Resource Guide for Caregivers of Elders

UVA Faculty and Employee Assistance Program
Brenda Wilson, LCSW, CEAP, Geriatric Care Manager
(434) 924-5483
http://www.healthsystem.virginia.edu/pub/feap/eldercare

*The University cannot and does not endorse the private companies and services mentioned in this guide. However, these companies offer professional services which may be relevant to you. Your local phone book will identify other available resources.
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Living Center: Adult Day Health Care</td>
<td>540.949.4151</td>
</tr>
<tr>
<td>990 E. Hopeman Parkway, Suite 3</td>
<td></td>
</tr>
<tr>
<td>Waynesboro VA  22980</td>
<td></td>
</tr>
<tr>
<td>JABA Adult Day Healthcare</td>
<td>434.817.5267</td>
</tr>
<tr>
<td><a href="http://www.jabacares.org/services/adultDay.html">http://www.jabacares.org/services/adultDay.html</a></td>
<td></td>
</tr>
<tr>
<td>674 Hillsdale Drive</td>
<td></td>
</tr>
<tr>
<td>Charlottesville VA  22901</td>
<td></td>
</tr>
<tr>
<td>JABA Adult Day Healthcare in Louisa</td>
<td>540.967.4433</td>
</tr>
<tr>
<td><a href="http://www.jabacares.org/services/adultDay.html">http://www.jabacares.org/services/adultDay.html</a></td>
<td></td>
</tr>
<tr>
<td>Betty Queen Ingenerational Building</td>
<td></td>
</tr>
<tr>
<td>522 Industrial Drive;</td>
<td></td>
</tr>
<tr>
<td>Louisa VA  23093</td>
<td></td>
</tr>
<tr>
<td>Day Break Adult Day Health Care</td>
<td>540.727.7097</td>
</tr>
<tr>
<td>M – F, 8:00 to 4:00</td>
<td></td>
</tr>
<tr>
<td>13309 Talon Ct</td>
<td></td>
</tr>
<tr>
<td>Culpeper, VA 22701</td>
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</tr>
</tbody>
</table>
Alzheimer's Association
http://www.alzcvwa.org
http://www.alz.org/cvwa/
Central and Western VA Chapter
1160 Pepsi Place, Suite 306
Charlottesville VA  22901

Regional Offices
Lynchburg 434.845.8540
Harrisonburg 540.568.6454
Roanoke 540.345.7600
Danville 434.792.3700

 Provides a 24-hour helpline to talk you through problems as they arise, and provider up-to-date information and referral. One-on-one in-person care consultation available by appointment.

Memory Disorders Program UVA Health System 434.243.5420
500 Ray C. Hunt Drive
Fontaine Research Park
Charlottesville VA 22902
http://www.medicine.virginia.edu/clinical/departments/neurology/what-we-treat/copy_of_index2-page
Cardiovascular Care

UVA Cardiac Rehabilitation and Fitness
2955 Ivy Road (250 West), Suite 105
Charlottesville VA  22908-1105
434.243.4600

American Heart Association
3025 Berkmar Drive
Charlottesville VA  22901
434.973.5072
http://www.heart.org/HEARTORG/
Can provide caregiver packet, referral to local support groups.
Caregiver Care

UVA Faculty and Employee Assistance Program 434.243.2643
1224 Jefferson Park Avenue (JPA)
Post Office Box 800752
Charlottesville VA 22908-0752
www.uvafeap.com Elder care sidebar
Provides consultation, I&R, assessment by a Geriatric Care Manager to employees/families of FEAP contracts

