

VIRGINIA HEART DISEASE AND STROKE ALLIANCE
BILINGUAL HEALTH-RELATED RESOURCES
Heart Disease and Stroke Information

January 2009

Name/Type of Resource	Source	Brief Description	Contact Information
Act in Time to Heart Attack Signs (Actue Rapido Frente a los sintomas de un Ataque al Corazon)	<i>National Institutes of Health (National Heart, Lung, and Blood Institute)</i> <i>American Heart Association</i>	Learn how to recognize the warning signs of a heart attack and what factors may put you at risk. This brochure provides useful tips on what to do when a heart attack happens and the benefits of calling 9-1-1. Download the brochure for free. COST: 1 Single Copy – FREE Each Additional Copy - \$1.50	National Heart, Lung, and Blood Institute www.nhlbi.nih.gov (301) 592-8573 To Purchase Brochure: http://www.nhlbi.nih.gov/health/public/heart/mi/core_bk.htm American Heart Association www.americanheart.org (800) 242-8721
Know Stroke: Know the Signs. Act in Time (Ataque Cerebral)	<i>National Institutes of Health (National Institute of Neurological Disorders and Stroke)</i>	Become informed about stroke prevention including how to recognize the signs and symptoms, the different types of strokes, and the benefits of fast treatment. Includes information about the stroke tool kit, which has everything needed for planning and conducting a stroke education event. The brochure can be ordered or downloaded free of charge.	National Institute of Neurological Disorders and Stroke www.ninds.nih.gov/espanol (800) 352-9424 For large orders: http://www.stroke.ninds.nih.gov/
Heart Disease and Stroke Information	<i>American Heart Association</i>	Get helpful tips on how to maintain a healthy heart. The website includes information such as heart attack/stroke warning signs, programs and tools to assist with healthy lifestyle choices, and heart healthy recipes. Available online in Spanish.	American Heart Association http://www.americanheart.org (800) 242-8721
Atherosclerosis Awareness	<i>AstraZeneca (Juntos Contra La Atero)</i>	Get information on atherosclerosis including key risk factors, prevention measures, and how to manage cholesterol.	AstraZeneca www.laatero.com (866) 272-0787

*Within each category, information/resources are ordered by national organizations, then state and local

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Information on Chronic Diseases	<i>Virginia Department of Health – Division of Chronic Disease Prevention and Control</i> <i>“Fast Facts” Patient Education Fact Sheets</i>	Information on various chronic diseases, such as diabetes, heart disease, stroke prevention, and tobacco use control. The “Fast Facts” provide quick tips for heart disease and stroke prevention.	Virginia Department of Health – Division of Chronic Disease Prevention and Control (804) 864-7877 Contact: Barbara.Mueller@VDH.Virginia.Gov For “Fast Facts”: http://www.vahealth.org/cdpc/cvh/publications.htm

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National	American Red Cross Preparedness programs	<i>American Red Cross (Cruz Roja Americana)</i>	<p>The American Red Cross offers First Aid, Adult CPR, and Automated External Defibrillator (AED) courses. These courses give individuals confidence to respond to emergency situations with skills that can save a life. Blood borne pathogens training courses are also available.</p> <p>COST: Adult CPR-\$50 per person; First Aid/CPR/AED-\$65 per person; Blood Borne Pathogens-\$30 per person as a stand alone class, \$20 when taken with CPR/First Aid.</p>	<p>Cruz Roja Americana http://www.cruzrojaamericana.org/index.asp 1-800-RED-CROSS</p>
National	Family & Friends CPR Anytime Personal Learning Program	<i>American Heart Association CPR Anytime</i>	<p>Provides families, friends and the general public with the opportunity to learn the core skills of CPR in just 22 minutes using their own personal kit. These skills can be learned in the comfort of one's home or another community setting. However, the kit does not provide certification in CPR.</p> <p>COST: CPR Kit - \$29.95 plus tax and Shipping & Handling</p>	<p>American Heart Association http://www.americanheart.org/prese/nter.jhtml?identifier=3040526 (800) 242-8721</p>

