



June Menu

AFFORDABLE NUTRITIOUS GROCERIES EVERY MONTH!

Order Pickup

Pick up order 28 June

In Amissville

09:30-11 am 28 Jun at

Amissville

United Methodist Ch

4657 Lee Hwy,

Amissville VA

Or

In Culpeper

10-11 am 28 Jun at

Reformation Lutheran Ch.

601 Madison Rd,

Culpeper

To Order Call

Barbara Sanders

540 937-2693

By June 15

ADD \$1 PER PACKAGE FOR
DELIVERY IN BALTIMORE,
FREDERICK, SOUTHERN
MARYLAND, AND VIRGINIA

**VALUE
PACKAGE
\$25**

5 lbs Drumsticks
1 lb Marinated Beef
1 lb Ground Chicken
10-12 lbs Fresh Produce

**Crab
Boil
\$38**

Blue Crab (4 lbs)
Shrimp (1 lb)
Sausage (.81 lb)
Corn on the Cob (2 lbs)

**Where's the Beef
Burger Box
\$19**

Salmon Patties (2 lbs)
Chicken Patties (2 lbs)
Turkey Patties (2 lbs)

**School's Out
Special
\$25**

6 Cheese Pizzas
Chicken Strips (2 lbs)
French Fries (1.5 lbs)

WE ACCEPT:
Debit/Credit, EBT, Money
Orders, Org. Checks

Pick up in Amissville

9:30-11am, June 28

Amissville United Methodist Ch

4657 Lee Hwy, Amissville, VA

pick up in Culpeper

10-11 am, June 28

Reformation Lutheran Ch,

601 Madison Rd, Culpeper,

Food Resources - Culpeper County

WHERE	WHAT / HOW
Culpeper Human Services 1835 Industry Drive Phone 540-727-0372	Apply for SNAP - (food stamps)  Emergency Food
Sam's Place 219 E Davis Street Phone 540-727-1055	Apply for SNAP - (food stamps) Referrals to Culpeper Food Closet Monday - Friday Hours are 8:00 am – 11:30 am
Culpeper Food Closet St Stephen's Episcopal Church 120 N Commerce Street Phone 540-825-1177	Must have a referral from Sam's Place Monday - Friday 9:00 am - 12:00 pm 3-day supply of food per family. (2 x per month with GREEN voucher). <i>Thursday 4:00 pm – 6:00 pm (1 x per month with ORANGE voucher) NO referral needed.</i>
Culpeper Senior Center Gladys Williams Phone 540-825-5778	Monday, Tuesday, Wednesday & Friday Serves lunch to seniors @ 11:30am Spaces limited to 60 max.
Manna Ministry Culpeper Presbyterian Church 215 S Main Street Phone 540-825-8616	Monday, Wednesday & Friday 11:00 am – 12:30 pm FREE lunches
St Joseph's Table Precious Blood Catholic Church 114 E Edmondson Street Phone 540-825-8945	2nd and 4th Wednesday of every month 4:00 pm – 6:00 pm Family can visit 1 X week Food, paper products, cleaning items and diapers
Salvation Army 133 E Culpeper Street Phone 540-317-5873	Tuesday, Wednesday & Friday 9:00 am – 4:00 pm Provides food to families 1 x month
Blue Ridge Food Bank Reva Mobile Food Pantry Reva Fire Department 18230 Birmingham Road Phone 540-248-3663	Every 4 th Wednesday (monthly) 9:30 am – 11:00 am Provides food, <u>NO</u> income guidelines <i>*December will be 2nd Wednesday</i>
Share Food Program Catholic Charities Amissville Methodist Church Barbara Sanders Phone 540-937-2693	Order food from pre-fixed menu Middle of month Pick up food about 1-2 weeks later Food prices \$22.00 - \$40.00 EBT card accepted
Empowering Culpeper Phone 540-718-4132 Distribution at - Culpeper United Methodist Church 1233 Oaklawn Drive	Every 3 rd Saturday (monthly) 9:00 am – 11:00 am

RELIABLE ACCESS TO HEALTHY FOOD MATTERS!



SCAN ME



RESOURCES IN
YOUR COMMUNITY
CAN HELP

EasyAccess.Virginia.Gov/Food

CONNECT AND LEARN

EasyAccess.Virginia.Gov/Food

- Community Meals
- Home Delivered Meals
- Affordable & Fresh Produce
- Food Bank Locations
- SNAP Assistance
- Self-Support Programs

SCAN ME



Supplemental Nutrition Assistance Program (SNAP)

SNAP benefits help you buy nutritious food, seeds or plants for your household.



It's easy to apply! WWW.

Online: commonhelp.virginia.gov



Call: 833-522-5582

Visit: **your Local Department of Social Services**

- » SNAP can be used in grocery stores and online
- » Can also purchase fresh, nutritious food at farmers markets that accept EBT



SNAP benefits are issued electronically to eligible households on a card

similar to a debit card to use at authorized retailers to buy food.



This institution is an equal opportunity provider.



Am I eligible?

View the most current household income limits chart on our website.



Additional information about SNAP

is available at: www.dss.virginia.gov/snap



You may not use SNAP benefits to buy:

alcoholic beverages, tobacco, soap, paper products or other nonfood items or already prepared hot food at the store.



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



SHARE FOOD – February 2025

Orders are due **Mar 9**

Pick up orders on **March 22**

In Amissville 9:30-11:00 am

Amissville United Methodist Ch

4657 Lee Hwy, Amissville, VA

In Culpeper 10:00-11:00 am

Reformation Lutheran Ch,

601 Madison Rd, Culpeper, Va

**NETWORK
PROVIDES
AFFORDABLE
NUTRITIOUS
GROCERIES
EVERY MONTH!**

March 2025 Menu

**ADD \$1 DELIVERY PER PACKAGE FOR
LOCATIONS IN SO. MARYLAND, VIRGINIA,
FREDERICK, & BALTIMORE**



VALUE PACKAGE \$25

- 5lbs Leg Quarters
- 1lb Marinated Beef Portions
- 1lb Perch Fish

**Plus 10-12lbs of Fresh Produce
Items**

**SHARE
in
March
2025**

SMOOTHIE SPECIAL - BACK BY POPULAR DEMAND! \$10

- 1lb Frozen Strawberries
- 1lb Frozen Blueberries
- 1lb Frozen Pineapples
- 1lb Frozen Spinach



HAM SPECIAL \$19

- 8-10lbs Bone in Ham



TURKEY \$19

- 10 – 14lb Turkey



Payment Options:

DEBIT/CREDIT CARDS, EBT, CASH, or MONEY ORDER

To order: **Call Barbara Sanders by Mar 9, 2025**

540 937-2693

Pick up in **Amissville**

9:30-11am, March 22

Amissville United Methodist Ch

4657 Lee Hwy, Amissville, VA

pick up in **Culpeper**

10-11 am, March 22

Reformation Lutheran Ch,

601 Madison Rd, Culpeper,

Get Connected. Get Answers.



211

Virginia

NEED HELP?

When you **contact 211**, you will be connected to a trained professional who can provide free referrals to health and human services including:

- Food
- Clothing
- Emergency shelter
- Housing
- Utility assistance
- Legal assistance
- Physical and mental health resources
- Employment services
- Support for children, youth, and families
- Volunteering in your community, and more!

WAYS TO CONNECT



DIAL 211 or
1-800-230-6977



TEXT
CONNECT to 27211
message and data rates may apply



SEARCH ONLINE
211virginia.org

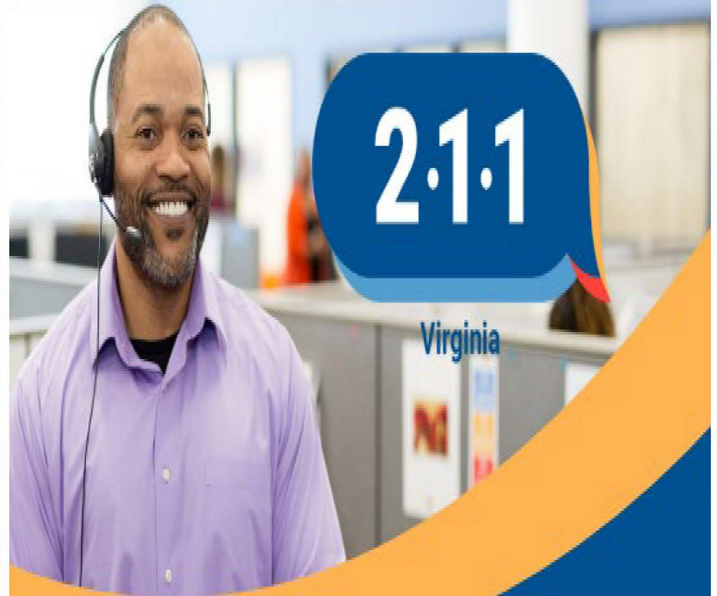


LIVE CHAT
211virginia.org



MAIL
PO Box 598, Roanoke, VA 24404

Contáctese. Reciba Respuestas.



