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Al-Anon

Services offered

- ◆ An anonymous fellowship of relatives and friends of alcoholics who meet to share their experience, strength and hope in order to solve their common problems.

Eligibility: To have been affected by someone else's drinking.

Interpreter status: Meetings are currently English-language only.

Pamphlets and other information are available in Spanish

Location, Hours, Phone Number and other Information about Al-Anon:

- ◆ Meetings Mondays, Wednesday, and Fridays, 12:00 pm. at Muhlenberg Lutheran Church
- ◆ Meetings Tuesdays and Fridays, 8:00 pm, Sunday School building at Blessed Sacrament Church
- ◆ Meetings Thursdays, 8:00 pm at Muhlenberg Lutheran Church
- ◆ Al-Anon World Service Office: 1(800) 344-2666. Information is available in English and Spanish.
- ◆ Alcoholics Anonymous meeting times are available by calling 434-8870 (English only)

Alcoholics Anonymous (AA)

Services offered

- ◆ Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Eligibility: The only requirement for membership is a desire to stop drinking.

Interpreter status: One Spanish-language meeting a week, others are currently English-language only.

Pamphlets and other information available in Spanish:

- ◆ AA Website (see below) and newsletter

Location, Hours, Phone Number and other Information about AI-Anon:

- ◆ Spanish meetings Wednesdays, 7:00 pm at Community Mennonite Church, 70 S. High Street, Harrisonburg
- ◆ For other meeting times, call 434-8870 (English only)
- ◆ Mailing address: 12th Step Intergroup
PO Box 777
Harrisonburg, VA 22803

Web address: <http://www.alcoholics-anonymous.org> (English and Spanish)

Blue Ridge Legal Services

Services offered:

- ◆ Legal advice and referrals for bankruptcy, consumer protection, divorce, separation, custody agreements and landlord-tenant disputes.

Services NOT offered:

- ◆ Legal advice or referrals for criminal charges, traffic violations, sexual harassment complaints, workman's comp, etc. See office for details.

Eligibility:

Certain individuals or families whose income is below a certain level receive services for free. An application will help Legal Services determine if you are eligible for free advice and consultation. Applications accepted Monday-Thursday from 9:00 A.M.-1:00 P.M. in person or over the telephone.

Information to bring at the time of service:

Proof of income and other general identifications.

Interpreter Status:

No interpreter is available. PLEASE BRING YOUR OWN INTERPRETER.

Pamphlets and other information available in Spanish:

See brochures.

Location, Hours, Phone Number and other Information about Blue Ridge Legal Services:

- ◆ Location: 204 North High Street at the corner of Wolfe St. and High St. (parking lot is on Wolfe Street)
- ◆ Hours: 8:30 am to 5:00 pm Monday through Friday
- ◆ Mailing Address: P.O. Box 551
Harrisonburg, VA 22803
- ◆ Phone Number: 540-433-1830 or 1-800-237-0141

Blue Ridge Women's Health Center

Services offered:

Obstetrics, gynecology, Pap smears, infertility treatments, bone density scans, weight control, mammography, laser/microsurgery, ultrasound, laboratory, menopause management, preconception planning. Female provider on staff.

Eligibility:

Standard charges for procedures. Require payment at time of service (accept cash, checks and credit cards). Medicaid patients are often seen for obstetrical care. Participating in major insurance (Trigon, QualChoice, Cigna, Valley Health Plan).

Information to bring at the time of service:

- ◆ Insurance information
- ◆ Other method of payment, if necessary

Interpreter Status:

They do have an interpreter on staff. If you tell the receptionist you need an interpreter for your appointment, she will try to schedule it for a time that the interpreter will be in the office. Otherwise, the office can schedule an interpreter at no cost to you.

Pamphlets and other information available in Spanish:

see brochure(s)

Location, Hours, Phone Number and other Information about the Blue Ridge Women's Health Center:

- ◆ Location: 1.7 miles east on Port Republic Road from exit 245 off I-81
- ◆ Hours: 8:00 am to 5:00 pm Monday through Thursday
7:30 am to 4:30 pm on Friday
call during these hours for an appointment
- ◆ Mailing Address: 1885 Port Republic Road
Harrisonburg, VA 22801
- ◆ Phone Number: 540/433-6613 (Voice recording in English and Spanish) or 800/833-6613
after hours, call 540/433-6613 or RMH at 540/433-4100 for assistance

Center for Marriage and Family Counseling

Services offered

- ◆ Counseling for individuals, couples, parent/child, and separation/divorce issues. Employee assistance for businesses. Ongoing domestic violence groups for abusers.
Parent-child visitation/exchange service, offering a neutral site for non-custodial parents and other relatives to visit their children. All services are available by appointment only.

Interpreter status:

Spanish interpreters are available only for the Domestic Violence group (Thursdays, 5:30-6:45).

