



## COMMUNITY RESPONSE TO COVID-19 / RESOURCE LIST

Local & Regional Resources for Older Adults in Planning District 9  
Culpeper, Fauquier, Madison, Orange, Rappahannock Counties.  
This list is in alphabetical order. All info is subject to change.

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

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| <b>ASSISTED LIVING /<br/>NURSING HOMES</b>                | Alzheimer's Association<br>Community Resource Finder.<br>For a list of facilities click on<br>"Housing Options" to find by<br>zip code.                             | <a href="https://www.communityresourcefinder.org/">https://<br/>www.communityresourcefinder.org/</a>  |                                  |
| <b>BLIND OR<br/>VISUALLY IMPAIRED</b>                     | <b>DEPARTMENT FOR THE BLIND &amp;<br/>VISUALLY IMPAIRED</b>   | <a href="https://www.vdbvi.org/">https://www.vdbvi.org/</a>   | (804) 371-3151<br>(800) 622-2155 |
| <b>CAREGIVING</b>   | Helpful websites<br><br>(educational information,<br>resources, services)   | <a href="http://www.agingtogether.org">www.agingtogether.org</a><br><br><a href="http://www.alz.org/cwva">www.alz.org/cwva</a><br><br><a href="http://www.caregiver.com">www.caregiver.com</a><br><br><a href="http://www.caregiving.com">www.caregiving.com</a><br><br><a href="http://www.communityresourcefinder.org/">www.communityresourcefinder.org/</a><br><br><a href="http://www.cornerstoneva.org/caregivers">www.cornerstoneva.org/<br/>caregivers</a><br><br><a href="http://www.seniornavigator.org">www.seniornavigator.org</a><br><br><a href="http://www.caregiverstress.com">www.caregiverstress.com</a><br><br><a href="http://www.medicare.gov">www.medicare.gov</a> |                                  |
| <b>COVID-19</b><br>Credible and up-to-date<br>Information | <b>State of Virginia</b><br><br><b>CDC</b> (Centers for Disease<br>Control & Prevention)<br><br><b>VA HEALTH DEPARTMENT</b><br><br><b>WORLD HEALTH ORGANIZATION</b> | <a href="http://www.virginia.gov/coronavirus-updates/">www.virginia.gov/coronavirus-<br/>updates/</a><br><br><a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/<br/>coronavirus/2019-ncov/<br/>index.html</a><br><br><a href="http://www.vdh.virginia.gov/rappahannock-rapidan/">http://www.vdh.virginia.gov/<br/>rappahannock-rapidan/</a><br><br><a href="https://www.who.int/">https://www.who.int/</a>   | <b>540-316-6280</b>              |
| <b>DEAF &amp; HEARING<br/>IMPAIRED</b>                    | <b>DISABILITY RESOURCE CENTER</b>   |   | <b>540-373-5890 (CAPTEL)</b>     |
| <b>DENTAL CARE</b>  | <b>PIEDMONT REGIONAL DENTAL<br/>CLINIC</b><br>(Care for uninsured /<br>underinsured for all ages in<br>Orange County)   | <a href="https://www.vaprdc.org/">https://www.vaprdc.org/</a>   | <b>540-661-0008</b>              |