211

Virginia

¿NECESITA AYUDA?

Cuando usted marca **211 Virginia**, se conectará con un profesional entrenado, quien le proporcionará una referencia gratuita para servicios humanos o de salud, incluyendo:

- Comida
- Ropa
- Albergue de Emergencia
- Vivienda
- Asistencia de utilidades
- Ayuda Legal
- Recursos para la salud física y mental
- Servicios de empleo
- Apoyo para niños, jóvenes y familias
- Voluntariado en su comunidad, y más!

CONTÁCTESE



MARQUE 211
o 1-800-230-6977



MANDE O "CONÉCTESE"
COMO MENSAJE DE
TEXTO A 247211
Se pueden aplicar tarifas por mensajes y datos.



BUSQUE EN LINEA
211virginia.org



CHARLA EN VIVO
211virginia.org



CORREO
PO Box 598, Roanoke, VA 24404



Blue Ridge Area
FOOD BANK
Everyone should have enough to eat.

Need groceries?

If you need food assistance, we can help.

The Reva Mobile Food Pantry delivers fresh produce, dry goods, and occasionally dairy and frozen meat, free of charge.

Will be held May 28, 2025

Reva Volunteer Fire & Rescue
18230 Birmingham Road (just off 29 South)

4th Wednesday of every month

*December will be 2nd Wednesday
9:30 a.m. to 11:00 a.m. (no early birds)

All are welcome.

For more information: www.brafb.org or (540) 248-3663

If you need more food than you can get at the Mobile Food Pantry, visit our website and click "Get Help" to find a food pantry near you, or call the FoodBank.

*

¿Necesita comestibles?

Si necesita asistencia alimentaria, estamos dispuestos a ayudarle.

El almacén de alimentos móvil en Reva ("Reva Mobile Food Pantry") ofrece verduras, productos secos, y a veces productos lácteos y carne congelada. Como siempre, gratis.

Se llevará a cabo el 28 de mayo de 2025.

Lugar: Reva Volunteer Fire & Rescue
18230 Birmingham Road (cerca de Rte. 29 South)

El cuarto miércoles de cada mes

*Diciembre será el segundo miércoles
Desde las 9:30-11:00 de la mañana (por favor,
no arrive antes de las 9:00 de la mañana) **Todos son bienvenidos**

Para más información:
www.brafb.org (540) 248-3663

Si necesita más comida de lo que el almacén de alimentos móvil le ofrece, visite a nuestro sitio web y haga clic en "Get Help" para localizar otro almacén de alimentos cerca de usted, o llame al banco de alimentos.



Blue Ridge Area
FOOD BANK
Everyone should have enough to eat.

A member of
FEEDING AMERICA



At Culpeper Career Resource Center 219 East Davis St. Suite 100

Partnering with the community to share support for over ten years

Hours of services 8:00 am until 4:30 pm Call 540-727-1055 ext 464

Providing resource access and information for clothing, food, housing, transportation and additional community support

MidDay Lions ClubReferrals

(assistance with vision care and hearing aids for eligible local applicants)

Food, Clothing and Furniture Vouchers

(sharing community donations as available, helpful dates and locations for assistance)

Low income Home Repair & Improvement program applications

Screenings for the Firewood Share community effort

Food Closet Referrals: Monday – Friday 8:00 a.m. until 11:30a.m.

En Culpeper Career Resource Center 219 East Davis St. Suite 100

Asociados con la comunidad para compartir el apoyo por más de diez años

Horas de servicio 8:00 am hasta 4:30 pm Tel. 540-727-1055 Ext 464

Proveyendo acceso a recursos e información para ropa, comida, alojamiento, transportación y soporte adicional a la comunidad

Referidos de “Mid Day Lions Club”

(Asistencia con el cuidado de visión y prótesis auditiva para aplicantes locales elegibles)

Cupones de Comida, Ropa y Muebles

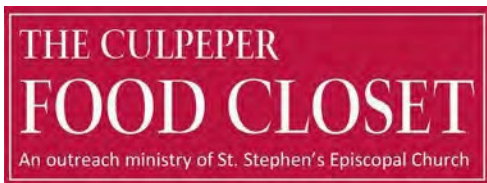
(Compartiendo donaciones de la comunidad según estén disponibles, fechas y localidades que proveen asistencias)

Aplicaciones de programas de Reparaciones y Mejoras al Hogar

para personas de bajos recursos

Aplicaciones para efuerzo comunitario para la Repartición de Leña

Referidos del Armario de Comida: Lunes – Viernes 8:00 a.m. hasta 11:30 a.m.



120 N. Commerce Street, Culpeper VA 22701
Mail to: P.O. Box 343 | 540.825.1177
culpeperfoodcloset@gmail.com 
A ministry of St. Stephen's Episcopal Church
ststephensculpeper.net | 540-825-8786

ARE YOU IN NEED OF FOOD ASSISTANCE? WE CAN HELP.

WE ARE OPEN MONDAY THROUGH FRIDAY 9 AM – 12 NOON

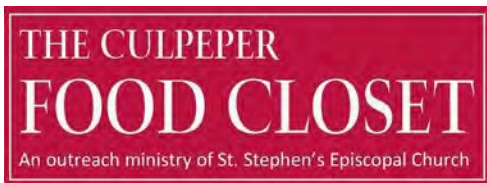
- First, you will need to go to “Sam’s Place” to obtain a food voucher. They will ask you a few questions and give you a **green voucher**. Their location is 219 East Davis St. (next to Natraj Indian Cuisine). They are located on the lower level.
- Once you obtain the voucher come to The Food Closet, 120 N. Commerce St. (lower level of the church). Once there, you will sign in and one of our volunteers will come out to the lobby to assist you.
- You may come TWICE a month with the **green voucher**. Please pick up the **green voucher** from “Sam’s Place” before coming to The Food Closet each time you visit.

WE ARE ALSO OPEN THURSDAY AFTERNOON FROM 4 PM – 6 PM

- Come directly to The Food Closet and sign in on the clipboard. A volunteer will come out to the lobby to assist you.
- You will be asked to fill out an **orange voucher**. You will only need to fill out the voucher one time as they are kept onsite.
- You may come ONCE a month in the afternoon with the **orange voucher**. Please come directly to The Food Closet on Thursday afternoons.

This Agency Is an Equal Opportunity Provider

“Sharing what God has given with glad and generous hearts”



120 N. Commerce Street, Culpeper VA 22701
Mail to: P.O. Box 343 | 540.825.1177
culpeperfoodcloset@gmail.com 

A ministry of St. Stephen's Episcopal Church
ststephensculpeper.net | 540-825-8786

¿NECESITA ASISTENCIA ALIMENTARIA? PODEMOS AYUDARTE.

ESTAMOS ABIERTOS DE LUNES A VIERNES DE 9 A.M. A 12 P.M.

- Primero, deberá ir a "Sam's Place" para obtener un cupón de comida. Le harán algunas preguntas y le darán un **cupón verde**. Su ubicación es 219 East Davis St. (al lado de Natraj Indian Cuisine). Se encuentran en el nivel inferior.
- Una vez que obtenga el cupón, vaya a The Food Closet, 120 N. Commerce St. (nivel inferior de la iglesia). Una vez allí, se registrará y uno de nuestros voluntarios saldrá al vestíbulo para ayudarlo.
- Puede venir UNA VEZ al mes con el **cupón verde**. Por favor, recoja el **cupón verde** de "Sam's Place" antes de venir a The Food Closet cada vez que visite.

TAMBIÉN ESTAMOS ABIERTOS LOS JUEVES POR LA TARDE DE 4 PM A 6 PM

- Ven directamente a The Food Closet e inicia sesión en el portapapeles. Un voluntario saldrá al vestíbulo para ayudarte.
- Se le pedirá que complete un **cupón naranja**. Solo tendrá que completar el cupón una vez, ya que se mantienen en el sitio.
- Puede venir UN VEZ al mes por la tarde con el **cupón naranja**. Por favor, venga directamente a The Food Closet los jueves por la tarde.

Esta agencia es un proveedor de igualdad de oportunidades.

"Sharing what God has given with glad and generous hearts"



Helping our neighbors thrive with access to nutritious foods and community programs through partnerships

2025 DISTRIBUTION SCHEDULE

* The 3RD Saturday of each month, 8-11:00am

January 18

February 15

March 15

April 19

May 17

June 21

July 19

August 16

September 20

October 18

November 15

December 20

**LOCATION: Culpeper United Methodist Church,
1233 Oak Lawn Drive, Culpeper**

If you would like to volunteer: We need volunteers to arrive by 7:00am for check-in, final set-up, and task assignments.

