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 CEO
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 Richmond, VA 23228

A Grace Place Adult Care Center provides daytime care to those with chronic disabilities and age related conditions. We are a community based alternative to nursing homes or residential care serving adults aged 18 and older.

Phone# (804) 261-0205 www.agraceplaceacc.org

Cell#

Fax # (804) 261-5755 lynneseward@agraceplaceacc.org

A Place for Mom

Mary Morgan
 Eldercare Advisor
 1207 Confederate Ave
 Richmond, VA 23227

We are a national eldercare referral service We provide free help for families to find whatever type of care they need.

Phone# (866) 429-7454 www.aplaceformom.com

Cell# (804) 357-1187

Fax # (206) 802-1285 marym@aplaceformom.com

A Place for Mom

Carolyn Warthan
 Eldercare Advisor
 1552 Patriot Circle
 Glen Allen, VA 23059

We are a national eldercare referral service We provide free help for families to find home care, assisted living, nursing homes, etc. and supply informative articles to help our clients.

Phone# (866) 344-0521 www.aplaceformom.com

Cell# (804) 241-7346

Fax # carolynw@aplaceformom.com

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Annette El-Jor
Vice President
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We are a family owned company that provides security & fire protection for your home or business. We also install, service and monitor medical alert systems.

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All Secure Inc

Barbara McCauley
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8180 Mechanicsville Turnpike
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Alzheimer's Association - Greater Richmond Chapter

Sherry Peterson
Chief Executive Officer
4600 Cox Road
Suite 130
Glen Allen, VA 23060

The Alzheimer's Association is a non-profit health resource organization providing information and emotional support for care partners of persons with dementia diseases, community educational programs for care partners and professionals, and the Safe Return Program-a registry program for persons with dementia diseases.

Phone# (804) 967-2580 www.alz.org/grva

Cell# (804) 512-1038

Fax # (804) 967-2588 sherry.peterson@alz.org

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Regional Manager
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Cell#		
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Beaufont Towers Retirement & Assisted Living Community

Vicki Jeter
HR & Customer Service Director
7015 Carnation St
Richmond, VA 23225

Beaufont Towers offers independent & assisted living apartments and a wide variety of care level appropriate programs for Seniors. Our motto is "Acting Senior is Optional."

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Cell#

Fax # (804) 320-5132 vjeter@rui.net

Beaufont Towers Retirement & Assisted Living Community

Jessi Suttentfield
Business Development Director
7015 Carnation St
Richmond, VA 23225

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Cell#

Fax # (804) 320-5132 jessica.suttentfield@rui.net

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Joseph Gilmore, Jr
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Boomer Life Magazine

Scott Harris
Art Director
PO Box 4130
Midlothian, VA 23112

Boomer Life Magazine is your guide to vibrant living designed especially for the baby boomer generation. You'll find a wide array of topics in our magazine such as real estate, fitness, travel and much, much more.

Phone# (804) 674-5004 x230 www.boomerlifemagazine.com

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 Suite 1100
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We are a full service independent insurance broker that specializes in Senior care facilities and organizations.

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Cell# (804) 640-3532

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Care Advantage, Inc

Nitya Jones
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Cell#	(804) 683-0081	
Fax #		rcline@caringtransitions.net

Caring Transitions

Darcy Inge
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Ashland, VA 23005

We are a total solution for Senior move management and estate liquidation.

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Jim Garrett
Attorney-Principal
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Charles (Bill) Besenfelder, CSA
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Carriage Hill Apartments is a 55+ retirement community located in the west end of Henrico County. Our 43+ acres includes 81 buildings with 1, 2 & 3 story garden apartments.

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Cedarfield

Beth Primack
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2300 Cedarfield Parkway
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Cedarfield is a Life care continuing care retirement community located in Richmond's West End.

Phone# (804) 968-5520 www.hermitage-cedarfield.com
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Chesapeake Communications

Jerry Reid
Telecom Solutions Advisor
11351 Business Center Dr
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Chestnut Grove Assisted Living

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Director of Marketing
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Chestnut Grove Assisted Living provides care for Senior citizens that are not able to live independently but are not in need of nursing home care. We have a memory care area that caters to the over 55 community with dementia.

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Cell# (804) 467-9845

Fax # (804) 377-7400 lauraa@chestnutgroveliving.com

Choice Connections of Richmond

Lisa Hollier
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Glen Allen, VA 23059

Choice Connections of Richmond is a FREE, highly personalized senior housing referral service. We help our clients understand their options & provide compassionate & objective guidance to help them make this important decision, saving them time & money.

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Fax #	(804) 836-1858	lhollier@choiceconnections.com

Christian & Barton, LLP

Virginia Grigg
Attorney
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Suite 1200
Richmond, VA 2319

I am an attorney practicing in the estate planning field. I assist clients with wills, trusts & other estate planning documents as well as probate & estate and trust administration.

Phone#	(804) 697-4154	www.cblaw.com
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Financial Services Professional
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Suite 110
Glen Allen, VA 23060

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Sue Whiteside
Chief Operating Officer
1512 Willow Lawn Dr
Richmond, VA 23230

Commonwealth Catholic Charities provides compassionate care to all people regardless of faith in the metro Richmond area. We offer personal care and companion aide services. Services are offered on a sliding scale and a grant for reduced fees for those that qualify. .

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Cell#		
Fax #	(804) 285-9130	Susan.whiteside@cccofva.org

The Community Weekly

David Pegram, Sr
Advertising Representative
301 Southlake Blvd
Suite 102
Richmond, VA 23236

The Community Weekly is a direct mail community paper with a circulation of over 170,000, now in our 21st year. Call me for any type of ad or free event notice.

Phone#	(804) 464-2200	www.tcweekly.com
Cell#	(804) 651-0353	
Fax #	(804) 464-2819	david@tcweekly.com

Companion Extraordinaire Nursing Network

Nancy Boyer
Assistant Administrative Office
112 England St
Ashland, VA 23005

Companion Extraordinaire is an in-home healthcare agency that provides private duty services to the elderly & their families. We offer companion care, certified nursing assistants, LPNs and in home evaluations by our nursing staff.

