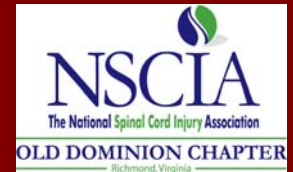


Spring 2006

# Spinal Cord Injury Community Resource Directory



This directory was compiled by VCU Medical Center's SCI Program with assistance from the Old Dominion Chapter of the National Spinal Cord Injury Association. It is provided for information purposes only. The inclusion of an organization / provider in this guide should not be construed as a recommendation or endorsement. All sources have been recently checked, but as things change rapidly, we cannot guarantee that information or sources are accurate.

This project was funded by Grant # 03-212 from the Commonwealth Neurotrauma Initiative (CNI) Trust Fund. The contents are the sole responsibility of the authors and do not represent the official views of CNI Trust Fund.

# CONSUMER HOTLINES

## Resources for Management of Spinal Cord Injury

### Assistive Technology

- 1. AbleData..... 800-227-0216
- 2. FES Information Center..... 800-666-2353

### Crisis/Support

- 1. Crisis Services (National Hopeline Network).....800-784-2433

### Employment Accommodation Information

- 1. Job Accommodation Network..... 800-526-7234
- 2. Equal Employment Opportunity Commission (EEOC)..... 800-669-3362
- 3. Center for Universal Design..... 800-647-6777
- 4. Virginia Department of Rehabilitative Services..... 800-552-5019

### Financial Assistance

- 1. Social Security Hotline.....800-772-1213
- 2. Managed Care Helpline..... 800-643-2273
- 3. Recipient Eligibility Verification.....800-884-9730

### Housing Information

- 1. Center for Universal Design.....800-647-6777
- 2. Americans with Disabilities Hotline..... 800-466-4232
- 3. Fair Housing Information Clearinghouse..... 800-767-7468
- 4. National Council on Independent Living..... 703-525-3406

### Information / Referral / Advocacy

- 1. National Spinal Cord Injury Association..... 800-962-9629
- 2. Paralyzed Veterans of America..... 800-424-8200
- 3. Americans with Disabilities Hotline "Access Board"..... 800-872-2253
- 4. National Rehabilitation Information Center..... 800-346-2742
- 5. American Paralysis Association..... 800 225-0292

### Disaster Preparedness for People with Disabilities

[www.redcross.org/services/disaster/beprepared/disabilities](http://www.redcross.org/services/disaster/beprepared/disabilities).

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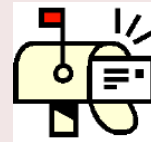
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Resources for Management of  
Spinal Cord Injury



## Physicians and Dentists: Accessible or familiar with SCI

### Spinal Cord Injury Medical Follow-up Clinics

#### **VCU MEDICAL CENTER (MCV)**

SCI Follow-up Clinic

Dr. William McKinley: every Tuesday;

Dr. Pat McGowan: every Monday and Thursday.

Contact Teresa Hammond, RN for appointments at 804-828-4097.

Urology Clinic – Call clinic at 804-828-9331.

#### **WOODROW WILSON REHABILITATION CENTER (WWRC)**

SCI Follow-up Clinic - held 3rd Friday of every month.

Contact Joanne Eimers, 1-1-800-345-9972, ext. 2-7017.

Mobile Clinic - Held 3 times a year; locations in Abingdon, Big Stone Gap & on-site.

Contact Admissions 1-800-345-9972, ext. 2-7948, or 540-332-7948.

SCI Outpatient Appointments - Scheduled on an individual basis.

Contact Joanne Eimers,

Admissions Department, 1-800-345-9972, ext. 2-7017, or 540-332-7017.

**For information on Rehabilitation or Short-term Rehabilitation Unit, call 1-800-345-9972**

#### **UNIVERSITY OF VIRGINIA MEDICAL CENTER (UVA)**

SCI Follow-up Clinic -

Contact Sandy Jo Sclater at 434-243-5600.

Seating Clinic held every Wednesday morning at Health South.

Contact the Seating

Clinic at 434-244-2000.

#### **Kluge Children's Rehabilitation Center Pediatric SCI Clinic (Birth - 21 yrs.)**

Once a month clinic (usually the 3rd Wednesday) in the Outpatient Department and other times by appointment.

Contact Connie Falcone, RN: 1-434-243-0045.

## Physicians and Dentists: Accessible or familiar with SCI

### Resources for Management of Spinal Cord Injury

#### Urology/Fertility

##### **Reproductive Endocrinology (Infertility)**

804-379-9000  
10710 Midlothian Tnpk.  
Richmond, VA

##### **VCU Medical Center (MCV Hospitals)**

**Infertility-Endocrinology**  
804-828-4409  
VCU Medical Center (Nelson Clinic)  
401 N. 11<sup>th</sup> Street, 6<sup>th</sup> Floor  
Richmond, VA

##### **Urology Associates of Richmond**

804-320-1355  
Chippenham Medical Building  
7137 Jahnke Road  
Richmond, VA  
(no lifts available)

##### **Virginia Urology Center**

804-288-4137  
522 Monument Avenue  
Richmond, VA

##### **VCU Medical Center OB/GYN**

804-828-4409  
MCV Hospital (Nelson Clinic)  
401 N. 11<sup>th</sup> Street, 6<sup>th</sup> Floor  
Richmond, VA

##### **VA Physicians for Women**

804-272-5808  
Johnston-Willis Hospital (Does not  
accept Medicaid)  
1401 Johnston-Willis Drive  
Richmond, VA

##### **Adult Urology**

804-285-9201  
Henrico Doctor's Hospital  
7601 Forest Avenue  
Richmond, VA

also,

in Chester (Tuesdays)  
11601 Ironbridge Road  
Ironbridge Medical Park  
Suite 207  
Chester, VA

## Physicians and Dentists: Accessible or familiar with SCI

### OB / GYN

**Virginia Women's Center**

804-288-2955  
St. Mary's Hospital  
5801 Bremono Road  
Richmond, VA

**Henrico Doctor's Hospital**

804-288-2955  
1602 Skipwith Road at Forest  
Richmond, VA

**Richmond OB/GYN Associates**

804-320-2483  
Johnston-Willis Hospital  
1401 Johnston-Willis Drive  
Richmond, VA

**White Stone Family Practice**

30 Shady Lane  
Box 46  
White Stone, VA 22578  
(804) 435-3133

**Uro/GYN- Dr. Edward Gill  
MCV/VCU Women's Health Care**

The Park at Stony Point  
9000 Stony Point Pkwy  
Richmond, VA 23235  
804-560-8950