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Virginia	Disability Assistance	<i>Virginia Office for Protection and Advocacy</i> <i>(Richmond)</i>	Assists with disability-related problems like abuse, neglect, and discrimination. The organization also helps people with disabilities obtain services and treatment. Care is available for those who are uninsured.	Virginia Office for Protection and Advocacy http://www.vopa.state.va.us/ (804) 225-2042
Virginia	Mental Health Services	<i>Department of Mental Health, Mental Retardation, & Substance Abuse</i>	Families can receive services such as group therapy, parent counseling, psychiatric and psychological evaluations, medication management, and day support programs.	Department of Mental Health, Mental Retardation, & Substance Abuse (800) 451-5544 – ask to speak with an intake worker.
Central Virginia	Bon Secours Community Services Care-A-Van (Medical Services) (Servicios Comunitarios de Bon Secours Care-A-Van)	<i>Bon Secours Health System</i> <i>(Richmond)</i>	Provides acute and primary care solely for the uninsured. Individuals who have Medicaid or some other form of insurance are not eligible. There is no fee for these services. The Care-A-Van also offers assistance with enrolling families in Medicaid and FAMIS.	Administration: Herbert Cummings, Director, Mobile Health Outreach Main Care A Van number: (804) 545-1920 For Van locations call: (804) 545-1945
Central Virginia	Bon Secours Community Services Care-A-Van (Support Group) (Servicios Comunitarios de Bon Secours Care-A-Van)	<i>Bon Secours Health System</i> <i>(Richmond)</i>	A support group for persons experiencing depression, frustration, fear, anger, and other emotional distresses as a result of cultural transitioning. Members get the chance to share their personal stories and experiences.	Jo Ann McCaffrey (804) 545-1956 Ana R. Buckman (804) 545-1938

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Central Virginia	Community Health Center	<i>Appomattox Area Health & Wellness Center</i> <i>(Petersburg)</i>	Part of the Central Virginia Health Services practice. This location has an on-site pharmacy to serve patients and provides dental services as well as medical services. Bilingual staff.	Appomattox Area Health & Wellness Center (804) 733-5591 http://www.cvhsinc.org/
Central Virginia	Community Health Center	<i>Central Virginia Community Health Center</i> <i>(New Canton - Buckingham County)</i>	Part of the Central Virginia Health Services practice. General medical and specialist services, pediatrics. Bilingual staff.	Central Virginia Community Health Center (434) 581-3271 http://www.cvhsinc.org/
Central Virginia	Community Health Center	<i>Hayes E. Willis Health Center</i> <i>(Richmond)</i>	Offers family practice, pediatric, and women's health services and has an on-site pharmacy. Provides financial screening for access to Virginia Coordinated Care - an indigent care program specifically for VCU Health System.	Hayes E. Willis Health Center (804) 230-7777
Central Virginia	Community Health Center	<i>Health Center for Women and Families</i> <i>(Farmville)</i>	Part of the Central Virginia Health Services practice. Full service family practice serving children and adults, men and women. Offers pre-natal care, chronic disease management such as diabetes, hypertension, obesity as well as sick visits, school and employment physicals. Bilingual staff.	Health Center for Women and Families (434) 392-8177 http://www.cvhsinc.org/

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Central Virginia	Community Health Center	<i>Vernon J. Harris Medical Center</i> <i>(Richmond)</i>	This center offers a wide range of services including dental care, mental health care, medical services, medication, social services, and HIV/AIDS care. Providers accept all patients whether they are uninsured or insured including Medicaid and Medicare patients.	Vernon J. Harris Medical Center (804) 780-0840
Central Virginia	Counseling Services & Community Outreach	<i>Family & Community Support Systems, LLC</i> <i>(Richmond)</i>	Offers intensive in-home counseling services such as anger management, grief & loss, communication issues, developmental behavior, sibling relationships, family relationships, social skills, appropriate coping skills, adjustment disorders, and behavior causing problems in school and/or the criminal justice system. Other services include mentoring and tutoring, supervised visitation, independent living skills, job readiness & employment skills, and customized services to fit your individual needs.	Family & Community Support Systems, LLC http://www.wesupportfamilies.com/ (804) 762-8716
Central Virginia	CPR Class	<i>Trinity United Methodist Church</i> <i>(Richmond)</i>	CPR training is offered by a certified professional.	Trinity United Methodist Church (804) 288-6056

