
(434)332-9561
(434)283-9561
(434)592-9561

Virginia Cares (through Lyn-Cag)
926 Commerce St.
Lynchburg, VA 24504
Office: (434)455-1601
www.lyncag.org
Post-release services such as food, clothing, housing, employment and transportation, for those who have been incarcerated or have criminal charges

EMPLOYMENT/EDUCATIONAL RESOURCES

Virginia Employment Commission
3125 Odd Fellows Rd.
Lynchburg, VA 24501
Switchboard: (434) 947-6671
www.VaEmploy.com
Job seeker services, Unemployment benefits, Veteran services

TEMPORARY EMPLOYMENT AGENCIES

Belcan **(434)316-0042**
3831 Old Forest Rd.
Lynchburg, VA 24501

Elwood Staffing **(434)385-8640**
1019 Vista Park Dr.
Forest, VA 24551

Adams and Garth Staffing **(434)385-5627**
2225 Lakeside Dr. #101
Lynchburg, VA 24501

Manpower **(434)832-0266**
18013 Forest Road
Forest, VA 24551

Kelly Services **(434)237-0777**
20347 Timberlake Rd., #A
Lynchburg, VA 24502

Bright Services **(434)316-9001**
2225 Lakeside Dr., Ste. A2
Lynchburg, VA 24501

Preferable People, Inc. **(434)846-5111**
1805 12th St.
Lynchburg, VA 24501

Staffmark **(434)385-0123**
2003 Graves Mill Rd., Ste. C
Forest, VA 24551

EMPLOYMENT/EDUCATIONAL RESOURCES

FELONY FRIENDLY EMPLOYERS

Lynchburg Area & Virginia:
Aamco
Ace Hardware
Allied Van Lines
Allstate Insurance Company
American Airlines
Aramark – Sweet Briar Catering
AVIS Rent-A-Car
AVON
Belcon Tech Services
Best Western
Budget Rent-A-Car
C.R. England – CDL/Transport
Costco
Dairy Queen
Delta Airlines
Domino's Pizza
Exxon Mobil
Frito-Lay
Georgia-Pacific
Goodwill
Kohl's
Kmart
Longhorn Steakhouse
Lowe's
Macy's
McDonald's
Olive Garden
PepsiCo/Dr. Pepper
Pet Smart
Red Lobster
Ruby Tuesday
Salvation Army
Sears
Shell Oil
Sprint Corporation
Target
Toys "R" Us
United Airlines
UPS
Verizon
Walgreens
Wal-Mart
WESCO Distribution

NOTE: Most chain retailers & restaurants are WOTC (Work Opportunity Tax Credit) & Federal Bonding Program participants.

RESOURCE SITES:
www.vec.gov
www.buzzle.com
www.exoffenders.wordpress.com/employment
www.felonyfriendly.com
www.itsmycareer.com
www.jobsonline.com
www.xamire.com/felony-friendly/virginia

FOOD RESOURCES

Food Pantries:

Blue Ridge Area Food Bank 501 Twelfth St., Suite B Lynchburg, VA 24504 www.brafb.org	**(434)845-4099** **Fax: (434)845-6153** M, T, W, TH, F 8am – 4:30pm
Change Me Ministries & Fellowship 1824 Park Avenue Lynchburg, VA 24501 Intake Contact: Patricia Braxton	**(434) 528-4502** **(434) 401-2636** M, T, W, Th, F: 9am – 5pm cmeministries@msn.com
Fairview United Methodist 3041 Campbell Avenue Lynchburg, VA	**(434) 258-8372** 4th Thurs. (Jan.-Oct); 3rd Thurs. (Nov. & Dec.) 1pm-3pm
Fellowship Church of Christ 1816 Bedford Avenue Lynchburg, VA 24504	**(434)528-3924** One Saturday/month (call) M-F (appointment only)
First Assembly of God 3135 Fort Avenue Lynchburg, VA 24501	**(434)847-3663** 1st & 3rd Mondays 9-12 2nd & 4th Mondays 5:30 – 8
First Baptist Church P. O. Box 392 Altavista, VA 24517	**(434)369-7175** 3rd Saturday monthly
First Church of Jesus 219 Jackson Street Lynchburg, VA 24504	**(434)846-5373**
Grace Community Church 911 Grace Avenue Altavista, VA 24517	**(434)369-6344** 3rd Sunday monthly 1:30 – 3:00 pm
Hyland Heights Baptist Church 11452 Wards Road Rustburg, VA 24588	**(434)821-6906** **Fax: (434)821-6907** Wednesdays 4:30 – 6:30 pm
Lynchburg Church of Nazarene 1737 Wards Ferry Road Lynchburg, VA 24502	**(434)239-4943** Wednesdays By appointment

FOOD RESOURCES

Park View United Methodist Church
2420 Memorial Ave
Memorial at Wadsworth
Lynchburg, VA 24501

(434)845-8468
Thursdays 2pm-4:00pm
Saturdays 12:00-2:00 pm

Piedmont Partner Pantry
215 School Road
Gladys, VA 24554

A – H pick up Monday 5– 6 pm
I – P pick up Wed. 5–6 pm
Q – Z pick up Friday 5 – 6 pm

Rustburg United Methodist Church
664 Village Hwy.
Rustburg, VA 24588

(434) 332-5454 (call b/w 9-12, Mon-Thurs)
2nd Saturday of each month
10 am – 11:30 am
Can deliver if home-bound

Seven Hills Church of Christ Food Pantry
810 Old Graves Mill Road
Lynchburg, VA 24502

(434)237-3666
By appointment

Shekijah Prep Assembly
104 Fleetwood Drive
Lynchburg, VA 24501

(434)237-7721
M-F by appointment
9 am – 5 pm

Smyrna Seventh Day Adventist
911 Taylor Street
Lynchburg, VA 24504

(434)846-0033
By appointment

Tree of Life Ministries
2027 12th Street
Lynchburg, VA 24501

(434)485-8214
Thursday
11 am (limited times)

Timberlake United Methodist Church Fillin' Station
21649 Timberlake Road
Lynchburg, VA 24502

(434)239-1348
2nd and 4th Monday 6-7:30 pm
3rd Mon. by appointment

Keystone Community Only:
Keystone Baptist Church Food Pantry
212 Fleetwood Drive
Lynchburg, VA 24501

(434)239-4197
Fax (434)239-4127
M, T, Th 9am – 2 pm

Altavista/Hurt Area Only:
DAWN
1280 C Main Street
Altavista, VA 24517

(434)369-7937
Mon – Thurs 10 am – 12 pm

A volunteer emergency service agency that provides emergency services to needy persons within the Altavista/Hurt area and is sponsored by the Altavista Area Ministerial Association.

FOOD RESOURCES

Emergency Food:

Court Street Baptist Church **(434)845-3028**
517 Court Street 2nd Friday of the month
Lynchburg, VA 24505 2-2:45pm; or by appointment

Deliverance **(434)847-7691**
2210 14th Street Monday – Sunday
Lynchburg, VA 24501 Provides assistance as needed

Fairview Christian Church **(434)845-6031**
2701 Campbell Avenue Wednesday & Friday
Lynchburg, VA 24501 9:30 am – 11:30 am
www.fairviewchristian.org Once in 60 days/6x per year

First Baptist Church, South Lynchburg **(434)846-4064**
2500 Tazwell Avenue Provides assistance as needed
Lynchburg, VA 24501

Interfaith Outreach Association **(434)846-6098**
701 Clay Street **Fax (434)846-1040**
Lynchburg, VA 24504 email to: ioa@ntelos.net
www.interfaithoutreach.org Monday – Friday 9am – 12pm
Emergency food, need referral from DSS or other agency

Jericho Outreach Ministries, Inc. **(434)845-0834**
606 5th Street **(434)846-1072**
Lynchburg, VA 24504 **Fax (434)821-6907**
Emergency food assistance only.

Langhorne Chapel Community Church **(434)525-3367**
15777 Leesville Road
Evington, VA 24550

Lynchburg Community Action Group (Lyn-Cag) **(434)846-2778**
926 Commerce Street **Fax (434)846-2759**
Lynchburg, VA 24504 Monday – Friday 9am – 4pm
www.lyncag.org
Provides emergency food to needy clients. 1 food box every 6 months. Written application required.

Project Manna **(434)283-7531**
Piedmont Community Impact Org. **Fax (434) 283-7532**
1802 Long Island Road 4th T, W, Th 10am – 1pm
Gladys, VA 24554 4th Sat 9:30 am – 10:30 am

Rivermont Area Emergency Food Pantry **(434)384-8441**
1000 Langhorne Road Monday – Friday
Lynchburg, VA 24503 1:30 pm – 6 pm

FOOD RESOURCES

Food pantries providing home delivery:

Believers Fellowship **(434)239-8347**
727 Old Graves Mill Road **Fax (434)237-1643**
Lynchburg, VA 24502 T, W, Th 9am – 5pm
www.bfellowship.com
Provides food pantry and city mission. Will deliver food to client. Ask for Jeff or leave a message.

Candlelight Ministries **(434)238-2638**
Green Spring Baptist Church
103 Green Spring Lane
Brookneal, VA 24528

Candlelight Outreach Church **(434)993-3677**
243 Jackson Lane **(434)238-2638**
Concord, VA 24538 M – Th 9am – 3pm
Food pantry that delivers to shut-ins/disabled/elderly, assesses client needs and assists with applications for qualified programs. Can get food once a month.

Rustburg United Methodist Church **(434) 332-5454 (call b/w**
664 Village Hwy. **9-12, Mon-Thurs)**
Rustburg, VA 24588 2nd Saturday of each month
10 am – 11:30 am
Monthly food pantry for pick-up but can also deliver to home-bound individuals; call to arrange in advance.

Daily Hot Meals:

Lynchburg Daily Bread **(434)845-5703**
721 Clay Street **Fax (434)845-5411**
Lynchburg, VA 24504 Mon-Sun; Sat & Sun 9am – 3pm
www.lynchburgdailybread.com email: thedailybread@aol.com
Soup kitchen providing hot lunches every day.

Salvation Army **(434)845-5939**
2215 Park Avenue **Fax (434)846-1549**
Lynchburg, VA 24501
www.uss.salvationarmy.org
Breakfast and Supper meals served daily

Kids Café **(434)845-0433**
1512 Florida Avenue
Lynchburg, VA 24501
Provides meals to kids in an environment that is safe, accessible and convenient. Provides a local grassroots approach to alleviate childhood hunger. At present, providing dinner only

SHELTERS/TEMPORARY HOUSING/LOW INCOME APARTMENTS

Shelters and Transitional Housing

For emergency shelter between 1pm-4pm Monday through Friday contact the **Coordinated Homeless Intake and Access (CHIA)** at 434-455-5722 for access to emergency shelter. All other times contact the Salvation Army at 434-845-5939, or for domestic violence shelter contact 434-528-1041 for intake.

Salvation Army Lodge: (Women and Men Only) 2211 Park Ave. Lynchburg, VA 8:30 pm check in Phone: **434-846-3182** **Hope House:** (Women and Children – Transitional Living) Phone: **434-528-3271**	**Hands-Up Lodge:** (Individuals/Families) 30 day facility for families and adults. Provides emergency shelter. Need picture ID and SS# 602 5th Street, Lynchburg, VA 24504 (Male children must be 12 or under) Phone: **434-846-8715** after hours Phone: **434-846-2778** thru LynCag 8:30 am to 5:00 pm
YWCA: Domestic Violence Shelter (Women and Children-no age limit) Family Violence Prevention Program Emergency Shelter and other programs for victims of domestic violence. Phone: **434-528-1041** **YWCA Transitional Housing:** (Women Only) Phone: **434-847-7751** **Frannie's House:** Serves women and children in the areas of Campbell Co., Pittsylvania Co., and Danville Phone: **434-369-9176**	**New Land Samaritan Inn The Gateway:** (Transitional Living for Men) 12th and Church Streets, Lynchburg, VA Phone: **434-846-3311** **Miriam's House:** (Transitional living for women and their children) Requires a referral from Social Services or a Church. (Male children must be 10 or under) Phone: **434-847-1101**
Bedford Domestic Violence Shelter: (Women/Children – no age limit) Phone: **540-587-0995**	**Amherst Domestic Violence:** (Women and Children) Phone: **434-946-0300**

CENTRAL VIRGINIA AREA

ROANOKE AREA:

YWCA: (Women, children, and mothers to be) Rooms for rent $150-190. Apartments $240. Phone: **540-345-9922**	**Trust:** (Individuals and Families) Phone: **540-344-8060**
Interfaith Hospitality Network: (Families/women/children with no single individual) Phone: **540-343-9982**	**Roanoke Rescue Mission:** (Adults only – Women/Men) Phone: **540-777-7661**
Salvation Army Red Shield Lodge: (Men only) Phone: **540-342-7398**	**Domestic Violence Salvation Turning Point:** (Women/Children) Phone: **540-345-0400**
Transitional Living Center: (Anyone) Phone: **540-345-7537**	

ROCKY MOUNT:

Franklin County Resource Center: (Women and Children; males must be under age 17) Phone: **540-483-5088**

MARTINSVILLE:

Citizen Against Family Violence: (Women and Children; males must be under 18) Phone: **276-632-8701**

SHELTERS/TEMPORARY HOUSING/LOW INCOME APARTMENTS

LOW INCOME APARTMENTS

1. Apartments available through Lynchburg Redevelopment and Housing Authority:
Applications taken every Wednesday
Apply at: PO Box 1298
11th and Court St.
Lynchburg, VA 24505
(434) 485-7200

(a) Birchwood Apartments Birchwood Drive One, two, three, four and five bedroom apartments. Water and utilities included in rent. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages. Waiting list: 6-9 months	**(b) Brookside Apartments** 89 Belle Terre Drive One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages. Waiting List: 6-9 months
(c) Dearington Apartments 311 Chambers Street One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages. Waiting List: 6-9 months	**(d) Landview Apartments** 2229 Yorktown Drive One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages. Waiting List: 6-9 months

2. Apartments available through Lynchburg Covenant Fellowship:
Apply at: 412 Madison St., Lynchburg
(PO Box 6016)
Lynchburg, VA 24505
(434) 847-9059
Tuesday 9-11 and 2-4

(a) Lynchburg High Apartments 1301 Park Avenue, Lynchburg, VA 24501 70 units: One, two and three bedroom apartments. Eligibility: All ages; Based on standards of Section 8; Income limits; Federal preferences. Waiting List: 6 months- 2 years	**(b) Frank Roane Apartments** 900 Federal Street, Lynchburg, VA 24504 26 units: One and two bedroom apartments. Eligibility: No age limitation (target population: senior citizens); income limits. Waiting List: 6 months- 2 years
(c) Shalom Apartments 702-716 Federal Street, Lynchburg, VA 24504 One, two and three bedroom apartments for low and moderate income. Eligibility: All ages; Income limits. Waiting List: 6months- 2 years	

