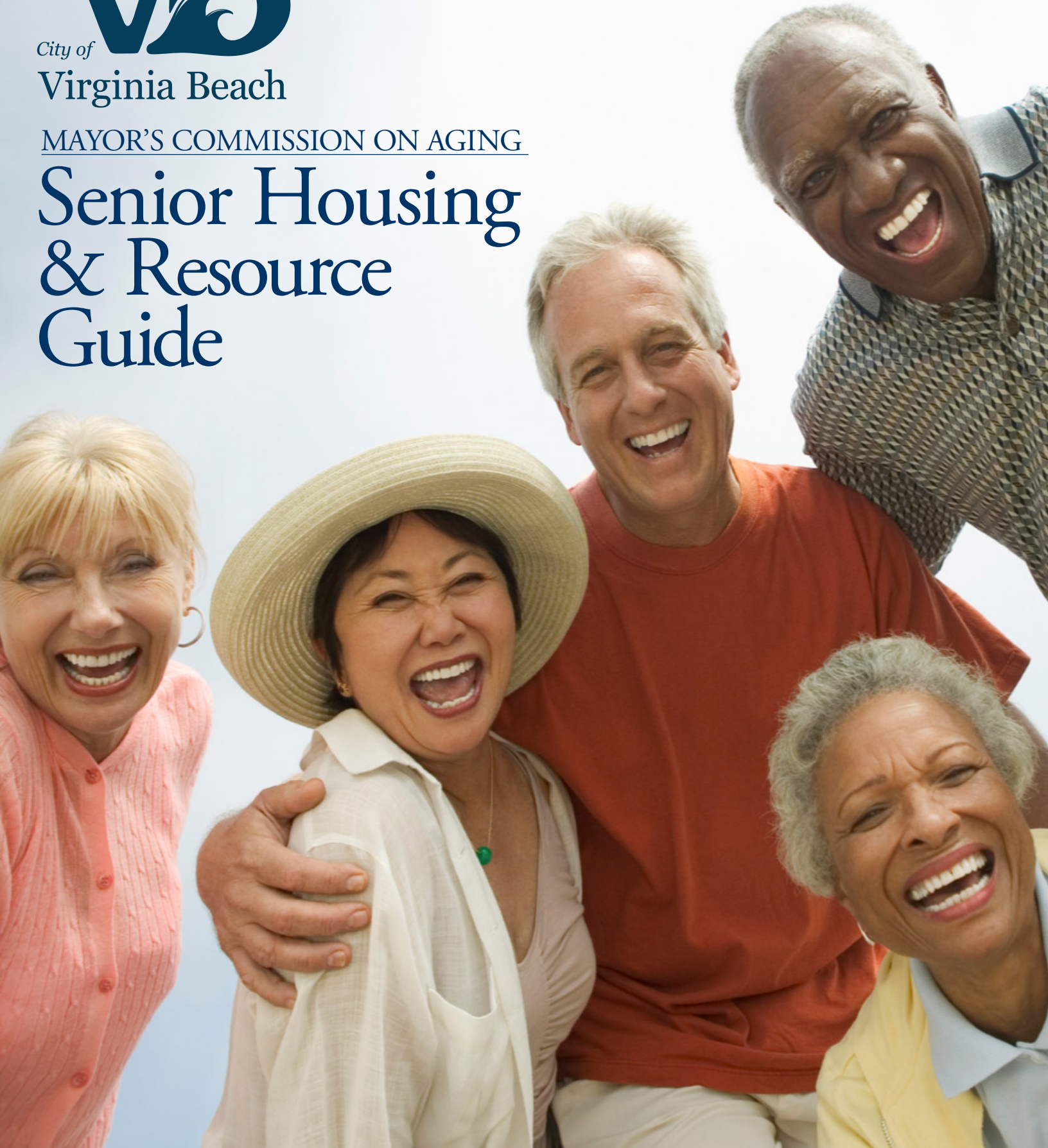




City of
Virginia Beach

MAYOR'S COMMISSION ON AGING

Senior Housing & Resource Guide



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.

October 2022

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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 in this guide is not an endorsement of the organization, as well, exclusion from the guide is not a lack of endorsement.

VirginiaHousingSearch.com is a free online resource to 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: 757-757-361-9112 **Email:** 900acquaapartments.com

Website: www.900acquaapartments.com

Age: 62+ **Total Units:** 144

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: 757-716-2000 **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..

Starling Village

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

Phone: 757-494-0941 **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: 757-622-2513 **Email:** info@cogichighrise.com

Website: cogichighrise.com

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

Colony Pines Apartments

Address: 2601 Little Pine Ct., Virginia Beach, VA 23452

Phone: 757-340-1251 **Website:**

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

Services Provided: Rent includes water, sewer & gas for hot water, cooking and heat, trash. Pet friendly

Colonial Harbor

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

Phone: 757-239-2946 **Email:**

Website: <https://seniorlivinginstyle.com/colonial-harbor/>

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: 757-337-4811 **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 Gainsborough Square #112 Chesapeake, VA 23320

Phone: 757-821-6091 **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: 757-484-8697 **Email:**

commonsatchesapeake@burlingtncapitol.com

Website: www.commonsatchurchland.com

Age: 55+ **Total Units:** 124

Services Provided: Fitness center, community room, pet friendly.

Commons at Greenwood

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

757-465-9007 **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: 757-490-7001 **Fax:** 757-200-3750

Email: princessanne@tfjgroup.com

Website: https://commonsatprincessanne.com/

Age: 55+ **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: 757-498-9299

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: 757-480-4444 **Fax:** 757-480-2442

Email: cromwell@ripheat.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: 757-428-2884 **Website:** www.kiscoseniorliving.com

Age: 55+ **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: 757-583-6330

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:** 757-802-3833 **Fax:** 757-498-1198

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: 757-780-8588 **Website:** www.haygoodhallsapartments.com

Age: 55+ **Units:** 225

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: 757-498-9225 **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: 757-361-6900 **Email:** Jamestown@fryeproperties.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: 833-657-2054

Email: john.knox.towers@lawsoncompanies.com

Website: <https://lawsoncompanies.com/apartments/john-knox-towers/> **Age:** 55+ **Total Units:** 150

Services Provided: Assigned parking, laundry facilities, emergency pull cords, planned activities , utilities included. Pet Friendly.

Lake Prince Woods

Address: 100 Anna Goode Way, Suffolk, VA 23434

Phone: 757-923-5500 **Email:** jraymond@everyage.org

Website: www.lakeprincewoods.org

Age: 62+ **Total Units:** 272

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, hair salon and two laundry rooms. Transportation available for activities and groceries.

