



FREDERICKSBURG SENIOR *Resource Guide*

Mission:

To improve the quality of life as we age in the
Fredericksburg area by providing access to resources.



September 2020



Partners in Aging, Inc., a 501 (c) (3) organization formed in 2009, is a collaboration of area profit and non-profit organizations. The mission of Partners in Aging is to improve access and resources to older adults and their families in the Fredericksburg community. We believe that through our combined efforts there can be stronger services for older adults. Partners in Aging, Inc., is governed by a Board of Directors with representation from over 40 partners. Our major initiatives in the community are The Art of Aging: Life Begins at 50 Expo, Caregivers Appreciation Luncheon, Operation Medicine Cabinet, the Dr. Wayland Marks Gratitude Award, The First Responder Award and the Betty Bazemore Memorial Respite Fund.

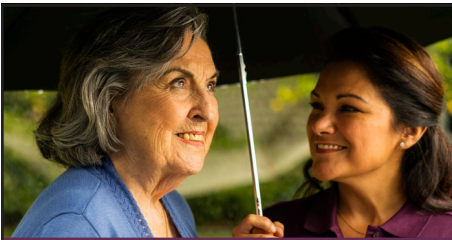
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disAbility Resource Center

- Provides free services, training, and information for people with disabilities of all ages
- Operates the Equipment Connection, a durable medical equipment re-use program
- Believes that all people with disabilities can lead purposeful and independent lives
- Believes in and works toward community inclusion and accessibility for all

409 Progress St., Fredericksburg, VA 22401
540-373-2559 • www.cildrc.org

If You are CARING for a Loved One and Need RESPITE, Partners in Aging Can HELP!

BETTY BAZEMORE MEMORIAL RESPITE GRANT FOR FAMILY CAREGIVERS

This grant is given by Partners in Aging to qualified families who are above poverty level, to help off-set or pay the cost of adult day care, in-home aides, overnight stays or other respite services for their loved ones with dementia. The grant will be given one-time for respite purposes for either an 8-hour or two 4-hour care sessions.

Contact

www.partnersinaging.org

For more information, guidelines and an application.



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A Spring Hills Memory Care Community

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- Light Exercise
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- Transportation
- Meal Preparation
- Shopping & Errands
- Fall Prevention
- Light Housekeeping



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www.rahstafford.com

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Adult Daycare

Enhancing Life Adult Day Center	540-693-1331
Hughes Adult Day Care	540-373-4100

Assisted Living & Memory Care Communities

Camellia Colony at Chancellor's Village	540-786-5000
Cardinal Village Senior Living	540-898-1900
HeartFields at Fredericksburg	540-373-8800
Hughes Home Assisted Living	540-373-4100
Poet's Walk Fredericksburg	540-370-8000
Spring Arbor of Fredericksburg	540-548-2133

Department of Social Services Adult Protective Services

Caroline Department of Social Services	804-633-5071
Fredericksburg Department of Social Services	540-372-1032
King George Department of Social Services	540-775-3544
Spotsylvania Department of Social Services	540-507-7898
Stafford Department of Social Services	540-658-8720

Adult protective services - APS investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older and incapacitated adults age 18 or older. If protective services are needed and accepted by the individual, local adult protective services social workers may arrange for a wide variety of health, housing, social and legal services to stop the mistreatment or prevent further mistreatment.

Adult protective services 24-hour hotline.....888-832-3858

Durable Medical Equipment

Comfort Medical Supply, Inc.	540-785-3202
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Estate and Trust Planning Attorney

Coronado Law Office, PLLC	540-300-5292
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Geriatric Care Managers

ElderCare Connections, LLC 540-419-4387

Home Health

Encompass Home Health 540-656-2660

Mary Washington Home Health 540-741-1667

Home Care

Comfort Keepers 540-370-0008

Home Instead Senior Care 540-899-1422

Home and Heart 540-899-3666

Right at Home 540-720-0724

Virginia Home Care Partners 540-419-1615

Visiting Angels 540-373-6906

Hospice

Capital Caring 540-891-1200

Mary Washington Hospice 540-741-3580

Insurance and Financial Services

Scott Insurance & Financial Services 540-891-9331

Topside Federal Credit Union 540-663-2181

Law Enforcement

Caroline County Sheriff's Office 804-633-1124

Fredericksburg Police Department 540-373-3122

King George County Sheriff's Office 540-775-2049

Spotsylvania County Sheriff's Office 540-507-7200

Stafford County Sheriff's Office 540-658-4400

PROJECT LIFESAVER

**Tracking program for Alzheimer's patients and persons
with Down's Syndrome and/or Autism.**

Medical Transportation

LifeCare Medical Transports, Inc. 540-752-5883

Mental Health

Senior Visitor Program (MHAF)	540-371-2704
Rappahannock Area Community Services Board	540-373-3223