3. Burton Creek Apartments
679 Leesville Road
Lynchburg, VA 24501
(434) 237-0190
Two and three bedroom apartments; Eligibility: Open to anyone: multifamily and handicapped. Water, trash and sewer included in rent; Rent calculated on 30% of annual income; Waiting List: Varied

4. College Hill Apartments
810 Harrison Street
Lynchburg, VA 24504
(434) 528-8534
Two, three and four bedroom townhouses; (5) 2 bedroom handicapped units; Eligibility: Open to anyone; Income limits determined by HUD; Rent includes water and is calculated at 30% of annual income; Waiting List: Varied

5. Hillcrest Apartments
3000 Birchwood Drive
Lynchburg, VA 24501
(434) 528-0373
103 units: one and two bedroom apartments, handicapped assessable; Eligibility: 62 and over, unless handicapped Rent is based on 30% of annual income; Waiting List: 2-3 months

6. James Crossing Apartments
808 Greenfield Drive, Apt. 29
Lynchburg, VA 24501
(434)845-2274
Applications: Mon – Fri 9am – 5pm, $25.00 application fee (money order), picture ID required, social security card, and birth records for all dependents in household. 288 units: one, two and three bedroom units; Income limits set by HUD Rent is based on 30% of annual income and includes water and trash pickup; Eligibility: Open to anyone, over 18 years of age; applicants are subject to credit and criminal checks; Waiting List: Varied

7. Jefferson House Apartments
1818 Langhorne Square
Lynchburg, VA 24501
(434) 846-1800
101 single bedroom units
Eligibility: 55 or over, unless mobility impaired. Income limits; Rent includes all utilities except phone and cable; Waiting List: Varied (2 years for handicapped)

8. Jericho Outreach Ministries, Inc.
605 5th Street
Lynchburg, VA 24504
(434) 845-0834
Eligibility: No age limitation. Safe, affordable housing; rent includes water, heat and electric

9. McGurk House
2425 Tate Springs Road
Lynchburg, VA 24501
(434) 846-2425
89 units: 23 efficiencies; (65) 1 bedroom (5 are handicapped); Rent includes all utilities except electricity
Eligibility: 62 and over, Under 62 if impaired mobility, Income limits ($18,750); Waiting List: 6-12 months

10. Millwoods Apartments
6224 Old Mill Road
PO Box 4458
Lynchburg, VA 24502
(434) 239-6888

128 units: One, two and three bedroom apartments; All utilities except electricity are included in rent
Eligibility: Low income families, Handicapped, or Elderly; Rent based on 30% of annual income; Waiting List: Varied

11. Pine Crest Apartments
Pine Crest Avenue
Bedford, VA 24523
(540) 586-3742
64 units: one and two bedroom units (includes stove and refrigerator); Water and sewage included in rent; Eligibility: Any adult, 52 units are based on income; Waiting List: Varied

12. Raintree Village and Raintree East
720 Blue Ridge Avenue
PO Box 946
Bedford, VA 24523
(540) 586-5650
120 units at Raintree Village; 79 units at Raintree East; Eligibility: Raintree Village: Anyone can apply, Income Limits; Raintree East: 62 and over, Handicapped, Disabled; Waiting List: Varied

13. The Meadows
2315-100 Yorktown Ave.
Lynchburg, VA 24501
(434) 845-6666
66 units: one, two, three and four bedroom apartments
Rent is based on income and includes water and trash
Eligibility: Any adult
Waiting List: Varied

14. Wesley Apartments
1201 Long Meadow Drive
Box 4192
Lynchburg, VA 24502
(434) 237-5162
150 units: Efficiencies, one and two bedroom apartments
Eligibility: 6 or over; Income limits; Handicapped, Disabled. Rent is 30% of annual income. Waiting List: Varied

Free Clinic of Central Virginia
1016 Main Street Lynchburg, VA 24504 434-847-5866 www.fccv.net

General Eligibility Criteria
The Free Clinic provides medical, dental and pharmacy services to individuals residing in Central Virginia, who are uninsured or underinsured (have health insurance that does not cover a medically necessary service) and who have income less than 200% of Federal Poverty Level. Individuals with Medicare may be eligible to participate in our MedsHelp program, to cover the costs of medications not covered by Medicare. Educational classes are provided to all community members regardless of income.
In order to be eligible for a service at the Free Clinic, the individuals must not have insurance (including Medicaid or Medicare) for the service being requested. Residents of the following areas are served: Lynchburg city, Bedford, Pittsylvania, Amherst, Campbell, Appomattox and Nelson counties.

Applying for Service
To apply for service, call 434-847-5866 to schedule an Eligibility Screening Interview. Applicants must bring all required documentation (see below) and a list of current medications (or all medication bottles). A $5 eligibility screening fee is due at the time of the screening appointment. No medical or dental services will be provided at the screening appointment. Applicants will receive an approval or denial letter within 7 to 10 days after the screening appointment. Patients must update eligibility information annually.

Required Documentation
- Federal Income Tax Return (1040 Forms) for the most recent year **or** a 4506-T Form
- Last 30 days' pay stubs for any employed adults of dependents listed on the tax form (including the applicant)
- Unemployment Benefit Award Letter (if receiving unemployment benefits)
- Current Notice of Action Letter for Food Stamps, TANF, and/or General Relief from Social Services (if receiving any of these benefits)
- Current Virginia State Driver's License or Virginia State picture identification card

If the applicant is residing in a shelter, transitional or treatment program, a letter from the facility verifying resident status replaces the above documentation. The applicant must provide income verification at a later date.

Patient Fees
The Free Clinic does not charge patients for medical or dental services provided. Patients are requested to pay an administrative fee of $2-$7 for some services. Prescriptions are $2 each. Enrollment in the MedsHelp prescription assistance program is $50 per year.

Service Limitations
Services at the Free Clinic are primarily provided by volunteer nurses, physician assistants, dentists and physicians. Certain services cannot be provided, including: examinations for disability determination if the patient is not receiving ongoing primary care from the Free Clinic, obstetrics, routine family planning if the patient is not receiving ongoing primary care from the Free Clinic, mental health services and medications, or medications not on our pharmacy formulary.

SERVICES AT 5TH STREET COMMUNITY HEALTH CENTER as of 1/18

CRITICAL ISSUES	COMMUNITY ACCESS NETWORK	FREE CLINIC OF CENTRAL VIRGINIA	HORIZON BEHAVIORAL HEALTH	HILL CITY PHARMACY
Hours of Operation	Thursday – Tuesday 10:00 am – 10:00 pm **Includes weekends**	Weds 8:30 am – 5:00 pm Other days as volunteers and students available	Thurs – Tues 10am – 10 pm Weds 8:30 am – 5:00 pm **Includes weekends**	Thurs – Tues 10am – 10 pm Weds 8:30 am – 5:00 pm **Includes weekends**
Access	Appointment and Walk-In	Appointment Only	Appointment and Walk-In	Walk-In
Population Served	Accepts most insurances Medicaid/Medicare Uninsured	Medical – Uninsured up to 200% FPL	Medicaid/Medicare Uninsured	Accepts most insurances Medicaid/Medicare Uninsured
Fees for Service	Bills insurances Reduced fee if below 200% FPL ($0/$5/$10)	No required fee Donations requested ($3/$5/$10)	Bills insurances Some services free Reduced fee for other services	Bills insurances Reduced fee if Free Clinic or CAN uninsured patient
Staffing	Primarily paid providers, Some students	Primarily volunteer Many students	All paid staff	All paid staff
Primary Medical Care Adult	X	X		
Primary Medical Care Child	X			
Psychiatry Adult	X			
Pediatrics	X			
Gynecology	X	X		
Infectious Disease	X			
Specialty Medical Adult		X		
Pharmacy				X
Counseling Adult	X		X	
Counseling Child			X	
Patient Education	X	X		X
Patient Navigation	X			
Community Health Workers	X	X		
Lab/Radiology	X (limited)	X (limited)		

BH Case Management (all ages)			X	

SERVICES AT OTHER LOCATIONS OF 1/18

CRITICAL ISSUES	COMMUNITY ACCESS NETWORK TATE SPRINGS	COMMUNITY ACCESS NETWORK PARKVIEW	FREE CLINIC OF CENTRAL VIRGINIA 1016 MAIN STREET
Hours of Operation	Monday – Friday 8:30 am – 5:00 pm	Monday 8:30 am – 4:30 pm Wednesday 9:00 am – 6:00 pm Thursday 8:30 am – 4:30 pm	Mon, Weds & Fri 8:30 am – 4:00 pm Tues & Thurs 8:30 am – 7:00 pm
Access	Appointment	Walk-in & Appointment	Appointment
Population Served	Accepts all commercial insurances Medicaid/Medicare Uninsured	Accepts all commercial insurances Medicaid/Medicare Uninsured	Medical – Uninsured up to 200% FPL
Fees for Service	Bills insurances Reduced fee if below 200% FPL ($5/$10)	Bills insurances Reduced fee if below 200% FPL ($5/$10)	No required fee Donations requested ($3/$5/$10)
Primary Medical Care Adult	X	X	X
Primary Medical Care Child	X	X	
Psychiatry Adult	X		
Specialty Medical Adult			X
Pharmacy			X
Vision			X
Dental Adult			X
Counseling Adult	X	X	X
Patient Education	X	X	X
Patient Navigation	X		
Community Health Workers			X
Lab/Radiology	X (limited)		X (limited)

JOHNSON HEALTH CENTER

Serving Central Virginia
Monday through Friday
7:30 a.m. to 5:00 p.m.
Saturday 7:30 a.m. to 1:00 p.m.
320 Federal Street
Lynchburg, VA 24504-2306
(434) 947-5967
Fax: (434) 947-5971
Appointments Available
Walk-Ins Welcomed

Johnson Health Center provided quality affordable health care to people of all ages in central Virginia.

The center is a safety net for people who face financial, social, and cultural and language barriers to obtaining health care. Many people who are unemployed, have inadequate living conditions or lack health insurance is at high risk for serious and costly illnesses such as asthma, tuberculosis, diabetes, stroke and heart disease.

Johnson Health Center offers family centered primary, wellness and early prevention health care programs to fight these illnesses and promotes personal responsibility for good health.

Payment Plans
To insure that income or lack of insurance is not a barrier to care, patients who are not covered by public or private insurance are charged on a sliding-fee schedule according to income. Patients also may be eligible for our reduced-rate program or participate in our payment plan based on financial need.

Revenues of Johnson Health Center are multi-supported in part by federal grants from the U.S. Department of Health & Human Services (HRSA), Medicaid and Medicare payments, private insurance, patient fees, Centra Foundation, VA Health Care Foundation and private donation

Complete Medical Services

Adult Care	Immunizations & Pediatric Care	Prostate Cancer Screening
Annual Flu Shots	Laboratory & EKG Services on Site	Reduced Rate Program
Cancer Screening	Minor Surgical Procedures	Sports Physicals
Child Health Care & Immunizations	Minor Trauma	Transportation
Chronic Illness	Pap Smears & Family Planning	Urgent Care
Diabetes Care	Patient Education	Vision & Health Screenings
Family Planning	Pre-employment Physicals	Weight Loss & Diet Counseling
Geriatric Care for Elderly Patients	Pregnancy Test	Well Children Checks
	Prescription Assistance	Well Women Checks

MEDICAL RESOURCES AND PRESCRIPTION ASSISTANCE

Medical Staff on Call 24 Hours A Day

To Register as a Patient:

- Call ahead to make an appointment, however, we do welcome new patients on a walk-in basis.
- Arrive at least 20 minutes early for your first appointment to allow time for registration.
- Bring Social Security card and any type of health insurance cards you have.
- Bring proof of income such as pay check stub, VA check, Social Security check, or federal tax form.

Guidelines for Payment:

- Payment is due at time of each visit unless previous arrangements have been made.
- We file all insurance claims including private insurance, Medicaid, and Medicare.
- We offer reduced fees for patients who qualify based on income and family size. Ask the Patient Assistant Specialist for more information.

RUTH BROOKS FREE CLINIC

100 Mountain View Road, Lynchburg, VA
Christian ministry of and located inside Thomas Road Baptist Church
Open every Wednesday from 7:00-8:30 PM
Provides medical care and limited prescriptions to anyone who does not have a doctor
or insurance and cannot afford medication, along with spiritual help as needed

CENTRA HEALH MEDICAL GROUP MOBILEMED FREE CLINICS

Foster Hope (Next to the Daily Bread)
717 Clay Street, Lynchburg, VA
Open every Monday from 8:30 AM – 4:30 PM Closed: 12:00PM – 1:00 PM
No charge healthcare services with a Nurse Practitioner; People seen on a first come first served basis.

Amazing Grace Outreach Church
2012 Grace Street, Lynchburg, VA
Open every Tuesday from 8:30 AM – 4:30 PM Closed: 12:00PM – 1:00 PM
No charge healthcare services with a Nurse Practitioner; People seen on a first come first served basis
Beginning 2/10/15.