Pamphlets and other information available in Spanish:

none

Location, Hours, Phone Number and other Information about Center for Marriage and Family Counseling:

- ◆ Address: 96 Campbell Street
Harrisonburg, VA 22801
- ◆ Phone number: (540) 433-1546
- ◆ Email address: cmfc@vaix.net
- ◆ Cost: Counseling clients are expected to pay some or all of full fee of \$75.00 per session, depending on their income and circumstances. United Way support makes up the difference between full fee and what clients are realistically able to pay. Agency also accepts Medicaid, Medicare, and most Managed Care third party payments. There is a flat fee of \$20.00 per session for the domestic violence groups. Employee assistance services are negotiated on a contractual basis at fair market price. There is no charge for the first six visits in our visitation/exchange service, after which a flat fee/session is assessed, and substantial fees are involved if staff are subpoenaed to court.

Child Development Clinic

Services offered:

- ◆ CDC serves children, adolescents, and young adults from birth to 21 years of age. They evaluate academic difficulties, excessive anger, developmental concerns, and children having difficulties adjusting to common family changes.

Eligibility:

Must be between birth and 21 years old.

Information to bring at the time of service:

Interpreter Status:

Ask scheduler to fax the Community Health Interpreter Service at 568-3172.

Pamphlets and other information available in Spanish:

None

Location, Phone Number and other Information about the Child Development Clinic:

- ◆ Location: Roop Hall, James Madison University
- ◆ Hours: Monday through Friday, 8:00 am to 5:00 pm
- ◆ Mailing Address: MSC 1902
James Madison University
Harrisonburg, VA 22807
- ◆ Phone number: 568-6687

Citizens Against Sexual Assault **(CASA)**

Services offered:

- ◆ Support groups
- ◆ 24-hour hotline
- ◆ Medical and court accompaniment
- ◆ Short-term one-on-one counseling
- ◆ Education programs

Eligibility:

Having been affected directly or indirectly by sexual assault

Information to bring at time of service:

None

Interpreter Status:

There is someone who speaks Spanish on call at all times. There is also a Spanish-speaking volunteer that comes in occasionally.

Pamphlets and other information in Spanish:

Yes

Location, Hours, Phone Numbers and other information about CASA:

- ◆ Address: 165 S. Main St.
Harrisonburg, VA
- ◆ Office Phone Number: (540) 432-6430
- ◆ Hours: Monday through Friday 9:00am-4:00pm (if you cannot reach anyone at the office, call the 24-hour hotline)
- ◆ 24-Hour Hotline: (540) 434-CASA or 434-2272

Community Association for Rural Transportation (CART)

Services offered:



Eligibility:

Interpreter Status:

Ask CART to call or fax the Community Health Interpreter Service at 568-3172 in order to set up dates and times for transportation. This will usually be done over the phone.

Location, Hours, Phone Numbers and other Information about CART:

- Mailing Address: CART
Woodland Building, VMRC
1301 Virginia Ave.
Harrisonburg, VA 22802
- Hours: Mon.-Fri. 8:30-4:30
Spanish Services: Mon., Thurs. 8:30-4:30
Tues. 12:30-4:30
Wed. 9:00- 1:00
- Phone Number: (540)438-4285
- Cell phone (for requests for Spanish-speaking clients): 810-1628
- FAX : (540)438-4287
- Advance notice is required so call at least one day in advance to make a trip reservation. A lift-equipped vehicle is available for persons unable to transfer from a wheelchair. Several days notice is required if you need this special vehicle.
-

- Riders are asked to pay a co-payment based on For more information call 1-800-868-7827.

Community Health Interpreter Service

Services offered:

- ◆ Interpretation for Spanish, Russian, Ukrainian, Kurdish, Arabic, Bosnian, Serbo-Croatian, and French speaking patients for medical

appointments only, in the Harrisonburg-Rockingham County area, at NO COST to the patient

- ◆ Translation of English into the languages above for health care facilities, schools, and employers

Eligibility:

Limited English proficient

Information to bring at the time of service:

Medical information as requested by your health care provider.

Pamphlets and other information available in Spanish:

None.

Location, Phone Number and other Information about the Community

Health Interpreter Service:

Your health care provider must request an interpreter for you by faxing the Community Health Interpreter Service at 568-3172. Please tell your doctor you need an interpreter ***each time*** you make an appointment.

Cooks Creek Clinic, PLLC
Dr. A. Blay, M.D.

Services offered:

- Same-day appointments for school physicals, suturing, biopsies, splinting, casting
- Walk-ins welcome

Eligibility:

Services are available to anyone. A \$45 charge must be paid (by check, cash, or major credit card) at the time of the visit. No insurance coverage (including Medicare) is accepted.