Lakewood Plaza

Address: 5631 Tidewater Drive, Norfolk, VA 23509

Phone: 757-857-5445 **Email:** www.publichousing.com

Website: www.publichousing.com/details/lakewood_plaza

Age: 62+ **Total Units:** 200

Services Provided: For more information contact Lakewood Plaza

Lighthouse Pointe

Address: 933 Cedar Road, Chesapeake, VA 23322

Phone: 757-300-1028 **Email:**

Website: <https://holidayseniorliving.com/retirement-communities/holiday-lighthouse-pointe-chesapeake-va/>

Age: 55+ **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: 757-463-3510 **Fax:** 757-463-8420

Age: 62+ **Total Units:** 123

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: 757-467-4000 **Fax:** 757-467-2500

Email: lynnavencove@tfjgroup.com

Website: <https://lynnavencove.com/>

Age: 62+ **Total Units:** 180

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: 855-262-0269 **Email:** meadowood@tfjgroup.com **Website:**

<https://meadowood-apartments.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: 757-807-2395

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: 833-591-2190 **Email:**

Website: <https://www.wm-riverhouse.com/>

Age: no age restrictions **Total Units:** 194

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: 757-481-0770 **Email:** russellhouse@druckerandfalk.com

Website: www.publichousing.com/details/the_russell_house

Age: 62+ **Total Units:** 119

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: 757-461-4080 **Email:** shorewoodcove@tfjgroup.com

Website: www.shorewoodcove.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.

The Cottages at Town Center

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

Phone: 757-330-3623

Website: www.thecottagesattowncenter.com

Age: 55+ **Total Units:** 30 townhomes

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: 757-481-0055 **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: 757-431-2290 **Fax:** 757-222-0771

Email: thalia@signaturemanagementcorp.com

Website: www.themuseattowncenter.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: 757-857-1351 **Email:** stonebridgemanor.com

Website: www.stonebridgemanor.com

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

Services Provided: Fully equipped kitchen, clubhouse, laundry room, activity room and media room

Suburban House

Address: 110 Suburban Parkway, Norfolk, VA 23505

Phone: 757-588-6256 **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: 757-563-9955 **Fax:** 757-563-2992

Email: swalker@sullivanhouse-HRcoxmail.com
swalker@sullivanhouse.org

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: 757-488-3165 **Fax:** 757-488-0070

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: 757-361-0066 **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: 757-420-0891 **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: 757-451-5100 **Email:** fivestarliving.com

Website: www.fivestarseniorliving.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: 757-460-0100 **Email:** info@sulicare.com

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

Victoria Place

Address: 4629 Shore Drive, Virginia Beach, VA 23455

Phone: 757-313-2323 **Fax:** 757-216-2657

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: 757-463-9516 **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: 757-473-1490 **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: 757-496-1100 **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: 757-463-3510 **Fax:** 757-463-8420

Russell House

Address: 900 First Colonial Road, Virginia Beach VA 23454

Phone: 757-481-0770 **Fax:** 757-496-0859

Sullivan House

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

Phone: 757-563-9955 **Fax:** 757-563-2992

The Sands

Address: 6405 Auburn Drive, Virginia Beach VA 23464

Phone: 757-420-0891 **Fax:** 757-420-8124

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: 757-519-9100

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

Chesapeake Place

Address: 1508 Volvo Parkway, Chesapeake, VA 23320

Phone: 757-932-3680

Total Units: 56 assisted living, 35 memory care

Atria Virginia Beach

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

Phone: 757-496-8001 **Website:** www.AtriaSeniorliving.com

Total Units: 91 assisted living apartments, 20 memory care units

Baylake Retirement and Assisted Living Community

Address: 4225 Shore Drive, Virginia Beach, VA 23455

Phone: 757-460-8868/800-771-2129 **Website:** www.RUI.net

Total Units: 67, 20 memory care

Bell's Residential Adult Care

Address: 3720 Deep Creek Blvd, Portsmouth, VA 23702

Phone: 757-397-5586

Auxiliary Grants / Number of beds: Yes **Total Units:** 30

First Colonial Inn

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

Phone: 757-428-2884

Website: www.kiscoseniiorliving.com

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

Harbor Way — Atlantic Shores

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

Phone: 757-716-2150 **Website:** www.AtlanticShoresLiving.com

Total Units: 54 IL, AL, Memory

Harmony at Independence

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

Phone: 757-802-3665 **Website:** www.harmonyseniorservices.com

Hills Home for Adults

Address: 1443 Commerce Ave, Chesapeake, Virginia 23324

Phone: 757-545-8797 **Website:** www.AtlanticShoresLiving.com

Auxiliary Grant/Number of Beds: Yes **Total Units:** 50

Indian River Residential

Address: 1012 Justis Street, Chesapeake, Virginia 23325

Phone: 757-523-4659 **Website:** www.AtlanticShoresLiving.com

Auxiliary Grant/Number of Beds: Yes **Total Units:** 110

Kings Grant House

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

Phone: 757-431-8825

Website: www.commonwealthsl.com

LAV'M Adult Residence Inc.

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

Phone: 757-546-2810 **Fax:** 757-546-2921

Website: www.lavm.com **Email:** vgmar@hotmail.com

Auxiliary Grants / Number of beds: Yes **Total Units:** 21

Lillian's Loving Care

Address: 3736 Turnpike Road, Portsmouth VA 23701

Phone: 757-393-9241 **Website:** www.caring.com

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

Madonna Home

Address: 5345 Marian Lane, Norfolk, VA 23462

Phone: 757-623-4966 **Email:** charlene2236@verizon.net

Auxiliary Grants / Number of beds: Yes **Total Units:** 16

Marian Manor

Address: 5345 Marian Lane, Virginia Beach, VA 23462

Phone: 757-456-5018 **Website:** www.Marian-Manor.com

Our Lady of Perpetual Help

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

Phone: 757-495-4211 **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: 757-901-1550 **Website:** www.saberhealth.com

The Villages of Rosemont

Address: 3751 Sentara Way, Virginia Beach, VA 23452

Phone: 757-901-1550 **Website:** www.sentara.com

The Gardens of Virginia Beach

Address: 5620 Wesleyan Drive, Virginia Beach, VA 23455

Phone: 757-499-4800

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

The Terrace at Beth Shalom Village

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

Phone: 757-282-2384 **Website:** www.Bethsholomvillage.com

The Waterford at Virginia Beach

Address: 5417 Wesleyan Drive, Virginia Beach, VA 23455

Phone: 757-490-6672

Website: www.sonidaseniorliving.com/the-waterford

Virginia Home for Adults

Address: 2701 Border Rd, Chesapeake, VA 23324

Phone: 757-545-6219

Memory Care Facilities

Atria Virginia Beach

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

Phone: 757-496-8001 **Website:** www.AtriaSeniorliving.com

Chesapeake Place

Address: 1508 Volvo Parkway, Chesapeake, VA 23320

Phone: 757-932-3680

Commonwealth Memory Care of Chesapeake

Address: 130 Great Bridge Blvd., Chesapeake, VA 23320

Phone: 757-436-2109

Auxiliary Grant/Number of beds: No **Total Units:** 13 memory care

Bay Lake Retirement and Assisted Living Community

Address: 4225 Shore Drive, Virginia Beach, VA 23455

Phone: 757-460-8868 **Website:** www.rui.net/bay-lake

Bickford of Virginia Beach

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

Phone: 757-821-0198 (Friends & Family) 757-847-5039 (Pricing & Availability)

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

Brookdale Virginia Beach

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

Phone: 757-216-9022

Website:

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

Harmony at Independence

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

Phone: 757-802-3665

Website: www.harmonyseniorservices.com

Kings Grant House—Commonwealth Senior Living

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

Phone: 757-431-8825 **Website:** www.commonwealthsl.com

Living Well Assisted Living

Address: 2600 Shorehaven Drive, Virginia Beach VA 23454

Phone: 757-690-2744 **Website:** www.livingwellassistedliving.com

Our Lady of Perpetual Help

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

Phone: 757-495-4211 **Website:** www.ourladyperpetualhelp.com

Arden Courts – ProMedica Memory Care

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

Phone: 757-412-1180 **Website:** www.arden-courts.org/virginiabeach

The Terrace at Beth Shalom Village

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

Phone: 757-282-2384 **Website:** www.Bethsholomvillage.com

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 757-385-3200.

