



# City of Virginia Beach

## Senior Resource Guide



### Mayor's Commission on Aging

2401 Courthouse Drive, Suite 234  
Virginia Beach, Virginia 23456  
757-385-4581

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It is the intention of the Mayor's Commission on Aging to provide an up-to-date and accurate listing of available senior resources in Virginia Beach. Inclusion in this resource guide should in no way be considered an endorsement of the organization; nor should exclusion from the list be considered a lack of endorsement.

**Please contact the Mayor's Commission on Aging to add resources or make corrections at 757-385-4581.**

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When you dial 2-1-1 in Virginia, you will be connected to a trained professional, who can provide fast, free, confidential referrals to a wide variety of health and human services.

### **Abuse, Neglect, and/or Exploitation**

Abuse Alternatives 423-764-2287  
 Adult Protective Service 437-3550  
 Adult Protective Services Hotline  
 888-832-3858  
 Anger Management Classes 467-7707  
 Citizens' Committee to Protect the Elderly  
 518-8500  
 National Center on Elder Abuse  
 302-831-3525  
[www.ncea.aoa.gov](http://www.ncea.aoa.gov)  
 Samaritan House 631-0710  
 Senior Services of Va. (SSSEVA) 461-9481  
[www.ssseva.org](http://www.ssseva.org)  
 VA Family Violence Hotline 800-838-8238  
 VA Coalition for Prevention of Elder Abuse  
 382-6883  
 VA Office on Protection and Advocacy  
 800-552-3962  
 Virginia Sexual & Domestic Violence  
 Action Alliance 804-377-0335

### **Adaptive Equipment/Medical Equipment**

Accessible Remodeling 897-0639  
 Access First 592-0247  
 American Ramp Systems 800-649-5215  
 Assistive Technology Loan Fund Authority  
 866-835-5976  
[www.atlfa.org](http://www.atlfa.org)  
 Atlantic Elevators 816-9532  
[www.atlanticelevators.com](http://www.atlanticelevators.com)  
 Caregiver Resources, Inc. 518-3777  
[www.caregiversworld.com](http://www.caregiversworld.com)  
 Housing and Neighborhood Pres. 385-5750  
 Endependence Center, Inc. 461-8007  
 Eye Treatment Financial Aid 847-490-3838  
<http://www.knightstemplar.org/ktef/>  
 G7 Medical Services, Inc. 377-2136  
[www.g7medical.com](http://www.g7medical.com)

ICDRI 919-349-6661  
[www.icdri.org](http://www.icdri.org)  
 Lions Club 594-0082  
 (Glasses, Hearing Aids, Special Needs  
 Equipment)  
 Med Emporium 428-0787  
 Medical Equipment Distributors 498-8225  
 Mobility Center of Virginia 647-6167  
[www.mobilityva.com](http://www.mobilityva.com)  
 National Mobility Equipment Dealers  
 800-833-0427  
[www.nmeda.org](http://www.nmeda.org)  
 Ramps Across America 327-0696  
[www.rampsacrossamerica.org](http://www.rampsacrossamerica.org)  
 Rehab Healthcare 466-1553  
 Renovations for Life 650-4457  
 Ride-Away 888-743-3292  
[www.Ride-Away.com](http://www.Ride-Away.com)  
 Roberts Home Medical 622-0908  
 Sentara Home Medical Equipment 553-3000  
 Shirley Confino-Rehder, CID 625-0969  
[www.univdesign.com](http://www.univdesign.com)  
 The Rascal Company (scooters)  
 Toll-Free 800-662-4548  
 Hampton Roads 343-4805  
 VA Support 800878-3855  
[www.therascalcompany.com](http://www.therascalcompany.com)  
 VA Assistive Technology System  
 800-435-8490  
 WHRO (Services for the blind)  
 889-9400  
 Woodrow Wilson (Home Modification)  
 540-332-7117

### **Adult Day Care**

M. E. Cox Center 340-4388  
 Senior Services of Va. (SSSEVA) 461-9481  
[www.ssseva.org](http://www.ssseva.org)  
 Sentara PACE 502-7800  
 Sentara Adult Day Health Care 306-2850

### **Alzheimer's and Dementia**

AARP 888-687-2277  
[www.aarp.org](http://www.aarp.org)

ADEAR [www.alzheimers.org](http://www.alzheimers.org)  
 Alzheimer's Association 800-272-3900

Alzheimer's Association of Southeastern  
 VA 459-2405  
 Alzheimer's Disease Education & Referral  
 Center 800-438-4380

[www.alzheimers.org](http://www.alzheimers.org)  
 Alzheimer's Foundation of America  
 866-232-8484

[www.alzfdn.org](http://www.alzfdn.org)  
 Dementia Advocacy and Support Network  
 Glennan Center (EVMS) 446-7040

Family Caregiver's Alliance 800-445-8106  
[www.caregiver.org](http://www.caregiver.org)

National Institute on Aging 800-222-2225  
[www.nia.nih.gov](http://www.nia.nih.gov)

### **Alzheimer's Care Communities**

Atria	496-8001
Bay Lake	460-8868
Cedar Manor (Ches)	548-4192
Chesapeake Place (Ches)	548-4795
Churchland House (Ports)	483-1780
Dominion Village of Chesapeake	487-9400
Dominion Village at Poquoson	868-0335
Dominion Village at Williamsburg	258-3444
Harbor's Edge (Norfolk)	616-7950
Lake Prince Woods (Suffolk)	923-5500
Morningside of Newport News	890-0905
Morningside of Williamsburg	221-0018
Our Lady of Perpetual Help	495-4211
Pacifica Senior Living	490-6672
Pinewood Inn (Norfolk)	588-4663
Province Place of Depaul	451-2400
Province Place of Maryview	686-9100
Terrace at Beth Sholom Village	282-2384
The Memory Center	412-1180
Virginia Beach Estates	493-9535