Interpreter Status: No interpretation services provided on site. Child interpreters discouraged.

Pamphlets and other information available in Spanish: No

Location, Hours, Phone Number, and Other Information:

- From Harrisonburg, travel south on Rt. 42. After Wal-Mart, turn right on Grace Chapel Road.
- Mailing address: 2323 Grace Chapel Road
Harrisonburg, VA 22801
- Hours: 8:00 a.m. to 4:00 p.m. Monday- Saturday
11:00 a.m. to 7:00 p.m. Wednesday
- Phone: 433-3889
- Fax: 433-2620

Dental Clinic

Services offered:

- ◆ Services are for children in Harrisonburg and Rockingham County that are eligible for the free lunch program at school **or Medicaid** and include:
 1. Cleanings every six months
 2. Extractions
 3. Fillings
 4. Other dental work may be performed by or referred to other dentists
 5. X-rays

Eligibility:

Children must be in pre-school or school and receiving the free lunch program or eligible for Medicaid. Dental Clinic will bill your insurance or Medicaid. Also TANF for children not meeting Medicaid (can apply for this). Children who qualify for level "A" of the payment scale can receive services as well.

Information to bring at the time of service:

General identification including social security number and insurance card or a Medicaid card.

Interpreter Status:

Interpreters should be scheduled at no cost to the patient. Ask the Dental Clinic to fax the Community Health Interpreter Service at 568-3172. Several employees have basic knowledge of Spanish.

Pamphlets and other information available in Spanish:

Yes, ask office staff.

Location, Phone Number and other Information about the Dental Clinic:

- ◆ Location: Trailer at Plains Elementary School that serves Timberville, Lacey Springs, Broadway, and Fulks Run; trailer at Elkton Elementary School that serves Elkton and remainder of Rockingham County; Harrisonburg, 110 N. Mason St. at the corner of Mason St. and Elizabeth St. in the same building as the Health Dept. and Social Services.
- ◆ Rockingham/Harrisonburg Dental Clinic
P.O. Box 26
Harrisonburg, VA 22801
- ◆ Phone Number: (540) 574-5210

First Step: **A Response to Domestic Violence**

Services offered:

- ◆ Shelter
- ◆ Counseling
- ◆ Legal person to accompany and provide support if pressing charges
- ◆ Support group
- ◆ Help in filling out job applications

Eligibility:

Having been affected by domestic violence

Information to bring at time of service:

If staying in the shelter, bring social security card or some form of identification

Interpreter Status:

Maria Tánori speaks Spanish and is always on call. She can be paged immediately if a Spanish-speaking individual is needed for communication.

Pamphlets and other information available in Spanish:

Yes

Location, Hours, Phone Numbers and other information about First Step:

- ◆ Address: 129 Franklin Street
Harrisonburg, VA
- ◆ Phone Number: (540) 434-0295
- ◆ Hours: There is a person on staff 24 hours a day and can be reached at the above phone number

Harrisonburg-Rockingham Community Services Board

Services offered:

- ◆ mental health services
- ◆ mental retardation services
- ◆ substance abuse services (including treatment for substance abuse)
- ◆ individual, group and family counseling
- ◆ medication management
- ◆ crisis intervention (24 hours a day, 7 days a week; during business hours call 434-1941; after hours call 434-1766 [English only] to leave a message and someone will call you back)
- ◆ emotional services
- ◆ child and adolescent services
- ◆ case management services

Eligibility:

- ◆ Those with Medicaid, Medicare and insurance are eligible
- ◆ People are charged based on their ability to pay.

Information to bring at the time of service:

- ◆ Proof on income (for example, a pay stub)
- ◆ Bring insurance forms if you have them.

Interpreter Status:

Interpreters are available, but appointments with them require special coordination. There are two therapists for children and adults who speak Spanish. It is recommended that you have someone who can speak English call.

Pamphlets and other information available in Spanish:

see brochure(s)

Location, Hours, Phone Number and other Information about the Harrisonburg-Rockingham Community Services Board:

- ◆ Location: 1241 North Main Street; go through downtown Harrisonburg and past The Little Grill on your left and the 7-11 on your right, continue approx. one more mile. The CSB is in a large house on your left.
- ◆ Mailing Address: 1241 North Main Street, Harrisonburg, VA 22801
- ◆ Phone: 434-1941
- ◆ Hours: 8:00 am to 5:00 P.M. Monday through Friday, some evening hours available by appointment
- ◆ Location for Children and Family Services:
McNulty Building, 463 E. Washington Street, Harrisonburg, VA 22802
Phone 433-3100

Harrisonburg-Rockingham Free Clinic

Services offered:

- ◆ medical care for eligible patients by appointment
- ◆ help with certain prescription medications (do not have controlled drugs)
- ◆ patient education: dietary, how to do glucose checks
- ◆ blood pressure check
- ◆ Pap smears, pelvic and breast exams
- ◆ glucose check
- ◆ dietary
- ◆ lab testing for established Free Clinic patients
- ◆ pharmacy
- ◆ limited dental care: tooth extractions only

Services NOT offered:

- ◆ birth control
- ◆ tests for sexually transmitted diseases or AIDS
- ◆ pregnancy tests
- ◆ outside prescriptions (except Medicaid QMB) or refills from outside pharmacies
- ◆ dentures, dental partials or bridgework
- ◆ immunizations
- ◆ pre-school or disability physicals
- ◆ prenatal care

Eligibility:

- ◆ People who live in Harrisonburg and Rockingham County who do not have health insurance, Medicare, Medicaid, or Veteran benefits and who are of low income.
- ◆ Patients who are not working must obtain a job within three months, must be on disability, or must be applying for disability in order to continue with the Free Clinic. Information updates occur every three months.
- ◆ If you miss an appointment at the Free Clinic and do not call to cancel, you cannot be seen at or receive services from the Clinic for three (3) months.
- ◆ Patients who call to cancel an appointment may reschedule their appointment for another time.
- ◆ The Free Clinic does not see people who have been drinking alcohol.

Information to bring at the time of service:

Bring the following papers to your appointment:

- ◆ proof of income
- ◆ Medicines you are taking

Interpreter Status:

Interpreters are available on Wednesday evenings.

Pamphlets and other information available in Spanish:

- ◆ the rules of the Free Clinic
- ◆ patient education materials

Location, Hours, Phone Number and other Information about the Free Clinic:

- ◆ Location: 25 West Water Street (across from Spanky's, close to the parking garage)
- ◆ Hours: Tuesday evenings from 5:30 pm to 7:00 pm for prescription refills for Medicaid QMB clients and Free Clinic patients. Wednesday evenings from 5:30 pm to 7:30 pm for medical care and prescription refills for Free Clinic patients (by appointment only). Chronic care clinics on Tuesday and Wednesday mornings. Patients are referred to chronic care clinics as needed.
- ◆ Appointments: People who are working may call 433-5431 on Tuesday or Wednesday from 10:00am to 2:00pm. People who are not working may call on Wednesday from 12 noon to 2:00 pm to schedule an appointment. This schedule applies to the Dental Clinic, which is held the first and third Wednesday evening of each month. No appointment is needed for refills.
- ◆ Refills: Call Thursday from 10:00am to 2:00pm for pickup the following Tuesday; or you may pick up Wednesday-Friday from 9:00 am to 2:00pm. Free Clinic patients can obtain also retain refills on Tuesdays and Wednesdays from 5:30 pm to 7:00 pm
- ◆ Mailing Address: Harrisonburg-Rockingham Free Clinic
25 West Water Street
Harrisonburg, VA 22801
- ◆ Phone Number: 540/433-5431
- ◆ Contact Person: Elly Swecker: 540/433-5431

Harrisonburg-Rockingham Health Department

Services offered (and specific phone numbers to call):

****Star means services are free; all other services may have a fee***

- * Blood Pressure Screening
- * Anonymous AIDS Testing (574-5220)
- * Control of Communicable Diseases (such as TB; does not include treatment) (574-5100) or Doris Warlitter - Spanish speaking (574-5230)
- ◆ Specialty Services for Children (574-5100)
- ◆ Dental Office (574-5210)
- ◆ Environmental Health Services (such as rabies) (574-5200)
- ◆ Family Planning Clinic (examination, education and counseling regarding birth control) (574-5100)
- * Immunizations (such as DPT, Polio, MMR, HiB and Hepatitis B) (574-5100)
- * Clinic for Sexually Transmitted Diseases (testing, counseling and treatment for syphilis, gonorrhea, herpes and AIDS) (574-5100)
- * Head checks for Lice (medicine not included)
- ◆ Well Child Clinic (routine well child care, developmental screening tests, immunizations and education) (574-5100)
- ◆ Women, Infant and Children (WIC) Information/Benefits (574-5100)
- ◆ Certain Dental Services for Children
- ◆ Information on Birth and Death Certificates
- ◆ Spanish-speaking nurses: Debra Gullman, RN (574-5235)
Kathryn Suyes (574-5238)
Kim Wetzel (574-5244)
Anna Wyse (574-5267)
- ◆ Spanish-speaking nutritionist: Magda Bullock (574-5260) or WIC clerk Lucia Reyes (574-5100)
- ◆ Information regarding other community services: Adela See - Spanish speaking (574-5261)

Eligibility:

- ◆ Some services are free (see above).
- ◆ For other services, people are charged based on their ability to pay.
- ◆ Spanish-speaking clerk: Asela Goebbel (574-5207)

Information to bring at the time of service (if you have):

- ◆ proof of income (three check stubs or year-to-date information)
- ◆ Medicaid card (if you have one)
- ◆ ADC or SSI letter
- ◆ insurance card (if you have one)
- ◆ income tax return or W2 form

- ◆ workman's compensation statement
- ◆ food stamp letter (if you have one)
- ◆ unemployment benefits statement
- ◆ statement from employer

Interpreter Status:

An interpreter should be provided at no cost to the patient. Adela See is an interpreter on staff all day Monday and Friday and in the afternoon on Tuesdays (574-5261). Some nurses and staff members/volunteers speak Spanish.