### Other

**Hopewell-Prince George Area Health  
Center**

(Doctors and Dentist)- done by income  
4260 Crossing Blvd.  
Prince George, VA 23758

### Pain Management/ Rehab

*Dr. Roger Giordano*

5700 Fitzhugh  
Richmond, VA 23226  
(804) 673-4421

### Dentists

**Dr. Karen McAndrew, DDS**

10442 Patterson Ave.  
Richmond, VA 23238

**David M. Ochenrider, D.M.D**

9840 B. W. Broad Street  
Glen Allen, VA 23060  
(804) 270-9989

**Robert Cox, DDS**

4909 Grove Ave.  
Richmond, VA 23226  
(804)355-3100

Resources for Management of  
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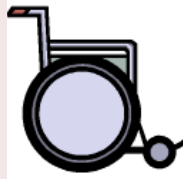
# DURABLE MEDICAL EQUIPMENT

## Resources for Management of Spinal Cord Injury

### **ABC Healthcare**

2715 Build America  
Hampton VA 23666  
Serving Hampton,  
Newport News,  
Williamsburg and  
surrounding area  
757 826 2600

Fax 757 826 9269



### **ACE Homecare**

3111 Airline Blvd.  
Portsmouth, VA 23701  
757 399-3848

### **Advantage Medical**

Nassawaddox VA  
Serving the Eastern Shore of VA and  
Southern MD  
757 442 5267

Fax 757 442 7201

### **American Home Patient**

520 Southlake Blvd  
Richmond VA

804 794 0651

### **Apria Healthcare**

7401 Whitepine Road  
Richmond VA

804 271 8171

### **Atlantic Medical inc**

134 N Mecklenburg Ave  
South Hill VA 24151  
Serving Halifax, Mecklenburg,  
Brunswick Co. and surrounding area.  
804 447 4694

Fax 804 447 8535

### **Carilion Home Care Service**

1917 Franklin Rd, Suite D

Roanoke, VA 24014  
Serving Roanoke and New River Valley  
area, Radford, Rocky Mount and  
Pearisburg  
540 224 4700

Fax 540 981 0388

### **Clay Home Medical**

518 S Sycamore Street  
Petersburg VA 23803  
Serving Petersburg, colonial Heights,  
Emporia, Dinwiddie, Sussex, Surry,  
Prince George, Southhampton and  
surrounding area

804 861 1606

Fax 804 862 1254

### **Commonwealth Medical Equipment**

10201 Mapleleaf Ct,  
Ashland VA

804 550 7701

# DURABLE MEDICAL EQUIPMENT

## **Community Health Care Inc**

190 WEST Main St.  
Wytheville VA 24382  
Serving Wythe, Bland, Grayson,  
Carroll, Giles, Pulaski counties and  
surrounding area  
540 228 3081  
**Fax 540 228 8636**

## **Community Home Care Services**

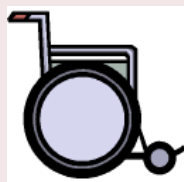
2013 Second St.  
Richlands, VA 24641  
Serving Tazewell, Buchanan and parts  
of Russell and Dickenson counties.  
540 964 7448  
**Fax 540 963 3549**

## **Friendship Home Health**

PO Box 2410  
Wise VA 24293  
Serving most of Southwest VA  
540 328 2500  
Fax 540 328 3117

## **Health First**

2205 Perl Road  
Richmond VA 23230  
Serving Richmond and  
surrounding area  
804 673 6500  
Fax 804 673 6508



## **Pediatric Connection**

7118 Forest Hill Ave  
Richmond VA 23225  
Serving Richmond, Charlottesville, and  
central VA  
877 481 3033  
**Fax 804 330 8116**

## **Hudson Medical Products**

5250 Klockner Drive  
Richmond, VA 23231  
800-343-8112

## **Medical Equipment Distributors**

521 Central Drive  
Virginia Beach, VA 23454  
757 498 8225  
[www.medva.net](http://www.medva.net)

## **Paradapt Services**

1927 East Pembroke Ave  
Hampton, VA 23663  
757 722 7700

## **Pat Grimes Inc**

PO Box 786  
Fredericksburg VA 22404  
Serving Fredericksburg and  
Spotsylvania, Stafford, Culpeper,  
Caroline Prince George  
800 852 3688  
**Fax 540 899 6461**

Resources for Management of  
Spinal Cord Injury

# DURABLE MEDICAL EQUIPMENT

## Resources for Management of Spinal Cord Injury

### **Prince William Medical Supply**

8724 Sudley Road  
Manassas VA 20110  
*Serving Manassas and Prince William,  
Loudoun, Fauquier, Warren and Clarke Co.*  
703 361 4211  
Fax 703 361 0028

### **Regal Medical**

PO Box 723  
Warsaw VA 22572  
Serving Richmond, Essex,  
Westmoreland, Middlesex,  
Northumberland and King and Queen  
Counties  
800 283 8836; Fax 804 333 0338

### **Rehab Health Care**

2135 Staples Mill Road  
Richmond VA  
804 353 7244

### **Respiratory care and Medical Supply**

2000 Tate Springs Road  
Lynchburg VA 24501  
Serving Lynchburg and Campbell,  
Amherst, Nelson, Bedford and parts of  
Appomattax counties  
804 528 9135  
Fax 804 528 9139

### **Roberts Home Medical**

3917 Deep Rock Road  
Richmond VA  
804 270 1510

### **Sentara Home Care Services**

2713 Magruder Blvd. Suite G  
Hampton VA 23666  
757 766 2600

### **Sun Medical**

1923 Electric Road STE A  
Salem VA 24153  
Serving N Roanoke City as well as  
Roanoke, Craig, Montgomery,  
Botetourt and parts of Giles and Pulaski  
counties  
540 389 3800 ; 800 770 1823  
Fax 540 389 8030

### **Tidewater Medical Inc.**

215 Research Drive  
Chesapeake, VA 23320  
757 549 7632

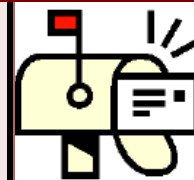
### **Virginia Home Medical**

11842 Canon Blvd  
Newport News, VA 23606  
757 873 1700

### **West Home Health Care**

PO Box 31778  
Richmond VA 23294  
Serving Richmond City and Farmville  
as well as Hanover, Powhatan,  
Goochland, Amelia, Cumberland,  
Prince Edward and Nottaway Counties.  
804 353 7703  
Fax 804 353 4371

# MAIL ORDER SUPPLY COMPANIES



Resources for Management of  
Spinal Cord Injury

**AARP**

1-800-284-4788

Provides urological, incontinence, wound, diabetes, and ostomy supplies. Call for free catalog. Accepts no assignment for supplies, but will file claim for patient reimbursement. You do not have to be an AARP member to order supplies from this company. Prices are same or less than retail. All product brands are available.

