

## *There is some help out there... Hints from Hanover DSS for you!*

Financially and emotionally, a lot of people are going through a tough time. Here is a list of resources that may be available to help you and your family. By using some of these resources, you may be able to make ends meet a little more comfortably.

**Call 2-1-1.** It is similar to calling 4-1-1 for information, but the focus is on finding support and services in your community.

### **Medical Assistance:**

**\*Interfaith Clinics:** Basic health care, dental, eye, mental health clinics for the uninsured. (804) 798-8890 (leave message).

**\*The Pharmacy Connection:** Potential assistance with the cost of life-sustaining prescription medication for those without insurance. (804) 365-4172.

**\*Prescription Discount Card for Hanover County residents.** Card is available at several county department locations (Library, Social Services, Community Resources, Administration Building). No income limitations and will provide a discount on prescription costs.

### **Food Assistance:**

AngelFood Ministries is an organization that helps people purchase food at a reduced cost. Please call their 24-hour hotline for answers to common questions, including menu information and host site contact information. 1-877-366-3646 or go to [www.angelfoodministries.com](http://www.angelfoodministries.com) to order online. No income limitations.

Try speaking to your local church to see if they offer a food ministry to provide some assistance. You may also consider calling Central Virginia Food Bank at (804) 521-2500 for guidance in finding a local food pantry. Remember, food closets or pantries have been created to help people through the tough times and recognize that people are struggling. Please, do not be afraid to ask for help. Finally, consider seeking assistance through Hanover County Department of Social Services to supplement your family's and your needs through the Food Stamp program (SNAP), Medicaid program, or other assistance programs. In addition to the ongoing programs offered throughout the year, Hanover County Department of Social Services currently has:

**Crisis Energy Assistance** is intended for emergency situations. It helps eligible households when Fuel Assistance or other resources cannot meet the need. Some examples of emergencies include: lack of heat, utility cut-off is imminent, and inoperable or unsafe heating equipment. Types of Crisis Assistance may include: payment of utility security deposit; purchase of portable space heater; purchase of primary home heating fuel; payment of primary heat utility bill; repair of heating equipment; replacement of heating equipment; and/or provision of supplemental heating equipment/maintenance. To be eligible for Crisis Assistance, there must be a heating emergency and certain income and citizenship criteria must be met. Applications for equipment-related assistance and security deposits are accepted from November 1, 2009 through March 15, 2010. Assistance for the purchase of heating fuel and utility bills for primary residences are available from January 4 through March 15, 2010. Income eligibility for Crisis Assistance is based upon total number of household members. Maximum monthly income limits are as follows (Note: if the ONLY source of household income is Social Security Disability, income limits do not apply). 1 person- \$1,174 2 persons- \$1,579 3 persons- \$1,984

For more information on household size and limits or to request an application, contact Hanover Social Services at 804-365-4103.

**Energy Share through Dominion Virginia Power** is also managed locally by Hanover Social Services. If eligible, households may receive assistance to pay for the applicable source of heat (electricity, gas, oil, wood or kerosene). Call 804-365-4103 or 804-365-6641 for information on requirements and to determine if funding is available.

**“Swine Flu” H1N1 Questions:** VDH Inquiry Center at 1-877-ASK-VDH3. Please feel free to call this number. Please practice frequent handwashing and stay home if you are sick. Hanover Health Department is offering numerous H1N1 flu shot clinics for dates and times or to schedule an individual appointment call 804-365-4313 and available to anyone who wants one.

**Employment:** (1) Mechanicsville Goodwill Employment Center: Workshops and Personal Assessments available – many local employers use them for hiring. Call Nancy Brady @ 417-6721 for more info. No income limitations. (2) Register with the Virginia Employment Commission (VEC), 8093 Elm Drive, Mechanicsville, VA 23111 (804) 559-3133. (3) Speak with an admissions/career counselor at the local community college about grants and/or loans to return to school.

**Hanover’s Winterization Program** has helped hundreds of low-income, disabled and/or elderly residents by providing heat saving measures such as installing plastic over windows, wrapping water pipes and weather-stripping doors. The Department of Community Resources’ Volunteer Home Repair Referral Program helps connect human service providers with available volunteers willing to conduct minor health and safety home repairs for those in need. Ask at the front desk for a referral for “Winterization” or call 365-4300 for more info.

