

Campbell County Social Services Community Resource Directory



Campbell County Department of Social Services

69 Kabler Lane, Rustburg VA, 24588

Mailing Address- PO Box 860, Rustburg, VA 24588

434-332-9585 Fax: 434-332-9699

www.co.campbell.va.us/295/Social-Services

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 1-833-5CALLVA (1-833-522-5582)

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

Child Abuse or Neglect Hotline (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

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ENERGY ASSISTANCE

United Way of Central Virginia (434) 846-8467

Neighbor to Neighbor – AEP

Eligibility

- Applicant must have a termination notice or service has been disconnected.

Neighbor to Neighbor – Columbia Gas

Eligibility

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

- Applicants must have a disconnect notice or be in danger of losing their primary heat source. Applicants age 60 or older do not need to have a disconnection notice.

CITIZENS ENERGY 877-563-4645

Emergency Energy Assistance

(January through March)

www.citizensenergy.com

National Energy Assistance Hotline 1-866-674-6327

GENERAL RESOURCES

SALVATION ARMY

Utilities, eviction, 1st month rent

www.lynchburg.salvationarmypotomac.org/lynchburg/center-of-hope

2215 Park Ave.

Lynchburg, VA 24501

434-845-5939

INTERFAITH OUTREACH

Utilities (cut-off & deposit), eviction, 1st month rent, furniture, toiletries, cleaning supplies, homeless prevention program, home repairs, progressive release program

www.interfaithoutreach.org

701 Clay Street

Lynchburg, VA 24504

434-846-6098

LYNCHBURG COMMUNITY ACTION GROUP (LYN-CAG)

Utilities, rent, food boxes, weatherization programs

1010 Main St.

Lynchburg, VA 24504

434-455-1601

MORE AID

St. Thomas More Catholic Church

Provides financial assistance, food pantry and diaper assistance

www.stmva.org/moreaid.html

3015 Roundelay Road

Lynchburg, VA 24502

434-237-8851

DAWN

Electric, rent, medication, food, heating

Must live within 15 mile radius of Altavista location

417 Washington St. (Mailing: POB 325)

Altavista, VA 24517

434-363-7969

BEAM (Brookneal Residents Only)

Assistance with food and electric cut-off
Must live in service area, approximately a 12-mile radius from Brookneal

Brookneal Community Building
434-376-6686

SERCAP (Southeast Rural Community Assistance Project)

Program to assist with homeowners with home repairs (including but not limited to plumbing, lead mitigation, well/septic)
www.sercap.org

347 Campbell Ave. SW
Roanoke, VA 24016
540-345-1184

You will need to visit the above 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.**

CLOTHING RESOURCES

GOODWILL THRIFT STORES (Discount clothing and household items)

3213 Forest Brook Rd (behind Walmart on Old Forest Rd) Lynchburg **434-385-5375**
2420 Wards Rd Lynchburg **434-239-6637**
22103 Timberlake Rd Lynchburg **434-237-5470**
18366 Forest Rd (on 221) Forest **434-316-0178**
4090 S Amherst Hwy. Madison Heights, VA 24572 **434-929-1246**
1128 E Lynchburg Salem Turnpike Ste. 900 Bedford, VA 24523 **540-586-6228**

Parkview Community Mission's Clothing Connection

2323 Memorial Ave Suite 28
Lynchburg, VA 24501

434-845-8468 ext. 900

Located in the lower level of the Plaza

www.parkviewmission.org/tcc

Agape Center (Clothing, Food, Hygiene/Cleaning Items, Housewares, Furniture)

434-846-2783

3026 Carroll Ave.
Lynchburg, VA 24501
www.agapelyh.org

Bedford Christian Ministries

540-586-2633

217 W. Washington St.
Bedford, VA 24523
(Provides food, clothing, household items, and limited financial assistance to senior, disabled and low-income residents.)

Grace Baptist Church Clothes Closet

434-846-5007

337 Lakeview Dr.
Madison Heights, VA 24572

EMPLOYMENT/EDUCATIONAL RESOURCES

Adult & Career Education (ACE)

Regional Office- Amherst Education Center

219 Trojan Rd.

Madison Heights, VA 24572

(434) 528-6494

(Classes offered in Amherst, Appomattox, Bedford, and Campbell Counties, and Lynchburg City)

www.centralvaadulted.com

Adult Learning Center

1200-1208 Polk St.