Physical Therapy

Fusion Rehab & Wellness	540-710-0130
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Realtors

Dennis Parsons – Exit Realty Group	540-842-1409
Linda Dort - Century 21New Millennium	540-809-7997
The Overington Team - Century 21 Redwood	540-207-0526

Rehabilitation and Long-Term Care

Carriage Hill Health & Rehab Center	540-785-1120
Encompass Health	540-368-7300
Fredericksburg Health & Rehab	540-786-8351
Heritage Hall Healthcare & Rehabilitation Center	540-775-4000

Support Organizations

AARP	540-760-6116
Alzheimer's Association	540-228-1502
24/7 Helpline	800-272-3900
Central Rappahannock Regional Library	540-372-1144
disAbility Resource Center	540-373-2559
HGAAA Mobility Options Transportation	540-656-2985
Healthy Generations Area Agency on Aging	540-371-3375
McGuire Clinic/Dept of Veteran Affairs	540-370-4468
Mental Health America of Fredericksburg	540-371-2704
Micah Ecumenical Ministries	540-479-4116
Miracle Ear	540-900-7381
Rappahannock United Way	504-373-0041
Rappahannock YMCA	540-371-9622
Senior Navigator	www.seniornavigator.org



SAFELY DISPOSE

EXPIRED AND UNUSED MEDICATIONS

Did you know? Planning District 16 has many permanent medication collections bins conveniently located and accessible. By safely disposing of your expired and unused medication, you help prevent substance misuse and abuse while also preventing the contamination of our drinking water.

Accepted: prescriptions; prescription patches; prescription medications; over-the-counter medications; vitamins; samples; and medications for pets

Not Accepted: Hydrogen peroxide; inhalers; aerosol cans; ointments; lotions; liquids; sharps/needles; Epi-pens or thermometers

Fredericksburg Police Department

2200 Cowan Boulevard,
22401
Monday through Friday
8:00 a.m. to 4:00 p.m.

CVS Pharmacy at Ladysmith

8048 Jefferson Davis
Highway, 22546
Monday through Friday,
8:00 a.m. to 9:00 p.m.;
Saturday 9:00 a.m. to 7:00 p.m.
Sunday 10:00 a.m. to 6:00 p.m.

Kaiser Permanente Fredericksburg Pharmacy

1201 Hospital Drive
Fredericksburg, VA 22401
Monday- Friday,
8a.m. – 1 a.m.;
Saturday, Sunday and
Holidays, 9 a.m. – 5 p.m.

Spotsylvania County Sheriff's Office

9119 Dean Ridings Lane,
22553
Monday through Friday
8:30 a.m. to 4:30 p.m.

Stafford County Sheriff's Office

1225 Courthouse Road,
22554
Monday through Friday
8:00 a.m. to 9:00 p.m.

King George Sheriff's Office

10445 Government Center
Boulevard,
22485
Available 24-hours a day

Walgreens

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Saturday 9:00 a.m. to 6:00 p.m.;
Sunday 10:00 a.m. to 6:00 p.m.



Walgreens

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22407
Monday through Friday
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Saturday 9:00 a.m. to 6:00 p.m.;
Sunday 10:00 a.m. to 6:00 p.m.

www.bewellrappahannock.org

Be Well Rappahannock Council is a collaborative comprised of agencies representative of the community, with a deep concern for the health and well-being of the residents of the Rappahannock Region.



HGAAA provides home and community-based services to support the continued independence, safety, and health and wellness of our senior population in the City of Fredericksburg and Counties of Caroline, King George, Spotsylvania, and Stafford, Virginia.

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To enhance the quality of life for all older citizens.