### **Assisted Living**

Abundant Care Assisted Living*	519-9100
Acredale Assisted Living	962-7218

Assisted Living at Prichard Rd.*	340-8509
(female only)	

Atria Virginia Beach	496-8001
Ballentine Manor* (Norfolk)	627-1155
Bay Lake Retirement Community	460-8868
Brighton Gardens	499-4800
First Colonial Inn	428-2884
Golden Living Center	498-0187
Harbor's Edge (Norfolk)	616-7950
Harbor Way – Atlantic Shores	716-2150
Hills Home for Adults* (Ches)	545-8797
Hope Haven Adult Home*	427-3809
Indian River Residential* (Ches)	523-4659
Kings Grant House	431-8825
Madonna Home* (Norfolk)	623-6662
Marion Manor*	456-5018
Our Lady of Perpetual Help	495-4211
Pacifica Senior Living	490-6672
Parsons Residential Care* (Ches)	487-0487
Sentara Village* Virginia Beach	306-2800
Shepherd's Village* (Norfolk)	625-1877
Terrace at Beth Sholom Village	282-2384
Thornton Hall* (Norfolk)	853-6281
Virginia Beach Estates	493-9535
Virginia Department of Social Services Eastern Regional Office (Questions/Concerns)	491-3990
<a href="http://www.dss.virginia.gov">www.dss.virginia.gov</a>	
Virginia Home for Adults*(Ches)	545-6219
Westhaven Manor* (Portsmouth)	399-2754
Westminster Canterbury	496-1100
Whitehurst Manor* (Ches) (female only)	546-5777

\*Indicates acceptance of Auxillary Grant

**Care Giving** (*See Home Health Care and Support Groups*)

### **Care Management**

(*See Senior Citizens Services and Health Organizations in the Yellow Pages*)

**Clothing Resources**

Catholic Charities HELP Project 490-4931  
 Clothing Ministry 431-4523  
 Open Door Chapel 340-1441  
 Princess Anne Plaza UMC 340-5775  
 St. Gregory's Catholic Church 518-2819

**Community Services**

Better Business Bureau 531-1300  
 Crisis/Suicide Prevention 622-1126  
 Community Services Board (CSB) 385-0888  
 Fire Department (non-emergency) 385-4228  
     Free Inspections/Fire Alarms 471-5828  
 Mayor's Commission on Aging 385-4581  
 United Way 800-230-6977  
 Lions Club (See Adaptive Equipment)

**Consumer Information/Complaints**

Federal Trade Commission 877-382-4357  
     [www.ftc.gov](http://www.ftc.gov)  
 Office of the Attorney General  
     (Consumer Complaints) 800-451-1525  
 Telemarketing Calls 888-382-1222  
     [www.donotcall.gov](http://www.donotcall.gov)  
 VA Office of Consumer Affairs  
     800-552-9963  
 VB Office of Consumer Affairs 385-5836  
     [www.vbgov.com/oca](http://www.vbgov.com/oca)

**Consumer Protection**

*(See Fraud/Consumer Protection)*

**Credit Counseling**

Catholic Charities 456-2366  
 UP Center 622-7017

**Crime Prevention**

National Crime Prevention Council  
     202-466-6272  
     [www.ncpc.org](http://www.ncpc.org)  
 Police, Non-Emergency 385-5000

**Police Precincts:**

First Precinct 385-4377  
 Second Precinct 385-2700  
 Third Precinct 385-2703  
 Fourth Precinct 385-2800  
 TRIAD 385-1068  
 VA Crime Prevention Association  
     804-318-1270  
     [www.vcpa.org](http://www.vcpa.org)

VB Police Dept. Crime Prevention Unit  
 385-1006

**Developmental Services**

VB Dept. of MH/SA 385-6100

**Diabetes** *(See Health Information)***Disability Services**

*(See also Adaptive Equipment)*

Independence Center 461-8007  
     [www.independence.org](http://www.independence.org)  
 VA Board for People with Disabilities  
     800-846-4464  
     [www.vaboard.org](http://www.vaboard.org)  
 VA Department of Rehabilitative Services  
     800-552-5019  
     [www.vadrs.org](http://www.vadrs.org)  
 VA Disability Services [www.vadsa.org](http://www.vadsa.org)

**Driving**

AARP Driver Safety Prog. 888-227-7669  
     [www.aarp.org/drive](http://www.aarp.org/drive)  
 Department of Motor Vehicles (DMV)  
     866-368-5463  
     [www.dmvnow.com](http://www.dmvnow.com)  
 Glennan Center / Driver Evaluation Program  
     446-7040  
 GrandDriver.net 800-552-3402  
     [www.granddriver.net](http://www.granddriver.net)



**Employment**

AARP Senior Employment Service  
625-7001  
 Independence Center 461-8007  
 Equal Employment Opportunity  
 Commission (EEOC) 800-669-4000  
 Ticket to Work Program in VA  
 866-968-7842  
[www.yourtickettowork.com](http://www.yourtickettowork.com)

VB Employment Commission 455-3960  
[www.vec.virginia.gov](http://www.vec.virginia.gov)