Lynchburg, VA 24504

(434) 515-5160

www.lcsedu.net/ourschools/special-programs/adult-learning-center

Goodwill Industries in Central Virginia

6301 Midlothian Turnpike

Richmond, VA 23225

Office: 804-745-6300

1-800-922-0661

www.goodwillvirginia.org

LynCAG Opportunity Center

1010 Main Street

Lynchburg, VA 24504

Office: (434) 455-1601

www.lyncag.org/employment

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

<https://campbellcountylibraries.org/literacy/>

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)

1010 Main Street
Lynchburg, VA 24504
Office: (434) 455-1601, ext. 311
rcarter@lyncag.org
www.lyncag.org/employment/

Financial assistance, housing, substance abuse referrals, legal referrals, medical referrals, transportation assistance, food referrals for adults who have been convicted of a crime, within 12 months of release from incarceration

Virginia Career Works (for adults and youth)

3125 Odd Fellows Rd.
Lynchburg, VA 24501
(434) 455-5940
info@vcwcentral.com
www.vcwcentralregion.com

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

Action Recruiters (434) 237-0908
20722 Timberlake Rd., #2
Lynchburg, VA 24502

Adecco Staffing (J. Crew) (434) 239-0013
7335 Timberlake Rd.
Lynchburg, VA 24502

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

Division One Staffing (434) 239-0004
300 Gristmill Dr., Suite B
Forest, VA 24551

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

Evolving Solution Services 801 Church St. Lynchburg, VA 24504	(434) 856-0568
Kelly Services 5508 Fort Ave., Suite A Lynchburg, VA 24502	(434) 237-0777
Manpower 18013 Forest Road Forest, VA 24551	(434) 832-0266
PeopleReady/Spartan Staffing 2264 Lakeside Dr., Suite B Lynchburg, VA 24502	(434) 385-4831
Staffmark 1315 Enterprise Dr. Lynchburg, VA 24502	(434) 385-0123
Workforce Solutions 104 Annjo Ct., Suite B Forest, VA 24551	(434) 385-0061

EMPLOYMENT RESOURCES FOR EX-OFFENDERS

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

Virginia CARES - LynCag
1010 Main St.
Lynchburg, VA 24504
434-435-1601, ext. 311

rcarter@lyncag.org (Roslyn Carter, case manager)

www.lyncag.org/employment/

Financial assistance, housing, substance abuse referrals, legal referrals, medical referrals, transportation assistance, food referrals for adults who have been convicted of a crime, within 12 months of release from incarceration

Interfaith Outreach - Progressive Release program

701 Clay St.
Lynchburg, VA 24502
434-846-6098

www.interfaithoutreach.org/progressive-release-program

Life skills and job readiness classes for ex-offenders

www.newleafemployment.com (Lynchburg)

www.jobsonline.com

www.vec.virginia.gov/find-a-job

www.indeed.com

www.vec.virginia.gov/ex-offender-assistance

www.vec.virginia.gov/vecportal/seeker/pdf/exoffenderassistancegeneric.pdf

FOOD PANTRIES

Contact each organization directly to find out the most current hours of operation.

Blue Ridge Area Food Bank

501 Twelfth St., Suite B
Lynchburg, VA 24504
www.brafb.org

(434) 845-4099
Fax: (434)845-6153

BEAM

Brookneal Community Building
Must live in service area, approximately a 12-mile radius from Brookneal

434-376-6686

Chapel Grove Baptist Church

1046 Chapel Grove Rd.
Evington, VA 24550

(434) 821-2017
chapelgrove24550@gmail.com

Change Me Ministries & Fellowship

2310 Fort Ave.
Lynchburg, VA 24501

(434) 528-4502
(434) 401-2636
cmministries@msn.com

Christian Life Church

333 Shirlen Dr.
Altavista, VA 24517
www.christianmemorialphc.com

(434) 369-7134

Come to the Altar Ministries

101 Booker Rd.
Brookneal, VA 24528

(434) 650-6184

Court Street Baptist Church

517 Court Street
Lynchburg, VA 24505
www.courtstreetbaptistchurch.com

(434) 847-8209

DAWN

417 Washington St. (Mailing: POB 325)
Altavista, VA 24517
Electric, rent, medication, food, heating

(434) 363-7969

Fairview Christian Church

2701 Campbell Avenue
Lynchburg, VA 24501

(434) 845-6031
fairviewchristian@comcast.net

Fairview United Methodist

3041 Campbell Avenue
Lynchburg, VA

(434) 258-8372
fairviewumcva@yahoo.com

Fellowship Church of Christ

1816 Bedford Ave.
Lynchburg, VA 24504

(434) 528-3924
fellowshipchurchofchrist@msn.com

First Baptist Church

P. O. Box 392
710 12th St.
Altavista, VA 24517

(434)369-7175

First Baptist Church, South Lynchburg

2500 Tazwell Avenue
Lynchburg, VA 24501
www.firstbaptistchurchsouthlyn.com

(434) 846-4064

First Church of Jesus

219 Jackson Street
Lynchburg, VA 24504

(434) 846-5373

Grace Community Church

911 Grace Ave.
Altavista, VA 24517
www.gracecommunity-av.org

(434) 369-6344
vagrace@gmail.com

Hyland Heights Baptist Church

11452 Wards Road
Rustburg, VA 24588

(434)821-6906
Fax: (434)821-6907
email: foodpantry@hhbc.net
<https://www.hhbc.net>

Interfaith Outreach Association

701 Clay Street
Lynchburg, VA 24504
www.interfaithoutreach.org
Emergency food, need referral from DSS or other agency

(434)846-6098
Fax (434)846-1040
email: ioa@ntelos.net

Jericho Outreach Ministries, Inc.