UVA Women's Center 434.982.2361
The Corner Building, 14th Street & University Avenue
Charlottesville VA 22908
Provides individual, short-term personal counseling free of charge. Services available to women and men, UVA faculty, staff, and members of the Charlottesville community.
<table>
<thead>
<tr>
<th>Store Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foods of All Nations</td>
<td>434.296.6131</td>
<td>2121 Ivy Road</td>
<td><a href="http://www.foodsofallnations.com/index.htm">http://www.foodsofallnations.com/index.htm</a></td>
<td>Monday-Friday; cost contingent upon area of delivery; Charlottesville and surrounding area.</td>
</tr>
<tr>
<td>Scottsville - IGA</td>
<td>434.286.2721</td>
<td>Post Office Box 870</td>
<td></td>
<td>Does not normally deliver but will make an exception for housebound clients.</td>
</tr>
<tr>
<td>CVS Pharmacy</td>
<td>434.293.6052</td>
<td>208 Main Street</td>
<td></td>
<td>Monday - Friday, no cost within City of Charlottesville.</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>Phone Number</td>
<td>Address</td>
<td>Delivery Details</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Greene Pharmacy</td>
<td>434.985.3424</td>
<td>331 Main Street, Stanardsville VA 22973</td>
<td>Greene Transit (985.5205) will deliver if patient has account with Greene Pharmacy, cost $4.00; Greene County ONLY.</td>
<td></td>
</tr>
<tr>
<td>Meadowbrook Pharmacy</td>
<td>434.296.4135</td>
<td>2037 Barracks Road, Charlottesville VA 22901</td>
<td>Monday- Saturday; City of Charlottesville ONLY.</td>
<td></td>
</tr>
<tr>
<td>Timberlake's Drug Store</td>
<td>434.295.9155</td>
<td>322 East Main Street, Charlottesville VA 22901</td>
<td>Monday - Saturday (would like 24 hour notice for delivery); No cost; City of Charlottesville ONLY.</td>
<td></td>
</tr>
</tbody>
</table>
**Diabetes Care**

UVA Diabetes Education and Management Program
Fontaine Clinical Office Building, Suite 2100
415 Ray C. Hunt Drive, Charlottesville, VA 22903
Patient education; community support group, insuling pumps, workshops

American Diabetes Association

**Disability Resources**

United Way - Thomas Jefferson Area
806 East High Street
Charlottesville, VA 22902
[http://www.unitedwaytja.org/](http://www.unitedwaytja.org/)
"A Practical Guide to Alzheimer's, Dementia and Driving"
The Hartford
200 Executive Boulevard
Southington CT 06489
http://www.thehartford.com/alzheimers/index.html

UVA Health System Driving Safety Lab
Behavioral Medicine Center
Charlottesville VA  22908-00623
http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/neurocognitivestudies/vdsl/assessments
Provides comprehensive assessment of driving abilities.
2-3 hr appts on T, Th and F at 9:00, individual appt
DMV written test & vision test, coordination eval, driving simulator
$300 and insurance does not cover
GovBenefits.gov
U.S. Department of Labor
Washington DC  20210
Free confidential pre-screening for benefits you may be eligible to receive.

Medicare
Health Care Financing Administration
Washington DC  20002
http://www.medicare.gov
Answers questions about Medicare/MediGap, State insurance.
Compares nursing homes, home health and hospitals in your area.

Social Security Administration
Health Care Financing Administration
Washington DC 20002
http://www.ssa.gov

Social Security Administration - Charlottesville
1470 Pantops Mountain Place
Charlottesville VA  22911
Veterans' Benefits  
U.S. Department of Veterans Affairs  
900 E. Main Street  
Richmond VA 23219  
(804) 786-0286  
www.dvs.virginia.gov

Virginia Department of Veterans Services  
2211 Hydraulic Rd  
Charlottesville, VA 22901  

Virginia Insurance and Counseling Assistance Program (VICAP)  
674 Hillsdale Drive, Suite 3  
Charlottesville VA 22901  
434.817.5248  
http://www.jabacares.org/page/full/insurance-counseling-vicap/  
Counseling on medical insurance programs, long-term care insurance, Medicare and Medicaid.
American Associates of Retired Persons (AARP)  
601 "E" Street, N.W.  
Washington DC  20049  
http://www.aarp.org  
800.424.3410  
A Lobbying and educational organization serving individuals aged 50 and older. Provides free booklet and money-saving programs for members.

Central Virginia Area Agency on Aging, Inc.  
3225 Old Forest Road  
Lynchburg VA  24501-2309  
434.385.9070  
Area Agency on Aging for Counties of Amherst, Appomattox, Bedford & Campbell and the cities of Bedford and Lynchburg.

Eldercare Locator  
U.S. Department of Health and Human Services Administration on Aging  
Washington DC  20022  
http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx  
800.677.1116  
Runs a helpline that will tell you how to reach the area agency on aging that oversees services to the elderly in your parents’ hometown.