**Financial Services**

AARP Home Loans 888-687-2277  
[www.aarp.org](http://www.aarp.org)  
 AARP Tax Aide 888-227-7669  
[www.aarp.org/taxaide](http://www.aarp.org/taxaide)  
 Communities Against Senior Exploitation  
 (CASE – Educational Seminars)  
 437-3550  
 Catholic Charities 456-2366  
 Federal Deposit Insurance Corporation  
 (FDIC) 877-275-3342  
[www.fdic.gov](http://www.fdic.gov)  
 Financial Planning Association  
 800-282-7526  
[www.fpanet.org](http://www.fpanet.org)  
 IRS Tax Assistance 800-829-1040  
[www.irs.gov](http://www.irs.gov)  
 IRS Tax Forms and Material 800-829-3676  
 IRS Refund Hotline 800-829-1954  
 Jewish Family Services 459-4640  
[www.jfshamptonroads.org](http://www.jfshamptonroads.org)  
 National Association of Personal Financial  
 Advisors 888-333-6659  
[www.napfa.org](http://www.napfa.org)  
 National Credit Union 800-827-9650  
[www.ncua.gov](http://www.ncua.gov)  
 Real Estate Tax Exemption Prog. 385-8847  
 Securities and Exchange Commission  
 800-732-0330  
[www.sec.gov](http://www.sec.gov)  
 Senior Services of Va. (SSSEVA) 461-9481  
[www.ssseva.org](http://www.ssseva.org)

Star of the Sea Catholic Church 428-8547  
 State Corporation Commission  
 800-552-7945  
 UP Center 622-7017  
[www.theupcenter.org](http://www.theupcenter.org)  
 VB Dept. of Human Services Resource  
 Development Unit 437-3205  
 Volunteer Income Tax Assistance  
 Program (VITA) 437-3369

**Fraud/Consumer Protection**

Call for Action [www.callforaction.org](http://www.callforaction.org)  
 Driver's License Number Misuse  
 866-368-5463  
[www.dmv.state.va.us](http://www.dmv.state.va.us)  
 FBI 455-0100  
 Federal Trade Commission 877-438-4338  
[www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)  
 IRS Income Tax Fraud 800-829-0433  
[www.irs.gov](http://www.irs.gov)  
 Medicaid Fraud (MCFU) 800-371-0824  
 Office of the Attorney General Hotline  
 800-451-1525  
 Office of Consumer Affairs (VB) 385-5836  
 Office of Inspector General  
 Medicare Fraud 800-447-8477  
 Social Security Fraud 800-269-0271  
 State Office of Consumer Protection  
 800-552-9963  
 US Postal Service Fraud 800-372-8347  
[www.upsp.gov](http://www.upsp.gov)  
 VA Dept. for the Aging 800-552-3402  
[www.aging.state.va.us](http://www.aging.state.va.us)

**Funeral Homes and Funeral Planning**

*(See Funeral in the Yellow Pages)*  
 Board of Funeral Directors and Embalmers  
 804-367-4479  
 VB Dept. Human Services - Medicaid  
 Indigent Burial Fund 437-3200  
 Veterans' Assistance Service 804-786-2261

**Grandparents Raising Grandchildren**

AARP 888-687-2277  
[www.aarp.org/grandparents](http://www.aarp.org/grandparents)

Catholic Charities 533-5217  
 (Grandparents as Parents Support)

Generations United 202-289-3979  
[www.gu.org](http://www.gu.org)

Grand Parent Again  
[www.grandparentagain.com](http://www.grandparentagain.com)

GrandsPlace [www.grandsplace.com](http://www.grandsplace.com)

IRS 800-829-1040

National Committee of Grandparents for  
 Children's Rights 866-624-9900  
[www.grandparentsforchildren.org](http://www.grandparentsforchildren.org)

VA Dept of Human Services  
 Food Stamps 437-3200  
 TANF 437-3200

**Health / Disorder Information**

AIDS/HIV Resource Center  
[www.healingwell.com/AIDS](http://www.healingwell.com/AIDS)

AIDS National Hotline 800-448-0440

AIDS / STD Testing 800-590-2437

ALS Association 800-782-4747  
[www.alsa.org](http://www.alsa.org)

Alzheimer's Disease  
 (See *Alzheimer's and Dementia*)

American Cancer Society 800-227-2345  
[www.cancer.org](http://www.cancer.org)

American Council of the Blind  
 800-424-8666

American Diabetes Association  
 800-342-2383  
[www.diabetes.org](http://www.diabetes.org)

American Heart Association 800-242-8721  
[www.americanheart.org](http://www.americanheart.org)

American Lung Association 804-267-1900  
[www.lungsusa.org](http://www.lungsusa.org)

American Parkinson Disease Association  
[www.apdaparkinson.org](http://www.apdaparkinson.org)

American Speech, Language, and Hearing  
 Association 800-638-8255

American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)

Arthritis Foundation 456-1119

Beach Health Clinic 428-5601

Better Hearing Institute 800-327-9355

Blind and Vision Impaired 800-622-2155

Brain Injury Association 800-444-6443  
[www.biausa.org](http://www.biausa.org)

Brain Injury Association of VA  
 800-334-8443

Cancer Care 800-813-4673  
[www.cancercares.org](http://www.cancercares.org)

Cerebral Palsy of Southern and Central  
 Virginia 497-7474

Center for Disease Control 800-232-4636  
[www.cdc.gov](http://www.cdc.gov)

Central Virginia AIDS Resource and  
 Consultation Center 800-828-6177

Deaf and Hard of Hearing 800-552-7917

Epilepsy Foundation of VA 434-924-8669

Epilepsy Foundation 800-332-1000  
[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

