

COMMUNITY RESOURCES

Medical Equipment

Name	Address	Telephone
Access Home Medical Sells recliner lift chairs at lower cost	6681 G Backlick Rd. Springfield, VA	703 451 2058
Apria Health Care/ HHCS		703 642 3141
Area Access Stair lifts, portable ramps	8117 Ransell Rd., Falls Church, VA (off Gallows near Fairfax Hospital)	703 573 2111
The Medical House	730 N. Glebe Rd., Arlington 22203	703 291 6219
Preston's Pharmacy Delivers prescriptions, will loan equipment to therapists	5191 Lee Highway, Arlington 22207 at Lee and Edison – between Glebe and George Mason	703 522 3412
Rehab Equipment Professionals		703 370 2100
Roberts Home Medical		703 385 8018
USA Rehab – inexpensive DME		www.usa~rehab.com 1-888-727-3422
Bandages Plus – Lymphedema supplies		1-877-770-1032
Zask		703-354-1266

This resource information is provided by your colleagues at Inova VNA Home Health and has not been reviewed or endorsed by OHCP/CWA Local 2252.

Vienna Rexall DME	150 Maple Ave W. Vienna, Va	703-938-7111
Leesburg Pharmacy DME Portable ramps Compression Hose Fitting	Virginia Village Shopping Center 36-C Catoctin Circle, SE Leesburg, Virginia 20175	Phone: 703-777-5333 FAX: 703-777-5160 www.leesburgpharmacy.com
Lakeside Pharmacy	1641 Washington Plaza North Reston, Va.	703-471-4535

In Home Services

Name	Address	Telephone
Angels at Your Service (Personal Care agency)		703 924 3600
Home Management A new small company with good recommendations		703 442 0229
The Nursing Referral Service of No. VA.		703 442 0229
Sincerria Elliot -- Personal Trainer	Alexandria Area	703-313-8077
Graceful Care		703-904-3994
Companion Assisted Care		703-812-9799
Doctors Who Make House Calls		
Dr. Hugh Holder		301-384-8869
Dr. Barb Kalazny		703-534-2922
Podiatrists Who Make House Calls		
Dr. Michael Fine		703-528-7177
Dr. Annik Adamson		703-998-1228
Dr. Heather Wilson		703-823-2357
Donny Mendez P/T - Private Individual caregiver		703 442 0229
Fatmata (Sally) - Private Individual caregiver		703-658-1659 cell: 703-593-2512

Sheila Powell - Private Individual caregiver		240-603-7306
Irene Osei - Private Individual caregiver		703-266-9096
Helping Hand For errands, shopping, meal prep, light housekeeping		703 237 1531
Household Personal Assistants Errands, groceries, DMV		703 575 8759
Meals On Wheels -- Arlington		703 575 8759
Grant Food / Pea Pod Order groceries on live or by phone – small delivery charge		1 800 573 2763
Lee Market Will deliver groceries	Intersection of Pershing Dr. and Rd. 50	703 527 0643
Westover Market Will deliver groceries	Washington Blvd.	703 536 5040
Hairdresser – Patty Mason		703 799 2281
Handyman / Senior Craftsman, Inc. – Biff Henly Installation of grab bars, stair railings		703 403 5354
Safe Home Solutions – Spiro G. Karavatas, owner consultant: installation of grab bars, stair railings and hand held shower heads.	2065 Mayflower Dr., Woodbridge VA 22192-2336	703-538-9306 fax: 703-490-8329; e-mail: gjk17@juno.com

Transportation Services

Name	Address	Telephone
American Red Cross – Arlington Chapter		703 527 3010

This resource information is provided by your colleagues at Inova VNA Home Health and has not been reviewed or endorsed by OHCP/CWA Local 2252.

FISH For medical & social service appt. in Arl. Co. M,W,F only. Call evenings between 6 – 8		703 502 3474
Senior Services of Alexandria / Diamond Cab		703 836 4414
Wheel Chair Transportation Services		
Blue Top Cab		703 243 8294
Red Top Cab		703 522 3333
Ultimate Health Care Transport		703 988 0279
Dept. of Transportation / DOT for disabled residents of Alexandria Application process		703 836 5222 703 838 3800
Metro Access		301 562 5360
Fastran – for Fairfax Co. residents for medial apts., shopping, senior center. Need to be certified based on income level. < \$19,000		703 222 9764
Pool Therapy Resources		
Arthritis Foundation – Metro Chapter. Has written pool program		202 537 6800
National Rehab Hospital Pool therapy with P.T.		202 877 1620
Marriott Pools Can buy memberships or pay/session. Water tem is a few degrees higher than rec center pools	Key Bridge Marriott in Rosslyn Fair View Park in Falls Church	703 524 6400 703 849 9400
Thomas Jefferson Community Center Gym, fitness center, track, Sr	2 nd St., Arlington, 2204	703 228 5900

This resource information is provided by your colleagues at Inova VNA Home Health and has not been reviewed or endorsed by OHCP/CWA Local 2252.

exercise classes. – Arl co. residents \$50/yr		
Fairfax County Adaptive Aquatics Program		703-324-8565

