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

Please contact the Mayor’s Commission on Aging to add resources or make corrections at 757-385-4581.
## Table of Contents

- Abuse, Neglect, and/or Exploitation ................................................................. 1
- Adaptive Equipment/Medical Equipment .......................................................... 1
- Adult Day Care ........................................................................................................ 1
- Alzheimer’s and Dementia .................................................................................... 2
- Alzheimer’s Care Communities ............................................................................. 2
- Assisted Living ........................................................................................................ 2
- Care Giving ............................................................................................................ 2
- Care Management .................................................................................................. 3
- Clothing Resources ............................................................................................... 3
- Community Services ............................................................................................. 3
- Consumer Information/Complaints ....................................................................... 3
- Consumer Protection ............................................................................................ 3
- Credit Counseling .................................................................................................. 3
- Crime Prevention .................................................................................................... 3
- Developmental Services ......................................................................................... 3
- Diabetes ................................................................................................................ 3
- Disability Services ................................................................................................. 3
- Driving ................................................................................................................... 4
- Emergency Preparedness ....................................................................................... 4
- Employment ........................................................................................................... 4
- Financial Services .................................................................................................. 4
- Fraud/Consumer Protection ................................................................................... 5
<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Funeral Homes and Funeral Planning</td>
<td>5</td>
</tr>
<tr>
<td>Geriatric Care Managers</td>
<td>5</td>
</tr>
<tr>
<td>Grandparents Raising Grandchildren</td>
<td>5</td>
</tr>
<tr>
<td>Health / Disorder Information</td>
<td>5</td>
</tr>
<tr>
<td>Home Health Care / Caregiving</td>
<td>7</td>
</tr>
<tr>
<td>Homeless Services / Shelters</td>
<td>7</td>
</tr>
<tr>
<td>Hospice Programs</td>
<td>8</td>
</tr>
<tr>
<td>Hospitals</td>
<td>8</td>
</tr>
<tr>
<td>Hospital Services and Programs</td>
<td>8</td>
</tr>
<tr>
<td>Housing Assistance</td>
<td>8</td>
</tr>
<tr>
<td>Independent Living / Retirement &amp; Senior Communities</td>
<td>8</td>
</tr>
<tr>
<td>Information and Referral Services</td>
<td>9</td>
</tr>
<tr>
<td>Insurance / Long Term Care Insurance</td>
<td>9</td>
</tr>
<tr>
<td>Legal Services and Referrals</td>
<td>9</td>
</tr>
<tr>
<td>Long Term Care</td>
<td>10</td>
</tr>
<tr>
<td>Meals / Food</td>
<td>10</td>
</tr>
<tr>
<td>Medicaid and Medicare</td>
<td>10</td>
</tr>
<tr>
<td>Medical Equipment</td>
<td>10</td>
</tr>
<tr>
<td>Medication / Prescription and Supply Delivery</td>
<td>10</td>
</tr>
<tr>
<td>Medication / Prescription Assistance</td>
<td>10</td>
</tr>
<tr>
<td>Mental Health / Substance Abuse Services</td>
<td>11</td>
</tr>
<tr>
<td>Nursing Homes and Rehabilitation Centers</td>
<td>11</td>
</tr>
<tr>
<td>Nutrition Programs (Meals and/or Food)</td>
<td>11</td>
</tr>
</tbody>
</table>
Personal Emergency Response Services .......................................................... 12
Prescription Delivery ...................................................................................... 12
Recreation ........................................................................................................ 12
Respite Care ..................................................................................................... 12
Retirement .......................................................................................................... 12
Retirement Housing (Independent Living) ......................................................... 13
Senior Newsletters/Newspapers ...................................................................... 13
Senior Rights ..................................................................................................... 13
Special Needs Registry ..................................................................................... 13
Substance Abuse ............................................................................................... 13
Support Groups ................................................................................................. 13
Tax Information .................................................................................................. 13
Transportation Services ..................................................................................... 14
Utility Assistance ............................................................................................... 14
Veteran’s Affairs ................................................................................................ 14
Virginia Beach Department of Human Services (Programs) ............................. 14
Volunteering ....................................................................................................... 14
Voting .................................................................................................................. 14
When you dial 2-1-1 in Virginia, you will be connected to a trained professional, who can provide fast, free, confidential referrals to a wide variety of health and human services.

**Abuse, Neglect, and/or Exploitation**
- Abuse Alternatives: 423-764-2287
- Adult Protective Services (VB): 385-3550
- Adult Protective Services State Hotline: 888-832-3858
- Anger Management Classes: 533-5217
- Citizens’ Committee to Protect the Elderly: 518-8500
- National Center on Elder Abuse: 888-832-3858 [www.nceea.aao.gov](http://www.nceea.aao.gov)
- Samaritan House: 631-0710
- Senior Services of Va. (SSSEVA): 461-9481 [www.ssseva.org](http://www.ssseva.org)
- Prevention of Elder Abuse – Chesapeake Sheriff’s Victim Witness Protection Agency: 382-6883
- VA Family Violence Hotline: 800-838-8238
- VA Coalition for Prevention of Elder Abuse: [www.vcpea.org](http://www.vcpea.org)
- VA Office on Protection and Advocacy: 800-552-3962
- Virginia Sexual & Domestic Violence Hotline: 800-838-8238