Health Finder [www.healthfinder.gov](http://www.healthfinder.gov)

Lee's Friends (Cancer) 440-7501  
[www.leesfriends.org](http://www.leesfriends.org)

Lupus Foundation of America 490-2793  
[www.lupus.org](http://www.lupus.org)

Multiple Sclerosis Foundation  
 800-225-6495

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

Multiple Sclerosis Society 490-9627  
[www.nmss.org](http://www.nmss.org)

Muscular Dystrophy Association 420-3172  
[www.mdausa.org](http://www.mdausa.org)

National Coalition for Cancer Survivorship  
 888-650-9127  
[www.canceradvocacy.org](http://www.canceradvocacy.org)

National Institute of Health (Center for  
 Complementary & Alternative Medicine)

888-644-6226  
[www.nccam.nih.gov](http://www.nccam.nih.gov)

National Institute of Neurological Disorders  
 and Stroke 800-352-9424

National Kidney Foundation of Virginia  
 888-543-6398

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

National Parkinson Foundation  
 800-327-4545  
[www.parkinson.org](http://www.parkinson.org)

National Stroke Association 800-787-6537  
[www.stroke.org](http://www.stroke.org)  
 Parkinson's Disease Foundation  
 800-457-6676  
[www.pdf.org](http://www.pdf.org)  
 Patient Advocate Foundation 800-532-5274  
 Sentara Physician Referral 800-736-8272  
 Sickle Cell Association 466-0332  
[www.sicklecellhr.org](http://www.sicklecellhr.org)  
 Tidewater AIDS Community 583-1317  
 United Cerebral Palsy 800-872-5827  
[www.ucp.org](http://www.ucp.org)  
 United Way of South Hampton Roads  
 853-8500  
 VB Dept. of Health  
 Information 518-2700  
 Vital Records 518-2671  
 Home Safety Inspections 518-2763  
 Hotline (HIV/AIDS/STD/HEP C)  
 800-533-4148  
 VA Dept. of Medical Assistance Services  
 Provider Helpline 800-552-8627  
 Managed Care Helpline 800-643-2273  
[www.dmas.virginia.gov](http://www.dmas.virginia.gov)

### **Home Health Care / Caregiving**

Amedisys 465-1400  
 Americare Plus 499-6477  
 Arcadia Home Care 497-6459  
[www.arcadiaservices.com](http://www.arcadiaservices.com)  
 Best and Dependable 363-7542  
 Bon Secours Home Care 889-4663  
[www.bonsecourshamptonroads.com](http://www.bonsecourshamptonroads.com)  
 CDS Home Care 965-4899  
 Chesapeake Home Health/Hospice 312-6460  
 Community Personal Care 625-2220  
 Dailey's Healthcare 523-5207  
 Direct Home Health Care 405-6320  
 Division of Licensing (Complaints/Reports)  
 800-533-1560  
 Elder Care at Home, Inc and The Caregivers  
 464-4800  
 Excel Home Care 961-9874  
 Family Care Senior Solutions 673-6981  
 Genesis Home Health Care 961-5243

Gentiva Health Services 499-2303  
 Hand' n Heart 490-1223  
 Health Horizons 518-2800  
 Heartland Home Health & Hospice  
 490-9323  
 Home Instead Senior Care 631-7744  
 Hope In-Home Care 455-0030  
 Immanuel Care 547-8400  
 Interim HealthCare 466-1401  
 Intrepid USA Homehealth 548-6884  
 Jewish Family Services 489-3111  
 ResCare Home Care 459-2360  
 Labor of Love Total Healthcare 689-4205  
 Maxim Healthcare Services 490-3009  
 Medi Home Health and Hospice 420-7192  
 Personal Touch Home Care & Hospice  
 855-1355  
 Seniorcorp 640-0557  
[www.seniorcorp.com](http://www.seniorcorp.com)  
 Senior Navigator  
[www.seniornavigator.com](http://www.seniornavigator.com)  
 Sentara Home Care Services 553-3000  
[www.sentara.com/homecare](http://www.sentara.com/homecare)  
 Commonwealth Assisted Living 392-1001  
 Tender Loving Care of Amedisys 466-1340  
 VB Dept. of Human Services 437-3550  
 Companion Services  
 Personal Care Screenings

### **Homeless Services / Shelters**

Domestic Violence Hotline 723-7774  
 Dwelling Place 624-9879  
 Friends of the Homeless 928-0012  
 Genieve Battered Women's Shelter 925-4365  
 HER Shelter 485-3384  
 Lighthouse Center (VOA) 437-4911  
 Judeo Christian Outreach Center/Shelter  
 491-2846  
 Salvation Army Men's Shelters 543-8100  
 Salvation Army Women's Shelter 543-8100  
 Samaritan House 430-2120  
 The Haven 587-4202  
 Union Mission 623-0642  
 VB Dept. of Human Services 437-3205  
 Vet's House 724-8614

Volunteers of America (VOA) 437-4911  
 Day Support (showers, laundry, food)  
 Winter Shelter (October – April)  
 YWCA of South Hampton Roads 625-4248

