

***There is some help out there...
Hints from Hanover, Virginia
DSS for you!
April 13, 2010***

Financially and emotionally, a lot of people are going through a tough time. Here is a list of resources that may be available to help you and your family. By using some of these resources, you may be able to make ends meet a little more comfortably.

Call 2-1-1. It is similar to calling 4-1-1 for information, but the focus is on finding support and services in your community.

Medical Assistance:

***Interfaith Clinics:** A group of medical clinics throughout Hanover for uninsured residents:

Basic Medical Care: St. James the Less, Ashland (804) 798-8890

Eye Care: Shiloh Baptist, Ashland, (804) 798-8890

Mental Health Care: Ashland Christian Church, (804)752-3456

Dental Care: Mechanicsville Christian Center, Mechanicsville, (804)559-0995

General Medical Care: Shady Grove United Methodist, Mechanicsville,(804) 559-0486

*****For each of the clinics you must leave a message with your name and a contact phone number. They will call you back to schedule your application and appointment.**

Hanover Residency is required.

***The Pharmacy Connection has closed!** Customers in Hanover with a need for life sustaining medication can access MCV and/or The Daily Planet in Richmond for services.

***The Daily Planet:** Specializes in a total health care delivery system for not only the homeless, but the uninsured and underinsured. The Health Care for the Homeless Clinic operates Monday through Thursday 8 a.m.-5 p.m. and Fridays 8 a.m. – noon; 804-783-0678. Hanover Residency is not required.

***Prescription Discount Card for Hanover County residents.** Card is available at several county department locations (Library, Social Services, Community Resources, Administration Building). No income limitations and will provide a discount on prescription costs. Hanover residency is required.

***LINC:** Connecting Cancer patients and survivors with the services (legal, financial and resource referrals) they need. Call 804-272-5462 for more information.

***American Cancer Society:** Greater Richmond Area services include: Volunteer matching for transportation to medical appointments; wigs; "Look Good, Feel Better" workshops on skin care and make-up; Patient Advocacy and College Scholarships for childhood cancer survivors. Call 1-800-ACS-2345 for more information on local programs.

***Free H1N1 Flu Immunizations:** Available through the Hanover Health Dept. Call 804 - 365-4313 for more information.

***Hanover Health Dept.** continues to provide Prenatal Services including the teen program "Resource Mothers", Family Planning & STD Clinic; Well-Child care and Immunizations; Infectious Disease, including Rabies Exposure; WIC; Sewer and Wells Inspections; Food Service, Pool and Hotel Inspections; Health Education and Vital Records. Many services are by appointment only. Call 804-365-4313 for more information. Hanover residency is required.

Are you one of the 13.1 million uninsured in Virginia? Recent Layoffs and economic instability have lead many people to lose health insurance coverage. If you or your child is currently uninsured, you may be eligible for one of several Medicaid or FAMIS programs. We currently offer: Medicaid; Medicaid Works; FAMIS; FAMIS PLUS; FAMIS SELECT; FAMIS MOMS; Aged, Blind or Disabled Medicaid; Medicaid that pays Medicare Part B Premium; Special Low-Income Medicare Beneficiary; Qualified Medicare Beneficiary; Medically Indigent; Pregnant Women; Breast and Cervical Cancer Prevention and Treatment ACT; and Plan First-Family Planning Services for Men and Women.

To find out if you may be eligible for any of the benefit programs, you may go on-line to be pre-screened at: <https://jupiter.dss.state.va.us/EligibilityScreening/> or we will mail you an application. Call 804-365-4100 to request an application be mailed to you.

TEXT4BABY: There's a new FREE service to help you out! Text4baby provides totally free text messages 3 times a week with info to help you through your pregnancy and baby's first year. Text BABY (BEBE para Español) to 511411 to sign up!

In addition to the on-going programs offered throughout the year, Hanover County Department of Social Services currently has:

Energy Share through Dominion Virginia Power is also managed locally by Hanover Social Services. If eligible, households may receive assistance to pay for the applicable source of heat (electricity, gas, oil, wood or kerosene). Call 804-365-4103 or 804-365-6641 for information on requirements and to determine if funding is available. Hanover Residency is required but this resource is available in your community, call 211 for information on who runs this program in your area.