Accordius Health at Bay Point 757-481-3321

Atlantic Shores (Seaside Health Center) 757-716-2000

Bayside Health and Rehabilitation Center 757-464-4058

Beth Shalom Home 757-420-2512

Birchwood Park Rehabilitation and Nursing Center 757-340-6611

Colonial Health and Rehab 757-937-7600

Cypress Pointe Rehab and Health Center 757-499-7029 **Kempsville**

Nursing and Rehabilitation Center 757-420-3600 **Lake Taylor**

Transitional Care Hospital 757-461-5001

Senior Services of Southeastern Virginia (Local Ombudsman)

757-461-9481

Norview Heights Rehabilitation and Nursing 757-853-6281

Our Lady of Perpetual Help 757-495-4211

Princess Anne Health and Rehabilitation Center 757-821-7500

Rosemont Health and Rehab 757-901-1580

Thalia Gardens Rehab & Nursing 757-340-0620

Virginia Department of Health Professions (Enforcement Division)

800-533-1560

Virginia Beach Health Care & Rehabilitation Center 757-481-3500

Westminster-Canterbury 757-496-1100

Continuum of Care Facilities(CCRC)

A CCRC 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: 757-716-2000 **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: 757-496-1785 **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

PrimePlus at M.E. Cox Center

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

Phone: 757-625-5857 **Website:** www.primeplus.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 202-708-1112

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 757-227-5932

Virginia Beach Housing Resource Center 757-385-5167

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 757-723-7774

ForKids 757-622-6400

Genieve Battered Women's Shelter 757-925-4365

Salvation Army Men's Shelters 757-543-8100

Housing Crisis Hotline (managed by ForKids, Inc.) 757-587-4202

Regional Housing Crisis Hotline 757-227-5932

Samaritan House 757-430-2120

Seton Youth Shelters 757-963-5795

***HER (Help & Emergency Response) Shelter** 757-485-1445

***Union Mission Ministries** 757-627-8686

*not in Virginia Beach

Home Repair

Virginia Beach Owner-Occupied Rehabilitation Program

Virginia Beach Housing & Neighborhood Preservation
757-385-5750 www.vbgo.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
757-385-5750 www.vbgo.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) 757-385-5750 www.vbgov.com

Leading Age of Virginia 804-965-5500

Virginia Department for the Aging and Rehabilitative Services
Phone: 757-800-552-3402 www.vadars.org

Virginia Housing Development Authority 877-843-2123

Independence Center 757-461-8007

Landlord / Tenant Issues

Virginia Beach Office of Consumer Affairs 757-385-6373

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 are connected to a trained professional, who will 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 757-385-3550
Adult Protective Services (APS) State Hotline (24/7) 1-888-832-3858
Anger Management Classes 757-533-5217
Department for Aging and Rehabilitative Services –
Eastern Region Office – APS Division..... 757-742-3319
Disability Law Center of Virginia 800-552-3962
National Center on Elder Abuse 855-500-3537
www.ncea.acl.gov

Samaritan House 757-631-0710
Senior Services of Virginia (SSSEVA) 757-461-9481
www.ssseva.org
Prevention of Elder Abuse – Chesapeake Sheriff's Victim Witness
Protection Agency 757-382-6883
Virginia Coalition for Prevention of Elder Abuse www.vcpea.org
Virginia Sexual & Domestic Violence Hotline 800-838-8238

Adaptive Equipment / Medical Equipment

101 Mobility 757-448-3029
www.virginiabeach.101mobility.com
Access Partnership 757-502-7400
www.accesspartnership.org
Accessible Remodeling 757-897-0639
American Ramp Systems 800-649-5215
Assistive Technology Loan Fund Authority..... 866-835-5976
www.atlfa.org
Bayside Special Services Library 757-385-2684
Caption Call (free phone for hearing impaired) 877-863-1196
<http://captioncallphone.com>
ChatterVox Voice Amplification System 800-286-3481
Independence Center, Inc. 757-461-8007
FREE Organization of South Hampton Roads 757-771-6183
www.free-foundation.org
GoGreen Mobility 757-287-1827
HearMore www.hearmore.com
International Center for Disability
Resources on the Internet 919-349-6661
www.icdri.org
JM Froehler Construction 757-481-5801
Lions Club (Glasses, Hearing Aids, Etc.)..... 757-301-0555
Med Emporium 757-428-0787
Medical Equipment Distributors 757-498-8225
Mobility Works..... 757-250-5585 or 888-743-3292
www.mobilityworks.com
National Mobility Equipment Dealers Association 800-833-0427
www.nmeda.org
National Seating and Mobility 757-466-1553
PLS Remodelers..... 757-761-0000
www.plsremodelers.com
Portsmouth Naval Hospital Central Supply
(FREE Incontinence Supplies) 757-953-0000

Roberts Home Medical 757-317-5001
 Sentara Home Care Services 757-553-3000
 The Phone Resource
 (amplified phones, large button phones) 866-222-9344
 Tycon Medical 757-640-1709
 U-Step Walker - In Step Mobility Products..... 800-558-7837
 United Way..... 757-853-8500
 Virginia Assistive Technology System 800-435-8490
 WHRO (Services for the blind) 757-889-9400

Adult Day Program

PrimePlus at M.E. Cox Center 757-625-5857
www.primeplus.org/adult-day-services

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..... 757-459-2405
 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 757-434-5162
 Memory Consultation Clinic Glennan Center (EVMS)
 757-446-7040
 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..... 757-340-1441
 Princess Anne Plaza UMC 757-340-5775
 St. Gregory’s Catholic Church Food Pantry & Thrift Store
 757-497-8330

Community Services

AARP 866-542-8269 or 757-625-7001
www.aarp.org
 A Place for Mom..... 757-677-6408
 Access Partnership 757-502-7400
www.accesspartnership.org
 Better Business Bureau 757-531-1300
 Dignity Memorial 800-344-6489
 Fire Department (Administration)..... 757-385-8882

Operation Smoke Detector 757-471-5826
 Home Safety Assessments..... 757-385-1006
 Home Remedy Concierge 757-335-3818
 Let’s Open Doors..... 757-575-5006
www.letsopendoors.net
 Lions Club 757-301-0555
 Mayor’s Commission on Aging 757-385-4581
 MCA Group (Medical Care Advocacy)..... 757-469-3670
 Savvy Senior Connections..... 757-754-2199
 Senior Resource Center 757-385-2175
 Virginia Beach Project Lifesaver 757-385-2742

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 757-456-2366
 UP Center 757-622-7017

Crime Prevention

Operation Lookout Expanded 757-385-1006
 Large View Peepholes 757-385-6757
 Police, Non-Emergency 757-385-5000