**ElderHomes** offers a “Weatherization” program for low income families of all ages in single family homes. This program is especially good for seniors living in their own home. No income requirements if a family member is disabled. This may help you further reduce your energy costs. Call Anitra Watson for more details at 804-612-3362.

**Are you one of the 13.1 million uninsured in Virginia?** Recent Layoffs and economic instability have lead many people to lose health insurance coverage. If you or your child is currently uninsured, you may be eligible for one of several Medicaid or FAMIS programs. We currently offer: Medicaid; Medicaid Works; FAMIS; FAMIS PLUS; FAMIS SELECT; FAMIS MOMS; Aged, Blind or Disabled Medicaid; Medicaid that pays Medicare Part B Premium; Special Low-Income Medicare Beneficiary; Qualified Medicare Beneficiary; Medically Indigent; Pregnant Women; Breast and Cervical Cancer Prevention and Treatment ACT; and Plan First-Family Planning Services for Men and Women.

To find out if you may be eligible for any of the benefit programs, you may go on-line to be pre-screened at: <https://jupiter.dss.state.va.us/EligibilityScreening/> or we will mail you an application. Call 804-365-4100 to request an application. You can also apply for SNAP on-line at <https://www.vafood.org/> and handle your eligibility interview by phone.

**Free Tax Preparation Assistance:** Hanover DSS is providing free tax preparation assistance from 4:30-7:00 p.m. on Wednesday evenings beginning February 3, 2010 through April 15, 2010. You may qualify for the Earned Income Tax Credit. This assistance is geared toward low-income individuals and families with income below \$49,000 if you have three qualifying children. If you make less than \$49,000 - Family - \$13,000 - Individual we will assist you with your tax return if your return is not too complicated. Complicated returns will be referred to other free sites in the Greater Richmond area. Please call 365-4109 for more information and a list of necessary documents to bring with you for your tax return preparation.

**Free Cell Phones and Service for Individuals with Limited Incomes:** Assurance Wireless, offered by Virgin Mobile, provides limited service and free cell phones to qualifying individuals. The plan offers a free phone, 200 free minutes per month for local and long distance within the United States, free voicemail, call waiting and caller ID with no long-term contracts, bills, activation fees or surcharges. Individuals who may qualify include those who participate in any of the following programs: Medicaid, Food Stamps/SNAP, SSI, TANF, Federal Public Housing or Section 8, LIHEAP or National School Lunch Program. Individuals may also qualify based upon household income. To obtain more information or apply for service, contact 1-888-898-4888.

**Free Parent Consultations or Stress Management Workshops:**

In today's economy, parents are facing new challenges with raising their children. A new level of stress has been either added or increased to parents, which has had a trickle down effect on the individual, their employment and their family. If you find that parenting has become unmanageable as a result of cumulative stressors, Hanover County offers a wonderful professional resource. Hanover residents are offered four free parenting consultations to assist with your concerns related to balancing personal and professional stressors with raising children. We can help you develop a parenting plan that works for your family. This is a great way to gather new ideas, resources, and skills to use at home. Remember- if you burn out, you will not be able to effectively take care of the ones dependent on you. If you are interested in scheduling a parent consultation or providing a free Stress Management workshop for your community group, please contact Dana Gaskin (804) 365-4238.

**12 Step Programs in Hanover County:**

Friday - 6:00pm : New Song United Methodist Church, 7450 Colt's Neck Rd, Mechanicsville, VA 23111; 804-559-6064; [www.newsonumc.org](http://www.newsonumc.org)

Celebrate Recovery will begin on Friday, March 5<sup>th</sup> at 6:00pm (dinner), followed by the program (7:00 pm), Share Groups (8:00pm), and then a café/dessert time (9:00pm). We will be holding service every Friday night (regardless of holidays, etc.).

Thursday - 7:30pm Cool Spring Baptist Church, 9283 Atlee Station Rd, Mechanicsville, VA 23116; 804- 746-0800; High Hopes Group

**Hanover County Rabies Prevention Clinic dates, locations and times:**

Feb. 6, 2010 1pm-4pm – E. Hanover Rescue Squad, 8105 Walnut Grove Rd,  
Apr. 3, 2010 10 am – 2 pm – Gander Mountain, 10150 Lakeridge Pkwy.

To better serve you, Hanover Department of Social Services is open on Wednesday until 6 PM. (No EBT cards issued after 4:00pm.) Please call 804-365-4100 for more information or to schedule an appointment.