Jefferson Area Board for Aging (JABA)  
674 Hillsdale Drive  
Charlottesville VA  22901  
http://www.jabacares.org  
434.817.5222  

Long-Term Care Ombudsman/JABA  
674 Hillsdale Drive  
Charlottesville VA  22901  
http://www.jabacares.org/page/full/ombudsman-program/  
434.817.5241
General Information

Senior Navigator
Virginia’s Resource for Health and Aging
http://www.seniornavigator.com/

Valley Program for Aging Services Inc. 540.949.7141
Post Office Box 817
Waynesboro VA 22980-0603
http://valleyprogramforagingservices.org/
Area Agency on Aging for Augusta, Bath, Highland, Rockbridge & Rockingham counties and the cities of Buena Vista, Harrisonburg, Lexington, Staunton & Waynesboro.

Virginia Department for the Aging 800.552.3402
Commonwealth of Virginia
1610 Forest Avenue, Suite 100
Richmond, VA 23229
http://www.vda.virginia.gov/

Children of Aging Parents 800.227.7294
1609 Woodbourne Road, Suite 302-A
Levittown, PA 19057
http://www.caps4caregivers.org/
A Geriatric Care Manager (GCM) is a professional in the field of human services trained and experienced in assessment, coordination, and monitoring of services for older adults and their families.

Ms. Lundi Palmer
Advocates, Inc.  
Post Office Box 7108  
Charlottesville VA  22906-7108

Case Management at JABA  
674 Hillsdale Drive  
Charlottesville VA  22901  
http://www.jabacares.org/page/full/case-management1/

Care is There  
Charlottesville, VA  
http://www.careisthere.com/
Geriatric Care Managers

Faculty and Employee Assistance Program
PO Box 800752, UVAHS
Charlottesville, VA 22903
www.uvafeap.com
for employees and their families

Ms. Monique Snyder
About My Parents
339 Merrick Court
Keswick, VA 22947
http://www.aboutmyparents.com/moniquesnyderowner.html

Valley Program for Aging Services Inc.
Post Office Box 817
Waynesboro VA 22980-0603
http://valleyprogramforagingservices.org/
Area Agency on Aging for Augusta, Bath, Highland, Rockbridge & Rockingham counties and the cities of Buena Vista, Harrisonburg, Lexington, Staunton & Waynesboro.
UVA Family Medicine 434.924-5348
UVA Health System
Post Office Box 800729
Charlottesville, VA 22908-0729
http://www.healthsystem.virginia.edu/internet/familymed

Colonnades Medical Associates 434.924.1212
UVA Health System
Post Office Box 800426
Charlottesville VA 22908-0426
http://www.healthsystem.virginia.edu/internet/primary_care/colonnadesdocs.cfm

UVA Family Medicine - Crossroads 434.243.4660
UVA Health System
Post Office Box 800729
Charlottesville, VA 22908-0729
http://www.healthsystem.virginia.edu/internet/familymed

UVA Family Medicine - Stoney Creek 434.361.2555
UVA Health System
Post Office Box 800729
Charlottesville, VA 22908-0729
Geriatric Medical Care at UVA

UVA Medical Information and Referral Services
UVA Health System
Charlottesville, VA 22908
http://www.healthsystem.virginia.edu/internet/primary_care/geriatricpractices

UVA University Physicians at JABA
674 Hillsdale Drive, Suite 3
Charlottesville VA 22901
http://www.medicine.virginia.edu/clinical/departments/medicine/divisions/general-med/Geriatrics

Geriatric Psychiatry Care

UVA Psychiatric Medicine
Geriatric and Dementia Care Clinic
Northridge; 2955 Ivy Road
Charlottesville VA 22908
http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/neurocognitivestudies/geriatric

Geriatric Medical Care at UVA
Hearing Aids

UVA Department of Audiology
Fontaine Medical Office Building 1, 1st Floor
415 Ray C. Hunt Drive, Suite 1200
Charlottesville, VA 22903
http://uvahealth.com/directions-locations/clinics/audiology-1

ClearSounds: Amplified phones and listening devices
http://www.clearsounds.com/
Care Advantage Plus  
674 Hillsdale Drive, Ste 1  
Charlottesville VA 22901  
Jeff Moscicki, Administrator  
Co-owned by JABA and provides 24 hours a day, 7 days a week skilled care, family care services, private duty, medication assistance and a call reminder service; accepts private pay, insurance and Medicaid. Serves Charlottesville, Albemarle, Fluvanna, Greene, Louisa, Nelson and Orange.