Police Precincts:

First Precinct 757-385-4377
 Second Precinct 757-385-2700
 Third Precinct 757-385-2703
 Fourth Precinct..... 757-385-2800
 TRIAD (Virginia Beach Sheriff’s Outreach)..... 757-385-6757
 Virginia Crime Prevention Association 804-318-1270
www.vcpa.org
 Virginia Beach Police Department Crime Prevention Unit 757-385-1006
 Virginia Beach Sheriff’s Office Senior Coordinator..... 757-385-6757

Dental Free/Low Cost

(call for eligibility)

- 211 Information and Referral Search www.211.org
Beach Health Clinic 757-428-5601
<http://beachhealthclinic.org>
Coastal Dental (Mobile Dental) Mark Newman 757-965-5194
Health Resources and Services Administration 888-272-4772
ODU Dental Hygiene Care 757-683-4308
www.odu.edu/dental
The Dental Life Network,
Julie Ericksen, Coordinator 804-523-2182
Tooth Wisdom www.authoritydental.org
Virginia Beach Mercy Dental 757-490-1110
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 757-385-0600

Diabetes

(See Health Information)

Disability Services

(See also Adaptive Equipment)

- Independence Center 757-461-8007
www.independence.org
disAbilityNavigator.org 1-866-393-0957
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

- @Coastal Realty, Scott See, Realtor 757-288-8117
Arrange 757-567-4443
www.arrange.org
Aspinwall Security Storage & Van 757-466-9000
Cindy Caskey, Realtor 757-642-1001
Dayla Brooks Realtor 757-714-2246
Driven 2 Solutions (Quick As-Is Home Buyer) 757-655-1619
Downsize Designers 757-553-6879
Garrett Realty Partners 757-879-2660
Moving On 757-393-1622
Next Chapter Services 757-524-9709

- PLS Remodelers 757-761-0000 www.plsremodelers.com
Time Wise Transitions 757-389-8864
Two Men and a Truck 757-335-6514
Universal Mortgage & Finance, Inc. / Rhonda Branyan.
Reverse Mortgage Specialist 757-303-3397

Driving

- AARP Driver Safety Program 888-687-2277
www.aarp.org/driversafety
Department of Motor Vehicles (DMV) 804-497-7100
www.dmv.virginia.gov
Department for Aging and Handicapped Services
Division for Aging 800-552-3402
www.granddriver.net
Matt Pagels Safe Driving Evaluations 757-692-0973
Senior Driving Solutions 757-472-9727
Sentara Rehab Safe Driving Evaluations 757-252-9420

Education / Lifelong Learning

- Art Studio of the Inner Light
(Art and the Healthy Brain-free art lessons) 757-630-8162
Institute for Learning in Retirement
(ODU Classes for Seniors) 757-756-4861
Senior Resource Center 757-385-2175
www.vbsrc.com
Tidewater Community College 757-822-1111
www.tcc.edu
Virginia Beach Adult Learning Center 757-648-6050
www.adultlearning.vbschools.com
Virginia Beach Public Library 757-385-0150
www.vbgov.com/library
Virginia Beach Parks & Recreation 757-385-1100
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 757-385-8466
Virginia VDEM www.vaemergency.com

Employment

- AARP Senior Employment Service 757-625-7001
Department for Aging &
Rehabilitative Services – (DRS Norfolk Office) 757-451-7101
Independence Center 757-461-8007
www.independence.org
Equal Employment Opportunity
Commission (EEOC) 800-669-4000
Opportunity Inc. 757-461-7537
Ticket to Work Program in Virginia 866-968-7842
www.yourtickettowork.com
Employment Commission (Norfolk Office) 757-455-3960
www.vec.virginia.gov
US Dept. Of Labor, Senior Community
Service Employment Program 1-877-872-5627

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	757-385-3550	
Catholic Charities.....	757-456-2366	www.cceva.org
Consumer Mortgage and Investment Corp.....	757-552-7000	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	757-321-2222	www.jfshamptonroads.org
National Association of Personal Financial Advisors ...	888-333-6659	www.napfa.org
Real Estate Tax Exemption Program	757-385-4385	email: regatvb.gov.com
Securities and Exchange Commission	800-732-0330	www.sec.gov
Senior Services of Virginia (SSSEVA)	757-461-9481	www.ssseva.org
Star of the Sea Catholic Church.....	757-428-8547	
State Corporation Commission.....	800-552-7945	www.scc.virginia.gov
Tidewater Home Funding.....	757-366-8690	
Universal Mortgage & Finance, Inc. / Rhonda Branyan. Reverse Mortgage Specialist	757-303-3397	
UP Center.....	757-622-7017	www.theupcenter.org

Fraud / Consumer Protection

AARP.....	877-908-3360	
APS Hotline.....	888-832-3858	
Call for Action	240-747-0229	www.callforaction.org
Commonwealth's Attorney Office of Consumer Affairs	757-385-8164	
Driver's License Number Misuse	804-497-7100	
FBI , Norfolk Field Office.....	757-455-0100	
Federal Trade Commission Identity Theft Hotline	877-438-4338	
Federal Trade Commission		
Report Fraud.....	ReportFraud.ftc.gov	
Consumer Information.....	consumer.ftc.gov	
Department of Motor Vehicles.....	800-272-9268	www.dmvnow.com
VirginiaDMVZeroFraudHotline.....	877-937-6372	
IRS Income Tax Fraud	800-829-0433	www.irs.gov

Commonwealth of Virginia, Office of the Attorney General Hotline.....	1-804-786-2071	
Department of Medical Assistance Services (DMAS) Fraud & Abuse Referral Hotline (Medicaid Related).....	1-866-486-1971	
Office of the Inspector General - Fraud Hotline.....	800-827-3340 or 1-800-447-8477	
State Fraud, Waste and Abuse Hotline	1-800-723-1615	
TRIAD (Virginia Beach Sheriff's Office).....	757-385-6757	
TRIAD - Crime Prevention.....	757-385-1068 or 757-385-1006	
U.S.PostalInspectionService,Fraud.....	1-800-372-1006	
VA Dept. Of Social Services, Fraud Reporting.....	1-800-552-3431	
VB Office of Commonwealth's Attorney.....	757-385-4401	
Virginia Consumer Protection Hotline.....	800-552-9963	
VA Office of the Attorney General - Medicaid Fraud Control Unit.....	1-800-371-0824	

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.....	757-474-9409	www.virginiacremate.com
Neptune Cremation Service.....	757-997-1441	
State Anatomical Gift Program.....	800-447-1706	OCME.Anatomical@vdh.virginia.gov
Virginia Beach Human Services - Medicaid Indigent Burial Fund	757-385-3200	www.dsf.virginia.gov
Veterans' Assistance Service.....	800-827-1000	

Geriatric Care Managers

(Certified)

Angela Whitlock, BS, CSA, CMC*		
Family Care Senior Solutions	757-399-9700	
Carey Raleigh, MSW, CMC* DARS Certified Geriatric Care Manager	757-742-3319	