James Crossing Apartments
808 Greenfield Drive, Lynchburg, VA
Open every Wednesday from 8:30 AM – 4:30 PM Closed: 12:00PM – 1:00 PM
No charge healthcare services with a Nurse Practitioner
People seen on a first come first served basis

Parkview Community Mission Free Clinic
2420 Memorial Ave, Lynchburg, VA
Open every Thursday from 8:30 AM – 4:30 PM Closed: 12:00PM – 1:00

MEDICAL RESOURCES AND PRESCRIPTION ASSISTANCE

Campbell County Health Department
Admissions Clinics and Services
Office Hours: 8:15 am – 4:15 pm Monday – Friday
116 Kabler Lane
Rustburg, VA 24588
Phone: (434) 592-9550
(434) 332-9550

Family Planning – Call for an appointment

- Birth control methods are provided as part of yearly exams. Visit also includes pap test, breast exam, screening for STDs, health education and counseling; free condoms are available upon request
- For male and female teens and women of childbearing age

HIV/AIDS Testing – Walk-in

- Tuesday 1:30 pm – 3:00 pm, Wednesday 1:30 pm – 3:30pm, Friday 9:00 am – 10:30am
- Confidential testing and counseling for HIV and AIDS

Immunization – Walk-in

- Wednesday 1:30 pm – 3:30 pm

Pregnancy Test – Walk-in

- Wednesday 1:30 pm – 3:30 pm, Friday 9:00 am – 10:30 am
- Pregnancy tests, counseling and referrals

STD Testing and Treatment – Walk-in

- Tuesday 1:30 pm – 3:00 pm
- Confidential counseling, diagnosis and treatment for sexually transmitted diseases (STDs)

TB Screening – Walk-in

- Wednesday 1:30 pm – 3:30 pm
- Screenings and skin tests to detect possible exposure to tuberculosis for children, teens and adults

Well Child Clinic – Walk-in

- Wednesday morning
- Physical and developmental assessment at regular intervals
- Health educations for parents and school required immunizations

WIC Nutrition and Supplemental Food Program – Call for an appointment

- Support for the health of pregnant, postpartum and breastfeeding women, infants, and children (under 5 years old)
- Provides screening and referrals to other health, welfare, and service agencies; nutrition education, breastfeeding promotion and support, supplemental nutritious foods
- No clinics on 1st and 2nd Mondays and 3rd and 4th Wednesdays
- Thursday: Check pick-up day, no screenings

Lions Club Sight Services – Walk-in to Campbell County Residents ONLY

- Thursday 9:00 am – 10:30 am
- Vision Screenings to determine eligibility for assistance from the Lions Club Sight Services program for glasses/eye exams

PRESCRIPTION ASSISTANCE RESOURCE LIST

Bureau of Prescription Help……(888) 812-5152

Central Virginia Area Agency on Aging ……(434) 385-9070
(Must be 60 Years of Age or Older)……1-800-552-3402

DAWN (Altavista/Lynch Station area residents only)……(434) 369-7937

Johnson Health Center ……(434) 455-3265
ext 1243

Lynchburg Area Center for Independent Living (LACIL) ……(434) 528-4971

Lynchburg Community Action Group (Lyn-Cag) ……(434) 846-2778

MEDS Help at Free Clinic ……(434) 947-5137

NaCO Prescription Drug Card……1-877-321-2652
Prescription Discount Program, www.naxorx.org

Needy Meds……1-800-503-6897
http://www.needymeds.org/

The Access Project……1-800-734-7104
(For HIV/AIDS Services Only)

The American Cancer Society……1-800-227-2345
www.cancer.org (For Cancer Services Only)

Key Healthcare Discount Program……1-540-587-4000

The Arthritis Foundation……1-800-283-7800
www.arthritis.org (For Arthritis Services Only)
The Co-Pay Relief Program……1-866-512-3861

The Patient Advocate Foundation……1-800-532-5274
(Helps Negotiate Funding and Insurance Coverage)

The Partnership for Prescription Assistance……1-888-477-2669

The Together Rx Access Card……1-800-444-4106

The Virginia Cares Uninsured Program……1-800-532-5274
www.pafcares.org

United Way of Central Virginia……1-434-846-8467

Virginia Drug Card Program
www.virginiadrugcard.com

MEDSHELP @ THE FREE CLINIC OF CENTRAL VIRGINIA

Lynchburg Office
1016 Main Street
Lynchburg, VA 24504
(434) 947-5137

Bedford Satellite Office
104 Center Street/PO Box 357
Bedford, VA 24523
(540) 586-3711

MedsHelp helps low-income area residents get their prescription medications. We help those who cannot afford to purchase their medications and **WHO DO NOT HAVE PRESCRIPTION COVERAGE** by applying to the pharmaceutical companies' Patient Assistance Programs. It takes approximately 4-8 weeks to get your medicine through this program.

HOURS OF OPERATION

The Bedford Satellite office is open on Monday from 4:30 – 6:30 pm and Wednesday from 8:30 – 10:30 am. The Lynchburg office is open Monday through Thursday from 9:00 – 5:00. Screenings are done from 9 – 12:00 ONLY. No appointment is necessary.

WHAT YOU NEED TO DO

BRING THE FOLLOWING ITEMS WITH YOU TO YOUR INTERVIEW. WE CANNOT BEGIN APPLYING FOR ASSISTANCE IN YOUR BEHALF WITHOUT ALL OF THE FOLLOWING:

- **PICTURE IDENTIFICATION,** such as your driver's license, if you do not have a picture ID bring your Social Security Card or Birth Certificate.
- **PROOF OF ENTIRE HOUSEHOLD INCOME.** (This is everyone that lives in the same home as you.)
  - Copy of most recently filed Tax Forms
  - Salary/wage stubs for the last 30 days
  - Child support or alimony agreements
  - SNAP letter
  - Disability letter from Social Security
  - Any other sources of income
- **BRING ALL MEDICATION BOTTLES. NO EXCEPTIONS!** We will not be able to process the application if you do not bring the medication bottles. This is to ensure patient safety.
- **ANNUAL FEE IS $50.00.** CASH OR MONEY ORDER ONLY can pay this fee. NO CHECKS ACCEPTED. Payment can be divided into 2 payments if necessary

FINDING AFFORDABLE HEALTH CARE IN VIRGINIA

"I'm not eligible for Medicare, Medicaid, or FAMIS, but I still need help. What now?"

Families and individuals who are not eligible for Medicaid, Medicare or FAMIS often are eligible for free or reduced-cost health care and prescription drug assistance offered in their own communities. The organizations listed in the brochure can provide help with access to medical care and prescription drug services, even if you do not qualify for Medicaid, Medicare or FAMIS.

Healthcare Marketplace: The Healthcare Marketplace helps find affordable health coverage and, for those who are eligible, assistance in affording health insurance for eligible persons. Applications and basic information can be found online or by phone. **https://www.healthcare.gov/** Phone toll-free:
1-800-318-2596 (TTY: 1-855-889-4325)

The Virginia Cares Uninsured Program can assist you if you're uninsured and have been diagnosed with chronic, debilitating, or life-threatening disease. **www.pafcares.org** Phone toll-free: 1-800-532-5274

The Virginia Bureau of Insurance offers information about health insurance plans offered in Virginia and help with resolving insurance-related problems. **www.scc.virginia.gov/division/boi/webpages/boiconsumer.htm** Phone: 1-800-552-7945

The Partnership for Prescription Assistance can help you, if you lack prescription coverage, to get the medicines you need through the public or private program that's right for you. **www.pparx.org**
Phone: 1-888-477-2669

The Co-Pay Relief Program provides you with direct prescription co-payment assistance, if you are an insured U.S. citizen and financially and medically qualify, including Medicare Part D beneficiaries who require assistance with their prescription drug co-payments. **www.copays.org** Phone: 1-866-512-3861

The Together Rx Access Card can provide you with savings on prescriptions, if you do not have prescription drug insurance. **www.togetherrxaccess.com** Phone: 1-800-444-4106

Virginia Drug Card Program gives you and your family access to a free Prescription Drug Card program and savings of up to 75% at more than 50,000 national and regional pharmacies. **www.virginiadrugcard.com**

The Access Project website provides information about HIV-related services funded under the Ryan White CARE Act, including the AIDS Drugs Assistance Program. The Care Consortiums are responsible for the planning, development and delivery of HIV related services. **www.atdn.org/access/states/va/care.html** Phone: 1-800-734-7104

The Virginia Department of Health will provide you with information about child and adolescent health services, dental health, WIC and community nutrition services, and women and children's health services. **www.vahealth.org** Phone: 804-864-7001

FINDING AFFORDABLE HEALTH CARE IN VIRGINIA

The Virginia Department for the Aging works with local Area Agencies on Aging to help older Virginians, their families and loves ones find medical care and prescription drug assistance services. **www.vda.virginia.gov** Phone: 1-800-552-3402

The Virginia Department of Rehabilitative Services can provide you with a wide range of programs if you are disabled and need employment services. **www.vadrs.org** Phone: 1-800-552-5019
Virginia Easy Access provides information for seniors and adults with disabilities and the providers that support them. **www.easyaccess.virginia.gov** Phone: 1-800-552-3402

Virginia Community Health Care Centers care for you, even if you have no health insurance. You pay what you can afford, based on income. Health centers are located in most cities and many rural areas and provide: **www.findahealthcenter.hrsa.gov**

- Check-ups when you're well
- Treatment when you're sick
- Complete care when you're pregnant
- Immunizations and well-child care
- Dental care and prescription drugs

Free Clinics are located throughout Virginia. To find a free clinic near you: **www.vafreeclinics.org/find-a-free-clinic.asp** Phone: 804-340-3434

The Patient Advocate Foundation can help you negotiate funding and/or insurance coverage to obtain medical services, free or reduced-cost medication, nutrition, housing, utilities, and transportation and lodging if you must travel for treatment. **www.patientadvocate.org** Phone: 1-800-532-5274

Major Medical Centers often offer reduced cost medical and dental care to those who qualify:

- VCU Health Services **www.vcuhealth.org** Phone: 804-828-9000
- VCU School of Dentistry **www.dentistry.vcu.edu/patients** Phone: 804-828-5790
- UVA Health Services **www.healthsystem.virginia.edu** Phone: 1-800-251-3627
- EVMS Health Services **www.evms.edu/services** Phone: 757-446-5600

2-1-1 Virginia provides information about free and reduced cost health care providers in your community. **www.211virginia.org** Phone: 2-1-1

Condition-Specific Nonprofit Organizations and Foundations often help with finding affordable assistance. Some examples are:

- The Arthritis Foundation **www.arthritis.org** Phone: 1-800-283-7800
- The American Cancer Society **www.cancer.org** Phone: 1-800-227-2345

Advance Directives: www.agingwithdignity.org/5wishes.html - source for Five Wishes Living Will
Alzheimer's disease: www.alz.org – large amount of helpful information from Alzheimer's Association

Brain Injury Services of Southwest Virginia: www.bisswva.org; Phone: (434) 515-1892

Food and Drug Administration: www.fda.gov - information regarding food and drug safety

Virginia Victims Fund: www.cicf.va.state.us; Phone: 1-800-552-4007

UNIVERSITY OF VIRGINIA HEALTH SYSTEM

1215 Lee Street
Charlottesville, VA 22908
www.uvahealth.com

Make an Appointment:
Request a primary care appointment online or Call toll-free: 800-251-3627

-When you call, you'll reach a staff member of the UVA Health System who can quickly match your needs with the right doctor or service.

To better assist you our representative will ask you a few questions:
Where you live?
The doctor or department you're looking for?
The reason for your call?
Whether or not you have insurance?
With this information, the representative will then connect you to someone who will schedule your appointment at a location convenient to you.

UVA provides a team approach to patient care to ensure timely access to appointments and ongoing care.

We know you have a choice with health care providers.

Are you eligible for financial assistance?
If you lack financial resources, you may be eligible for financial assistance. To inquire about our program, call (866)320-9659. A completed application is required, including documentation of all assets. Below are the current eligibility criteria for a household of up to give members.

Number in Household (Including Self)	Gross Annual Household Income	Assets (such as bank or retirement accounts)
1	Less than $21,781	And less than $2,000
2	Less than $29,421	And less than $3,000
3	Less than $37, 061	And less than $3,100
4	Less than $44,701	And less than $3,200
5	Less than $52,341	And less than $3,300

DISABILITY RESOURCES

Lynchburg Area Center for Independent Living (LACIL)
(434) 528-4971

FREE: Foundation for Rehabilitation Equipment & Endowment
(434) 846-3733
Provides rehabilitation equipment such as walkers, canes, wheelchairs, bedside commodes, shower chairs, tub benches, and other mobility devices

Virginia Department for the Deaf and Hard of Hearing (VDDHH)
(800) 552-7917

- Deaf and Hard of Hearing Services Center, Inc. Lynchburg: (434) 528-4991

VA Department of the Blind and Vision Impaired (VDBVI):
(800) 622-2155

- Roanoke Regional Office: (540) 561-7431

Virginia Disabilities Services Helpline:
(888) 568-1000

DISABILITY RIGHTS

Housing Opportunities Made Equal
(804) 354-0641

Virginia Fair Housing Office
3600 West Broad Street, Room 555
Richmond, VA 23230
(888) 551-3247

Disability Law Center of Virginia
1910 Byrd Avenue, Suite 5
Richmond, VA 23230
(800) 552-3962 phone
(804) 662-7431 fax

James River Dental Clinic

"Improving Access To Dental Care For All"
Dr. Terrance Schwartz
Dental Director
239 Trojan Lane
Madison Heights, VA 24572
(434) 847-4691
Hours of Operation *This clinic is accessible by the handicapped*
Monday – Friday 8:00 AM – 5:00 PM
(Appointments and Walk-Ins Welcomed Always)

Description of Services:

Dental Exams	Extractions
Cleanings	Fluoride Treatments
Sealants	X-rays
Related Dental Services	

To Register as a Patient:

- Call ahead to make an appointment, however, we do welcome new patients on a walk-in basis
- Arrive at least 30 minutes early for your first appointment to allow time for registration
- Bring Social Security card and any type of health insurance cards you have
- Bring proof of income such as pay check stub, VA check, Social Security check, or federal tax for more information
-

Guidelines for Payment:

- Payment is due at the time of each visit unless previous arrangements have been made
- We file all insurance claims including private insurance, Medicaid and Medicare
- We offer reduced fees for patients who qualify based on income and family size. Ask the Patient Assistant Specialist for more information.

Smiles for Children Program:

- If your child has Medicaid, FAMIS, or FAMIS Plus dental coverage, dental services will be provided through the **Smiles for Children** Program.

- Your child will receive the same dental benefits with easier access to the dental care your child needs. You should only use dental providers enrolled in the **Smiles for Children** program.

- Continue to use your child's Commonwealth of Virginia (blue and white) plastic ID card or MCO member ID card. Bring your child's ID care each time you visit the dentist. There are no costs for dental care services in the **Smiles for Children** program. This change does not affect the way you get health care services for your child.

- The **Smiles for Children** program will be managed by Doral Dental. You will receive a **Smiles for Children** member handbook from Doral. The handbook will describe services that are covered. It will also list the **Smiles for Children** dentists.

- Call **Smiles for Children at 1-888-912-3456** for questions about dental services or for help in finding a dentist.