606 5th Street
Lynchburg, VA 24504
Emergency food assistance only.
www.jerichooutreachministry.org

(434) 845-0834
(434) 846-1072
Fax (434)821-6907

Keystone Baptist Church Food Pantry

212 Fleetwood Drive
Lynchburg, VA 24501

Keystone Community Only

(434)239-4197
Fax (434)239-4127

Love & Truth Community Church

3135 Fort Avenue
Lynchburg, VA 24501
www.ltchurch.org

(434)845-0200
ltccpastor@gmail.com

Lynchburg Church of Nazarene

1737 Wards Ferry Road
Lynchburg, VA 24502
www.compassionva.com

(434)239-4943
By appointment

Lynchburg Community Action Group (Lyn-Cag)

926 Commerce Street
Lynchburg, VA 24504

Provides emergency food to needy clients. 1 food box every 6 months. Written application required.

(434) 846-2778
Fax **(434) 846-2759**

New Prospect Baptist Church

2209 Buffalo Springs Turnpike
Monroe, VA 24574
www.newprospectbaptistva.org

(434) 922-7169
newprospectbc@gmail.com

Parkview Community Mission

2420 Memorial Ave
Memorial at Wadsworth
Lynchburg, VA 24501
www.parkviewmission.org

(434)845-8468

Piedmont Community Impact Food Distribution Center

215 School Road
Gladys, VA 24554

(434) 426-7179

Project Manna

Piedmont Community Impact Org.
1802 Long Island Road
Gladys, VA 24554

(434) 283-7531
Fax **(434) 283-7532**

Rivermont Area Emergency Food Pantry

1000 Langhorne Road
Lynchburg, VA 24503

(434)384-8441

Rustburg United Methodist Church

664 Village Hwy.
Rustburg, VA 24588
www.rustburgumc.com

(434) 332-5454
Can deliver if homebound

Seven Hills Church of Christ Food Pantry

810 Old Graves Mill Road
Lynchburg, VA 24502
www.sevenhillchurchofchrist.com

(434) 237-3666
By Appointment

Shekijah Prep Assembly

104 Fleetwood Drive
Lynchburg, VA 24501
www.shekijah.org

(434) 237-7721

Smyrna Seventh Day Adventist

911 Taylor Street
Lynchburg, VA 24504

www.smyrnava.adventistchurch.org

(434) 846-0033
By appointment

St. Thomas More Catholic Church

3015 Roundelay Road
Lynchburg, VA 24502

www.stmva.org

(434) 237-8851
info@stmva.org

Timberlake Church Fillin' Station

21649 Timberlake Road
Lynchburg, VA 24502

www.timberlakechurch.org

(434) 239-1348
contact@timberlakechurch.org

Tree of Life Ministries

2027 12th Street
Lynchburg, VA 24501

(434) 485-8214

Food pantries providing home delivery:

Candlelight Outreach Church

243 Jackson Lane
Concord, VA 24538

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.

(434) 993-3677

(434) 238-2638

Rustburg United Methodist Church

664 Village Hwy.
Rustburg, VA 24588

Monthly food pantry for pick-up but can also deliver to home-bound individuals; call to arrange in advance.

(434) 332-5454

Daily Hot Meals:

Lynchburg Daily Bread

721 Clay Street
Lynchburg, VA 24504

Soup kitchen providing hot lunches every day.

(434) 845-5703

Fax (434) 845-5411

www.lynchburgdailybread.com

email: thedailybread@aol.com

Salvation Army

2215 Park Avenue
Lynchburg, VA 24501

www.uss.salvationarmy.org

(434) 845-5939

Fax (434)846-1549

SHELTERS AND TRANSITIONAL HOUSING

<p>Hope House: (Women and Children – Transitional Living) Phone: 434-528-3271</p> <p>Miriam’s House: (Transitional living for women and their children) (Restrictions on males beyond a certain age) Phone: 434-847-1101</p>	<p>New Land Samaritan Inn The Gateway: (Transitional Living for Men) 12th and Church Streets, Lynchburg, VA Phone: 434-846-3311</p> <p>Salvation Army Lodge: (Women and Men Only) 2211 Park Ave. Lynchburg, VA 8:30 pm check in Phone: 434-846-3182</p>
<p>Amherst Domestic Violence: (Women and Children) Phone: 434-946-0300</p> <p>Bedford Domestic Violence Shelter: (Women/Children – no age limit) Phone: 540-587-0995</p> <p>Frannie’s House: Serves women and children in the areas of Campbell Co., Pittsylvania Co., and Danville Phone: 434-369-9176</p>	<p>National Call Center for Homeless Veterans Phone: (877) 4AID-VET (877-424-3838) For Veterans who are homeless or at imminent risk of homelessness www.va.gov/homeless/</p> <p>YWCA: Domestic Violence Shelter/Sadler House (Women and Children-no age limit) Family Violence Prevention Program Emergency Shelter and other programs for victims of domestic violence. Phone: 434-528-1041</p> <p>YWCA Transitional Housing: (Women Only) Phone: 434-847-7751</p>

For emergency shelter between 1pm-4pm Monday through Friday contact the Coordinated Homeless Intake and Access (CHIA) at 434-427-2442 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.

