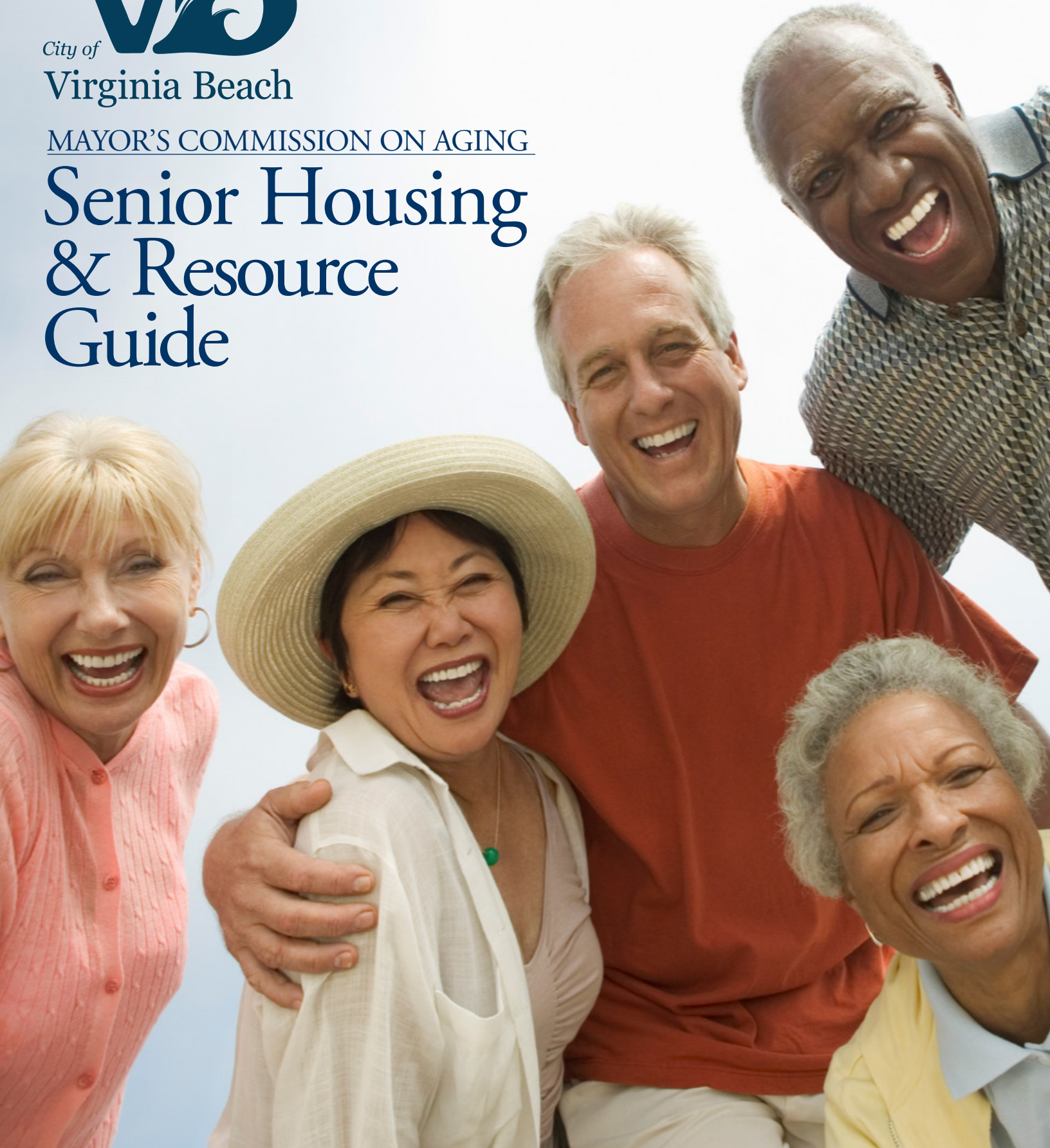




City of  
Virginia Beach

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](mailto:mayorsoffice@vbgov.com) to suggest additional resources or make corrections.

