

About the Mayor's Commission on Aging

The Virginia Beach Mayor's Commission on Aging assists the mayor in planning actions and programs to meet the needs and concerns of seniors in Virginia Beach. The commission's goals are to:

- Review the nature and priorities of needed services necessary for seniors
- Work with other agencies, committees and commissions throughout the region who address these same issues

- Provide public information, legislative and education efforts for a greater understanding to the public
- Represent the Mayor's Office throughout the community, as directed by the mayor assist in identifying and defining the needs of seniors

History

The Mayor's Committee on the Aging was established in June 1971 under the leadership of Mayor Donald H. Rhodes. The committee's role was to advise the mayor in developing senior programs that were funded by a grant from the U.S. Department of Health, Education and Welfare (now known as the Department of Health and Human Services).

The committee was instrumental in developing several successful initiatives in Virginia Beach, including the Carrier Alert, a national program to provide assistance to the injured or ill elderly; assistance for elderly homeowners to remain in their homes; legislative changes to city and state tax laws; tax and utility bill relief programs; a senior housing needs study; and awareness programs to promote elderly independence and remaining active in the community.

In 1988, Mayor Meyera E. Oberndorf formally chartered the committee as the Mayor's Commission on Aging and appointed Dr. Lanny Hampel as Chair, a role she would hold for many years. Each year, the commission presents two awards to an individual and group for exceptional accomplishments in service to senior citizens, in their honor.

(Pictured, left to right): Meyera E. Oberndorf and Dr. Lanny Hampel)

About the Virginia Beach Senior Housing & Resource Guide

This guide is intended to help connect citizens to a variety of resources in the community. Inclusion on this list should in no way be considered an endorsement of the organization, nor should exclusion from the list be considered a lack of endorsement. It is the City's intention

to provide an up-to-date and accurate listing of available resources. Please email Virginia Beach Office of the Mayor at mayorsoffice@vbgov.com to suggest additional resources or make corrections.

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Senior Housing Resources

This housing resource guide is intended to help connect citizens to housing resources in the community. Housing facilities listed in this guide are neither owned nor operated by the City of Virginia Beach. Inclusion on this list should in no way be considered an endorsement of the organization, nor should exclusion from the list be considered a lack of endorsement.

VirginiaHousingSearch.com is a free online resource that can you help find a home that fits your needs and budget.

Independent Living Communities

Independent living communities are residential living settings for elderly or senior adults that may or may not provide hospitality or supportive services. Under this living arrangement, the senior adult leads an independent lifestyle that requires minimal or no extra assistance. It is generally referred to as elderly housing in the government-subsidized environment. Independent living also includes rental assisted or market rate apartments or cottages where residents usually have complete choice in whether to participate in a facility's services or programs.

900 Acqua Senior Apartments

Address: 945 Legacy Landing, Virginia Beach, VA 23464

Phone: 361-9112 **Email:** 900acquaapartments.com

Website: www.900acquaapartments.com

Age: 62+ **Total Units:** 186

Services Provided: Laundry facilities, pool, 24-hour fitness center, activity and social spaces. Washer/ dryer hook-up in each unit. Pet friendly. Water, sewer, and trash removal included.

Atlantic Shores

Address: 1200 Atlantic Shores Drive, Virginia Beach, VA 23454

Phone: 716-2000 **Email:** atlanticshores.com

Website: www.atlanticshores.com

Age: 62+ **Total Units:** 387 apartments & 168 villas

Services Provided: Cooperative homeownership. Housekeeping, maintenance, clubhouse facilities. Transportation provided for outings or medical appointments. Dining facilities onsite..

Chesapeake Crossing and The Courtyards

Address: 1921 Robert Hall Blvd., Chesapeake, VA 23324

Phone: 333-0223 494 **Email:** liveatchesapeake.com

Website: www.liveatchesapeake.com

Age: 55+ Total **Units:** 594 apartments

Services Provided: Clubhouse with resident activities. Fitness center. Bus service to malls/ hospital/grocery stores. Valet trash service. Washer/dryer in each unit.

COGIC High Rise Apartments

Address: 2412 E Virginia Beach Blvd, Norfolk, VA 23504

Phone: 622-2513 **Email:** info@cogichighrise.com

Website: cogichighrise.com

Age: 62+ **Total Units:** 150 apartments

Colony Pines Apartments

Address: 2626 Virginia Beach Blvd., Virginia Beach, VA 23452

Phone: 486-7363 **Website:** colonypines.com

Age: 55+ **Total Units:** 60 apartments

Services Provided: Rent includes water, sewer & gas for hot water, cooking and heat. Washer/ dryer in each unit. Pet friendly

Colonial Harbor

Address: 2405 Fort Eustis Blvd., Yorktown, VA 23692

Phone: 239-2946 **Email:** holidaytouch.com

Website: www.holidaytouch.com

Age: 55+ **Total Units:** 118

Services Provided: Activity Room, Fitness equipment, barber/beauty salon, library, computer room, laundry facilities, Weekly housekeeping, linen service. Scheduled transportation, daily chef prepared meals, Emergency call system. Pet friendly. Most utilities included. Emergency response services.

Commons at Centerbrooke

Address: 1056 Centerbrooke Lane, Suffolk, VA 23434

Phone: 337-4811 **Email:** commonsatcenterbrooke.com

Website: www.commonsatcenterbrooke.com

Age: 55+ **Total Units:** 132

Services Provided: Fitness center, scenic nature trails, beauty salon, activity & library room, community room. Washer/dryer in each unit. Emergency call system. Pet friendly. Water, sewer, and trash removal included. Emergency pull cords.

Commons at Chesapeake

Address: 116 Gainsbrooke Square, Chesapeake, VA 23320

Phone: 866-483-8556 **Email:** commonsatchesapeake.com

Website: www.commonsatchesapeake.com

Age: 55+ **Total Units:** 132

Services Provided: Library, scheduled transportation, activity & library room, community room. Washer/dryer in each unit. . Pet friendly. Water, sewer, and trash removal included. Emergency pull cords.

Commons at Churchland

Address: 3504 Executive Center Drive, Chesapeake, VA 23321

Phone: 866-483-8556 **Email:** commonsatchesapeake.com

Website: www.commonsatchurchland.com

Age: 55+ **Total Units:**

Services Provided: Scheduled transportation, fitness center, community room, pet friendly.

Commons at Greenwood

Address: 205 Bedford Court #108, Portsmouth, VA 23701

Phone: 465-9007 **Email:** commonsagreenwood.com

Website: www.commonsatgreenwood.com

Age: 62+ **Total Units:** 132

Services Provided: scheduled transportation. community room with scheduled activities. Washer/dryer in each unit. Pet friendly. Water, sewer, and trash removal included. Emergency pull cords

Commons at Princess Anne

Address: 4924 Princess Anne Road, Virginia Beach, VA 23462

Phone: 490-7001 **Fax:** 200-3750

Email: princessanne@artcraftmanagement.com

Website: www.artcraftmanagement.com

Age: 62+ **Total Units:** 186

Services Provided: Exercise room, beauty salon, library, community room and activities. Washer/ dryer in each unit. Emergency call system. Pet friendly. Water, sewer, and trash removal included. Van service available

Commons at Town Center

Address: 3745 Edenberry Court, Virginia Beach, VA 23452

Phone: 855-387-1144 **Email:** towncenter@artcraftmanagement.com

Website: www.artcraftmanagement.com

Age: 62+ **Total Units:** 186

Services Provided: Exercise room, beauty salon, library, community room and activities. Washer/ dryer in each unit. Emergency call system. Pet friendly. Water, sewer, and trash removal included. Van service available

Cromwell House

Address: 114 Cromwell Parkway, Norfolk, VA 23505

Phone: 480-4444 **Fax:** 480-2442

Email: cromwellhouseapartments.com

Website: www.cromwellhouseapartments.com

Age: 55+ **Total Units:** 186

Services Provided: Planned social activities, large activity room, Courtesy van, cafe, laundry facility on site. Water and sewer included.

First Colonial Inn

Address: 845 First Colonial Road, Virginia Beach, VA 23451

Phone: 428-2884

Website: www.kiscoseniiorliving.com/senior-living/va/virginia-beach/first-colonial-inn/

Age: no age minimum **Total Units:** 117 Independent, 60 Assisted Living

Services Provided: Independent: Rent includes 30 meals/month, housekeeping two times a month and laundry. **Assisted Living:** Rent includes all meals, weekly housekeeping and laundry. Additional amenities include social activities, scheduled transportation, an emergency call system, wellness center, private dining room, beauty salon and barber shop.

Granby House

Address: 100 Suburban Parkway, Norfolk, VA 23505

Phone: 583-6330

Age: 62+

Services Provided: Housing apartments subsidized by the federal government Housing and Urban Development Division (HUD). Apartments may not have openings or may have long waiting lists. Call for complete details.

Harmony at Independence

Address: 2077 South Independence Blvd., Virginia Beach, VA 23453

Phone: 498-9225

Fax: 498-1198

Email: harmonyseniorservices.com

Website: www.harmonysenior services.com

Age: 55+

Total Units: 112

Services Provided: Scheduled transportation to shopping and medical appointments. Washer and Dryers in each apartment. Emergency call system, Recreational activities. weekly housing keeping and community laundry room, library and exercise room.

Haygood Halls

Address: 1101 Ferry Plantation Road, Virginia Beach, VA 23455

Phone: 498-3788

Email: hayoodhallsapartments.com

Website: www.haygoodhallsapartments.com

Age: 55+

Units: apartments and townhomes

Services Provided: Includes utilities, washer/dryer hook-ups, emergency pull cord, resident clubhouse with scheduled activities, Dog park, Front door—trash pick-up, swimming pool.