Cooling Assistance: The Hanover Department of Social Services will start processing applications for its Cooling Assistance Program on June 15. This program begins June 15 and runs through Aug. 15 or as long as funding is available. Application forms will be available beginning June 1. Cooling Assistance, offered through the Virginia Department of Social Services Energy Assistance Program, helps eligible households meet costs related to cooling one's home. This can include:

- payment of electric bills (up to a determined maximum) to operate cooling equipment;
- payment of security deposits for electricity to operate cooling equipment
- repair of a central air conditioning system or heat pump
- purchase of a whole-house fan, including ceiling or attic fans
- the purchase and installation of one window unit air conditioner for households where there is no unit or where the unit needs to be replaced

To be eligible, the household must have at least one vulnerable individual aged 60 or older, disabled, or a child under age 6. Assistance is based on the availability of funds and is first-come, first-serve. Renters must have written permission from their landlord to make alterations or improvements to the property in order to be eligible.

www.dss.virginia.gov/benefit/ea/cooling/index.cgi.

Free Tax Preparation Assistance: Hanover DSS is providing free tax preparation assistance from 4:30-7:00 p.m. on Wednesday evenings beginning February 3, 2010 through April 15, 2010. You may qualify for the Earned Income Tax Credit. This assistance is geared toward low-income individuals and families with income below \$49,000 if you have three qualifying children. If you make less than \$49,000 (Individual, Couple or Family) we will assist you with your tax return if your return is not too complicated. Complicated returns will be referred to other free sites in the Greater Richmond area. Please call 365-4109 for more information and a list of necessary documents to bring with you for your tax return preparation. You must bring actual Social Security Cards for each person you are claiming, if you are married you must bring your spouse - no exceptions as we are an IRS volunteer site. Hanover Residency is not required.

Food Assistance:

- **SNAP** (Supplemental Nutrition Assistance Program - formerly known as Food Stamps). You can apply for SNAP (Food Stamps) on-line at <https://www.vafood.org/> and handle your eligibility interview by phone or in person. Call 804-365-4100 to request an application be mailed to you.

- **WIC:** Offered by the Chickahominy Health District/Hanover County Health Dept. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children. The goal of

the program is to improve the health of pregnant, postpartum and breastfeeding women, infants and children (under 5 years) through better nutrition and access to health care. Call 804-365-4313n for more information or to request an application be mailed to you.

- **AngelFood Ministries** is an organization that helps people purchase food at a reduced cost. Please call their 24-hour hotline for answers to common questions, including menu information and host site contact information. 1-877-366-3646 or go to www.angelfoodministries.com to order online. No income limitations.

- Try speaking to your local church to see if they offer a food ministry to provide some assistance. You may also consider calling Central Virginia Food Bank at (804) 521-2500 for guidance in finding a local food pantry. Remember, food closets or pantries have been created to help people through the tough times and recognize that people are struggling. Please, do not be afraid to ask for help.

- **Meals on Wheels:** Home delivered meals to homebound residents in the Greater Richmond Area. Call (804) 673-5035 for more information and to request an application. Link to download the application: <http://www.mowdelivers.com/Portals/0/CLIENT%20APPLICATION%204-09.doc>

Free Nutrition and Meal Planning Classes and Groups are offered to low income families by Hanover County Extension Office. These fun and interactive classes are full of wonderful tips and money saving advice. For customers with transportation issues in home sessions can be arranged. Call Sharyn Moore at 804-365-4310 for more information.

Employment: (1) Mechanicsville Goodwill Employment Center: Workshops and Personal Assessments available – many local employers use them for hiring. Call Nancy Brady @ 417-6721 for more info. No income limitations. (2) Register with the Virginia Employment Commission (VEC), 8093 Elm Drive, Mechanicsville, VA 23111 (804) 559-3133. (3) Speak with an admissions/career counselor at the local community college about grants and/or loans to return to school. Hanover residency is not required.

ElderHomes offers several programs and many are not age dependent.

* **Home Rehabilitation:** We provide moderate to major home rehab services so homeowners can age in place. These repairs focus on a home's infrastructure and typically feature repairing/replacing roofs, plumbing, heating and air conditioning systems, and fixing structural problems leading to health and safety hazards. Call 804-233-2827 for more information.