Updated September 2019

# Table of Contents

## Senior Housing Resources

Independent Living Communities.....	4
Subsidized Apartments.....	8
Assisted Living.....	8
Memory Care Facilities.....	10
Nursing Care Facilities & Rehabilitation Centers.....	10
Continuum of Care Facilities.....	11
Senior Day Support.....	11
Fair Housing.....	11
Homeless Services/Shelters.....	12
Home Repair.....	12
Housing Assistance.....	12
Landlord/Tenant Issues.....	12

## Senior Resources

Abuse, Neglect, and / or Exploitation.....	13
Adaptive Equipment/Medical Equipment.....	13
Adult Day Program.....	13
Alzheimer's & Dementia.....	13
Care Giving.....	14
Clothing Resources.....	14
Community Services.....	14
Consumer Information/Complaints.....	14
Consumer Protection.....	14
Credit Counseling.....	14
Crime Prevention.....	14
Dental (Free / Low-Cost).....	14
Developmental Services.....	14
Diabetes.....	15
Disability Services.....	14
Downsizing / Relocation.....	14
Driving.....	15
Education / Lifelong Learning.....	15
Emergency Preparedness.....	15
Employment.....	15
Financial Services.....	15
Fraud / Consumer Protection.....	16
Funeral Homes and Funeral Planning.....	16

Geriatric Care Managers / Grandparents Raising.....	16
Grandchildren.....	16
Health / Disorder Information.....	16
Home Health Care / Caregiving.....	17
Homeopathy / Natural Resources.....	18
Hospice Programs.....	18
Hospitals.....	19
Hospital Services and Programs.....	19
Information and Referral Services.....	19
Insurance / Long-Term Care Insurance.....	19
Legal Services and Referrals.....	19
Long-Term Care.....	19
Meals / Food.....	19
Medicaid & Medicare.....	20
Medical Clinics (Free / Income-Based).....	20
Medical Equipment.....	20
Medication / Prescription and Supply Delivery.....	20
Medication / Prescription Assistance.....	20
Mental Health / Substance Abuse Services.....	20
Nutrition Programs (Meals and/or Food).....	21
Food Banks / Referrals.....	21
Personal Emergency Response Services.....	21
Prescription Delivery.....	21
Recreation.....	21
Respite Care.....	22
Retirement.....	22
Senior Newsletters / Newspapers.....	22
Senior Rights.....	22
Substance Abuse.....	22
Support Groups.....	22
Tax Information.....	22
Transportation Services.....	22
Utility Assistance.....	23
Veteran's Resources.....	23
Virginia Beach Department of Human Services (Programs).....	23
Volunteering.....	23
Voting.....	23

# Senior Housing Resources

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

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

## Independent Living Communities

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

### 900 Acqua Senior Apartments

**Address:** 945 Legacy Landing, Virginia Beach, VA 23464

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

**Website:** www.900acquaapartments.com

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

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

### Atlantic Shores

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

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

**Website:** www.atlanticshores.com

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

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

### Chesapeake Crossing and The Courtyards

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

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

**Website:** www.liveatchesapeake.com

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

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

### COGIC High Rise Apartments

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

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

**Website:** cogichighrise.com

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

### Colony Pines Apartments

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

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

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

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

### Colonial Harbor

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

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

**Website:** www.holidaytouch.com

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

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

### Commons at Centerbrooke

**Address:** 1056 Centerbrooke Lane, Suffolk, VA 23434

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

**Website:** www.commonsatcenterbrooke.com

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

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

### Commons at Chesapeake

**Address:** 116 Gainsbrooke Square, Chesapeake, VA 23320

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

**Website:** www.commonsatchesapeake.com

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

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

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### Commons at Churchland

**Address:** 3504 Executive Center Drive, Chesapeake, VA 23321

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

**Website:** www.commonsatchurchland.com

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

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

---

### Commons at Greenwood

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

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

**Website:** www.commonsatgreenwood.com

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

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

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### Commons at Princess Anne