**Adaptive Equipment/Medical Equipment**
- Accessible Remodeling: 897-0639
- American Ramp Systems: 800-649-5215
- Assistive Technology Loan Fund Authority: 866-835-5976 [www.atlfa.org](http://www.atlfa.org)
- ChatterVox Voice Amplification System: 800-286-3481
- Endependence Center, Inc.: 461-8007
- Housing and Neighborhood Pres.: 385-5750
- International Center for Disability Resources on the Internet: 919-349-6661 [www.icdri.org](http://www.icdri.org)
- JM Froehler Construction: 481-5801
- Lions Club: 416-3587
  (Glasses, Hearing Aids, Special Needs Equipment)
- Med Emporium: 428-0787
- Medical Equipment Distributors: 498-8225
- Mobility Supercenter: 201-7495 [www.mobilityva.com](http://www.mobilityva.com)
- National Mobility Equipment Dealers: 800-833-0427 [www.nmeda.org](http://www.nmeda.org)
- Ramps Across America: 327-0696 [www.rampsacrossamerica.org](http://www.rampsacrossamerica.org)
- National Seating and Mobility: 466-1553
- Renovations for Life: 650-4457
- Roberts Home Medical: 622-0908
- Sentara Home Medical Equipment: 553-3000
- Shirley Confino-Rehder, CID: 625-0969 [www.univdesign.com](http://www.univdesign.com)
- The Rascal Company (scooters)
  - Toll-Free: 800-662-4548
  - Hampton Roads: 343-4805
  - VA Support: 800878-3855 [www.therascalcompany.com](http://www.therascalcompany.com)
- The Phone Resource (amplified phones, large button phones): 866-222-9344
- U-Step walking Stabilizer: 800-558-7837
- VA Assistive Technology System: 800-435-8490
- WHRO (Services for the blind): 889-9400
- Woodrow Wilson (Home Modification): 540-332-7117

**Adult Day Care**
- M. E. Cox Center: 340-4388
- Out & About, LLC – Personalized Day Respite: 577-2147
- Senior Services of Va. (SSSEVA): 461-9481 [www.ssseva.org](http://www.ssseva.org)
- Sentara PACE: 736-4677
- Sentara Adult Day: 736-4677
### Alzheimer’s and Dementia

<table>
<thead>
<tr>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP</td>
<td>888-687-2277, <a href="http://www.aarp.org">www.aarp.org</a></td>
</tr>
<tr>
<td>ADEAR</td>
<td><a href="http://www.alzheimers.org">www.alzheimers.org</a></td>
</tr>
<tr>
<td>Alzheimer’s Association</td>
<td>800-272-3900</td>
</tr>
<tr>
<td>Alzheimer’s Association of Southeastern VA</td>
<td>459-2405</td>
</tr>
<tr>
<td>Alzheimer’s Disease Education &amp; Referral Center</td>
<td>800-438-4380</td>
</tr>
<tr>
<td>Dementia Advocacy and Support Network</td>
<td></td>
</tr>
<tr>
<td>Glennan Center (EVMS)</td>
<td>446-7040</td>
</tr>
<tr>
<td>Family Caregiver’s Alliance</td>
<td>800-445-8106, <a href="http://www.caregiver.org">www.caregiver.org</a></td>
</tr>
</tbody>
</table>

### Alzheimer’s Care Communities

<table>
<thead>
<tr>
<th>Community</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allzwell Assisted Living (Ches)</td>
<td>436-2109</td>
</tr>
<tr>
<td>Atria</td>
<td>496-8001</td>
</tr>
<tr>
<td>Bay Lake</td>
<td>460-8868</td>
</tr>
<tr>
<td>Cedar Manor (Ches)</td>
<td>548-4192</td>
</tr>
<tr>
<td>Chesapeake Place (Ches)</td>
<td>548-4795</td>
</tr>
<tr>
<td>Churchland House* (Ports)</td>
<td>483-1780</td>
</tr>
<tr>
<td>Clare Bridge</td>
<td>493-9535</td>
</tr>
<tr>
<td>Commonwealth Memory Care at Norfolk*</td>
<td>588-4663</td>
</tr>
<tr>
<td>Dominion Village of Chesapeake</td>
<td>487-9400</td>
</tr>
<tr>
<td>Dominion Village at Poquoson</td>
<td>868-0335</td>
</tr>
<tr>
<td>Dominion Village at Williamsburg</td>
<td>258-3444</td>
</tr>
<tr>
<td>Georgian Manor* (Ches)</td>
<td>436-9618</td>
</tr>
<tr>
<td>Harbor’s Edge (Norfolk)</td>
<td>616-7950</td>
</tr>
<tr>
<td>Lake Prince Woods (Suffolk)</td>
<td>923-5500</td>
</tr>
<tr>
<td>Morningside of Newport News</td>
<td>890-0905</td>
</tr>
<tr>
<td>Morningside of Williamsburg</td>
<td>221-0018</td>
</tr>
<tr>
<td>Our Lady of Perpetual Help</td>
<td>495-4211</td>
</tr>
<tr>
<td>Pacifica Senior Living</td>
<td>490-6672</td>
</tr>
<tr>
<td>Province Place of Depaul</td>
<td>451-2400</td>
</tr>
<tr>
<td>Province Place of Maryview</td>
<td>686-9100</td>
</tr>
<tr>
<td>Terrace at Beth Sholom Village</td>
<td>282-2384</td>
</tr>
<tr>
<td>The Memory Center</td>
<td>412-1180</td>
</tr>
</tbody>
</table>