Pamphlets and other information available in Spanish:

Some Spanish materials are available, but the selection is limited.

Location, Hours, Phone Number and other Information about the Harrisonburg-Rockingham Health Department:

- ◆ Location: 110 North Mason Street at corner of East Elizabeth and Mason
- ◆ Hours: 8:00 am to 4:30 pm Monday through Friday
- ◆ Mailing Address: P.O. Box 26, Harrisonburg, VA 22803
- ◆ Phone Number: 574-5100

Harrisonburg-Rockingham Social Services District

Services offered:

Financial Services:

- ◆ Temporary Assistance for Needy Families (TANF)
- ◆ Food Stamps
- ◆ Medicaid
- ◆ Energy and Fuel Assistance
- ◆ **General Relief**
- ◆ State and Local Hospitalization (SLH) – assistance in paying hospital costs for indigent individuals

Social Work Services:

- ◆ Protective Services for Adults and Children
- ◆ Foster Care Services
- ◆ Nursing Home Screenings and Placement
- ◆ Day Care Services for Children
- ◆ Employment Services (Virginia Initiative for Employment, not Welfare)

Eligibility:

- ◆ Financial services require an application and review of information. These services are designed to serve low-income families and individuals.
- ◆ Some social work services are based on need only and are free. Other social work services are charged according to the income of the family.

Information to bring at the time of service:

- ◆ General identification and proof of income.
- ◆ Birth certificate
- ◆ Social Security card

Interpreter Status:

There are currently two Spanish-speaking employees on staff. An interpreter should be scheduled at no cost to the patient. Ask Social Services to fax the Community Health Interpreter Service at 568-3172, or other available services. New Bridges interpreters at Social Services Thursdays from 8:00 am to 5:00 pm.

Pamphlets and other information available in Spanish:

Medicaid applications

Location, Hours, Phone Number and other Information about Harrisonburg-Rockingham Social Services:

- ◆ Location: 110 North Mason Street
- ◆ Hours: Monday through Friday, 8:00 am to 5:00 pm
- ◆ Mailing Address: P.O. Box 809
Harrisonburg, VA 22801
- ◆ Phone Number: Main line: (540) 574-5100
Financial Services: (540) 574-5110
Social Work Services: (540) 574-5120

Harrisonburg Pregnancy Center

Services offered:

- ◆ Free pregnancy tests
- ◆ Peer counseling
- ◆ Post-abortion services
- ◆ Referrals to other area agencies
- ◆ Ultrasounds
- ◆ Limited material resources (i.e. maternity and baby clothes)

Eligibility:

Services are free and confidential. Please note that this is not a medical facility. Staff members are volunteers and not trained health care professionals.

Information to bring at the time of service:

None.

Interpreter Status:

The office will provide an interpreter if necessary with advance notice from the patient. There is no cost for the interpreter.

Pamphlets and other information available in Spanish:

Applications and brochures.

Location, Hours, Phone Number and other Information about the Harrisonburg Pregnancy Center:

- ◆ Location: 833 Cantrell Avenue. Corner of Reservoir and Cantrell Streets (across from Hardees). Zapanta Building, 2nd floor, back entrance.
- ◆ Hours: 9:00 am to 12:00 pm, Wednesdays and Fridays
12:00 noon to 8:00 pm Tuesdays and Thursdays
- ◆ Mailing Address: P.O. Box 84, Harrisonburg, VA 22803
- ◆ Phone Number: 434-7528
- ◆ E-mail Address: hburgpc@rica.net

HealthSource Referral Service

Services offered:

- ◆ Referral to a doctor or dentist in Harrisonburg, Broadway, Bridgewater, Timberville, Elkton, Weyers Cave, and Rockingham County
- ◆ Information through health classes, support groups, speakers and educational programs (no Spanish-speaking classes at present)
- ◆ Health information (brochures, booklets) on many topics

Eligibility:

Services are free.

Information to bring at the time of service:

None.

Interpreter Status:

This is a telephone information and referral service. It is better to have someone who can speak English make the phone call.