**All-Med Express**

7105 Staples Mill Road

Richmond, VA 23228

(804) 261-0011

Toll-free 1-800-566-6995

Full line of wound, ostomy and incontinence supplies. Will file claims for Virginia Medicaid and generally Medicare recipients. UPS shipping daily. Fax: (804)261-5707

**DS Medical**

Toll-free: 1-888-SCI-HELP (724-4357)

Fax: 1-888-541-3331

2105 Newpoint Place, Suite 600

Lawrenceville, GA 30043-5561

www.dsmedical.com

Mail order company located outside Atlanta, GA. Specializes in products for spinal cord injury patients. Has over-the-

counter bowel medications and bowel kits which includes suppository. Call for free catalog. Will file claims for Virginia Medicaid and generally Medicare recipients.

**Edgepark Surgical**

1-800-321-0591

Full line of wound, ostomy and urological supplies. Will accept assignment for some urological supplies. Does not accept assignment for wound care supplies, but offers a 20% discount, then files claims for Medicare reimbursement. Accepts assignment for Medicare recipients on most ostomy supplies. No charge for shipping and can usually deliver within 2-3 business days. Call for free catalog.

**Health Focus Institute**

Scott Blakenship

Toll-free 1-888-265-7803

Mail order company located in Richmond. Provides wound care supplies (no urological or incontinence supplies). Accepts assignment for Medicare & Medicaid recipients. No charge for shipping. Please call with any questions.

# MAIL ORDER SUPPLY COMPANIES

## Resources for Management of Spinal Cord Injury

### Health Focus Institute

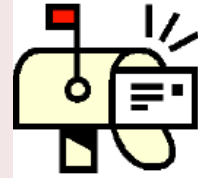
Scott Blakenship  
Toll-free 1-888-265-7803  
Mail order company located in  
Richmond. Provides wound care supplies  
(no urological or incontinence supplies).  
Accepts assignment for Medicare &  
Medicaid recipients. No charge for  
shipping. Please call with any questions.

### Home Care Delivered, Inc.

4144A Innslake Dr.  
Glen Allen, VA 23060  
Phone (804) 354-1578  
1-(800) 867-4412 – toll free  
Fax (888) 565-4411  
[www.homecaredelivered.com](http://www.homecaredelivered.com)  
Full line of wound, urological, and  
incontinence supplies.

### Med Ship Direct

Toll-free: 1-800-633-1565  
2105 Newpoint Place, Suite  
600  
Lawrenceville, GA 30046  
Mail order company located outside  
Atlanta, GA. Prices are below retail. Cash  
only. Does not file any insurance claims.  
Call for free catalog. You must have  
specific information on product  
(including manufacturer name, product  
name, size, and order #). No returns if  
box opened.  
Over-the-counter bowel medications at  
good prices.  
[Medshipdirect.com](http://Medshipdirect.com)



# HOME MODIFICATIONS RESOURCES

Resources for Management of  
Spinal Cord Injury

"A Blueprint for Action" by The National Home Modification Action Coalition.  
<http://homemods.org/library/blue>



The Center for Universal Design is a national research, information, and technical assistance center that evaluates, develops, and promotes universal design in housing, public and commercial facilities, and related products.  
<http://www.design.ncsu.edu/cud/>

**MAKING HOMES ACCESSIBLE:**  
This resource guide produced by the RESNA Technical Assistance Project provides information about assistive technology and home modifications. The guide covers definitions; laws and guidelines; initiatives from the Assistive Technology Act grantees; advocacy, financing, modification, and research resources; accreditations; online courses; and a bibliography.  
<http://www.resna.org/taproject>  
or call (703) 524-6686

Review of bathrooms and other spaces related to universal design principles  
<http://design6.ap.buffalo.edu/~idea/bathrooms/intro.html>

AARP's universal design/home modifications  
<http://www.aarp.org/universalhome/home.html>

Safety Checklist and Assessment Instrument  
<http://www.homemods.org/>

See home **modification ideas** and many housing and **funding resources**.  
<http://www.infinitec.org/live/homemodifications/safety.htm>

Principles of Universal Design: History, Resources, Publications  
[http://www.design.ncsu.edu:8120/cud/univ\\_design/princ\\_overview.htm](http://www.design.ncsu.edu:8120/cud/univ_design/princ_overview.htm)

Lifease is a company, which provides accessibility solutions through a fee based Integrated computer-based assessment tool.  
<http://www.lifease.com>



# HOME MODIFICATIONS RESOURCES

## Virginia Contractors

### **S.F. Barnes IV Home Modifications**

21 S. Confererate Ave.  
Sandston, VA 23150  
(804) 737-1439

### **Max Troyer**

7966 N Valley  
Pike  
Harrisonburg,  
VBA 22802



### **The Van House**

Hampton, VA  
(757) 851-8000

### **Transitional Home**

120 Wyck Street  
Richmond, VA  
745-3711

### **AmRamp**

P.O. Box 4163  
Glen Allen, VA 23058  
1-800-649-5215  
[www.AmericanRamps.com](http://www.AmericanRamps.com)  
Bill Grove

### **Adaptable Home Designs**

512 Diane Lane  
Richmond, VA 23227  
804-515-0725

### **Landmark Builders**

(540) 448-1278  
Mark Ingram

### **York General Contractors**

5405 Chamberlayne Ave.  
Richmond, VA 262-2839

### **Bob Windsor**

2514 Waco St.  
Richmond, VA 23294  
672-1100





# DRIVING EVALUATIONS &

**Driving evaluations** are recommended following injury or illness to accurately determine driving capability and / or the need for vehicle adaptations to promote safe driving. It usually involves a screening of medical and driving history as well as cognitive, perceptual, physical and visual abilities, followed by a "behind the wheel" assessment in a specially adapted vehicle. Recommendations are made dependent on the individual's ability and needs.