Holland House

Address: 721 Chimney Hill Parkway, Virginia Beach, VA 23462

Phone: 498-9225

Email: holland@ripheat.com

Website: www.ripheat.com

Age: 55+

Total Units: 112

Services Provided: Includes water, sanitation and cable. Courtesy van service available Monday, Wednesday and Friday for doctor appointments, errands and shopping. Emergency call system, scheduled activities with on-staff activities director, secure entry, laundry room, library and exercise room.

Jamestown Commons

Address: 1025 College Park Blvd., Virginia Beach, VA 23464

Phone: 361-6900 **Email:** Jamestown@larrymore.com

Website: www.Jamestowncommons.vb.com

Age: 55+ or disabled **Total Units:** 266

Services Provided: Fitness room, library, computer lab, elevators, courtyard and garden. Van for scheduled outings. Security system. Full time activities director. Utilities include: water, sewage and trash removal. Washer/dryer hook-up and 4 laundry rooms. Income qualification requirements based on how many people occupy the unit.

John Knox Towers

Address: 1210 Colonial Ave., Norfolk, VA 23517

Phone: 612-5443

Email: john.knox.towers@lawsoncompanies.com

Website: www.lawsoncompanies.com/apartments/john-knox-towers/

Age: 55+ **Total Units:** 150

Services Provided: Assigned parking, Laundry facilities, Emergency pull cords, Director for Planned activities , Utilities included. Pet Friendly.

Lake Prince Woods

Address: 100 Anna Goode Way, Suffolk, VA 23434

Phone: 923-5500 **Email:** PTillman@uchas.org

Website: www.lakeprincewoods.org

Age: 62+ **Total Units:** 116

Services Provided: Washer/dryer hook-ups in apartments, sunroom, full kitchen, extra storage, and security system. Full-time activities director with organized activities, game room, beauty salon and two laundry rooms. Transportation available for activities and groceries.

Lakewood Plaza

Address: 5631 Tidewater Drive, Norfolk, VA 23509

Phone: 857-5445 **Email:** www.publichousing.com

Website: www.publichousing.com/details/lakewood_plaza

Age: 62+ **Total Units:** 116

Services Provided: For more information contact Lakewood Plaza (publichousing.com)

Lighthouse Pointe

Address: 933 Cedar Road, Chesapeake, VA 23322

Phone: 400-1028 **Email:** holidaytouch.com

Website: www.holidaytouch.com

Age: 62+ **Total Units:** 116

Services Provided: kitchenette, Weekly Housekeeping, Linen Service, Complimentary Scheduled Transportation, Daily Chef Prepared Meals, Emergency Response Services, Most Utilities Included. Activities room, beauty/barber salon, fitness equipment, Library, Laundry facilities, Pets welcome.

Luther Manor

Address: 350 Malibu Drive, Virginia Beach VA 23452

Phone: 463-3510 **Fax:** 463-8420

Age: 62+

Services Provided: Activities and supportive services provided onsite or by volunteer programs

Lynnhaven Cove

Address: 5020 Lynnhaven Parkway (at Indian River Rd.),
Virginia Beach, VA 23464

Phone: 467-4000 **Fax:** 467-2500

Email: Meadowood-apartments.com

Website: <https://meadowood-apartments.com/contact/>

Age: 62+ **Total Units:** 116

Services Provided: Washer/dryer hook-ups in apartments, sunroom, full kitchen, extra storage, and security system. Full-time activities director with organized activities, game room, beauty salon and two laundry rooms. Transportation available for activities and groceries.

Meadowood Apartments

Address: 6130 Edward Street, Norfolk, VA 23513

Phone: 965-45252 **Email:** LynnhavenCoveMgr@tfjgroup.com

Website: www.LynnhavenCove.com

Age: no age restrictions **Total Units:** 116

Services Provided: Washer/dryer in apartments, full kitchen. Swimming pool, clubhouse, fitness center. Pet friendly

Old Donation Apartments at Town Center

Address: 4441 E. Honeygrove Court, Virginia Beach, VA 23455

Phone: 807-2395

Email: www.olddonationapartments.com/contactus.aspx

Website: www.olddonationapartments.com

Age: 55+ **Total Units:** apartments / townhomes

Services Provided: Washer/dryer connections, full kitchens, monitored intrusion alarms with panic buttons, clubhouse with organized activities, swimming pool.

River House

Address: 4253 Llewellyn Avenue, Norfolk, VA 23504

Phone: 844-608-8926

Email: www.riverhouseapartmentsnorfolk.com/contact/

Website: www.riverhouseapartmentsnorfolk.com

Age: no age restrictions **Total Units:** unknown

Services Provided: Washer/dryer in apartments, full kitchen, gated community, swimming pool, fitness center, clubhouse, card room, 24 hour emergency maintenance.

Russell House

Address: 900 First Colonial Road, Virginia Beach VA 23454

Phone: 481-0770 **Email:** www.publichousing.com

Website: www.publichousing.com/details/the_russell_house

Age: 62+ **Total Units:** not known

Services Provided: Senior low income housing apartment subsidized by the federal governments HUD (Housing and Urban Development Division). Contact The Russell House for complete details on the current vacancies and housing applications.

Shorewood Cove

Address: 293 Corporate Blvd., Norfolk, VA 23502

Phone: 461-4080 **Email:** shorewoodcove.com

Website: www.Lshorewoodcove.com

Age: 62+ **Total Units:** 132

Services Provided: Washer/dryer connections, fully equipped kitchen, emergency call system. Clubhouse with activity room & business center, clothes care center. Community shuttle bus.

Silver Hill - The Cottages

Address: 221 City Central Court, Virginia Beach, VA 23452

Phone: 266-1875 **Email:** thalia@signaturemanagementcorp.com

Website: www.silverhillapts.com

Age: 55+ **Total Units:** 122

Amenities: Each unit has a washer/dryer and fenced backyard with patio.

Silver Hill at Great Neck

Address: 1537 Mill Dam Road, Virginia Beach, VA 23454

Phone: 481-0055 **Fax:** 481-3495

Email: SilverHill@signaturemanagementcorp.com

Website: www.silverhillapts.com

Age: 55+ **Total Units:** 122

Services Provided: Rent includes water, gas heat and sanitation. Residents pay electric, phone and reduced rate for cable TV. Social activities with transportation provided to scheduled events. Library; arts and crafts, computer and community rooms. Within walking distance of shopping.

The Muse at Town Center

Address: 4373 Bonney Road, Virginia Beach, VA 23452

Phone: 431-2290 **Fax:** 222-0771

Email: thalia@signaturemanagementcorp.com

Website: www.silverhillapts.com

Age: 55+ **Total Units:** 139

Services Provided: Rent includes heat, water, sewage and trash collection. Courtesy van, library, fitness center, secure entry, scheduled activities, community room, business center, washer/dryer on every floor and an emergency call system.

Stonebridge Manor

Address: 5432 Tidewater Drive, Norfolk, VA 23509

Phone: 857-1351 **Email:** stonebridgemanor.com

Website: www.stonebridgemanor.com

Age: 55+ **Total Units:** 156

Services Provided: Fully equipped kitchen, clubhouse, laundry room.

Suburban House

Address: 110 Suburban Parkway, Norfolk, VA 23505

Phone: 588-6256 **Email:** publichousing.com

Website: www.publichousing.com

Age: 62+ **Total Units:** no info provided

Services Provided: Senior low income housing apartment subsidized by the federal governments HUD (Housing and Urban Development Division). Contact Suburban House for complete details on the current vacancies and housing applications.

Sullivan House

Address: 2033 General Booth Blvd., Virginia Beach, VA 23454

Phone: 563-9955 **Fax:** 563-2992

Email: swalker@sullivanhouse-Hrcoxmail.com

Website: www.sullivanhouse.org

Age: 62+ **Total Units:** 132 one bedroom units

Services Provided: Two community rooms, library, computer lab, game room, private meeting room, exercise room, beauty parlor/barber shop, patios and solariums on each floor. Within walking distance of shopping. Rent includes all utilities except telephone and cable. Secured entrance, emergency on-call system.

Sunstone Apartments

Address: 4600 Peek Trail, Chesapeake, VA 23321

Phone: 488-3165 **Fax:** 488-0070

Website: www.sunstoneapartments.com

Age: 55+

Services Provided: Community room, exercise center, transportation, washer/dryer connections, social events, and keypad entry system

The Reserve at Greenbrier

Address: 1005 Elysian Place, Chesapeake, VA 23320

Phone: 361-0066 **Email:** fivestarseniorliving.com

Website: www.fivestarseniorliving.com

Age: 62+ **Total Units:** not provided

Services Provided: Full kitchens, keyed entry, fitness center with exercise classes, billiards room, library, pet friendly, garden.

The Sands

Address: 6405 Auburn Drive, Virginia Beach VA 23464

Phone: 420-0891 **Email:** evergreenpartnerhousing.com

Age: 62+ **Total Units:** 120

Services Provided: The Sands is dedicated to serving elderly and disabled individuals and units at the property are covered by a project-based Section 8 rental subsidy contract.

The Talbot on Granby

Address: 6311 Granby Street, Norfolk, VA 23505

Phone: 451-5100 **Email:** fivestarliving.com

Website: www.fivestarliving.com

Age: 62+ **Total Units:** not provided

Services Provided: Washer/dryer hook-ups in apartments, full kitchen, security system. Game room, billiards room, in-house doctor visits, in-house religious services, beauty / barber salon, laundry rooms. Scheduled Transportation. Pet friendly

Tranquility at the Lakes

Address: 5827 Burton Station Rd, Virginia Beach, VA 23455

Phone: 460-0100 **Email:** info@sulicare.com

Website: www.sulicare.com **Total Beds:** 40 units

Victoria Place

Address: 4629 Shore Drive, Virginia Beach, VA 23455

Phone: 313-2323 **Fax:** 216-2657

Email: victoria@ripheat.com

Website: www.victoriaplaceapartment.com

Age: 55+ **Total Units:** 122

Services Provided: Cable, water, sewage and trash removal, courtesy van, laundry room, community room and beauty salon. Planned activities and outings. Pavilion picnic area with grills available.