Interfaith Outreach Homeless Prevention Program

The purpose of the Interfaith Outreach Homeless Prevention program is to prevent households/families on the edge of homelessness from becoming homeless. In an effort to reduce the size of Central Virginia’s homeless population, Interfaith offers light financial assistance and case management to prevent evictions from permanent housing and/or secure new housing for those displaced from a temporary residence.

Interfaith can help pay rent arrears or assist those with an eviction notice to preserve their current permanent housing situation. Others who have lost their home, moved to a hotel, or doubled up temporarily with friends or family are placed in new housing and offered light financial assistance for housing start up.

Client home improvement plans include budgeting, careers, healthcare, food, and transportation. The priority is keeping families together and safe at home.

Please call 434-427-CHIA to see if you are eligible for this program.

<https://www.interfaithoutreach.org/homeless-prevention-program/>

CENTRAL VIRGINIA AREA

ROANOKE AREA:

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

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

LOW INCOME APARTMENTS

1. Apartments available through Lynchburg Redevelopment and Housing Authority:

1948 Thomson Dr.
 Lynchburg, VA 24501
(434) 485-7200
www.lynchburghousing.org

<p>(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.</p>	<p>(b) Brookside Apartments 89 Belle Terre Drive One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages.</p>
<p>(c) Dearington Apartments 311 Chambers Street One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages.</p>	<p>(d) Landview Apartments 2229 Yorktown Drive One, two, three and four bedroom apartments. Eligibility: RESIDENTS OF LYNCHBURG ONLY; Income limits; All ages.</p>

2. Apartments available through Lynchburg Covenant Fellowship:

412 Madison St.
 Lynchburg, VA 24505
(434) 847-9059

<p>(a) Lynchburg High Apartments 1301 Park Avenue, Lynchburg, VA 24501 One, two, three and four bedroom apartments. Eligibility: All ages; Based on standards of Section 8; Income limits; Federal preferences.</p>	<p>(b) Frank Roane Apartments 900 Federal Street, Lynchburg, VA 24504 One and two bedroom apartments. Eligibility: Ages 62 and over; income limits.</p>
<p>(c) Shalom Apartments 702 Federal Street, Lynchburg, VA 24504 One, two and three bedroom apartments for low and moderate income. All ages.</p>	<p>(d) Rockbridge Apartments 1000 Rockbridge Ave., Lynchburg, VA 24501 One and two bedroom apartments for adults with special needs.</p>
<p>(e) Carey House Apartments 1105-1111 Rivermont Ave., Lynchburg, VA 24504 One, two and three bedroom apartments for low and moderate income. All ages.</p>	<p>(f) 700 Federal Street 700 Federal Street, Lynchburg, VA 24504 Eight apartments for low-income families, elderly and disabled.</p>

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

4. College Hill Apartments

810 Harrison Street
Lynchburg, VA 24504
(434) 528-8534

www.westminstercompany.com/property/college-hill-apartments

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.

5. Hillcrest Apartments

3000 Birchwood Drive
Lynchburg, VA 24501
(434) 528-0373

www.pts-hillcrest.com

103 units: one and two bedroom apartments, handicapped assessable; Eligibility: 62 and over, unless handicapped
Rent is based on 30% of annual income.

6. James Crossing Apartments

808 Greenfield Drive, Apt. 29
Lynchburg, VA 24501
(434)845-2274

<https://www.watersatjamescrossing.com>

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.

7. Jefferson House Apartments

1818 Langhorne Square
Lynchburg, VA 24501
(434) 846-1800

<https://www.jeffersonhouseapt.com>

101 single bedroom units

Eligibility: 55 or over, unless mobility impaired. Income limits; Rent includes all utilities except phone and cable.

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

<https://www.mcgurkhouse.org>

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).

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

11. Pine Crest Apartments

69Pine 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.

12. Raintree Village and Raintree East

720 Blue Ridge Avenue
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.

13. The Meadows

2315Yorktown 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

14. Wesley Apartments

1201 Long Meadow Drive
Box 4192
Lynchburg, VA 24502

(434) 771-2423

<https://wesley-aps.com>

150 units: Efficiencies, one and two bedroom apartments
Eligibility: 55 or over; Income limits; Handicapped, Disabled. Rent is 30% of annual income.

15. YWCA Residential Housing

Only for single women, low-income. Contact (434) 847-7751, option 4.

*Note: this is separate housing from the YWCA DV Shelter.