Phone#	(804) 752-2205	www.cennic.com
Cell#	(804) 239-9320	
Fax #	(804) 752-3403	nancy_boyer@cennic.com

Companion Extraordinaire Nursing Network

Bob Junod
Special Projects Coordinator
112 England St
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Cell#	(804) 662-0134	
Fax #	(804) 752-3403	roberttjunod@yahoo.com

Constant Joy

Leslie Kennedy
Principal
3204 Long Meadow Circle
Glen Allen, VA 23059

I am researching opportunities to assist families in supporting family members who reside at home alone, in retirement communities, assisted living facilities or nursing homes.

Phone	(804) 303-1720	
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9100 Bon Air Crossings Dr
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Fax #	(804) 560-1443	jkuslits@thecrossingsatbonair.com

Crossings at Bon Air

Dianne Denny
Executive Director
9100 Bon Air Crossings Dr
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Cell#	(804) 938-9425	
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Fax #	(866) 596-4447	beanet@diamedixmedical.com

Dignity Memorial (Woody Funeral Homes)

Kathleen Stull
Community Outreach Coordinator
1771 N Parham Rd
Henrico, VA 23229

I facilitate a social support group for widows & widowers called L.I.F.T. (Living Information for Today). It's open to widows & widowers in the community and there are no fees or membership dues to join.

Phone#	(804) 288-3013	www.dignitymemorial.com
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Katie Hamann
Owner
2711 Buford Road
Suite 343
Richmond, VA 23235

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Cell# (804) 356-0429

Fax # katie@doortodoorsolutions.com

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Jane Kizer
Senior Move Manager
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Cell# (804) 314-0687

Fax # jane@doortodoorsolutions.com

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Anne McNeal
Director of Fund Development
88 Carnation St
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Cell# (804) 612-3351

Fax # (804) 230-0778 mcneala@elderhomes.org

ElderFriends

Danielle LaBossiere
Intern/Social Work
2325 W Broad St
Richmond, VA 23220

Elderfriends is a volunteer based, friendly visitation program designed to relieve loneliness and isolation among "shut-in" elders in the Richmond area.

Phone (804) 249-5432 www.elderfriendsva.org

Cell# (804) 895-5866

Fax # (804) 285-3701 labossieredh@vcu.edu

Envoy of Westover Hills

Cassie Byrd
Marketing Director
4403 Forest Hill Ave
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Fax #	(804) 231-9538	cbyrd@ruxton.us

Examiner.com

Stacy Seltzer
Richmond Elder Care Examiner
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Denver, CO 80202

Examiner is a credible online media resource utilizing national writers who contribute articles with local information, news & events with topics of regional interest.

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Cell#	(804) 386-7919	elder-care-examiner
Fax #		seltric@gmail.com

Family Lifeline

Grace Sparks
CEO
2325 W Broad St
Richmond, VA 23220

Family Lifeline is a non-profit organization that has been providing services to the Richmond community since 1877. We have provided personal care services for over 25 years. We provide in home support for the elderly & anyone who needs care in their own home.

Phone#	(804) 249-5405	www.familylifeline.org
Cell#	(804) 405-4870	
Fax #	(804) 285-3701	gsparks@familylifeline.org

Fifty Plus / Richmond Publishing

Mark Fetter
Publisher
1506 Staples Mill Rd
Suite 102
Richmond, VA 23230

Fifty Plus magazine is the only publication targeted at the 50 plus age group. Richmond Publishing also publishes Richmond Parents magazine and VCU Gold Standard, our newest publication.

Phone#	(804) 673-5203	www.richmondpublishing.com
Direct#		
Cell#		
Fax #	(804) 673-5308	mail@richmondpublishing.com

Fifty Plus / Richmond Publishing

Sheilah G. Augustine
Account Executive
1506 Staples Mill Rd
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Richmond, VA 23230

Fifty Plus is a magazine that serves the needs of those 50 plus in the Richmond area. We feature articles on healthcare, travel, the Arts and current events and many monthly columns. We have an annual retirement guide and a caregiver guide. We publish Richmond Parents and the VCU Gold Standard, A VCU sports magazine.

Phone# (804) 673-3886 www.richmondpublishing.com

Direct#

Fax # (804) 673-5308 mail@richmondpublishing.com

Financial Solutions for Seniors

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Midlothian, VA 23112

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Glenmore Yoga & Wellness Center

Nancy Glenmore Tatum
Owner
10442 Ridgefield Parkway
Richmond, VA 23233

Glenmore Yoga & Wellness Center is a community which facilitates each individual's health & wellness goals thru yoga, massage, workshops and consultation. Ageless yoga, a specialty class for older adults to increase strength, balance & flexibility are taught at Glenmore and local community facilities.

Phone# (804) 741-5267 www.glenmoreyoga.com

Cell#

Fax # glenmoreyoga@aol.com

Greenfield of Petersburg

Wendy Coleman
Executive Director
550 Flank Rd
Petersburg, VA 23805

We are an assisted living community providing traditional residential & assisted living with extended levels of care, hospice, Alzheimer and dementia care within a neighborhood environment. Our motto is "caring for those that cared for us".

Phone# (804) 861-4358 www.greenfieldseniorliving.com

Cell# (804) 658-9814

Fax # (804) 861-6885 wcoleman@greenfieldseniorliving.com

Greenfield of Petersburg

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Greenfield of Petersburg

Shelly Ruckman
Executive Director
590 Flank Rd
Petersburg, VA 23805

We are an assisted living community providing traditional residential & assisted living with extended levels of care, hospice, Alzheimer and dementia care within a neighborhood environment. Our motto is “caring for those that cared for us”.

Phone# (804) 861-6977 www.greenfieldseniorliving.com
Cell#

Fax # (804) 732-9223 lrouse@greenfieldseniorliving.com

Guidelight Money Management, LLC

Gene White
Owner/Managing Member
PO Box 29382
Richmond, VA 23382

Guidelight Associates provides daily money management services such as paying bills, making & delivering deposits, balancing checkbooks, budgeting, negotiating with creditors and financial counseling. We are like having a personal business manager.

Phone# (804) 241-7506
Cell# (804) 241-7506

Fax # dmmsga@yahoo.com

GX Technologies

Larry Gittin
President
595 Southlake Blvd
Richmond, VA 23236

GX Technologies provides computer & network support services to the Senior community. We install wireless & webcams, repair computers & printers and train users to work with their systems.