Amedisys  
300 Hickman Road, Suite 301  
Charlottesville, VA 22911  
Colleen Maxwell, Director  
Provides skilled nursing, wound care, infusion therapy, home care, aides, medical social workers, OT, PT and ST, psychiatric services; accepts Medicare and insurance. Serves Charlottesville, Albemarle, Fluvanna, Greene, Louisa, Nelson and Orange.

Apria Healthcare  
1223 Harris Street, Ste 2  
Charlottesville, VA 22903  
Clinical patient management of nutritional diabetes, renal or pulmonary disease; full line of respiratory therapy, home equipment and medications; will accept Medicare, Medicaid and insurance.

At Home Care  
154 Hansen Road, Ste 102B  
Charlottesville, VA 22903  
Julia Boykin, Marketing  
Provides nursing, personal, social and therapeutic care by qualified specialists 7 days a week; many services covered by Medicare, Medicaid and insurance; serves a 50 mile radius.

Home Health Care: Nurses, Aides, Sitters
Calvert Health
672 Berkmar Circle
Charlottesville, VA 22901
Heather McKinsey
Provides personal care, private duty, skilled care, medication administration and psychiatric nursing services 7 days a week, 24 hours a day; accepts Medicare, Medicaid, Tricare, private pay. Serves Charlottesville, Albemarle, Waynesboro, Staunton.

Home Instead Senior Care
1119 5th Street SW
Charlottesville, VA 22902
Jeanne M. McUsker, Owner
Provides companion care (meal preparation, light housekeeping, shopping, medication reminders, organizing mail, planning outings, escorting to appointments); serves Charlottesville, Albemarle, Fluvanna, Greene, Louisa and Nelson.

Hospice of the Piedmont
675 Peter Jefferson Pkwy, Ste 300
Charlottesville, VA 22911
Roberta White, Executive Director
Assists families with final stages of illness (skilled nursing, pastoral social work and volunteer services) and accepts Medicare and Medicaid. Serves Albemarle, Buckingham, Charlottesville, Fluvanna, Greene, Madison, Orange, Nelson and Augusta.

Interim Healthcare
103 S. Pantops Drive, Ste 205
Charlottesville, VA 22911
Elizabeth Haslup, Administrator
Provides skilled and hourly care 7 days a week; accepts Medicare/Medicaid and insurance. Serves Charlottesville, Albemarle, Fluvanna, Greene, Louisa, Nelson, Buckingham, Madison and Orange.

Home Health Care: Nurses, Aides, Sitters
### Jefferson Area Board for Aging (JABA)
674 Hillsdale Drive, Ste 9  
Charlottesville, VA 22901  
Ginger Palmer, Supervisor Case Management

Provides homemaker services Monday through Friday to adults 60 and older who are not covered by Medicare or Medicaid. Fee for service is based on a sliding scale. Serves Louisa and Fluvanna.

#### Karlise In-Home Care, LLC
6774 James Madison Highway, Ste 400  
Fork Union, VA 23055  
Amanda Randolph, CEO

Personal/companion care, skilled nursing, physical therapy, respite care; 24-hour emergency service; accepts Medicaid, LTC insurance, private pay, workers compensation; serves South Albemarle, Charlottesville, Fluvanna, Buckingham, Gordonsville, Orange, Louisa, Goochland, Cumberland.

#### Maxim Healthcare Services
1410 Incarnation Drive, Ste 202  
Charlottesville, VA 22901  
Penny Green, Director of Clinical Services

Personal and companion care, 24 hour service; accepts Medicaid, insurance and private pay. Provides medical staffing, home health care and wellness services.

#### Nurse Finders
1807 Emmet Street N  
Charlottesville, VA 22901  
Rhonda Meade, Director

Staffing for private-duty health care (nurses, aides, companions/sitters, medical clerical) 24 hours a day, 7 days a week; accepts private pay.