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Central Virginia	Lay Health Promoter Program (Programa de Promotores de Salud)	<i>Cross Over Ministry</i> <i>(Richmond)</i>	A course designed to inform participants about the early signs of sickness and how to access the resources available in their community. The course is free of charge and lasts for ten weeks.	Cross Over Ministry www.crossoverministry.org (804) 233-5016 ext. 109
Central Virginia	Medical Services	<i>Cross Over Ministry</i> <i>(Richmond, Chesterfield County, & Henrico County)</i>	Comprehensive healthcare services in the areas of family medicine, primary care, obstetrics and pediatrics, diabetes management, podiatry, dental and vision care, mental health care, HIV diagnosis and treatment, and critical medications. A licensed pharmacy that provides vital pharmaceuticals to patients is located at the main health center in Richmond. Has 3 locations in the Richmond metro area. Bilingual staff (Spanish/English).	Cross Over Ministry www.crossoverministry.org (804) 233-5016
Central Virginia	Medical Services	<i>Fan Free Clinic</i> <i>(Richmond)</i>	Services include general medical care, immunizations, chronic disease care and mental health therapy. Serves low-income, un- and under-insured residents of the Greater Richmond Metropolitan Area. Has bilingual staff.	Fan Free Clinic http://www.fanfreeclinic.org/ (804) 358-6343

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Central Virginia	Medical Services	<i>Goochland Free Clinic & Family Services</i>	Provides medical and dental care to adult residents of Goochland County who are uninsured and cannot afford this care. Provides interpreter when needed.	Goochland Free Clinic And Family Services (804) 556-5840
Central Virginia	Medical Services	<i>Love of Jesus Health Clinic (Midlothian - Chesterfield County)</i>	This center offers general medical and dental care to low-income, uninsured clients. They have full time Spanish staff.	Love of Jesus Health Clinic (804) 674-7499 ext. 207 http://www.lojhealthclinic.com/ Contact: Judith L. Pawlak, PA-C
Central Virginia	Mental Health Services	<i>Chesterfield County Community Services Board</i>	Supported living counselors work with individuals who have serious mental illness to find, obtain and keep housing in Chesterfield County. They also provide assistance in daily living skills; child and adolescent services and counseling services are offered.	Chesterfield County Community Services Board http://www.chesterfield.gov/administration/communityservicesboard/mentalhealth.asp (804) 768-7203
Eastern Virginia	Community Health Center	<i>Atlantic Community Health Center (Oak Hall - Accomack County)</i>	Part of the Eastern Shore Rural Health System which provides accessible, comprehensive and affordable medical, dental and health services in a caring, professional and safe environment. Bilingual staff.	Atlantic Community Health Center (757) 824-5676 www.esrh.org

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Eastern Virginia	Community Health Center	<i>Bayview Community Health Center</i> <i>(Cheriton - Northampton County)</i>	Part of the Eastern Shore Rural Health System which provides accessible, comprehensive and affordable medical, dental and health services in a caring, professional and safe environment. Bilingual staff.	Bayview Community Health Center (757) 331-1086 www.esrh.org
Eastern Virginia	Community Health Center	<i>Chincoteague Island Community Health Center</i> <i>(Accomack County)</i>	Part of the Eastern Shore Rural Health System which provides accessible, comprehensive and affordable medical, dental and health services in a caring, professional and safe environment. Bilingual staff.	Chincoteague Island Community Health Center (757) 336-3682 www.esrh.org
Eastern Virginia	Community Health Center	<i>Franktown Community Health Center</i> <i>(Northampton County)</i>	Part of the Eastern Shore Rural Health System which provides accessible, comprehensive and affordable medical, dental and health services in a caring, professional and safe environment. Bilingual staff.	Franktown Community Health Center (757) 442-4819 www.esrh.org
Eastern Virginia	Community Health Center	<i>Onley Community Health Center</i> <i>(Onancock - Accomack County)</i>	Part of the Eastern Shore Rural Health System which provides accessible, comprehensive and affordable medical, dental and health services in a caring, professional and safe environment. Bilingual staff.	Onley Community Health Center (757) 787-7374 www.esrh.org