### **Hospice Programs**

American Hospice Foundation  
[www.americanhospice.org](http://www.americanhospice.org)  
 Bon Secours Hospice 889-4663  
 Chesapeake Regional Homecare & Hospice  
 312-6464  
 Five Wishes 888-594-7437  
[www.agingwithdignity.org](http://www.agingwithdignity.org)  
 Heartland Home Health & Hospice  
 490-9323  
 Hospice Association of America  
[www.nahc.org](http://www.nahc.org)  
 Medi Home Health & Hospice 420-7192  
 National Hospice Organization  
 800-658-8898  
[www.nho.org](http://www.nho.org)  
 Odyssey Healthcare 461-0600  
[www.odsyhealth.com](http://www.odsyhealth.com)  
 Personal Touch Home Care & Hospice  
 855-1355  
 Sentara Hospice Services 553-3000  
 VA Association for Home Care  
 804-285-3636  
[www.vahc.org](http://www.vahc.org)

### **Hospitals**

Bon Secours – DePaul 889-5000  
 Bon Secours – Maryview 398-2200  
 Chesapeake Regional Medical Center  
 312-8121  
 Portsmouth Naval Hospital 953-5000  
 Sentara Bayside Hospital 363-6100  
 Sentara Heart Hospital 388-8000  
 Sentara Leigh Hospital 261-6000  
 Sentara Norfolk General Hospital 388-3000  
 Sentara OBICI Hospital 934-4000  
 Sentara VB General Hospital 395-8000  
 Veterans Administration Medical Center  
 (VAMC) 722-9961

### **Hospital Services and Programs**

Bon Secours Occupational Medicine  
 622-8633  
 Sentara Community Support Groups and  
 Outreach Programs 800-736-8272  
 Sentara Occupational Medicine Program  
 687-1175

### **Housing Assistance**

Dept. of Housing and Urban Development  
 800-569-4287  
 VB Housing & Neighborhood Preservation  
 385-5750  
[www.vbgov.com](http://www.vbgov.com)  
 VA Association of Nonprofit Homes  
 for the Aging 804-965-5500  
 VA Dept. of Aging 800-552-3402  
 VA Housing Development Authority  
 877-843-2123  
 VB Dept. of Human Services  
 Resource Development 437-3205

### **Independent Living / Retirement & Senior Communities**

Atlantic Shores 426-0000  
 Beth Sholom – The Sands 420-0891  
 Chesapeake Crossing 494-0941  
 Cogic Highrise (Norfolk) 622-2513  
 Colonial Harbor 369-8305  
 Colony Pines Apartments 486-7363  
 Commons at Chesapeake 436-2699  
 Commons at Greenwood (Ports) 465-9007  
 Commons at Princess Anne 490-7001  
 First Colonial Inn 428-2884  
 Harbor's Edge 616-7950  
 Hidenwood (Newport News) 930-1075  
 Holland House 498-9225  
 Jamestown Commons 361-6900  
 John Knox Towers (Norfolk) 622-5443  
 Lighthouse Pointe (Norfolk) 382-4911  
 Luther Manor 463-3510  
 Lynnhaven Cove 467-4000  
 Province Place of DePaul 451-2400  
 Province Place of Maryview 686-9100

Russell House	481-0770
Silver Hill at Great Neck	481-0055
Silver Hill at Thalia	431-2290
Stonebridge Manor (Norfolk)	857-1351
Sullivan House	563-9955
The Talbot on Granby	451-5100
Tidewater Senior Apartments (Newport News)	265-1472
Victoria Place	313-2323
Wesleyan Place	473-8575
Westminster-Canterbury	496-1100

### **Information and Referral Services**

AARP	888-687-2277 <a href="http://www.aarp.org">www.aarp.org</a>
A Place for Mom (free eldercare advice and referrals) <a href="http://www.aplaceformom.com">www.aplaceformom.com</a>	866-355-7048
Citizens Committee to Protect the Elderly	518-8500
Elder Care Locator <a href="http://www.eldercare.gov">www.eldercare.gov</a>	800-677-1116
Independence Center <a href="http://www.independence.org">www.independence.org</a>	461-8007
Fire Department Smoke Detectors Information Center	385-4228 Dial 2-1-1
Mayor's Commission on Aging Public Information	385-4581 311
Senior Navigator <a href="http://www.seniornavigator.org">www.seniornavigator.org</a>	866-393-0957
Senior Services of Va. (SSSEVA) VA Dept. for Social Services <a href="http://www.dss.state.va.us">www.dss.state.va.us</a>	461-9481 800-230-6977
VA Dept. for the Aging	800-552-3402
VB Dept. Human Services/Adult Services	437-3550
VA Dept. of Public Health <a href="http://www.vda.state.va.us">www.vda.state.va.us</a>	518-2700
VA Office for Protection and Advocacy <a href="http://www.vopa.state.va.us">www.vopa.state.va.us</a>	800-552-3962
VB Public Information Office	311

### **Insurance / Long Term Care Insurance**

AARP	888-687-2277 <a href="http://www.aarp.org">www.aarp.org</a>
Bureau of Insurance	804-371-9741
Consolidated Omnibus Reconciliation Act (COBRA) <a href="http://www.cobrainsurance.com">www.cobrainsurance.com</a>	
Office of the Managed Care Ombudsman	877-310-6560
National Association of Insurance Commissioners <a href="http://www.naic.org">www.naic.org</a>	
VA SCC Bureau of Insurance <a href="http://www.scc.virginia.gov">www.scc.virginia.gov</a>	800-552-7945
VICAP Insurance Counseling Assistance Program	222-4512