*Indicates acceptance of Alzheimer’s Waiver

### Assisted Living

<table>
<thead>
<tr>
<th>Community</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abundant Care Assisted Living*</td>
<td>519-9100</td>
</tr>
<tr>
<td>Acredale Assisted Living</td>
<td>962-7218</td>
</tr>
<tr>
<td>Assisted Living at Prichard Rd.* (female only)</td>
<td>340-8509</td>
</tr>
<tr>
<td>Atria Virginia Beach</td>
<td>496-8001</td>
</tr>
<tr>
<td>Ballentine Manor* (Norfolk)</td>
<td>627-1155</td>
</tr>
<tr>
<td>Bay Lake Retirement Community</td>
<td>460-8868</td>
</tr>
<tr>
<td>Clare Bridge</td>
<td>493-9535</td>
</tr>
<tr>
<td>First Colonial Inn</td>
<td>428-2884</td>
</tr>
<tr>
<td>Golden Living Center</td>
<td>498-0187</td>
</tr>
<tr>
<td>Harbor Way – Atlantic Shores</td>
<td>716-2150</td>
</tr>
<tr>
<td>Hills Home for Adults* (Ches)</td>
<td>545-8797</td>
</tr>
<tr>
<td>Hope Haven Adult Home*</td>
<td>427-3809</td>
</tr>
<tr>
<td>Indian River Residential* (Ches)</td>
<td>523-4659</td>
</tr>
<tr>
<td>Kings Grant House</td>
<td>431-8825</td>
</tr>
<tr>
<td>Madonna Home* (Norfolk)</td>
<td>623-6662</td>
</tr>
<tr>
<td>Marion Manor*</td>
<td>456-5018</td>
</tr>
<tr>
<td>Our Lady of Perpetual Help</td>
<td>495-4211</td>
</tr>
<tr>
<td>Pacifica Senior Living</td>
<td>490-6672</td>
</tr>
<tr>
<td>Parsons Residential Care* (Ches)</td>
<td>487-0487</td>
</tr>
<tr>
<td>Sentara Village* Virginia Beach</td>
<td>736-4677</td>
</tr>
<tr>
<td>Shepherd’s Village* (Norfolk)</td>
<td>625-1877</td>
</tr>
<tr>
<td>Terrace at Beth Sholom Village</td>
<td>282-2384</td>
</tr>
<tr>
<td>The Gardens of Virginia Beach</td>
<td>499-4800</td>
</tr>
<tr>
<td>Thornton Hall* (Norfolk)</td>
<td>853-6281</td>
</tr>
</tbody>
</table>

*Indicates acceptance of Auxillary Grant

### Care Giving

(See Home Health Care and Support Groups)
**Care Management**  
(See Senior Citizens Services and Health Organizations in the Yellow Pages)

**Clothing Resources**  
Catholic Charities HELP Project  
CARES Program 490-4931  
Open Door Chapel 340-1441  
Princess Anne Plaza UMC 340-5775  
St. Gregory’s Catholic Church 497-8330  
Food Pantry & Thrift Store

**Community Services**  
Better Business Bureau 531-1300  
Crisis/Suicide Prevention 622-1126  
Fire Department (non-emergency) 385-5000  
Fire Department (Administration) 385-4228  
“Operation Smoke Detector”  
-Fire Alarms 471-5826  
Home Safety Assessments 385-1006  
Mayor’s Commission on Aging 385-4581  
Medication Disposal  
Police Precincts:  
First Precinct 385-4377  
Second Precinct 385-2700  
Third Precinct 385-2703  
Fourth Precinct 385-2800  
Mental Health of VB (CSB) 385-0888  
Project Lifesaver 385-2742  
United Way 853-8500  
Lions Club (See Adaptive Equipment)

**Consumer Information/Complaints**  
Federal Trade Commission 877-382-4357  
www.ftc.gov  
Office of the Attorney General (Consumer Complaints) 804-786-2042  
www.oag.state.va.us  
Telemarketing Calls 888-382-1222  
www.donotcall.gov  
VA Office of Consumer Protection 800-552-9963  
www.oag.state.va.us/consumerprotection  
VB Office of Consumer Affairs 385-6373

**Consumer Protection**  
(See Fraud/Consumer Protection)

**Credit Counseling**  
Catholic Charities 456-2366  
UP Center 622-7017

**Crime Prevention**  
National Crime Prevention Council 202-466-6272  
www.ncpc.org  
Police, Non-Emergency 385-5000  
Police Precincts:  
First Precinct 385-4377  
Second Precinct 385-2700  
Third Precinct 385-2703  
Fourth Precinct 385-2800  
TRIAD 385-1068  
VA Crime Prevention Association 804-318-1270  
www.vcpa.org  
VB Police Dept. Crime Prevention Unit 385-1006

**Developmental Services**  
VB Developmental Services Division 385-0600

**Diabetes** (See Health Information)

**Disability Services**  
(See also Adaptive Equipment)  
Endepleness Center 461-8007  
www.endepleness.org  
VA Board for People with Disabilities 800-846-4464  
www.vaoboard.org  
VA Department of Rehabilitative Services 800-552-5019  
www.vadrs.org  
VA Disability Services www.vadsa.org
Driving
AARP Driver Safety Program 888-227-7669
www.aarp.org/drive
Department of Motor Vehicles (DMV) 804-497-7100
www.dmvnow.com
Glennan Center / Driver Evaluation Program 446-7040
GrandDriver.net 800-552-3402
www.granddriver.net