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Eastern Virginia	Community Health Center	<i>Westmoreland Medical Center</i> <i>(Montross - Westmoreland County)</i>	Part of the Central Virginia Health Services practice. Full service family practice, also dental care. Bilingual staff	Westmoreland Medical Center (804) 493-9999 http://www.cvhsinc.org/
Eastern Virginia	Dental Services	<i>Accomack County School Based Dental Program</i> <i>Pungoteague Clinic – Melfa,</i> <i>& Metompkin Clinic – Parksley)</i>	Part of the Eastern Shore Rural Health System, dental services, Bilingual staff.	Accomack County School Based Dental Program Pungoteague Clinic (757) 789-7777 Metompkin Clinic (757) 665-1159 www.esrh.org
Eastern Virginia	Medical Services	<i>American Red Cross Dental Clinic</i> <i>(Norfolk)</i>	Eligibility is determined by income and residency. The clinic requires that all persons requesting services be at or below 125% of the federal poverty level. They must be Norfolk residents age 18 or older and may not have an existing patient relationship with a dentist. Have a language bank available, can have translator available with notice.	American Red Cross Dental Clinic (757) 446-7756
Eastern Virginia	Medical Services	<i>Clark H.E.L.P. Free Clinic</i> <i>(Hampton)</i>	H.E.L.P. Free Clinic, located in Hampton, serves the low-income poor and working populations of Hampton and Newport News who do not have health insurance. Two volunteer doctors that speak Spanish and several lay volunteers who are called as needed.	Dr. Richard F. Clark H.E.L.P. Free Clinic http://www.helphouse.org/ (757) 850-8956

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Eastern Virginia	Medical Services	<i>Gloucester-Matthews Free Clinic</i> <i>(Gloucester)</i>	Provides free medical, dental and prescription services to lower-income, and uninsured residents of Gloucester and Mathews counties. Has staff who speak Spanish.	Gloucester-Matthews Free Clinic (804) 642-9515
Eastern Virginia	Medical Services	<i>Lackey Free Family Medicine Clinic</i> <i>(Yorktown)</i>	Serves patients who live in Williamsburg, York County, Newport News and Hampton. We provide basic primary care medical services to adults and children residing in the area who fall 200% below the federal poverty level and are not insured or are under-insured and who have no access to health care aside from the clinic. Has staff who are bilingual but ask patients to bring a translator with them if possible.	Lackey Free Family Medicine Clinic http://www.lackeyfreeclinic.com/ (757) 886-0608
Northern Virginia	Community Health Center	<i>Alexandria Neighborhood Health Services Inc.</i>	Provides comprehensive pediatric, women's health and adult medicine services, illness prevention and wellness care, management of acute and chronic illnesses, dental services, and access to discounted and free medications.	Alexandria Neighborhood Health Services Inc. (703) 535-5568

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Northern Virginia	Medical Services	<i>Arlington Free Clinic</i>	Arlington Free Clinic provides medical services to uninsured, low-income residents of Arlington County, Virginia who have resided in the United States for at least one year. AFC schedules several Spanish speaking interpreters for every clinic, six staff members speak Spanish.	Arlington Free Clinic http://www.arlingtonfreeclinic.org (703) 979-1400
Northern Virginia	Community Health Center	<i>Greater Prince William Community Health Center</i>	Family & internal medicine, women's health, pediatrics, physical exams, chronic disease management & education, laboratory work, pharmacy assistance. Bilingual staff.	Greater Prince William Community Health Center (703) 680-7950
Northern Virginia	Medical Services	<i>Jeanie Schmidt Free Clinic</i> <i>(Herndon - Fairfax County)</i>	Patients are eligible for clinic services if they have a household income of 200% or less of the federal poverty level, live in Herndon, Reston, Chantilly or Centreville and have no insurance or Medicaid/Medicare. Provides translations and has bilingual staff.	Jeanie Schmidt Free Clinic http://www.jsfreeclinic.org/ (703) 481-8160
Northern Virginia	Community Health Center	<i>Loudoun Community Health Center</i>	Comprehensive family practice. Mental health services, dental care and specialty care are provided through referral agreements and community partners. Bilingual staff.	Loudoun Community Health Center (703) 443-2000 http://www.loudounchc.org/