** We also have volunteer opportunities on the Friday before distribution to assist with food deliveries and set-up, 9:00am-12:00



*Ayudar a nuestros vecinos a prosperar con acceso a alimentos nutritivos
y programas comunitarios a través de asociaciones*

CALENDARIO DE DISTRIBUCIÓN 2025

*** El 3er sábado de cada mes, de 8 a 11:00am**

18 de enero

19 de julio

15 de febrero

16 de agosto

15 de marzo

20 de septiembre

19 de abril

18 de octubre

17 de mayo

15 de noviembre

21 de junio

20 de diciembre

**UBICACIÓN: Iglesia Metodista Unida de Culpeper,
1233 Oak Lawn Drive, Culpeper**

Si desea ser voluntario: Necesitamos que los voluntarios lleguen antes de las 7:00 a.m. para el registro, la configuración final y la asignación de tareas.

**** También tenemos oportunidades de voluntariado el viernes antes de la distribución para ayudar con las entregas de alimentos y la instalación, de 9:00 a.m. a 12:00 a.m.**



VOLUNTEER OPPORTUNITIES

There are many different ways to get involved. We offer volunteers a chance to change people's lives across a wide range of activities and programs - all the while, being changed themselves.

For more information, please call (540)349-8076
india.morris@uss.salvationarmy.org.

OUR MISSION

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.



ABOUT US

Commanding Officer
Captain India Morris

Worship

133 East Culpeper Street
Culpeper, Virginia
(540) 349-8076

Social Services

133 East Culpeper Street
Culpeper, Virginia
(540) 317-5873

62 Waterloo Street
Warrenton, VA 20186
(540) 341-3396

Family Store

62 Waterloo Street
Warrenton, Virginia 20186
(540) 341-8385

viriniapiedmont.salvationarmypotomac.org/

THE SALVATION ARMY

Virginia Piedmont

Corps



SERVICES

Serving Culpeper, Fauquier, and Orange Counties.

WORSHIP

We are considered a protestant denomination of the Christian church with beliefs that are in line with the mainstream of Christian belief. Salvation Army officers are ordained ministers that can perform marriages and dedicate children and who regularly provide ministerial duties of their congregations.

EMERGENCY DISASTER SERVICES

By providing beverages, meals, and emotional and spiritual care to first responders and survivors, we strive to bring hope and healing to people who find themselves in the midst of extremely difficult situations.

CAMP RAPPAHANNOCK

There is something restorative about providing a child with the opportunity to leave the city behind and to explore nature. Each summer, youth from Salvation Army units all over Maryland, Virginia, and West Virginia come to camp, located in Richardsville, VA, for a week that can literally change their lives.

CRISIS ASSISTANCE

We provide financial or material help during times of unexpected need. We can provide assistance with utility bills as well as food and clothing for families.

FAMILY STORES

Our Family Store helps the community in a couple of very important ways. When you donate goods, you're helping to provide items that are sold to the community or given to those with the greatest need. In addition, when you shop for items at our stores, you're directly funding life-restoring programs that exist in our community.

SEASONAL ASSISTANCE

We offer an array of Christmas Assistance programs throughout our community. This includes assistance with food for the holidays, gifts and toys for children, assistance with utilities, and much more.

PERSONS SERVED

2,513

GROCERY ORDERS

332

HOUSEHOLD UTILITY ASSISTANCE

185

Culpeper Presbyterian Church Manna Ministry



Culpeper Presbyterian Church Manna Ministry seeks to share nourishment, compassion, and hope in Christ's name to all who enter.

About Us

Manna Ministry provides free warm and nutritious meals three days a week to anyone in need. All are welcome and there is no requirement to show proof of need. Meals are served carry-out style and there are often groceries, pastries, fruits and vegetables, or hygiene products available also.

Where and When

Mondays, Wednesdays, and Fridays

11:00-12:30

**Culpeper Presbyterian Church
Fellowship Hall Building**

301 S. Main Street Culpeper

**Meals can be picked up at the double
doors that open on Locust Street**

Learn more at culpeperpresbyterian.org

Get Involved

Manna Ministry meals are provided by teams of volunteers from churches and other organizations in Culpeper. Each team has a leader who is responsible for planning and preparing the meal and volunteers who help prepare and distribute the meals. We also have volunteers who pick up donations from local businesses.

To get involved as a volunteer or to pick up donations, contact the church office at 540.825.8616 or church@culpeperpresbyterian.org.

Make a Donation

Manna Ministry serves over 100 meals three days a week. If you want to help us continue to provide these meals, tax-deductible donations are always welcome. Checks made payable to Culpeper Presbyterian Church with Manna Ministry on the memo line can be mailed to Culpeper Presbyterian Church 215 S. Main Street Culpeper, VA 22701. Or an online donation can be made at our website culpeperpresbyterian.org.



Shiloh Food Ministry

15055 Stevensburg Rd, Brandy Station

Emergency requests fulfilled as needed

For more information call us at: 540-718-8516

Ministro de Comida Shiloh

15055 Stevensburg Rd, Brandy Station

***Pedidos de Emergencia cumplidas según sea
necesario***

Para más información puede llamar al: 540-718-8516



Pregnant?
Child(ren) under 5?
WIC Can Help!
Enroll NOW
myvawic.org
888-942-3663



This institution is an equal opportunity provider.



Joy
IS A WELL-FED
BABY.

See if you
are eligible.

Apply Today!



Alegría
SIGNIFICA
TENER UN
BEBÉ
BIEN
ALIMENTADO.

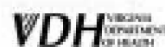
Consulta si
eres elegible

**¡Aplica hoy
mismo!**



VirginiaWIC.com

This institution is an equal opportunity provider.



VirginiaWIC.com

This institution is an equal opportunity provider.



**WIC is now
providing
services
over the phone.
Call
877-835-5942**



VirginiaWIC.com

This institution is an equal opportunity provider.





The Mission for our Home Delivered Meals Program is to support the independence and well-being of our older adults in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

Encompass Community Supports' Home Delivered Meals Program provides nutritious, frozen meals to older adults in our region who are unable to leave their homes due to illness or disability and have no assistance preparing meals.

Our meals are developed and based on guidelines from the Virginia Department for Rehabilitative and Aging Services (DARS). These meals are low in sugar and salt to accommodate individuals with special diets.



encompass
Community Supports

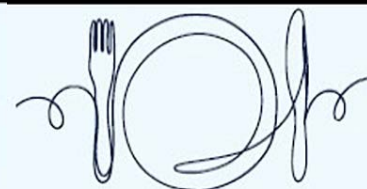
Formerly Known As –
Rappahannock-Rapidan Community Services

PO Box 1568
15361 Bradford Road
Culpeper, VA 22701
Support Coordinators of
Community Connections for Older Adults
Phone: (540) 825-3100
Email: agingservices@ecsva.org
www.encompasscommunitysupports.org

Encompass Community Supports is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, national origin, handicap, age or any other protected category.

To receive meal delivery you must...

- Be homebound
- Be 60 years or older
- Remain safely in your home with meals as a support service
- Be unable to prepare or obtain adequate meals
- Complete an assessment with our Support Coordinator Staff
- Agree to be home when meals are delivered or call if you're not going to be there.



Home Delivered Meals Program



encompass
Community Supports

Formerly Known As –
Rappahannock-Rapidan Community Services

Offering home delivered meal services to adults 60 years of age or older.

PO Box 1568
15361 Bradford Road
Culpeper, VA 22701
Support Coordinators of
Community Connections for Older Adults
Phone: (540) 825-3100
Email: agingservices@ecsva.org
www.encompasscommunitysupports.org

We appreciate and accept donations for our Home Delivered Meals Programs. A donation envelope is given to individuals at time of delivery.

Contact Encompass Community Supports if your status changes or you no longer qualify.

Phone: (540) 825-3100
Email: agingservices@ecsva.org

A portion of our funding for the Home Delivered Meals Program is sponsored by various entities.



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.

Community Connections for Older Adults

Mobile Outreach



encompass
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

*Improving the quality of life for all adults aged 60 and over in the counties of
Culpeper, Fauquier, Madison, Orange, and Rappahannock*

WHO WE ARE

Community Connections for Older Adults is a division of Encompass Community Supports - your Area Agency on Aging. Mobile Outreach is a program initiative developed to address a variety of needs of older adults (aged 60+) and to provide local resource connections and supports to meet those needs.

WHAT WE DO

- Mobile Outreach assesses for and addresses social, nutritional and health related needs with emphasis on helping older adults who may be socially isolated or experiencing hunger/food insecurities.

HOW WE HELP

- Once needs are determined, available resources and supports are identified, and connections are provided which can include internal Encompass Community Supports' programs/services as well as partner agencies throughout our five-county area.
- Senior Centers, Adult Day Services, Home Delivered Meals, Transportation, and Adult Support Coordination are some examples of services available within our agency.

**FOR MORE INFORMATION ABOUT
HOW MOBILE OUTREACH CAN
HELP YOU OR YOUR LOVED ONE,**

**PLEASE CONTACT:
KATHLEEN WATSON
(540) 717-3477
KWATSON@ECSVA.ORG**

AT A GLANCE

TWO PRESSING ISSUES

Our Mobile Outreach initiative was created to address Social Determinants of Health (SDOH), also known as Health Related Social Needs (HRSN), and their effect on older adults in our area. SDOH are the conditions and situations where people are born, live and work that can affect their health and quality of life outcomes. The two SDOH of utmost concern locally are:

- **Social Isolation/Loneliness**
- **Food Insecurity/Hunger**

Social Isolation is the lack of social contacts and having few people to interact with regularly.