Emergency Preparedness
FEMA 800-621-3362
www.ready.gov
Red Cross www.redcross.org
Southeastern Virginia Chapter
Special Needs Registry for Hampton Roads Region 420-8300 or 390-2578 (TTY)
http://hrspecialneeds.org
email: specialneeds@hrpdcva.gov
VB Emergency Management 385-8466
www.vbgov.com/residents/emergency-preparedness/pages/default.aspx
Virginia VDEM www.vaemergency.com

Employment
AARP Senior Employment Service 625-7001
Endependence Center 461-8007
www.endependence.org
Equal Employment Opportunity Commission (EEOC) 800-669-4000
Ticket to Work Program in VA 866-968-7842
www.yourtickettowork.com
Employment Commission 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
Communities Against Senior Exploitation (CASE – Educational Seminars) 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
Financial Planning Association 800-282-7526
www.fpanet.org
IRS Tax Assistance 800-829-1040
www.irs.gov
IRS Tax Forms and Material 800-829-3676
IRS Refund Hotline 800-829-1954
Jewish Family Services 459-4640
www.jfshamptonroads.org
National Association of Personal Financial Advisors 888-333-6659
www.napfa.org
National Credit Union 800-827-9650
www.ncua.gov
Real Estate Tax Exemption Program 385-5727
Securities and Exchange Commission 800-732-0330
www.sec.gov
Senior Services of Va. (SSSEVA) 461-9481
www.ssseva.org
Star of the Sea Catholic Church 428-8547
www.staroftheseaparish.com
State Corporation Commission 800-552-7945
www.scc.virginia.gov
UP Center 622-7017
www.theupcenter.org
TowneBank Mortgage 687-5000
www.townebankmortgage.com
Waddell & Reed 431-2929 ext. 108
www.waddell.com
**Fraud/Consumer Protection**

Call for Action  [www.callforaction.org](http://www.callforaction.org)

Driver’s License Number Misuse  
804-497-7100  
[www.dmv.state.va.us](http://www.dmv.state.va.us)

FBI  455-0100

Federal Trade Commission  877-438-4338  
[www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)

IRS Income Tax Fraud  800-829-0433  

Medicaid Fraud (MCFU)  800-371-0824

Office of the Attorney General Hotline  804-786-2042

Office of Consumer Affairs (VB)  385-6373

Office of Inspector General  
Medicare Fraud  800-447-8477  
Social Security Fraud  800-269-0271

State Office of Consumer Protection  800-552-9963

US Postal Service Fraud  800-372-8347  
[www.upsp.gov](http://www.upsp.gov)

VA Dept. for the Aging  800-552-3402  
[www.aging.state.va.us](http://www.aging.state.va.us)

---

**Funeral Homes and Funeral Planning**

(See Funeral in the Yellow Pages)

Board of Funeral Directors and Embalmers  804-367-4479

Cremation Society of Virginia  804-355-3360  
[www.virginiacremate.com](http://www.virginiacremate.com)

State Anatomical Gift Program  800-447-1706

Email: OCME.Anatomical@vdh.virginia.gov

VB Dept. Human Services - Medicaid  385-3200

Indigent Burial Fund  385-3200

Veterans’ Assistance Service  800-827-1000

---

**Geriatric Care Managers**

Peg Neejer Duffy, AS, BA, RN*  
Virginia Geriatric Care  460-5885

Marilyn Fall, MS, RN, BC, CMC  
ElderCare at Home and the Caregivers  464-4800

Carey Raleigh, MSW, CMC  
DARS Adult Services Consultant  491-3983

Clare Krell, LSW*  
Jewish Family Services of Tidewater  321-2222

Sharon Rosenbaum, MSW, CMC  
Jewish Family Services of Tidewater  321-2222

Christine Warfel, BA, CSA, CMC*  
Family Care Senior Solutions  223-9480

Angela Whitlock, BS, CSA, CMC*  
Family Care Senior Solutions  399-9700

*Member, National Association of Professional Geriatric Care Managers

---

**Grandparents Raising Grandchildren**

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

Catholic Charities  533-5217  
(Grandparents as Parents Support)