MEDICAL RESOURCES AND PRESCRIPTION ASSISTANCE

MEDICAID TRANSPORTATION

You can make a reservation by calling 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.



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



www.communityaccessnetwork.org

(434) 818-7880

Community
 Access Network

5th Street Community Health Center
800 5th St., Martin Luther King, Jr. Blvd.
Lynchburg, VA 24504

Park View (inside Park View Community Mission)
2420 Memorial Ave.
Lynchburg, VA 24501

JOHNSON HEALTH CENTER



www.jhcvirginia.org

320 Federal St. Lynchburg, VA 24504 (434) 947-5967 Fax: (434)947-5971	Amelon Square Immediate Care 200 Amelon Square Madison Heights, VA 24572 (434) 929-4357	Amherst Community Health Center 134 Elon Rd. Madison Heights, VA 24572 (434) 929-1400
Bedford Community Dental Center 600 Bedford Ave. Bedford, VA 24523 (540) 425-7914	Bedford Community Health Center 582 Blue Ridge Ave. Bedford, VA 24523 (540) 425-7910	James River Dental Clinic 239 Trojan Road Madison Heights, VA (434) 847-4691
Lynchburg Women's & Pediatric Health Services 2402 Atherholt Rd. Lynchburg, VA 24501 (434) 455-3260	Rustburg Community Health Center 925 Village Hwy. Rustburg, VA 24588 (434) 528-0005	

CENTRA HEALTH MEDICAL GROUP MOBILEMED FREE CLINICS

Foster Hope (Next to the Daily Bread)

717 Clay Street, Lynchburg, VA
434-563-4054

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
434-847-3030

No charge healthcare services with a Nurse Practitioner; People seen on a first come first served basis

James Crossing Apartments

808 Greenfield Drive, Lynchburg, VA
434-845-2274

No charge healthcare services with a Nurse Practitioner
People seen on a first come first served basis

Campbell County Health Department

Admissions Clinics and Services

116 Kabler Lane

Rustburg, VA 24588

Phone: (434) 592-9550

(434) 332-9550

Family Planning

HIV/AIDS Testing

Immunization

Pregnancy Test

STD Testing and Treatment

TB Screening

Well Child Clinic

WIC Nutrition and Supplemental Food Program

- 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

Lions Club Sight Services

- Vision Screenings to determine eligibility for assistance from the Lions Club Sight Services program for glasses/eye exams

UNIVERSITY OF VIRGINIA HEALTH SYSTEM

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

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 five members.

PRESCRIPTION ASSISTANCE RESOURCE LIST

MEDS Help at Free Clinic of Central Virginia..... www.freeclinicva.org	(434) 847-5866 (540) 707-5500
Community Access Network..... www.communityaccessnetwork.org	(434) 818-7880
Bureau of Prescription Help.....	(888) 812-5152
Central Virginia Area Agency on Aging (Must be 60 Years of Age or Older).....	(434) 385-9070 1-800-552-3402
DAWN (Must live within 15 mile radius of Altavista).....	(434) 363-7969
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) 455-1601
NaCO Prescription Drug Card..... Prescription Discount Program, www.naxorx.org	1-877-321-2652
Needy Meds..... http://www.needymeds.org/	1-800-503-6897
The Access Project..... (For HIV/AIDS Services Only)	1-800-734-7104
The American Cancer Society..... www.cancer.org (For Cancer Services Only)	1-800-227-2345
Key Healthcare Discount Program.....	1-540-587-4000
The Arthritis Foundation..... www.arthritis.org (For Arthritis Services Only)	1-800-283-7800
The Co-Pay Relief Program.....	1-866-512-3861
The Patient Advocate Foundation..... (Helps Negotiate Funding and Insurance Coverage)	1-800-532-5274

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	

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

The Virginia Department for the Aging works with local Area Agencies on Aging to help older Virginians, their families and loved 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

DISABILITY RESOURCES

Lynchburg Area Center for Independent Living (LACIL)
(434) 845-8016 or dial 2-1-1

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

Virginia Disabilities Services Helpline:
(804) 662-7000

DISABILITY RIGHTS

Housing Opportunities Made Equal
(434) 845-8016
<https://lacil-lynchburg.org>

Virginia Fair Housing Office
3600 West Broad Street, Room 555
Richmond, VA 23230
(888) 551-3247
Fax: (866)480-8333
<https://www.dpor.virginia.gov/FairHousing>

Disability Law Center of Virginia
1512 Willow Lawn Drive, Suite 100
Richmond, VA 23230
(800) 552-3962 phone
(804) 662-7431 fax
info@dLCV.org
<https://www.dlcv.org>

DENTAL RESOURCES

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 card 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:

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

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.

MENTAL HEALTH AND SUBSTANCE USE RESOURCES



“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline.

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The 988 Suicide and Crisis Lifeline – previously known as the National Suicide Prevention Lifeline – is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). As of July 16, 2022, all calls and text messages to “988” route to a 988 Suicide and Crisis Lifeline call center.

