

Virginia LGBT Elder Resource Guide



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Shenandoah Valley

Medical Resources

Krista Bednarski-Gibbs, LCSW, PLC

330 Amherst Street, 2nd Floor

Winchester, VA 22601

Phone: 540.550.5044

Website: www.kbgcounseling.com

Services Provided for older LGBT individuals: counseling for older LGBT individuals, counseling for families of LGBT individuals



Faith/Religious Resources

**Unitarian Universalist Church of the
Shenandoah Valley**

6380 Valley Pike

Stephens City, VA 22655

Phone: 540.869.6965

Website: www.uushenandoah.org

Services Provided for older LGBT individuals: community referrals, social connections, support groups



Community Resources

Shenandoah Valley Equality

P.O. Box 1023

Harrisonburg, VA 22803

Website: www.svgla.org

Email: shenandoahvalleyequality@gmail.com

Services provided for older LGBT individuals: social networking, community referrals, LGBT friendly advocacy, partnerships with LGBT friendly local businesses



The Laurel Center

P.O. Box 14

Winchester, VA 22604

Phone: 540.667.6160

24 Hour Hotline: 540.667.6466

Website: <http://www.thelaurelcenter.org>

Email: tlc.info@thelaurelcenter.org

Services provided for older LGBT individuals: legal advocates, domestic violence services, sexual assault services, crisis intervention, court companions, victim advocates.



Legal Resources

Suzan D. Herskowitz P.L.L.C.

Attorney at Law

2400 Valley Ave Ste. 16 Winchester, VA 22601

Phone: 540.450.322

Website: suzanherskowitz.com

Email: suzan@suzanherskowitz.com

Services provided for older LGBT individuals: wills, trusts, powers of attorney, medical directives, business information, elder law



Roanoke Area

Medical Resources

Salem VA Medical Center

1970 Roanoke Blvd, Salem, VA 24153

Phone: 540-982-2463

Website: <https://www.salem.va.gov/>

Email: VALGBTProgram@va.gov



LGBT Veteran Care Coordinator (VCC) Program

The Salem VA Medical Center seeks to promote the health, welfare, and dignity of LGBT Veterans and their families. They are committed to making sensitive and high quality health care accessible, focusing on ensuring a safe, welcoming, and affirmative environment of care for LGBT Veterans. Employees receive training in clinically competent care that is responsive to the unique needs of LGBT Veterans. While this is not a group inclusive to elderly only, they do have participants of all ages.

Community Resources

Roanoke Diversity Center

806 Jamison Ave, Roanoke, VA

Phone: 540-491-4165

Website: <https://www.roanokediversitycenter.com/>

President: Elizabeth Parsons

Email: admin@roanokediversitycenter.com



Community center for LGBT individuals, offering peer to peer support groups, activities, movies, music and more. Offers LGBT Generations group for those 35 and older. While not all the participants are elders, they say they have a good many

elders who attend the functions and activities. The director said it is a much needed resource for mature community members. Their goal is to work towards creating a SAGE group for our region.

Roanoke Local Area on Aging

4932 Frontage Rd, Roanoke, VA

Phone: 540-345-0451

Website: <https://www.loaa.org/>

Director: Norma McCroskey



The Local Office on Aging is a non-profit, 501(c)3 organization that is dedicated to their mission of helping older persons remain independent for as long as possible. The Roanoke LOA administers over 25 community services that provide nutrition, education, advocacy and socialization. They hope to enhance the quality of life in the home, help individuals stay in their homes and avoid early institutionalization, provide support to caregivers of the elderly and advocate for quality services, medical care, and housing for the elderly. Although the LOA has no specific programs tailored specifically to LGBT elderly community members, they state that everyone is welcome and they do not discriminate based on sexual orientation.

Counties Surrounding Richmond

Medical Resources

LGBT Friendly Care Providers at Virginia Family Physicians

2367 Colony Crossing Place, Midlothian, VA 23112

Phone: (804) 323-1264

Fax: (804) 323-1276

Website:

<https://virginiacarepartners.com/physicians/profile/David-J-Taminger-MD>

Virginia Family Physicians has been rated positively as a space space for primary and family care. Their sensitivity, education and responsiveness to a variety of populations allows for a space in which one can have their medical needs addressed comfortably. The entire staff appears to be aware of what is needed to create a safe and comfortable environment. Dr. David Taminger appeared to have the most praise as an ally amongst many other physicians practicing in the same facility.