Virginia Beach Community Development Corporation

Address: 2400 Potters Road, Virginia Beach, VA 23454

Phone: 463-9516 **Email:** executiveassistant@vbcdc.org

Website: www.vbcdc.org **Age:** 62+

Total Units: 8 units, primarily 2-bedroom

Services Provided: Washer/dryer in each unit; located close to shopping.

Wesleyan Place

Address: 5445 Wesleyan Drive, Virginia Beach, VA 23455

Phone: 473-1490 **Email:** managerwp@ripheat.com

Website: www.wesleyanplace.com

Age: 55+ **Total Units:** 91

Services Provided: Laundry room, library, community room, picnic/grilling area and pet park. Emergency call system, activities director, courtesy van, washer/dryer hookups. Water, sewage and trash removal and basic cable TV.

Westminster Canterbury On Chesapeake Bay

Address: 3100 Shore Drive, Virginia Beach, VA 23451

Phone: 496-1100 **Website:** www.wcbay.com

Auxiliary Grant/Number of beds: No **Total Units:** 120

Subsidized Apartments

Subsidized senior housing apartments are available for those with moderate to extremely low incomes. Eligibility is based on federal programs administered through the U.S. Department of Housing and Urban Development (HUD). There are tenant selection plans and requirements that must be met. Most subsidized senior apartments have waiting lists ranging from several months to two years. Rent is 30% of adjusted income with an allowance for utilities. Subsidized apartments provide no services for which licensing is required; however, they may have activities and supportive services either provided on site or by volunteer programs.

Luther Manor

Address: 350 Malibu Drive, Virginia Beach VA 23452

Phone: 463-3510 **Fax:** 463-8420

Russell House

Address: 900 First Colonial Road, Virginia Beach VA 23454

Phone: 481-0770 **Fax:** 496-0859

Sullivan House

Address: 2033 General Booth Blvd., Virginia Beach VA 23454

Phone: 563-9955 **Fax:** 563-2992

The Sands

Address: 6405 Auburn Drive, Virginia Beach VA 23464

Phone: 420-0891 **Fax:** 420-8124

Assisted Living Facilities

Assisted living facilities are a special combination of housing, personalized supportive services and health care designed to meet the needs of those who need help with bathing, eating, grooming, dressing, toileting and other day-to-day activities. Some assisted living facilities accept Medicaid auxiliary grants via the Department of Social Services (DSS).

DSS Website: www.dss.virginia.gov provides information by location and type of facility, including state inspection results.

Services provided in assisted living residences usually include:

- Three meals a day served in a common dining area
- Housekeeping services

- Transportation
- Assistance with eating, bathing, dressing, toileting and walking
- Access to health and medical services
- 24-hour security and staff availability
- Emergency call systems for each resident's unit
- Health promotion and exercise programs
- Medication management
- Personal laundry services
- Abundant social and recreational activities

Care Assisted Living

Address: 5556 Paca Lane, Virginia Beach, VA 23462

Phone: 519-9100

Auxiliary Grants / Number of beds: Yes, 3 **Total Units:** 8

Atria Virginia Beach

Address: 1628 Old Donation Parkway, Virginia Beach, VA 23454

Phone: 496-8001 **Website:** www.AtriaSeniorliving.com

Auxiliary Grant/Number of Beds:No **Total Units:** 119 assisted living apartments

Baylake Retirement and Assisted Living Community

Address: 4225 Shore Drive, Virginia Beach, VA 23455

Phone: 460-8868/800-771-2129 **Website:** www.RUI.net

Auxiliary Grant/Number of Beds: No **Total Units:** 67

Bell's Residential Adult Care

Address: 3720 Deep Creek Blvd, Portsmouth, VA 23702

Phone: 397-5586

First Colonial Inn

Address: 845 First Colonial Road, Virginia Beach, VA 23451

Phone: 428-2884

Website: www.kiscoseniorliving.com/senior-living/va/virginia-beach/first-colonial-inn

Auxiliary Grant/Number of Beds:No **Total Units:** 177

Harbor Way — Atlantic Shores

Address: 1200 Atlantic Shores Drive, Virginia Beach, Virginia 23454

Phone: 716-2150 **Website:** www.AtlanticShoresLiving.com

Auxiliary Grant/Number of Beds: No **Total Units:** 54

Harmony at Independence

Address: 2077 S. Independence Blvd., Virginia Beach, VA 23453

Phone: 802-3665

Website: www.harmonyseniorservices.com

Auxiliary Grant/Number of beds: **Total Units:**

Hills Home for Adults

Address: 1200 Atlantic Shores Drive, Chesapeake, Virginia 23324

Phone: 545-8797 **Website:** www.AtlanticShoresLiving.com

Auxiliary Grant/Number of Beds: No **Total Units:** 54

Indian River Residential

Address: 1012 Justis Street, Chesapeake, Virginia 23325

Phone: 523-4659 **Website:** www.AtlanticShoresLiving.com

Auxiliary Grant/Number of Beds: No **Total Units:** 54

Kings Grant House

Address: 440 North Lynnhaven Rd., Virginia Beach, VA 23452

Phone: 431-8825

Website: www.commonwealthsl.com/community/commonwealth-senior-living-at-kings-grant-house

Auxiliary Grants / Number of beds: No **Total Units:** 75

LAV'M Adult Residence Inc.

Address: 912 S. Battlefield Blvd, Chesapeake, VA 23322

Phone: 546-2810 **Fax:** 546-2921

Website: www.lavm.com

Auxiliary Grants / Number of beds: **Total Units:**

Lillian's Loving Care

Address: 3736 Turnpike Road, Portsmouth VA 23701

Phone: 393-9241 **Website:** www.caring.com

Auxiliary Grants / Number of beds: No **Total Units:** 126

Madonna Home

Address: 5345 Marian Lane, Norfolk, VA 23462 **Phone:** 623-6662

Fax: 497-7561 **Website:** www.Marian-Manor.com

Auxiliary Grants / Number of beds: No **Total Units:** 126

Marian Manor

Address: 5345 Marian Lane, Virginia Beach, VA 23462

Phone: 456-5018 **Website:** www.Marian-Manor.com

Auxiliary Grants / Number of beds: No **Total Units:** 126

Our Lady of Perpetual Help

Address: 4560 Princess Anne Road, Virginia Beach, VA 23462

Phone: 495-4211 **Website:** www.OurLadyPerpetualHelp.com

Auxiliary Grants / Number of beds: No **Total Units:** 93

Pritchard Road Assisted Living (Females Only)

Address: 206 Pritchard Road, Virginia Beach, VA 23452

Phone: 340-8509

Auxiliary Grants / Number of beds: Yes, 11 **Total Units:** 11

Age: 60+

Sentara Village

Address: 3751 Sentara Way, Virginia Beach, VA 23452

Phone: 306-2825 **Website:** www.sentara.com

Auxiliary Grants / Number of beds:No **Total Units:** 108

The Gardens of Virginia Beach

Address: 5620 Wesleyan Drive, Virginia Beach, VA 23455

Phone: 499-4800

Website: www.fivestarseniorliving.com/communities/va/virginia-beach/the-gardens-of-virginia-beach

Auxiliary Grant/Number of beds:No **Total Units:** 99

The Terrace at Beth Sholom Village

Address: 1049 College Park Boulevard, Virginia Beach, VA 23464

Phone: 282-2384 **Website:** www.Bethsholomvillage.com

Auxiliary Grant/Number of beds: No **Total Units:** 78

Age: 62+

The Waterford at Virginia Beach

Address: 5417 Wesleyan Drive, Virginia Beach, VA 23455

Phone: 490-6672

Website: www.capitalsenior.com/waterfordatvirginiabeach

Auxiliary Grant/Number of beds: No **Total Units:** 85

Virginia Home for Adults

Address: 2701 Border Rd, Chesapeake, VA 23324

Phone: 545-6219

Memory Care Facilities

Atria Virginia Beach

Address: 1628 Old Donation Parkway, Virginia Beach, VA 23454

Phone: 496-8001 **Website:** www.AtriaSeniorliving.com

Auxiliary Grant/Number of beds: No **Total Units:** 119 assisted living apartments

Bay Lake Retirement and Assisted Living Community

Address: 4225 Shore Drive, Virginia Beach, VA 23455

Phone: 460-8868 **Website:** www.rui.net/bay-lake

Bickford of Virginia Beach

Address: 2629 Princess Anne Road, Virginia Beach, VA 23456

Phone: 821-0198

Website: www.bickfordseniorliving.com/branch/bickford-of-virginia-beach

Brookdale Virginia Beach

Address: 937 Diamond Springs Road, Virginia Beach, VA 23455

Phone: 251-0706

Website: www.brookdale.com/en/communities/brookdale-virginia-beach.html

Auxiliary Grant/Number of beds: No **Total Units:** 50

Harmony at Independence

Address: 2077 S. Independence Blvd., Virginia Beach, VA 23453

Phone: 802-3665

Website: www.harmonyseniorservices.com

Auxiliary Grant/Number of beds: **Total Units:**

Kings Grant House—Commonwealth Senior Living

Address: 440 N. Lynnhaven Road, Virginia Beach, VA 23452

Phone: 356-5290

Website: www.commonwealthsl.com

Our Lady of Perpetual Help

Address: 4560 Princess Anne Road, Virginia Beach, VA 23462

Phone: 495-4211

Website: www.ourladyperpetualhelp.com

The Memory Center

Address: 1853 Old Donation Parkway, Virginia Beach, VA 23454

Phone: 412-1180 **Website:** www.thememorycenter.com

Auxiliary Grant/Number of beds: No

Specializing in Alzheimer's and Dementia Care **Total Units:** 72

The Terrace at Beth Sholom Village

Address: 1049 College Park Boulevard, Virginia Beach, VA 23464

Phone: 282-2384

Website: www.Bethsholomvillage.com

Auxiliary Grant/Number of beds: No

Total Units: 78

Age: 62+

Nursing Care Facilities & Rehabilitation Centers

Nursing care facilities provide 24-hour care for the more acute patients. They also may provide rehabilitative care on a short-term basis for patients who intend to return to their own homes following surgery and/or hospital stays.