Studies have shown that social isolation puts older adults at a higher risk for multiple health issues and even premature death.

Food Insecurity is the condition of not having access to sufficient and/or adequate food to meet one's basic needs.

Meals on Wheels America reports that 6.2% of older adults in Virginia experience some type of food insecurity.



FIND A RIDE 540-445-0577

www.rtcmc.org

Speak with a mobility specialist trained to connect you with the best resource for your needs. The regional Mobility Center connects individuals in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties with all available volunteer transportation, gas subsidies, pilot programs, charity rides, public transit, and private provider options.



VOLUNTEER TO GIVE A RIDE 540-505-5900

Help individuals get to medical appointments, run critical errands, and access the community! Volunteer on your own schedule in the locations you choose; liability insurance provided.

www.volunteerdifference.com

Regional Mobility Center

www.rtcmc.org

540 - 445 - 0577

Transportation information, referral, and coordination for all available transportation options in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties.

Mobility Specialists are available Monday - Friday, 9am-4pm to help connect individuals with available transportation resources including - volunteer rides, gas subsidies, charity rides, pilot programs, public transit, and private providers.

HERO'S BRIDGE

www.herosbridge.org

540 - 341 - 5378

Free volunteer transportation and a host of other services for veterans.

LOWLINC

www.lowlinc.org

855 - 569 - 5462

Volunteer transportation for older adults living in the Lake of the Woods gated community in Orange Virginia. LOWLINC village model provides a

host of services for older adults in exchange for an annual membership.

Rapp at Home

www.rappathome.net

540 - 937 - 4663

Free volunteer transportation and a host of additional services available for older adults living in Rappahannock County.

RappConnect

www.rtcmc.org

540 - 445 - 0577

Free microtransit rides four days a week for older adults and individuals with disabilities in Rappahannock County.

Virginia Regional Transit

www.vatransit.org

540 - 825 - 8456

Public Transit fixed route services ~~for a nominal fee~~, serving the Towns of Culpeper, Orange, Gordonsville, and Warrenton. ADA Accessible.

On-Demand Transportation serving the county of Culpeper and Fauquier; first-come, first-serve, pre-scheduled rides.

REGIONAL

ORANGE

RAPPAHANNOCK

REGIONAL

VolTran



VOLUNTEER TRANSPORTATION SERVICE

(A Nonprofit Organization)



JOIN OUR VOLUNTEER DRIVER TEAM

You can make a difference!

Volunteer: (540) 422-2600

voltranrides@gmail.com

Providing free transportation to older adults, persons with disabilities & others for medical appointments & critical errands

Serving Culpeper, Fauquier, Madison, Orange & Rappahannock

Helping our community, one ride at a time!

NEED A RIDE?

CALL (540) 829-5300

RTC MOBILITY CENTER

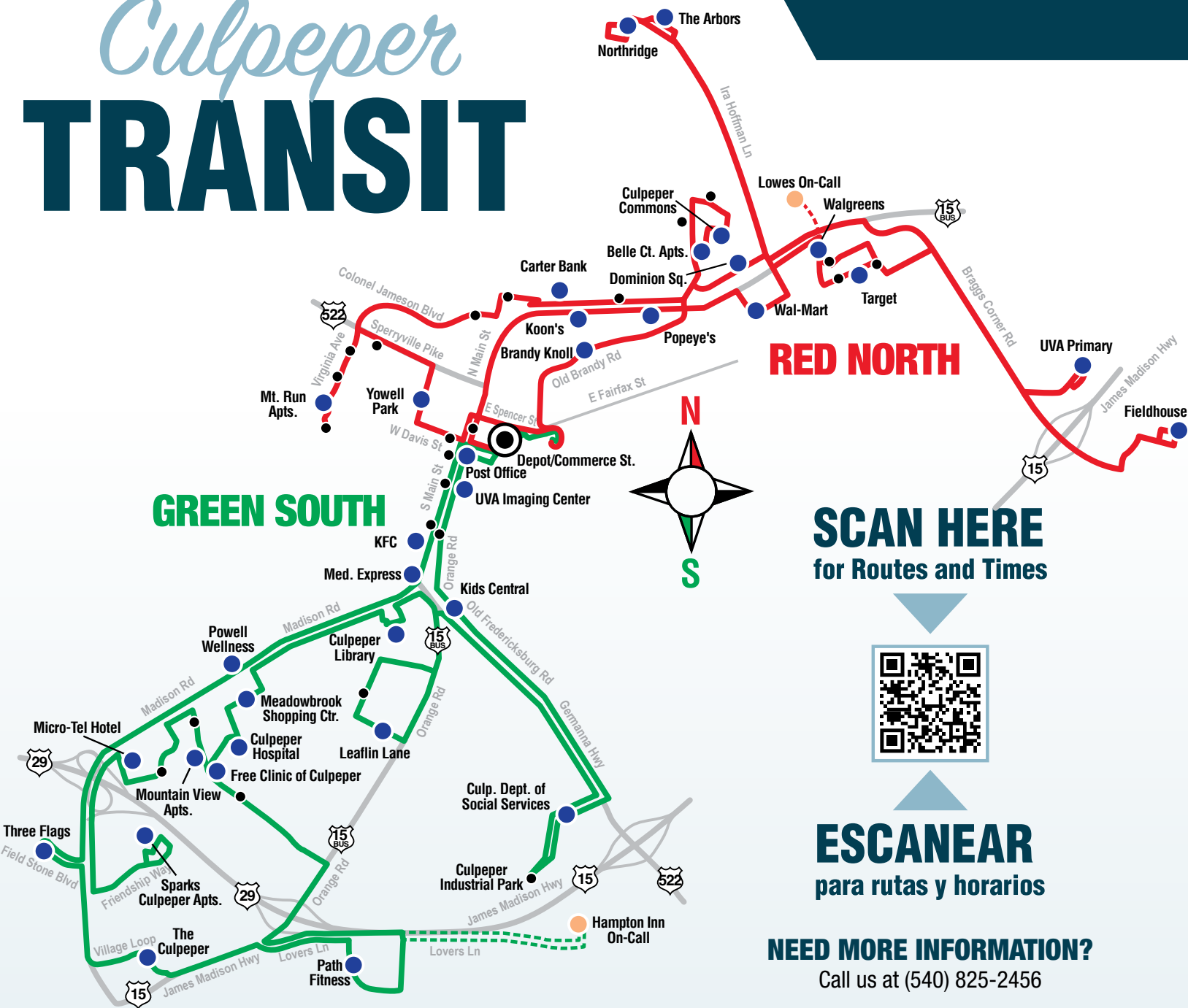
Monday- Friday

8am-4pm



WWW.VOLTRAN.ORG

Culpeper TRANSIT



VaTransit.org



ACCESSIBLE

- Depot
- Stops on timetable
- ON-CALL ONLY
- Additional Stops along routes

SCAN HERE
for Routes and Times



ESCANEAR
para rutas y horarios

NEED MORE INFORMATION?
Call us at (540) 825-2456

SCHEDULE INTERRUPTIONS

When inclement weather or other circumstances cause an interruption of service, Public Service announcements will be broadcast on:
KFTR (1450 AM)
WZRV (95.3 FM)