**CJW Johnston Willis Hospital**

Disabled Driving Instruction  
1401 Johnston Willis Drive  
Richmond Virginia  
Tel (804) 330 2145

**Woodrow Wilson Rehabilitation Center**

Driving evaluations  
PO Box 1500, Fishersville Virginia 22939  
Tel: 1 800 345 9972 ext 27948

**Riverside Rehabilitation Institute**

Adaptive driver training  
245 Chesapeake Ave.  
Newport News, Virginia 23607  
Tel: (757) 928 8097  
[www.riversideonline.com/rri/adtp.cfm](http://www.riversideonline.com/rri/adtp.cfm)

**VA Medical Center**

Military and Civilian Driver Evaluations  
Hunter Holmes McGuire  
1201 Broad Rock Blvd  
Richmond Virginia  
John Vaughter  
Tel: (804) 675 5000 ext.5273

**Health South Rehabilitation Hospital**

5700 Fitzhugh Ave,  
Richmond Virginia  
Tel: (804) 673 4505

**Boundless Mobility**

73 Pheasant Run  
Waynesboro, VA 22980  
Deena Garrison Jones  
(540)943-3898  
[boundlessmobility@velocitus.net](mailto:boundlessmobility@velocitus.net)

**VA Medical Center Hampton Road**

Military personnel  
evaluations only

**Department of Rehabilitation Services (DRS)**

1 800 552 5019  
(804) 662 7000



Resources for Management of  
Spinal Cord Injury

# VEHICLE CONVERSIONS & TRANSPORTATION

## ACCESSIBLE VEHICLE CONVERSIONS:

### **Paradapt Vehicle Service**

Richmond - 804 233 8267

Hampton – 757 722 7700

### **Mobility Center of Virginia**

804 231 7774



## LOCAL TRANSPORTATION

### **Greater Richmond Transit Company**

(GRTC) 101 South Davis Avenue,

Richmond VA 23220. Tel: (804) 358 3871

#### **GRTC CareVan**

**Application: 358-4782**

**Reservations: 782-2273**

Must fill out application and get approved; driver does not provide assistance; Can go anywhere in Richmond or Henrico Co.

Cost: \$13.50 for book of 6 tickets

Richmond- 7days 5:30am-12:30 am;

Henrico Co. M-F 6am-7pm- need 24 hour notice

#### **American Red Cross- - Sandra**

Monroe –781-2298 – Medical

appointments only

Provides free transportation for people who have no other means of transportation

Need a referral form from a physician or caseworker. Service is from 9-3 only. Services are provided by volunteers, so it is limited and two weeks' notice is recommended.

#### **Chesterfield County: Access Chesterfield (VanGo) 279-8489**

Requirements: must be a Chesterfield County resident; must be either disabled, over 60 or in a low income household (2x poverty level or less).  
[www.chesterfield.gov](http://www.chesterfield.gov) - service index-transportation

#### **Goochland Fellowship and Family Service 556-6260**

Van transportation to medical appointments in Goochland and to Richmond

(They also provide some services to surrounding counties and additional services such as food bank, clothing closet, emergency payment (ex-utility bills), literacy program.

#### **Powhatan Community Action 598-3351**

Transportation within the borders of Powhatan County for county residents

#### **Logisticare- 1-800-742-9758**

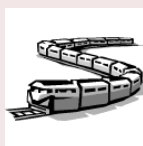
Transportation to medical apts for anyone on Medicaid in VA. Need 48 hours notice

# TRANSPORTATION & TRAVEL

## Department of Motor Vehicles DMV

1 888 337 4782

Contact your local DMV for information / forms for parking placard / plate applications or driving after illness or injury.



**Amtrak** – 1 800 USA RAIL –  
1 800 872 7245 Amtrak will assist passengers with disabilities with advance notice.

## Greyhound buses

1 800 231 2222

**US Government** –Accessibility to transportation service.

Tel: (202) 366 4070

## Virginia travel guide for persons with disability

1 800 742 3935

TTY (804) 371 0327



## Mobility International

(541) 343 1284

## Virginia Tourism Corporation –

1 800 742 3935

## ADA information and resource –

1 800 949 4232

## Airports

*Contact airports and airlines in advance of travel for information on parking, access and facilities.*

## Newport News and Williamsburg National Airport

(757) 877 0221

## Norfolk Airport

(757) 857 3351

## Richmond International Airport

(804) 226 3000

## Roanoke Regional Airport

(540) 362 1999

## Ronald Regan Airport

(703) 417 8000

## Washington Dulles International Airport

(703) 572 2710



Resources for Management of  
Spinal Cord Injury

# TRANSPORTATION & TRAVEL

## Accessible vehicle rental

### *Van rental*

**Wheelers** – 1 800 456 1371

**Wheelchair getaways** – 1 800  
642 2042

**Mobility Center II** – 1 800  
231 7774



**California Accessible vans of America**  
(nationwide) - (562) 494 4358

**Accessible Vans of America, LLC**  
National provider of  
Accessible Vehicles for People with  
Disabilities. Rent– by the day, the week,  
or the month.  
Web site: [www.accessiblevans.com](http://www.accessiblevans.com)

**Accessible Vans of America, LLC**  
3306 E. Washington Street, #106  
Phoenix, AZ 85034  
1-866-333-1594  
602-333-1594  
[www.wheelchairvanrental.com](http://www.wheelchairvanrental.com)

**AMS Vans, Inc**  
5555 Oakbrook Parkway Suite 555  
Norcross, GA 30093  
866-775-8267  
[www.wheelchair-accessible-vans.com](http://www.wheelchair-accessible-vans.com)  
[wvans.com](http://wvans.com)

### **Mobility Freedom, Inc.**

20354 U.S. Highway 27

Clermont, FL 34715

800-910-8267

[www.mobilityfreedomvans.com](http://www.mobilityfreedomvans.com)



**Wheelchair Getaways, Inc.** Rent fully  
equipped, wheelchair accessible, luxury  
vans at

more than 60 locations nationwide.