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**Home Health Care: Nurses, Aides, Sitters**

Contact information for various home health care providers in the Jefferson Area Board for Aging (JABA) region.
Quality Home Care of Virginia
112-H Crofton Place
Palmyra, VA 22963
Cori Tetto, Owner
www.qualityhomecareofvirginia.com
Personal and companion care 7 days a week; accepts private pay, private insurance or Pay-Pal for clients who wish to pay for services by check, debit or charge card.

Senior Helpers
1709 Emmett Street
Charlottesville, VA 22901
Mike Zirkle, Owner
mzirkle@seniorhelpers.com
Provides companion care (meal preparation, light housekeeping, errands, transportation, medication reminders, planning outings, organizing closets and pantries); accepts private pay.

Sentara Homecare Services
540 Greenfield Terrace
Charlottesville, VA 22901
Provides skilled care and rehab services; serves Charlottesville, Albemarle, Buckingham, Fluvanna, Greene, Louisa, Madison, Nelson, Orange.

T&L Companions, Inc
105 Crofton Plaza, Ste 9
Palmyra, VA 22963
Tamara Arnold, Owner
Provides personal care, meal preparation, private duty, CNA’s and CPA’s 24 hours/7 days a week. Accepts private pay, insurance and serves Charlottesville, Fluvanna and Louisa.

UVA Continuum Home Health Care
2205 Fontaine Ave, Ste 204
Charlottesville, VA 22903
Maggie Short, Administrator
Provides skilled care, chemotherapy infusions and home health aides; accepts Medicare/Medicaid. Serves Charlottesville, Albemarle, Buckingham, Fluvanna, Greene, Louisa, Orange, Madison and Nelson.

Home Health Care: Nurses, Aides, Sitters
Continuum Home Health Care (UVA)
Colony Plaza, Suite 204
2205 Fontaine Avenue
Charlottesville VA 22903
Full home infusion services throughout Virginia.

Home I.V. Care & Nutritional Service
Post Office Box 700
Stuarts Draft, VA 24477
Serves entire state of Virginia.
Access Designs, Inc.
9 River Ridge Drive
Palmyra VA  22963
http://www.tubcut.com
434.589.0792

155-B Carlton Road
Charlottesville VA  22902
434.295.0654
877.882.2827

Home Safety and Repair
Program/JABA
674 Hillsdale Drive
Charlottesville VA  22901
http://www.jabacares.org/services/homeRepair.html
434.817.5222

Albemarle Home Service – Bill Love
434-964-1940
434-249-5500 cell
Hospice Foundation of America
519 "C" Street, N.E.
Washington DC  20002
http://www.hospicefoundation.org/
800.854.3402

Hospice of the Piedmont
2200 Old Ivy Road, Suite 2
Charlottesville VA  22911
http://www.hopva.org
434.817.6900

The Center for Palliative Care
UVA Health System
Post Office Box 801454
Charlottesville VA 22908-1454
434.924.9082
Housing: Assisted Living

Amerisist
400 West Main Street
Louisa VA 23093
27 units.

Colonnades
2600 Barracks Road
Charlottesville VA 22901
44 units.

Countryside II
4317 James Madison Highway
Gordonsville VA 22942
19 units.

Evergreen Manor
118 William Mills Drive
Stanardsville VA 22973
25 units.

Gibson Adult Home
1227 Blue Ridge Avenue
Crozet VA 22932
5 units.