- These are a list of dentists that work with **Smiles for Children** Dental Program:

DENTAL RESOURCES

Brady & Crist Dentists 8116 Timberlake Rd. Ste 100 Lynchburg, VA 24502 434-239-2651 Ages: 5 to 21 Hours: M-F: 8am to 5pm	**Johnson Health Center** 320 Federal Street Lynchburg, VA 24504 434-847-4691 All Ages Hours: M-F: 8am to 5pm	**James River Dental Clinic** 239 Trojan Road Madison Heights, VA 24572 434-847-4691 All Ages Hours: Call office for hours
Dr. Augustus Petticolas 1342 Park Avenue Lynchburg, VA 24501 434-528-3375 All Ages Hours: Call office for hours	**Dr. Christopher L. King** 1835 Graves Mill Road Ste. 2 Forest, VA 24551 434-316-9220 All Ages Hours: Call office for hours	**Johnson Health Center** 239 Trojan Road Madison Heights, VA 24572 434-847-4691 Ages: 0 to 21 Hours: Call office for hours
Jullian Fields, DDS Ltd **Altavista Dental** 2180 Lynch Mill Road Altavista, VA 24517 434-369-4702 Ages: 3 to 20 Hours: M: 8am to 1pm T-Th: 8am to 6pm F: 8am to 4pm	**William L. Drake Jr., DDS** 258 Main St/PO Box 610 Brookneal, VA 24528 434-376-2460 Ages: 4 and older Hours: T & Th: 9:30am to 4:30pm W & F: 8:30am to 4:00pm	**Richard Lee Fisher, DDS** 215A Main St/Po Box 446 Brookneal, VA 24528 434-376-2238 Ages: 3 to 20 Hours: M- F: 8:30am to 5:30pm S- 8:30am to 12pm
Anthony D. Bailey, DDS Inc. 167 W Main Street Bedford, VA 24523 540-586-8106 Ages: 3 and older Hours: M-T: 7:30am to 6pm W- Th: 7:30am to 7pm F: 7:30am to 5pm	**Bedford County Health Dept.** 600 Bedford Avenue Bedford, VA 24523 540-586-7952 Ages: 4 to 20 Hours: M – F: 8:15am to 5pm	**Charlotte Primary Care** 165 Legrande Avenue Charlotte CH, VA 23923 434-542-5560 All Ages Hours: Call office for hours
Robert Covey, DDS 7802 Timberlake Road Lynchburg, VA 24502 434-239-6948 Ages: 0 to 12 Hours: M – F: 8am to 5pm	**Michael Jones, DDS** 101 Elm Ave. SE Roanoke, VA 24013 540-224-4380 Ages: 0 to 21 Hours: M – F: 8am to 4:30pm	**Oscar Luna, DDS** 1152 E Church Street Martinsville, VA 24112 276-403-5500 Hours: M: 5am to 8pm T: 5pm to 8pm Th: 2pm to 8pm F: 9am to 2pm
Thomas Doyle, DDS 7802 Timberlake Road Lynchburg, VA 24502 434-239-6948 Ages: 0 to 12 Hours: M- 8am to 5pm T- 8am to 5pm W- 8am to 5pm Th- 8am to 5pm F- 8am to 5pm	**Gabriel Brown, DDS** 1152 E Church Street Martinsville, VA 24112 276-403-5500 Hours: M- 5pm to 8pm T- 5pm to 8pm Th- 2pm to 8pm F- 9am to 2pm	**Brian Brumbaugh, DDS** 42 Lambert St. Ste 211 Staunton, VA 24401 540-213-2244 Hours: Call office for hours

DENTAL RESOURCES

Mark G. Turner, DDS, PC
58 Ridge Road
Troutville, VA 24175
540-992-3420
Over21dental@yahoo.com

Adult 21 AND OLDER Medicaid Dental Services

EXTRACTIONS, EXAMS AND DIGITAL PANOREXS are available for Virginia Medicaid adults over age 21 in our CLINIC. We are located in Roanoke, VA and we treat **only Adult Medicaid patients over 21 for oral surgery exclusively.** We also see private pay patients that are not Medicaid eligible for a **much reduced fee** for these three aforementioned services. Patients are seen within 2 days of calling and seen for oral surgery treatment within a week of the visit.

Helpful Dental Tips:

- Practice good dental health habits. Brush twice a day for 2 minutes using fluoride toothpaste and daily. Be sure to brush the entire surface of each tooth, especially back teeth and back sides of teeth that are sometimes overlooked.
- Take your child to the dentist for a check-up every six months; good dental care starts before your child's first birthday and continues throughout your child's life.
- Never allow your child to fall asleep with a bottle of milk, formula, fruit juice, or any type of sweetened drink. Don't put your baby to bed with a bottle or sippy cup.
- Keep your dental appointments and follow your dentist's recommendations.
- Limit sweets, such as sugary foods, drinks and sodas, for all ages.

- Ask your dentist about dental sealants that prevent tooth decay.
- Gently brush baby's teeth twice a day, using a tiny amount of fluoride toothpaste.
- Tooth decay is caused by bacteria. Your baby can "catch" the bacteria from you so keep your mouth healthy.
- Don't share cups or spoons.

Drug and Alcohol Rehabilitation Centers in Virginia
https://drugabuse.com/usa/drug-abuse/virginia

Drug and alcohol abuse may be prominent in Virginia, but thankfully there are many professional rehabilitation centers to help both residents and out- of – state visitors get the necessary care. This website https://drugabuse.com/usa/drug-abuse/virginia/ gives several directory listings available in your area. Research the right treatment program for you own unique needs.

WHERE ELSE CAN I FIND HELP?

If money is short, there are still plenty of ways for you to enter rehab and receive addition treatment and detox services. Government insurance providers like Medicare and Medicaid are currently required to provide benefits for addiction treatment. There are also a number of rehab facilities that are happy to work with patients to set up payment options that meet their needs. This could mean a sliding scale option, in which the amount you're charged is based on your ability to pay. Another option is a payment installation plan, which can be set up either directly with treatment center or through a third party provider low- interest rate loans and credit cards to help cover healthcare costs. Recovery groups and 12 step programs like Alcoholics Anonymous and Narcotics Anonymous are also excellent resources, regardless of whether you've completed an addiction program. In fact, many treatment centers rely on 12- step groups as the cornerstone of their recovery and aftercare programs.

DRUGABUSE.COM TOLL- FREE HELPLINE AND DIRECTORY

Each year, the DrugAbuse.com hotline connects thousands of people with substance abuse treatment programs throughout the U.S. toll - free. Calls are answered by American Addition Centers (AAC) who have treatment support specialist available 24/7, 365 days a year.

Both the treatment directory and the hotline are offered at no cost to you.

1-888-744-0069

Roads to Recovery located at 3000 Langhorne Road, Lynchburg VA 24501 offers services to families to cope with addictions. Roads to Recovery helps families understand addiction, understand the effects of addiction on the family system, helping loved ones recovery for family members. Contact Roads to Recovery at 434-455-0503 Website: www.roadstorecovery.org

DOMESTIC VIOLENCE RESOURCES

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or thehotline.org
LOCAL DOMESTIC VIOLENCE HOTLINE: 434-528-1041
Family Violence and Sexual Assault Hotline

Domestic Focused Shelters:

- YWCA Mercy Home: (406) 452-1315
- YWCA Central Virginia: (888) 528-1041 or (434) 528-1041
- Project Horizon: (540) 463-2594 or (540) 463-7861
- Tri- County Action Agency: (434) 476-1136 or (434) 575-7916
- Bedford Domestic Violence Shelter : (540) 580-0775
- Franklin County Family Resource Center: (540) 483-1234 or (540)483-5088
- Salvation Army Turning Point: (540) 345-0400
- Sexual Assault Response and Awareness, INC- SARA: (540) 981-9352 or (540) 345-7273

COUNSELING AND SUBSTANCE ABUSE TREATMENT RESOURCES

Action Family Services	434-610-0921
Anderson Counseling Services	434-239-2004
Beachhead Counseling	434-509-0133
Centra Health	434-200-4444
Comprehensive Family Services	434-239-6057
Couples & Kids	434-316-9339
Courtland Center for Substance/Alcohol Treatment	434-847-8035
Creative Family Solutions	434-528-3982
Empower Counselors	434-219-5621
Destini Therapeutic Services	434-575-0855
Family Impact, Inc.	434-582-1460
Family Insight P.C.	434-616-6762
Family Preservation Services	434-528-9711
Harvest Outreach Center	434-283-5340
Hope for Tomorrow Counseling	434-239-4949
Horizon Behavioral Health	434-477-5000
Impact Living Services	434-533-1088
Infant and Toddler Connection	434-947-2888
James River Counseling Services	434-237-4652
Janie Mantooth, LCSW	540-586-8146
Johnson Health Center	434-947-5967
Kids Haven (Grief Counseling)	434-845-4072
Living Water Counseling Center	434-473-7458
Lutheran Family Services	540-586-3623
Madeline Centre Inc.	434-239-0003
Mental Health America Central Virginia (MHACV)	434-316-9339
New Beginnings Mental Health Services	434-851-0571
New Hope Support Services	434-528-2750
Parker Counseling & Consulting Services	434-237-0155
Peachtree Counseling	434-239-1928
Human Kind	434-384-3131
National Runaway Safeline	800-786-2929
Rice Counseling & Associates, Inc.	434-316-9006
Strategic Therapy Associates	434-237-9450
The Phoenix Center	434-237-3026
United Methodist Family Services	434-846-2002
Unlimited Horizons Services, LLC	434-426-6083
Wishing You Well Counseling Center	434-455-5033
Wyndhurst Counseling Center	434-237-2655
Youth Intervention Services	434-528-4515

CAMPBELL COUNTY AREA GENERAL RESOURCES LIST

Adult Protective Services: 1-888-83ADULT **Budget & Credit Counseling** American Credit Counselors 1-866-260-5994 Lynchburg Community Action 434-846-2778 Lynchburg Community Loan Fund 434-846-6964 Money Management International 866-929-2227 Ways to Work 434-845-5944	**Adult Shelters & Homes for Children who are Victims of Abuse** YWCA – Domestic Violence Prevention Center 1-888-528-1041 or 434-528-1041 **Emergency Shelters** Hand-Up Lodge Day: 434-846-2778 Night: 434-846-8715 Salvation Army 434-846-3525 Network House 434-444-4481
Child Welfare Services **Child Protective Services** 1-800-552-7096 or 434-592-9585 **Child Support Enforcement** Division of Child Support Enforcement 1-800-962-3492	**Transitional Shelters** Hope House 434-528-3271 Miriam's House 434-847-1101 New Land Samaritan Inns (The Gateway) 434-846-3311 YWCA Residential Housing 434-847-7751
Commonwealth Attorney Campbell County 434-592-9520 **Courts** Campbell County Circuit 434-592-9517 Campbell County General District 434-592-9546 Campbell County Juvenile & Domestic Relations 434-592-9555	**Low Income Housing** Lynchburg Community Action Group 434-846-2778 Lynchburg Covenant Fellowship Inc. 434-847-9059 Lynchburg Redevelopment & Housing 434-845-9011 Lynchburg Neighborhood Development Fund 434-846-6964 USDA Rural Development 434-239-3473 Campbell County Social Services Section 8 434-592-9585
Crisis Line Crisis Line of Central Virginia 434-947-5500 or 1-888-947-9747 Sexual Assault Response Program 434-947-7422 or 1-888-647-7273 Virginia Family Violence & Sexual Assault Hotline 1-800-838-8238	**Job Training, Counseling & Placement Counseling** Central VA Community College Career Corner 434-832-7607 Lynchburg Community Action Group 434-846-2778 Old Dominion Job Corps 434-929-4081
Crisis Line Crisis Line of Central Virginia 434-947-5500 or 1-888-947-9747 Sexual Assault Response Program 434-947-7422 or 1-888-647-7273 Virginia Family Violence & Sexual Assault Hotline 1-800-838-8238	**Job Training, Counseling & Placement Counseling** Central VA Community College Career Corner 434-832-7607 Lynchburg Community Action Group 434-846-2778 Old Dominion Job Corps 434-929-4081
Child Care Resources & Referrals Child Care Resource Center 434-384-3131	**Unemployment Assistance** Virginia Employment Commission 434-947-6671

CAMPBELL COUNTY AREA GENERAL RESOURCES LIST

Child Care Financial Assistance Campbell County Social Services 434-592-9585 **Children & Family Recreation** Campbell County Parks & Recreation 434-592-9570	**Legal Assistance** Virginia Lawyer Referral 1-800-552-7977 Virginia Legal Aid Society 434-846-1326 or 1-888-846-8527
Child/Infant Car Seats Virginia Department of Health 1-800-732-8333 Campbell County Health Department 434-592-9550 **Clothing: Helping Hands Clothing Center** 7336 Timberlake Road Lynchburg, VA 24502 434-239-2732	**Medical Assistance** Free Clinic of Central Virginia 434-847-5868 Johnson Health Center 434-947-5967 Campbell County Health Department 434-592-9550
Education Campbell County Schools 434-332-3458 Adult Learning Center 434-821-6213 x 8625 Virginia Cooperative Extension 434-332-9538 **Pest Control:** **Peaks View Head Lice Treatment** **(540) 632-1093** https://peaksviewheadlice.com/ **Roanoke Area:** 3615 Blue Ridge Blvd., Blue Ridge, VA 24064 **Bedford Area:** Toms Road (SR 642) Bedford, VA 24523	**Prescription Assistance** MedsHelp 434-947-5137 Free Clinic of Central Virginia 434-847-5866 Campbell County Health Department 434-592-9550

CAMPBELL COUNTY AREA GENERAL RESOURCES LIST

Education (Special Needs) Beulah Baptist Church 434-239-1776 Central VA Child Development Clinic 434-947-2030 Early Intervention Services 434-947-2888 Cued Speech Association of Central Virginia 434-455-5877 Special Olympics 1-800-932-4653 Camp CHILD 434-846-4434 **Emergency Financial Assistance** Lynchburg Community Action Group 434-332-9671 Interfaith Outreach Association 434-846-6098 Salvation Army 434-846-3525 Piedmont Community Impact 434-283-7531 DAWN 434-369-7937	**Disability Services/Rehabilitation** Lynchburg Area Center for Independent Living 434-528-4971 VA Dept. of Rehabilitative Services 434-947-6721 RUSH Lifetime Homes 434-455-2120 ARC of Central Virginia 434-845-4071 **Senior Services** Central VA Area Agency on Aging 434-385-9070 Campbell County Parks & Recreation 434-592-9570 Generation Solutions 434-455-6500 Meals on Wheels 434-847-0796 Adult Care Center of Central Virginia 434-455-2427 Jericho Outreach Ministries 434-845-0834
USDA – Rural Development 434-239-3473 **Health Departments** Campbell County 434-592-9550	Southeast Rural Community Assistance Project, Inc. 1-866-928-3731 (help with waste/water needs) **Assets For Family Success** Lynchburg Community Action Group 434-846-2778
FAMIS (Family Access To Medical Insurance) FAMIS Toll Free 1-866-873-2647 2-1-1 VIRGINIA- Central Region 434-846-8016 2-1-1	**Parenting** HumanKind 434-384-3131 Central VA Community Services 434-847-8050 Healthy Families Central VA 434-845-0889 Pride Parent to Parent Lynchburg 434-847-1582
Office of the Magistrate Campbell County 434-592-9563	**Social Services(Adult & Child abuse, SNAP, TANF, Medicaid and emergency financial assistance)** Campbell County Social Services 434-592-9585 www.commonhelp.virginia.gov
Parenting Skills & Family Support Programs Battered Women's Support Group 434-528-1041 Campbell County Counseling Center	**Supervised Visitation/YWCA** Children's Supervised Visitation Center 434-847-7751