*Member, National Association of Professional Geriatric Care Managers

Grandparents Raising Grandchildren

AARP	888-687-2277	www.aarp.org/grandparents
		www.grandfactsheets.org
Catholic Charities of Eastern Virginia Grandparents as Parents Support	757-456-2366	
GrandFamilies.....		grandfamilies.org
Generations United.....	202-289-3979	www.gu.org
IRS (earned Income Tax Evaluations).....	800-829-1040	
Kin and Kids Consulting	757-434-5162	
Raising Your Grandchildren.....	RaisingYourGranchildren.com	
Virginia Beach Human Services SNAP / TANF	757-385-4306	

Health / Disorder Information

AIDS National Hotline	800-448-0440	Muscular Dystrophy Association	757-668-7000 www.mdausa.org
ALS Association.....	800-782-4747 www.als.org	Music for Wellness.....	757-563-3488 www.music4wellness.net
Alzheimer's Disease.....	(See Alzheimer's and Dementia)	National Coalition for Cancer Survivorship.....	888-650-9127 www.canceradvocacy.org
American Cancer Society	800-227-2345 www.cancer.org	National Institute of Health (Center for Complementary & Alternative Medicine).....	888-644-6226 www.nccam.nih.gov
American Council of the Blind.....	800-424-8666	National Institute of Neurological Disorders and Stroke.....	800-352-9424
American Diabetes Association.....	800-342-2383 www.diabetes.org	National Kidney Foundation of Virginia.....	888-543-6398 www.kidney.org
American Heart Association	800-242-8721 www.heart.org	National Stroke Association	800-787-6537
American Lung Association	800-586-4872 www.lung.org	National Suicide Prevention Hotline.....	1-800-273-8255
American Parkinson Disease Association (VA Chapter)	757-495-3062 www.apdaparkinson.org	Parkinson's of Hampton Roads.....	757-495-3062
American Speech, Language, and Hearing Association	800-638-8255	Patient Advocate Foundation	800-532-5274
American Stroke Association.....	757-628-2610 www.strokeassociation.org	The Pleural Mesothelioma Center.....	855-439-6732
Arthritis Foundation.....	1-800-283-7800 www.arthritis.org	Sentara Physician Referral	800-736-8272
Beltone Heard Aid Center.....	757-497-3900	Senior Navigator.....	www.seniornavigator.org
Department for the Blind and Vision Impaired (DBVI).....	800-622-2155	Sickle Cell Association	757- 466-0332 www.sicklecellhrva.org
Brain Injury Association of America.....	800-444-6443 www.biausa.org	Tidewater AIDS Community	www.aidsfund.com
Cancer Care.....	800-813-4673 www.cancercare.org	United Cerebral Palsy.....	800-872-5827...www.ucp.org
CapTel (Captioned Telephones) Local Office.....	757-646-1571	United Way of South Hampton Roads.....	757-853-8500
CapTel (Captioned Telephone).....	1-800-233-9130	Urology of Virginia.....	757-457-5100
Cerebral Palsy of Virginia.....	757-497-7474	Virginia Department for the Deaf and Hard of Hearing.....	1-800-552-7917 www.vddh.org
Center for Disease Control.....	800-232-4636 www.cdc.gov	Virginia Beach Department of Health, Senior Services Program.....	757-518-2682
Chronic Illness Resource Center	www.healingwell.com	Virginia Beach Department of Public Health Information.....	757-518-2700
Clear Captions (Hearing Impaired)	916-459-4751	Vital Records.....	757-518-2671
East West Advocates	805-630-5454	Virginia Managed Care Helpline	800-643-2273
Epilepsy Foundation of Virginia	434-924-8669	Virginia Medicaid Member Helpline.....	804-786-6145
Epilepsy Foundation Helpline.....	800-332-1000 www.epilepsyfoundation.org	Virginia Dept. of Disease Prevention Hotline.....	1-800-533-4148
Health Finder	www.healthfinder.gov		
JenCareSeniorMedicalCenter.....	1-855-845-9333	Home Health Care / Caregiving	
Lee's Friends (Cancer).....	757-440-7501 www.leesfriends.org	AARP (Virginia Office).....	866-542-8164 www.aarp.org/va
Lupus Foundation of America.....	800-558-0121 www.lupus.org	A+AHomeHealth,LLC.....	757-934-3935
Melvin Weinstein Parkinson's Foundation	757-313-9729 www.mwpcf.org	Affinity Home Care	757-309-4580
Multiple Sclerosis Foundation.....	1-888-673-6287 www.msfocus.org	Agape Home Care.....	757-229-6115
National Multiple Sclerosis Foundation	1-800-344-4867 www.nationalmssociety.org	Always Best Care Senior Services.....	757-802-4080
		Amedisys	Chesapeake 757-465-1400 Norfolk 757-466-1340
		Americare Plus	757-499-6477
		Arcadia Home Care.....	757-480-2929
		Best and Dependable.....	757-363-7542

Bon Secours Home Care.....	757-889-4663
BrightStar Healthcare.....	757-227-4047
Care Advantage	757-436-1711
CenterWell Home Health.....	757-499-2303
Changing Tides Home Care.....	757-963-0028
Community Direct Services (respite & home care for intellectually disabled)	757-965-4899
Comfort Care Home Health/Hospice.....	757-312-6460
Comfort Keepers	Virginia Beach 757-689-8189
Companion Care Program, Catholic Charities of Eastern Virginia	757-456-2366
Dailey's Healthcare.....	757-523-5207
Division of Licensing (Complaints/Reports) Enforcement Division (VA Dept.of Health).....	800-533-1560
Embrace Home Care.....	757-321-2222
Enhabit Home Health & Hospice.....	757-226-7560
Ann Mason Home Care.....	757-918-8972
Family Care Senior Solutions.....	757-673-6981
Generations Home Health.....	757-822-6991
Genesys Home Health Care.....	757-961-5243
Hand 'n Heart.....	757-490-1223
Heart of Gold	757-227-3344
Heartland Home Health & Hospice	757-490-9323
Home Instead Senior Care	757-631-7744
Home Helpers	757- 689-5966
Home Remedy Concierge	757-335-3818
Hope In-Home Care	757-455-0030
Immanuel Care	757-547-8400
Interim HealthCare	757-466-1401
Intrepid USA Homehealth.....	800-254-9090
Jewish Family Service	757-489-3111
The Key (formerly SeniorCorp).....	757-640-0557
King Care Home Care	757-241-5076
Labor of Love Total Healthcare	757-689-4205
M & L Care.....	757-456-2273
Maxim Healthcare Services	757- 490-3009
Medi Home Health Palliative Care and Hospice Care	757-420-7192
Montero Home Care	757-490-0124
Personal Touch Home Care & Hospice.....	800-659-0205
Norfolk.....	757-855-1355
Preferred Care at Home.....	757-355-5080
PT 2 GO.....	757-222-2230
Quality Hands and Hearts Home Care.....	757-271-6022
Quality Kare Health Care.....	757-938-5004
RCI Reach – In Home Caregiver Support.....	757-434-5162
ResCare Home Care	757- 459-2360