Long-term patients generally rely on assistance for most or all of the activities of daily living. Regular medical supervision and rehabilitation therapy are mandated to be available, and nursing homes are eligible to participate in the Medicaid program. These facilities are state-licensed. They are also called nursing homes, convalescent homes, or skilled care facilities.

Some nursing care centers offer services under Medicare or Medicaid, and some are private-pay only. To understand what each covers, you

will need to contact the facilities of your choice, and/or contact your local Medicare Office.

To find out the parameters of the Medicaid programs for adults contact **Virginia Beach Human Services** at 385-3200.

- Accordius Health at Bay Point** 481-3321
- Accordius Health at River Pointe** 340-0620
- Atlantic Shores (Seaside Health Center)** 716-2000
- Bayside Health and Rehabilitation Center** 464-4058
- Beth Shalom Home** 420-2512
- Concordia Care Nursing and Rehabilitation River Pointe** 340-0620
- Heritage Hall** 499-7029
- Kempsville Nursing and Rehabilitation Center** 420-3600
- Lake Taylor Transitional Hospital** 461-5001
- Senior Services of Southeastern Virginia (Local Ombudsman)** 461-9481
- Our Lady of Perpetual Help** 495-4211
- Princess Anne Health and Rehabilitation Center** 821-7500
- Sentara Nursing Center Virginia Beach** 306-2700
- Sentara at Windemere** 496-3939
- The Citadel of Virginia Beach** 340-6611
- Virginia Department of Health Professions (Enforcement Division)** 800-533-1560
- Virginia Beach Health Care & Rehabilitation Center** 481-3500
- Westminster-Canterbury** 496-1100

Continuum of Care Facilities(CCRC)

ACCRC is a community that offers several levels of assistance, including independent living, assisted living and nursing home care. It is different from other housing and care facilities for seniors because it usually provides a written agreement or long-term contract between the resident (frequently lasting the term of the resident's lifetime) and the community which offers a continuum of housing, services and health care system, commonly all on one site.

Atlantic Shores

Address: 1200 Atlantic Shores Drive, Virginia Beach, VA 23454

Phone: 716-2000 **Website:** www.atlanticshoresliving.com

Total Units: 387 apartments and 168 villas

Services Provided: Cooperative home ownership. Housekeeping, maintenance, club house facilities. Transportation provided for outings or medical appointments. Dining facilities on site.

Westminster Canterbury

Address: 3100 Shore Drive, Virginia Beach, VA 23451

Phone: 496-1785 **Website:** www.wcbay.com

Total Units: Currently there are 431 independent living apartments, 96 assisted living apartments and 95 skilled nursing beds.

Services Provided: Monthly Fee includes 30 meals per month, cable TV, utilities, phone, weekly maid and linen services; 24-hour security.

Senior Day Support in Virginia Beach

M.E. Cox Center (Primeplus)

Address: 644 North Lynnhaven Road, Virginia Beach, VA 23452

Phone: 340-4388 **Website:** MECoxCenter.org

Medicare & Medicaid: Yes Capacity: 40

Services: For older adults who need assistance during the day when families are not available to assist them. These individuals may require daily therapeutic recreational programs, social interaction and nursing monitoring. These individuals may be physically disabled and have some dementia. Support groups are also available.

Fair Housing

The Fair Housing Act protects people from discrimination when they are renting, buying, or securing financing for any housing. The Act prohibits discrimination in housing on the basis of:

- Race, Color
- National
- Origin
- Religion, Sex
- Being 55 or older; under Virginia Fair Housing Law

If you think your rights have been violated, the Housing Discrimination Complaint Form is available to download, or complete and submit online at: www.hud.gov/complaints/housediscrim.cfm. You may also write HUD a letter or contact the HUD Office nearest you. You have one year after an alleged violation to file a complaint with HUD, but you should file it as soon as possible. Send the Housing Discrimination Complaint Form or a letter to the HUD Office nearest you, or call that office directly.

If you are disabled, HUD also provides:

- A toll-free TTY phone for the hearing impaired: 1-800-927-9275
- Interpreters
- Tapes and braille materials
- Assistance in reading and completing forms

For information or to file a fair housing complaint, the following organizations are available to help:

U.S. Department of Housing and Urban Development (HUD)
Fair Housing

Fair Housing and Equal Opportunity Complaint Hotline
1-888-799-2085

HUD - Richmond Field Office 1-800-842-2610
600 East Broad St., 3rd Floor Richmond, VA 23219
www.hud.gov/fairhousing

Virginia Fair Housing Office - Department of Professional and Occupational Regulation (DPOR)
1-888-551-3247 TDD: (804) 527-4290
9960 Maryland Drive, Suite 400 Richmond, VA 23233
www.dpor.virginia.gov

Homeless Services/Shelters

Regional Housing Crisis Hotline 227-5932

Families and individuals who are homeless or in imminent danger of losing their home should first call the Regional Housing Crisis Hotline. A specialist will screen calls and determine the nature of the housing crisis. Depending on the situation, referrals may be made to Virginia Beach Housing & Neighborhood Preservation for further assessment. The most vulnerable homeless families and individuals will be sheltered and housed at the Housing Resource Center or at nonprofit facilities in the community as space is available.

Domestic Violence Hotline 723-7774
ForKids 622-6400
Genieve Battered Women's Shelter 925-4365
Salvation Army Men's Shelters 543-8100

Home Repair

Virginia Beach Owner-Occupied Rehabilitation Program

Virginia Beach Housing & Neighborhood Preservation 385-5750
www.vbgov.com/home-rehab

The department provides eligible low- and moderate-income households who own and live in their home in Virginia Beach with grants and loans to assist in home repairs and rehabilitation efforts.

The program provides assistance for home rehabilitation/repairs to:

- remove an existing or imminent health and/or safety hazard
- correct code violations
- make physical improvements, adaptations, or modifications for accessibility

Depending on the program type of rehabilitation/repairs, assistance is provided to eligible applicants in the form of a grant or affordable loan.

Virginia Beach Manufactured (Mobile) Home Rehabilitation Program

Virginia Beach Housing & Neighborhood Preservation 385-5750
www.vbgov.com/home-rehab

The department provides eligible low- and moderate-income households who own and live in their manufactured (mobile) home in Virginia Beach with a grant to assist in home repairs and rehabilitation efforts.

The program provides assistance for manufactured (mobile) home rehabilitation/repairs to:

- remove an existing or imminent health and/or safety hazard
- correct code violations
- make physical improvements, adaptations, or modifications for accessibility and usability

Housing Assistance

U.S. Department of Housing and Urban Development (HUD) 800-569-4287

Virginia Beach Housing & Neighborhood Preservation (Housing Choice Voucher Program, rental assistance, Code Enforcement) 385-5750 www.vbgov.com

Leading Age of Virginia 804-965-5500

Virginia Department for the Aging and Rehabilitative Services
Phone: 800-552-3402 www.vadars.org

Virginia Housing Development Authority 877-843-2123

Landlord / Tenant Issues

Virginia Beach Office of Consumer Affairs 385-6373

Virginia Department of Agriculture and Consumer Services
1-800-552-9963 www.vdacs.virginia.gov

Virginia Department of Housing and Community Development (Virginia Landlord/Tenant Handbook)
<http://www.dhcd.virginia.gov/index.php/dhcd-resources/landlord-tenant-handbook.html>

Virginia Housing Development Authority (VHDA subsidized apartments)

1-804-782-1986 1-800-227-VHDA www.vhda.com

U.S. Department of Housing and Urban Development
1-800-842-2610 www.hud.gov

Senior Resources

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.

3-1-1 is a simple, easy-to-remember telephone number that connects callers with a Citizen Services Call-Taker who can assist them with city information, services, news, and events in Virginia Beach.