Phone# (804) 423-6680
Cell# (804) 248-0071

Fax # (703) 995-4851 lgittin@gxtechnologies.net

H&R Block

Robert Lee
Tax Specialist III
3314 W Cary St
Richmond, VA 23221

We specialize in comprehensive income tax service to Seniors. Tailored to the special needs of Seniors including in-home or office as preferred. Expertise in pensions, annuities, required minimum distributions, credits for savers, disabilities and elders, etc.

Phone# (804) 353-9450

Cell# (804) 240-5928

Fax #

boblee1807@earthlink.net

Health First Oxygen & Medical Equipment Company

Debra Willis
Community Care Coordinator
2205 Perl Rd
Richmond, VA 23230

We have been JCAHO accredited for over 15 years and are locally owned & operated for almost 30 years. We have respiratory staff on site to assist with your Cpap, Bipap & Oxygen needs. We provide inservice, 24 hour customer care service. We are proud supporters of Partners in Healthcare.

Phone# (804) 673-6500

www.healthfirstmed.com

Cell# (804) 909-5414

Fax #

(804) 673-6508

dwillis@healthfirstmed.com

Heartfields Assisted Living at Richmond

Linda Bourgeois
Director of Marketing
501 N Allen St
Richmond, VA 23220

Heartfields provides Seniors a friendly home environment, safety & superior care. We have 16 floor plans with all meals, activities, transportation to medical appointments, utilities & housekeeping services included.

Phone# (804) 257-7949

www.heartfieldsatrichmond.com

Cell# (804) 426-9986

Fax #

(804) 257-7950

lbourgeois@5sqc.com

Heritage Financial Consultants

Carl W Duffey
Insurance Consultant
PO Box 1914
Midlothian, VA 23113

We assist our individual and small business clients with a wide array of financial and insurance solutions including life, health, disability and long term care insurances, as well as, investment opportunities through fixed and indexed annuities.

Phone# (804) 744-4481

www.heritagefinancialconsultants.com

Cell# (804) 921-3924

Fax #

(804) 601-2568

carlduffey@verizon.net

Heritage Oaks

Gunnar Melder
 Director of Marketing
 1150 German School Rd
 Richmond, VA 23225

Phone#	(804) 323-3800	www.heritageoaksretirement.com
Cell#	(804) 839-7260	
Fax #	(804) 323-3793	gunnarmeld@comcast.net

Hermitage

Susan Cantrell
 Director of Marketing & Community Relations
 1600 Westwood Ave
 Richmond, VA 23227

The Hermitage is a not-for-profit CCRC, owned and operated by the VA United Methodist, Inc. located in historic Ginter Park area. We offer several different floor plans in IL & AL. The Healthcare Center offers private/companion suites.

Phone#	(804) 474-1800	www.hermitage-vumh.org
Cell#	(804) 640-3815	
Fax #	(804) 474-1888	scantrell@vumh.org

Patricia Herndon – Genworth Long Term Care Insurance

Patricia Herndon
 Owner
 10110 Chumney Ln
 Amelia CH, VA 23002

Patricia Herndon is a specialist in long term care planning with Genworth Financial. She is dedicated to helping protect people's hard earned assets from the effects of long term illness & other misfortunes. She educates & protects families through planning for their future needs.

Phone#	(804) 561-1486
Cell#	(804) 516-2554
Fax #	pamankin@yahoo.com

Hospice of Virginia

Charlie Caprio
 Provider Relations Coordinator
 7231 Forest Avenue
 Suite 100
 Richmond, VA 23226

Hospice of Central Virginia provides a team of professionals to care for people with terminal illness, providing medications, medical equipment, nursing services, and education to family members. The hospice team consists of an RN, CNAs, Bereavement Counselors, Social Workers, spiritual counselors and volunteers.

Phone#	(804) 281-0451	www.americanhospice.com
Cell#	(804) 986-3713	
Fax #	(804) 281-0954	charcap2@comcast.net

Huguenot Road Baptist Church

Melissa Fallen
Associate Pastor for Senior Adults
10525 W Huguenot Rd
Richmond, VA 23235

HRBC older adult ministries includes opportunities for fellowship, discipleship, education and service. Ministries also include opportunities for widows & widowers and homebound individuals.

Phone# (804) 272-2072 x 15 www.hrbrichmond.org

Cell#

Fax # (804) 323-1103 melissa@hrbrichmond.org

Humana Marketpoint

Dale Ellis
Sales Representative
4551 Cox Rd
Suite 200
Glen Allen, VA 23060

We represent companies that offer final expense insurance, long term care insurance, fixed annuities, Medicare Advantage plans, life insurance, Medicare Supplement and individual major medical insurance.

Phone# (800) 350-7213 www.humana.com

Cell# (804) 380-4331

Fax # dellis@humana.com

Humana Marketpoint

Beth Granger
Sales Representative
4551 Cox Rd
Suite 200
Glen Allen, VA 23060

We represent companies that offer final expense insurance, long term care insurance, fixed annuities, Medicare Advantage plans, life insurance, Medicare Supplement and individual major medical insurance.

Phone# (804) 317-4743 www.humana.com

Cell#

Fax # (804) 290-0184 egranger@humana.com

Imperial Plaza Assisted Living

Ruby Jones
Director of Assisted Living
1717 Bellevue Avenue
Richmond, VA 23227

We provide independent and assisted living with Manorcare nursing home on site. We have an enclosed mall and rehabilitation services. All services are offered ala carte. We offer value, choice and convenience for Seniors!

Phone# (804) 726-5888 www.brookdaleliving.com

Cell# (804) 334-2939

Fax # (804) 266-7516 ruby.jones@brookdaleliving.com

Imperial Plaza Retirement Community

Alicia Archer
Executive Director
1717 Bellevue Avenue
Richmond, VA 23227

We provide independent and assisted living with Manorcare nursing home on site. We have an enclosed mall and rehabilitation services. All services are offered ala carte. We offer value, choice and convenience for Seniors!