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Northern Virginia	Medical Services	<i>Prince William Area Free Clinic</i>	Serves those who do not have private health insurance and live in Manassas City, Manassas Park or Prince William County. Services include medical care, adult dental care and access to pharmaceuticals. Interpreters are available at both sites each week.	Prince William Area Free Clinic Manassas Clinic: (703) 792-6378 Woodbridge Clinic: (703) 792-7321
Northwest Virginia	Community Health Center	<i>Blue Ridge Medical Center (Lovingston - Nelson County)</i>	Family practice, pharmacy, lab, X-ray, sliding scale fee, pre-natal care, dental services available through Rural Health Outreach Program. Bilingual staff.	Blue Ridge Medical Center (434) 263-4000
Northwest Virginia	Community Health Center	<i>Community Health Center of the Rappahannock Region (Fredericksburg)</i>	Part of the Central Virginia Health Services practice. General medical services & Pap tests provided. Dental services. Bilingual staff.	Community Health Center of the Rappahannock Region (540) 735-0560 http://www.cvhsinc.org/
Northwest Virginia	Community Health Center	<i>Winchester Family Health Center and Seasonal Migrant Services</i>	Family practice. Bilingual staff.	Winchester Family Health Center (540) 722-2369 http://www.svms.net/
Northwest Virginia	Dental Services	<i>Rural Health Outreach Program (Nellysford, Rockfish - Nelson County)</i>	Offers dental clinic, mobile dental services to migrant workers. Translation services available.	Rural Health Outreach Program (434) 263-4858

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Northwest Virginia	La Clinica (Women's Health Clinic)	<i>University of Virginia Health System – The Women's Place (Charlottesville)</i>	Staffed with Spanish-speaking clinicians and social workers , La Clinica provides general obstetrics and routine gynecological care to Spanish speaking women. The services are offered on a sliding payment scale and Medicaid is available to those who qualify.	La Clinica http://www.healthsystem.virginia.edu/internet/women/spanish.cfm (804) 924-1669
Northwest Virginia	Medical Services	<i>Augusta Regional Free Clinic (Fishersville - Augusta County)</i>	The Augusta Regional Free Clinic provides medical, pharmaceutical, dental and health-related services to those persons and families who are making a sincere effort to help themselves but do not have the means to pay for such services. Can provide translation services with some advance notice.	Augusta Regional Free Clinic http://www.augustafreeclinic.org/ (540) 332-5606
Northwest Virginia	Medical Services	<i>Charlottesville Free Clinic</i>	The Charlottesville Free Clinic (CFC) provides quality medical care to working people without health insurance or access to free health services. Provide services for Spanish-speaking patients, have "Spanish Night" 2nd Thursday of each month.	Charlottesville Free Clinic http://www.cvillefreeclinic.org/ (434) 296-5525

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Northwest Virginia	Medical Services	<i>Harrisonburg-Rockingham Free Clinic (Harrisonburg)</i>	Provides free health care to individuals in our community who have no health insurance and are under 200% of the federal poverty level. Has bilingual staff and provide Spanish language translation.	Harrisonburg-Rockingham Free Clinic http://www.hrfreeclinic.org/ (540) 433-5431
Northwest Virginia	Medical Services	<i>Shenandoah County Free Clinic</i>	Serves people at or below 150 percent of the federal poverty level who have no other means of acquiring health care. Have interpreters on Thursday nights only.	Shenandoah County Free Clinic (540) 459-1700
Southwest Virginia	Community Health Center	<i>Ferrum Community Health Center (Ferrum College)</i>	Part of the Laurel Fork Health Commission. Adult & Pediatric Primary Care; Pharmacy, X ray & Laboratory. Bilingual staff.	Ferrum Community Health Center (540) 365-4469
Southwest Virginia	Community Health Center	<i>Tazewell Community Health Center (North Tazewell)</i>	Part of Southwest Virginia Community Health Systems. Adult & Geriatric Medicine, Pediatric Care, Adolescent Care, Mental Health, Pharmacy, Minor Surgery, Emergency Medicine, Hospitalization, Sliding Fee Scale For Qualified Patients, Medication Assistance - Mt. Rogers MAP. Bilingual staff.	Tazewell Community Health Center (276) 979-9899 http://www.svchs.com/index.html
Southwest Virginia	Medical & Dental Services	<i>Haysi Clinic (Dickenson County)</i>	Part of Stone Mountain Health Services. Primary medical, dental & behavioral health care. Can have translators available with prior notification.	Haysi Clinic (276) 865-5121