434-332-5149 Child & Family Center 434-847-2786 Crisis Line Parents Group 434-947-7422 Humankind 434-384-3131 Mental Health America of Central VA 434-847-9055	**Victim Witness Programs** See Commonwealth Attorneys **Local Government/Tourist Information** Altavista Area Chamber of Commerce 434-369-6665
Public Safety/Disaster Relief Campbell Co. Public Safety 434-332-9540 Animal Control Facility 434-332-9574 or 434-821-4416 Blue Ridge React Team 434-929-5212 American Red Cross Lynchburg 434-845-1234 Brookneal Police Department 434-376-2650	**Housing Rehabilitation/Weatherization** Lynchburg Community Action Group 434-846-2778 Rebuilding Together 434-942-5311 Lynchburg Covenant Fellowship 434-847-9059 Central Virginia Alliance for Community Living, Inc., (formerly the Central VA Area Agency on Aging) 434-385-9070
Economic/Neighborhood Development Neighborhood Development Foundation 434-846-6964	Lynchburg Small Business Development 434-582-6100 Economic Development Center 434-455-4492
Every Woman's Life Virginia Department of Health Services: Free Breast and Cervical Screenings Eligibility: Must be a Virginia resident ages 50-64, meet federal income guidelines and be uninsured; limited number of screening can also be provided to women age 40-49. Testing to eligible women between the ages of 18-39 who have symptoms of breast or cervical cancer. Services provided by the program include a clinical breast exam, mammogram, pelvic exam and a Pap test.	**Every Woman's Life continued** Location: Central Virginia Health District 307 Alleghany Avenue Lynchburg, VA 24501 Languages: Any (Language Line) Service Area: Cities of Bedford and Lynchburg. Amherst, Appomattox, Bedford and Campbell Counties. Contact: Lisa Barber 434-946-9408

MILITARY SUPPORT

Military One Source
1-800-342-9647

www.militaryonesource.com

- Education
- Relocation
- Parenting
- Stress

Veterans Affairs Vet Center
www.vetcenter.va.gov

Veterans Suicide Prevention Hotline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

Resources for Elderly and Disabled

- **2-1-1 Virginia:** A free information and referral database of health and human services in the Central Virginia Area.
  - http://www.211virginia.org
  - Toll-Free Dial 211

- **Adult Abuse Hotline:** Anyone may report suspected abuse, neglect or exploitation of an adult to the Adult Protective Services (APS) toll-free hotline, 24 hours a day. An APS Hotline worker will take the information; reports can be made anonymously.
  - 1-888-832-3858

- **Adult Care Center:** Adult Day Care Facility providing daytime services for adults who may need supervision and are not able to reside independently full time. The Adult Care Center also services adults who would benefit from socialization and for their caregivers who need relief through support and resources to keep the adult in the home as long as possible.
  - http://www.adultcarecenter.org
  - 434-847-8111

- **Beard Center on Aging, Aging and Caregiving Resource Center:** The Center on Aging through Lynchburg College provides community education and outreach, involving students and faculty, with older individuals of Central VA. Collaborating with Central Virginia Alliance for Community Living, Inc., (formerly the Central VA Area Agency on Aging), The Beard Center offers an Aging and Caregiving Resource Center for older adults, caregivers, family members, business managers and anyone interested in aging resources.

  - http://www.lynchburg.edu/beard
  - 434-544-8456

- **Campbell County/Lynchburg City Recreation Departments:** Recreation Departments offer recreation services through professionally coordinated programs. Available programs vary from cultural arts and seasonal trips, and Senior Centers offer ongoing weekly programs in local communities.
  - http://www.co.campbell.va.us/depts/rec
  - 434-332-9570

- **Campbell County Public Library(s):** Located in Rustburg, Brookneal, Altavista and Lynchburg (Timberlake location), the public library offers resources for health, aging, academic and career tools, and various informative events for the public.
  - http://www.campbellcountylibraries.org/
  - Campbell County Public Library – Rustburg – 434-332-9560
  - Patrick Henry Memorial Library – Brookneal – 434-376-3363
  - Staunton River Memorial Library – Altavista – 434-369-5140
  - Timbrook Library – Timberlake – 434-239-1190

- **Central Virginia Alliance for Community Living, Inc. (formerly the Central VA Area Agency on Aging):** Provides services to the age 60 and over population to assist in remaining in their homes as long as possible. Services are provided on an as needed basis to seniors including: Transportation, Nutritious Meals including site and home delivered, Care Coordination, Homemaker, Virginia Insurance Counseling and Assistance Program (VICAP), Ombudsman/Elder Rights Advocacy, Legal Assistance, and Information Assistance.

  - www.cvcl.org
  - 434-385-9070

- **Department of Veterans Affairs:** Medical, financial, and social programs and resources for veterans to assist living independently in the community.
  - http://www.salem.va.gov
  - 1-888-982-2463 (Salem VA Medical Center and Hotline)
  - 434-316-5000 (Lynchburg Community Based Outpatient Clinic)

- **Meals on Wheels, Inc.:** Delivers hot meals daily for a fee. Not connected with the CVAAA. Lynchburg suburb areas only.
  - http://www.mealsonwheelslynchburg.org
  - 434-847-0796

- **Ombudsman:** The Ombudsman protects and represents the rights of persons in Nursing Homes, Assisted Living Facilities and Adult Care Residences or those receiving long-term care services in their home. The Ombudsman also can provide a point of entry whereby complaints made by or on behalf of older persons who are receiving long-term care services can be received, investigated and resolved. The Ombudsman serves as an advocate for residents and those responsible for their care. The program also acts as a resource for information regarding institutional and community based long-term care options, and general issues and concerns affecting the elderly.
  - www.cvcl.org
  - 434-385-9070

- **PACE: A Program of All-Inclusive Care for the Elderly:** PACE is a comprehensive program for adults 55 and older who meet the criteria for nursing facility placement, but prefer to stay at home and have an assessment indicating that living at home with the support of the PACE program is a safe alternative. Centra Health is the sole provider of PACE in Central Virginia. PACE is an all inclusive care option that offers socialization at the Centra PACE center while allowing an individual to reside at home. The following zip codes are covered by Central Virginia PACE: 24501, 24502, 24503, 24504, 24521, 24522, 24536, 24538, 24550, 24551, 24554, 24556, 24572, 24574, 24588, and 24593.
  - http://www.centrahealth.com/pace-program
  - 434-200-6516

- **Real Estate Tax Relief Program** for those age 65 and older **OR** 100% Disabled:
  Contact Office of the Commissioner of Revenue at (434) 332-9518 for the application.

- **Senior & Assisted Living Facilities in the United States**
  - www.seniorlivingmap.org

- **Senior Navigator:** A statewide organization that provides aging well, care-giving, community, health, housing and long-term care, legal and financial, and transportation resources. Also provides tools to find help find services in person's locality.
  - http://www.seniornavigator.org
  - 1-866-393-0957

- **The Retired and Senior Volunteers Program (RSVP):** The Youth and Adult Community Services (YACS) in Campbell County offers a volunteer program for adults age 55 and older to partner with agencies for a range of

events. To individuals while volunteering, RSVP provides insurance coverage, mileage and meal reimbursement, recognition events and the opportunity to meet new people.

- http://www.co.campbell.va.us/depts/yacs/Pages/rsvp.aspx
- 434-332-9572

- **Virginia Department for the Aging (VDA):** The Virginia Department of Aging assists in advocating for programs and services for older Virginians and their caregivers. VDA assists the state in determining programs for the older population and works with lawmakers to help guide the Commonwealth in preparing for the aging population.
  - http://www.vda.virginia.gov
  - 1-800-552-3402

- **Virginia Easy Access:** A website developed for seniors, adults with disabilities, their caregivers and the providers that support them. The database is constantly updated with information about services and supports that are available across the Commonwealth.
  - http://www.easyaccess.virginia.gov

- **Western Union and MoneyGram:** Western Union and MoneyGram will stop victims who send money for fraudulent purposes. Both companies keep a worldwide list of repeat senders and share them with each other. Family and caregivers can also contact them to add people to the list.

  - MoneyGram Customer Care Center: 800-926-9400
  - Western Union Fraud Hotline: 800-448-1492

- **VA Caregiver Support Line:** VA Caregiver Support Line is assistance is just a quick phone call away. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed social workers who answer the support line can provide you with information about assistance available from VA, help you access services, connect you with the caregiver support coordinators at a VA Medical Center near you, and just to listen; ifs that's what you need at the moment.

  - VA Caregiver Support Line 1-855-260-3274

ASSISTED LIVING FACILITIES

AUTUMN CARE OF ALTAVISTA 434-369-6651
1317 Lola Avenue
Altavista, VA 24517

BABCOCK MANOR, INC. 434-352-8686
4154 Pumping Station Road
Appomattox, VA 24522

BENTLEY COMMONS AT LYNCHBURG 434-316-0207
1604 Graves Mill Road
Lynchburg, VA 24501

CARRIAGE HILL RETIREMENT CENTER 540-586-5982
1203 Roundtree Drive
Bedford, VA 24523

ENGLISH MEADOWS 540-586-8232
931 Ashland Avenue
Bedford, VA 24523

HERITAGE GREEN 434-385-6077 – Private Pay Only
201 Lillian Lane
Lynchburg, VA 24502

HERITAGE GREEN/DAYBREAK 434-385-5102 – Private Pay Only
Alzheimer's Unit
200 Lillian Lane
Lynchburg, VA 24502

JOHNSON'S SENIOR CENTER 434-946-2799
P. O. Box 989
Amherst, VA 24521

JOHNSON'S SENIOR CENTER 434-277-5939
Meridian House
P. O. Box 9
Roseland, VA 22967

PINEVIEW MANOR 434-352-8282
State Route 647
Spout Spring, VA 24593

THE ELMS 434-846-6611 – Private Pay Only
2249 Murrell Road
Lynchburg, VA 24501

PINEVIEW ESTATE 434-352-8282
4471 Salem Road
Spout Spring, VA 24593

RUNK & PRATT 434-237-7809
20212 Leesville Road
Lynchburg, VA 24502

RUNK & PRATT LIBERTY RIDGE 434-515-1247
30 Monica Blvd
Lynchburg, VA 24502

RUNK & PRATT 434-385-8506 - Private Pay Only
208 Gristmill Drive
Forest, VA 24551

RUNK & PRATT- SMITH MOUNTAIN LAKE 540-719-1300
115 Retirement Drive
Hardy, VA 24101

SUMMIT ASSISTED LIVING 434-455-1699
1320 Enterprise Drive
Lynchburg, VA 24501

VALLEY VIEW RETIREMENT COMMUNITY 434-237-3009
1213 Long Meadows Drive
Lynchburg, VA 24501

WESTMINSTER CANTERBURY 434-386-3500
501 VES Road
Lynchburg, VA 24503

WILLIAMS HOME 434-384-8282 – Private Pay Only
1201 Langhorne Road
Lynchburg, VA 24503

PERSONAL CARE AGENCIES

Provision of this list does not imply recommendation of any listed agency.

AmeriCare Plus	540-587-4073
CareMed In Home Health Care	800-624-9194
Carillion Private Duty	540-587-2929 (Bedford County)
Community Sitters	434-384-2806
Comprehensive Home Care	434-581-3245 (Nelson, Buckingham)
Elite Care Services	434-846-1514
First Choice Facilitator Service	434-444-3502
Generation Solutions	434-455-6500
Gentle Hands Home Care	434-376-9019
Hallmark	800-422-1842 (Pittsylvania County)
Heavenly Angels	434-299-6211
Health Care Services	434-455-2131
Helping Hands	434-846-7407
Home Care Solution	434-248-9326
Home Instead	434-385-0321/866-462-0810
Home Recovery	800-832-7144
Interim	540-774-8686
Peace Haven Personal Care Services	434-432-8558
Personal Home Care	434-384-2412
Prince Charles Home Care Agency LLC	434-309-2228
Pro-Careers	434-832-0553
Sunrise Adult Care	434-847-6630
Team Nurse	434-582-4755 /434-656-6000 (Pitts. County)

NURSING HOMES

APPOMATTOX HEALTH CARE CENTER
215 Evergreen Avenue
Appomattox, VA 24522
434-352-7658

AVANTE @ LYNCHBURG
2081 Langhorne Road
Lynchburg, VA 24501
434-846-8437

FAIRMONT CROSSING
173 Brockman Park Drive
Amherst, VA 24521
434-946-2850

GUGGENHEIMER
1902 Grace Street
Lynchburg, VA 24504
434-947-5100

LIBERTY RIDGE
189 Monica Blvd.
Lynchburg, VA 24502
434-847-2860

HEARTLAND OF LYNCHBURG
2200 Landover Place
Lynchburg, VA 24501
434-846-4626

OAKWOOD MANOR
1613 Oakwood Street
Bedford, VA 24523
540-586-2441

SUMMIT
1300 Enterprise Drive
Lynchburg, VA 24502
434-845-6045

WESTMINSTER-CANTERBURY
501 VES Road
Lynchburg, VA 24503
434-386-3500

AUTUMN CARE OF ALTAVISTA
1317 Lola Avenue
Altavista, VA 24517
434-369-6651

BEDFORD CO. NURSING HOME
1229 County Farm Road
Bedford, VA 24523
540-586-7658

GRETNA HEALTH CARE
Route 40 West
Gretna, VA 24557
434-656-1206

HERITAGE HALL OF BROOKNEAL
633 COOK Avenue
Brookneal, VA 24528
434-376-3717

LYNCHBURG HEALTH AND REHAB. CENTER
5615 Seminole Avenue
Lynchburg, VA 24502
434-239-2657

NELLA'S NURSING HOME
P.O. Box 1399
Elkins, WV 26241
304-636-2033

RIVER VIEW ON THE APPOMATTOX
201 Eppes Street
Hopewell, VA 23860
804-541-1445

THE CARRINGTON
2406 Atherholt Road
Lynchburg, VA 24501
434-846-3200

Do Not Call/ Solicitation List/Credit Card

- WWW.DMACHOICE.ORG This is for mail
- WWW.OPPOTPRESCREEN.COM This for credit cards
- WWW.DONOTCALL.GOV or Call 1-800-382-1222
- Legal Service with Elder Care 1-800-677-1116

General Information about Medicare, call 1-800-633-4227 or go to www.medicare.gov

Medicare Rights: www.medicarerights.org

General Information about Social Security www.ssa.gov

Online services go to www.ssa.gov.onlineservices

COMMON SCAMS TO BE AWARE OF:

Advanced Fee/Prepayment Scam
Anti-Virus Scam
Emergency Funds/Grandparent Scam
Tax Scam
Lottery/Prize Scam
Relationship/Romance Scam

Sprint: Lifeline and Link-up Programs
866-827-3290
888-408-3306
www.sprint.com

Nextel: Lifeline and Link-up Programs
888-566-6411
888-408-3306
www.sprint.com

Assurance Wireless (Virgin Mobile):
888-898-4888
www.assurancewireless.com

Safe Link:
800-723-3546
www.safelink.com

Link Up:
888-641-8722
www.lifelinesupport.org

Medicaid Transportation

You can make a reservation on this website or call the NEMT (non-emergency medical transportation) reservation line at 1-866-386-8331 at least five (5) business days prior to the scheduled medical appointment. Verifiable urgent trips, like a follow-up appointment or sudden, non-life threatening illness, may be reserved with less than five (5) business days' notice. Please have your Medicaid ID number and the necessary appointment information ready.