Phone# (804) 262-6537 ext 325 www.brookdaleliving.com

Cell# (804) 402-9203

Fax # (804) 262-5779 aarcher@brookdaleliving.com

Imperial Plaza Retirement Community

Donna Burhman
Business Development Coordinator
1717 Bellevue Avenue
Richmond, VA 23227

We provide independent and assisted living with Manorcare nursing home on site. We have an enclosed mall and rehabilitation services. All services are offered ala carte. We offer value, choice and convenience for Seniors!

Phone# (804) 264-1380 x 305 www.brookdaleliving.com

Cell# (804) 837-9878

Fax # (804) 266-6132 dburhman@brookdaleliving.com

Individual Membership

J Larkin Brown
Long Term Care Specialist
2306 Briargrove Ct
Richmond, VA 23238

I am a long term care specialist & work with people to create LTC strategies. I represent the top companies and am certified by the State of VA to present the State's partnership program & authorized by AARP to present other products.

Phone# (804) 741-4873

Cell#

Fax # Larkin412@aol.com

Individual Membership

Karen Roane
3513 Briel St
#105
Richmond, VA 23223

Phone#

Cell# (804) 366-0174

Fax # roanekm@yahoo.com

Individual Membership

Sue Somerville
2451 Crowncrest Dr
Richmond, VA 23233

Seeking a position in an Assisted Living Facility as
Activities Assistant or Activities Director.

Phone#

Cell# (804) 869-1124

Fax #

suesomerville@yahoo.com

J Wallsink!

Jeanne Walls
2617 Stratford Rd
Richmond, VA 23225

If it's paper & ink...stop & think...Jeanne at JWalls
Ink.

Phone# (804) 339-4081

Cell#

Fax # (804) 272-5078

jeanne@jwallsink.com

Jewish Family Services, Inc

Cathy E Thomas
Bill Pay Coordinator
6718 Patterson Ave
Richmond, VA 23226

JFS is a health & social service agency dedicated to
helping people achieve their full potential, regardless
of age, race, religion or circumstances.

Phone# (804) 282-5644 ext. 259

www.jfsrichmond.org

Cell#

Fax # (804) 673-6269

cthomas@jfsrichmond.org

Joiner Fine Properties

Mary Catharine Ginn Kolbert
Realtor
2727 Enterprise Parkway
Richmond, VA 23294

I am a Realtor with the Seniors Real Estate Specialist
designation.

Phone# (804) 270-9440

www.mcgkolbert.com

Cell# (804) 363-1382

Fax # (877) 820-1762

marycatharine.ginnkolbert@joynersfineproperties.com

Laurel Healthcare

Val Short
Regional Director of Marketing
8181 Worthington Rd
Westerville, OH 43082

We have 3 facilities in the Richmond area: the Laurels of Bon Air, the Laurels of Willow Creek & the Willows of University Park providing long term care, rehab (PT, OT & speech therapy), orthopedic rehab & recovery.

Phone# (252) 308-8467

www.laurelhealth.com

Cell#

Fax #

vshort@laurelhealth.com

Laurels of Willow Creek

Pamela Adams
Director of Marketing
11611 Robious Rd
Midlothian, VA 23113

The Laurels of Willow Creek is a 120 bed skilled nursing & extended care facility. It is our goal to help each resident achieve & maintain the highest level of functioning status. Our licensed staff is dedicated to meeting each individual need of our guests.

Phone# (804) 379-4771

www.thelaurelsofwillowcreek.com

Cell# (804) 314-3032

Fax # (804) 378-3707

padams@laurelhealth.com

Law Offices of Robin S. Gnatowsky

Robin Gnatowsky
Attorney
PO Box 4066
Glen Allen, VA 23058-4066

Please see www.trustandestatelaw.com

Phone# (804) 364-5071

www.trustandestatelaw.com

Cell#

Fax # (804) 364-6387

Lees & Associates, Inc

Donna Lees
President
9411 Sir Barry Drive
Richmond, VA 23229

Lees & Associates offers personal emergency response systems so clients may continue to live independently in their homes. We also offer web based GPS fleet management and security systems.

Phone# (804) 288-0930

www.leesandassociates.com

Cell#

Fax # (804) 754-2955

dlees.associates@verizon.net

LINC – Legal Information Network for Cancer

Sharon Caldwell
Outreach & Education Coordinator
PO Box 73281
Richmond, VA 23235

We help cancer patients with business side of cancer by providing legal, debt management & community resource referrals. We can help with health insurance, disability, Medicare/Medicaid, employment, public benefits, wills, medical directives & other pressing issues.

Phone# (804) 562-0592 www.cancerlinc.org
Cell#

Fax # (804) 378-7544 sharon.caldwell@cancerlinc.org

Long & Foster Realtors

Cathy Saunders
Associate Broker
5702 Grove Avenue
Richmond, VA 23226

I serve as a buyer's agent & seller's agent in the Greater Richmond area assisting older persons & their families in buying and/or selling a home. I am a realtor & a gerontologist with more than 30 years experience working with older persons.

Phone# (804) 288-8888
Cell# (804) 304-3929

Fax # (804) 288-8893 cathy.saunders@longandfoster.com

Long Term Care Consultants, Inc

Linda Tsironis Caruthers, CSA, LTCP
President
92100 Arboretum Parkway
Suite 180
Richmond, VA 23236

Our mission is to specialize exclusively in long term care planning and to build long term relationships based on accountability, reliability and integrity.

Phone (804) 272-5827 www.ltcp.us
Cell#

Fax # (804) 272-5827 ltcaruthers@ltcp.us

Luthern Family Services

Christina Dhir
Program Developer Older Adult Services
2000 West Club Ln
Richmond, VA 23226

Luthern Family Services of Virginia's Older Adult Services program helps aging adults and their caregivers make important decisions during this natural life transition. We offer geriatric care assessment, caregiver support, as well as information & referral to other organizations.

Phone (804) 288-0122 www.lfsva.org
Cell# (804) 536-9229

Fax # (804) 288-0123 cdhir@lfsva.org

The Lynmoore

Connie Pryor
Director of Marketing
12411 Gayton Rd
Richmond, VA 23238

We provide visibility & awareness of the community, 2nd marketing & public relations, opportunities for branding the community for involvement with families, volunteers & the community at large.