SeniorCare Advocate, LLC	757-375-8419
Senior Navigator	866-393-0951
Sentara Home Care Services	757-553-3000
Stay at Home Personal Care	757-392-1001
Senior Services of Virginia (SSSEVA)	757-461-4981
Virginia Healthcare Services	757-233-7088
Visiting Angels Home Care.....	757-216-1934
Visiting Physicians (VPA).....	757-853-1380
Virginia Beach Human Services (Companion Services, ALF & Long-Term Care Screenings).....	757-385-3550
Westminster-Canterbury at Home.....	757-496-1653
Virginia Healthcare Services (VHS).....	757-223-1396

Homeopathy/Natural Resources

ARE Edgar Cayce Foundation	757-428-3588
Calming Waves & Halo Therapy & Massage (massage, halo therapy, & wellness)	757-510-5837
Cooking Up Your Best Life.....	757-472-3674 www.lyndsaygutierrez.com
East West Advocates.....	805-630-5454
Health Nut (herbs/vitamins)	757-644-6452
Heritage Natural Market.....	757-428-0500
Holistic Family Practice	757-685-4325
Holistic Touch	757-448-7445
Kangen Water	757-437-2939
Music for Wellness.....	757-563-3488 www.music4wellness.net
Naturopathic Associates	757-510-6864
The Natural Path	757-478-4455
Tidewater Acupuncture and Wellness	757-428-4286
Virginia Beach Farmers Market	757-385-4395

Hospice Programs

Amedisys Hospice.....	757-405-3203
American Hospice Foundation	www.americanhospice.org
Bon Secours Home Health & Hospice.....	757-889-4663
Chesapeake Regional Home Helath & Hospice	757-312-6460
Five Wishes	850-681-2010 www.fivewishes.org
Freda Gordon Hospice & Palliative Care	757-321-2242
Interim Hospice	757-644-6820
Intrepid Hospice	757-499-0872
Kindred Hospice	757-461-0600

Medi Home Health & Hospice	757-420-7192
National Association for Home Care & Hospice	202-547-7424
Personal Touch Home Care & Hospice.....	757-855-1355
Promedica Hospice	757-490-9323
Sentara Hospice Services	757-553-3000
Suncrest Hospice.....	757-832-7001
Trinity Hospice	757-664-9441
Virginia Healthcare Services (VHS).....	757-223-1396
Westminster-Canterbury at Home.....	757-496-1653

Hospitals

Bon Secours	
Harbor View	757-673-5800
Mary Immaculate.....	757-886-6000
Maryview	757-398-2200
Chesapeake Regional Medical Center	757-312-8121
Naval Medical Center (Portsmouth).....	757-953-5000
Sentara	
Heart Hospital	757-388-8000
Independence Hospital (ER only)	757-363-6100
Leigh Hospital.....	757-261-6000
Norfolk General Hospital	757-388-3000
OBICI Hospital	757-934-4000
Princess Anne Hospital	757-507-1000
Virginia Beach General Hospital.....	757-395-8000
Veterans Administration Medical Center (Hampton)...	757-722-9961

Hospital Services and Programs

Bon Secours Help Line.....	757-899-2273
Sentara Community Support Groups and Outreach Programs	1-800-SENTARA
VB Psychiatric Center	757-496-6000

Information & Referral Services

AARP	888-687-2277	www.aarp.org
A Place for Mom.....	757-677-6408	
Caregiver Resources – Caring.com	www.caring.com	
Commonwealth of VA - CommonHelp.....	1-8335225582	
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.....	757-461-8007	www.independence.org
Fire Department Smoke Detectors.....	757-471-5826	
Golden Lifestyle Partners	757-916-7811	

Information Center	Dial 2-1-1	
Mayor's Commission on Aging	757-385-4581	
Medical Care Advocacy Group	757-469-3670	
Next Chapter Services	757-524-9709	
No Wrong Door (Virginia).....	1-888-992-0959	
Public Information Office	Dial 3-1-1	
Senior Living Guide.....	866-245-5276	
Senior Navigator	866-393-0957	
Sentara PACE.....	757-252-7800	
Senior Services of Virginia (SSSEVA)	757-461-9481	
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 Protective Services.....	757-385-3550	
Virginia Department of Public Health	757-518-2700	www.vdh.virginia.gov VB
Virginia Office for Protection & Advocacy	800-552-5019	

Insurance / Long-Term Care Insurance

AARP	888-687-2277
Asil Insurance Group.....	757-692-2202
Consolidated Omnibus Reconciliation Act (COBRA).....	877-279-7959
Insurance Advisors, LLC.....	757-390-4727
Life Policy Shopper	540-226-8715
National Association of Insurance Commissioners.....	816-783-8300
New York Life Insurance.....	757-628-1823
Office of the Managed Care Ombudsman	877-310-6560
Samaritan Insurance Group	757-652-3820
SCC Bureau of Insurance.....	800-552-7945
VICAP Insurance Counseling Assistance Program	800-552-3402
West Insurance Services.....	757-434-6087

Legal Services & Referrals

(See Lawyers/Elder Law in Yellow Pages or Internet)		
Ginny Brown, Esq.	757-965-9210	
Hook Law Center	757-399-7506	www.hooklawcenter.com
Karen Fortier, Esq.	757-631-1900	
Law Office of Angela Manz	757-271-6275	
Legal Aid Hotline	866-534-5243	
Legal Aid Society of Eastern Virginia	757-627-5423	
Legal Aid Society of Virginia	866-534-5243	
National Academy of Elder Law Attorneys.....	703-942-5711	www.naela.org
National Senior Citizens Law Center.....	202-289-6976	
Oast & Taylor	757-452-6200	www.oasttaylor.com
Pender & Coward.....	757-490-3000	
Rack Law, PC.....	757-605-5000	
Senior Services of Virginia (SSSEVA)	757-461-9481	www.ssseva.org

Sodoma Law PLLC.....	757-777-2823
Trust Builders Law Group.....	757-500-5135
Virginia Lawyer Referral Service.....	800-552-7977
VAPublicGuardianshipProgram.....	1-804-588-3989
Wolcott, Rivers & Gates	757-497-6633

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

City of Virginia Beach Human Services
 Nursing Home Screenings 757-385-3550

Medicaid applications/Financial Assistance 757-385-3550, opt. 2
 Senior Services of Southeastern VA 757-461-9481

Medicaid and Medicare

Centers for Medicare and Medicaid Services Baltimore Headquarters	877-267-2323
Logisticare (Medicaid transportation).....	866-810-8305
Medicaid Providers Hotline	800-552-8627
Medicare Service Center.....	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	757-385-3200
Virginia's Dept. of Medical Assistance Services.....	1-804-786-7933
Virginia Medicaid Member Helpline.....	1-804-786-6145
Virginia Insurance Counseling & Assistance (VICAP) 1-800-552-3402	
West Insurance Services.....	757-434-6087

Medical Clinics

(Free / Income-Based)

Beach Health Clinic.....	757-428-5601
JenCare Senior Medical Center.....	757-473-3969
Virginia Beach Department of Public Health	757-518-2700

VB Housing Resource Center Health Clinic.....	757-385-2437
VB Family Medical Center.....	757-425-3610
Southeastern VA Health System Main Line.....	757-380-8709
Virginia Managed Care Helpline.....	1-800-643-2273

Medication Disposal

(24 hours/day, 7 days/week)