**Wheelchair Getaways**

P.O. Box 605

Versailles, KY 40383

800-536-5518

859-873-4973

[corporate@wheelchairgetaways.com](mailto:corporate@wheelchairgetaways.com)

[www.wheelchair-getaways.com](http://www.wheelchair-getaways.com)



# TRANSPORTATION & TRAVEL

## *Rental cars*

### **Alamo**

1 800 327 9633  
TTY 1 800 522 9292

### **Avis**

1 800 831 2847  
TTY 1 800 331 2323

### **Budget**

1 800 527 0770  
TTY 1 800 826 5510

### **National**

1 800 227 7368  
TTY 1 800 328 6323

### **Hertz**

1 800 654 3131  
TTY 1 800 654 2280

### **Thrifty**

800 367 2277  
TTY 1 800 358 5856

## Travel agencies

**Club access by access ability travel –**  
1 800 610 5640

**Barrier free vacations**  
(609) 487 9805

## **Accessible journeys**

1 800 846 4537

### **The Guided Tour, Inc**

1 800 783 5841



### **Access First**

1 800 557 2047

### **Access Tours**

1 800 929 4811

### **Access-Able Travel Source**

(303) 232 2979



### **Alaska Welcomes you! Inc –**

1 800 349 6301



### **Easy Access Travel**

1 800 920 8989

### **Hagen's Travel**

(604) 543 0130

### **Travel Turtle Tours**

1 800 453 9195

### **Wheels Up! Travel (Owners: Mary Ann and Joe Lipinski)**

P. O. Box 509

Fanwood, N. J. 07023-0509

888-389-4335

Web site: [www.wheelsup.com](http://www.wheelsup.com)

Resources for Management of  
Spinal Cord Injury

# CENTERS FOR INDEPENDENT LIVING

## Resources for Management of Spinal Cord Injury



**(1) Junction Center for Independent Living**

548 Park Avenue NW  
Norton, VA 24273  
Dennis Horton, Exec. Director  
gwenjcil@yahoo.com  
(276) 679-5988 V/TTY  
(276) 679-6569 FAX  
E-mail=[jcil@junctioncenter.org](mailto:jcil@junctioncenter.org)

**(2) Clinch Independent Living Services**

P. O. Box 2741,  
Grundy, VA 24614  
*Betty Bevins, Executive Director*  
(276) 935-0780 V/TTY  
(276) 935-6342 FAX  
E-mail = [cils@netscape.net](mailto:cils@netscape.net)

**(3) Appalachian Independence Center**

230 Charwood Drive  
Abingdon, Virginia 24210  
*Greg Morrell, Executive Director*  
(276) 628-2979 V (276) 676-0920 TTY  
(276) 628-4931 FAX  
E-mail = [gmorrell@naxs.net](mailto:gmorrell@naxs.net)  
[www.aicadvocates.org](http://www.aicadvocates.org)

**(5) Blue Ridge Independent Living Center**

1502-B Williamson Road NE,  
Roanoke, Virginia 24012  
*Karen Michalski-Karney, Exec. Director*  
[kmichalski@brilc.org](mailto:kmichalski@brilc.org)  
(540) 342-1231 V/TTY  
(540) 342-9505 FAX  
E-mail = [brilc@brilc.org](mailto:brilc@brilc.org)  
[www.brilc.org](http://www.brilc.org)

**(6) Valley Associates for Independent Living**

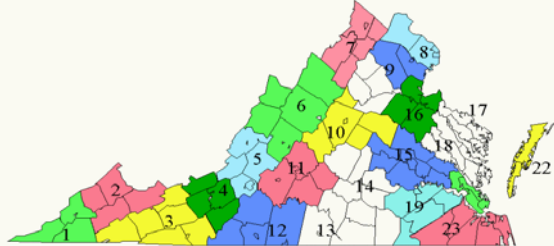
1791-A South High Street, Harrisonburg,  
VA 22801  
Marcia DuBois, Executive Director  
(540) 433-6513 V (540) 438-9265 TTY  
(540) 433-6313 FAX  
E-mail = [vail@govail.org](mailto:vail@govail.org)  
[www.govail.org](http://www.govail.org)

**(7) Access Independence, Inc.**

403B South Loudoun Street,  
Winchester, Virginia 22601  
*Kim Shick, Executive Director*  
[Kim108@accessindependence.org](mailto:Kim108@accessindependence.org)  
(540) 662-4452 V (540) 722-9693 TTY  
(540) 662-4474 FAX  
1+(800) 835-2716 Toll Free  
E-mail = [AskAI@accessindependence.org](mailto:AskAI@accessindependence.org)  
[www.accessindependence.org](http://www.accessindependence.org)

# CENTERS FOR INDEPENDENT LIVING

Centers for Independent Living (CILs)  
By Planning District



**(8) Endependence Center of Northern VA**

3100 Clarendon Boulevard  
Arlington, Virginia 22201  
*Michael Cooper, Executive Director*  
**(703) 525-3268 V (703) 525/3553 TTY**  
**(703) 525-3585 FAX**  
**E-mail = info@ecnv.org**  
**Web page = http://www.ecnv.org**

**(9) Independence Empowerment Center**

9001 Diggs Rd., Ste. 103  
Manassas, VA 20110  
*Dr. Mary Lopez, Executive Director*  
**(703) 257-5400 V/TTY**  
**(703) 257-5043 FAX**  
**E-mail = MarylopezIEC@comcast.net**  
**www.independenceempowerment.org**

**(10) Independence Resource Center**

815 Cherry Avenue  
Charlottesville, VA 22903-3448  
*Tom Vandever, Executive Director*  
**(434) 971-9629 V/TTY**

**(434) 971-8242 FAX**

**E-mail = tvandever@ntelos.net**

**(11) Lynchburg Area Center for IL**

500 Alleghany Avenue, Ste. 520  
Lynchburg, VA 24501  
*Walter E. Sabin, Director*  
**(434) 528-4971 V (434) 528-4972 TTY**  
**(434) 528-4976 FAX**  
**E-mail = LACIL@lacil.org**  
**Website: www.LACIL.org**

**(12) Piedmont Independent Living Center**

1045 Main St. Ste.2  
Danville, VA 24541  
*Clarence Dickerson, Exec. Director*  
**(434) 797-2530 V/TTY (434) 797-2535**  
**(434) 797-2568 FAX**  
**E-mail = pilc@gamewood.net**

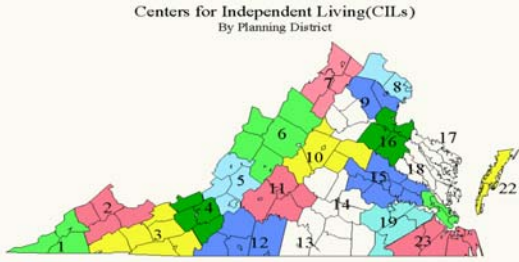
**(15) Central VA Independent Living Center**