Abuse, Neglect, and/or Exploitation

Abuse Alternatives	423-764-2287
Adult Protective Services (Virginia Beach) Hotline	385-3550
Adult Protective Services State Hotline	888-832-3858
Anger Management Classes	533-5217
Department for Aging and Rehabilitative Services – Eastern Region – APS Unit	985-4948
Disability Law Center of Virginia	800-552-3962
National Center on Elder Abuse	855-500-3537 www.ncea.acl.gov
Samaritan House	631-0710
Senior Services of Virginia (SSSEVA) 461-9481	www.ssseva.org
Prevention of Elder Abuse – Chesapeake Sheriff’s Victim Witness Protection Agency	382-6883
Virginia Coalition for Prevention of Elder Abuse	www.vcpea.org
Virginia Sexual & Domestic Violence Hotline	800-838-8238

Adaptive Equipment / Medical Equipment

101 Mobility	448-3029 www.virginiabeach.101mobility.com
Access Partnership	502-7400 www.accesspartnership.org
Accessible Remodeling	897-0639
American Ramp Systems	800-649-5215
Assisted Living Cottages.....	713-0268
Assistive Technology Loan Fund Authority.....	866-835-5976 www.atlfa.org
Bayside Special Services Library	385-2684
Caption Call (free phone for hearing impaired)	877-863-1196 http://captioncallphone.com
ChatterVox Voice Amplification System	800-286-3481
Diabetic Shoe Fitter – Pro Medical East	255-5988
Endeppendence Center, Inc.	461-8007
FREE Organization of South Hampton Roads	771-6183 www.free-foundation.org

GoGreen Mobility	287-1827
HearMore	www.hearmore.com
International Center for Disability Resources on the Internet	919-349-6661 www.icdri.org
JM Froehler Construction	481-5801
Lions Club (Glasses, Hearing Aids, Special Needs Equipment).....	416-3587
Med Emporium	428-0787
Medical Equipment Distributors	498-8225
Mobility Supercenter	201-7495 www.mobilitysupercenter.com
Mobility Works.....	888-743-3292 www.mobilityworks.com
National Mobility Equipment Dealers Association	800-833-0427 www.nmeda.org
National Seating and Mobility	466-1553
New Frontiers (ADA Remodeling)	339-1258
PLS Remodelers.....	761-0000 www.plsremodelers.com
Portsmouth Naval Hospital Central Supply (FREE Incontinence Supplies)	953-0000
Renovations for Life	650-4457
Roberts Home Medical	622-0908
Sentara Home Care Services	553-3000
The Phone Resource (amplified phones, large button phones)	866-222-9344
Tycon Medical.....	640-1709
U-Step Walker - In Step Mobility Products.....	800-558-7837
United Way.....	853-8500
Virginia Assistive Technology System.....	800-435-8490
WHRO (Services for the blind)	889-9400

Adult Day Program

M.E. Cox Center (Primeplus)	340-4388 www.MECoxCenter.org
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Alzheimer’s and Dementia

AARP	888-687-2277 www.aarp.org
ADEAR (Alzheimer’s & related Dementias Education and Referral Center)	1-800-438-4380 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
Alzheimer’s Foundation of America	866-232-8484 www.alzfdn.org
Family Caregiver’s Alliance	800-445-8106 www.caregiver.org

Kids, Kin n' Caregivers, Inc 434-5162
 Memory Consultation Clinic Glennan Center (EVMS) ... 446-7040
 National Institute on Aging Information Center..... 800-222-2225
 www.nia.nih.gov

Care Giving

(See Home Health Care and Support Groups)

Clothing Resources

Open Door Chapel.....340-1441
 Princess Anne Plaza UMC.....340-5775
 St. Gregory's Catholic Church Food Pantry & Thrift Store ... 497-8330

Community Services

AARP 625-7001
 www.aarp.org
 A Place for Mom..... 677-6408
 Access Partnership 502-7400
 www.accesspartnership.org
 Better Business Bureau 531-1300
 Dignity Memorial 800-344-6489
 Fire Department (Administration).....385-8882
 Operation Smoke Detector 471-5826
 Home Safety Assessments.....385-1006
 Home Remedy Concierge 335-3818
 Let's Open Doors..... 575-5006
 www.letsopendoors.net
 Lions Club 416-3587
 Mayor's Commission on Aging 385-4581
 MCA Group (Medical Care Advocacy).....469-3670
 Senior Resource Center 385-2175
 Virginia Beach Project Lifesaver..... 385-2742

Consumer Information / Complaints

Attorney General Office of
 Consumer Protection Hotline..... 800-552-9963
 www.oag.state.va.us/consumerprotection
 Division of Licensing (Complaints)..... 800-955-1819
 Federal Trade Commission 877-382-4357
 www.ftc.gov
 Office of Licensure and Certification.....804-367-2106
 800-955-1819
 Office of the Attorney General Protection Hotline 804-786-2042
 www.oag.state.va.us
 Ombudsman (Nursing home concerns)804-726-6624
 Telemarketing Calls - Do Not Call Requests 888-382-1222
 www.donotcall.gov
 US Government Accountability Office 202-512-6844
 Virginia Office of Consumer Affairs.....800-552-7945
 800-552-9963

Consumer Protection

(See Fraud/Consumer Protection)

Credit Counseling

Catholic Charities 456-2366
 UP Center 622-7017

Crime Prevention

Operation Lookout Expanded 385-1006
 Large View Peepholes385-6757
 Police, Non-Emergency 385-5000

Police Precincts:

First Precinct 385-4377
 Second Precinct385-2700
 Third Precinct 385-2703
 Fourth Precinct.....385-2800

TRIAD (Virginia Beach Sheriff's Outreach).....385-6757
 Virginia Crime Prevention Association804-318-1270
 www.vcpa.org
 Virginia Beach Police Department Crime Prevention Unit....385-1006
 Virginia Beach Sheriff's Office Senior Coordinator.....385-6757

Dental Free/Low Cost

(call for eligibility)

211 Information and Referral Search www.211.org
 Beach Health Clinic428-5601
 http://beachhealthclinic.org
 Coastal Dental (Mobile Dental) Mark Newman..... 965-5194
 Health Resources and Services Administration 888-272-4772
 ODU Dental Hygiene Care 683-4308
 www.odu.edu/dental
 The Dental Life Network,
 Julie Ericksen, Coordinator804-523-2182
 Tooth Wisdom www.toothwisdom.org
 Virginia Beach Mercy Dental.....490-1110
 www.vbmercydental.com

Developmental Services

The Developmental Services division with Virginia Beach Human Services plans, develops, and implements services for Virginia Beach residents with intellectual disabilities and their families through the provision of person-centered services designed to provide opportunities for individuals who have intellectual disabilities to become self-directing and contributing members of our community. The division supports families living with family members who have intellectual disabilities, provides early intervention when developmental delays are identified in young children, and promotes the value of persons with intellectual disabilities living and working in the community.

Virginia Beach Developmental Services Division..... 385-0600

Diabetes

(See Health Information)

Diabetic Shoe Fitter – Pro Medical East 255-5988

Disability Services

(See also Adaptive Equipment)

Independence Center 461-8007
www.independence.org

Virginia Board for People with Disabilities 800-846-4464
www.vaboard.org

Virginia Department for Aging & Rehabilitative Services... 800-552-3402
www.vba.virginia.gov

Virginia Disability Services www.vadsa.org

Downsizing / Relocation

Arrange 567-4443
www.arrange.org

Aspinwall Security Storage & Van 466-9000

Assisted Living Cottages 713-0268

BHHS - Cindy Caskey 642-1001

Dayla Brooks Realtor 714-2246

Downsize Designers 553-6879

Garrett Realty Partners 879-2660

Moving On 393-1622

PLS Remodelers 761-0000
www.plsremodelers.com

Time Wise Transitions 389-8864

Two Men and a Truck 464-2280

Driving

AARP Driver Safety Program 888-687-2277
www.aarp.org/driversafety

Department of Motor Vehicles (DMV) 804-497-7100
www.dmvnow.com

Department for Aging and Handicapped Services
Division for Aging 800-552-3402
www.granddriver.net

Matt Pagels Safe Driving Evaluations 692-0973

Senior Driving Solutions 472-9727

Sentara Rehab Safe Driving Evaluations 252-9420

Education / Lifelong Learning

Art Studio of the Inner Light
(Art and the Healthy Brain-free art lessons) 630-8162

Institute for Learning in Retirement
(ODU Classes for Seniors) 756-4861

Senior Resource Center 385-2175
www.vbsrc.com

Tidewater Community College 822-1111
www.tcc.edu

Virginia Beach Adult Learning Center 648-6050
www.adultlearning.vbschools.com

Virginia Beach Public Library 385-0150
www.vbgov.com/library

Virginia Beach Parks & Recreation 385-1100
www.vbgov.com/parks

Emergency Preparedness

FEMA 800-621-3362
www.ready.gov

Red Cross - Southeastern Virginia Chapter www.redcross.org

Virginia Beach Emergency Management 385-8466

Virginia VDEM www.vaemergency.com

Employment

AARP Senior Employment Service 625-7001

Department for Aging &
Rehabilitative Services – (DRS Norfolk Office) 451-7101

Independence Center 461-8007
www.independence.org

Equal Employment Opportunity
Commission (EEOC) 800-669-4000

Opportunity Inc. 461-7537

Ticket to Work Program in Virginia 866-968-7842
www.yourtickettowork.com

Employment Commission (Norfolk Office) 455-3960
www.vec.virginia.gov

Financial Services

AARP Home Loans 888-687-2277
www.aarp.org

AARP Tax Aide 888-227-7669
www.aarp.org/taxaide

Adult Protective Services – Financial Exploitation 385-3550

Catholic Charities 456-2366
www.cceva.org

Consumer Mortgage and Investment Corp. 552-7000
www.consumermtg.com

Federal Deposit Insurance Corporation (FDIC) 877-275-3342
www.fdic.gov

IRS Tax Assistance 800-829-1040
800-829-4059 (hearing impaired)
www.irs.gov

IRS Tax Forms and Material 800-829-3676

IRS Refund Hotline 800-829-1954

Jewish Family Service 321-2222
www.jfshamptonroads.org

National Association of Personal Financial Advisors ... 888-333-6659
www.napfa.org

Real Estate Tax Exemption Program 385-4385
email: regatvbgov.com

Securities and Exchange Commission 800-732-0330
www.sec.gov

Senior Services of Virginia (SSSEVA) 461-9481
www.ssseva.org

Star of the Sea Catholic Church 428-8547

State Corporation Commission..... 800-552-7945
www.scc.virginia.gov

Tidewater Home Funding..... 366-8690

UP Center..... 622-7017
www.theupcenter.org

Fraud / Consumer Protection

AARP Virginia 866-542-8164
www.aarp.org/fraud

Call for Action www.callforaction.org

Commonwealth’s Attorney Office of Consumer Affairs..... 385-8164

Driver’s License Number Misuse 804-497-7100

FBI 455-0100

Federal Trade Commission Identity Theft Hotline 877-438-4338
www.consumer.gov/idtheft