CULPEPER TRANSIT / TROLLEY SYSTEM SCHEDULE													
RED NORTH													
Depot	7:00 am	7:40 am	8:30 am	9:30 am	10:30 am	11:30 am	B R E A K	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm
Koons	7:05 am	7:45 am	8:35 am	9:35 am	10:35 am	11:35 am		1:05 pm	2:05 pm	3:05 pm	4:05 pm	5:05 pm	6:05 pm
Popeyes	7:08 am	7:48 am	8:38 am	9:38 am	10:38 am	11:38 am		1:08 pm	2:08 pm	3:08 pm	4:08 pm	5:08 pm	6:08 pm
Wal-Mart	7:09 am	7:49 am	8:42 am	9:42 am	10:42 am	11:42 am		1:12 pm	2:12 pm	3:12 pm	4:12 pm	5:12 pm	6:12 pm
Walgreens	7:12 am	7:52 am	8:45 am	9:45 am	10:45 am	11:45 am		1:15 pm	2:15 pm	3:15 pm	4:15 pm	5:15 pm	6:15 pm
Target	7:14 am	7:54 am	8:48 am	9:48 am	10:48 am	11:48 am		1:18 pm	2:18 pm	3:18 pm	4:18 pm	5:18 pm	6:18 pm
Lowes "On-Call" Only	*	*		*		*			*		*		*
Culpeper County Field House			8:53 am		10:53 am			1:23 pm		3:23 pm		5:23 pm	
UVA Primary			8:58 am		10:58 am			1:28 pm		3:28 pm		5:28 pm	
The Arbors			9:07 am		11:07 am			1:37 pm		3:37 pm		5:37 pm	
Northridge			9:09 am		11:09 am			1:39 pm		3:39 pm		5:39 pm	
Dominion Square	7:18 am	7:58 am	9:14 am	10:00 am	11:14 am	12:00 pm		1:44 pm	2:30 pm	3:44 pm	4:30 pm	5:44 pm	6:30 pm
Belle Court	7:20 am	8:00 am	9:17 am	10:03 am	11:17 am	12:03 pm		1:47 pm	2:33 pm	3:47 pm	4:33 pm	5:47 pm	6:33 pm
Culpeper Commons	7:22 am	8:02 am	9:19 am	10:05 am	11:19 am	12:05 pm		1:49 pm	2:35 pm	3:49 pm	4:35 pm	5:49 pm	6:35 pm
Brandy Knoll			9:24 am		11:24 am			1:54 pm		3:54 pm		5:54 pm	
Carter Bank	7:25 am	8:05 am		10:09 am		12:09 pm		2:39 pm		4:39 pm		6:39 pm	
Mt. Run Apartments	7:32 am	8:12 am		10:16 am		12:16 pm		2:46 pm		4:46 pm		6:46 pm	
Yowell Meadow Park	7:36 am	8:16 am		10:20 am		12:20 pm		2:50 pm		4:50 pm		6:48 pm	
Depot	7:40 am	8:20 am	9:30 am	10:30 am	11:30 am	12:30 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm	6:50 pm	
GREEN SOUTH													
Depot	7:00 am	7:40 am	8:30 am	9:30 am	10:30 am	11:30 am	B R E A K	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm
KFC	7:05 am	7:45 am	8:34 am	9:34 am	10:34 am	11:34 am		1:04 pm	2:04 pm	3:04 pm	4:04 pm	5:04 pm	6:04 pm
Med. Express	7:06 am	7:46 am	8:35 am	9:35 am	10:35 am	11:35 am		1:05 pm	2:05 pm	3:05 pm	4:05 pm	5:05 pm	6:05 pm
Powell Wellness	7:10 am	7:50 am	8:38 am	9:38 am	10:38 am	11:38 am		1:08 pm	2:08 pm	3:08 pm	4:08 pm	5:08 pm	6:08 pm
Sparks Culpeper Apartments	7:14 am	7:54 am		9:45 am		11:45 am			2:15 pm		4:15 pm		6:15 pm
Micro-Tel Hotel	7:16 am	7:56 am		9:50 am		11:50 am			2:20 pm		4:20 pm		6:20 pm
Mountain View Apartments	7:19 am	7:59 am		9:54 am		11:54 am			2:24 pm		4:24 pm		6:24 pm
Three Flags			8:41 am		10:41 am			1:11 pm		3:11 pm		5:11 pm	
The Culpeper			8:44 am		10:44 am			1:14 pm		3:14 pm		5:14 pm	
Path Recreation & Fitness Center			8:49 am		10:49 am			1:19 pm		3:19 pm		5:19 pm	
Hampton Inn "On-Call" Only			*		*			*		*		*	
Free Clinic Of Culpeper			8:54 am		10:54 am			1:24 pm		3:24 pm		5:24 pm	
Culpeper Hospital	7:23 am	8:03 am	8:56 am	10:00 am	10:56 am	12:00 pm		1:26 pm	2:30 pm	3:26 pm	4:30 pm	5:26 pm	6:30 pm
Meadowbrook Shopping Center	7:25 am	8:05 am	8:59 am	10:03 am	10:59 am	12:03 pm		1:29 pm	2:33 pm	3:29 pm	4:33 pm	5:29 pm	6:33 pm
Culpeper Library	7:29 am	8:09 am	9:02 am	10:06 am	11:02 am	12:06 pm		1:32 pm	2:36 pm	3:32 pm	4:36 pm	5:32 pm	6:36 pm
Leafin Lane			9:06 am		11:06 am	12:10 pm	1:36 pm		3:36 pm	4:40 pm			
Culpeper Dept. of Social Services	7:34 am	8:14 am	9:13 am	10:13 am	11:13 am	12:17 pm	1:43 pm	2:47 pm	3:43 pm	4:47 pm	5:43 pm		
Kid Central	7:36 am	8:16 am	9:17 am	10:17 am	11:17 am	12:21 pm	1:47 pm	2:51 pm	3:47 pm	4:51 pm	5:47 pm		
UVA Imaging	7:37 am	8:17 am	9:20 am	10:20 am	11:20 am	12:24 pm	1:50 pm	2:54 pm	3:50 pm	4:54 pm	5:50 pm	6:40 pm	
Culpeper Post Office	7:39 am	8:19 am	9:23 am	10:23 am	11:23 am	12:27 pm	1:53 pm	2:57 pm	3:53 pm	4:57 pm	5:53 pm	6:43 pm	
Depot	7:40 am	8:20 am	9:30 am	10:30 am	11:30 am	12:30 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00 pm	6:50 pm	

ON-CALL ONLY NO SERVICE AT THIS SPECIFIC TIME

RULES OF RIDING:

- Smoking, profanity and eating and drinking are prohibited.
- A round trip is one complete circuit of the route.
- NO animals, except service animals permitted on buses.
- NO standing in front of white or yellow line or in stairwells.
- Shirts and shoes are required for all passengers
- Drivers reserve the right to refuse service to anyone not observing regulations or whose behavior is hazardous to passengers or vehicular safety.
- Carry-on items are limited to what a passenger can bring on and take off the bus by themselves in one trip.
- When using cell phones, please be considerate.
- Headphones are required for portable music and gaming devices.
- Seat belts are available and recommended for your safety.

ADA COMPLIANT SERVICE:

Eligible certified riders are encouraged to make reservations for the ADA compliant deviated fixed route service on the prior day, and up to two weeks in advance by calling the customer service phone number, 540-825-2456.

HOW TO RIDE THE TROLLEY:

- The Culpeper Trolley travels around town in a more or less counter-clockwise direction starting at the Depot (📍). A round trip takes one-hour. Scheduled stops are designated numbered signs on the timetable chart. All other stops can be computed by adding a few minutes to the timed stop before yours.
- For the safety of all passengers, stand at designated bus stop locations whenever possible.
- Allow a few minutes for delays in scheduled arrival times. ➡

- Download the VRT Bus App for live view route location and arrival information from your mobile device’s app store by searching “TransLoc / Virginia Regional Transit” or downloaded directly from the VRT website at www.vatransit.org.
- Please have EXACT fare ready when you board, drivers DO NOT carry change.
- In case of inclement weather, routes will operate if safely possible.
- Check out local radio (95.3), social media and our website for service changes. You may also contact the customer service phone number (540) 825-2456 for further information.
- Riders choosing to transport a bicycle can secure it on the rack in front of the bus before boarding.

TITLE VI NON-DISCRIMINATION POLICY STATEMENT:

Virginia Regional Transit (VRT) operates the Culpeper Trolley Service on behalf of the town, and is committed to ensuring that no person is excluded from participation in, or denied the benefits of, or be subjected to discrimination in the receipt of its services or programs based on the basis of race, color or national origin as protected by Title VI of the Civil Rights Act of 1964, as amended. Further, under the Americans with Disability ACT (ADA) of 1990, no entity shall discriminate against an individual with physical or mental disability in connection with the provision of transportation service.

To obtain additional information on VRT’s nondiscrimination obligations or submit a formal complaint or to request additional information on Title VI obligations, please contact Virginia Regional Transit’s-Title VI Manager at 1099 Brandy Knoll Court Culpeper, VA 22701, Phone: (540) 825-2456, Toll Free: (877) 777-2708, Fax: (540) 825-6563.

A complaint may be filed directly with the Federal Transit Administration at: The Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, D.C. 20590.

A complaint may be filed no later than 180 days after the alleged discrimination.



Culpeper
TRANSIT



Serving Culpeper
Customer Service Phone Number:
(540) 825-2456
vatransit.org



Culpeper
TRANSIT



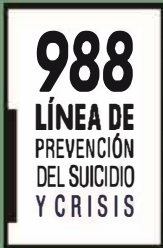
SERVICE SCHEDULE



Serving Culpeper
(540) 825-2456
vatransit.org

**TÚ ERES
IMPORTANTE**

Textea.
Llama.
Chatea.



**YOU
MATTER**

**TEXT.
CALL.
CHAT.**

988
SUICIDE & CRISIS
LIFELINE

988
LÍNEA DE
PREVENCIÓN
DEL SUICIDIO
Y CRISIS

Si tú o alguien que conoces
necesita apoyo ahora, llama
o textea al 988 o conversa
con nosotros vía chat a:
Linea988.org



PEP23-06-03-005

988
SUICIDE
& CRISIS
LIFELINE

If you or someone you know
needs support now,
call or text 988
or
[chat 988lifeline.org](https://chat.988lifeline.org)



MOES988-02-17-23-AE



Services To Abused Families, Inc.

Providing shelter, support and advocacy to survivors of domestic violence and sexual assault



WWW.SAFEJOURNEYS.ORG

24 HR HOTLINE:
800-825-8876

Mailing Address:
P.O. Box 402
Culpeper, VA 22701
Phone: 540-825-8891



Services To Abused Families, Inc.