Project Lifesaver	757-385-1068
Virginia Beach Non-Emergency Number.....	757-385-5000
Walgreens, Virginia Beach locations: 757-985-3631 or 757-340-8013	

City of Virginia Beach Police Precincts:

First Precinct	757-385-4377
Second Precinct.....	757-385-2700
Third Precinct	757-385-2703
Fourth Precinct	757-385-2800

Medication / Prescription and Supply Delivery

CVS Pharmacy	1-800-746-7287 www.cvs.com
Home Care Delivered, Inc.	800-565-5644
Edgepark.....	1-800-321-0591
Medical Equipment Distributors of Virginia.....	757-498-8225 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
CVS Caremark	800-770-8014
Medicare / Drug Savings Program.....	800-633-4227 www.medicare.gov
Novartis Patient Assistance Program	1-888-669-6682 www.novartis.us
OptumRx/AARP Prescription Discounts	1-877-422-7718
Pharmaceutical Research and Manufacturers of America, Patient Prescription Assistance.....	1-202-835-3400 www.phrma.org
Social Security Administration, Prescription Drug Assist	1-800-772-1213 www.ssa.gov/prescriptionhelp
RX Assist	www.rxassist.org
RX Assistance Prescription Program	888-344-8915
Senior Services of Virginia (SSSEVA)	757-461-4981
United Healthcare / AARP Medicare Supplement....	1-855-867-3881

Mental Health / Substance Abuse Services

American Psychological Association 800-374-2721	www.apa.org
Brain and Behavior Research Foundation	800-829-8289
Catholic Charities of Eastern Virginia	757-456-2366
City of VB Emergency Mental Health Services.....	757-385-0888
City of Virginia Beach Opioid Addiction Warmline	757-402-6190
Depression and Bipolar Support Alliance	800-826-3632 www.dbsalliance.org
Detox Services / Recovery Center	757-385-3111

Ocean Psychiatric Group..... 757-802-4500
 National Alliance on Mental Illness (NAMI)800-950-6264
 www.nami.org
 National Institute of Mental Health866-615-6464
 National Foundation for Depressive Illnesswww.behavenet.com
 National Suicide Prevention Lifeline.....1-800-273-8255
 Riverside Behavioral Health Center 757-827-1001
 Sentara Norfolk General Hospital (Senior Treatment
 Center).....757-388-3000
 Sentara Virginia Beach General (Behavioral Health
 Unit)..... 757-395-8000
 The Farley Center757-280-1283
 Virginia Beach Department of Mental Health / Substance Abuse
 Emergency Services (24/7)..... 757-385-0888
 Senior Outpatient Services (Mental Health)....757-385-8222
 VB Psychiatric Center757-496-6000
 VB Psychiatric Center Lifeline757-627-5433

Nutrition Programs (Meals and / or Food)

City of Virginia Beach Recreation Centers
 - Forever Young Senior Centers.....757-385-1100
 Bayside Recreation Center..... 757-385-5930
 Williams Farm Recreation Center757-385-2950
 Mom's Meals, Meal Delivery Kit for Seniors1-866-762-4018
 No Wrong Door.....1-888-992-0959
 Senior Services of Virginia (SSSEVA) 757-461-9481
 Sentara PACE 757-252-7800,opt.2

Food Banks / Referrals:

Compassion Center Freedom Fellowship 757-428-3277
 Foodbank of Southeastern VA 757-627-6599
 http://foodbankonline.org
 Hope Lutheran Church.....757-424-4848
 Jewish Family Service 757-321-2222
 www.jfshamptonroads.org
 Jewish Community Center (Kosher Meals on Wheels)...757-459-4640
 Judeo-Christian Outreach Center (JCOC)757-491-2846
 Meals on Wheels Virginia Beach757-419-8810
 New Jerusalem C.O.G.I.C. 757-425-8431
 Open Door Chapel (Mon. – Fri.; 10 a.m. -2 p.m. only)757-340-1441
 Potter's House/VB United Methodist Church..... 757-428-7727
 Rock Church.....757-217-2192
 Salvation Army (Hampton Roads)757-965-9012
 Senior Services (Home Delivered Meals).....757-461-9481
 Sentara Mobile Meals.....757-892-5211
 St. Gregory's Catholic Church.....757-497-8330
 Star of the Sea Catholic Church..... 757-428-1244

Supplemental Nutrition Assistance Program SNAP
 (Food Stamps)757-385-3200
 VA Dept. of Social Services SNAP Hotline.....1-800-552-3431
 Virginia Beach Human Services757-385-3200

Personal Emergency Response Services

Bay Alarm Medical1-877-522-9633
 City of VB, Human Services Crisis Response Line..... 757-385-0888
 GetSafe Medical Alert System.....1-888-799-6255
 LifeFone1-800-331-9198
 LifeStation.....1-877-309-8984
 Lively(Medical+FallAlert).....1-866-359-5606
 MedicAlert..... 800-432-5378
 Medical Guardian 800-734-2092
 Medical Alert1-800-800-2537
 Project Lifesaver (VB Police) 757-385-1068
 Sentara Lifeline / Go Safe System.....757-553-3003

Prescription Delivery

(See Medical Supplies / Prescriptions Delivery)

Recreation / Activities / Lifestyle

AARP Active for Life Toll Free)..... 888-687-2277
 Adult Learning Center757-648-6050
 Bingo Palace.....757-431-1448
 City of Virginia Beach Parks & Recreation 757-385-1100
 Bayside Recreation Center..... 757-385-5930
 Bow Creek Recreation Center.....757-385-5960
 Great Neck Recreation Center757-385-5940
 Kempsville Recreation Center..... 757-385-5790
 Princess Anne Recreation Center.....757-385-5950
 Seatack Recreation Center..... 757-385-5920
 Williams Farm Recreation Center757-385-2950
 Edgar Cayce's ARE.....757-428-3588
 Film to Disk Conversions.....757-422-6064
 Honor a Life - Custom Song Creation.....www.honorlifefsong.com
 Little Theater of Virginia Beach 757-428-9233
 Memoirs by Design.....303-885-3790
 Music for Wellness, LLC.....757-563-3488
 Salvation Army, KROC Community Center..... 757-622-5762
 Senior Resource Center Inc..... 757-385-2175
 Senior Services of Southeastern VA(Wellness Classes) 757-963-9209
 Sentara Living 757-736-4677
 Simon Family Jewish Community Center (JCC)757-321-2338
 www.simonfamilyjcc.org
 Spirit of Norfolk.....1-866-304-2469
 Tidewater Arts Outreach.....757-965-5155
 www.tidewaterartsoutreach.org
 Virginia Beach Public Libraries..... 757-385-0150

Virginia Beach Department of
Mental Health / Substance Abuse..... 757-385-0511

Support Groups

Alzheimer's Association - Southeastern VA Chapter...757-459-2405
American Heart Association 800-242-8721
American Lung Association800-586-4872
American Cancer Society 800-227-2345
American Parkinson's Disease of Hampton Roads..... 757-495-3062
Arthritis Foundation.....1-800-283-7800
BereavementSupportGroupatOurLadyofPerpetual
Help..... 757-461-9457
Caregiver Action Network 202-454-3970
Catholic Charities 757-456-2366
Children of Aging Parents1-800-445-8106
Grandparents as Parents757-533-5217
Grandfamilies - Relatives as Program.....757-434-5162
Kids, Kin n' Caregivers, Inc.757-434-5162
Lee's Friends (cancer patients).....757-440-7501
The Lindsay Institute for Innovations in Caregiving....1-866-393-0957
National Multiple Sclerosis Society.....1-800-344-4867
Sentara Healthcare..... 800-SENTARA
VA Caregiver Support Line.....1-855-260-3274