Community Resources

Hanover Safe Place

629A N. Washington Hwy, Ashland, VA 23005

Phone Number: 804.752.2728

Website: <http://www.hanoversafeplace.com/>

Hotline: 804.752.2702

Toll Free Hotline: 888.370.SAFE (888.370.7233)

Greater Richmond Regional Hotline: 804.612.6126



Hanover Safe Place seeks to provide supports necessary to all people to help prevent, respond to, recover from domestic violence and sexual assault. Their

policy is to provide empathy, respect and understanding in all situations to all people with no exceptions and help will be provided to all who require it. They seek to create a safe space for every individual and to spread that safe space through relationships in the community. This resource would be recommended to be a referral source for counselors and medical providers who may see signs of domestic violence or sexual assault.

Henrico County Police LGBTQ Liason

7721 E. Parham Rd.

Henrico, VA 23228

Phone:804- 501-4838

Website:<https://henrico.us/services/lgbtq-liason/>

Contact: Captain Toney

Email:ton05@henrico.us



The Henrico Police have appointment a specific officer to address any concerns about the treatment of LGBT individuals and this officer is also available discuss community LGBT concerns and/or issues that may arise in the equal treatment of individuals. This contact can be of use to have an outlet for engagement on either a personal or anonymous level which can directly affect community relations.

Robb Moss/Virginia Realty & Relocation

6726 Patterson Avenue, Richmond, VA

(Works in surrounding areas)

Phone:804.402.3504



Website:<http://www.gayrva.com/place/robb-mossvirginia-realty-relocation/>

Robb Moss strives to provide LGBT safe services in buying and selling properties in which he has extensive knowledge of the areas around Richmond where he can provide a variety of services to find the best fit home or other space. This service can be of use to find sensitive relocation services and could be recommended for

medical facilities to refer individuals to who may need to change their location of living after a medical event has occurred.

Rainbows for Recovery at the McShin Foundation

McShin Foundation 2300 Dumbarton Rd., Richmond, VA 23228 (outreach spans past Richmond, all are welcome to event)



Email Address for Inquiries: lesleyd@mcshin.org

Rainbows for recovery is an LGBT and ally specific event that occurs every Thursday at 6PM at the McShin headquarters that helps provide support for individuals facing addiction to alcohol or drugs. The foundation provides support to a variety of community members of different backgrounds and ages and seeks to find partners in the community to be able to expand resources. These resources available to individuals in recovery are assistance finding housing, peer counseling, ongoing recovery assistance, intervention services, education on recovery and strategies as well as assistance in advocacy. This program may be of use to health care providers to recommend to those who are facing addiction.

Free Clinic of Powhatan

3908 Old Buckingham Road

Powhatan, Virginia 23139

Phone:(804) 384-9901

Website: <http://www.freeclinicofpowhatan.org/>

Contact: Sarah Knable



Sarah Knable working at the Free Clinic of Powhatan specializes in cognitive behavioral therapy. One of her specialties is LGBT related issues. She strives to assist people not only with trauma and large scale issues but also everyday problems and concerns. She strives to assist individuals who feel isolated and helps them by not only counseling but helping direct to resources. She also counsels for a variety of mental health concerns including depression, Bipolar disorder, PTSD and anxiety.

City of Richmond

Medical Resources

Planned Parenthood

201 N Hamilton St, Richmond,
VA 23221

Phone: 804-482-6154

Website: <https://www.plannedparenthood.org/health-center/virginia/richmond/23221/richmond-health-center-3913-91750>

Contact: Program Coordinator Melissa Irene Jackson



Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. Patients are accepted with or without insurance. Planned Parenthood does not limit its services based on age or income like other community resources available to LGBT individuals therefore more equipped to serve a greater population of persons in need of medical care no matter the client's sexual orientation or identification. Planned Parenthood has been offering hormones therapy since 2016. Patients may also be connected to resources regarding coming out to friends and family.

Hunter Holmes McGuire VA Medical Center

1201 Broad Rock Blvd, Richmond, VA 23249

Phone: 805-675-5000

Website: <https://www.richmond.va.gov/>



According to Mcguire's website as of March 2016 each VA facility has a local LGBT Veteran Care Coordinator who is appointed by the facility's leadership. In addition Mcguire's, website provides a several documents for LGBT veterans including; patient rights, family rights, and advance medical directives.