The 988 Suicide and Crisis Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.

- **New Nationwide Number:** 988 is more than just an easy-to-remember number — it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether thoughts of suicide, mental health, substance use crisis, or any other kind of emotional distress.
- **Provides Support:** People can also dial 988 if they are worried about a loved one who may need crisis support.
- **FCC Rules:** Under FCC rules, calls and texts to 988 will be directed to the Lifeline. Calls and texts to 1-800-273-8255 (TALK) will also continue to reach the 988 Lifeline even after the nationwide implementation of 988.
- **Saving Lives:** The FCC actions reflect its commitment to saving lives and connecting individuals to necessary intervention services. Switching to the easy-to-remember 988 makes it easier for individuals in crisis to access the help they need and decrease the stigma surrounding suicide and mental health issues.
- **Important Step:** The 988 Suicide and Crisis Lifeline is an important step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.
- **Help for Veterans:** For calls, pressing “1” after dialing 988 will connect you directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, continue to text the Veterans Crisis Lifeline short code: 838255.

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 your 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 additional treatment or 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
1-888-744-0069

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.

Roads to Recovery, located at 3000 Langhorne Road, Lynchburg VA 24501, offers services to families dealing with addictions. Roads to Recovery helps families understand addiction and its effects on the family system, and teaches families how to help loved ones recover. Contact by phone at 434-455-0503 or online at www.roadstorecovery.org

Living On . . . A Path Forward is a free support group exclusively for adults who have lost a family member, friend or loved one to suicide. It is a peer group facilitated by survivors of suicide who have made the journey to acceptance of their loss. The goal of the group is to provide support to survivors in a confidential, safe, nonjudgmental environment as they continue their journey towards acceptance of the loss of a loved one. It is a forum to connect with other community members also suffering from a suicide loss as a place to receive emotional support and additional resources. The group is not a replacement for counseling or therapy when needed.

Living On will begin new sessions as groups are formed. Each group will consist of eight to ten members that will meet for eight consecutive Tuesdays at 6:30 pm at Saint John's Episcopal Church on Elmwood Avenue. Participants must pre-register by calling 434-818-3597 and leaving a message with their name and contact number. A facilitator will then return their call. Due to the close contact environment of the small group, proof of vaccination for Covid 19 is being required. Email us at Lynchburglivingon@gmail.com

COUNSELING RESOURCES

(Lynchburg area unless otherwise specified)

****For Immediate Help, contact 988 for the Suicide & Crisis Lifeline****

www.988VA.org

www.988lifeline.org/chat

Action Family Services	434-316-0026
Anderson Counseling Services	434-239-2004
Beachhead Counseling	434-509-0133
Centra Health	434-200-4444
Central Virginia Counseling	434-616-4980
Community Access Network – Behavioral Health	434-818-7880
Couples & Kids	434-316-9339
DePaul Community Resources	434-455-3727
Empower Counseling	434-219-5621
Destini Therapeutic Services (South Boston/Danville)	434-575-0855
Family Impact, Inc.	434-582-1460
Family Insight P.C.	434-616-6722
Family Preservation Services	434-528-9711
Harvest Outreach Center	434-283-5340
Hope for Tomorrow Counseling (Lynchburg, Bedford, South Boston, Danville, Appomattox, Brookneal)	434-376-2006
Horizon Behavioral Health (Lynchburg, Bedford, Amherst, Appomattox, Rustburg)	434-522-8191
Impact Living Services	434-533-1088
Infant and Toddler Connection (for children 0-36 months)	434-477-5948
James River Counseling Center (Lynchburg, Amherst, Bedford, Rustburg)	434-237-4652
Johnson Health Center – Behavioral Health	434-947-5967
Kairos Counseling	434-319-5528
Kids’ Haven (Grief Counseling)	434-845-4072
Life Push, LLC (Lynchburg, Danville)	434-774-8539
Living Water Counseling Center	434-473-7458
Madeline Centre	434-239-0003
New Hope Support Services	434-528-2750
National Runaway Safeline	1-800-RUNAWAY 800-786-2929
Rice Counseling & Associates, Inc.	434-316-9006
Strategic Therapy Associates	434-237-9450
The Phoenix Center	434-237-3026
Thriveworks	434-771-0495
UMFS	434-846-2002
Wishing You Well Counseling Center	434-455-5033
Wyndhurst Counseling Center	434-237-2655

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 Violence Focused Shelters:

➤ YWCA Central Virginia/Sadler House: (888) 528-1041 or (434) 528-1041;

www.ywcacva.org/domestic-violence-prevention

➤ YWCA Transitional Housing: (434) 847-7751

➤ Frannie's House (serves Campbell Co., Pittsylvania Co. & Danville): (434) 257-1557