Amerisist
540.967.4600
Colonnades
434.963.4198
Countryside II
540.832.2231
Evergreen Manor
434.985.4411
Gibson Adult Home
434.823.6810 or 434.823.4629
<table>
<thead>
<tr>
<th>Housing: Assisted Living</th>
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<tbody>
<tr>
<td>Helping Hands – The Wrights</td>
</tr>
<tr>
<td>218 Ridge St.</td>
</tr>
<tr>
<td>Charlottesville, VA</td>
</tr>
<tr>
<td>434.977.8887</td>
</tr>
<tr>
<td>Johnson Senior Center</td>
</tr>
<tr>
<td>Post Office Box 416</td>
</tr>
<tr>
<td>Lovingston VA 22949</td>
</tr>
<tr>
<td>36 units.</td>
</tr>
<tr>
<td>434.263.5964</td>
</tr>
<tr>
<td>Johnson Senior Center</td>
</tr>
<tr>
<td>Post Office Box 9</td>
</tr>
<tr>
<td>Roseland VA 22967</td>
</tr>
<tr>
<td>29 units.</td>
</tr>
<tr>
<td>434.277.5939</td>
</tr>
<tr>
<td>Martha Jefferson House</td>
</tr>
<tr>
<td>1600 Gordon Avenue</td>
</tr>
<tr>
<td>Charlottesville VA 22903</td>
</tr>
<tr>
<td>32 units.</td>
</tr>
<tr>
<td>434.293.6136</td>
</tr>
<tr>
<td>Morningside</td>
</tr>
<tr>
<td>491 Crestwood Drive</td>
</tr>
<tr>
<td>Charlottesville VA 22903</td>
</tr>
<tr>
<td>115 units.</td>
</tr>
<tr>
<td>434.971.8889</td>
</tr>
<tr>
<td>Housing: Assisted Living</td>
</tr>
<tr>
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</tr>
<tr>
<td>Mountainside</td>
</tr>
<tr>
<td>Post Office Box 310</td>
</tr>
<tr>
<td>Crozet VA 22932</td>
</tr>
<tr>
<td>117 units.</td>
</tr>
<tr>
<td>Our Lady of Peace</td>
</tr>
<tr>
<td>751 Hillsdale Drive</td>
</tr>
<tr>
<td>Charlottesville VA 22901</td>
</tr>
<tr>
<td><a href="http://www.our-lady-of-peace.com/">http://www.our-lady-of-peace.com/</a></td>
</tr>
<tr>
<td>102 units.</td>
</tr>
<tr>
<td>Pine Grove</td>
</tr>
<tr>
<td>2609 North Garden Lane</td>
</tr>
<tr>
<td>North Garden VA 22959</td>
</tr>
<tr>
<td>8 units.</td>
</tr>
<tr>
<td>Reeves</td>
</tr>
<tr>
<td>3744 Monacan Trail Road</td>
</tr>
<tr>
<td>North Garden VA 22959</td>
</tr>
<tr>
<td>8 units.</td>
</tr>
<tr>
<td>Riverdale</td>
</tr>
<tr>
<td>1329 Riverdale Drive</td>
</tr>
<tr>
<td>Charlottesville VA 22902</td>
</tr>
<tr>
<td>37 units.</td>
</tr>
<tr>
<td>Housing: Assisted Living</td>
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<tr>
<td><strong>Rosewood Village</strong></td>
</tr>
<tr>
<td>500 Greenbrier Drive</td>
</tr>
<tr>
<td>Charlottesville VA 22901</td>
</tr>
<tr>
<td>75 units</td>
</tr>
<tr>
<td><strong>Virginia Neurology Care and Services, Inc.</strong></td>
</tr>
<tr>
<td>300 Carlton Road</td>
</tr>
<tr>
<td>Charlottesville VA 22902</td>
</tr>
<tr>
<td>19 units</td>
</tr>
<tr>
<td><strong>Westminster-Canterbury</strong></td>
</tr>
<tr>
<td>250 Pantops Mountain Road</td>
</tr>
<tr>
<td>Charlottesville VA 22911</td>
</tr>
<tr>
<td><a href="http://www.westminstercanterbury.org/">http://www.westminstercanterbury.org/</a></td>
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<tr>
<td><strong>Winterhaven I and II</strong></td>
</tr>
<tr>
<td>220 S. Pantops Drive</td>
</tr>
<tr>
<td>Charlottesville VA 22911</td>
</tr>
<tr>
<td>86 units</td>
</tr>
<tr>
<td>Nursing Home</td>
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<tr>
<td>Colonnades</td>
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<td></td>
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<tr>
<td>Evergreene Nursing Care Center</td>
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</tr>
<tr>
<td>Heritage Hall</td>
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<tr>
<td>Louisa Health Care Center</td>
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<tr>
<td>Housing: Nursing Homes</td>
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</tr>
<tr>
<td>Lovingston Health Care</td>
</tr>
<tr>
<td>Post Office Box 398</td>
</tr>
<tr>
<td>Martha Jefferson House</td>
</tr>
<tr>
<td>1600 Gordon Avenue</td>
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<tr>
<td>Our Lady of Peace</td>
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<tr>
<td>751 Hillsdale Drive</td>
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<tr>
<td>Ruxton Health at the Village</td>
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<tr>
<td>Post Office Box 669</td>
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<tr>
<td>Nursing Home</td>
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<tr>
<td>The Cedars</td>
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<td>The Laurels of Charlottesville</td>
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<td>Trinity Mission of Charlottesville</td>
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<tr>
<td>Westminster-Canterbury</td>
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</table>
American Bar Association Commission on Legal Problems of the Elderly  
740 15th Street, N.W.  
Washington DC 20005  