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

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

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

IRS  800-829-1040

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

VB Dept of Human Services  
Food Stamps  385-3200  
TANF  385-3200

---

**Health / Disorder Information**

AIDS/HIV Resource Center  

AIDS National Hotline  800-448-0440

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

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

American Cancer Society  800-227-2345  
[www.cancer.org](http://www.cancer.org)
American Council of the Blind 800-424-8666
American Diabetes Association 800-342-2383
www.diabetes.org
American Heart Association 800-242-8721
www.americanheart.org
American Lung Association 804-955-4910
www.lungsusa.org
American Parkinson Disease Association 495-3062
www.apdaparkinson.org
American Speech, Language, and Hearing Association 800-638-8255
American Stroke Association www.strokeassociation.org
Arthritis Foundation 456-1119
Beach Health Clinic 428-5601
Better Hearing Institute 800-327-9355
Blind and Vision Impaired 800-622-2155
Brain Injury Association 800-444-6443
www.biausa.org
Brain Injury Association of VA 800-334-8443
Cancer Care 800-813-4673
www.cancercare.org
Cerebral Palsy of Southern and Central Virginia 497-7474
Center for Disease Control 800-232-4636
www.cdc.gov
Deaf and Hard of Hearing 800-552-7917
Epilepsy Foundation of VA 434-924-8669
Epilepsy Foundation 800-332-1000
www.epilepsyfoundation.org
Health Finder www.healthfinder.gov
Lee’s Friends (Cancer) 440-7501
www.leesfriends.org
Lupus Foundation of America 490-2793
www.lupus.org
Melvin Weinstein Parkinsons Foundation 313-9729
www.mwpf.org
Multiple Sclerosis Foundation 800-225-6495
www.msfacts.org
Multiple Sclerosis Society 490-9627
www.nmss.org
Muscular Dystrophy Association 420-3172
www.mdausa.org
National Coalition for Cancer Survivorship 888-650-9127
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 Association 800-787-6537
www.stroke.org
Parkinson’s of Hampton Roads 495-3062
Patient Advocate Foundation 800-532-5274
Sentara Physician Referral 800-736-8272
Sickle Cell Association 466-0332
www.sicklecellhrva.org
Tidewater AIDS Community 583-1317
www.aidsfund.com
United Cerebral Palsy 800-872-5827
www.ucp.org
United Way of South Hampton Roads 853-8500
VA Dept. of Health Information 518-2700
Vital Records 518-2671
Home Safety Inspections 518-2763
Hotline (HIV/AIDS/STD/HEP C) 800-533-4148
VA Dept. of Medical Assistance Services Provider Helpline 800-552-8627
Managed Care Helpline 800-643-2273
www.dmas.virginia.gov
**Home Health Care / Caregiving**

Always Best Care 802-4080
Amedisys - Chesapeake 465-1400
Amedisys – Norfolk 466-1340
American Home Care (an Encompass Company) 391-4088
Americare Plus 499-6477
Angel Care Private Duty Nursing Services 480-2929
www.angelcare-llc.com
Arcadia Home Care 497-6459
www.arcadiahomecare.com
A.T. Home Care 747-0785
Best and Dependable 363-7542
Bon Secours Home Care 889-4663
www.bonsecourshamptonroads.com
BrightStar Healthcare 227-4047
www.BrightStarCare.com
Care Advantage 436-1711
Community Direct Services (respite & home care for intellectually disabled) 965-4899
Chesapeake Home Health/Hospice 312-6460
Comfort Keepers Virginia Beach 689-8189
Comfort Keepers North VB 431-3730
www.comfortkeepers.com/northvirginia
Elder Care at Home, Inc and The Caregivers 464-4800
Family Care Senior Solutions 673-6981
Genesys Home Health Care 961-5243
Gentiva Health Services 499-2303
Hand’ n Heart 490-1223
Health Horizons 518-2800
Heartland Home Health & Hospice 490-9323
Home Instead Senior Care 631-7744
Hope In-Home Care 455-0030
Interim Care 547-8400
Interim HealthCare 466-1401
Intrepid USA Homehealth 800-254-9090
Jewish Family Services 489-3111
Karya Home Care 705-6743
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
Personal Touch Home Care & Hospice 595-2813
Quality Hands and Hearts Home Care 271-9074
ResCare Home Care 459-2360
Seniorcorp 640-0557
www.seniorman.com
Senior Navigator www.seniorman.com
Sentara Home Care Services 553-3000
www.sentara.com/homecare
Stay at Home Personal Care 392-1001
Virginia Healthcare Services 233-7088
www.va-hcs.com
VB Dept. of Human Services 385-3550
Companion Services
Long Term Care Screenings

**Homeless Services / Shelters**

Domestic Violence Hotline 723-7774
Dwelling Place 624-9879
Genieve Battered Women’s Shelter 925-4365
Lighthouse Center (VOA) 437-4911
Judeo Christian Outreach Center/Shelter 491-2846
Salvation Army Men’s Shelters 543-8100
Salvation Army Women’s Shelter 543-8100
Samaritan House 430-2120
The Haven 622-6400
Union Mission 623-0642
VB Dept. of Human Services 385-3205
Decrypt House, Inc. 724-8614
Volunteers of America (VOA) 437-4911
Day Support (showers, laundry, food)
Winter Shelter (October – April)
YWCA of South Hampton Roads 625-4248
**Hospice Programs**

American Hospice Foundation
www.americanhospice.org
Bon Secours Hospice 889-4663
Chesapeake Regional Homecare & Hospice 312-6464
Compassionate Care Hospice 405-3203
Five Wishes 888-594-7437
Gentiva Hospice 461-0600
Heartland Home Health & Hospice 490-9323
Hospice Association of America www.nahc.org
Medi Home Health & Hospice 420-7192
National Hospice Organization 800-658-8898
www.nho.org

Personal Touch Home Care & Hospice 855-1355
Sentara Hospice Services 553-3000

**Hospitals**

Bon Secours – DePaul 886-6633
Bon Secours – Maryview 398-2200
Chesapeake Regional Medical Center 312-8121
Portsmouth Naval Hospital 953-5000
Sentara Heart Hospital 388-8000
Sentara Independence Hospital 363-6100
Sentara Leigh Hospital 261-6000
Sentara Norfolk General Hospital 388-3000
Sentara OBICI Hospital 934-4000
Sentara Princess Anne Hospital 507-0000
Sentara VB General Hospital 395-8000
Veterans Administration Medical Center (VAMC) 722-9961

**Hospital Services and Programs**

Bon Secours Occupational Medicine 622-8633
Sentara Community Support Groups and Outreach Programs 800-736-8272
VB Psychiatric Center 496-6000