4009 Fitzhugh Ave.- Suite 100  
Richmond, Virginia 23230  
*Sandra Wagner, Executive Director*  
cvilc1@aol.com  
**(804) 353-6503 (804) 353-6583 TTY**  
**(804) 358-5606 FAX**  
**E-mail =Cvilc5@aol.com**

Resources for Management of  
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# CENTERS FOR INDEPENDENT LIVING

## Resources for Management of Spinal Cord Injury



**(16) disAbility Resource Center**

409 Progress Street, Fredericksburg,  
Virginia 22401

*Debe Fults, Executive Director*

**(540) 373-2559 V (540) 373-5890 TTY**

**(540) 373-8126 FAX VID: 071745**

**1+(800) 648-6324 TOLL FREE**

**E-mail = [debef@drc-fredericksburg.org](mailto:debef@drc-fredericksburg.org)**

[www.drc-fredericksburg.org](http://www.drc-fredericksburg.org)

**(22) Eastern Shore Center for  
Independent Living**

4364 Lankford Highway, Suite A  
Exmore, VA 23350

*Althea Pittman, Executive Director*

**(757) 414-0100 V (757) 414-0080 TTY**

**(757) 414-0205 FAX**

**1-(800) 324-0988 Toll Free**

**E-mail: [Altheapittman@yahoo.com](mailto:Altheapittman@yahoo.com)**

**VID: 119326**

**(23) Endependence Center, Inc.**

6320 North Center Drive, Ste.100,  
Norfolk, Virginia 23502

*Steve Johnson, Executive Director =*  
[sjohnson@endependence.org](mailto:sjohnson@endependence.org)

**(757) 461-8007 V (757) 461-7527 TTY**

**(757) 455-8223 FAX VID: 005123**

**E-mail = [ecinorf@endependence.org](mailto:ecinorf@endependence.org)**

**(23) Peninsula Center for Independent  
Living**

2021-A Cunningham Drive, Suite 2,  
Hampton, VA 23666

*Ralph Shelman, Executive Director*

**(757) 827-0275 V**

**(757) 827-8800 TTY**

**(757) 827-0655 FAX**

**E-mail = [iepcil@iepcil.org](mailto:iepcil@iepcil.org)**

**[www.iepcil.org](http://www.iepcil.org)**

**VID: 010037**

# DEPARTMENT OF REHABILITATIVE SERVICES (DRS) LOCAL OFFICES



Abingdon Office	(276) 676-5565	Marion Office	(276) 781-7466
Alexandria Office	(703) 960-3411	Martinsville Office	(276) 632-7161
Charlottesville Office	(434) 296-5621	Richmond	(804) 662-9222
Chesterfield Office	(804) 674-2369	Norfolk Office	(757) 455-0831
Christiansburg Office	(540) 381-7122	Petersburg Office	(804) 863-1625
Culpeper Office	(540) 829-7360	Portsmouth Office	(757) 686-5004
Danville Office	(434) 791-5257	Richlands Office	(276) 963-1028
DRS Central Office (Richmond)	(804) 662-7000	Richmond Office	(804) 367-0175
Eastern Shore Office	(757) 787-5992	Roanoke Office	(540) 776-2731
Fairfax Office	(703) 359-1124	South Boston Office	(434) 575-7949
Farmville Office	(434) 392-8189	St. Paul Office	(276) 762-5561
Fishersville Office	(540) 332-7700	UVA Office (Charlottesville)	(434) 924-8329
Franklin Office	(757) 562-6151	Virginia Beach Office	(757) 683-8440
Fredericksburg Office	(540) 899-4161	Warsaw Office	(804) 333-4386
Hampton/Newport News Office	(757) 865-4863	Williamsburg Office	(757) 253-4817
Harrisonburg Office	(540) 434-5981	Winchester Office	(540) 722-3453
Henrico Office	(804) 662-7123	Woodrow Wilson (Fishersville)	(540) 332-7000
Lynchburg Office	(434) 947-6721	Wytheville Office	(276) 228-2108

Resources for Management of Spinal Cord Injury

## Assistive Technology & Electronic Aids to Daily Living

### Assistive Technology Loan Fund

#### Authority (ATLFA)

Has a mission of facilitating favorable credit financing of assistive technology for Virginians with disabilities.

1602 Rolling Hills Drive, Suite 107

Richmond, VA 23229

Phone: (804) 662-9000

**Toll-free: 866-835-5976**

**Www.atlfa.org**

### Virginia

#### Assistive

#### Technology

#### Systems (VATS)

A statewide comprehensive system of assistive technology (AT), and to assist Virginians with disabilities in accessing assistive and information technology (IT) devices and services  
Contact: Joey Wallace (804)662-9990  
[www.vats.org](http://www.vats.org)



### VATS Northern Regional Site

Helen A Kellar Institute for Human disAbilities

George Mason University

4400 University Drive MSN 1F2

Fairfax, VA 22030-4444

(703) 993-3670

(703) 993-3681 (fax)

<http://www.kihd.gmu.edu/chdinfo/vats.html>

### VATS Central Office - Richmond

8004 Franklin Farms Drive

PO Box K-300

Richmond, Virginia 23288-0300

(804) 662-9990

(804) 662-9478 (fax)

800-552-5019 (toll free)

[GlassEW@drs.state.va.us](mailto:GlassEW@drs.state.va.us)

### VATS Southeast Regional Site

Darden College of Education, Room 137

Old Dominion University

Norfolk, Virginia 23529

(757) 683-5323

(757) 683-5227 (fax)

[srdavis@odu.edu](mailto:srdavis@odu.edu)

[www.lions.odu.edu/org/vats/](http://www.lions.odu.edu/org/vats/)

### VATS Southwest Regional Site

VATS SW Regional Site

c/o Special Services Lab

VA TECH

P. O. Box 9001

Blacksburg, VA 24062-9001

(540) 231-4270

[swvats@vt.edu](mailto:swvats@vt.edu)

[www.swvats.atc.vt.edu](http://www.swvats.atc.vt.edu)

# Assistive Technology & Electronic Aids to Daily Living

## COMPANY NAMES

### **Imperium**

www.tashinc.com

### **Ameriphone, Inc.**

(714) 897-0808

www.ameriphone.com

### **Quartet Technology**

(978) 649-4328

Www.qtiusa.com

homer@qtiusa.com

### **TASH**

(219) 462-8086 (toll free)

### **Assistive Technology Works, Inc.**

(888) 276-9700

### **Radio Shack**

www.radioshck.com

## Web Addresses for Low Cost Electronic Aids to Daily Living

www.x-10.com

www.smarthome.com

www.ability.com

www.lowes.com

www.nuance.com



Resources for Management of  
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# MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