What if I need to go to the pharmacy after my medical appointment?
If you usually go to the pharmacy after your medical appointment, please request the trip to the pharmacy at the same time you make your transportation reservation to your medical appointment. If you find out at the medical appointment you need to go to the pharmacy, you must contact LogistiCare immediately at 1-866-386-8331. Request that a pharmacy stop be added to your return trip. You will need to give the name and address of your pharmacy.

How is the type of transport determined?
LogistiCare will ask you about your health condition and physical limitations in determining the most appropriate type of transportation.

How much notice is needed to make a reservation?
You will need the following information to complete the reservation:
1 Member's full name
2 Member's 12 digit Medicaid number
3 Street address of the residence or specific building name such as "701 3rd Street, ABC Apartments, #303" where the member is to be picked up
4 Street address of the specific destination where the member appointment will occur such as University Hospital, Jefferson Building, 1200 N 4th Street, Room 711
5 Transportation reservations may be taken with less than a 5 day notice if they are of an urgent nature, which will be verified with the physician's office

What is an Urgent trip?
Urgent reservations are defined as a trip to treat a sudden illness or other medical condition that is not life threatening but the member's doctor or other healthcare professional wants to see the member in less than a five (5) day notice. For example, a bay wakes up with a serious cold or an adult has an infection. Urgent care reservations are not for routine appointments or appointments where the member failed to notify LogistiCare to arrange transportation.

Does LogistiCare contact doctors, facilities, or agencies to verify appointments?
Yes, all Medicaid paid services are subject to verification or service authorization prior to transport.

What if the member has a request for an emergency trip?
Emergency ambulance trips are **not** arranged through LogistiCare. If an emergency ambulance trip is needed, 9-1-1 should be called.

What are examples of emergencies?
Examples are sudden life threatening medical situations, significant trauma, comas, shock, uncontrolled bleeding, respiratory distress, poisoning, drug overdose and any situation where immediate medical treatment is necessary.

If I have scheduled transportation and the appointment has been cancelled or I have decided not to attend, what should I do?
To cancel a trip, notify LogistiCare immediately by calling the "**Ride Assist**" line for your area. The number to the "Ride Assist" line is listed below. If you do not cancel the trip early enough, the provider will not be paid for the trip. However, the transportation provider can file a "Rider No-Show" complaint against you if you did not cancel.

What should I do when transportation has been scheduled and no transportation provider arrives to transport the member to the medical appointment?
A member's transportation becomes "late" 15 minutes after the scheduled pickup time. Call the appropriate "Ride Assist" line and file a "Provider Late" complaint. Ride Assist can call the provider about the delay or try to find another provider for your trip.

What is the "Ride Assist" phone number for my area?
The "Ride Assist" phone number is listed below:

Virginia Medicaid	Region 1	Norton	866-246-9979
Virginia Medicaid	Region 2	Forest	866-586-0255
Virginia Medicaid	Region 3	Richmond	800-742-9758
Virginia Medicaid	Region 4	Norfolk	866-966-3326
Virginia Medicaid	Region 5/6	Charlottesville	866-973-3310
Virginia Medicaid	Region 7	Herndon	866-707-3761

Problems With Services

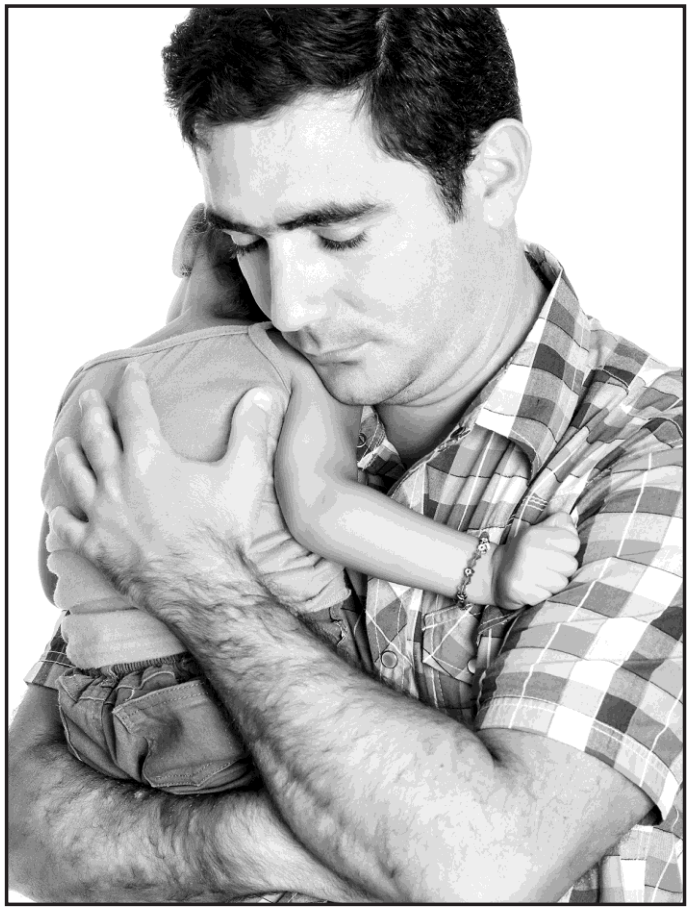
Call 1-800-552-3431 or email your concern to citizen.services@dss.virginia.gov

NEVER SHAKE a Crying Baby!

It is usually out of anger or frustration that a parent or caregiver shakes a baby.

Sudden and repeated shaking may not seem that forceful to you or other caregivers, but it can lead to head trauma for a baby. Violent shaking of a child so small may cause Shaken Baby Syndrome (SBS), which can result in death or the following injuries:

- **Brain damage and swelling**
- **Developmental delays or mental retardation**
- **Blindness, speech and learning difficulties or hearing loss**



Babies cry because they are unable to tell us what they want or need. They have no control over their lives. As a parent or caregiver, you do. Consider these suggestions when youfeel yourself losing control when crying occurs:

Calm a crying baby with these tips:

- **Check if a burp is needed, especially after eating.**
- **Cuddle the baby. He or she may want to be held.**
- **Check that clothing is not too scratchy or tight.**
- **Feel the child's gums. Your baby may be teething.**
- **Rub the baby's back with a light touch.**
- **Take the infant to a quiet spot. Noise may be upsetting.**

Learn how to soothe a crying baby while staying calm to prevent Shaken Baby Syndrome.

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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline

For more ways to keep calm gotohttp://pcav.org/family-re-source-center/crying-baby-tips/

After A Child Is Exposed To

VIOLENCE

When your child is repeatedly exposed to violence, either as a victim or as a witness, he or she faces a greater risk of having physical, emotional and intellectual challenges.
The type of violence that can do this includes sexual or physical abuse and neglect. Also, seeing or hearing violent acts in the home, school or neighborhood causes suffering, too.
This exposure impacts your child in serious ways and requires your love, support and guidance.
There are <u>three stages</u> your child may experience. ***Your son or daughter may feel:***

1. Numb

Symptoms can include shock, anger, sorrow, guilt, and loss of appetite.

WHAT YOU CAN DO ::::::::

Help your child understand he or she is not responsible for what happened. Respect the child's feelings. Listen without judgment. Help your child move through this first stage with unconditional support and possibly professional help, such as counseling.

2. Disorganized

Symptoms can include depression, fatigue, anger, lack of focus and sleep difficulties.

WHAT YOU CAN DO ::::::::

Encourage your child to talk about his or her feelings. Provide stress-free distractions. Make sure your child feels loved and safe. Provide support, including professional services, to help your child move to the next stage.

3. Focused

Symptoms can include a better mood, improved appetite and increased energy.

WHAT YOU CAN DO ::::::::

Encourage your child to play and engage in other activities. Help your child see the emotional journey taken.

VIOLENCE HURTS.

Learn how to help guide your child on the road to recovery.

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800-Children (800-244-5373) Parent Helpline

The Legacy of Substance Abuse

Do you know a parent who is abusing drugs or alcohol? Do you struggle with whether you should urge this person to get help?

Consider this: the adult who is struggling with substance abuse is not the only one to suffer the consequences of destructive behavior. A child's needs can be overlooked because of conditions and crises caused by substance abuse.

From unstable homes and neglect to emotional challenges and developmental delays, addicted parents can cause many problems for their children. Families challenged by substance abuse face **a greater risk of mental illness, domestic violence, divorce, and sexual and physical abuse than other families.** Children can become anxious and depressed or in

Here is another sobering reality: addiction, especially when both parents are affected, can be passed on to children.

If you know someone who is an addict, encourage him or her to seek help. Your involvement may lead to a stronger family.

Parents who successfully deal with their addictions have better opportunities to empower their lives and the lives of their children.

02/15/2019

Seek help if you have an addiction.

For help through Horizon Behavioral Health, call 434-477-5000.

How can traumatic events impact children?

- Variations in mood, which will depend on age and development. Children often revert to younger stages of separation anxiety, bedwetting or dependence on a security object (such as a blanket or stuffed animal).

- Changes in behavior, such as conflicts with other children, or tantrums in preschoolers.

- Physical reactions to anxiety, sadness and/or fear, such as insomnia or other physical ailments such as stomachaches or headaches. Younger children are especially vulnerable to changes in sleeping and eating habits

- Thoughts. Preteens and teenagers are especially prone to new thoughts of guilt, resentment, embarrassment, depression or the opposite— complete shutting down of feelings.

Helping children deal with ***trauma***

Turn on the nightly news any day of the week and you're sure to hear some sort of traumatic story. From coverage of a war to a local crime, these stories can be scary and stressful for anyone watching. For children, hearing these stories can invoke real fear and anxiety, especially if they don't understand the issues well. Trauma can also directly impact a child. When a child loses a family member or is displaced by a natural disaster, they are forced to deal directly with a traumatic event. *What can parents do to help? A lot!*

1. First and foremost, provide comfort and assurance. Discuss the traumatic event in an open, honest way, in an appropriate manner for your child's age and individual concerns. Discuss basic facts such as safety precautions taken by the authorities, and encourage your child to talk and ask questions. Maintaining your normal routine whenever possible can also go a long way in helping your child feel safe and in control.
2. Accept your child's special needs. Each child may need something different from a parent when they are dealing with trauma. Yours may need to be more dependent on you for a period of time, needing more hugs, more discussion or extra sources of comfort.
3. Continue the conversation. A child should never feel embarrassed by their fear, concerns or questions. Be clear that you are always willing to listen to them, and when you give answers, make them honest, simple and brief. Even if you don't know what to say, you can assure them with something as simple as, "The [event] is over. Now we'll do everything possible to stay safe, and together we can help get things back to normal."
4. Monitor and model your own reactions. One of the best ways to help a child deal with trauma is to model healthy, appropriate discussion, reaction and coping mechanisms. So take the time to understand your own feelings and fears, and reach out for support if you need it.
5. Limit television, radio and Internet use. Repeated coverage of the same event can be confusing to young children, and even older children can be misled or frustrated by coverage of an event. Many experts recommend that young children not watch any news coverage of a traumatic event. If your children are older, watch with them so that you can discuss their thoughts, questions and concerns.
6. Teach your child how to cope. Even minor reactions to a traumatic event, such as "normal" stress, can benefit from strategies to cope with negative emotions. Playing games, reading or talking to a friend can help distract them from the trauma. Take your child outdoors, keep them active and make sure their eating and sleeping habits remain consistent.

Parenting can be tough, but asking for help doesn't have to be.

If you need help with other parenting challenges, reach out!

Call 1-800-CHILDREN or visit us online at www.scanva.org

02/15/2019

Allies in Prevention

It's okay to get help:

After a traumatic experience, if your child is experiencing behavior or academic problems, emotional outbursts, withdrawal from other children, frequent sleep issues, physical ailments, intense anxiety, depression, or alcohol or drug use,

Mark Yudowitch ***B.A., M.Ed. (Education), Ed.S. (Counseling), National Honor Society for Counselors***

Experience: father, teacher, coach,
Extensive work with Special Needs children
Employed as a part time Training Specialist with Campbell County Department of Social Services for 20 years

Mark Yudowitch is a parenting specialist who is available for parent education consultation for individuals, families and groups. He has developed a Positive Parenting curriculum and teaches parenting classes for the community, free of charge, several times each year. He also has a Fatherhood program in which he teaches parenting skills to incarcerated men who are approaching their release date. Mark has a collection of parenting articles he has written on various topics
regarding parenting, grandparents raising grandchildren, healthy relationships and interpersonal communications. He can be reached at (434) 332-9752.

General Guidelines about BED BUGS, HEAD LICE AND COCKROACHES

General Guidelines about BED BUGS
From the Centers for Disease Control

Bed bugs, a problem worldwide, are resurging, causing property loss, expense, and inconvenience. The good news is that bed bugs do not transmit disease. The best way to prevent bed bugs is regular inspection for signs of an infestation.

What are bed bugs?

Bed bugs are small, flat, parasitic insects that feed solely on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, roughly the size of Lincoln's head on a penny, and can live several months without a blood meal.

Where are bed bugs found?