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Southwest Virginia	Medical & Dental Services	<i>Holston Family Health Center</i> <i>(Damascus - Washington County)</i>	Part of Stone Mountain Health Services. Primary medical, dental & behavioral health care. Can have translators available with prior notification.	Holston Family Health Center (276) 475-5116
Southwest Virginia	Medical & Dental Services	<i>St. Charles Community Health Center</i> <i>(Lee County)</i>	Part of Stone Mountain Health Services. Primary medical, dental & behavioral health care. Can have translators available with prior notification.	St. Charles Community Health Center (276) 383-4428
Southwest Virginia	Medical Services	<i>Appalachia Family Health Center</i> <i>(Wise County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Appalachia Family Health Center (276) 565-2760
Southwest Virginia	Medical Services	<i>Clinch River Health Services</i> <i>(Dungannon - Scott County)</i>	Includes prenatal care, infant and child care, adolescent medicine, primary gynecology, general internal medicine, geriatrics, preventive health care, minor surgery, and behavioral health services. Access to medicines for patients free of charge through the pharmaceutical companies' indigent programs. Family dental program available to eligible patients. Bilingual staff.	Clinch River Health Services (276) 467-2209 http://www.crhealth.org/

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Southwest Virginia	Medical Services	<i>Davenport Clinic</i> <i>(Buchanan County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Davenport Clinic (276) 859-0859
Southwest Virginia	Medical Services	<i>Free Clinic of the New River Valley</i> <i>(Christiansburg - Montgomery County)</i>	Serves uninsured individuals with incomes that are at or below 130% of the federal poverty guidelines. Have staff members who speak Spanish.	Free Clinic of the New River Valley http://www.nrvfreeclinic.org/ (540) 381-0820
Southwest Virginia	Medical Services	<i>Healing Hands Health Center</i> <i>(Bristol, TN)</i>	Provides free health care to the working uninsured residents of the Greater Bristol area, this includes Bristol and Washington County, Virginia. Can provide translation services with some advance notice.	Healing Hands Health Center (423) 652-2516
Southwest Virginia	Medical Services	<i>Konnarock Family Health Center</i> <i>(Damascus - Washington County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Konnarock Family Health Center (276) 388-3411
Southwest Virginia	Medical Services	<i>Mendota Medical Center</i> <i>(Washington County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Mendota Medical Center (276) 645-6710

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Southwest Virginia	Medical Services	<i>Oakwood Respiratory Care Center</i> <i>(Buchanan County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Oakwood Respiratory Care Center (276) 498-1631
Southwest Virginia	Medical Services	<i>Pennington Family Health Center</i> <i>(Pennington Gap - Lee County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Pennington Family Health Center (276) 546-3001
Southwest Virginia	Medical Services	<i>St. Charles Respiratory Care Center</i> <i>(Lee County)</i>	Part of Stone Mountain Health Services. Can have translators available with prior notification.	St. Charles Respiratory Care Center (276) 383-4428
Southwest Virginia	Medical Services	<i>Stone Mountain Health Services</i> <i>(Pennington Gap - Lee County)</i>	Primary medical, behavioral health care. Can have translators available with prior notification.	Stone Mountain Health Services (276) 546-5310
Southwest Virginia	Medical Services	<i>Thompson Family Health Center</i> <i>(Vansant - Buchanan County)</i>	Part of Stone Mountain Health Services. Primary medical, behavioral health care. Can have translators available with prior notification.	Thompson Family Health Center (276) 597-7081

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Southwest Virginia	Medical Services	<i>Tri-Area Health Clinic</i> <i>(Laurel Fork - Carroll County)</i>	Part of the Laurel Fork Health Commission. Adult & Pediatric Primary Care; Pharmacy, X-ray & Laboratory. Bilingual staff.	Tri-Area Health Clinic (276) 398-2854
Southwest Virginia	Medical Services	<i>Troutdale Medical Center</i> <i>(Grayson County)</i>	Part of Southwest Virginia Community Health Systems. Adult & Geriatric Medicine, Pediatric Care, Adolescent Care, Mental Health, Pharmacy, X-Ray & Laboratory, Minor Surgery, Emergency Medicine, Hospitalization, Sliding Fee Scale For Qualified Patients, Medication Assistance - Mt. Rogers MAP, Transportation. Bilingual staff.	Troutdale Medical Center (276) 677-4187 http://www.svchs.com/index.html