Phone# (804) 341-9494

Cell# (804) 385-1103

Fax # (804) 741-3076

cpryor@lynmoore.com

ManorCare Stratford Hall & The Village ALF

Mona Clark
Administrator
2125 Hilliard Rd
Richmond, VA 23228

We are an Assisted Living facility with 52 private apartments ranging from small studios to Presidential suites.

Phone# (804) 523-8915

Cell# (276) 252-3943

Fax # (804) 553-4962

503-asstadmin@hcr-manorcare.com

ManorCare Stratford Hall & The Village ALF

Monica Mahoney
Business Development Specialist
2125 Hilliard Rd
Richmond, VA 23228

ManorCare at Stratford Hall offers a continuum of care through our post-acute rehabilitation center, long term care services, Acadia dementia program, and the Village Assisted Living

Phone# (804) 266-9666

Cell# (804) 627-3486

Fax #

mmahoney@hcr-manorcare.com

Maxim Healthcare Services

Ryan May
Accounts Manager
3805 Cutshaw Ave, Suite 100
Richmond, VA 23230

Maxim Healthcare Services is a leader in providing healthcare services nationwide. We provide home healthcare, facility staffing, & on-site flu shot programs. We are creating success by leading & serving others, for adults and pediatric patients on a daily basis.

Phone# (804) 355-9800

www.maxhealth.com

Cell# (804) 441-2591

Fax # (804) 354-5900

rymay@maxhealth.com

MEDI Home Health & Hospice

Kirsten A Roberts
Community Educator
8100 Three Chopt Rd
Suite 226
Richmond, VA 23229

MEDI Home Health & Hospice is a comprehensive healthcare provider that offers home health, palliative care, hospice services, medical equipment, diabetic supplies, enteral nutrition, respiratory services, non-medical home care, & personal emergency response.

Phone#	(804) 282-4301	www.msa-corp.com
Cell#	(804) 385-9844	
Fax #	(804) 282-4303	kroberts@msa-corp.com

Method Organizing

Steve Dash
Owner
2418 "C" Granite Ridge Rd
Rockville, VA 23146

We design & build closet organizational solutions for the home with a special focus on downsizing & Senior safety.

Phone#	(804) 290-8822	www.methodorg.com
Cell#	(804) 399-5544	
Fax #		steve@methodorg.com

MetLife Home Loans

Jim Warns
Reverse Mortgage Loan Consultant
1025 Boulders Parkway
Richmond, VA 23225

I help Seniors remain independent & financially secure in their own home by educating them about federally insured Reverse Mortgages.

Phone#	(804) 441-1218	
Cell#	(804) 714-8007	
Fax #	(518) 244-4904	jwarns@metlife.com

Mobility Center of VA

Robin Hernandez
Sales Rep
255 E German School Rd
Richmond, VA 23831

We make it easy for those who have it tough. We provide equipment, installation & service to disabled, mobility challenged Seniors. We offer minivans, driving aids, elevators, turning seats, stair lifts, wheelchair & scooter lifts, ceiling lifts & ramps.

Phone#	(804) 231-7774	www.mobilityva.com
Cell#		
Fax #	(804) 231-0179	rhernandez@mobilityva.com

Money Management Educators and NY Life Insurance Co.

Dr. Kelly A Decker
Financial Advisor
4400 Cox Rd
Suite 110
Glen Allen, VA 23060

I provide educational presentations on a variety of financial topics. I have been a university professor for over 15 years. I am fully licensed & certified as a financial advisor, insurance agent & retirement planning specialist.

Phone# (804) 935-5378 www.kellydecker.com
Cell# (804) 221-9717

Fax # drkdecker@comcast.net

More Than Moving for Seniors

Claudette Croushore
Senior Move Manager
8006 Staples Mill Rd
Richmond, VA 23228

We assist older adults when downsizing or moving from their home, helping them sort through belongings and declutter their home. We can declutter a home to prepare it to sell or just to make it easier to live in. We pack, move, unpack & set up the new home. We also conduct estate sales.

Phone# (804) 232-6480 www.MoreThanMovingInc.com
Cell#

Fax # (804) 262-7485 ckcroushore@comcast.net

More Than Moving for Seniors

Susan Campbell
President
8006 Staples Mill Rd
Richmond, VA 23228

We assist older adults when downsizing or moving from their home, helping them sort through belongings and declutter their home. We can declutter a home to prepare it to sell or just to make it easier to live in. We pack, move, unpack & set up the new home. We also conduct estate sales.

Phone# (804) 232-6480 www.MoreThanMovingInc.com
Cell# (804) 874-8824

Fax # (804) 262-7485 susan@morethanmovinginc.com

Morgan & Keegan & Co, Inc

Christine Sovine
Vice President
951 E Byrd St
Suite 930
Richmond, VA 23219

I specialize in comprehensive wealth management services for individuals & small and mid tier business owners establish retirement plans & review existing plans for efficiency.

Phone# (804) 225-1126 www.chrissovine.mkdvisor.com
Cell# (804) 221-9267

Fax # (804) 225-1123 chris.sovine@morgankeegan.com

Morgan & Keegan & Co, Inc

John Ulshafer
Vice President
951 E Byrd St
Suite 930
Richmond, VA 23219

I specialize in helping Seniors get extra income in a very low interest rate environment.

Phone# (804) 225-1126

Cell# (301) 788-1219

Fax # (804) 225-1123

John.ulshafer@morgankeegan.com

Morningside Assisted Living

Sara Abbott
Community Relations Director
3000 Skipwith Rd
Richmond, VA 23234

We are an assisted living community that also provides a secure memory care community. We also offer rehab & short term stays as well as an ALFA award winning memory care program.

Phone# (804) 270-3990

www.morningsideinthewestend.com

Cell# (804) 869-4483

Fax # (804) 270-9022

sabbott@5sqc.com

Morningside of Bellgrade

Nan Pascal
Admissions Director
2800 Polo Parkway
Midlothian, VA 23113

Morningside of Bellgrade offers assisted and memory care in a gracious, friendly environment.

Phone# (804) 379-2800

www.fivestarqualitycare.com

Cell#

Fax # (804) 378-0174

npascal@5sqc.com

MoveMyMom

Douglas Sutton
Principal/President
4112 Park Ave
Richmond, VA 23221

MoveMyMom is a relocation service for Seniors and their families. Our menu includes assistance in locating a new venue, purging the home, comprehensive interior design services, move management, estate dispersal, and real estate sale preparation.