Bed bug infestations usually occur around or near the areas where people sleep. These areas include houses, apartments, shelters, rooming houses, hotels, cruise ships, buses, trains, and dorm rooms. They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed. Bed bugs have been shown to be able to travel over 100 feet in a night but tend to live within 8 feet of where people sleep.

Do bed bugs spread disease?

Bed bugs should not be considered as a medical or public health hazard. Bed bugs are not known to spread disease. Bed bugs can be an annoyance because their presence may cause itching and loss of sleep. Sometimes the itching can lead to excessive scratching that can sometimes increase the chance of a secondary skin infection.

What health risks do bed bugs pose?

A bed bug bite affects each person differently. Bite responses can range from an absence of any physical signs of the bite, to a small bite mark, to a serious allergic reaction. Bed bugs are not considered to be dangerous; however, an allergic reaction to several bites may need medical attention. The best way to treat a bite is to avoid scratching the area and apply antiseptic creams or lotions and take an antihistamine.

What are the signs and symptoms of a bed bug infestation?

One of the easiest ways to identify a bed bug infestation is by the tell-tale bite marks on the face, neck, arms, hands, or any other body parts while sleeping. However, these bite marks may take as long as 14 days to develop in some people so it is important to look for other clues when determining if bed bugs have infested an area. These signs include:

- the bed bugs' exoskeletons after molting,
- bed bugs in the fold of mattresses and sheets,
- rusty–colored blood spots due to their blood-filled fecal material that they excrete on the mattress or nearby furniture, and
- a sweet musty odor.

General Guidelines about BED BUGS, HEAD LICE AND COCKROACHES

How do I know if I've been bitten by a bed bug?

It is hard to tell if you've been bitten by a bed bug unless you find bed bugs or signs of infestation. When bed bugs bite, they inject substances that prevent persons from realizing they are being bitten. Most people do not realize they have been bitten until bite marks appear anywhere from one to several days after the initial bite. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating. The bite marks may be random or appear in a straight line. Other symptoms of bed bug bites include insomnia, anxiety, and skin problems that arise from profuse scratching of the bites.

Because bed bug bites affect everyone differently, some people may have no reaction and will not develop bite marks or any other visible signs of being bitten. Other people may be allergic to the bed bugs and can react adversely to the bites. These allergic symptoms can include enlarged bite marks, painful swellings at the bite site, and, on rare occasions, anaphylaxis.

How did I get bed bugs?

Bed bugs are experts at hiding. Their slim flat bodies allow them to fit into the smallest of spaces and stay there for long periods of time, even without a blood meal. Bed bugs are usually transported from place to place as people travel. The bed bugs travel in the seams and folds of luggage, overnight bags, folded clothes, bedding, furniture, and anywhere else where they can hide. Most people do not realize they are transporting bed bugs as they travel from location to location, infecting areas as they move.

Who is at risk for getting bed bugs?

Everyone is at risk for getting bed bugs when visiting an infected area. However, anyone who travels or moves frequently and shares living and sleeping quarters where other people have previously slept has a higher risk of being bitten and or spreading a bed bug infestation.

How are bed bugs treated and prevented?

Bed bug infestations are commonly treated by insecticide spraying. If you suspect that you have an infestation, contact your landlord or professional **pest control company that is experienced with treating bed bugs.** Ask the company specifically about their experience treating bed bugs. It may take more than one professional visit to completely get rid of an infestation. The best way to prevent bed bugs is regular inspection for the signs of an infestation.

This information is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. If you have any questions about the parasites described above or think that you may have a parasitic infection, consult a health care provide.

General Guidelines to Treat HEAD LICE

From the Centers for Disease Control

Head lice are small parasites that feed off the human scalp. They do not jump and they do not fly. Their existence is NOT a reflection of a family's lifestyle. They happen. School-age children are most vulnerable. Transmission of head lice is generally head-to-head. *Note that animals (pets) do not transmit head lice. If a child has head lice, (A) he or she should be treated, and (B) the places your child goes, especially day care or school, should be informed. To further reduce risks,

family members should be checked and hair brushes not shared. An adult female louse needs only to mate once, and subsequently can lay 8-10 eggs (nits) per day throughout her life of 30-35 days. A louse goes through four life stages, beginning with nit attachment to adult. Contrary to popular belief, a louse can live only 24 hours off a head. Over-the-counter products are relatively inexpensive, but not effective. When used as directed they can kill some adult lice. The main problem is that these products will not kill eggs inside nit casing, may not kill nymphs (hatched baby eggs), and may not even kill some adults that have become resistant. MANUAL REMOVAL OF ALL LICE AND NITS is really the only way to be sure a person is free of head lice. For this, a professional lice comb is the best tool to use. Also, combing needs to take place in a very well-lit area.

General Guidelines about BED BUGS, HEAD LICE AND COCKROACHES

Wendy Freeman at Peaks of Otter Head Lice; **peaksviewheadlice@gmail.com,** can provide professions treatment to clients (540-631-1093). For home treatment, Wendy provides the following plan:

Suggested Treatment Plan for Removal:

1. Purchase a professional lice comb like "The Terminator" which is metal with small grooves on the teeth.
2. Do not buy OTC or prescription strength products as most head lice are resistant to them and you will be spending money on things that likely will not cure your head lice infestation.
3. Apply any regular conditioner to the hair; begin combing the hair for a minimum of 1 hour; front to back; side to side; back to front until no evidence is found. Wipe the comb on a white paper towel or rinse comb in a pan of water to remove lice/nits from comb.
4. Then section the hair into 4 quadrants, clipping each quadrant. Comb and look through each quadrant for nymphs and nits. It will take a minimum of one hour to complete quadrants.
5. Take hair down and comb an additional 15 minutes or so (like you did in #3 above) until no evidence is found.
6. Dry hair and look through to see if you missed anything.
7. Clean your lice comb by pouring boiling water over the comb and letting it sit for 15 minutes. Clean between the teeth. Dry with paper towel, and store in dry location.
8. Treat the home environment. Although lice cannot survive more than 24 hours off the affected person's head, the following is suggested in order to ensure that lice are not spread on surfaces within that 24-hour period: place any clothing worn by the affected person in the last 24 hours and bedsheets/pillowcases in the clothes hamper or wash in hot water or place in dryer for 30 minutes; clean hair out of brushes and do not for 48 hours or cover with alcohol or boiling water for 30 minutes; vacuum or brush surfaces on furniture where the affected person's head made contact; remove throw pillows for 48 hours.

Follow UP:

After you have treated your child, it is important to follow-up by combing his/her hair twice weekly for the next three weeks with any regular conditioner and lice comb for 15 minutes Front to back; side to side; back to front, then weekly for 5 minutes to monitor for any new infestation.

GETTING RID OF BED BUGS, HEAD LICE & COCKROACHES

Supplemental Measures: Head lice do not survive long if they fall off a person and cannot feed. You don't need to spend a lot of time or money on housecleaning activities or products. Follow these steps to help avoid re–infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

1. Machine wash and dry clothing, hats, scarves, pillow cases, bedding and towels that the infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry–cleaned or sealed in a plastic bag and stored for 2 weeks.
2. Soak combs, brushes and hair accessories in hot water (at least 130°F) for 5–10 minutes.
3. Vacuum the floor and furniture, particularly where the infested person sat or lay. Head lice survive less than 1–2 days if they fall off a person and cannot feed; nits cannot hatch and usually die within a week if they are not kept at the same temperature as that found close to the human scalp.
4. **Do not use fumigant sprays that are marketed to kill lice on furniture**; they can be toxic if inhaled or absorbed through the skin.

This information is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. If you have any questions about the parasites described above or think that you may have a parasitic infection, consult a health care provider.

General Guidelines for Getting Rid of ROACHES

Cockroaches live all over the world, but their favorite residence is your house where they can snack on your food, cause damage and spread germs and disease to you and your family. They are often difficult to get rid of on a permanent basis. Cockroaches are known to carry many dangerous diseases and can promote illness such as asthma. Follow these steps to get rid of roaches and keep them from coming back.

Find out if you have cockroaches. Cockroaches are generally medium to large sized insects, although in some parts of the world they are large. They have spiny legs and long antennae. If you see even one roach, you've undoubtedly got a lot more. The problem is they generally hide during the day, so if you can't find any of the insects, check cupboards and pantries for their droppings -- tiny brown slime stains or pellets. Be careful when making contact with roaches.

Figure out where they're coming from. If you see cockroaches, follow them to figure out where they go. Check in detail all around the house for cracks and holes through which roaches may enter. Roaches often enter through drains and vents, so you can't seal up everything.

Kill the roaches. There are a variety of things you can do yourself to help kill the cockroaches. Some of the better regarded solutions are listed:

- **Use an insecticide spray.** Get insecticide that is labeled for use against cockroaches, and spray wherever cockroaches may be hiding or entering the house, including along walls, in cracks, and in vents. Keep children, elderly and pets out of the way when you are spraying. Read and follow all instructions on the product's label. Insecticides, cockroach bait and other chemicals can be extremely poisonous, especially children, elderly and pets, so be sure to heed the warnings on the label, and

follow the manufacturer's instructions to the letter. When you spray the solution in the kitchen cabinets, hold your breath and spray quickly. Run out and leave the unit for a day before entering.

- **Use cockroach bait.** Cockroach bait is either housed in a childproof case or applied as a gel and contains a slow-working poison mixed in with an attractive food for cockroaches. The roaches eat the poison and bring it back to the nest, where it eventually kills all the roaches. Place the bait in an area where you know cockroaches will encounter it and children and pets will not. Follow safety instructions on the product.
- **Use cockroach traps.** Cockroach traps lure cockroaches in and then trap them with an adhesive. Get several of these, and place them wherever cockroaches are known to frequent. Keep away from children and pets and follow safety instructions on the product.
- **Call a professional.** If the above methods don't work, call a pest-control expert. Exterminators are licensed to use stronger chemicals and to apply chemicals more widely and they can do so while keeping your family safe.

PREVENT REINFESTATION BY KEEPING YOUR HOME CLEAN. A clean home is critical to keeping cockroaches away. Roaches will not stay where they are not fed and hosted. Cockroaches breed incredibly quickly. Take action to get rid of them immediately and keep them away, or you could find yourself with a major infestation. Follow these practices to keep your home pest-free.

- **Keep the entire home clean.** Thoroughly clean all areas but especially the kitchen and everywhere that food may be found. Clean up crumbs and spills promptly, and generally keep the area clean. Confine eating to one area; set rules for eating and cleanliness and enforce. Keep appliances clean; pay special attention to stove tops, as cockroaches love grease. Maintain a regular household cleaning schedule. Use a chore and rule chart.
- **Put food away.** Keep food containers sealed, and don't leave food out -- don't even leave dirty dishes overnight or soaking in the sink for any length of time. Take inventory as to where there are food particles in your home and put an end to any food being left out or left open.
- **Empty trash regularly.** Keep trash away from the house and take bags of trash to the dump promptly. Leaving trash out is a major invitation for roaches and other pests.
- **Fix dripping faucets or leaks.** Cockroaches and other bugs are attracted to water.

- **Move logs and other debris away from the outside of the house.** Cockroaches love piles of wood and other convenient hiding places, and as the weather turns colder they'll come inside the house to keep warm.
- **Seal cracks.** Keep roaches out of the house by blocking their entrance. Check closely for even small cracks on exterior walls where roaches can enter. Seal cracks everywhere you can inside your house. This takes time, but the payoff is great, because you eliminate most of their favorite hiding/breeding places. You'll need a lot of caulking, so use the big tubes with a caulking gun. Fill every crack inside every cabinet; fill the cracks on both sides of floor, door, and window moldings; fill all openings around pipes in bathrooms and kitchens. The whole house will be cleaner.
- **Don't accumulate clutter. Roaches will nest in anything from paper to clothing.** This includes the garage, attic, or basement; there is no limit. Get rid of old newspapers, books, papers, magazines, grocery bags, discarded clothing, bedding and such that could make a nest for roaches. Store pots, pans and dishes upside down so you won't have cockroach droppings or eggs inside. Clean out drawers, cabinets, closets and other storage spaces.
- **Seal open cereal and other food packages.** Place the whole inner bag inside a zip-lock bag so it's completely sealed, then slide it back into the box. Don't allow crumbs to accumulate around the sealed bag inside the box because a cockroach can live on crumbs for a long time. Chip clips or other types of clips won't keep them out of your food. Seal everything that comes in a bag or small box. Make sure flour, sugar, oatmeal, etc. are in sealed containers. Storing these items in the refrigerator also works well.
- **Get rid of dead roaches.** Don’t allow dead roaches to accumulate. If you smash a cockroach be sure to clean the surface and whatever you killed it with, such as your shoe. Flush dead cockroaches down the toilet, or if many roaches are swept up immediately bag them and take them to bag to the trash dump.
- **Keep a light on.** Until you know your home is free of cockroaches, keeping lights on in the kitchen will help. Cockroaches don't like light and it will discourage them from eating food particles and crumbs.

Keeping Your Parachute Open in Tough Times

A Guide to Stretching Your Dollars

Compiled and provided to you by:
Campbell County Department of Social Services
69 Kabler Lane/P.O. Box 860
Rustburg, Virginia 24588
(434) 332-9585
www.campbellcountyva.gov

General Ways to Reduce Expenses

- Skip a paid manicure or two; trade off with a friend to do each other's nails (and toes).
- Do your own yardwork; make it a family project.
- End either your cell phone service or your land line.
- Eliminate cell phone overtime charges.
- Use a low-cost calling card for long distance telephone calls.
- Comparison shop for auto insurance, long distance, and Internet service.
- Cancel premium movie channels.
- Cancel memberships in CD or DVD clubs.
- Cancel cable, TiVo, or satellite television completely.
- Refinance your car at a lower interest rate.
- Sell a car if you can car pool or use mass transit.
- Reduce insurance expenses by increasing deductibles or qualifying for discounts (low mileage, vehicle safety, good student, good driver, accident free, and multi vehicle).
- Use bonus cards, coupons, and sales flyers.
- Limit yourself to a specific amount of spending money each week, using cash versus credit cards.
- Limit yourself to one ATM withdrawal per week.
- Carefully track your spending.
- Reduce the number of packs of cigarettes you buy if you smoke or give up smoking entirely.
- Have each family member write down how he/she can reduce spending costs.
- Buy generic prescriptions drugs or over the counter medications instead of name brand drugs; ask the pharmacist if there are cheaper alternatives or your doctor to consider.