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General Health Information

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National	A Lifetime of Good Health (Buena Salud de por Vida)	<i>The National Women's Health Information Center</i>	Learn healthy behaviors to prevent and manage the many health issues that affect women. This booklet outlines key preventative steps to help women make healthy choices about their own lives and their family's lives. Download this booklet for free.	The National Women's Health Information Center www.4woman.gov/espanol (800) 994-9662 To Download Booklet: http://www.womenshealth.gov/pub/pg.cfm
National	Diabetes education	<i>The National Diabetes Education Program</i>	Contains information on how to control blood pressure, sugar levels, and cholesterol. Get tips on how to prevent diabetes and the severe complications associated with the disease.	The National Diabetes Education Program www.ndep.nih.gov (301) 496-3583 (888) 693-6337 (to order education materials)
National	Folic Acid Information	<i>National Council on Folic Acid</i>	Learn about the importance of folic acid for all women and how it helps in the reduction of birth defects and even Alzheimer's disease.	National Council on Folic Acid http://www.folicacidinfo.org/ (800) 621-3141 email inquires to: sbaa@sbaa.org
National	General Disaster Preparedness Materials	<i>American Red Cross (Cruz Roja Americana)</i>	Download information that will help you and your family to be better prepared for an emergency situation. Topics include flood, fire, hurricanes, heat wave, terrorism, and tornadoes.	Cruz Roja Americana http://www.cruzrojaamericana.org/emergencias.asp?SN=200 1-800-RED-CROSS

**VIRGINIA HEART DISEASE AND STROKE ALLIANCE
BILINGUAL HEALTH-RELATED RESOURCES**

January 2009

General Health Information

Area	Name/Type of Resource	Source	Brief Description	Contact Information
National	Health tips and prevention measures	<i>Centers for Disease Control and Prevention</i>	This organization is dedicated to promoting healthy living in every stage of life. Receive helpful tips on topics such as nutrition, vaccines and immunizations, smoking and tobacco use, air and water quality, and much more.	Centers for Disease Control and Prevention http://www.cdc.gov/spanish/ (800) 311-3435
National	Hospice Information	<i>National Hospice and Palliative Care Organization (NHPCO)</i> <i>Caring Connections (a program of NHPCO)</i>	This organization helps individuals seek end-of-life care and services for their loved ones with terminal illnesses. Hospice care provides the individual with expert medical care, pain management, and emotional and spiritual support. Bereavement support is also offered to the family members of the patient. Hospice care can be provided in the patient's home or in a home-like setting that is operated by a hospice program.	National Hospice and Palliative Care Organization (NHPCO) http://www.nhpc.org/i4a/pages/index.cfm?pageid=3310 NHPCO's Spanish Language Help Line: (877) 658-8896 (Linea Cuidando con Cariño) Caring Connections http://www.caringinfo.org/resouces/brochures.htm#spanish Spanish Help Line: (877) 658-8896
National	Prepare, Plan, & Stay Informed	<i>U.S. Department of Homeland Security</i>	Tips on how to be prepared in an emergency situation, includes pages for children. Website in Spanish.	U.S. Department of Homeland Security www.listo.gov 1-888-SE-LISTO (1-888-735-4786)
National	Women's Health Information	<i>The National Women's Health Information Center</i>	Provides women with information on breastfeeding, menopause, screening tests, immunizations, and various other issues that affect women's health. The publications can be downloaded for free.	The National Women's Health Information Center http://www.4woman.gov/espanol/publicaciones (800) 994-9662