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

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

**Email:** princessanne@artcraftmanagement.com

**Website:** www.artcraftmanagement.com

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

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

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### Commons at Town Center

**Address:** 3745 Edenberry Court, Virginia Beach, VA 23452

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

**Website:** www.artcraftmanagement.com

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

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

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### Cromwell House

**Address:** 114 Cromwell Parkway, Norfolk, VA 23505

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

**Email:** cromwellhouseapartments.com

**Website:** www.cromwellhouseapartments.com

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

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

---

### First Colonial Inn

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

**Phone:** 428-2884

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

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

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

---

### Granby House

**Address:** 100 Suburban Parkway, Norfolk, VA 23505

**Phone:** 583-6330

**Age:** 62+

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

---

### Harmony at Independence

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

**Phone:** 498-9225

**Fax:** 498-1198

**Email:** harmonyseniorservices.com

**Website:** www.harmonysenior services.com

**Age:** 55+

**Total Units:** 112

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

---

### Haygood Halls

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

**Phone:** 498-3788

**Email:** hayoodhallsapartments.com

**Website:** www.haygoodhallsapartments.com

**Age:** 55+

**Units:** apartments and townhomes

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

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### Holland House

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

**Phone:** 498-9225

**Email:** holland@ripheat.com

**Website:** www.ripheat.com

**Age:** 55+

**Total Units:** 112

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

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## Jamestown Commons

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

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

**Website:** www.Jamestowncommons.vb.com

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

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

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## John Knox Towers

**Address:** 1210 Colonial Ave., Norfolk, VA 23517

**Phone:** 612-5443

**Email:** john.knox.towers@lawsoncompanies.com

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

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

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

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## Lake Prince Woods

**Address:** 100 Anna Goode Way, Suffolk, VA 23434

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

**Website:** www.lakeprincewoods.org

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

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

---

## Lakewood Plaza

**Address:** 5631 Tidewater Drive, Norfolk, VA 23509

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

**Website:** www.publichousing.com/details/lakewood\_plaza

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

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

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## Lighthouse Pointe

**Address:** 933 Cedar Road, Chesapeake, VA 23322

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

**Website:** www.holidaytouch.com

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

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

---

## Luther Manor

**Address:** 350 Malibu Drive, Virginia Beach VA 23452

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

**Age:** 62+

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

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## Lynnhaven Cove

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

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

**Email:** Meadowood-apartments.com

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

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

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

---

## Meadowood Apartments

**Address:** 6130 Edward Street, Norfolk, VA 23513

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

**Website:** www.LynnhavenCove.com

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

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

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## Old Donation Apartments at Town Center

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

**Phone:** 807-2395

**Email:** [www.olddonationapartments.com/contactus.aspx](http://www.olddonationapartments.com/contactus.aspx)

**Website:** [www.olddonationapartments.com](http://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.

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## River House

**Address:** 4253 Llewellyn Avenue, Norfolk, VA 23504

**Phone:** 844-608-8926

**Email:** [www.riverhouseapartmentsnorfolk.com/contact/](http://www.riverhouseapartmentsnorfolk.com/contact/)

**Website:** [www.riverhouseapartmentsnorfolk.com](http://www.riverhouseapartmentsnorfolk.com)

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

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

## **Russell House**

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**Address:** 900 First Colonial Road, Virginia Beach VA 23454

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

**Website:** www.publichousing.com/details/the\_russell\_house

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

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

## **Shorewood Cove**

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**Address:** 293 Corporate Blvd., Norfolk, VA 23502

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

**Website:** www.Lshorewoodcove.com

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

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

## **Silver Hill - The Cottages**

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

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

**Website:** www.silverhillapts.com

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

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

## **Silver Hill at Great Neck**

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

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

**Email:** SilverHill@signaturemanagementcorp.com

**Website:** www.silverhillapts.com

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

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

## **The Muse at Town Center**

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**Address:** 4373 Bonney Road, Virginia Beach, VA 23452

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

**Email:** thalia@signaturemanagementcorp.com

**Website:** www.silverhillapts.com

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

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

## **Stonebridge Manor**

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**Address:** 5432 Tidewater Drive, Norfolk, VA 23509

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

**Website:** www.stonebridgemanor.com

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

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

## **Suburban House**

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**Address:** 110 Suburban Parkway, Norfolk, VA 23505

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

**Website:** www.publichousing.com

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

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

## **Sullivan House**

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

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

**Email:** swalker@sullivanhouse-Hrcoxmail.com

**Website:** www.sullivanhouse.org

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

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

## **Sunstone Apartments**

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**Address:** 4600 Peek Trail, Chesapeake, VA 23321

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

**Website:** www.sunstoneapartments.com

**Age:** 55+

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

## **The Reserve at Greenbrier**

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**Address:** 1005 Elysian Place, Chesapeake, VA 23320

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

**Website:** www.fivestarseniorliving.com

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

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

---

### The Sands

**Address:** 6405 Auburn Drive, Virginia Beach VA 23464

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

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

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

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### The Talbot on Granby

**Address:** 6311 Granby Street, Norfolk, VA 23505

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

**Website:** www.fivestarliving.com

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

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

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### Tranquility at the Lakes