**Housing Assistance**

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

**Independent Living / Retirement & Senior Communities**

Atlantic Shores 716-2000
Chesapeake Crossing 494-0941
Cogic Highrise Apts. (Norfolk) 622-2513
Colonial Harbor 369-8305
Colony Pines Apartments 340-1251
Commons at Chesapeake 436-2699
Commons at Greenwood (Ports) 465-9007
Commons at Princess Anne 490-7001
First Colonial Inn 428-2884
Harbor’s Edge 616-7950
Hidenwood (Newport News) 930-1075
Holland House 498-9225
Jamestown Commons 361-6900
John Knox Towers (Norfolk) 622-5443
Lake Prince Woods Retirement Community (Suffolk) 923-5529
Lighthouse Pointe (Chesapeake) 382-4911
Luther Manor 463-3510
Lynnhaven Cove 467-4000
Russell House 481-0770
Silver Hill at Great Neck 481-0055
Silver Hill at Town Center 431-2290
Stonebridge Manor (Norfolk) 857-1351
Sullivans House 563-9955
The Sands 420-0891
The Talbot on Granby (Norfolk) 451-5100
Tidewater Senior Apartments (Newport News) 265-1472
Victoria Place 313-2323
Wesleyan Place 473-1490
Westminster-Canterbury 496-1100

Information and Referral Services
AARP 888-687-2277  www.aarp.org
A Place for Mom 857-0796
(free eldercare advice and referrals)  www.aplaceformom.com
Citizens Committee to Protect the Elderly 518-8500
Elder Care Locator 800-677-1116  www.eldercare.gov
Endependence Center 461-8007  www.endependence.org
Fire Department Smoke Detectors 471-5826
Information Center  Dial 2-1-1
Mayor’s Commission on Aging 385-4581
Public Information 311
Senior Navigator 866-393-0957  www.seniornavigator.org
Senior Services of Va. (SSSEVA) 461-9481
VA Dept. for Social Services 800-230-6977  www.dss.state.va.us
VA Dept. for the Aging 800-552-3402
VB Dept. Human Services/Adult Services 385-3550
VA Dept. of Public Health 518-2700  www.vda.state.va.us
VA Office for Protection and Advocacy 800-552-3962  www.vopa.state.va.us
VB Public Information Office 311

Insurance / Long Term Care Insurance
AARP 888-687-2277  www.aarp.org
Consolidated Omnibus Reconciliation Act  (COBRA) 877-279-7959  www.cobrainsurance.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
VA SCC Bureau of Insurance 800-552-7945  www.scc.virginia.gov
VICAP Insurance Counseling Assistance Program 800-552-3402
Waddell & Reed 431-2929 ext. 108

Legal Services and Referrals
(See Lawyers/Elder Law in the Yellow Pages)
Ginny Brown, PC 965-9210  www.vebrownpc.com
Hook Law Center 399-7506  www.hooklawcenter.com
Karen Fortier, PC 631-1900
Law Office of Angela Manz 271-6275
Legal Aid Hotline 866-534-5243
Legal Aid Society of Eastern VA 552-0026
Legal Aid Society of VA 627-3232
National Academy of Elder Law Attorneys 703-942-5711  www.naela.com
National Senior Citizens Law Center 202-289-6976  www.nsclc.org
Oast & Taylor 452-6200  www.oasttaylor.com
Rack & Olansen 605-5000  www.racklaw.com
Senior Legal Services 340-6100
Senior Services of Va. (SSSEVA) 461-9481  www.ssseva.org
VA Lawyer Referral Service 800-552-7977
Wolcott, Rivers & Gates 644-4203  www.wolcottriversgates.com
**Long Term Care**
*(See also Nursing & Rehabilitation; See also Home Health Care / Caregiving Services)*

- AARP 888-681-2277
  - www.aarp.org
- Citizen’s Committee to Protect the Elderly (CCPE) 518-8500
  - www.citizenscommittee.org
- Medicaid (DMAS) 804-786-7933
  - www.dmas.virginia.gov
- National Association of Professional Geriatric Care Managers 520-881-8008
  - www.caremanager.org
- VA Dept. of Medical Assistance (DMAS) (Medicaid) 804-786-7933
  - www.dmas.virginia.gov
- VB Dept. of 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
  - Medicare Service Center 800-633-4227
  - Report Medicare Fraud 800-447-8477
  - www.cms.hhs.gov
- Logisticare (Medicaid transportation) 866-386-8331 (opt. #1)
  - www.logisticare.com/
- Medicaid Providers Hotline 800-552-8627
- Medicare Quality Improvement 800-633-4227
  - www.vhqc.org
- Medicare/Medicaid Fraud 800-938-8885
  - www.stopmedicarefraud.gov/fraud/
- VA Managed Care Hotline 800-643-2273
- VB Dept. of Human Services 385-3200

**Medication / Prescription and Supply Delivery**

- Bayview Plaza Pharmacy 583-7466
- Home Care Delivered, Inc. 800-565-5644
  - www.homecaredelivered.com
- Kmart
  - Constitution Drive 497-0389
  - First Colonial 437-2681
- Liberty Medical 866-342-2383
- Medical Equipment Distributors of Virginia 498-8225
  - www.medva.net
- Universal Drugstore 866-291-5551
  - www.universaldrugstore.com
- Walgreens
  - Centerville Tpke 479-5583
  - Holland Road 306-9255
  - Independence Blvd 519-9877
  - Indian River Road 467-0953
  - Lynnhaven Pkwy 471-4998
  - Nimmo Pkwy 427-1655
  - Shore Drive 460-1290
  - Virginia Beach Blvd 340-8013
  - Wesleyan Drive 557-0205