Phone# (804) 338-2647

www.movemymom.com

Cell# (804) 338-2647

Fax #

movemymom@verizon.net

Mutual of Omaha

Suzy Lias
 Representative
 11800 Chester Village Dr
 Suite B
 Chester, VA 23831

Providing long term care insurance. Helping to educate & inform individuals & families on their LTC options. Finding custom solutions that fit both need & budget.

Phone#	(804) 930-1263	www.mutualofomaha.com/agent/susanlias
Cell#	(804) 314-2436	
Fax #	(804) 930-1017	suzy.lias@mutualofomaha.com

Net30, Inc.

Andrea D. Lilly
 Marketing & Sales
 8016 Staples Mill Rd
 Richmond, VA 23228

Net30, Inc since 1987 provides bill paying services for Seniors, individuals and businesses. Not only do we pay bills on time, we provide itemized monthly and year-end reports making tax preparation a breeze.

Phone#	(804) 716-9070	www.net30.net
Cell#		
Fax #	(804) 716-9075	andrea@net30.net

Nicholls Auction Marketing Group

Marlynn Turner
 Sales Person
 40 Carriage Hill Ln
 Fredericksburg, VA 22407

We help people sell their real estate using the auction method. We bring market value for homes & properties to our clients in 30-45 days. This is a huge advantage for Seniors who are downsizing, moving into assisted living, etc. We also help with settling estates.

Phone#	(804) 690-0746	www.nichollsauction.com
Cell#	(804) 690-0746	
Fax #		marlynn@nichollsauction.com

Old Virginia Mortgage, Inc

Mark Troxell, Jr
 Reverse Mortgage Specialist
 11900 Glen Gary Ct
 Richmond, VA 23233

I provide financial relief to Seniors by providing counseling and origination of reverse mortgages. I often speak to groups about reverse mortgages.

Phone#	(804) 360-5565	www.oldviriniamortgage.com
Cell#	(804) 683-7776	
Fax #	(804) 360-5565	marktroxelljr@comcast.net

Options for Senior America

Mario N Chambers
Branch Manager
8100 Three Chopt Rd
Suite 233
Richmond, VA 23229

I represent a home health care company that has 13 offices from Florida to Ohio.

Phone# (804) 673-6730

www.optionscorp.com

Cell# (804) 564-9009

Fax #

richmond@optionscorp.com

P&G Healthcare Consumer Institute

Susan Baxter
Senior Account Executive/Healthcare Marketing
11417 Ivy Home Pl
Richmond, VA 23233

We provide consultation services in strategic planning, market research & marketing for healthcare products & services companies.

Phone# (804) 762-8687

Cell#

Fax #

baxtersj1@comcast.net

Paradise Home Care

Christine Pruettt
Business Development
6407 Horsepen Rd
Richmond, VA 23226

Home health agency established 2007. Medicare & Medicaid certified. Extensive experience in home care, critical care, psychiatric management in addition to skilled care. Serves Metro Richmond & Tri-Cities areas.

Phone# (804) 288-0033

Cell# (804) 432-2957

Fax # (804) 288-0035

cpruettt@paradisehomecareinc.com

Patton Tax Group, LLC

Dianna Patton, CPA, CFP, MTAX
PO Box 5573
Glen Allen, VA 23058

Provide tax & financial planning. Work in areas of individual taxes, estates, gifting and small business.

Phone# (804) 921-5108

Cell#

Fax #

dianna@pattontaxgroup.com

PrimeLending, A Plains Capital Company

Dale Rich
Mortgage Consultant & Reverse Mortgage Advisor
4951 Lake Brook Dr
Suite 365
Glen Allen, VA 23060

My role in bringing Reverse Mortgages to Seniors is that of an educator. I explain how loans work, how they can improve the Senior's life and the drawbacks of a Reverse Mortgage. I answer their questions & discuss their goals to determine the right fit.

Phone#	(804) 747-7463	www.drich.primelending.com
Cell#	(804) 304-8665	
Fax #	(866) 908-7178	drich@primelending.com

Remax Commonwealth

Gordon Laroussini
Realtor
200 Westgate Parkway
Suite 102
Richmond, VA 23233

We provide guidance during difficult repositioning periods to sell the family home. We coordinate with attorneys and move management companies. We are designated as SRES (Senior Real Estate Specialists)

Phone#	(804) 377-0707	www.gordonshomes.com
Cell#	(804) 377-0707	www.seniortransitionadvisors.com
Fax #	(804) 612-4779	gordon@gordonshomes.com

Richmond Scrubs

Cindi Johnson
President
5621 Coachman Carriage Terrace
Glen Allen, VA 23059

We provide quality scrubs at affordable prices.

Phone#	(804) 873-0618	www.richmondscrubs.com
Cell#	(804) 399-1399	
Fax #		richmondscrubs@comcast.net

Right At Home-Prince George

Rosa Hopkins
Owner/Operations Manager
208 N 4th Ave
Hopewell, VA 23860

Right At Home provides in-home care & assistance to Seniors & disabled adults. We create a specialized careplan, provide sitter services at facilities, companion, homemaker, personal care, nursing service, medication management & emergency response systems.

Phone#	(804) 415-7415	www.rightathome-princegeorge.com
Cell#	(804) 892-2090	
Fax #	(804) 415-7366	rosa.hopkins@rah-pg.com

The Risk Management Group

Campbell Pendleton
Partner
2223 Loch Braemar Dr
Richmond, VA 23236

I work with home care agencies & assisted living and rehabilitation centers to enlighten them & their employees on how to protect themselves from data breaches and ID theft.

Phone# (804) 513-4178

Cell# (804) 513-4178

Fax # (804) 627-1031

Cpendle318@aol.com

River City Logo

Gigi Curtin
Owner
2944 Bells Rd
Richmond, VA 23234

We provide embroidery & screening services.

Phone# (804) 230-0479

www.rivercitylogocom

Cell# (804) 833-6000

Fax # (804) 622-9900

rivercitylogo@yahoo.com

Riverside PACE

Mary Beth Carpenter
Marketing Manager
750 E 6th Street
Richmond, VA 23224

Riverside PACE is a new program of all inclusive care for the elderly serving frail older adults who live in the greater Richmond area. Pace empowers those who join the program to remain in their homes by providing comprehensive medical & social services.