Blue Ridge Legal Services, Inc.  
204 N. High Street  
Post Office Box 551  
Harrisonburg VA 22801  

Central Virginia Legal Aid Piedmont Office  
1000 Preston Avenue, Suite "B"  
Charlottesville VA 22902  

Legal Aid Justice Center  
1000 Preston Avenue  
Charlottesville VA 22902  

Legal Assistance
Virginia Bar Association
701 E. Franklin Street, Suite 1120
Richmond VA 23219
http://www.vsb.org/vlrs.html
434.644.0041

Virginia Lawyer Referral Service c/o VA. State Bar Association
707 E. Main Street
Suite 1500, Eighth and Main Building
Richmond VA 23219
http://www.vsb.org/vlrs.html
800.552.7977

Virginia Legal Aid Society
513 Church Street
Post Office Box 6058
Lynchburg, VA 24505
Serving Lynchburg, and Counties of Amherst, Appomattox and Campbell
434.528.4722
Interim In-Touch
103 South Pantops
Suite 205
Charlottesville VA 22911
Also has medication dispenser equipment.

Lifeline Medical Alert System
307 Cayuga Road
Suite 150
Buffalo NY 14225

Medi-Mate
UVA Hospital Auxiliary, Inc.
Post Office Box 800668
Charlottesville VA 22908

Medical Alert Systems
Alpha Medical Aids, Inc.
516 Pantops Shopping Center
Charlottesville VA  22901
434.971.7300

American Home Patient
1155 Fifth Street Extended
Charlottesville VA  22902
434.293.8737

Lin-Care, Inc
386 Greenbrier Drive
Charlottesville VA  22901
434.974.6688

M.I.T.S. of Virginia
2075 W. Main Street
Waynesboro VA  22980
Stair lifts, scooters, electric wheelchairs
540.932.7620

Meadowbrook Pharmacy
2037 Barracks Road
Charlottesville VA  22901
434.296.4135

Medical Equipment
<table>
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<tr>
<th>Medical Equipment</th>
<th>Phone</th>
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<tr>
<td>MediCorp Home Health Services</td>
<td>434.296.8310</td>
<td>Charlottesville VA  22902</td>
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<tr>
<td></td>
<td>800.468.2219</td>
<td></td>
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<tr>
<td>Pediatric Connections</td>
<td>434.220.6000</td>
<td>1233-A Cedars Court  Charlottesville VA  22903</td>
</tr>
<tr>
<td>Mobility Solutions</td>
<td>434.972.7041</td>
<td>4159 Edge Valley Road  North Garden  VA  22959</td>
</tr>
<tr>
<td>Roberts Home Medical</td>
<td>434.973.7847</td>
<td>2146 Berkmar Drive  Charlottesville VA  22901</td>
</tr>
<tr>
<td>Timberlake's Drug Store</td>
<td>434.295.9155</td>
<td>322 Main Street East  Charlottesville, VA  22902</td>
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</tbody>
</table>
Home-Delivered Meals/JABA 434.817.5222
674 Hillsdale Drive
Charlottesville VA  22901

Meals on Wheels 434.293.4364
Kluge Children's Rehabilitation Center
Charlottesville VA  22901

Rappahannock-Rapidan Community Services Board 540.825.3100
Post Office Box 1568
Culpeper VA  22701
Home delivered meals

UVA Nutrition Counseling Center 434.924.2155
UVA Health System
Post Office Box 800673
Charlottesville VA  22908-0673
Overnight Respite

Cedars
1242 Cedars Court
Charottesville VA  22903

Evergreen Meadows
422 William Mills Drive
Stanardsville VA  22973
Stay must be at least one week.