### **Legal Services and Referrals**

*(See Lawyers/Elder Law in the Yellow Pages)*

Legal Aid Hotline	866-534-5243
Legal Aid Society of VA	627-3232
National Academy of Elder Law Attorneys	703-942-5711 <a href="http://www.naela.com">www.naela.com</a>
National Senior Citizens Law Center	202-289-6976 <a href="http://www.nslc.org">www.nslc.org</a>
Senior Law Center	627-3232
Senior Legal Services	340-6100
Senior Services of Va. (SSSEVA) <a href="http://www.ssseva.org">www.ssseva.org</a>	461-9481
Legal Aid Society of Eastern VA	552-0026
VA Lawyer Referral Service	800-552-7977

### **Long Term Care**

*(See also Nursing & Rehabilitation; See also Home Health Care / Caregiving Services)*

AARP	888-681-2277 <a href="http://www.aarp.org">www.aarp.org</a>
Citizen's Committee to Protect the Elderly (CCPE) <a href="http://www.citizenscommittee.org">www.citizenscommittee.org</a>	518-8500
Medicaid (DMAS) <a href="http://www.dmas.virginia.gov">www.dmas.virginia.gov</a>	804-786-7933

National Association of Professional  
Geriatric Care Managers 520-881-8008  
[www.caremanager.org](http://www.caremanager.org)

VA Dept. of Medical Assistance (DMAS)  
(Medicaid) 804-786-7933  
[www.dmas.virginia.gov](http://www.dmas.virginia.gov)

VB Dept. of Human Services  
Nursing Home Screenings 437-3550  
Medicaid applications 437-3200

### **Meals / Food**

*(See Nutrition Programs)*

### **Medicaid and Medicare**

Centers for Medicare and Medicaid Services  
Baltimore Headquarters 877-267-2323  
Medicare Service Center 800-633-4227  
Report Medicare Fraud 800-447-8477  
[www.cms.hhs.gov](http://www.cms.hhs.gov)

Logisticare (Medicaid transportation)  
866-386-8331 (opt. #1)

Medicaid Providers Hotline 800-552-8627  
Medicare Quality Improvement

800-545-3814

Medicare/Medicaid Fraud 800-938-8885

VA Managed Care Hotline 800-643-2273

VB Dept. of Human Services 437-3200

### **Medical Equipment** *(See Adaptive Equipment)*

### **Medication / Prescription and Supply**

#### **Delivery**

Bayview Plaza Pharmacy 583-7466  
Home Care Delivered, Inc. 800-565-5644  
[www.homecaredelivered.com](http://www.homecaredelivered.com)

Kmart

Constitution Drive 497-0389

First Colonial 437-2681

Liberty Medical 866-342-2383

Medical Equipment Distributors of Virginia  
498-8225  
[www.medva.net](http://www.medva.net)

Universal Drugstore 866-291-5551  
[www.universaldrugstore.com](http://www.universaldrugstore.com)

Walgreens

Centerville Tpke 479-5583

Holland Road 306-9255

Independence Blvd 519-9877

Indian River Road 467-0953

Lynnhaven Pkwy 471-4998

Nimmo Pkwy 427-1655

Shore Drive 460-1290

Virginia Beach Blvd 340-8013

Wesleyan Drive 557-0205

### **Medication / Prescription Assistance**

AARP Medication Benefits 888-687-2277  
[www.aarp.org/prescriptiondrugs](http://www.aarp.org/prescriptiondrugs)

AARP/Medicare Rx Plans 866-255-4835  
[www.aarp.medicarerx.com](http://www.aarp.medicarerx.com)

Discount Meds Network 888-334-0144

Drug Discount Cards 800-633-4227  
[www.medicare.gov](http://www.medicare.gov)

Financial Assistance for Prescriptions

<http://www.disabilityresources.org>

Free Medication Foundation

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

Medication/Prescription Assistance

437-3214

Medicine Program

<http://www.themedicineprogram.com/>

Novartis Patient Assistance Program

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

Pharmaceutical Research and Manufacturers  
of America [www.phrma.org](http://www.phrma.org)

Prescription Drug Assist

[www.ssa.gov/prescriptionhelp/](http://www.ssa.gov/prescriptionhelp/)

Rx America [www.rxamerica.com](http://www.rxamerica.com)

Senior Services of Va. (SSSEVA) 461-4981

Together Rx Card 800-865-7211

[www.Together-Rx.com](http://www.Together-Rx.com)

US Rx Card [www.us.rxcad.com](http://www.us.rxcad.com)

Volunteers in Health Care [www.rxassist.org](http://www.rxassist.org)

**Mental Health / Substance Abuse Services**

American Psychological Association  
800-374-2721  
[www.apa.org](http://www.apa.org)

Chesapeake Regional Medical Center  
Gero-Psych 312-6249

Coalition of Preventing Elder Suicide  
(COPE) 437-3550

Depression and Bipolar Support Alliance  
800-826-3632  
[www.dbsalliance.org](http://www.dbsalliance.org)

Detox Services / Recovery Cnt 385-3111

Emergency Services (Dept. of MH/SA)  
385-0888

I Need A Lighthouse  
(Depression and Suicide) 496-9775  
800-273-8255  
800-784-2433  
[www.inedalighthouse.org](http://www.inedalighthouse.org)

National Alliance for Research on  
Schizophrenia and Depression  
800-829-8289

National Alliance on Mental Illness (NAMI)  
800-950-6264  
[www.nami.org](http://www.nami.org)

National Institute of Mental Health  
800-421-4211  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Foundation for Depression Illness  
[www.depression.org](http://www.depression.org)

Riverside Behavioral Health Center  
Geropsychiatric Services 827-3143

Sentara Norfolk General Hospital  
Gero-Psych 388-3590

VB Dept. of MH/SA  
Emergency Services 385-0888  
Pre-Registration 385-0866  
Senior Adult Services 385-4022  
Southside Geriatric Services 385-4202