Pamphlets and other information available in Spanish:

Brochures about parenting and the RMH Family BirthPlace

Location, Hours, Phone Number and other Information about HealthSource Referral Service:

- ◆ Hours: 8:00 am to 4:30 pm Monday through Friday
- ◆ Mailing Address: 235 Cantrell Avenue
Harrisonburg, VA 22801
- ◆ Phone Number: 540/433-4580
800/433-4580
- ◆ Web site: <http://www.rmhonline.com>

Healthy Families of the Blue Ridge

Services offered:

- ◆ Prenatal and child development information
- ◆ In-home visits from a family support worker
- ◆ Social meetings for parents
- ◆ All services are free and completely voluntary

Eligibility:

First-time parents who live in Augusta, Bath, Highland, and Rockingham Counties and the cities of Harrisonburg, Staunton, and Waynesboro. Parents may enroll before the baby's birth or up until the baby is 3 months old.

Information to bring at the time of service:

Interpreter status:

There is a Spanish-speaking support worker on staff (Fernanda Carbajal, 564-5146) .

Pamphlets and other information available in Spanish:

Parenting brochures.

Location, Phone Number and other Information about Healthy Families of the Blue Ridge:

- ◆ Location: RMH Atrium, 411 Stone Spring Road, Harrisonburg
- ◆ Hours: Monday - Friday, 8:00 am to 5:00 pm
- ◆ Mailing Address: 235 Cantrell Avenue, Harrisonburg, VA 22801
- ◆ Phone number: 564-5982 or toll free, 1-800-543-2201, ext. 5982

La Leche League

Services offered:

- ◆ Breastfeeding education, information, support and encouragement for pregnant or breastfeeding mothers.
- ◆ Scholarships for membership fee available

Eligibility:

- ◆ Membership in La Leche League is \$30 for one year. This fee helps support local La Leche groups in the Virginia area and internationally. Members get a one year magazine subscription and a discount of items purchased from the La Leche Catalog.

Information to bring at the time of service:

- ◆ None.

Interpreter Status:

- ◆ Call for more information.

Pamphlets and other information available in Spanish:

- ◆ Yes.

Location, Hours, Phone Number and other Information about La Leche League:

- ◆ Location: Meetings in Harrisonburg and the Valley are the first Wednesday of each month at 10 a.m, usually at Blessed Sacrement. For location and further information, call Mary Bolding.
- ◆ Phone Number: General Information 1-800-LA-LECHE
 Mary in Harrisonburg, (540) 277-1021
- ◆ Web site: <http://www.lalecheleague.org/LangEspanol.html>

Mercy House

Services offered:

- ◆ Private family apartment shelters for families (single parent or both mother and father) with at least one child for up to two months (each family stay is reviewed on a case-by-case basis)
- ◆ Food
- ◆ Clothing
- ◆ This is NOT an emergency shelter

Eligibility:

At least one parent must be working full-time. Half of their salary will go to paying the first months rent and the deposit.

Information to bring at time of service:

None

Interpreter Status:

Jeannette Nieves speaks spanish and works during the normal business hours

Location, Hours, Phone Numbers and other information about Mercy House:

- ◆ Address: 307 N. Liberty St.
Harrisonburg, VA
- ◆ Phone Number: (540) 432-1812
- ◆ Hours: 9:00am-5:00pm

New Bridges Immigrant Resource Center

Services offered:

- ◆ Referral and case management
- ◆ Medicaid application assistance
- ◆ FAMIS (children's health insurance) application assistance
- ◆ Free English classes

Eligibility:

- ◆ All immigrants are eligible for information. Medicaid and other assistance programs may have eligibility requirements.

Information to bring at the time of service:

- ◆ If applying for Medicaid, bring your address, phone number, birth certificate, social security number or alien registration number, and a paycheck stub (yours and one belonging to the person supporting you, if applicable)
- ◆ If applying for food stamps, bring the following information about yourself and every member of your household: address, phone number, date of birth, social security number or alien registration number, and a paycheck stub

Interpreter Status:

- ◆ Bilingual staff

Pamphlets and other information available in Spanish:

- ◆ Please call New Bridges to inquire

Location, Hours, Phone Number and other Information about New Bridges Immigrant Resource Center:

- ◆ Location: 70 South High Street (in Community Mennonite Church building), Harrisonburg, VA 22801
- ◆ Hours: Monday-Friday, 9:00 a.m. to 5:00 p.m.
- ◆ Contact person: Susannah Gerber Lepley
- ◆ Services are by appointment only, made at least one day in advance
- ◆ Phone Number: (540) 438-8295
- ◆ Assists at the Harrisonburg-Rockingham Social Services Department on Thursdays from 8:00 to 5:00.
- ◆ Assists at the Virginia Workforce Center on Tuesdays from 11:00 A.M. to 7:00 P.M. Help is given on a first-come, first-served basis--no appointment needed.