* **Energy Conservation Programs:** for low income families of all ages in single family homes. This program is especially good for seniors living in their own home and helps to make the home more energy efficient. No income requirements if a family member is disabled. This may help you further reduce your energy costs. Call Anitra Watson for more details at 804-612-3362. Hanover Residency is not required.

Free Cell Phones and Service for Individuals with Limited Incomes:

- **Assurance Wireless** offered by Virgin Mobile, provides limited service and free cell phones to qualifying individuals. The plan offers a free phone, 200 free minutes per month for local and long distance within the United States, free voicemail, call waiting and caller ID with no long-term contracts, bills, activation fees or surcharges. Individuals who may qualify include those who participate in any of the following programs: Medicaid, Food Stamps/SNAP, SSI, TANF, Federal Public Housing or Section 8, LIHEAP or National School Lunch Program. Individuals may also qualify based upon household income. To obtain more information or apply for service, contact 1-888-898-4888. Hanover residency is not required.

- **SafeLink** offers A FREE SafeLink Wireless phone; A FREE cellular plan that gives you 68 Minutes every month. You can add additional minutes through PayAsYouGo phone cards. Service is now available to Montpelier residents (23192). This is a change.

- **LIFELINE:** Lifeline is a program created 20 years ago by the Federal Communications Commission (FCC) to provide low-income families discounted telephone service. Historically, Lifeline has been used with land line services. Call your current phone company to inquire about discounts for public assistance customers.

Free Parent Consultations or Stress Management Workshops: In today's economy, parents are facing new challenges with raising their children. A new level of stress has been either added or increased to parents, which has had a trickle down effect on the individual, their employment and their family. If you find that parenting has become unmanageable as a result of cumulative stressors, Hanover County offers a wonderful professional resource. Hanover residents are offered four free parenting consultations to assist with your concerns related to balancing personal and professional stressors with raising children. We can help you develop a parenting plan that works for your family. This is a great way to gather new ideas, resources, and skills to use at home. Remember- if you burn out, you will not be able to effectively take care of the ones dependent on you. If you are interested in scheduling a parent consultation or providing a free Stress Management workshop for your community group, please contact Dana Gaskin (804) 365-4238. Hanover residency is required.

Recovery Programs: 12 Step Programs for Alcoholics, Substance Abusers and/or Support for Family Members in Hanover County:

Friday - 6:00 PM: New Song United Methodist Church, 7450 Colt's Neck Rd, Mechanicsville, VA 23111; 804-559-6064; www.newsonumc.org Celebrate Recovery will begin on Friday, March 5th at 6:00pm (dinner), followed by the program (7:00 pm), Share Groups (8:00pm), and then a café/dessert time (9:00pm). We will be holding service every Friday night (regardless of holidays, etc.). Hanover Residency is not required.

Thursday - 7:30 PM: Cool Spring Baptist Church, 9283 Atlee Station Rd, Mechanicsville, VA 23116; 804-746-0800; **High Hopes Group** Hanover residency is not required.

Found Money: Virginia's Unclaimed Property: One in 7 Virginian's has money waiting for them. The Virginia Department of the Treasury's Unclaimed Property Division may be holding your uncashed paychecks, lost stocks, bonds, dividends, utility deposits, insurance claims and more. Go to <https://www.trs.virginia.gov/propertysearchdotnet/> to search your name and family members. You may also call 804-225-2142 if you do not have computer access. Each state has a Found Money Program.

Budgeting/Credit Counseling Services: Many people are currently experiencing issues with their credit. If you need help getting your credit under control or help improving your credit score try contacting a non-profit agency for assistance.

- Clearpoint Financial Solutions @ 1-877-877-1995. Services include budgeting, debt repayment programs, bankruptcy classes and HUD classes.
- Commonwealth Catholic Charities @ 804) 285-5900 Services include personal budgeting, Housing Counseling, Debt Repayment Programs
- Senior Connections @ 804-343-3000 **Money Management Program (assists Seniors and disabled individuals with budgeting, bill paying and record keeping)**
- VIDA - Matched Savings Program save a dollar and the state matches with \$2.00. Use the money for school, a home or to start your own business. Offered locally through Virginia Supportive Housing, Donna Stallings @. 804-525-1941.
<http://www.virginiassupportivehousing.org/programs/virginia-individual-development-account.php>

Senior/Disabled Resources:

-ElderFriends- Free Senior Visiting Program: For those 60 and over. ElderFriends is matching home visitors with Richmond Area seniors and they now have volunteers for Hanover Residents. If you are a senior that would like a visitor or know someone who would like a visitor call: 804- 282-4255. They are also looking for volunteers. Open to Greater Richmond residents.