VB Psychiatric Center 496-6000

**Nursing Homes and Rehabilitation Centers**

Atlantic Shores-Seaside 716-2060

Bay Pointe Medical and Rehab 481-3321

Bayside Health Care Center 464-4058

Beacon Shores Rehab Center 340-6611

Beth Sholom Home 420-2512

Division of Licensing 800-955-1819

Heritage Hall 499-7029

Oakwood Nursing and Rehab 420-3600

Office of Licensure and Certification  
804-367-2106  
800-955-1819

Ombudsman  
(Nursing Home Concerns) 800-552-3402

Local Ombudsman 461-9481

Our Lady of Perpetual Help 495-4211

River Pointe Rehab & Healthcare 340-0620

Sentara Nursing Center VB 306-2700

Sentara Windermere Nursing 496-3939

Virginia Department of Health Professions  
Enforcement Division 800-533-1560

VB Health Care & Rehab 481-3500

Westminister-Canterbury 496-1100

**Nutrition Programs (Meals and/or Food)**

Bayside Recreation Center 460-7540

Bow Creek Recreation Center 431-3765

Great Neck Recreation Center 496-6766

Jewish Community Center 489-1371

Kempsville Recreation Center 474-8492

Princess Anne Recreation Center 426-0022

Seatack Recreation Center 437-4858

Senior Services of Va. (SSSEVA) 461-9481

**Food Banks / Referrals:**

Compassion Center 428-3277

Home Delivered Meals 461-9481

Hope Lutheran Church 424-4848  
(2<sup>nd</sup> & 4<sup>th</sup> Wed & Sat of each month –  
Wed 6pm-8pm & Sat 10am-12pm)

Jewish Family Services 321-2222  
[www.jfshamptonroads.org](http://www.jfshamptonroads.org)

Judeo-Christian Outreach 491-2846

Life More Abundantly Ministries 855-4918

Meals on Wheels 306-2721

New Jerusalem C.O.G.I.C. 425-8431

Open Door Chapel 340-1441  
 (Mon –Fri 10-2 only)  
 Potter’s House 428-7727  
 Senior Services of Va. (SSSEVA) 461-9481  
 St. Gregory’s Catholic Church 497-8330  
 Star of the Sea Catholic Church 428-1244  
 Supplemental Nutrition Assistance Program  
 SNAP (FKA Food Stamps) 437-3200  
 VB Dept. of Human Services 437-3205

### **Personal Emergency Response Services**

Alert USA 800-789-6969  
 Chesapeake General Hospital Comfort Care  
 (Lifeline) 312-6470  
 LifeFone 888-687-0451  
 Life Station 800-884-8888  
 MedicAlert 800-432-5378  
<http://www.medicalert.org>  
 Medical Alarm 800-722-7552  
 Medical Guardian 800-322-0955  
 Phillips Lifeline 800-380-3111  
 Project Lifesaver (VB Police) 385-2742  
 Safe Return 888-572-8566  
 Sentara Lifeline 888-767-5583  
 Walgreens Ready Response 866-310-9061

### **Prescription Delivery**

*(See Medical Supplies / Prescriptions Delivery)*

### **Recreation**

AARP Active for Life 888-687-2277  
[www.aarp.org/health](http://www.aarp.org/health)  
 Bayside Recreation Center 460-7540  
 Bow Creek Recreation Center 431-3765  
 Lifelong Fitness Alliance 650-361-8282  
[www.lifelongfitnessalliance.org](http://www.lifelongfitnessalliance.org)  
 Great Neck Recreation Center 496-6766  
 Jewish Community Center (JCC) 489-1371  
[www.simonfamilyj.org](http://www.simonfamilyj.org)  
 Kempsville Recreation Center 474-8492  
 Princess Anne Recreation Center 426-0022  
 Seatack Recreation Center 437-4858

Senior Resource Center (Creeds) 385-2175  
 Sentara Living (Bayside Presbyterian) 800-736-8272

### **VB Libraries**

Administration 385-4321  
 Central Library 385-0150  
 Bayside Library 385-2680  
 Bookmobile 385-2651  
 Great Neck Library 385-2606  
 Kempsville Library 385-2628  
 Oceanfront Library 385-2640  
 Princess Anne Library 385-2610  
 Pungo-Blackwater Library 385-7790  
 Special Services 385-2684  
 Wahab Public Law Library 385-4419  
 Windsor Woods Library 385-2630  
 VB Parks and Recreation 385-1100  
 VB Visitor Information 437-4919

### **Respite Care**

Catholic Charities 533-5217  
 VB Dept. of MH/SA  
 Senior Respite Care 385-4135

### **Retirement**

AARP 888-687-2277  
[www.aarp.org](http://www.aarp.org)  
 Institute for Learning in Retirement  
 (ODU classes for seniors) 368-4160  
<http://www.lions.odu.edu/org/ilr>  
 Pension Benefit Guaranty Corporation  
[www.pbgc.gov](http://www.pbgc.gov)  
 Railroad Retirement  
 Helpline 800-808-0772  
 Richmond Office 804-771-2997  
 Social Security Administration  
 800-772-1213  
[www.ssa.gov](http://www.ssa.gov)  
 Veterans Benefits 800-827-1000  
[www.va.org](http://www.va.org)