Parent Educational Advocacy Training Center (PEATC)

Services offered

Assists parents of children with disabilities by:

- Answering questions
- Leading workshops for parents and professionals on special education and disability issues
- Advocating interests of families with disabled children on local, state and national levels
- Providing a free quarterly newsletter as well as other publications and videos for parents and educators of children with disabilities.

Eligibility: All parents of children with disabilities.

Interpreter Status: Workshops in Spanish can be planned in collaboration with Migrant Education.

Pamphlets and other information are available in Spanish.

Location, Hours, Phone Number and other Information about PEATC:

- Hours: Monday- Friday 9:00 a.m. to 5:00 p.m.
- Phone: (703) 923-0010 (Voice TTY)
(703) 569-6200 (Español)
1-800-869-6782 (Virginia parents only)
- Mailing address: 6320 Augusta Drive, Suite 1200
Springfield, VA 22150
- E-mail: Partners@peatc.org
- Web site: www.PEATC.org

RMH Home Health Care

Services offered:

- ◆ Skilled home health care services to all age groups, including nursing, physical therapy, occupational therapy, speech therapy, social work, and home care assistants
- ◆ Care is available 24 hours a day and there is a nurse on call at all times
- ◆ Lifeline, an emergency response system is also available

Eligibility:

RMH Home Health will bill your insurance, but approval for the home health care is often required before services begin. Private pay for services is also accepted. Medicaid and Medicare patients can receive home health care under the following:

1. Patient is homebound (not required for private pay cases and some insurance plans)
2. Patient must require the skills of a nurse or therapist on an intermittent basis.
3. Patient's doctor must authorize home care.

Information to bring at the time of service:

Insurance and/or Medicare/Medicaid information will be needed before home health care can begin. A doctor's order saying that you need home health care is also required.

Interpreter Status:

An interpreter should be provided at no cost to the patient. Ask RMH Home Health Care to fax the Community Health Interpreter Service at 568-3172.

Pamphlets and other information available in Spanish:

Various materials are available through the main Patient Education Department of RMH. Contact them at 433-4269 for further information.

RMH Women's Health Focus

Location, Hours, Phone Number and other Information about RMH Women's Health Focus:

- ◆ Location: 738 South Main Street (white stucco house with green trim on corner of Grace and Main Streets)
- ◆ Hours: 8:00 A.M. to 4:30 P.M. Monday through Friday, occasional evening hours and two Saturdays a month also available.
- ◆ Mailing Address: Women's Health Focus, RMH
738 South Main Street
Harrisonburg, VA 22801
- ◆ Phone Number: 540/433-4641 or 1-800-277-1021

Services offered:

- ◆ screening mammograms
- ◆ information on women's health issues and concerns
- ◆ referrals to other health care providers
- ◆ support groups for divorce and separation and other women's issues
- ◆ women's weekend away (once yearly)
- ◆ bone density screening (\$30, not billable to insurance)

Eligibility:

The cost of a screening mammogram is \$80. Insurance will be billed for services. Payment at the time of service may be cash, check, or credit card. Call with questions regarding Medicare/Medicaid.

Information to bring at the time of service:

General identification, such as social security number, insurance information or other form of payment.

Interpreter Status:

Luz, a staff member speaks Spanish, but only works on Thursdays and Fridays. An interpreter can be scheduled for appointments on other days at no cost to the patient. Ask Women's Health Focus to fax the Community Health Interpreter Service at 568-3172. Patient can leave messages for Luz at 433-4641 and have their calls returned.

Pamphlets and other information available in Spanish:

See brochures.

Location, Hours, Phone Number and other Information about RMH Women's Health Focus:

- ◆ Location: 738 South Main Street (white stucco house with green trim on corner of Grace and Main Streets)

- ◆ Hours: 8:00 A.M. to 4:30 P.M. Monday through Friday, occasional evening hours and two Saturdays a month also available.
- ◆ Mailing Address: Women's Health Focus, RMH
738 South Main Street
Harrisonburg, VA 22801
- ◆ Phone Number: 540/433-4641 or 1-800-277-1021

Shenandoah Women's Health Care

Services Offered:

- ◆ Routine annual exams
- ◆ Pap smears
- ◆ Contraception options
- ◆ Infertility evaluation and treatment
- ◆ Evaluation of pelvic pain and infections of reproductive system
- ◆ Hormonal and menstrual abnormalities
- ◆ Breast disease
- ◆ Menopausal problems
- ◆ Urinary or bowel tract problems
- ◆ Routine prenatal care
- ◆ In-office ultrasonography and antepartum testing
- ◆ Vaginal and cesarean deliveries
- ◆ Midwifery services

Fees, Payment, Insurance:

Cash, personal checks, and major credit cards are accepted for payment of accounts. There is a discount for cash payments. If other arrangements are needed, please talk to the business manager **prior** to receiving the services. Sliding fee schedule accepted. They are participating providers with most major insurance carriers in the area (QualChoice- list two Primary Care Providers-PCP, an OB-GYN and non OB-GYN, Trigon - list only OB-GYN). They will assist you in filing claims. Many women use their gynecologist as their primary care provider. For insurance purposes, **non** OB/GYN problems need to be treated by a family doctor, otherwise they may not be covered. *A payment plan is available for uninsured persons who are faithful with payments.*

Information to bring at the time of service:

- ◆ Insurance, Medicaid information or other form of payment.
- ◆ Photo ID or some form of identification.