Heritage Hall
505 West Rio Road
Charlottesville VA  22901

Morningside
491 Crestwood Drive
Charlottesville VA  22903
Overnight Respite

Morningside
Post Office Box 310
Crozet VA 22932
434.823.4307

Riverdale Assisted Living Facility
1329 Riverdale Drive
Charlottesville VA 22902
434.293.9845

Westminster Canterbury of the Blue Ridge
250 Pantops Mountain Road
Charlottesville VA 22911
434.980.9100

Winterhaven
220 South Pantops Drive
Charlottesville VA 22911
434.977.0002

Overnight Respite
Pain Management

UVA Pain Management Center
545 Ray C. Hunt Drive, Suite 545
Post Office Box 801008
Charlottesville VA  22908-1108

Parkinson's Disease and Other Movement Disorders

American Parkinson's Disease Association (APDA)
Information and Referral
500 Ray C. Hunt Drive
Post Office Box 801018
Charlottesville VA  22903

Located at the University of Virginia. Offers information and educational materials for patients, their families, and caregivers. Makes referrals to medical and rehab specialists.

UVA Movement Disorders Program
500 Ray C. Hunt Drive
Post Office Box 801018
Charlottesville VA  22903

434.243.5678
434.982.4482
434.924.5304
Senior Centers

http://www.jabacares.org/services/seniorCentersListing.html

Esmont Senior Center 434.286.3100
Odd Fellows Hall
Esmont VA 22937

Fluvanna Senior Center 434.842.3693
5725 James Madison Hwy
Fork Union VA 23055

Gladstone Senior Center 434.933.8286
Post Office Box 83
Gladstone VA 24553

Greene County Senior Center 434.985.2047
22 Main Street
Standardville VA 22973
Keswick Community Senior Center  434.296.0632
Union Run Baptist Church
Keswick VA  22947

Louisa Senior Citizen Center  540.967.4430
Betty Queen Intergenerational Building
Louisa VA  23093

Mary Williams Senior Center  434.817.9424
1512 E. Market Street
Charlottesville VA  22901

Nelson Senior Center  434.263.7155
Post Office Box 297
Lovingston VA  22949
Rockfish Senior Center  434.361.0100
Rockfish Valley Community Center
Afton VA  22920

Scottsville Senior Center  434.286.6890
Scottsville Community Center
Scottsville VA  24590

Senior Center, Inc.  434.974.7756
1180 Pepsi Place
Charlottesville VA  22901

Shipman Senior Center  434.263.5288
Shipman Civic Center
Shipman, VA  22971
http://www.jabacares.org/services/seniorCentersListing.html
Support Groups

Alzheimer's Association, 434.973.6122
Central and Western Virginia Chapter
674 Hillsdale Drive
Suite 1
Charlottesville VA  22901
Offers caregiver support groups in Charlottesville, Albemarle, Culpeper, Fluvanna, Louisa and Orange Counties. Call for information about days, times and locations.

Charlottesville Parkinson's Support Group (CPSG) 434.982.4482
of Westminster-Canterbury
Department of Neurology
UVA Health System, #394
Charlottesville VA  22908

Macular Degeneration Support Group 434.924.1941
UVA Contact = Jenny Hinebaugh
Meets Monday

Stroke Support Group "Comeback Club" 434.244.2092
Meets 3rd Monday monthly at the VA. Forestry Building
900 Natural Resources Drive
Charlottesville VA
(Fontaine area of UVA/HealthSouth)
Augusta Medical Transport Services  540.932.5777
173 Medical Center Circle
Fishersville VA 22939

Greene County Transport  434.985.5205
Post Office Box 437
Stanardsville VA 22973

JAUNT, Inc.  434.296.3184
104 Keystone Place
Charlottesville VA 22902
http://www.ridejaunt.org

Lifecare Medical Transports  800.772.1907
2030 Avon Court
Suite 213
Charlottesville VA 22902
http://www.lifecare94.com
Incontinence Clinic
UVA Health System
Post Office Box 800442
Charlottesville VA 22908-0442

National Association for Continence
Post Office Box 8310
Spartanburg SC 29307

Educational information about incontinence and a catalog of special projects.