



YOUR 'ONE STOP SHOP' FOR
INFORMATION REFERRALS
FOR OLDER ADULTS

APRIL/MAY 2020

Chesterfield County Office of Aging & Disability Services

Disclaimer: Due to the changing protocols surrounding COVID19 response, information in this newsletter is subject to change

Chesterfield Call Center:
804-751-2EOC
(804-751-2362)



Chesterfield County Call Center will be extending its service hours to 7 a.m. to 7 p.m., Monday-Friday, for residents who have general questions about county operations and services during the COVID-19 response. Call center staff will not be able to answer questions regarding COVID-19; all such questions should be directed to the Virginia Department of Health (VDH) at 877-ASK-VDH3 (877-275-8343).

CORONAVIRUS (COVID-19)

You also can stay up-to-date on how Chesterfield County is responding to Coronavirus-COVID-19 by going to <https://www.chesterfield.gov/coronavirus>.



From the Manager's Desk:

"Kind words can be short and easy to speak, but their echoes are endless." ~Mother Teresa

Oh, how such words resonate during this time of uncertainty and unrest as our country endures this unprecedented health crisis known as Coronavirus, or COVID-19. This national pandemic is affecting us all, but most importantly our vulnerable and VALUABLE populations.

During this period of continuous change, one thing remains constant: Chesterfield Cares! The staff and volunteers at the Office of Aging & Disability Services CARE about the well-being of the county's older adults, adults with disabilities and caregivers during this time of mandated social distancing and self-quarantine measures. We are working remotely and continuing our mission of providing information, referral, resources and support to those most in need.

I am amazed and gratified at the collective outpouring of generosity flowing in from people who ask, "How can I help?" This demonstrates our humanity at its finest.

Our thoughts are with our first responders, healthcare workers, grocery store workers and many more who continue to ensure that the community's needs are being met. #COVID19HEROES!

In this time of social distancing, let us also remember to practice social kindness. A smile, reassuring phone call, and offers to lend a helping hand to those in need can brighten everyone's day.

"Be the change that you wish to see in the world." ~ Gandhi.

Be Well,

Debbie Preston

This Issue

From the Manager's Desk **P.1**

Updates **P.2**

Events **P.3**

Additional Resources **P.4**

Announcement

The Chesterfield County Office of Aging & Disability Services will be closed until further notice due to COVID-19 protocols. If you need to contact the office, please visit the website at <http://www.chesterfield.gov/senior-services> or email the office at AgingServices@chesterfield.gov.



Census Information

You should have received your Census form in the mail during the past two weeks. Remember to complete it promptly online, by phone or by mail. In May, the U.S. Census Bureau will begin following up in person with households that have yet to respond. <https://www.chesterfield.gov/4672/2020-Census>

Volunteering Opportunities

If you are interested in volunteering, please email Kelly Booth at BoothK@chesterfield.gov.



Chesterfield Telephone Reassurance Program

“Reassuring Our Older Adults One Conversation at A Time”

In light of the Coronavirus (COVID-19), we are meeting the needs of the county’s older adults who receive calls from our “strong and mighty volunteers.” We have expanded our Telephone Reassurance Program to include Friday, Saturday and Sunday calls. Now, our older adults can receive calls Monday-Sunday. If you know of any Chesterfield County older adults who would benefit from a friendly phone call, please contact Aging and Disability Services at 804-768-7878 or email AgingServices@chesterfield.gov. We are here to serve our community.

DESIGNATED SENIOR SHOPPING HOURS*

DOLLAR GENERAL, 8-9 a.m.

FRESH MARKET, 8-9 a.m.

PUBLIX – 7-8 a.m., TUESDAYS and WEDNESDAYS

TARGET, 8-9 a.m., WEDNESDAYS

WALMART, 7- 8 a.m., TUESDAYS

WHOLE FOODS MARKET, 7-8 a.m.

APPS*

INSTACART - <https://www.instacart.com/grocery-delivery>

SHIPT - <https://www.shipt.com/?noredirect>

PHARMACIES – ASK YOUR LOCAL PHARMACIES*

***DELIEVERY/PICK UP SERVICES MAY HAVE ADDITIONAL FEES**

Please contact your local store as designated days & times may vary.



38th Annual Senior Volunteer Hall of Fame Ceremony

Online nominations extended
to April 30.

The May 13 ceremony has
been cancelled and will be
rescheduled in the fall.

CANCELLED EVENTS!

Due to COVID-19 Precautions

April 7 4-5:15 p.m.	Caregiver Connection Support Group <i>Lucy Corr Village, Assisted Living Friendship Room</i>
April 16 10-11:30 a.m.	Chesterfield Triad Monthly Meeting <i>Southminster Presbyterian Church</i>
April 16 4:30-6 p.m.	Kinship Connection Support Group <i>Community Development Bldg.</i>
April 23 9-10:30 a.m.	Council on Aging – Monthly Meeting <i>Lucy Corr Village, Mast Auditorium</i>
May 5 2-3:30 p.m.	Caregiver Connection Support Group <i>Lucy Corr Village, Assisted Living Friendship Room</i>
May 6 8:15-noon	21st Annual Chesterfield Triad Senior Day <i>Victory Tabernacle Church</i>
May 21 4:30-6 p.m.	Kinship Connection Support Group <i>Community Development Bldg.</i>
May 28 9-10:30 a.m.	Council on Aging- Monthly Meeting <i>Lucy Corr Village, Mast Auditorium</i>

DMV Credential Extensions

Drivers and Vehicles

Driver's licenses and identification cards set to expire between March 15 and May 15 are extended 60 days from the original date of expiration. This includes credentials for individuals ages 75 and older who are typically required to make an in-person visit to renew.