Hearing Impaired

Department of Motor Vehicles..... 800-272-9268
www.dmvnow.com

IRS Income Tax Fraud 800-829-0433
www.irs.gov

Medicaid Fraud (MCFU) 800-371-0824

National Credit Union 800-827-9650
www.ncua.gov

Office of the Attorney General Hotline 804-786-2042
www.oag.state.va.us

Office of Consumer Affairs (Virginia Beach) 385-3111

Office of Inspector General - Medicare Fraud..... 800-447-8477

Office of Inspector General - Social Security Fraud ... 800-269-0271

State Office of Consumer Protection 800-552-9963

TRIAD (Virginia Beach Sheriff’s Office)..... 385-6757

TRIAD - Crime Prevention..... 385-1006

U.S. Postal Service Fraud..... 800-372-8347
www.usps.gov

Virginia Department for the
 Aging and Rehabilitative Services 800-552-3402
www.vadars.org

Funeral Homes & Funeral Planning

(See Yellow Pages or Internet Search)

Altmeyer Funeral Home..... 757-422-4000

Board of Funeral Directors and Embalmers 804-367-4479

Cremation Society of Virginia..... 474-9409
www.virginiacremate.com

State Anatomical Gift Program..... 800-447-1706
OCME.Anatomical@vdh.virginia.gov

Virginia Beach Human Services -
 Medicaid Indigent Burial Fund 385-3200
www.dsf.virginia.gov

Veterans’ Assistance Service..... 800-827-1000

Geriatric Care Managers

(Certified)

Angela Whitlock, BS, CSA, CMC*

Family Care Senior Solutions 399-9700

Carey Raleigh, MSW, CMC DARS

Adult Services Consultant 985-4948

Michael Mann, ACHE, LALFA, CMC

Geriatrics Life Care..... 282-1359

*Member, National Association of Professional Geriatric Care Managers

Grandparents Raising Grandchildren

AARP 888-687-2277
www.aarp.org/grandparents
www.grandfactsheets.org

Catholic Charities (Norfolk)

Grandparents as Parents Support 533-5217

Generations United..... 202-289-3979
www.gu.org

Grand Parent Again..... www.grandparentagain.com

GrandsPlace www.grandsplace.com

Healthy Grandfamilies Program..... 434-5162

IRS 800-829-1040

Kin and Kids Consulting 434-5162

Virginia Beach Human Services SNAP / TANF 385-3200

Health / Disorder Information

AIDS National Hotline 800-448-0440

ALS Association..... 800-782-4747
www.alsa.org

Alzheimer’s Disease..... (See Alzheimer’s and Dementia)

American Cancer Society 800-227-2345
www.cancer.org

American Council of the Blind 800-424-8666

American Diabetes Association..... 800-342-2383
www.diabetes.org

American Heart Association 800-242-8721
www.americanheart.org

American Lung Association 800-586-4872
www.lung.org

American Parkinson Disease Association 495-3062
www.apdaparkinson.org

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

American Stroke Association..... 628-2610
www.strokeassociation.org

Arthritis Foundation..... 804-665-9950
www.arthritis.org

Beach Health Clinic 428-5601

Beltone Heard Aid Center..... 497-3900

Better Hearing Institute 800-327-9355

Blind and Vision Impaired 800-622-2155

Brain Injury Association..... 800-444-6443
www.biausa.org

Brain Injury Association of Virginia..... 800-444-6443
www.biav.net

Cancer Care.....800-813-4673
www.cancercare.org

CapTel (Captioned Telephones).....646-1571

Cerebral Palsy of Virginia.....497-7474

Center for Disease Control.....800-232-4636
www.cdc.gov

Chronic Illness Resource Center www.healingwell.com

Clear Captions (Hearing Impaired)916-459-4751

East West Advocates805-630-5454

Epilepsy Foundation of Virginia434-924-8669

Epilepsy Foundation Helpline.....800-332-1000
www.epilepsyfoundation.org

Health Finderwww.healthfinder.gov

Lee's Friends (Cancer).....440-7501
www.leesfriends.org

Lupus Foundation of America.....800-558-0121
www.lupus.org

Melvin Weinstein Parkinson's Foundation313-9729
www.mwpcf.org

Multiple Sclerosis Foundation800-225-6495
www.msfacts.org

Multiple Sclerosis Society490-9627
www.nmss.org

Muscular Dystrophy Association668-7000
www.mdausa.org

Music for Wellness.....563-3488
www.music4wellness.net

National Coalition for Cancer Survivorship888-650-9127
www.canceradvocacy.org

National Institute of Health (Center for Complementary
& Alternative Medicine).....888-644-6226
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

National Stroke Association800-787-6537
www.stroke.org

Parkinson's of Hampton Roads.....495-3062

Patient Advocate Foundation800-532-5274

The Pleural Mesothelioma Center.....855-439-6732

Sentara Physician Referral800-736-8272

Sickle Cell Association466-0332
www.sicklecellhrva.org

Tidewater AIDS Communitywww.aidsfund.com

United Cerebral Palsy.....800-872-5827
www.ucp.org

United Way of South Hampton Roads853-8500 Urology of Virginia
452-3415

Virginia Department for the
Deaf and Hard of Hearing.....804-662-9502
www.vddhh.org

Virginia Beach Department of Health.....518-2682

Virginia Beach Department of Public Health Information.....518-2700

Vital Records.....518-2671

Hotline (HIV/AIDS/STD/HEP C)800-533-4148

Virginia Department of Medical Assistance Services
Managed Care Helpline800-643-2273
www.dmas.virginia.gov

Recipient Helpline804-786-6145

Home Health Care / Caregiving

AARP866-542-8164
www.aarp.org/va

Accessible Home Health Care.....934-3935

Always Best Care802-4080

AmedisysChesapeake 465-1400
Norfolk 466-1340

Americare Plus.....499-6477

Arcadia Home Care.....480-2929
www.arcadiahomecare.com

Attentive Home Health Care963-0021

Best and Dependable.....363-7542

Bon Secours Home Care889-4663
www.bonsecourshamptonroads.com

BrightStar Healthcare.....227-4047
www.BrightStarCare.com

Care Advantage436-1711

Changing Tides Home Care.....963-0028

Community Direct Services
(respite & home care for intellectually disabled)965-4899

Comfort Care Home Health/Hospice.....312-6460

Comfort KeepersVirginia Beach 688-8189
www.comfortkeepers.com
North Virginia Beach 431-3730
www.comfortkeepers.com/northvirginiabeach

Dailey's Healthcare.....523-5207

Direct Home Health Care.....405-6320

Division of Licensing (Complaints/Reports)

Enforcement Division.....800-533-1560

Elder Care at Home VB464-4800
www.eldercareathomevb.com

Encompass Home Care226-7560
www.ehhi.com

Everette Mason Home Care.....918-8972
www.emhc73.org

Family Care Senior Solutions673-6981
www.forfamilycare.com

Generations Home Health (co-owned by Beth Sholom).....226-8151

Genesys Home Health Care.....961-5243

Gentiva Health Services499-2303

Hand 'n Heart.....490-1223

Health Horizons518-2800

Heart of Gold	227-3344
Heartland Home Health & Hospice	490-9323
Home Instead Senior Care	631-7744
Home Helpers	689-5966
Home Remedy Concierge	335-3818
Hope In-Home Care	455-0030
Immanuel Care	547-8400
Interim HealthCare	466-1401
Intrepid USA Homehealth	800-254-9090
Jewish Family Service	489-3111
Karya Home Care	259-7411
Labor of Love Total Healthcare	689-4205
M & L Care.....	456-2273
Maxim Healthcare Services	490-3009
Medi Home Health Palliative Care and Hospice Care	420-7192
.....	www.medicalservicesofamerica.com
Montero Home Care	490-0124
Personal Touch Home Care & Hospice.....	800-659-0205
Norfolk.....	855-1355
Preferred Care at Home.....	355-5080
.....	www.preferhome.com/virginia beach
PT 2 GO.....	222-2230
Quality Hands and Hearts Home Care.....	271-6022
Quality Kare Health Care.....	938-5004
RCI Reach – In Home Caregiver Support.....	434-5162
ResCare Home Care	459-2360
Seniorcorp.....	640-0557
.....	www.seniorcorp.com
Senior Navigator	www.seniornavigator.org
Sentara Home Care Services	553-3000
.....	www.sentara.com/homecare
Stay at Home Personal Care	392-1001
Senior Services of Virginia (SSSEVA)	461-4981
Virginia Healthcare Services	233-7088
.....	www.va-hcs.com
Visiting Angels	216-1934
Visiting Physicians (VPA).....	853-1380
Virginia Beach Human Services (Companion Services, ALF & Long-Term Care Screenings)	385-3550
Westminster-Canterbury at Home.....	496-1653

Homeopathy/Natural Resources

ARE Edgar Cayce Foundation	428-3588
Bioceutica (vitamins)	675-0561
.....	www.bioceutica.com/lucyfyfe
Buy Local Hampton Roads.....	www.buylocalhamptonroads.org
Calming Waves & Halo Therapy & Massage (massage, halo therapy, & wellness)	510-5837
Cooking Up Your Best Life.....	472-3674
.....	www.lyndsaygutierrez.com
East West Advocates	805-630-5454