## Resources for Management of Spinal Cord Injury

*For general information and referrals:*

**National Mental Health Association  
Information Center**

N. Beauregard St., 12th floor  
Alexandria, VA 22314-2971

Phone: (703) 684-7722

Fax: (703) 684-5968

Toll-free: (800) 969-6642

[www.nmha.org](http://www.nmha.org)

**Department of Mental Health, Mental  
Retardation and Substance Abuse  
Services**

P.O. Box 1797

1220 Bank Street

Richmond, VA 23219-3645

Phone: (804) 786-5682

Fax: (804) 371-6638

[www.dmhmrzas.state.va.us/](http://www.dmhmrzas.state.va.us/)

**American Psychological Association**

Phone: (800) 374-2721

Internet: [www.helping.apa.org](http://www.helping.apa.org)

To protect and advocate for the rights of  
people with mental illness:

**Department of Rights of Virginians  
with Disabilities**

202 North Ninth Street, Ninth Floor  
Richmond, VA 23219

Phone: (804) 225-2042

Fax: (804) 225-3221

Toll-free: (800) 552-3962

[www.cns.state.va.us/drvd](http://www.cns.state.va.us/drvd)

**Alcoholics Anonymous**

Phone # (804) 355-1212

(greater Richmond, VA)

or (800) 835-1935

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**Narcotics Anonymous**

Phone (888) 747-4047 or # (888) 423-3428

**[www.na.org](http://www.na.org)**

**For a help line and referrals to local  
self-help groups:**

National Alliance for the Mentally Ill

P.O. Box 1903

Richmond, VA 23218-1903

Phone: (804) 2258264

FAX: (804) 643-3632

Toll-free: (888) 486-8264

[www.namivirginia.org](http://www.namivirginia.org)

# MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

## Greater Richmond Area Referral Sources

*Call the appropriate locality where you live. If your locality is not listed here, look in the blue section of your local phone directory for mental health/substance abuse services.*

### The City of Richmond:

Richmond Behavioral Health authority  
900 South Fifth Street  
Richmond, VA 23219  
Phone: (804) 819-4100

### Charles City County & New Kent County:

**Mental Health and Substance Services**  
9403A Pocahontas Trail  
Providence Forge, VA 23140  
Phone: (804) 966-5959

### Chesterfield County:

**Mental Health, Mental Retardation, Substance Abuse Services**  
6801 Lucy Corr Boulevard  
Chesterfield, VA 23832  
Phone: (804) 768-7202

### Hanover County:

#### **Mental Health, Mental Retardation, Substance Abuse Services**

12300 Washington Highway  
Ashland, VA 23005

To schedule in the Ashland office or Mechanicsville Office: (804) 365-4222



### Henrico County:

All requests for services at several county locations:  
(804) 261-8515

Resources for Management of  
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# PEER MENTORING & SUPPORT GROUPS

## Resources for Management of Spinal Cord Injury

**Old Dominion Chapter, NSCIA**  
P.O. Box 8326 (1 st Class mail only)  
Richmond , VA 23226  
Telephone: (804) 726-4990  
Contact: Shawn Floyd



**Sheltering Arms Caregiver Support  
Group**

Sheltering Arms Midtown  
2805 W Broad St.  
Contact Valerie Newman  
(804)560-7230 ext. 275



**National Family Caregivers  
Association (NFCA)**  
[www.nfcacares.org/home.html](http://www.nfcacares.org/home.html)

# PERSONAL ASSISTANCE SERVICES

## Personal Assistance Services (PAS) Program of the Virginia Department of Rehabilitation Services (DRS)

PAS was established to help persons with disabilities, such as spinal cord injuries, live and work independently and avoid unwanted placement in nursing homes or other institutions.

Contact Teresa Wingold, VR Personal Assistance Services Coordinator, phone # 804-662-7077 or Susan Davis Payne, Manager, Personal Assistance and Nursing Home Outreach Program, phone # 804-662-7070.  
Toll-free: 800-552-5019  
E-mail: [wingoltc@drs.state.va.us](mailto:wingoltc@drs.state.va.us) [paynesd@drs.state.va.us](mailto:paynesd@drs.state.va.us)

## Virginia Department of Medical Assistance (DMAS)

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

600 East Broad Street  
Richmond, Va. 23219  
804-786-7933

- **Medicaid Waiver Programs in Virginia**  
Contact Diane Thorpe, phone # 804-692-0481

Resources for Management of  
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# VIRGINIA RECREATION



## Resources for Management of Spinal Cord Injury

### Virginia Organizations

#### **Paralyzed Veterans Association**

<http://www.pva.org/> or PVA National  
Headquarters: 800-424-8200

#### **Mid-Atlantic Chapter:**

11620 Busy Street, Richmond, VA 23236  
Phone: (804) 378-0017;  
(800) 852-7639;  
FAX: (804) 378-0026  
Activities: Basketball, Fishing, Hunting,  
Skiing

#### **Sheltering Arms**

##### **Adaptive Recreation Program:**

call 804-560-7230 ext. 275.  
Club Rec: a day recreation program that  
offers half and full day organized  
programming;  
Call 804-915-1174 for information  
Fitness Center and Pool: membership  
required; call 804-560-7230 ext.275 for  
information

##### **Sportable**

Phone: 804-918-1977  
Richmond Adaptive Sports and Recreation  
For Individuals with physical Disabilities ages  
5 and up  
PO Box 7046  
Richmond, VA 23221  
E-mail: [info@sportable.org](mailto:info@sportable.org)  
Website: [www.sportable.org](http://www.sportable.org)

**Arts Workshop** - VSA Arts of  
Virginia 1715 W. Main Street, PO Box 27862,  
Richmond VA 23261. Telephone 804-358-4991.  
Fax: 804-358-4992. Nancy Gray, Executive  
Director

#### **Blue Ridge Riders Wheelchair Athletic Association & LEAP Program**

Recreational Therapy Department at 540-332-  
4050,  
Amie Trinca or write c/o The Blue Ridge  
Riders, Augusta Medical Center, Recreational  
**Therapy Department, 78 Medical Center  
Drive, Fishersville, VA 22939.**

#### **Easterling-Zacharias Health Institute**

1311 Palmyra Ave.  
Richmond, VA 23227  
(804) 358-1000  
therapeutic swimming pool, exercise  
machines, weight loss programs