Tax Information

AARP Taxaide..... 888-687-2277
www.aarp.org/taxaide
IRS Refund Hotline 800-829-1954
IRS 800-829-1040
www.irs.gov
IRS Tax Forms and Material..... 800-829-3676
IRS Local Tax Assistance.....757-213-3888
Universal Mortgage & Finance, Inc. / Rhonda Branyan
Reverse Mortgage Specialist757-303-3397
Virginia Beach Commissioner of Revenue
Personal Property/Car Tax Relief..... 757-385-4487
Real Estate Tax Relief.....757-385-4385
State Income 757-385-4483
Real Estate Tax Assessor.....757-385-4601

Transportation Services

American Lifeline Medical Transport *(stretcher only)...757-938-9797
Black & White Cabs (wheelchair)..... 757-855-7528
BrightStar Healthcare (appointments)757-227-4047
Cardinal Ambulance Services *757-594-9800
Coastal Ferry Transport (wheel chair & stretcher service).....757-201-9875
Coastal Ride.....757-853-1899
Colonial Transit (wheelchair, stretcher & long distance)757-565-1966
Common Courtesy Rides.....757-472-9727
www.commoncourtesyrides.org
Delta Medical Transport, Inc. * 757-755-7774

Joint-Use (TCC/VB) Library.....757-822-7800
Bayside Special Services Library.....757-385-2684
Wahab Public Law Library.....757-385-4419
Virginia Beach Visitor Information..... 757-385-7873
Virginia Museum of Contemporary Art.....757-425-0000
YMCA 757-456-9622

Respite Care / Information

ComfortKeepers.....757-689-8189
Catholic Charities of Eastern Virginia,
In-Home Respite Care Program..... 757-456-2366
Ann Mason Home Care.....757-918-8972
The Lipton House Senior Care Home 757-639-4995
Virginia Lifespan Respite Voucher Program1-800-552-3402

Retirement

AARP 888-687-2277
www.aarp.org
Pension Benefit Guaranty Corporation (US Government Agency)
.....1-800-400-7242 or www.pbgc.gov
Social Security Administration.....800-772-1213
www.ssa.gov
USDept of Veterans Affairs - Veterans Benefits..... 800-827-1000
www.va.gov

Senior Newsletters/Newspapers

Senior Advocate 757-645-6364
www.senioradvocate.live
Senior Living Guide..... 877-995-0272
www.seniorlivingguide.com

Senior Rights

Virginia Department of Aging & Rehabilitative Services
Aging Division..... 800-552-3402
www.vda.virginia.gov
Medicare Rights Center800-333-4114
www.medicarerights.org
Virginia Poverty Law Center 804-782-9430
Disability Law Center of Virginia..... 800-552-3962

Substance Abuse

(See also Mental Health/Substance Abuse)
Pathways757-455-8300
Tidewater Area Narcotics Anonymous
.....866-972-5055 or 800-777-1515
Virginia Drug Hotline - Suspected Drug Activity..... 800-553-3673
Tidewater Intergroup Council of Alcoholics Anonymous 757-490-3980

Dependable Transportation, LLC..... 757-536-8127

Endeppence Center.....757-461-8007

Fast Track EMS * 757-347-1226

I-Ride (Senior Services)757-222-4513

Lee's Friends (Cancer Patients)757-440-7501

Life Care Medical Transport *540-752-5883

Logisticare (Medicaid only)..... 866-386-8331

MB Solutions * 757-821-2080

RBF Medical Transportation Services..... 757-210-5179

Para Transit Services - Hampton Roads Transit

 Applications1-877-232-7433

 Scheduling 757-455-8010

Reliance Medical Transport * 757-456-5147

Robbie's Ambulance Service * 757-785-0400

Senior Navigator 866-393-0957

Sentara PACE1-844-757-PACE
www.seniornavigator.org

Senior Services of Southeastern Virginia (SSSEVA)

Reservations 757-222-4513
www.ssseva.org

Shore Transport Services * 757-665-1122

Special Events Providers of Emergency Medicine *757-287-7251

Tidewater Medical Transport * 757-399-0999

Tidewater Medical Transportation

 Ambulatory, w/c, stretcher757-821-2080

 Doctor appointments, errands.....757-558-4050

Yellow Cab (wheelchair) 757-460-0605

*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

Catholic Charities.....757-587-4202

CommonHelp - VA Dept. of Social Services.....855-635-4370

Salvation Army757-543-8100

STOP Inc.....757-858-1360

Virginia Beach Human Services

Energy Assistance Program757-385-3492

United Way..... 757-853-8500

Veterans Resources

Care Connect of Hampton Roads757-271-4270

Department of Veterans Affairs804-786-0286

Tidewater Field Office 757-455-0814
www.dvs.virginia.gov

Hook Law Center 757-399-7506
www.hooklawcenter.com

Honor Flight 757-655-4342

Portsmouth Naval Hospital Central Supply
(FREE Incontinence Supplies) 757-953-0000

STOP Inc.....757-858-1360

Veterans Affairs Homeless Crisis Hotline.....1-877-424-3838

Oast & Taylor.....757-452-6200
www.oasttaylor.com

VA Medical Center.....757-722-9961

Virginia Beach Department of Human Services

Adult Protective Services

 Adult Foster Care, ALF/LTC/Nursing Home Screening

 Companion Services 757-385-3550

Behavioral Health 757-385-0888

Detox Services / Recovery Center757-385-6950

Emergency Services 24/7(Mental Health / Substance Abuse) 757-385-0888

Intellectual Disabilities..... 757-385-0600

Senior Resource Center757-385-2175

Supplemental Nutrition Assistance Program (SNAP)757-385-4306

Vision Impaired

American Foundation for the Blind.....212-502-7600

Bayside Area & Special Services Library.....757-385-2684

Lions Club757-416-3587

TownCenterBlindLionsClub.....800-301-0555

Virginia Department for the Blind and Vision Impaired....800-622-2155

Wagner Macula & Retina Center757-481-4400

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 Services889-5000

Catholic Charities of Eastern Virginia.....757-456-2366

Honor Flight757-655-4342

Little Theater of Virginia Beach757-428-9233

Military Aviation Museum.....757-721-7767

The Salvation Army, Hampton Roads.....757-965-9018

Senior Services of Virginia (SSSEVA)757-222-4529

Sentara Senior Services Volunteers757-395-8760

United Way of South Hampton Roads.....757-853-8500

Virginia Museum of Contemporary Art.....757-425-0000

Virginia Beach Office of Volunteer Resources757-85-4722

Virginia Aquarium.....757-385-0274

VBCERT (Virginia Beach Community
Emergency Response Team).....757-385-2914

Virginia Beach Housing Resource Center757-385-1278

Virginia Beach Human Services757-385-3200

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.....385-868



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