Virginia Department of Health, Virginia HIV Community Planning Group

109 Governor Street, Richmond, VA 23219

Phone: 804-864-8012

Contact: Ted Heck, Transgender Health Services Coordinator

Email: ted.heck@vdh.virginia.gov

Resources: Transgender Health Initiatives Study

Statewide list of trans-friendly service providers

Program established in 2003, overlapping focus of HIV and transgender adults the VDH task force is well informed as far as the disparities within this demographic and have identified resources surrounding the needs of transgender adults in Virginia.

VCU Health: Ryan White HIV Services and Programs

Box 980326 Richmond, Virginia 23219

Phone: (804) 828-2210

Website: <https://hivservices.vcu.edu/>

Email: hivcenter@vcu.edu



Medical Center

Established in 1986 providing clients with clinical care, social support services, and peer advocacy programs. Provides webinars for providers on HIV and Aging and training for providers on prevention counseling. VCU HIV training is through a partnership with the MidAtlantic AIDS Education and Training Center. This program also has the Richmond AIDS Consortium which offers information regarding research and HIV clinical trials.

Richmond Area Community Based HIV Medical Services Partners

Capital Area Health Network

719 N 25th St, Richmond, VA 23223

Phone:804-780-0840

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

CAHN's mission is to provide effective, accessible and culturally responsive patient care, education and advocacy that promote health and quality of life for all residents in Metropolitan Richmond.

The following medical and supportive services are available:

- HIV Specialty Care (Physical and Gynecological Exams)
- Health, Psychological and Social Assessments
- Individual and Group Counseling Support or Referral
- HIV Education, Nutrition, Self Management & Care
- Vaccinations, Prescriptions and ADAP Medication Enrollment
- Mental Health & Substance Abuse Counseling and Dental Referrals
- Referrals to Food Pantries, Emergency Shelters, Financial Assistance

Crossover Ministry

108 Cowardin Ave, Richmond, VA 23224

Phone: 804-233-5016

Website: <https://www.crossoverministry.org/>

Rapid Confidential HIV testing is now available on a walk-in basis to both patients and non-patients at both the Cowardin and Quioccasin locations, Monday through Friday, from 9AM-4PM (after hours testing are available on certain dates).

Minority Health Consortium

208 E Clay St # B, Richmond, VA 23219

Phone: 804-285-0820

Website:www.mhcprevents.org/

Free HIV and prevention services

Richmond City Health District

400 E Cary St, Richmond, VA 23219

Phone: 804-484-5500

Website: www.vdh.virginia.gov/richmond-city/

STI/HIV Prevention provides services aimed at reducing the spread of STIs and HIV through referral services for those who are infected, counseling and education, testing, treatment, and assistance with partner notification. Hepatitis B and Hepatitis C testing available. Serves as a link to medical care and case management services to individuals with HIV infection.

Health Brigade

1010 N Thompson St, Richmond, VA 23230

Phone: 804-358-6343

Website: <https://www.healthbrigade.org/>

Health Brigade—formerly FAN FREE CLINIC— carries on a nearly 50 year legacy as Virginia’s oldest free clinic offering a growing array of medical, mental health, community outreach and care coordination services for low-income and uninsured persons.

Bremo Pharmacy

1602 Skipwith Road, Suite 201

Henrico, Va. 23229

Website: www.bremorx.com

Bremo works to support all members of our community, providing you access to products and services that aren’t readily available elsewhere. Whether helping you manage your medication, or providing you with the home-health and mobility aids that keep you independent, we’re there for you.

Faith Community Resources

Metropolitan Community Church
2501 Park Ave, Richmond, VA 23220

Phone: 804-353-9477

Contact: Office Administrator Sean Ryan Stephens-Samson

Established in 1978, missioned to build a strong spiritual community that is committed to serve the spiritual needs of the LGBT community. Sean acknowledged the organization does not have formal training on the unique needs of LGBT older adults, simply the organization is largely made up of LGBT older adults and allies so the shared information is experiential or informal. This organization has several focus areas including worship, outreach, social justice, and community service. Onsite programs include a food pantry and lounge, Bi-Plus support group, bereavement support group, Alcoholics Anonymous, and a Mental health support group.