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| <b>DEPARTMENTS OF SOCIAL SERVICES (DSS)</b>                 | Information on benefits, Adult Protective Services, meals, housing & more  | Culpeper<br>Fauquier<br>Madison<br>Orange<br>Rappahannock  | <b>540-727-0372</b><br><b>540-422-8400</b><br><b>540-948-5521</b><br><b>540-672-1155</b><br><b>540-675-3313</b> |
|   | <p>Also Under Culpeper DSS:</p> <p><b>Culpeper First Call for Help</b> - provides emergency food assistance &amp; resources for Culpeper residents; M-F, 9-5pm / <b>540-229-3816</b></p> <p><b>Sam's Place</b> - (food closet &amp; firewood) / <b>540-727-1055</b>, press 0</p> |  |   |
| <b>DISABILITY RESOURCE CENTER</b>                           | Provides durable medical equipment   | <a href="http://www.cildrc.org">www.cildrc.org</a>   | <b>540-373-2559</b>   |
| <b>FOOD</b><br>For local food pantries & distribution sites | <b>DEPARTMENTS OF SOCIAL SERVICES (DSS)</b>  | Culpeper<br>Fauquier<br>Madison<br>Orange<br>Rappahannock  | <b>540-727-0372</b><br><b>540-422-8400</b><br><b>540-948-5521</b><br><b>540-672-1155</b><br><b>540-675-3313</b> |
|   | <b>RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES (RRCs)</b>  | <a href="http://www.rrcsb.org">www.rrcsb.org</a><br><br><u>Culpeper</u> : Hannah Botocario X3467<br><br><u>Fauquier</u> : Poppy Foddrell (Poppy is also the Medicare expert) X3427<br><br><u>Madison</u> : Toni Browning X3471<br><br><u>Orange</u> : Jennifer Zamora X3450<br><br><u>Rappahannock</u> : Kathi Walker (Kathi is also the Long Term Care Ombudsman) X3416 | <b>540-825-3100</b>   |
|   | <b>FAUQUIER COUNTY - COMMUNITY TOUCH FOOD PANTRY</b>   | <a href="https://www.communitytouchinc.org/">https://www.communitytouchinc.org/</a>  | 540-439-9300  |
|   | <b>BLUE RIDGE AREA FOOD BANK</b>   | <a href="https://www.brafb.org/find-help/pantry-locator/">https://www.brafb.org/find-help/pantry-locator/</a>  |   |
|   | <b>SALVATION ARMY - CULPEPER OFFICE</b>  |  | 540-321-4859  |
|   | <b>AGING TOGETHER</b>  | <a href="http://www.agingtogether.org">www.agingtogether.org</a>   |   |

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| <b>FRAUD &amp; SCAMS</b> | <p>Info from the federal government (FTC) regarding COVID-19 scams</p> <p><b>FRAUD/SCAM HOTLINE</b></p>   | <p><a href="http://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing">www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing</a></p>                                       | <p><b>833-372-8311</b><br/>(833-FRAUD-11)</p>   |
| <b>HEALTH DEPARTMENT</b> | <p>Rappahannock Rapidan Health District</p>   | <p><a href="http://www.vdh.virginia.gov/rappahannock-rapidan/">http://www.vdh.virginia.gov/rappahannock-rapidan/</a></p>  | <p><b>540-316-6280</b></p>  |
| <b>HOSPITALS</b>         | <p>Culpeper Regional Health System</p> <p>Fauquier Health Hospital</p>  |   | <p><b>540-829-4100</b></p> <p><b>540-316-5000</b></p>   |
| <b>HOTLINES</b>          | <p><b>2-1-1 VIRGINIA</b> - for state information on community resources &amp; services</p> <p><b>FAMS ONE CALL CENTER</b><br/>(central hub for local transportation)</p> <p><b>FRAUD/SCAM HOTLINE</b></p> <p><b>PATH COMMUNITY LINK</b><br/>Free information &amp; referral call center; available to Culpeper, Fauquier &amp; Rappahannock residents</p> <p><b>PEER2PEER MENTAL HEALTH HOTLINE</b><br/>(connects you to a “peer specialist” who is on call)</p> <p><b>VETERANS CRISIS HOTLINE</b></p> <p>Or <b>VETERANS SERVICES</b></p> | <p><a href="http://www.211virginia.org">www.211virginia.org</a></p> <p><a href="https://pathforyou.org/community-link/">https://pathforyou.org/community-link/</a></p>                          | <p><b>211</b></p> <p><b>540-829-5300</b></p> <p><b>833-372-8311</b><br/>(833-FRAUD-11)</p> <p><b>855-495-5465</b><br/>(855-495-LINK)</p> <p><b>833-626-1490</b></p> <p><b>800-273-8255</b> Press 1</p> <p><b>703-630-2810</b></p> |
| <b>HOUSING</b>           | <p><b>FOOTHILLS HOUSING NETWORK</b><br/>(emergency shelter &amp; housing issues)</p> <p><b>LEGAL AID WORKS</b><br/>(free legal assistance on eviction &amp; housing issues)</p> <p>Rebecca Wareham<br/>(Rappahannock-Rapidan Regional Commission)</p> <p><b>FAUQUIER COUNTY - COMMUNITY TOUCH FOOD PANTRY</b></p>   | <p><a href="http://www.legalaidworks.org">www.legalaidworks.org</a></p> <p>rwareham@rrregion.org</p> <p><a href="https://www.communitytouchinc.org/">https://www.communitytouchinc.org/</a></p> | <p><b>540-724-6630</b></p> <p><b>540-371-1105</b></p> <p><b>540-829-7450</b></p> <p>540-439-9300</p>  |