**Medication / Prescription Assistance**

- AARP Medication Benefits 888-687-2277
  - www.aarp.org/prescriptiondrugs
- AARP/Medicare Rx Plans 866-255-4835
  - www.aarp.medicarerx.com
- Discount Meds Network 888-334-0144
- Drug Discount Cards 800-633-4227
  - www.medicare.gov
- Financial Assistance for Prescriptions
  - http://www.disabilityresources.org
- Free Medication Foundation
  - www.freemedicinefoundation.com
- Medication/Prescription Assistance 385-3214
- Medicine Program
  - http://www.themedicineprogram.com/
- Novartis Patient Assistance Program
  - www.NovartisCarePlan.com
- Pharmaceutical Research and Manufacturers of America 385-3214
  - www.phrma.org

**Medical Equipment** *(See Adaptive Equipment)*
Prescription Drug Assist  
www.ssa.gov/prescriptionhelp/
Rx America  
www.rxamerica.com
Senior Services of Va. (SSSEVA)  461-4981
Together Rx Card  800-865-7211  
www.Together-Rx.com
US Rx Card  
www.us.rxcard.com
Volunteers in Health Care  www.rxassist.org

Mental Health / Substance Abuse Services
American Psychological Association  
800-374-2721  
www.apa.org
Depression and Bipolar Support Alliance  
800-826-3632  
www.dbsalliance.org
Detox Services / Recovery Center  385-3111
Emergency Services (Dept. of MH/SA)  385-0888
I Need A Lighthouse  
(Depression and Suicide)  496-9775  
800-273-8255  
800-784-2433  
www.ineedalighthouse.org
National Alliance for Research on Schizophrenia and Depression  
800-829-8289
National Alliance on Mental Illness (NAMI)  
800-950-6264  
www.nami.org
National Institute of Mental Health  
800-421-4211  
www.nimh.nih.gov
National Foundation for Depression Illness  
www.depression.org
Riverside Behavioral Health Center  
Geropsychiatric Services  827-3143
Sentara Norfolk General Hospital  
Gero-Psych  388-3590
VB Dept. of MH/SA  
Emergency Services  385-0888
Pre-Registration  385-0866
Southside Geriatric Services  385-4202
Senior Outpatient Services  385-8222
VB Psychiatric Center  496-6000

Nursing Homes and Rehabilitation Centers
Atlantic Shores-Seaside  716-2060
Bay Pointe Medical and Rehab  481-3321
Bayside Health Care Center  464-4058
Beacon Shores Rehab Center  340-6611
Beth Sholom Home  420-2512
Division of Licensing (Complaints)  800-955-1819
Heritage Hall  499-7029
Kempsville Nursing & Rehab  420-3600
Office of Licensure and Certification  804-367-2106  
800-955-1819
Ombudsman  
(Nursing Home Concerns)  804-726-6624
Senior Services of Southeastern Virginia
Local Ombudsman  461-9481
Our Lady of Perpetual Help  495-4211
River Pointe Rehab & Healthcare  340-0620
Sentara Nursing Center VB  306-2700
Sentara Windermere Nursing  496-3939
Virginia Department of Health Professions
Enforcement Division  800-533-1560
VB Health Care & Rehab  481-3500
Westminster-Canterbury  496-1100

Nutrition Programs (Meals and/or Food)
Bayside Recreation Center  460-7540
Bow Creek Recreation Center (closed until 2014 due to renovations)  431-3765
Great Neck Recreation Center  496-6766
Jewish Community Center  489-1371
Kempsville Recreation Center  474-8492
Princess Anne Recreation Center  426-0022
Seatack Recreation Center  437-4858
Senior Services of Va. (SSSEVA)  461-9481

Food Banks / Referrals:
Compassion Center  428-3277
Home Delivered Meals  461-9481
Hope Lutheran Church  424-4848
(2nd & 4th Wed & Sat of each month –  
Wed 6pm-8pm & Sat 10am-12pm)
Jewish Family Services 321-2222
www.jfshamptonroads.org
Judeo-Christian Outreach 491-2846
Meals on Wheels 306-2721
New Jerusalem C.O.G.I.C. 425-8431
Open Door Chapel 340-1441
(Mon – Fri 10-2 only)
Potter’s House 428-7727
Senior Services of Va. (SSSEVA) 461-9481
St. Gregory’s Catholic Church 497-8330
Star of the Sea Catholic Church 428-1244
Supplemental Nutrition Assistance Program
SNAP (FKA Food Stamps) 385-3200
VB Dept. of Human Services 385-3205

Personal Emergency Response Services
Alert USA 800-789-6969
Chesapeake General Hospital Comfort Care (Lifeline) 312-6470
Comfort Keepers 431-3730
www.comfortkeepers.com/northvirginia
LifeFone 888-687-0451
Life Station 800-884-8888
MedicAlert 800-432-5378
http://www.medicalert.org
Medical Alarm 800-722-7552
Medical Guardian 800-322-0955
Phillips Lifeline 553-3003
Project Lifesaver (VB Police) 385-2742
Safe Return 888-572-8566
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
Bayside Recreation Center 460-7540
Bow Creek Recreation Center (closed until 2014 due to renovations) 431-3765
Lifelong Fitness Alliance 855-361-8282
Email step@lifelongfitnessalliance.org
www.lifelongfitnessalliance.org
Great Neck Recreation Center 496-6766
Jewish Community Center (JCC) 489-1371
www.simonfamilyj.org
Kempsville Recreation Center 474-8492
Princess Anne Recreation Center 426-0022
Seatack Recreation Center 437-4858
Senior Resource Center (Creeds) 385-2175
Sentara Living (Bayside Presbyterian) 800-736-8272
VB Libraries
Administration 385-4321
Central Library 385-0150
Bayside Library 385-2680
Bookmobile 385-2651
Great Neck Library 385-2606
Kempsville Library 385-2627
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
VB Parks and Recreation 385-1100
VB Visitor Information 437-4919