Proporcionando refugio y ayuda a víctimas de violencia doméstica y asalto sexual



WWW.SAFEJOURNEYS.ORG

LÍNEA DIRECTA DE 24 HORAS:
800-825-8876

Dirección postal:
P.O. Box 402
Culpeper, VA 22701
Phone: 540-825-8891

About Us

Mom2Mom is a non-profit based out of Culpeper, Virginia. Our mission is to empower families across Central Virginia, providing them with resources as well as diapers, wipes, and formula at no cost.

New Office Address:
700 Southridge Pkwy
301
Suite B
Culpeper, VA



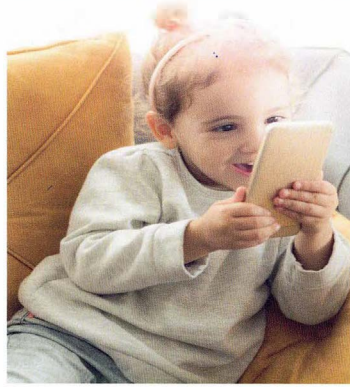
We understand that sometimes asking for help may not be easy & that's why all our services are always free of charge and confidential.

When you visit our office, please know that we will never judge you, and we will always try and help regardless of your situation.

That is why we will still host 1 event a month when we do not ask any questions because we believe there may be months where some families just need that extra "hand up" and we simply want to provide that. We can also help navigate the public assistance system because we know first hand how difficult that may be.

Si habla español

Contact Us



Text: 540-360-1468

www.Mom2MomVA.org

Mom2MomVA@gmail.com

Mailing Address:

429 Meadowbrook

Shopping Center

PMB 211

Culpeper, VA 22701

Follow us

@Mom2MomVA



What you'll need when you visit our office:

These items will be required only once every 6 months.

Photo ID

Birth Certificate/Birth letter
for every child in need of items

One of the following items

Benefit letter
Medicaid card
SNAP Card with Name
Free Clinic Card
WIC benefit letter

You may visit our office **twice** a month, including our "No questions asked events."

*All dates/venues/times are subject to change

*All items are first come, first serve
Follow our social media for times & updates



No family should have to choose between buying diapers and paying their electric bill.



How can you help?

Volunteer

Host a diaper drive

Ask your
business to become a
sponsor

Make a
tax-deductible donation



501(c)(3)
EIN 85-4010415

Sobre nosotros

**Mom2Mom es un
sin fines de lucro con sede
en Culpeper, Virginia.**

**Nuestra misión es
Empoderar a las familias en
todo**

**Virginia Central,
proporcionándoles recursos
como**

**así como
pañales, toallitas,
Fórmula, y productos de
higiene femenina
sin costo alguno.**

**Nueva dirección
de la oficina:
700 Southridge Pkwy 301
Suite B
Culpeper, VA**



Entendemos que a veces pedir ayuda puede no ser fácil y es por eso que todos nuestros servicios son siempre gratuitos y confidenciales.

Cuando visite nuestra oficina, sepa que nunca lo juzgaremos, y siempre trataremos de ayudarlo independientemente de su situación. Es por eso que todavía organizaremos 1 evento al mes cuando no hagamos ninguna pregunta porque creemos que puede haber meses en los que algunos Las familias solo necesitan esa "mano" adicional y simplemente queremos proporcionarla. También podemos ayudar a navegar el sistema de asistencia pública porque sabemos de primera mano lo difícil que puede ser.

Si habla español

Contáctenos



Text: 540-360-1468

www.Mom2MomVA.org

Mom2MomVA@gmail.com

Mailing Address:

429 Meadowbrook

Shopping Center

PMB 211

Culpeper, VA 22701

Follow us

@Mom2MomVA



Lo que necesitarás cuando visites
Nuestra oficina:

Estos artículos se requerirán solo una vez
cada 6 meses.

Identificación con foto
Certificado de nacimiento/carta de
nacimiento
para cada niño que necesita artículos

Uno de los siguientes elementos

Carta de beneficios
Tarjeta de Medicaid
Tarjeta SNAP con nombre
Tarjeta Clínica Gratuita
Carta de beneficios de WIC

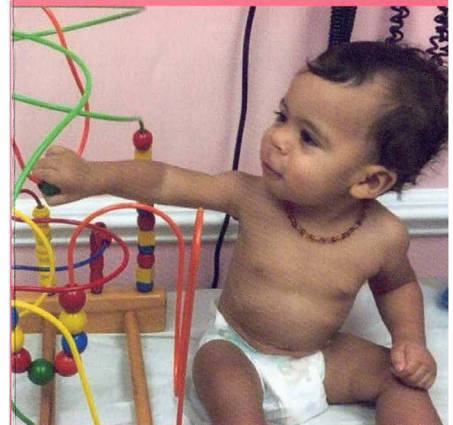
Puede visitar nuestra oficina dos veces al
mes, incluyendo nuestro

"No hay preguntas sobre eventos"

*Todas las fechas/lugares/horarios
están sujetos a cambios

* Todos los artículos se asignan por
orden de llegada

Siga nuestras redes sociales para
conocer los horarios y actualizaciones



**Ninguna familia debería
tener que elegir entre
comprar pañales y pagar
su factura de
electricidad.**



¿Cómo puedes ayudar?

Voluntario

Organice una colecta
de pañales

Pregunte a su
negocio para convertirse en un
patrocinador

Hacer un
Donación deducible de
impuestos



501(c)(3)

EIN 85-4010415

¿Hablas español?

Bienvenido a Casa, Bebé es:

Una visita única con nuestro especialista en recursos familiares. Durante esta visita usted aprenderá acerca de los recursos en la comunidad que están disponibles para usted, y usted recibirá una bolsa de regalo GRATIS.

Nuestros servicios son GRATUITOS, VOLUNTARIO, PRIVADOS, y disponibles para cualquier padre o familia que viva en Culpeper.

Póngase en contacto con nosotros si tiene alguna duda.

llame o envíe un mensaje de texto:
(540) 222-6320

correo electrónico:
healthyfamiliesculpeper@gmail.com

Facebook:
Families First-Healthy Families Culpeper

Welcome Home Baby



Healthy Families America...

Is a nationally known, voluntary, community-based, non-profit program designed to assist new families at no cost.



If you are interested in Welcome Home Baby, or would like more information;

Text or Call us at:

(540) 222-6320

Email us at:

healthyfamiliesculpeper@gmail.com

Like us on Facebook:

Families First—Healthy Families Culpeper

Connecting you to free resources in the community.



Families First—Healthy Families Culpeper

Welcome Home Baby

PO BOX 1355

Culpeper, VA 22701

¡Hablamos Español!



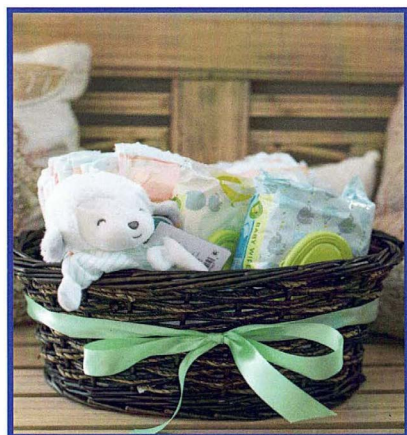
Families First — Healthy Families Culpeper



What is Welcome Home Baby?

Welcome Home Baby is a one-time service that is your connection to resources in the community for everything baby and family.

You even get a personalized free gift kit!



Frequently Asked Questions About Welcome Home Baby

How long is the Welcome Home Baby visit?

The visit usually lasts about 1 hour. Giving you plenty of time to talk with the Family Resource Specialist (FRS) about all of your needs, and ask any questions. At the end of the visit the FRS goes over all of the items that are in the free gift bag.

How much does it cost?

Nothing! Welcome Home Baby is free, confidential, and voluntary. We do not charge fees for the services or items that we provide to you.

What does a Family Resource Specialist do?

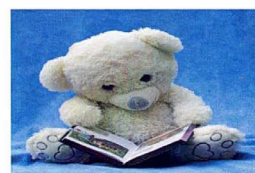
A Family Resource Specialist (FRS) talks with you and gets to know all about you and the needs your family has. After talking with you the FRS will connect you to as many community resources as possible that fit your needs. They may even be able to provide additional items to you like wipes or diapers.

Do you have lots of questions and not quite sure where to get the answers?

Welcome Home Baby can help!