Interpreter Status:

Dr. Aamodt speaks Spanish.

Pamphlets and other information available in Spanish:

Patient information brochure available in Spanish.

Location, Hours, Phone Number and other Information:

- ◆ Location: 119 University Boulevard, Suite B (Valley Professional Commons, beside the Hampton Inn)
- ◆ Hours: 8:00-5:00 P.M. Monday through Friday, until 7:00 pm Monday and Thursday.
- ◆ Mailing address: Shenandoah Women's Health Care
119 University Boulevard, Suite B
Harrisonburg, VA 22801
- ◆ Phone Number: Toll free: 877-438-1314
- ◆ Satellite office:
50 Memorial Drive
Luray, VA 22853

Social Security Administration

Services offered:

- ◆ Issue Social Security cards
- ◆ Take applications for retirement, survivors and disability benefits
- ◆ Take applications for Supplemental Security income and disability
- ◆ Take Medicare applications
- ◆ Answer questions about above services
- ◆ All post-entitlement issues regarding retirement, survivor, disability and SSI benefits

Eligibility:

All persons are eligible for information. Applications must be filled out to determine eligibility for specific services.

Information to bring at the time of service:

- ◆ Depends on reason for visit/service requested
- ◆ When applying for a social security card in order to obtain a job legally in the US please bring the following:
 1. Proof of age (such as passport or birth certificate)
 2. Proof of identify (such as an Immigration and Naturalization Service document)
 3. Proof of US citizenship or proof of being in the country legally

Interpreter Status:

The Social Security Administration is legally required to provide an interpreter at no cost to all Spanish-speaking clients. Please call ahead and ask the receptionist to fax the Community Health Interpreter Service at 568-3172.

Pamphlets and other information available in Spanish:

- ◆ Application for social security card
- ◆ Other information in Spanish is available upon request, but may not be on-hand in the Harrisonburg office

Location, Hours, Phone Number and other Information about the Social Security Administration:

- ◆ Location: 227 E. Elizabeth Street, Harrisonburg, VA 22802
- ◆ Hours: 9:00 A.M. to 4:00 P.M. Monday through Friday (except on federal holidays)
- ◆ Mailing Address: 227 E. Elizabeth Street
Harrisonburg, VA 22801
- ◆ Phone Number: 540-433-3015 or 1-800-772-1213
- ◆ Some application forms are available on-line at www.ssa.gov (internet accessible at Public Library)

Other Medical Service Providers (Spanish Speaking)

Dr. George Bentrem
Broadway Family Practice
12515 Timber Ridge Way
Broadway, VA 22815
896-7061

Dra. María Hernandez
1429 South Main St.
Harrisonburg, VA
442-6144

Dr. Joseph McIntyre, Dentist
115 Oakwood Drive
Bridgewater, VA
828-2312

Dr. Mark Mast
Springbrook Family Practice
173 East Springbrook Road
Broadway, VA 22815
896-5400

Dr. Raúl Oviedo, Family Practice
P.O. Box 46
Elkton, VA
298-1050

Dr. José Perez, Adult and Pediatric Urology
1951 Evelyn Byrd Avenue
Harrisonburg, VA 22807
434-6377

Dr. Helen Rose
Harrisonburg Pediatrics
1947 Medical Avenue
Harrisonburg, VA 22801
434-3004

Pharmacies in Harrisonburg Providing Drug Information Sheets in Spanish

- ◆ Harrisonburg Pharmacy (433-1415)
1829 Reservoir Street
- ◆ Rite Aid Pharmacies
1420 South Main Street (434-7341)
1599 Mt. Clinton Pike (434-4760)
- ◆ Kroger Pharmacy (433-1131)
1790 East Market Street
- ◆ Williamson-Hughes Pharmacy & Home Health (434-2372)
1021 South Main Street
(computer has capability, but does not include all drugs)
- ◆ Wal-Mart Pharmacies
Valley Mall location (433-1106)
Rt. 42 location (432-0552)
(information on what medication is used for, but not instructions for use)

Pharmacies That Do Not Have Information Available

- ◆ CVS
- ◆ Costco
- ◆ K-Mart