-Senior Connections: Offers a variety of services: Money Management Program, Friendship Cafes, Home Visitors, Information and referrals. 804-343-3000

-ElderHomes: Handicapped Modifications (ramps, bathroom bars) – 804-233-2827

- Long-Term Care Program: The Department's programs are designed to address those who are most in need, balance the role of providing effective intervention when necessary, and ensure the safety, stability, and well-being for the most vulnerable of our population. Adult Services (AS) are designed to allow the adult to remain in the least restrictive setting and function as independently as possible by establishing and/or strengthening appropriate family and social support systems or by supporting the adult in self-determination. Adult Services are provided to impaired adults age 18 or older, and to their families when appropriate. Adult Services may include the provision of case management, home-based care, transportation, adult day services, nutrition services, placement services, and other activities to aid the adult.

Housing Resources:

Emergency Shelter: Homeless Point of Entry for Families with Children
Saint Paul's Baptist Church South 700 East Belt Boulevard (across from Southside Plaza)
New phone number: (804) 291-9082 or (804) 291-9083 Fax number: (804) 291-9084
[Email](#) Hours of operation: Monday–Friday: 9 a.m.-5 p.m.

Homeless Point of Entry for Single Adult Men and Women
The Conrad Center 1400 Oliver Hill Way (Next to Richmond Juvenile and Domestic Relations Court and Richmond City Jail) Phone number (804) 648-4177 Fax number (804) 648-4931
[Email](#) Hours of operation: Monday-Friday: 9 a.m.-5 p.m. After hours call 211

Low Cost Housing Resources: Virginia Supportive Housing – Call Sam Goodpasture @ 804-525-1951 to locate low cost housing.

Domestic Violence Services: Hanover Safe Place for Hanover residents, provides emergency shelter, advocacy, and counseling services for those experiencing domestic violence. Call 804-752-2702 for 24 hour hotline assistance.

Free Smoke Detector and Installation for those without a working smoke detector. Call 1-888-537-5967 for more information and to place an order for the smoke detector.

April is Child Abuse Prevention Month: Pinwheels and Blue Ribbons are every where to signify the event.

Upcoming Events: Relay For Life – Mechanicsville, 5PM – 6AM;

Western Hanover May 22 4PM-6AM Call Andrea Fravel for more information or to register at 804-527-3712 or e-mail: andrea.fravel@cancer.org www.RelayForLife.org/hanover

Feeding Program offered by Central Virginia Food Bank and First Shiloh Baptist Church is being developed. This program will distribute food monthly. If you would like more information on this program contact Monica Chenault at 804-365-4109 or monica.chenault@dss.virginia.gov

Summer Recreation: Hanover County Parks and Recreation: Hanover County Parks and Recreation offers a variety of educational, active, and entertaining programs for both adults and

children. We invite you to explore our many programs, including such varied programs as interior decorating classes, cooking classes, sports clinics, yoga for seniors and more. It's time to register for summer activities and classes!

<http://www.co.hanover.va.us/parksrec/ProgGuide-summer/enrichment.htm>

Theatre Camp: Hanover Arts and Activities Center: Theatre camp is open to any child who is interested in participating; however, we do have a limited number of spots available. Willy Wonka is by audition only (April 28 and 29). The children who participate in the theatre camp may have an opportunity to join the Willy Wonka cast later (if they weren't given a role initially). Applications are available at Hanover DSS. Scholarship applications are also available. These forms and more information can also be found on the Hanover Arts & Activities website: www.hanoverarts.org For more information call Lorie Foley at 804-798-2728.

To better serve you, Hanover Department of Social Services is open on Wednesday until 6 PM. Please call 804-365-4100 for more information or to schedule an appointment.