In this one-time visit with our Family Resource Specialist you will learn about programs and resources in the community that can help support you and your new baby. We will share information with you to help with any of the following needs:

- ~ Supplies, Furniture, and Clothes
- ~ Child Development and Milestones
- ~ Parenting and Childcare



CULPEPER HUMAN SERVICES



Head Start • CHSKCEHS
Birth to 5

TO ENROLL CONTACT US AT:

540-829-2330

ACCESS OUR APPLICATION ONLINE AT:

[HTTPS://CULPEPERHEADSTART.COM/](https://culpeperheadstart.com/)

PRINT AND BRING TO:

1401 OLD FREDERICKSBURG RD.

CULPEPER VA. 22701

OR EMAIL AT:

RECEPTION@CULPEPERHUMAN SERVICES.ORG

ENROLL IN HEAD START TODAY

1401 OLD FREDERICKSBURG RD. CULPEPER VA. 22701

**NOW ENROLLING CHILDREN AGES
BIRTH – 5 YEARS**



HEAD START PROGRAMS

are helping children get ready
to succeed in school and in life



Early Learning
and Development



Family Well-being



Health and Wellness



Family
Engagement



Office of Head Start

CULPEPER HUMAN SERVICES



Head Start • CHSKCEHS
Birth to 5

PARA INFORMACIÓN:

540-829-2330

PARA NUESTRA APLICACIÓN:

[HTTPS://CULPEPERHEADSTART.COM/](https://culpeperheadstart.com/)

IMPRIMIR Y TRAERLA:

1401 OLD FREDERICKSBURG RD.

CULPEPER VA. 22701

CORREO ELECTRONICO:

RECEPTION@CULPEPERHUMAN SERVICES.ORG

Inscribase en Head Start Hoy

1401 OLD FREDERICKSBURG RD. CULPEPER VA. 22701

**AHORA INSCRIBIENDO NIÑOS
0 – 5 AÑOS**



LOS PROGRAMAS HEAD START

Están ayudando a los niños a prepararse
para tener éxito en la escuela y en la vida



Aprendizaje y
desarrollo en
la primera infancia



Bienestar familiar



Salud y bienestar



Participación familiar



Oficina de Head Start



Virginia Department of Health Safety Seat Program

Issued 10.2022

The Statewide Safety Seat Program is a statewide child safety distribution and education program offered free of charge to eligible families. Safety restraint devices provided include a convertible safety seat with a starting weight of 5 pounds and a belt-positioning booster seat.

General criteria for eligibility:

- A resident of Virginia, citizenship not required.
- The legal parent or guardian of the child (third trimester through seven years).
- Meets income eligibility to WIC, Medicaid, TANF, SNAP, FAMIS or LISSDEP Income Level Guidelines.
- Child must fit within the program's devices; set by manufacturer's guidelines.
- Parent or legal guardian must complete training in correct seat use and installation.
- Sign a waiver of liability release.

Caregivers, if you are unable to afford car seats, reach out today to see if you qualify for a free seat!

Email: ivp@vdh.virginia.gov

Phone: 1-800-732-8333

Website: www.safetyseatva.org

Supplies are limited so be sure to apply early.



Evenflo Titan65
Convertible



Evenflo Maestro
Booster



Programa de Asientos de Seguridad del Departamento de Salud de Virginia

Emitido el 10.2022

El Programa Estatal de Asientos de Seguridad es un programa de educación y distribución de seguridad infantil en todo el estado que se ofrece de forma gratuita a las familias elegibles. Los dispositivos de sujeción de seguridad provistos incluyen un asiento de seguridad convertible con un peso inicial de 5 libras y un asiento elevador con posicionamiento de cinturón.

Criterios generales de elegibilidad:

- Residente de Virginia, no se requiere ciudadanía.
- El padre o tutor legal del niño (desde el tercer trimestre hasta los siete años).
- Cumple con la elegibilidad de ingresos para las pautas de nivel de ingresos de WIC, Medicaid, TANF, SNAP, FAMIS o LISSDEP.
- El niño debe caber dentro de los dispositivos del programa; establecido por las directrices del fabricante.
- El padre o tutor legal debe completar la capacitación en el uso e instalación correctos del asiento.
- Firmar una exención de responsabilidad.

Cuidadores, si no pueden pagar los asientos para el automóvil, comuníquense hoy para ver si califican por un asiento gratis!

Correo electrónico: ivp@vdh.virginia.gov

Teléfono: 1-800-732-8333

Sitio web: www.safetyseatva.org

Los suministros son limitados, así que asegúrese de y presentar su solicitud con anticipación.



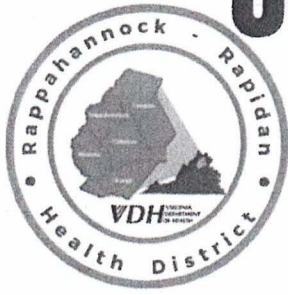
Asientos
proporcionados por
el programa:



Descapotable Evenflo
Titan65



Asiento elevador
Evenflo Maestro



CULPEPER COUNTY HEALTH DEPARTMENT

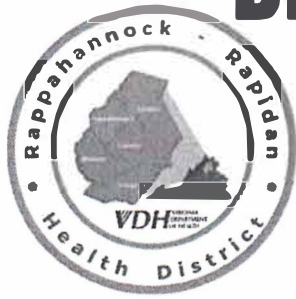
640 LAUREL ST.
CULPEPER, VA 22701

SERVICES INCLUDE:

- Immunizations for Infants, Children, and Adults.
- Family Planning: screening for breast and cervical cancer, birth control methods to include pills, shot, IUD, Implant, etc.
- Confidential health services for teens.
- Sexual Health: Screening and treatment for sexually transmitted infections.
- HIV Testing and Counseling.
- School Physicals for the uninsured and underinsured.
- Long Term Care Screenings for Medicaid (adult & children).

FOR INFORMATION OR TO SCHEDULE AN APPOINTMENT

CALL: (540) 829-7350



DEPARTAMENTO DE SALUD DEL CONDADO DEL CULPEPER

640 LAUREL ST.
CULPEPER, VA 22701

LOS SERVICIOS INCLUYEN:

- Vacunas para bebés, niños, y adultos.
- Planificación familia: detección de cancer de mama y de cuello uterino, métodos anticonceptivos que incluyen píldoras, inyecciones, DIU, implantes, etc.
- Servocops de salud confidenciales para adolescentes.
- Salud Sexual: Detección y tratamiento para infecciones de transmisión sexual.
- Pruebas y asesoramiento sobre el VIH
- Exámenes físicos escolares para personas sin seguro y asegurado insuficientemente
- Exámenes de atención a largo plazo para Medicaid (adultos y niños).

PARA INFORMACION O PROGRAMAR UNA CITA LLAME AL
(540) 829-7350

You may qualify for Free Medical Care



FREE CLINIC OF CULPEPER

Culpeper Wellness Foundation

Are we a good fit for you?

To be eligible for care at the Free Clinic of Culpeper, there are only 4 requirements.

- Live in Culpeper
- 18 years or older
- Have no health insurance, including Medicaid or Medicare
- Income level (New Guidelines)

Household/ Family Size	Earning less than
1	\$45 180.00
2	\$61 320.00
3	\$77 460.00
4	\$93 600.00
5	\$109 740.00
6	\$125 880.00
7	\$142 020.00
8	\$158 160.00
9	\$174 300.00
10	\$190 440.00

2024 Federal Poverty Levels - 300%

Hours

Monday 9am–3pm

Tuesday 9am–3pm

Wednesday 9am–noon

Thursday 9am–3pm

(1st and 3rd Thursdays of the month 4pm–6pm)

610 Laurel Street, Suite 3
Culpeper, VA 22701

(540) 829-5032

www.freeclinicofculpeper.org

Application Online or Stop by the Clinic

Usted puede calificar para Cuidado Médico Gratuito



FREE CLINIC OF CULPEPER

Culpeper Wellness Foundation

Somos una buena opción para usted?

Para poder calificar para cuidado en la Clínica Gratuita (*Free Clinic of Culpeper*) solamente hay 4 requisitos.

- Vivir en Culpeper
- 18 años o mayor
- No tener ningún tipo de cobertura médica, incluyendo Medicaid o Medicare
- Nivel de ingreso (Nueva guía de ingreso)

Tamaño de la Familia	Ganar menos de
1	\$45 180.00
2	\$61 320.00
3	\$77 460.00
4	\$93 600.00
5	\$109 740.00
6	\$125 880.00
7	\$142 020.00
8	\$158 160.00
9	\$174 300.00
10	\$190 440.00

2024 Niveles de Pobreza Federales - 300%

Horario

Lunes 9am–3pm

Martes 9am–3pm

Miércoles 9am–12pm

Jueves 9am–3pm

(1er y 3er Jueves del mes 4pm–6pm)

610 Laurel Street, Suite 3
Culpeper, VA 22701

(540) 829-5032

www.freeclinicofculpeper.org

Aplicar en línea o visite la Clínica

FIVE CORE SERVICES OF INDEPENDENT LIVING

Advocacy

Assist people with disabilities to understand their responsibilities and rights in regards to housing, employment, education, and community access.

Information & Referral

- * Provide information and resources to the community on disability related topics from the local, state and national levels.
- * Provide workshops and trainings for people with disabilities, their families and the community.

Peer Mentoring

- * People with disabilities assisting people with disabilities to pursue their goals and recognize their own abilities.
- * Provide family support to build and sustain positive and healthy relationships

Transition Services

- * Assist people with disabilities to transition from nursing homes and institutional settings back to their homes and community.
- * Provide information and training to youth and their families about transition from high school to adult life.