#### **General**

Each county has a Division of Recreation and  
Parks that usually offer classes and trips.  
These have either therapeutic recreation  
programs or can make appropriate  
adaptations and accommodations any of the  
programs if you contact them ahead of time  
(usually about 2 to 3 weeks)

#### **Richmond City**

804-646-5733; Fax: 646-6931  
[http://www.ci.richmond.va.us/department/  
parks\\_rec/index.asp](http://www.ci.richmond.va.us/department/parks_rec/index.asp)  
Offers a wide range of sports, recreational  
and cultural activities for children and adults

# VIRGINIA RECREATION

Resources for Management of  
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## Henrico

Online: <http://www.co.henrico.va.us/rec/>  
Call 804-501-PARK (7275) for general information or Elaine Olay (804) 501-5112 for specific information on accommodations

## Chesterfield County

[www.co.chesterfield.va.us/HumanServices/ParksandRecreation/programs](http://www.co.chesterfield.va.us/HumanServices/ParksandRecreation/programs)  
6801 Wagners Way, Chesterfield;  
Chesterfield County Park Offices  
(804) 748-1623

## Hanover County Parks and Recreation Department

(804) 365-4695;  
Fax: (804) 365-4696;  
TDD#: (804) 365-4692  
Programs: <http://www.co.hanover.va.us/parksrec/>



## Basketball

## Charlottesville Cardinals

Capital Conference  
815 Cherry Avenue  
Charlottesville, VA 22903  
(434) 971-9629 or  
E-mail team coordinator Rick Shifflett at [ricks@ntelos.net](mailto:ricks@ntelos.net)

## r City Saints (Roanoke)

Carolina Conference  
Jerry Richardson  
4808 Old Mountain Road  
Roanoke, VA 24019-5454  
540-344-1739 (W)  
540-362-4494 (H)  
540-344-5521 (Fax)  
[stjrsworld@aol.com](mailto:stjrsworld@aol.com)

## Virginia Beach Sun Wheelers

Capital Conference  
Jody Shiflett  
4603 Myrtle Avenue  
Virginia Beach, VA 23451-2514  
757-491-3121  
[shiflett4@aol.com](mailto:shiflett4@aol.com)

## Boating/Sailing

Hampton Roads Community Sailing Center, Inc. Open to all abilities including youth and adults in the Hampton roads community who are physically, mentally, socially and developmentally challenged.  
Jeanne Walter, P.O. Box 131, Hampton, Va 23669 or (757) 651-4273.

## Bowling

Club Rec Strikers Bowling League  
For you and your caregiver/companion  
AMF Bowling Lanes 8037 Shrader Rd  
Contact Valerie Newman (804) 560-7230

# VIRGINIA RECREATION

## Resources for Management of Spinal Cord Injury

### Fencing

#### Salle Green

Offers Wheelchair Fencing to all levels; equipment provided

804-241-0972

1108 Washington Highway

Glen Allen, VA

[www.sallegreen.com](http://www.sallegreen.com)



### Fishing & Hunting

#### Virginia Department of Game and Inland Fisheries

4010 West Broad Street, Richmond, VA 23230 · (804) 367-1000



#### Fishing

Will provide information about handicapped accessible boat ramps, boar piers, fishing piers, and restrooms in each county and city  
[http://www.dgif.state.va.us/fishing/where\\_to\\_fish/handicapped.html](http://www.dgif.state.va.us/fishing/where_to_fish/handicapped.html)

#### Hunting

Totally and permanently disabled resident special lifetime license to hunt, available only through Richmond Office; (annual bear, deer, turkey license and all applicable special licenses, stamps or permits are required in addition to this hunting license) \$5.00

Totally and permanently disabled resident special lifetime license to trap (available only through Richmond Office) \$5.00  
[http://www.dgif.state.va.us/hunting/where\\_to\\_hunt/index.html](http://www.dgif.state.va.us/hunting/where_to_hunt/index.html)

#### Wheelin' Sportsmen NSTF Virginia

Program to get individuals with disabilities involved with outdoor activities

[www.vanwtf.com](http://www.vanwtf.com)

Central Virginia Chapter President:

Charles Durrer (434)293-6968

State Chapter President: Bob Stickley:

(540) 828-6016



# VIRGINIA RECREATION

## Hockey

### Fredericksburg area

MacGregor Roller Hockey for kids & adults who use wheelchairs is starting again Jan. 22nd. The Roller Hockey team meets at Skateland on Saturdays from 6:00 to 7:00 p.m.

*If you would like to sign up or need more information contact:* Charlie MacGregor at MacGregor Roller Hockey

11904 Turman Circle, Fredericksburg, VA 22407  
or call (540) 786-6036.

People with all level of abilities are invited to participate.  
Necessary equipment is provided.



## Skiing / Snow Sports

### Massanutten Adaptive Snow Sports / Therapeutic Adventures

Skiing, , Snowboarding, Snow-Shoeing  
Open December through March

Provides private and group instruction

Phone: 434-295-3973 or 1-434-981-5334

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

### Wintergreen Adaptive Skiing

P.O. Box 56, Batesville, Va 22924

Contact Person: Michael Zuckerman

Phone: 434-325-2007 ; Fax: 434-823-5121 Email: [michaelzuckerman@hotmail.com](mailto:michaelzuckerman@hotmail.com)

Equipment available for use: 4 bi-skis, 4 mono-skis, outriggers, ski bras,

**Programs Offered: Alpine skiing**

## VIRGINIA RECREATION NATIONAL LINKS

### GENERAL RECREATION Information and Websites:

**The National Center on Physical Activity and Disability (NCPAD)**  
at the Department of Disability and Human Development at the  
University of Illinois at Chicago  
Provides fact sheets, information on organization, events, editorials, etc.  
(800) 900-8086  
<http://www.ncpad.org> or [ncpad@uic.edu](mailto:ncpad@uic.edu)

**Great Outdoor Recreation Pages**  
<http://www.gorp.com> (type in accessibility in the Search area)

**Recreation from Commonwealth of Virginia**  
<http://www.vipnet.org/vipnet/myvipnet/recreation/htm>

**Providing Access for Mature and Disabled Travelers**  
<http://www.access-able.com>

**Disabled Sports USA**  
<http://www.dsusa.org>

**American Horticulture Therapy Association**  
<http://aggie-horticulture.tamu.edu> OR [www.ahta.org](http://www.ahta.org)

**Camper Easter Seal of Virginia**  
<http://campeasterseal-va.org>