Medical Resources

Krista Bednarski-Gibbs, LCSW, PLC
330 Amherst Street, 2nd Floor
Winchester, VA 22601
Phone: 540.550.5044
Website: [www.kbgcounseling.com](http://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](http://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](http://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](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/](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 Liaison**

7721 E. Parham Rd.
Henrico, VA 23228
Phone: 804- 501-4838
Website: [https://henrico.us/services/lgbtq-liason/](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


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/](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
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/](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

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: http://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: http://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
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.
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