Independent Living Skills Training

- * Assist people with disabilities to define their individual independent living goals and develop a plan to successfully meet those goals.

MISSION STATEMENT

Assist people with disabilities to achieve the highest potential and benefit of independent living by providing them, those who support them, and the community with information, education and resources.

Meetings, Workshops, and Support Groups

Visit www.cildrc.org for a complete listing of events and follow the dRC on Facebook, Twitter, Instagram, LinkedIn, and YouTube.



We welcome **DONATIONS** to support the work of the CIL. Donations can be made at cildrc.networkforgood.com or by mail. Donations can also be made when shopping online by going to Smile.Amazon.com and GoodSearch.com and selecting the dRC as your charity or through one of the following:

Combined Federal Campaign (CFC) #76880
Combined VA Campaign (CVC) #7942
Local Government Campaign (LGC) #6450
DESIGNATE YOUR GIFT TO ILPD#9

disAbility Resource Center



Now serving Culpeper, Orange,
Madison & Rappahannock
Counties

Voice: (540) 373-2559
CaptionCall: (540) 373-5890
Video Phone: (540) 645- 5378
Voice or Relay: (800) 648-6324
Fax: 540-373-8126

NEED HELP WITH HEATING OR COOLING?

See if you might be eligible at <https://commonhelp.virginia.gov/access/>.

Applications for help with your heating and cooling bills or equipment needs are accepted online (at <https://commonhelp.virginia.gov/access/>), by calling the Enterprise Customer Service Center at (855) 635 – 4370, and at your local department of social services.

Fuel assistance helps with home heating costs; but can also be used for furnace re-starts, late charges, delivery charges, installation charges, and connection or re-connection fees. **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from the second Tuesday in October (Oct 11th) through the second Friday in November (Nov 14th).** Benefits are determined and authorizations for deliveries or service are sent to vendors in December.

Crisis assistance is intended to meet a household's emergency heating need, when no other resource is available.

- **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from November 1 through March 15** for the following: one time only heat security deposit and/or heating equipment repair/purchase. **Assistance is based on the availability of funds.**
- **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from the first workday in January through March 15** for the purchase of home heating fuel and the payment of heat utility bill. **Assistance is based on the availability of funds.**

Cooling assistance provides purchase or repair of cooling equipment and/or payment for electricity to operate cooling equipment. To be eligible, a household must contain at least one vulnerable individual who is age 60 or over, is living with a disability, or is under age 6. **Applications are accepted online, through the Enterprise Customer Service Center, and at local departments of social services from June 15 through August 15. Assistance is based on the availability of funds.**

Eligibility criteria for assistance include:

- Must be resident of the locality in which application is made
- Must have a heating or cooling expense responsibility
- Monthly gross income may not exceed:

Household Size	Maximum Income		Household Size	Maximum Income
1	\$1,699		11	\$7,599
2	\$2,289		12	\$8,189
3	\$2,879		13	\$8,779
4	\$3,469		14	\$9,369
5	\$4,059		15	\$9,959
6	\$4,649		16	\$10,549
7	\$5,239		17	\$11,139
8	\$5,829		18	\$11,729
9	\$6,419		19	\$12,319
10	\$7,009		20	\$12,909

If you suspect Fraud or Abuse of any kind, report it to your Local Department of Social Services or call 1-800-552-3431.

The Virginia Department of Housing and Community Development (DHCD) administers the Weatherization Assistance Program (WAP). The WAP reduces household energy use through the installation of cost-effective energy savings measures, which also improve resident health and safety. Common measures including sealing air leaks, adding insulation, and repairing heating and cooling systems. DHCD works with a network of nonprofit organizations around the state, who directly implement the program. More information is available at <https://www.dhcd.virginia.gov/wx>

¿NECESITA AYUDA CON LA CALEFACCIÓN O REFRIGERACIÓN?

Ver si usted podría ser elegible en el <https://commonhelp.virginia.gov/access/>

Se admiten solicitudes para ayuda con su calefacción y proyectos de ley o las necesidades de equipos de refrigeración en línea (en <https://commonhelp.virginia.gov/access/>, llamando al centro de servicio al cliente empresa en (855) 635-4370, y en su local del Departamento de servicios sociales.

La asistencia para combustible ayuda con los costos de calefacción en la vivienda, pero también puede usarse para reiniciar hornos, cargos en mora, gastos de envío, gastos de instalación y cargos por conexión o reconexión. **Solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales del segundo martes de octubre (octubre 11) hasta el segundo viernes de noviembre (noviembre 14).** Los beneficios son determinados y las autorizaciones para envíos o servicios son enviados a los vendedores en diciembre.

La asistencia en crisis busca cubrir las necesidades de emergencia en el hogar con respecto a la calefacción cuando no existe ningún otro recurso disponible.

- **Las solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales desde el 1 de noviembre hasta el 15 de marzo** para lo siguiente: una sola vez, depósito de seguridad térmico y/o compra/reparación de equipos de calefacción. **La asistencia depende de la disponibilidad de fondos.**
- **Las solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales de la primera jornada de trabajo en enero y el 15 de marzo** para la compra de combustible de calefacción para la vivienda y el pago de las facturas de servicios públicos de calefacción. **La asistencia depende de la disponibilidad de fondos.**

La asistencia para refrigeración facilita la compra o reparación de equipos de refrigeración y/o pago de electricidad para el funcionamiento de equipos de refrigeración. Para ser elegible, el hogar debe estar conformado por al menos un individuo vulnerable de 60 años de edad o más, vivir con una discapacidad, o un menor de 6 años. **Solicitudes se aceptan en línea, a través del centro de servicio al cliente de empresa y en los departamentos locales de servicios sociales de 15 de junio al 15 de agosto. La asistencia depende de la disponibilidad de fondos.**

El criterio de elegibilidad para la asistencia incluye:

- Debe ser residente de la localidad en la que se realiza la solicitud
- Usted debe tener una responsabilidad de gastos de calefacción o refrigeración
- El ingreso mensual bruto no debe exceder de:

Máxima Cantidad	Ingreso por Vivienda		Máxima Cantidad	Ingreso por Vivienda
1	\$1,699		11	\$7,599
2	\$2,289		12	\$8,189
3	\$2,879		13	\$8,779
4	\$3,469		14	\$9,369
5	\$4,059		15	\$9,959
6	\$4,649		16	\$10,549
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8	\$5,829		18	\$11,729
9	\$6,419		19	\$12,319
10	\$7,009		20	\$12,909

Si sospecha de fraude o abuso de cualquier índole, repórtelo a su Departamento Local de Servicios Sociales o llame al 1-800-552-3431.

El Departamento de vivienda y desarrollo comunitario de Virginia (DHCD) administra el programa de asistencia de climatización (WAP). El WAP reduce el uso de energía doméstica a través de la instalación de medidas rentables de ahorro energético, que también mejoran la salud y la seguridad de los residentes. Medidas comunes que incluyen el sellado de fugas de aire, la adición de aislamiento y la reparación de sistemas de calefacción y refrigeración. DHCD trabaja con una red de organizaciones sin fines de lucro en todo el estado, que implementan directamente el programa. Más información disponible en <https://www.dhcd.virginia.gov/wx>

FREE OR REDUCED PRICE CELL PHONES

Lifeline is a program to assist eligible consumers with purchasing landline telephone or cellphone service at a reduced cost. The program is jointly administered by the Federal Communications Commission (FCC) and the Virginia State Corporation Commission (SCC).

If the member, aide, or attendant qualifies for the Lifeline program, the phones may be used to supply the Electronic Visit Verification (EVV) initiative. EVV is a system that electronically records when and where an aide/attendant provides certain services to a Medicaid member.

There are several telephone or wireless companies that participate in Lifeline. If you are covered by a Virginia Medicaid Managed Care Organization such as Aetna, Anthem, Magellan, OptimaHealth, United Healthcare, or Virginia Premier, contact them directly. If not, you can select your own. Companies that participate provide discounted rates, the minimum you would save is \$9.25 per month on your service. Choose wisely because they offer different plans with different numbers of minutes, different refill options, and serve different geographic areas.

Below is a list of the free Lifeline cellphones in Virginia

- **Access Wireless** (1-888-900-5899): Free cell phone, 100-750 minutes, unlimited texts, plus 50-200 MBdata
- **Assurance Wireless** (1-888-321-5880) Free smartphone, 350 free minutes, unlimited free texts and 500 MBdata
- **Safelink Wireless** (1-800-378-1684) Free cell phone, free SIM card, 1000 free minutes and 1.5 GB of data per month or 1000 free minutes and 1.0 GB permonth

Applications can be done over-the-phone or online for Medicaid recipients

More information is available at:

<https://www.scc.virginia.gov/pur/phone/univ.aspx>

To inquire call your local telephone company or wireless company for enrollment details. For additional information contact the Universal Service Administrative Company (USAC) at

<http://www.lifelinesupport.org/1s/apply-for-lifeline/default.aspx>