Rehab / Outpatient Services

Sub acute facilities		
Arleigh-Burke Pavilion Primarily for military, but also accepts others	Old Dominion Dr. in McLean, not far from Arlington	703 506 6900
Falcon Landing	Sterling	703 404 3665
The Virginian	Arlington Blvd., Fairfax	703 385 0555
Outpatient Therapy		
Hand N Hand Therapy Manual therapy specialty but also takes others – Neuro	933 N. Kenmore St., Arlington, VA 22201	703 527 8446
Neuro Physical Therapy Allison Lichy P.T. <i>Operating in same location as "Making Progress" which is longer accepting new patients. They have high tech equipment like Body Weight Supported Treadmill, UE robot, Electrically Stimulated Bicycle</i>	Duke St. Alexandria	703-751-1733
Fairfax Physical Therapy Myofasial, craniosacral	Main St., Fairfax	703 934 9411
Thomas Jefferson Community Center Gym, fitness center, track, Sr exercise classes. – Arl co. residents \$50/yr	2 nd St., Arlington, 2204	703 228 5900
Novacare	McLean	703-556-7788
Advance Physical Therapy - Valerie Gibson - Neuro Patients	Vienna, VA	703-242-2677
Physiotherapy Associates	Vienna, VA	703-938-8585
Physical Therapy Services of Fairfax	Fairfax, VA	703-273-5372

Orthotics / Prosthetics

Hanger Inc. Ray Marvin, CPO	7011 C. Manchester Blvd, Alexandria, VA 22310	703 719 0047
--------------------------------	---	--------------

This resource information is provided by your colleagues at Inova VNA Home Health and has not been reviewed or endorsed by OHCP/CWA Local 2252.

Nascott Rehab Services Charlie Crone, CP Joe Jones – Pedorthist for custom made shoes	3601 – A, Chain Bridge Rd., Fairfax, VA 22030 (Chain Bridge & Rt. 50)	703 691 0606
Orthotic Prosthetic Center Joan Weintrub, CO, OT	8330 Professional Hill Dr., Fairfax VA 22031 (Rt. 50 and 495)	703 698 5007
Orthotic Solutions Luke Stikelether, CO Specialize in spinal orthoses	2802 Merrilee Dr., Suite 100, Fairfax, VA 22031 (Merrifield near Home Depot)	703 849 9200
US Orthotics & Prosthetics Inc. Jim Tilton – willing to make home visits for othotics and prosthetics	30 Town and Country Dr. #103, Fredericksburg, VA 22405	540 899 2655 800 333 4102
Public Shoe Store Dr. Friedman – podiatrist, owner	3137 Wilson Blvd, Arl 22201	703 527 2004
Amputees – Dr. Shin PT: Sophie Zlatkov	Fairfax Hospital	703-204-6095
David Longo, CPO from Mid- Atlantic Prosthetics who makes home visits	Mid Atlantic Prosthetics	703-447-7565
INOVA Rehab Outpatient Facilities		
FairOaks- Sunrise – Neuro		703-391-1026, 703-391-3642
Fair Oaks – Neuro		703-716-4794
Fair Oaks – Ortho		703-716-1014
Fairfax Hospital		703-204-6080
Mt. Vernon Hospital		703-664-7660
Centreville		703-263-2095
McLean		703-734-2889
Worldgate	Herndon	703-742-8758
Cardiopulmonary Rehab Programs		
Inova Alex		703-504-3398
Inova MVH		703-664-7034
Arlington VHC:		703-558-6271
Fairfax:		703-698-3635
PWH:		703-369-8474
Fauquier:		703-347-2550 x185

This resource information is provided by your colleagues at Inova VNA Home Health and has not been reviewed or endorsed by OHCP/CWA Local 2252.

Cardiac Clinic at Fairfax		703-698-3313
Mended Hearts at Fairfax (Cardiac support group)		703-941-8500

Community Resources

Arlington Co. Dept. of Human Services Nursing Case Management / Chronic Care Program Bonnie Kiessling RN		703 228 1300
Auto Assist Bob Kitts Car modifications – hand controls		301 699 2238
Bridge Program	Mt. Vernon Hospital	703 664 7190
Driving Program	Mt. Vernon Hospital	703 664 7190
Dept. of Vocational Resources (DRS) Vocational rehab counselors, assist with employment		703 960 3411 800 552 5019
Endeppence Center of Northern Virginia		703 525 3462
Hospice of N. VA		703 383 9222
Lifeline Neck type \$60, \$37 enrollment fee		703 852 5433
VA Dept for the Visually Handicapped		703 359 1100
Mall Walking Program		703-204-3071
Dr. Linda Sigmund - Neurology Center of Fairfax		703-876-0800
Dr. Richard Lee – Podiatrist will make house calls, bills Medicare		703-823-2357
Pulmonary Program at Fairfax		703-698-3671

Dr. Robert Jacobs - Developmental Ophthalmologist – for neuro patients -- Sue Schmeig, PT will do evals with him; prism glasses	McLean	703-442-0522
Pharmacy Central Program -- Will help with long-term/chronic medical conditions prescriptions	Prince William Co	703-792-7662
Shepperd Center of Vienna/Oakton – volunteers will drive patients in those areas		703-281-0538
Fairfax County Department of Aging -- Free Home Repairs 62 y/o and older, pays for material up to \$500.00 and provides labor		703-324-7948
Link to Life		1-888-337-5433
Lifeline		1-800-543-3546
Non Emergency Fire Departments – fall lines		
City of Alexandria	703-838-4660	
Arlington County	703-558-2222	
City of Fairfax	703-385-7940	
Fairfax County	703-204-2264	
City of Falls Church	703-228-0106	
Town of Herndon	703-691-2131	
Town of Leesburg	703-777-0333	
Loudon County	703-777-0333	
City of Manassas	703-368-6211	
City of Manassas Park	703-335-8845	
Prince William County	703-792-6800	
Town of Vienna	703-938-2242	