- Instead of going away on a lengthy vacation, take short day trips or camping trips closer to home.
- Take advantage of income tax programs, such as the Earned Income Tax Credit for low-wage workers, or low- and moderate-income assistance programs.
- Find a part-time or weekend job. Many businesses hire extra people during the holiday season.
- Rent out an extra room in your home (but careful check out the person).
- Start a home-based business that does not require a high initial cash outlay, such as a handy-person service, babysitting or sewing.

- Hold a garage sale to sell what you no longer need; trade items such as clothing, children's supplies or household goods with a friend.
- Take advantage of sales but compare prices; do not assume an item is a bargain just because it is advertised as one.
- Don't rush into a large purchase.
- Check to see if a company that you are dealing with is licensed or registered at the local and state level.
- Check with the Better Business Bureau (the office located in Roanoke is listed in the local directory and serves Lynchburg as well); if there is a complaint about the company this will be on record there.
- Always ask about the sellers refund or exchange policy for purchases.
- Read the product warranty to see what is covered and what is not.

- Do not sign a contract without reading it; don't sign a contract if there are any blank spaces in it or if you don't understand the wording.

- On most contracts in Virginia, there is a 48 hour cancellation of the contract; most people don't know this.

- Never deal with a high pressured sales person, simply walk away.
- Do not do business over the telephone with people you do not know.
- Be suspicious of P.O. Box addresses as this could be a mail drop address; should you have a complaint you may have trouble finding the company.
- Do not respond to any prize or gift offer that requires you to pay even a small amount of money.
- When shopping use unit pricing in supermarkets to compare prices as unit pricing allows you to compare the price ounce for ounce, pound for pound; bigger packages are not always cheaper than small ones.
- Use coupons carefully; do not assume they are the best deal.
- Don't rely on a salesperson's promised, get everything in writing.
- Live within your means-avoid debt unless you can pay promptly.
- Take care of what you own.
- Wear it out--what was the last item you actually wore out?
- Anticipate your needs; know what you need or expect to buy and wait for a sale.
- Buy it used; thrift stores and consignment shops are in fashion and affordable.
- Attend garage sales, year sales and flea markets; you can get bargains and its hours of fun searching.
- Do it yourself--change oil in your car, do maintenance to automobiles or home repairs; you can gain these skills and reduce your bills.

Saving Energy

- In warm weather, raise the thermostats of air conditioners when no one is home and at night when it is cooler.
- In cold weather, lower the heat when no one is home. Dress in layers to conserve heat.

- Look into energy-saving devices, such as energy-saving light bulbs and temperature control devices that will automatically tum your heat or air conditioning on and off at specific times.
- Learn to make repairs yourself to save money; follow all safety recommendations and local building codes.
- Lower your water heater temperature to 120°F; reducing the temperature by 20 degrees can save you nearly $50 a year (if you have a dishwasher, check the owner's manual to ensure this is adequate).
- Follow the 10-10 Rule; lowering your thermostat in the winter by 10 percent (like from 74° to 67°) for 8 hours can shave 10 percent off your heating bill (try it at night and use extra blankets when sleeping).
- Run your washing machine and dishwasher only when you have a full load; use the cold water setting when possible and always clean the clothes dryer lint filter after every load.

- Keep the lights off in unoccupied rooms.
- Tum off kitchen and bathroom ventilating fans when you leave the room; if left on for an hour, they can suck the heat out of the house.
- During the winter, open drapes, blinds, or shades on windows facing the sun to warm your rooms; at night, cover the windows for better insulation and keep the windows clean so they can let in the maximum amount of light and heat.

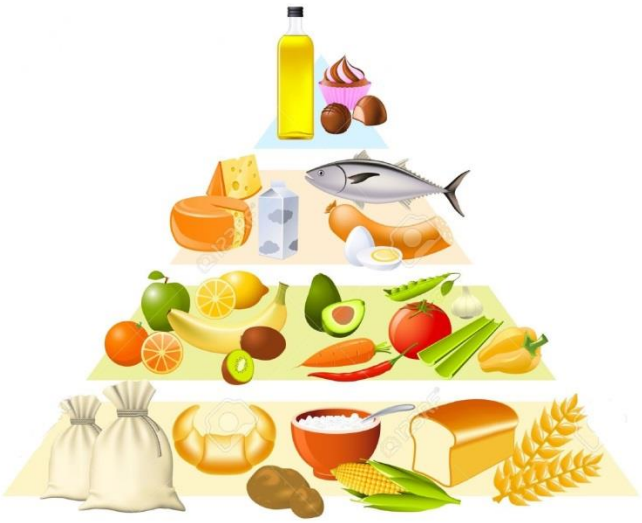
- Make sure none of your furniture is blocking a heat register; to feel warmer, move furniture away from cold exterior walls and windows.

- Contact your local utility company to ask about a home energy audit; costs vary, but some companies offer free audits.
- Close the heat vents and the doors in rooms that are not being used.
- Make sure all windows are fully closed; lock double-hung windows to minimize drafts coming through older windows.
- Shut fireplace dampers to prevent heated air from going up the chimney when not using the fireplace; be sure all embers are out.
- Clean heat registers, baseboard heaters, and radiators, and be sure that they're not blocked by curtains, furniture, or carpeting.
- Replace or clean furnace air filters; a clogged, dirty filter forces your furnace to work harder while clean filter can save you 10 percent on your bill.
- Remove window air conditioning units when the summer is over to prevent heat from escaping; if the unit can't be moved, cover it to prevent drafts.
- Use expanding foam (available in spray cans) to seal the gaps around pipes that connect to the house from the outside.

- Install weather stripping or caulk around doors and windows and place foam gaskets behind outlet plate covers on exterior walls; if there is a large gap at the bottom of an exterior door, install a door sweep.
- Seal and insulate ducts and joints with a non-hardening sealant; ducts running through unfinished spaces (attics, crawl spaces, and garages) that are not properly sealed and insulated can add 25 percent to your home heating bill.
- To learn more about other helpful services in your area, dial 2-1-1 and a Virginia Community Resources Specialist will assist you.

Food

- Plan meals so you can shop with a list.
- Use cheaper cuts of meat than a recipe calls for or substitute a less expensive type of meat.
- Buy the fruits and vegetables that are in season; shop at farmer's markets (many accept SNAP).
- Be careful when buying prepared foods; they may be faster, but they're usually more expensive and less healthy.
- Pack your lunches and snacks instead of buying them.
- Eat out less.
- Make coffee at home and take it with you.
- Carry your lunch instead of eating out at work.
- Use coupons; go online to find coupons for items you use regularly.
- Look at the bottom of shelves for specials and better prices; stores often place more expensive items at eye level.
- Look for healthy snacks instead of chips; a large bag of apples and a large bag of chips cost about the same.
- Trade left-overs with a friend.
- Buy meats such as ground beef in bulk and freeze; it can be frozen before or after browning.



Transportation

- Use public transportation if available; ask if reduced fares are available (for example, you may be able to buy a pass for several trips instead of paying for each trip separately).
- Consider buying a used vehicle that's in good shape instead of a new one to keep monthly payments lower.
- Consider purchasing a warranty on a used vehicle.
- Have regular maintenance done on your vehicle to avoid costly repair; keep your engine tuned and tires properly inflated to save gas.

- Use the lowest octane gas recommended by your car manufacturer.
- When buying a new car select a model that combines a low purchase price with low depreciation, financing, insurance, gasoline, maintenance, and repair costs.
- Ask your local librarian for new car guides that contain consumer information; having selected a model and options you are interested in, you can save hundreds of dollars by comparison shopping.
- Get car price quotes from several dealers (over the phone or Internet) and let each know you are contacting the others; remember there is no "cooling off " period on new car sales and once you have signed a contract, you are obligated to buy the car.

- Wash and wax your own car.
- Car pool/share a ride.
- Locally, The Alliance for Families and Children sponsors two programs for vehicle repair and purchase; call (434) 845-5944 for this information.

Clothing

- Take advantage of off-season sales.
- Avoid dry cleaning bills by buying only machine-washable clothes.
- Consider buying from used clothing stores.
- Trade or share clothes with a friend.
- Look for clothing bargains at yard sales and flea markets.
- Use the free clothing/clothes closet information found in this Campbell Co. Social Services Resource Directory.

Phone Service

- Shop for the best long-distance calling plan; look into using prepaid discount phone cards.
- Get rid of phone services you don't use often, such as call waiting, if there's an extra charge for them.
- Limit your long-distance calls, and call when rates are lowest.
- Ask your phone service for discounts available to low-income households.

Gifts

- Reduce the costs of gifts by giving gifts you make yourself (gift baskets of homemade cookies, flowers, candies, breads, etc.)
- Give photos of family members or friends.
- Make your own coupon booklet; be creative and come up with what you have to offer (Example: picnic lunch, walk in the woods, babysitting, house cleaning/sitting for a family member, lunch date, manicure that you provide, help with yard work or oil change).
- Give unique items from flea markets, auctions, online, discount stores, local Goodwill stores and other thrift shops.
- Make a gift basket of items from the dollar store or good items you already have on hand.
- Give plants that can be purchased inexpensively; dress them up with a bow you make yourself.
- Write a special letter, poem or song and give as a gift.
- Give artwork that you make yourself.

Shopping

- Don't shop when you're hungry or bored-you may spend more.
- Compare prices on items both within the store and at different stores; try discount or thrift stores, yard sales, pawn shops and consignment shops.
- Take advantage of sales, but don't buy things you don't need or items of poor quality.
- Use coupons and rebates for additional savings on items you need to buy; go online for coupons.
- Don't buy on impulse, think things over to be sure you really need the item.
- Make a list of what you need and buy only what's on it.
- Compare unit prices to find the best deals; for example, it may be a better deal to buy an item in a larger quantity.
- Keep in mind that nonfood items may be more expensive at supermarkets.
- Rent tools and equipment you won’t use often instead of buying them.
- Beware of sales gimmicks; don't lose sight of what you need.
- Buy generic or store brands when you can as they're usually cheaper.
- Set a budget for each item you must purchase; reward yourself in some way for sticking to it.

Quick Consumer Tips

- A deal that sounds too good to be true usually is.
- Say no to credit insurance.
- Think twice before sharing personal information.
- Real Estate agents represent the seller, not the buyer.
- Home improvements and auto repairs are subject to frequent complaints; find out if service providers are licensed and bonded.
- Think twice before you rent to own as interest rates on rent to own purchase can be very high.
- Don't buy under stress.
- Be cautious of "Buy Here Pay Here" car lots (interest rates are usually high).
- Work at home ads usually doesn't pay off.
- Check out companies with the Better Business Bureau (in the phone book or on line) before major purchases.

Family Fun

- Have a reading marathon.
- Write stories together.
- Paint or draw together.
- Create a fort in your living room out of blankets or cardboard boxes.
- Go on a hike.

- Have a sunset picnic at a park or beach.
- Play board games or card games.
- Play kickball or nerf ball.
- Get up early, pack breakfast, and have sunrise breakfast.
- Go to a museum (many museums offer free or reduced admission).
- Go to a playground.
- Play hide-and-seek.
- Tell stories.
- Have a scavenger hunt.
- Make mazes or puzzles for each other to solve.
- Garden together.
- Bake cookies (let the kids help).
- Go to the library.
- Create a scrapbook.
- Finger paint.
- Make play dough from scratch.
- Make homemade mini pizzas.

- Visit family, friends, a local nursing home or an animal shelter.
- Pitch a tent and sleep outside.
- Roast marshmallows and make hot cocoa.
- Play loud music and dance crazy.
- Paint each other's faces (use washable paint or make-up, of course!).
- Go for a walk and explore the neighborhood.
- Go jogging.
- Make up trivia questions about each other.
- Do shadow puppets.
- Take turns saying tongue twisters.
- Sing songs.
- Tell ghost stories in the dark with a flashlight.
- Play video games together.
- Bake a cake and decorate it.
- Build paper airplanes and have a flying contest.
- Each week for two months try to spend time together (turn off the CELL PHONES; make a date with your children and keep it).
- Plan a family game night (allow each member to pick a night to play a game of their choice).
- Take walks together, ride bikes together.
- Teach another family member how to text.
- Learn how to do something new together.
- Plan a family outing together.
- Go to the library, mall, or parks.
- Plan to go to church together.
- Talk to an older person about things they did for fun in by gone years.

Entertainment

- Look into free events for adults and children offered around town (your local chamber of commerce may have more information).
- Rent a movie or go to a matinee instead of paying full price.
- Visit your local library; not only can you check out books, DVDs and other materials for free but they may offer free movies online or sponsor free events for adults and children.

- If you don't have a game to play, make one these two can be fun, just imagine who can come up with the best game; use household items as your game pieces for chess or checkers; make your own game board with household chores to do on it; make your own old maid cards.
- Have Karaoke night (If you can't sing, tell jokes or act out a TV show and have others guess what it is--LAUGH!)
- Contact the Recreation Department, YMCA and other community organizations to see what is offered; ask if scholarships are available.

Low-Cost Activities

- Park- picnic lunch, Frisbee, soccer, play equipment, etc.
- Dollar movies.
- Game night (Charades or card games).
- Family movie night.
- Borrow books, movies, and music from library.
- Library events (story time or movie showings).
- Church events.
- Work on a garden together.
- Volunteer (i.e. neighborhood clean-up, projects, delivering meals to seniors).
- Hike at Peaks or local woods (try to identify plants and animals).
- Crafts from recycled items (i.e. newspapers, old magazines, buttons, beads).
- Cook together (let kids decorate cookies).
- Sidewalk chalk in summer.
- Walk or ride bikes together.
- Write and act out play as a family.
- Read to each other.
- Draw or paint together.
- Go to school sporting events.
- Scavenger hunt of things found in environment (like pinecones).
- Fishing.
- Try to pick out constellations at night.
- Family dance party.
- Family talent show.
- Museums (locally Amazement Square has a discount on Wednesday).
- Kids Choice (let children decide what family will do together).

Increasing Income

- Get a second job in the evenings or on weekends.
- Look for a better-paying job.
- Market any skills you have as a consultant, or give lessons in an area you know (in addition to your full-time job).
- See if another household or family member can get a part-time job.
- For a short time, contribute less to your 401(k) or other retirement plan.
- Get a roommate if you have extra space.
- Rent out a room or garage.
- Sell an asset.
- Sell an unneeded vehicle, collectable, or some other possession.
- Obtain entitlements for which you are qualified, such as Medicaid, SSI, WIC, Energy Assistance, and TANF and SNAP (Supplemental Nutrition Assistance Program- formerly “Food Stamps").
- Use assistance for medical bills (asks at hospitals and offices for assistance or apply at Commonhelp.virginia.gov).
- Seek legal ways to obtain court-ordered child support.
- Change your withholding allowance.

Ideas of Your Own