Phone# (804) 549-5525

www.riversideonline.com/pace

Cell# (804) 647-4075

Fax # (804) 549-5529

marybeth.carpenter@rivhs.com

Safe Haven Home Care, LLC

Derrick Gambrah
President
4615 W Broad St
Suite 119
Richmond, VA 23230

The ideal solution for the elderly, disabled or individuals recovering from illness or hospitalization. We provide affordable quality in-home companionship, live-in care, homemaking, transportation, sitters & concierge services to maintain independence & high quality of life.

Phone (804) 325-3156

www.safehavenhomecare.net

Cell# (804) 690-3272

Fax # (804) 325-3157

info@safehavenhomecare.net

SafeHaven Assistive Care

Cal Detres
General Manager
2301 Hilliard Ave
Suite 9
Richmond, VA 23228

We are providers of an emergency alert system & monitoring service designed for use by Seniors or individuals with disabilities who are at risk for medical emergencies due to falling.

Phone	(804) 553-3116	www.utechllc.com
Cell#	(804) 307-3793	
Fax #	(804) 553-3127	caldetres@utechllc.com

Secure Horizons

Deion Coleman
Community Developer
9020 Stony Point Parkway
Suite 400
Richmond, VA 23235

Secure Horizons is the “Senior” division of United Healthcare. We provide healthcare insurance for Medicare eligible persons. Our plans include Medicare Advantage, Medicare supplement and prescription drug coverage.

Phone	(804) 267-5233	
Cell#	(804) 938-9376	
Fax #	(804) 267-5275	deion_j_coleman@uhc.com

Select Financial Partners

Anne Dunnburg, CRPC
President
6001 Lakeside Ave
Suite 30
Richmond, VA 23228

Financial planning, insurance & investment advisory and management. Financial services of all kinds. If we don't do it, we have a trusted affiliate who does.

Phone	(804) 269-5346	www.selectfinancialpartners.com
Cell#	(804) 212-9524	
Fax #	(804) 269-5347	anne@selectfinancialpartners.com

Senior Advocacy Management, Inc

Martha R Donato
President
PO Box 3842
Richmond, VA 23235

SAM, Inc provides geriatric care management services to include care coordination, bill paying, placement assistance, and various insurance counseling capabilities. Martha assists Seniors & their families with their journey into the healthcare system.

Phone	(804) 355-0966	
Cell#		
Fax #		saminc@comcast.net

Senior Center

Pamela Finer
2710 Monument Avenue
Richmond, VA 23220

Private, non-profit organization established in 1973 as part of a national network of area agencies on aging, providing direct services, advocacy & information for Seniors & their family caregivers in Planning District 15.

Phone (804) 343-3000

www.seniorconnections-va.org

Cell#

Fax # (804) 649-2258

pfiner@youraaa.org

Senior Connections, The Capital Area Agency on Aging

Fred Geiger
Education & Special Project Manager
24 E Cary St
Richmond, VA 23219

Senior Connections (CAAA) is dedicated to helping Seniors maintain quality of life and independence as they age. The agency is a private, non-profit 501(c)(3) serving the citizens of Richmond and its surrounding counties.

Phone (804) 343-3000

www.seniorconnections-va.org

Cell# (804) 591-5636

Fax # (804) 649-2258

fgeiger@youraaa.org

Senior Home Safety Checkup Network

Douglas M. (Scooter) Burgess
Regional Director
554A Southlake Blvd
Richmond, VA 23236

Our goal is to allow Seniors to stay in their homes longer & safer. We do an extensive inspection looking for any safety related issues, ie. electrical, functioning furnace, trip hazards, smoke detectors, etc.

Phone (804) 794-1423

www.seniorhomesafetycheckup.com

Cell# (804) 334-7474

Fax #

sburgess@burgessinspects.com

Senior Living Guide

Eric Ernsberger
Associate Publisher/Sales
PO Box 29206
Richmond, VA 23242

Senior Living Guide is a free resource magazine for active Seniors as well as older adults with needs. We offer readers options for housing, home health, rehabilitation, Senior services & products, entertainment & articles. Our publication is distributed throughout Central VA.

Phone (804) 357-1155

www.seniorlivingguide.com

Cell# (804) 402-5104

Fax # (804) 723-4128

ernsberger@seniorlivingguide.com

Senior Solutions Home Care

Janet Faraone
 President
 7814 Carousel Lane
 Suite 109
 Richmond, VA 23294

Our Home Care division provides companion, homemaker and personal care services to Seniors in their home, hospital or Senior community. We assess the needs of clients and provide the appropriately trained caregiver. We specialize in 24/7 care.

Phone#	(804) 364-1276	www.srsolutionsinc.com
Cell#	(804) 363-2083	
Fax #	(804) 364-9252	janet@srsolutionsinc.com

Senior Solutions Home Care

Nick Faraone
 Vice President
 7814 Carousel Lane
 Suite 109
 Richmond, VA 23294

Our Home Care division provides companion, homemaker and personal care services to Seniors in their home, hospital or Senior community. We assess the needs of clients and provide the appropriately trained caregiver. We specialize in 24/7 care.

Phone#	(804) 364-1276	www.srsolutionsinc.com
Cell#	(804) 314-6295	
Fax #	(804) 364-9252	nick@srsolutionsinc.com

Senior Solutions Home Care

Hope Melton
 Care Coordinator & Community Liaison
 7814 Carousel Lane
 Suite 109
 Richmond, VA 23294

Our Home Care division provides companion, homemaker and personal care services to Seniors in their home, hospital or Senior community. We assess the needs of clients and provide the appropriately trained caregiver. We specialize in 24/7 care.

Phone#	(804) 364-1276	www.srsolutionsinc.com
Cell#		
Fax #	(804) 364-9252	hope@srsolutionsinc.com

SeniorNavigator.org

Bonnie H Scimone
 Community Specialist
 7501 Boulders View Rd
 Bldg 201, Suite 201
 Richmond, VA 23225

SeniorNavigator combines the Internet with a network of volunteers to bring 20,000 health and aging resources to Seniors, caregivers and adults with disabilities.