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Virginia	(Como Prepararse y Protegerse en caso de Emergencias)	<i>Virginia Department of Health – Emergency Preparedness & Response Programs</i>	Tips on how to be prepared in an emergency situation.	Virginia Department of Health–Emergency Preparedness & Response Programs Contact: Lisa Hague (804) 864-7026
Virginia	CLAS Act Virginia	<i>Virginia Department of Health – Office of Minority Health & Public Health Policy</i>	Provides information about the CLAS Act Initiative (Culturally & Linguistically Appropriate Health Care Services) including commonly used clinical phrases, translated educational materials, and Culturally & linguistically appropriate healthcare.	Virginia Department of Health – Office of Minority Health & Public Health Policy http://www.vdh.virginia.gov/ohpp/clasact/CU-CP.aspx (804) 864-7435
Virginia	Family Health Services	<i>Virginia Department of Health – Department of Family Health Services</i>	Information on abstinence, dental care, early hearing detection, women’s health, family planning, folic acid, genetics, injury and violence prevention, and lead education.	Virginia Department of Health – Department of Family Health Services http://www.vdh.virginia.gov/CLAS_Act/languageresources/translatedvdh/fhs.htm (804) 864-7660
Virginia	Health resources for minority populations	<i>The Virginia Department of Health Office of Minority Health & Public Health Policy</i>	The office develops programs and partnerships to target racial/ethnic minority communities and to promote the education of health inequities. Offers a list of resources and organizations that minority populations can utilize.	The Virginia Department of Health Office of Minority Health & Public Health Policy www.vdh.state.va.us/healthpolicy/healthequity/minority-health.htm (804) 864-7435

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Virginia	Forms and General Virginia Department of Health Documents	<i>Virginia Department of Health</i>	A list of various health forms and health information available in Spanish.	Virginia Department of Health http://www.vdh.virginia.gov/CLAS_Act/languageresources/translatedvdh/lang_spanish.htm (804) 864-7001 Contact: Golam Rabbani, CLAS Act Coordinator (804) 864-7437
Virginia	Resources in Spanish	<i>Virginia Latino Advisory Board</i>	A fairly comprehensive list of sites, publications and services that provide information in Spanish.	Virginia Latino Advisory Board http://www.vlab.virginia.gov/ (804) 225-4836
Virginia	Senior Medicare Patrol	<i>Virginia Association of Area Agencies on Aging</i>	This agency focuses on Medicare and Medicaid health care fraud prevention and offers Ombudsman services to long term care consumers.	Virginia Association of Area Agencies on Aging http://www.vaaaa.org/SMP/informado.asp (804) 644-5628 or (800) 938-8885
Virginia	Take Control: Paying Your Health Care Bills (Tome el Control: Pagando sus Cuentas Medicas)	<i>Central Virginia Health Planning Agency</i>	Get information on ways to pay for your health care services and how to get assistance with paying your bill. (English and Spanish versions of brochure available on web site)	Central Virginia Health Planning Agency http://www.cvhpa.org/HealthResources/HealthCareInformation/ConsumerHealthCareBillsEducationBrochure/tabid/117/Default.aspx (804) 425-8867 (no translation services available)

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Area	Name/Type of Resource	Source	Brief Description	Contact Information
Virginia	Health insurance for low income pregnant women and children	<i>Family Access to Medical Insurance Security (Department of Medical Assistance Services)</i>	FAMIS is Virginia's program that helps families provide health insurance to their children. FAMIS has two health insurance programs: FAMIS - the Children's Health Insurance Program & FAMIS MOMS –for pregnant women. Plan First is a program that provides free family planning services and is available for those who are not eligible for full health care coverage	Family Access to Medical Insurance Security http://www.famis.org/welcome.cfm?lang=Spanish (866) 873-2647 Contact: Mayra Granados (804) 371-0859 mayra.granados@dmas.virginia.gov Plan First: www.planfirst.org (804) 371-0859
Central Virginia	Hispanic Liaison	<i>Colaborando Juntos (Richmond)</i>	Links the Hispanic Community with various resources around the area.	Colaborando Juntos http://colaborandojuntosva.com/ Contact: cj@colaborandojuntosva.com
Central Virginia	Oficina De Enlace Hispano	<i>City of Richmond Hispanic Liaison Office (Richmond)</i>	Acquire information about medical care, emergency services, city services, English classes, taxes, and immigration services. Includes a list of referrals to city services and community resources in Richmond.	City of Richmond Hispanic Liaison Office www.RichmondGov.com (804) 646-0145
Northwest Virginia	Hispanic Liaison	<i>Creciendo Juntos (Charlottesville)</i>	Find information on aging, health, family support, HIV/AIDS and other local community resources available in the Charlottesville/Albemarle area.	Creciendo Juntos http://www.cj-network.org/ (434) 817-2436 x116 peterl@piedmonthousing.org