Vehicle registrations that expire in March and April are extended for 60 days.

Virginians eligible to renew their licenses, identification cards, or vehicle registration online are encouraged to take advantage of those services. Mail-in options are also available for a number of transactions, such as vehicle registration, original title transactions, and driver's license renewal, if mailed a notice. If in-person service is needed, these customers will have an additional 60 days to renew credentials without a late fee.

For more information, visit the DMV website at:

<https://www.dmv.virginia.gov/general/#covid19.asp>

CONTACT US

9800 Government Center Parkway
(Community Development Building)
Chesterfield, VA 23832

Phone

804-768-7878

804-748-1099 (Fax)

Email

AggingServices@chesterfield.gov

Website

<http://www.chesterfield.gov/seniorservices>

Facebook

<http://www.facebook.com/chesterfieldvaseniors>

United Way Tax Assistance

Based on the governor's executive order, all Volunteer Income Tax Assistance sites are currently closed through April 23. We offer direct access to multiple free software programs that allow individuals and families to file their own taxes online. To learn more about eligibility and requirements, visit <https://www.yourunitedway.org/tax/online-tax-prep/>.

AARP Foundation Tax-Aide Sites Service Suspended Until Further Notice

As coronavirus (COVID-19) developments change hour by hour, AARP Foundation is doing its part to flatten the curve of transmission. A top priority for us is ensuring we are protecting those most at risk, including our volunteers and taxpayers. Therefore, we have suspended AARP Foundation Tax-Aide services until further notice. We will continue to assess whether we can open again in some or all Tax-Aide sites now that the tax filing deadline has been postponed to July 15, 2020. Check this web page periodically or call 1-888-227-7669 for updates.

<https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>.



Self-Care

During this time of social distance, it can be easy to become socially isolated and to forget about doing daily activities that help keep us healthy. Self-care, the practice of intentional actions to preserve or improve one's health, may be beneficial in warding off the negative effects of social isolation. Here are a few tips on how to engage in self-care:

Physical:

- Take medication as needed and drink water
- Go on walks or spend time outside

Psychological:

- Journal or write
- Stick to a schedule
- Remember to reach out for help if needed

Social:

- Call family/friends, video call if possible
- Write letters

ADDITIONAL RESOURCES

Disaster Distress Helpline

Phone: 1-800-985-5990

Text: "TalkWithUs" to 66746

Website:

DisasterDistress.samhsa.gov

Department of Aging & Rehabilitative Services

Phone: 804-662-7000

Website:

<https://www.vadars.org/>

Email:

dars@dars.virginia.gov

FeedMore

Phone: 804-521-2500

Website:

<https://feedmore.org/>

Email: info@feedmore.org

AARP

Phone: 1-888-687-2277

Website:

<https://www.aarp.org/>

Department of Motor Vehicles

Phone: 804-497-7000

Website:

<https://www.dmv.virginia.gov/#/>

Virginia 2-1-1

(FREE service that can help you find local resources you need 24 hrs day/7 days a week)

Phone: 211

Email:

211info@CouncilOfCommunitiyServices.org

Website:

<https://www.211virginia.org/>

Alzheimer's Association

Phone (24/7 Helpline):

1-800-272-3900

Website: <https://alz.org/>

Chesterfield Mental Health Support Services

Address: 6801 Lucy Corr Boulevard
Chesterfield, VA 23832

Phone: (804)748-1227

Email:

cookb@chesterfield.gov

Website:

<https://www.chesterfield.gov/878/Mental-Health-Support-Services>

Chesterfield Department of Social Services

Address: 9501 Lucy Corr Circle Chesterfield, VA 23832

Phone: (804)748-1100

Email:

loval041@chesterfield.gov

Website:

<https://www.chesterfield.gov/569/Social-Services>

Chesterfield County Fire and EMS

Address: 6731 Mimms Loop
Chesterfield, VA 23832

Phone: (804)748-1360

Email:

fire@chesterfield.gov

Website:

<https://www.chesterfield.gov/489/Fire-EMS>

Chesterfield County Health Department

Address: 9501 Lucy Corr Circle Chesterfield, VA 23832

Phone: (804)748-1691

Email:

capri.smart@vdh.virginia.gov

Website:

<https://www.chesterfield.gov/281/Health>

Chesterfield County Parks and Recreation

Address: 12140 Harrowgate Road Chester, VA 23831

Phone: 804-748-1623

Email:

ParksRec@chesterfield.gov

Website:

<https://www.chesterfield.gov/150/Parks-Recreation>

Senior Connections

Address: 24 E Cary St, Richmond, VA 23219

Phone: (804) 343-3000

Email:

seniorconnections@youraaa.org

Website:

<https://seniorconnections-va.org/>

Seniors in Touch – Chesterfield County Sheriff's Office

Address: 9500 Courthouse Road Chesterfield, VA 23832

Please contact the Sheriff's Office for more information & Qualification Criteria.

Phone: (804)748-1261

Email:

ccso@chesterfield.gov

Website:

<https://www.chesterfield.gov/877/Community-Outreach-Programs>

Office of the Attorney General (SCAM ALERTS & REPORTING)

Address: 202 North 9th Street Richmond, VA 23219

Phone: (804) 786-1922

Website:

<http://www.ag.virginia.gov>