Community Resources

Diversity Richmond

1407 Sherwood Ave, Richmond, VA 23220

Phone: 804-622-4646

Website: <http://diversityrichmond.org/>

Founded in 1999 known today as Diversity Richmond as of 2015, operates the SAGE Central Virginia Chapter and has hosted SAGECare cultural competency training since 2015.

Diversity Richmond sponsors several programs including: The Richmond Gay Community Foundation, Gay Richmond Community Center, Alcoholic Anonymous, Diversity Bingo, Support Groups, and other recreational events and programs.

Equality Virginia

P.O. Box 17860 Richmond, VA 23226

Phone: 804-643-4816

Website: <https://www.equalityvirginia.org/>

Founded in 1989 as Virginians for Justice, Equality Virginia is the leading advocacy organization in Virginia seeking equality for lesbian, gay, bisexual, and transgender people. Programs include community education, resource mapping, engaging diversity and inclusion in the workplace.

VA Coalition for the Prevention of Elder Abuse

1118 West Main Street Richmond, VA 23220

LGBTQ Partner Abuse and Sexual Assault Helpline

Phone: 804-377-0335

Website: <http://www.vcpea.org/program/52015/lgbtq-partner-abuse-and-sexual-assault-helpline>

The Lesbian, Gay, Bisexual, Transgender and Queer Partner Abuse and Sexual Assault Helpline is part of the Richmond Area Partnership to enhance services to LGBT individuals in abusive situations and raise awareness of violence in the LGBT communities.

NORFOLK-VIRGINIA BEACH-NEWPORT NEWS
METROPOLITAN STATISTICAL AREA
(also known as Hampton Roads)



Norfolk



Virginia Beach



Newport News, MSA

The Norfolk-Virginia Beach-Newport News Metropolitan Statistical Area (hereafter referred to as Hampton Roads) comprised of the cities of Hampton, Norfolk, Portsmouth, Poquoson, Virginia Beach, and Williamsburg; and, the counties of Gloucester, James City, and York was formed in 1983.

In Hampton Roads, many programs seem to address the needs of school age youth and young adults, however, the LGBT Life Center opens its doors to all ages of LGBTQ individuals and anyone living with HIV.

The **LGBT Life Center** serves all of Hampton Roads' LGBTQ and HIV communities with two locations in Norfolk, one in Hampton, and a fourth opening in late 2018/early 2019 in Norfolk. They provide multiple services, including, but not limited to: education, advocacy, free HIV/STD testing, mental health services, support groups, Life757 (a program that supports healthy lifestyles for young African American men), housing assistance (serving over 300 individuals), and, transportation. The LGBT Life Center serves all age groups. (see Addendum A - LGBT Health Resources identified and provided by the LGBT Life Center)

Locations:

Court One - 248 W. 24th Street, Norfolk, Virginia 23517, (757) 640-0929, info@lgbtlifecenter.org;

Granby - 3309 Granby Street, Norfolk, Virginia 23504, (757) 640-0929, info@lgbtlifecenter.org;

Monticello (Coming in late 2018/early 2019) - 1001 Monticello Avenue, Suite 100, Norfolk, Virginia 23510, (757) 640-0929, info@lgbtlifecenter.org; and,

Newport News/Hampton - 1919 Commerce Drive, Suite 400, Hampton, Virginia 23666, (757) 640-0929, info@lgbtlifecenter.org.

The Virginia Department of Health, Division of Disease Prevention, and The Virginia Transgender Taskforce, on behalf of Virginia HIV Community Planning Group provides the attached **Virginia Transgender Resource and Referral List** (See Addendum B), which was updated in July 2018.

City of Hampton Resources:

Hampton Veterans Affairs Medical Center - provides quality care to all who served in the military including the LGBT community. They serve the older LGBT community and understand the stigma, discrimination, and potential for discrimination in assisted living and long term care facilities. The Department of Veterans Affairs maintains a non-discrimination policies to protect all LGBT, including older individuals and their partners.

Contact:

Tiffany Lange-Altman, PsyD

LGBT Veteran Care Coordinator

Hampton VA Medical Center

757-722-9961 Ext. 6176

Tiffany.Lange-Altman@va.gov

<https://www.hampton.va.gov/HAMPTON/services/lgbt/index.asp>