Respite Care
Catholic Charities 456-5136
Out & About, LLC – Personalized Day Respite Services 577-2147
www.alzway.com
VB Respite Care for the Elderly 385-4135

Retirement
AARP 888-687-2277
www.aarp.org
Institute for Learning in Retirement (ODU classes for seniors) 368-4160
www.oduilr.com
Pension Benefit Guaranty Corporation www.pbgc.gov
Social Security Administration
800-772-1213
www.ssa.gov
Veterans Benefits
800-827-1000
www.va.org

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

**Senior Newsletters/Newspapers**
Good Health Magazine 217-0330
Senior Advocate 897-3075
Seniority Magazine (VA Pilot) 222-5391
Senior Living Guide 800-765-4975
www.seniorlivingguide.com

**Senior Rights**
Citizens’ Committee to Protect the Elderly 518-8500
Division for Aging (Elder Rights)
800-552-3402
www.vda.virginia.gov
Medicare Rights Center 212-869-3850
www.medicarerights.org
Poverty Law Center 804-782-9430
Ext. 14
VA Office for Protection and Advocacy 800-552-3962

**Special Needs Registry**
Special Needs Registry for Hampton Roads Region 420-8300 or 390-2578 (TTY)
http://hrspecialneeds.org
e-mail: specialneeds@hrpdcva.gov
*Emergency Preparedness Assistance

**Substance Abuse**
*(See also Mental Health/Substance Abuse)*
Detox Services / Recovery Center 385-6950
Narcotics Anonymous 459-8467

Suspected Drug Activity Hotline 800-553-3673
VB Alcoholics Anonymous 490-3980
VB Dept. of MH/SA 385-0888

**Support Groups**
Alzheimer’s Caregiver Support Group 459-2405
American Cancer Society 800-227-2345
American Heart Association 800-242-8721
American Lung Association 800-586-4872
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” 398-2447
Caregiver Action Network 800-896-3650
www.thefamilycaregiver.org
Catholic Charities (multiple) 456-2366
Children of Aging Parents 800-227-7294
Diabetes Support Group 363-6834
Grandparents as Parents 533-5217
Multiple Sclerosis 490-9627
VB Dept of Human Services Caregiver Support Groups 385-4135
Well Spouse Foundation 800-838-0879
www.wellspouse.org
Widowed Persons 461-9457

**Tax Information**
IRS Refund Hotline 800-829-1954
IRS Tax Assistance 800-829-1040
www.irs.gov
IRS Tax Forms and Material 800-829-3676
VB Commissioner of Revenue
Personal Property/Car Tax Relief 385-4487
Real Estate 385-4385
State Income 385-4483
VB Real Estate Tax Assessor
Tax Relief 385-4601
**Transportation Services**

5 Star Medical Transport 558-4050
Accent Transportation Services 605-0605
Black & White Cabs of VB 855-1680 (wheelchair cabs)
Catholic Charities (H.E.L.P.) 456-2366
Dependable Transport 515-0936
Eagle Medical Transports 273-7198
Lee’s Friends (Cancer Patients) 440-7501
Logisticare (Medicaid only) 866-386-8331
Medical Transport 671-8911 (stretcher only)
Para Transit Services (formerly Handi Ride) 222-6087
Applications 455-8010
Out & About, LLC – Personalized Day Services 577-2147
Senior Navigator 866-393-0957

www.seniornavigator.org

Senior Services of Southeastern VA (SSSEVA) Reservations call 222-4513

www.ssseva.org

Tidewater Medical Transport 821-2080

*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 455-9677
STOP Organization 858-1368

VB Dept. of Human Services Energy Assistance Program 385-3492

**VB Department of Human Services**

Adult Protective Services 385-3550
Adult Foster Care
ALF/LTC/Nursing Home Screening Companion Services
Detox Services/Recovery Center 385-6950
Emergency Services (MH/SA) 385-0888
Intellectual Disabilities 385-6100
Mental Health Substance Abuse 385-0866
VB Respite Care for the Elderly 385-4135
Senior Adult Outpatient Services
Magic Hollow I 385-8222
Senior Resource Center 385-2175
Southside Geropsychiatric Services 385-4202

Supplemental Nutrition Assistance Program (SNAP) 385-3200

**Volunteering**

Bon Secours Volunteer Services 889-5000
Citizen’s Committee to Protect the Elderly 518-8500
Office of Volunteer Resources 385-4722
Senior Services of Va. (SSSEVA) 461-9481

www.ssseva.org

Sentara Hospice Volunteers 553-3051
VA Aquarium 385-0273
VBCERT (VB Community Emergency Response Team) 385-2914
VB Dept. of Human Services 385-3214

**Voting**

State Board of Elections 800-552-9745
www.sbe.virginia.gov

VA registration and Voting Procedures www.fvap.gov/pubs/vag/vagchapter3
VB Voting Information 385-8683