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| <b>NURSING HOMES / ASSISTED LIVING</b>  | Alzheimer's Association Community Resource Finder. For a list of facilities click on "Housing Options" to find by zip code.   | <a href="https://www.communityresourcefinder.org/">https://www.communityresourcefinder.org/</a>   |  |
| <b>OMBUDSMAN</b><br>(for Long Term Care facilities)   | Kathi Walker  |   | <b>540-825-3100</b> X3416  |
| <b>RAPPAHANNOCK COUNTY SUPPORT FOR OLDER ADULTS</b>   | <b>RAPP-AT-HOME</b><br>(help with deliveries, meals, transportation)  | <a href="mailto:info@rappathome.org">info@rappathome.org</a>  | <b>540-937-4663</b><br>(540-937-HOME)  |
| <b>RAPPAHANNOCK COMMUNITY SERVICES</b><br>This organization comprises both the <b>AREA AGENCY ON AGING &amp; the COMMUNITY SERVICES BOARD</b> | Information on meals, programs, Senior Centers, Transportation & other services for older adults  | <a href="http://www.rrcsb.org">www.rrcsb.org</a><br><br><u>Culpeper:</u> Hannah Botocario<br><br><u>Fauquier:</u> Poppy Foddrell (Poppy is also the Medicare expert)<br><br><u>Madison:</u> Toni Browning<br><br><u>Orange:</u> Jennifer Zamora<br><br><u>Rappahannock:</u> Kathi Walker (Kathi is also the Long Term Care Ombudsman)   | <b>540-825-3100</b><br><br>X3467<br><br>X3427<br><br>X3471<br><br>X3450<br><br>X3416 |
| <b>RESOURCE GUIDES</b>  | 211 - connects to resources around the state of VA<br><br>Culpeper - <b>HEALTHY CULPEPER</b><br><br><b>FAUQUIER RESOURCE GUIDE</b><br><br><b>MADISON RESOURCE GUIDE</b><br><br><b>RAPPAHANNOCK - "A GUIDE TO SENIOR SERVICES" - CALL RAPP-AT-HOME FOR A MAILED COPY</b> | <a href="https://www.211virginia.org/consumer/">https://www.211virginia.org/consumer/</a><br>Or<br><a href="http://www.211.org/">http://www.211.org/</a><br><br><a href="http://healthyculpeper.com/resource-guide/">http://healthyculpeper.com/resource-guide/</a><br><br><a href="https://www.fauquierresources.com/read-the-guide">https://www.fauquierresources.com/read-the-guide</a><br><br><a href="http://shininghands.org/madison-resource-guide/">http://shininghands.org/madison-resource-guide/</a> | 211<br><br><br><br><br><br><br><br><br><br><br><b>540-937-4663</b>                   |
| <b>SAM'S PLACE</b>  | Food Closet & Firewood for Culpeper residents   |   | <b>540-727-1055</b> press 0  |
| <b>TRANSPORTATION</b>   | <b>FAMS ONE CALL CENTER</b><br>(central hub for local transportation)   |   | <b>540-829-5300</b>  |

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| <b>VETERANS</b>                | <b>VETERANS CRISIS HOTLINE</b><br>Or <b>VETERANS SERVICES</b>   |   | <b>800-273-8255</b> Press 1<br><b>703-630-2810</b> |
| <b>VOLUNTEER OPPORTUNITIES</b> | <b>AARP</b><br><b>PATH VOLUNTEER HUB</b><br>(If you looking for ways to help during the COVID-19 pandemic...For example, reaching out to isolated adults through technology, letter writing, etc. Or - sewing masks, making phone calls, or more. | <a href="http://www.aarp.org">www.aarp.org</a><br><a href="https://www.letsvolunteer.org/">https://www.letsvolunteer.org/</a> |  |