➤ Amherst Domestic Violence help line: (434)946-9347

➤ Bedford Domestic Violence Shelter: (540) 587-0970

➤ Project Horizon: (540) 463-2594 or (540) 463-7861

➤ Tri- County Action Agency: (434) 575-7916

➤ Franklin County Family Resource Center: (540) 483-1234

➤ Salvation Army Turning Point: (540) 345-0400

Sexual Assault Response and Awareness, INC- SARA: (540) 981-9352 or (540) 345-7273

GENERAL RESOURCES

<p>Adult Protective Services: 1-888-83ADULT</p> <p>Budget & Credit Counseling American Credit Counselors 1-866-260-5994 Lynchburg Community Action 434-846-2778 Money Management International 877-614-2227 Ways to Work 434-384-3131</p>	<p>Child Welfare Services Child Protective Services 1-800-828-1120 or 804-786-8536</p> <p>Child Support Enforcement Division of Child Support Enforcement 1-800-468-8894</p>
<p>Commonwealth Attorney Campbell County 434-332-9520</p> <p>Office of the Magistrate Campbell County 434-592-9563</p>	<p>Courts Campbell County Circuit 434-592-9517 Campbell County General District 434-332-9546 Campbell County Juvenile & Domestic Relations 434-332-9533</p>
<p>Crisis Line Crisis Line of Central Virginia Dial 988 or 1-866-750-4431 Sexual Assault Response Program 434-947-7422 or 1-888-947-7273 Virginia Family Violence & Sexual Assault Hotline 1-800-838-8238</p>	<p>Job Training, Counseling & Placement Counseling Central VA Community College Career Corner 434-832-7607 or 800-562-3060 Lynchburg Community Action Group 434-455-1601 Old Dominion Job Corps 800-733-5627</p>
<p>Child Care Resources & Referrals Child Care Resource Center (HumanKind) 434-384-3131</p>	<p>Unemployment Assistance Virginia Employment Commission 434-947-6671 or 1-866-832-2363</p>
<p>Child Care Financial Assistance Campbell County Social Services 434-332-9699</p> <p>Children & Family Recreation Campbell County Parks & Recreation 434-332-9571</p>	<p>Legal Assistance Virginia Lawyer Referral 1-800-552-7977 Virginia Legal Aid Society 434-455-3080 or 1-866-534-5243</p>
<p>Child/Infant Car Seats Virginia Department of Health 1-800-732-8333 Campbell County Health Department 434-592-9550</p>	<p>Education Campbell County Schools 434-332-3458 Adult Learning Center 434-821-6213 Virginia Cooperative Extension 434-332-9538</p>

<p>Education (Special Needs) Beulah Baptist Church 434-239-1776 Early Intervention Services 434-947-2888 Cued Speech Association 800-459-3529 Special Olympics 1-800-380-3071 Camp CHILD 434-846-4434</p>	<p>Southeast Rural Community Assistance Project, Inc. 1-866-928-3731 or 540-345-1184 (help with waste/water needs)</p> <p>Parenting HumanKind 434-384-3131 Horizon Behavioral Health 434-477-5000</p>
<p>FAMIS (Family Access To Medical Insurance) FAMIS Toll Free 1-833-5CALLVA</p>	<p>Social Services (Adult & Child abuse, SNAP, TANF, Medicaid and emergency financial assistance) Campbell County Social Services 434-322-9585 www.commonhelp.virginia.gov</p>
<p>Housing Rehabilitation/Weatherization Lynchburg Community Action Group 434-455-1601 Lynchburg Covenant Fellowship 434-847-9059 Central Virginia Alliance for Community Living, Inc., (formerly the Central VA Area Agency on Aging) 434-385-9070</p>	<p>Supervised Visitation/YWCA Children’s Supervised Visitation Center 434-847-7751</p> <p>Victim Witness Programs See Commonwealth Attorneys</p> <p>Local Government/Tourist Information Altavista Area Chamber of Commerce 434-369-6665</p> <p>Campbell County https://www.blueridgeonline.com/Campbell/CampbellCounty_VA</p>
<p>Public Safety/Disaster Relief Campbell Co. Public Safety 434-332-9540 Animal Control Facility 434-332-9541 or 434-821-4416 American Red Cross Lynchburg 434-845-1234 Brookneal Police Department 434-376-2650</p>	<p>Lynchburg Small Business Development 434-582-6100 Economic Development Center 434-455-4492</p>

RESOURCES FOR ELDERLY AND DISABLED

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

Dial 988 press 1

www.suicidepreventionlifeline.org

MORE RESOURCES

- **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:** Offer recreation services through professionally coordinated programs. Available programs vary from cultural arts and seasonal trips, and ongoing weekly programs in local communities for Seniors.
 - <http://www.co.campbell.va.us/depts/rec>
 - 434-332-9570
- **Campbell County Public Library(s):** The public library offers resources on 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.** Provides services to adults 60+ to help them remain in their homes for as long as possible. Services are provided on an as-needed basis 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 CVA. 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:** 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 on the support line can provide you with information about assistance available in VA, help you access services, or connect you with the caregiver support coordinators at a VA Medical Center near you. You can call them even if you just need a listening ear.
 - VA Caregiver Support Line 1-855-260-3274

How to opt out of junk mail/telemarketing calls

- WWW.DMACHOICE.ORG – for mail
- WWW.DONOTCALL.GOV or Call 1-800-382-1222 – for calls

Eldercare Locator: eldercare.acl.gov or 1-800-677-1116

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

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

ASSISTED LIVING FACILITIES

AUTUMN CARE OF ALTAVISTA

1317 Lola Avenue
Altavista, VA 24517
434-369-6651

BABCOCK MANOR, INC.