Phone	(804) 827-1280 / 827-1906	www.seniornavigator.org
Cell#		
Fax #	(804) 827-1281	bonnie@seniornavigator.org

Seniors Guide

Brian Ross
General Manager
PO Box 4130
Midlothian, VA 23112

Our goal is to educate people about the services, housing and care options available to Seniors in the Central Virginia area. We do this through our free magazine, The SeniorsGuide and on our website.

Phone# (804) 674-5004 ext 221 www.SeniorsGuideOnline.com
Cell#

Fax # (804) 674-6318 Brian@SeniorsGuideOnline.com

Seniors Guide

John Ross, III
President
PO Box 4130
Midlothian, VA 23112

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Seniors Guide

Stephanie Ross
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Seniors Guide

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Cell#

Fax # (804) 674-6318 Art@SeniorsGuideOnline.com

Seniors Helping Seniors

Pete Landergan
Owner
11311 Business Center Dr
Midlothian, VA 23113

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Cell# (804) 612-7857

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Marketing
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 Richmond, VA 23221

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 Public Relations Coordinator
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Kim Roth
 Sales / Marketing Representative
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Speak Like Me, Inc

Yolanda Fields
 Speech & Language Pathologist
 4009 Fitzhugh Ave
 Suite 200
 Richmond, VA 23230

Speak Like Me, Inc offers a comprehensive range of therapeutic speech, language and swallowing services to individuals ranging from infants to geriatrics.

Phone# (804) 447-5240 www.2speaklikeme.com

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Fax # (804) 447-5241 yfields@2speaklike me.com

Speak Like Me, Inc

Kia Symonds
Speech & Language Pathologist
4009 Fitzhugh Ave
Suite 200
Richmond, VA 23230

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Phone#	(804) 447-5240	www.2speaklikeme.com
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Spring Arbor of Richmond

Paige Carpenter
Director of Marketing
9991 Ridgefield Parkway
Henrico, VA 23233

One monthly rate at Spring Arbor covers an apartment home plus three nutritionally balanced meals, wellness and education programs, laundry, linen, housekeeping, scheduled transportation, and a full social calendar. We feature exceptionally large one- and two-bedroom apartments with full comprehensive care services available.

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Spring Arbor of Salisbury – Assisted Living

Jen Perez
Director of Marketing
14001 Turnberry Ln
Midlothian, VA 23113

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Phone#	(804) 897-2727	www.springarborliving.com
Cell#		
Fax #	(804) 897-9177	jarperez@springarborliving.com

Spring Arbor of Salisbury – Assisted Living

Sally Sperberg
Executive Director
14001 Turnberry Ln
Midlothian, VA 23113

One monthly rate at Spring Arbor covers an apartment home plus three nutritionally balanced meals, wellness and education programs, laundry, linen, housekeeping, scheduled transportation, and a full social calendar. We feature exceptionally large one- and two-bedroom apartments with full comprehensive care services available.

Phone#	(804) 897-2727	www.springarborliving.com
Cell#		
Fax #	(804) 897-9177	smsperberg@springarborliving.com

Springboard Group, Inc

Janice Burroughs
 President
 3420 Pump Rd
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Springboard helps people navigate major life transitions: divorce, family illness, death, & career changes. We are an independent network of businesses & professional advisors. We do transition planning & guidance, corporate programs for employee life management.

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 Cell#
 Fax # (804) 672-1943 steve@stchomes.com

Stephen Thomas Homes

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 3601 Mayland Ct
 Richmond, VA 23233

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 Cell#
 Fax # (804) 672-1943 bruce@stchomes.com

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TBL Services

Cheryl Ann Nici-O'Connell
President / CEO
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Suite E-2
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TBL Services is a national authorized provider of American Red Cross training at our training center or at a client site. Training 24/7, CPR, First Aid, or any Red Cross classes.

Phone#	(804) 864-5123	
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Technology Assurance Group (TAG)

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Town Planner

Roger Braswell
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Suite D523
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Fax # (804) 261-1200 blevinsc@firstcentrum.com

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Phone# (804) 261-1100 www.verenalifestyle.com

Cell#

Fax # (804) 261-1200 activitydir@verenalifestyle.com

Vicki & Tom Vogt Team

Vicki Vogt
Realtor-Long & Foster
8411 Patterson Ave
Richmond, VA 23229

Vicki & Tom sell residential real estate for Seniors. They know how difficult it can be to leave your home. Through the years, they have helped many Seniors move to more suitable locations. Vicki & Tom Vogt "Let our family-Help yours"

Phone (804) 399-8231 www.vickivogt.com

Cell# (804) 399-8231

Fax # (804) 750-1969 vtvogt@aol.com

Visiting Angels

Debbie Cole
Office Manager/Director of Marketing
400 Southlake Boulevard
Richmond, VA 23236

Senior homecare agency providing personal & companion care, non-medical, medication reminders, light housekeeping, meal preparation, respite care, up to 24 hour care, nights & weekends, 24/7 phones with a 15 minute response time after hours.

Phone (804) 423-6500 www.visitingangels.com

Cell#

Fax # (804) 423-6533 visitingangels-richmond@comcast.net

Visiting Angels

Tammy Tyler
Director
400 Southlake Boulevard
Richmond, VA 23236

Senior homecare agency providing personal & companion care, non-medical, medication reminders, light housekeeping, meal preparation, respite care, up to 24 hour care, nights & weekends, 24/7 phones with a 15 minute response time after hours.

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Cell# (804) 382-0594

Fax # bart@wellcentrix.com

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Thomas E Quish
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Suite 203
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Fax #	(866) 359-6077	thomas_quish@wellsfargo.com

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Ross McClenny
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Fax #	(804) 474-0168	virginiamanuel@clearchannel.com

Yours Truly, Inc

Renita Johnson
President
9511 Hull Street Rd
Suite B7
Richmond, VA 23236

Our personal care agency provides activities of daily living which includes assistance with grooming, bathing, dressing, laundry, medication reminders & light housekeeping. Medicaid & private pay are accepted.

Phone#	(804) 943-8716	
Cell#	(804) 943-8716	
Fax#	(804) 318-9503	Renitajohnson1@comcast.net