**Retirement Housing (Independent Living)**

*(see Independent Living/Retirement & Senior Communities)*

**Senior Newsletters/Newspapers**

Senior Health Magazine 217-0330  
 Seniority Magazine (VA Pilot) 222-5391  
 Senior Living Guide 877-765-4975  
[www.seniorlivingguide.com](http://www.seniorlivingguide.com)

**Senior Rights**

Center for Elder Rights 800-552-3402  
[www.vda.virginia.gov](http://www.vda.virginia.gov)  
 Citizens' Committee to Protect the Elderly  
 518-8500  
 Medicare Rights Center 212-869-3850  
[www.medicarerights.org](http://www.medicarerights.org)  
 Poverty Law Center 804-782-9430  
 Ext. 14  
 VA Office for Protection and Advocacy  
 800-552-3962

**Substance Abuse**

*(See also Mental Health/Substance Abuse)*  
 Detox Services / Recovery Center 385-6950  
 Narcotics Anonymous 459-8467  
 Suspected Drug Activity Hotline  
 800-553-3673  
 VB Alcoholics Anonymous 490-3980  
 VB Dept. of MH/SA 385-0888

**Support Groups**

Alzheimer's Caregiver Support Group  
 459-2405  
 American Cancer Society 800-227-2345  
 American Heart Association 800-242-8721  
 American Lung Association 800-586-4872  
 Arthritis Foundation 800-456-4687  
 Breast Cancer Support Group 552-7200  
 Breast Cancer Support Group  
 "Look Good Feel Better" 398-2447  
 Caregiver's Support Group 468-2365  
 Catholic Charities (multiple) 456-2366

Children of Aging Parents 800-227-7294  
 Diabetes Support Group 363-6834  
 Grandparents as Parents 533-5217  
 Multiple Sclerosis 490-9627  
 National Caregiving Assoc. 800-896-3650  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)  
 Parkinson's Disease Group 495-3062  
 Southside Support Groups  
 (various groups information) 889-2273  
 VB Dept of Human Services Caregiver  
 Support Group 385-4135  
 Well Spouse Foundation 800-838-0879  
[www.wellspouse.org](http://www.wellspouse.org)  
 Widowed Persons 461-9457

**Tax Information**

IRS Refund Hotline 800-829-1954  
 IRS Tax Assistance 800-829-1040  
[www.irs.gov](http://www.irs.gov)  
 IRS Tax Forms and Material 800-829-3676  
 VB Commissioner of Revenue  
 Personal Property/Car Tax Relief  
 385-4487  
 Real Estate 385-4385  
 State Income 385-4483  
 VB Real Estate Tax Assessor  
 Tax Relief 385-4601

**Transportation Services**

5 Star Medical Transport 558-4050  
 Accent Transportation Services 605-0605  
 Ace Care, Inc.  
 (wheelchair only) 499-9930  
 Catholic Charities (H.E.L.P.) 490-4931  
 Eastern Medical Transport 483-3186  
 (wheelchair only)  
 Handi Ride  
 Applications 222-6087  
 Scheduling 455-8010  
 Lee's Friends (Cancer Patients) 440-7501  
 Logisticare (Medicaid only) 866-386-8331  
 Medical Transport 671-8911  
 (stretcher only)

SeniorCorp  
 Transport Share 905-6389  
 Senior Navigator 866-393-0957  
[www.seniornavigator.com](http://www.seniornavigator.com)  
 Senior Services of Southeastern VA  
 (SSSEVA) 461-9481  
[www.ssseva.org](http://www.ssseva.org)

\*Anyone with a handicap/disabled parking placard or license plate can park for free at the metered spots at the oceanfront – 4 hour limit

### **Utility Assistance**

United Way 594-4636  
 Lutheran Council of Tidewater 623-0155  
 Salvation Army 455-9677  
 STOP Organization 858-1368  
 VB Dept. of Human Services  
 Energy Assistance Program 437-3492

### **VB Department of Human Services**

Adult Outpatient Services (MH/SA) 385-4269  
 Magic Hollow I 385-8222  
 Adult Protective Services 437-3550  
 Adult Foster Care  
 ALF/LTC/Nursing Home Screening  
 Companion Services  
 Detox Services/Recovery Center 385-6950  
 Emergency Services (MH/SA) 385-0888  
 Intellectual Disabilities 385-6100  
 Mental Health Substance Abuse 385-0866

Senior Adult Services  
 Magic Hollow II 385-4022  
 Senior Adult Day Support 385-4219  
 Southside Geropsychiatric Services 385-4202  
 Supplemental Nutrition Assistance Program (SNAP) 437-3200

### **Volunteering**

Bon Secours Volunteer Services 889-5000  
 Citizen's Committee to Protect the Elderly 518-8500  
 National Senior Service Corps 800-424-8867  
[www.seniorcorps.com](http://www.seniorcorps.com)  
 Senior Services of Va. (SSSEVA) 461-9481  
[www.ssseva.org](http://www.ssseva.org)  
 Sentara Hospice Volunteers 553-3051  
 VA Aquarium 437-7792  
 VB Dept. of Human Services 437-3214  
 VB Volunteer Council 385-4722

### **Voting**

Federal Post Card Application  
[www.fvap.gov/pubs/onlinefpcs.html](http://www.fvap.gov/pubs/onlinefpcs.html)  
 State Board of Elections 800-552-9745  
[www.sbe.virginia.gov](http://www.sbe.virginia.gov)  
 VA registration and Voting Procedures  
[www.fvap.gov/pubs/vag/vagchapter3](http://www.fvap.gov/pubs/vag/vagchapter3)  
 VB Voting Information 385-8683