4154 Pumping Station Road
Appomattox, VA 24522
434-352-8686

BENTLEY COMMONS AT LYNCHBURG

1604 Graves Mill Road
Lynchburg, VA 24502
434-316-0207

CARRIAGE HILL RETIREMENT CENTER

1203 Roundtree Drive
Bedford, VA 24523
540-586-5982

ENGLISH MEADOWS

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

HERITAGE GREEN

201 Lillian Lane
Lynchburg, VA 24502
434-385-6454 – Private pay only

HERITAGE GREEN/DAYBREAK

Alzheimer's Unit
200 Lillian Lane
Lynchburg, VA 24502
434-385-6077 – Private Pay Only

VALLEY VIEW RETIREMENT COMMUNITY

1213 Long Meadows Drive
Lynchburg, VA 24501
434-237-3009

MERIDIAN HOUSE

7763 Patrick Henry Hwy
Roseland, VA 22967
434-277-5939

THE ELMS

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

RUNK & PRATT

20212 Leesville Rd
Lynchburg, VA 24502
434-237-7809

RUNK & PRATT LIBERTY RIDGE

30 Monica Blvd
Lynchburg, VA 24502
434-515-1247

RUNK & PRATT

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

RUNK & PRATT- SMITH MOUNTAIN LAKE

115 Retirement Drive
Hardy, VA 24101
540-719-1300

SUMMIT ASSISTED LIVING

1320 Enterprise Drive
Lynchburg, VA 24501
434-455-1699

WESTMINSTER CANTEBURY

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

WILLIAMS HOME

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

PERSONAL CARE AGENCIES

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

AmeriCare Plus	540-277-9146
Care Advantage (formerly Team Nurse)	434-582-4755 /434-656-6000 (Pitts. County)
Carillion Private Duty	540-587-2929 (Bedford County)
Community Sitters	434-384-2806
Elite Care Services	434-846-1514
First Choice Facilitator Service	434-444-3502
The Key (formerly Generation Solutions)	434-455-6500
Gentle Hands Home Care	434-376-9019
Hallmark Home Health Care	434-799-3938
Health Care Services	434-455-2131
Helping Hands	434-846-7407
Home Instead	888-385-6858
Home Recovery	434-845-4333
*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

NURSING HOMES

APPOMATTOX HEALTH CARE CENTER

235 Evergreen Avenue
Appomattox, VA 24522
434-352-7420

AVANTE @ LYNCHBURG

2081 Langhorne Road
Lynchburg, VA 24501
877-523-6523

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 Health & Rehab Center

1613 Oakwood Street
Bedford, VA 24523
540-425-7800

THE SUMMIT

1400 Enterprise Drive
Lynchburg, VA 24502
434-582-1500

WESTMINSTER-CANTERBURY

501 VES Road
Lynchburg, VA 24503
434-962-3520

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

595 Vaden Drive
Gretna, VA 24557
434-656-1206

HERITAGE HALL OF BROOKNEAL

633 COOK Avenue
Brookneal, VA 24528
434-376-3740

LYNCHBURG HEALTH AND REHAB. CENTER

5615 Seminole Avenue
Lynchburg, VA 24502
434-239-2657

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

DISCOUNT PHONE SERVICES

Sprint:

Lifeline and Link-up Programs
866-275-1411
www.sprint.com

Safe Link:

800-723-3546
www.safelink.com

Mint Mobile

\$15/mo for 55+
800-683-7392

Assurance Wireless

888-898-4888
www.assurancewireless.com

Affordable Connectivity Program: www.affordableconnectivity.gov

The Affordable Connectivity Program is a U.S. government program run by the Federal Communications Commission to help households that qualify pay for internet service and devices such as laptops and tablets.

You may qualify if:

- Your household meets income limits (for a household of 4, the limit is \$55,500 or less)
- You or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch

If your household qualifies, you could receive:

- Up to a \$30 per month discount on your internet service
- Up to a \$75 per month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
- A low-cost service plan that may be fully covered

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.

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.

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 LICE

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 to for COCKROACHES

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

KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

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 carpool 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 seller's 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 salesperson, 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.



KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

- 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 turn 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.
- Turn 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.



KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

- 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 leftovers 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.

KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

- 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.
- Carpool/share a ride.
- Locally, HumanKind 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.



KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

- 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.



KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

- 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.

KEEPING YOUR PARACHUTE OPEN IN TOUGH TIMES

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.