Health Nut (herbs/vitamins)	644-6452
Heritage Natural Market.....	428-0500
Holistic Family Practice	685-4325
Holistic Touch	448-7445
Kangen Water	437-2939
Music for Wellness.....	563-3488
.....	www.music4wellness.net
Naturopathic Associates	510-6864
The Natural Path	478-4455
Tidewater Acupuncture and Wellness	428-4286
Virginia Beach Farmers Market	385-4395

Hospice Programs

All Heart Home Health & Hospice.....	961-0049
American Hospice Foundation	www.americanhospice.org
Bon Secours Hospice	889-4663
Chesapeake Regional Homecare & Hospice	312-6464
Compassionate Care Hospice.....	405-3203
Five Wishes	888-594-7437
.....	www.agingwithdignity.org
Freida Gordon Hospice & Palliative Care	321-2242
Gentiva Hospice	461-0600
.....	www.gentiva.com
Heartland Home Health & Hospice	490-9323
Hospice Association of America	www.nahc.org
Hospice and Palliative Care.....	321-2242
.....	www.hpctidewater.com
Interim Hospice	644-6820
Intrepid Hospice	499-0872
Medi Home Health & Hospice	420-7192
Personal Touch Home Care & Hospice.....	855-1355
Sentara Hospice Services	553-3000
Westminster-Canterbury at Home.....	496-1653

Hospitals

Bon Secours	
DePaul.....	889-5000
Maryview	398-2200
Chesapeake Regional Health Care.....	312-8121
Hampton VA Medical Center.....	722-9961
Portsmouth Naval Hospital.....	953-5000
Sentara	
Heart Hospital	388-8000
Independence Hospital (ER only)	363-6100
Leigh Hospital.....	261-6000
Norfolk General Hospital	388-3000
OBICI Hospital	934-4000
Princess Anne Hospital	507-1000
Virginia Beach General Hospital.....	395-8000
Veterans Administration Medical Center (VAMC)	722-9961

Hospital Services and Programs

Bon Secours Help Line.....	899-2273
Sentara Community Support Groups and Outreach Programs	800-736-8272
VB Psychiatric Center	496-6000

Information & Referral Services

AARP	888-687-2277 www.aarp.org
A Place for Mom (free eldercare advice and referrals)	677-6408 www.aplaceformom.com
Caregiver Resources – Caring.com	www.caring.com
Disability Law Center of Virginia (Protection and Advocacy)	800-552-3962 http://dlcv.org/
Elder Care Locator.....	800-677-1116 www.eldercare.gov
Independence Center.....	461-8007 www.independence.org
Fire Department Smoke Detectors.....	471-5826
Information Center	Dial 2-1-1
Mayor's Commission on Aging	385-4581
Medical Care Advocacy Group	469-3670
Public Information Office	Dial 3-1-1
Senior Navigator	866-393-0957 www.seniornavigator.org
Senior Services of Virginia (SSSEVA)	461-9481
Virginia Department for Social Services	800-726-7000 www.dss.state.va.us
Virginia Department for the Aging & Rehabilitative Services.....	800-552-3402
Virginia Beach Human Services, Adult Services	385-3550
Virginia Department of Public Health	518-2700 www.vdh.virginia.gov
Virginia Office for Protection & Advocacy	800-552-5019

Insurance / Long-Term Care Insurance

AARP	888-687-2277 www.aarp.org
Consolidated Omnibus Reconciliation Act (COBRA).....	877-279-7959 www.cobrainsurance.com
Life Policy Shopper.....	540-226-8715 http://lifepolicyshopper.com
Office of the Managed Care Ombudsman.....	877-310-6560
National Association of Insurance Commissioners.....	816-783-8300 www.naic.org
Samaritan Insurance Group.....	652-3820
SCC Bureau of Insurance.....	800-552-7945 www.scc.virginia.gov/boi
VICAP Insurance Counseling Assistance Program	800-552-3402

Legal Services & Referrals

(See Lawyers/Elder Law in Yellow Pages or Internet)	
Ginny Brown, Esq.	965-9210
Hook Law Center	399-7506 www.hooklawcenter.com
Karen Fortier, Esq.	631-1900
Law Office of Angela Manz	271-6275
Legal Aid Hotline	866-534-5243
Legal Aid Society of Eastern Virginia	552-0026
Legal Aid Society of Virginia	627-3232
National Academy of Elder Law Attorneys.....	703-942-5711 www.naela.org
National Senior Citizens Law Center.....	202-289-6976
Oast & Taylor	452-6200 www.oasttaylor.com
Pender & Coward.....	490-6274
Rack & Moccia	605-5000
Senior Services of Virginia (SSSEVA)	461-9481 www.ssseva.org
Sodoma Law	777-2823
Trust Builders Law Group.....	645-0248
Virginia Lawyer Referral Service.....	800-552-7977
Wolcott, Rivers & Gates	497-6633

Long-Term Care

(See also Nursing Homes & Rehabilitation; See also Home Health Care/Caregiving Services)	
Aging Life Care Association (Geriatric Care Managers).....	520-881-8008 www.aginglifecare.org
AARP	888-687-2277 www.aarp.org
Virginia Department of Medical Assistance Services (DMAS) (Medicaid)	804-786-7933 www.dmas.virginia.gov
Virginia Beach Human Services Nursing Home Screenings	385-3550
Medicaid applications.....	385-3200

Meals / Food (See Nutrition Programs)

Medicaid and Medicare

Centers for Medicare and Medicaid Services	
Baltimore Headquarters	877-267-2323
Logisticare (Medicaid transportation).....	866-810-8305 www.logisticare.com
Medicaid Providers Hotline	800-552-8627
Medicare Service Cente	800-633-4227
Medicare Quality Improvement 804-289-5320	www.vhqc.org
Medicare/Medicaid Fraud	800-447-8477
Virginia Managed Care Hotline	800-643-2273
Virginia Beach Human Services	385-3200

Medical Clinics

(Free / Income-Based)

Beach Health Clinic.....	428-5601
JenCare Medical Center.....	473-3969
Virginia Beach Department of Public Health.....	518-2700
Virginia Beach Family Medical Center.....	425-3610

Medical Equipment

(See Adaptive Equipment)

Medication Disposal

(24 hours/day, 7 days/week)

Police Precincts:

First Precinct.....	385-4377
Second Precinct.....	385-2700
Third Precinct.....	385-2703
Fourth Precinct.....	385-2800

Mental Health of Virginia Beach (Community Services Board).....	385-0888
Project Lifesaver.....	385-1068
United Way.....	853-8500
Virginia Beach Emergency Center.....	385-5000

Medication / Prescription and Supply Delivery

CVS Pharmacy.....	1-800-746-7287 www.cvs.com
Home Care Delivered, Inc.	800-565-5644
Liberty Medical.....	800-695-2500
Medical Equipment Distributors of Virginia.....	498-8225 www.medofva.com
Universal Drugstore.....	866-456-2456 www.universaldrugstore.com
Walgreens.....	800-925-4733 www.walgreens.com
Walmart.....	800-925-6278

Medication / Prescription Assistance

AARP Medication Benefits.....	888-687-2277
AARP/Medicare Rx Plans.....	888-867-5512
CVS Caremark.....	800-770-8014
Discount Drug Network.....	877-537-5537
Drug Discount Cards.....	800-633-4227 www.medicare.gov
Medicine Program.....	www.themedicineprogram.com
Novartis Patient Assistance Program.....	800-245-5356 www.patientassistanzenow.com
Pennies for Prescriptions.....	385-3214
Pharmaceutical Research and Manufacturers of America.....	www.phrma.org

Prescription Drug Assist.....	www.ssa.gov/prescriptionhelp
RX Assist.....	www.rxassist.org
RX Assistance Program.....	888-344-8915
Senior Services of Virginia (SSSEVA).....	461-4981

Mental Health / Substance Abuse Services

Amedisys Home Health (Behavioral Health Services).....	466-1340
American Psychological Association 800-374-2721.....	www.apa.org
Brain and Behavior Research Foundation.....	800-829-8289
Chapman Senior Care (counseling in Long-Term Care).....	804-514-5488
Depression and Bipolar Support Alliance.....	800-826-3632 www.dbsalliance.org
Detox Services / Recovery Center.....	385-3111
Emergency Services (Department of Mental Health/Substance Abuse).....	385-0888
Finney Zimmerman Psychiatric Associates.....	466-0700
I Need A Lighthouse.....	567-5429 www.ineedalighthouse.org
Ocean Psychiatry.....	802-4500
National Alliance on Mental Illness (NAMI).....	800-950-6264 www.nami.org
National Institute of Mental Health.....	866-615-6464
National Foundation for Depressive Illness.....	www.behavenet.com
Riverside Behavioral Health Center.....	827-1001
Sentara Norfolk General Hospital Senior Treatment Center... Virginia Beach General Behavioral Health Unit.....	388-3000 395-8000
The Farley Center.....	757-280-1283
Virginia Beach Department of Mental Health / Substance Abuse Emergency Services..... Pre-Registration..... Senior Outpatient Services.....	385-0888 385-0866 385-8222
VB Psychiatric Center.....	496-6000

Nutrition Programs (Meals and / or Food)

City of Virginia Beach Recreation Centers Bayside Recreation Center..... Bow Creek Recreation Center..... Great Neck Recreation Center..... Kempsville Recreation Center..... Princess Anne Recreation Center..... Seatack Recreation Center..... Williams Farm Recreation Center.....	385-5930 385-5960 385-5940 385-1100 385-5950 385-5920 385-2950
Jewish Community Center.....	489-1371
Senior Services of Virginia (SSSEVA).....	461-9481

Food Banks / Referrals:

Buy Local.....	www.buylocalhamptonroads.org
Compassion Center Freedom Ministries	428-3277
Foodbank of Southeastern VA	428-6763
	http://foodbankonline.org
Hope Lutheran Church.....	424-4848
Jewish Family Service	321-2222
	www.jfshamptonroads.org
Judeo-Christian Outreach Center (JCOC)	491-2846
Meals on Wheels	306-2721
New Jerusalem C.O.G.I.C.	425-8431
Open Door Chapel (Mon. – Fri.; 10 a.m. -2 p.m. only).....	340-1441
Potter’s House	428-7727
Senior Services Home Delivered Meals	461-9481
St. Gregory’s Catholic Church.....	497-8330
Star of the Sea Catholic Church.....	428-1244
Supplemental Nutrition Assistance Program SNAP (Food Stamps)	385-3200
Virginia Beach Human Services	385-3200

Personal Emergency Response Services

Alert USA	800-789-6969
Chesapeake General Hospital Comfort Care (Lifeline).....	312-6470
Comfort Keepers	431-3730
LifeFone	844-253-7939
Life Station.....	800-554-4600
MedicAlert.....	800-432-5378
	www.medicalert.org
Medical Alarm	800-722-7552
Medical Guardian	800-322-0955
Project Lifesaver (VB Police)	385-2742
Safe Return	888-572-8566
Sentara Lifeline	553-3003
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
Adult Learning Center	648-6050
ARE Edgar Cayce Foundation	457-7204
City of Virginia Beach Parks & Recreation	385-1100
Bayside Recreation Center.....	385-5930
Bow Creek Recreation Center.....	385-5960
Great Neck Recreation Center.....	385-5940
Kempsville Recreation Center.....	385-1100

Princess Anne Recreation Center.....	385-5950
Seatack Recreation Center.....	385-5920
Williams Farm Recreation Center	385-2950
Contemporary Arts Center	425-0000
Heritage Center	428-0110
Jan Cline Fitness	621-7527
Little Theater of Virginia Beach	448-7009
Lynnhaven Bingo	468-9154
Music for Wellness.....	563-3488
	www.music4wellness.net
Senior Resource Center (Creeds).....	385-2175
Sentara Living (Bayside Presbyterian)	800-736-8272
Simon Family Jewish Community Center (JCC)	489-1371
	www.simonfamilyjcc.org
Spirit of Norfolk.....	217-0604
Tidewater Arts Outreach.....	965-5155
	www.tidewaterartsoutreach.org
Virginia Beach Public Library Administration	385-0150
Meyera E. Oberndorf Central Library.....	385-0150
Bayside Library	385-2680
Bookmobile.....	385-0185
Great Neck Library.....	385-2606
Joint-Use (TCC/VB) Library.....	822-7800
Kempsville Library	385-2627
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
Virginia Beach Visitor Information.....	437-4919
YMCA	456-9622

Respite Care

BrightStar Healthcare.....	227-4047
	www.BrightStarCare.com
Catholic Charities (CARES Program).....	456-5136
Ann Mason Home Care.....	918-8972
	www.amhc73.org
The Lipton House Senior Care Home	639-4995

Retirement

AARP	888-687-2277
	www.aarp.org
Pension Benefit Guaranty Corporation	www.pbgc.gov
Social Security Administration.....	800-772-1213
	www.ssa.gov
Veterans Benefits.....	800-827-1000
	www.va.gov

Senior Newsletters/Newspapers

Good Health Magazine	217-0330
Senior Advocate	645-6364 www.senioradvocateonline.com
Senior Living Guide.....	877-995-0272 www.seniorlivingguide.com

Senior Rights

Department of Aging & Rehabilitative Services	
Aging Division.....	800-552-3402 www.vda.virginia.gov
Medicare Rights Center	800-333-4114 www.medicarerights.org
Poverty Law Center	804-782-9430 Ext. 14
Virginia Office for Protection and Advocacy.....	800-552-3962

Substance Abuse

(See also Mental Health/Substance Abuse)

Pathways	385-6950
Narcotics Anonymous (Beach Area Narcotics Anonymous - Virginia Beach Area).....	866-972-5055 or 800-777-1515
Suspected Drug Activity Hotline.....	800-553-3673
Virginia Beach Alcoholics Anonymous.....	490-3980
Virginia Beach Department of Mental Health / Substance Abuse.....	385-0866

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
American Parkinson's Disease of Hampton Roads.....	495-3062
Arthritis Foundation.....	800-456-4687
BonSecours Help Line.....	889-2273
Breast Cancer Support Group.....	552-7200
Breast Cancer Support Group "Look Good Feel Better"	388-4357
Caregiver Action Network	202-454-3970
Catholic Charities (multiple)	456-2366
Children of Aging Parents.....	800-227-7294
Diabetes Support Group	363-6834
Grandparents as Parents	533-5217
Healthy Grandfamilies Program.....	434-5162
Kids, Kin n' Caregivers, Inc.	434-5162
Multiple Sclerosis	490-9627
Sentara	800-SENTARA
Virginia Beach Human Services Caregiver Support Groups...	385-4135
Well Spouse Foundation.....	800-838-0879
Widowed Persons.....	461-9457

Tax Information

AARP Taxaide.....	888-687-2277 www.aarp.org/taxaide
IRS Refund Hotline	800-829-1954
IRS Tax Assistance	800-829-1040 www.irs.gov
IRS Tax Forms and Material.....	800-829-3676
Virginia Beach Commissioner of Revenue	
Personal Property/Car Tax Relief.....	385-4487
Real Estate Tax Relief.....	385-4385
State Income	385-4483
Virginia Beach Real Estate Tax Assessor.....	385-4601

Transportation Services

Accent Transport Services (ambulatory, w/c, stretcher – medical appointments only).....	605-0605
American Lifeline Medical Transport *	638-7091
AMR *	267-7828
Black & White Cabs (wheelchair).....	855-7528
BrightStar Healthcare (errands or appointments)	227-4047
Cardinal Ambulance Services *	594-9800
Catholic Charities (H.E.L.P.)	456-2366
Colonial Transit.....	565-1966
Common Courtesy.....	472-9727 www.commoncourtesyrides.org
Delta Medical *	755-7774
Dependable Transport	515-0936
Fast Track EMS *	347-1226
Heart Song Care Transport *	904-1728
I-Ride (Senior Services)	222-4513
Lee's Friends (Cancer Patients)	440-7501
Life Care Medical Transport *	540-752-5883
Logisticare (Medicaid only).....	866-386-8331
MB Solutions *	821-2080
Medical Transport * (stretcher only)	671-8911
Mid-Atlantic Regional Ambulance *	273-7360
Nucare Carolina Ambulance *	969-6622
Para Transit Services (formerly Handi Ride)	
Applications	222-6087
Scheduling	455-8010
Reliance Medical Transport *	456-5149
Robbie's Ambulance Service *	785-0400
Senior Driving Solutions	472-9727
Senior Navigator.....	866-393-0957 www.seniornavigator.org

Senior Services of Southeastern Virginia (SSSEVA)	
Reservations	222-4513
	www.ssseva.org
Shore Transport Services *	665-1122
Special Events Providers of Emergency Medicine *	287-7251
Tidewater Medical Transport *	399-0999
Tidewater Medical Transportation	
Ambulatory, w/c, stretcher	821-2080
Doctor appointments, errands	558-4050
Yellow Cab (wheelchair)	460-0605

*Private Permitted EMS ALS

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
Salvation Army	543-8100
STOP Organization	858-1368
Virginia Beach Human Services	
Energy Assistance Program	385-3492

Veterans Resources

Care Connect of Hampton Roads	271-4270
Department of Veterans Affairs	804-786-0286
Tidewater Field Office	455-0814
	www.dvs.virginia.gov
Hook Law Center	399-7506
	www.hooklawcenter.com
Honor Flight	655-4342
Intrepid Hospice	499-0872
Portsmouth Naval Hospital Central Supply (FREE Incontinence Supplies)	953-0000
Oast & Taylor	452-6200
	www.oasttaylor.com

Virginia Beach Department of Human Services

Adult Protective Services	
Adult Foster Care, ALF/LTC/Nursing Home Screening	
Companion Services	385-3550
Behavioral Health	385-0888
Detox Services / Recovery Center	385-6950
Emergency Services (Mental Health / Substance Abuse)	385-0888
Intellectual Disabilities	385-0600
Senior Resource Center	385-2175
Supplemental Nutrition Assistance Program (SNAP)	385-3200

Vision Impaired

Bayside Area & Special Services	385-2684
Lions Club	416-3587
Virginia Department for Aging & Rehabilitative Services ..	800-552-3402
Virginia Department for the Blind and Visually Impaired ..	800-622-2155
Wagner Macula & Retina Center	481-4400

Volunteering

AARP Create the Good	888-687-2277
	www.aarp.org/volunteer
Adipsy (serving cancer patients and their families)	436-0697
	www.adipsy.org
Bon Secours Volunteer Services	889-5000
Catholic Charities (H.E.L.P.)	456-2366
Honor Flight	655-4342
Intrepid Hospice	499-0872
Little Theater of Virginia Beach	428-9233
Military Aviation Museum	721-7767
Virginia Museum of Contemporary Art	425-0000
Senior Services of Virginia (SSSEVA)	461-9481
Sentara Senior Services Volunteers	395-8760
Virginia Beach Office of Volunteer Resources	385-4722
Virginia Aquarium	385-0274
VBCERT (Virginia Beach Community Emergency Response Team)	385-2914
Virginia Beach Housing Resource Center	385-1278
Virginia Beach Human Services	385-3200

Voting

Federal Voting Assistance Program	www.fvap.gov
State Board of Elections	800-552-9745
	www.sbe.virginia.gov
Virginia Registration and Voting Procedures	www.fvap.gov/vao/vag/chapter2/virginia VB
Voting Information	385-8683



MAYOR'S COMMISSION ON AGING
**Senior Housing
& Resource
Guide**