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

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

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

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### Victoria Place

**Address:** 4629 Shore Drive, Virginia Beach, VA 23455

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

**Email:** victoria@ripheat.com

**Website:** www.victoriaplaceapartment.com

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

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

---

### Virginia Beach Community Development Corporation

**Address:** 2400 Potters Road, Virginia Beach, VA 23454

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

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

**Total Units:** 8 units, primarily 2-bedroom

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

---

### Wesleyan Place

**Address:** 5445 Wesleyan Drive, Virginia Beach, VA 23455

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

**Website:** www.wesleyanplace.com

**Age:** 55+      **Total Units:** 91

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

---

### Westminster Canterbury On Chesapeake Bay

**Address:** 3100 Shore Drive, Virginia Beach, VA 23451

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

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

## Subsidized Apartments

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

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### Luther Manor

**Address:** 350 Malibu Drive, Virginia Beach VA 23452

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

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### Russell House

**Address:** 900 First Colonial Road, Virginia Beach VA 23454

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

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### Sullivan House

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

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

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### The Sands

**Address:** 6405 Auburn Drive, Virginia Beach VA 23464

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

## Assisted Living Facilities

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

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

Services provided in assisted living residences usually include:

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



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

### Care Assisted Living

**Address:** 5556 Paca Lane, Virginia Beach, VA 23462

**Phone:** 519-9100

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

### Atria Virginia Beach

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

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

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

### Baylake Retirement and Assisted Living Community

**Address:** 4225 Shore Drive, Virginia Beach, VA 23455

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

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

### Bell's Residential Adult Care

**Address:** 3720 Deep Creek Blvd, Portsmouth, VA 23702

**Phone:** 397-5586

### First Colonial Inn

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

**Phone:** 428-2884

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

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

### Harbor Way — Atlantic Shores

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

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

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

### Harmony at Independence

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

**Phone:** 802-3665

**Website:** www.harmonyseniorservices.com

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

### Hills Home for Adults

**Address:** 1200 Atlantic Shores Drive, Chesapeake, Virginia 23324

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

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

### Indian River Residential

**Address:** 1012 Justis Street, Chesapeake, Virginia 23325

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

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

### Kings Grant House

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

**Phone:** 431-8825

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

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

### LAV'M Adult Residence Inc.

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

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

**Website:** www.lavm.com

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

### Lillian's Loving Care

**Address:** 3736 Turnpike Road, Portsmouth VA 23701

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

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

### Madonna Home

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

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

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

### Marian Manor

**Address:** 5345 Marian Lane, Virginia Beach, VA 23462

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

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

### Our Lady of Perpetual Help

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

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

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

### Pritchard Road Assisted Living (Females Only)

**Address:** 206 Pritchard Road, Virginia Beach, VA 23452

**Phone:** 340-8509

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

**Age:** 60+

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### Sentara Village

**Address:** 3751 Sentara Way, Virginia Beach, VA 23452

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

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

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### The Gardens of Virginia Beach

**Address:** 5620 Wesleyan Drive, Virginia Beach, VA 23455

**Phone:** 499-4800

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

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

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### The Terrace at Beth Sholom Village

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

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

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

**Age:** 62+

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### The Waterford at Virginia Beach

**Address:** 5417 Wesleyan Drive, Virginia Beach, VA 23455

**Phone:** 490-6672

**Website:** www.capitalsenior.com/waterfordatvirginiabeach

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

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### Virginia Home for Adults

**Address:** 2701 Border Rd, Chesapeake, VA 23324

**Phone:** 545-6219

## Memory Care Facilities

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### Atria Virginia Beach

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

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

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

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### Bay Lake Retirement and Assisted Living Community

**Address:** 4225 Shore Drive, Virginia Beach, VA 23455

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

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### Bickford of Virginia Beach

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

**Phone:** 821-0198

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

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### Brookdale Virginia Beach

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

**Phone:** 251-0706

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

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

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### Harmony at Independence

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

**Phone:** 802-3665

**Website:** www.harmonyseniorservices.com

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

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### Kings Grant House—Commonwealth Senior Living

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

**Phone:** 356-5290      **Website:** www.commonwealthsl.com

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### Our Lady of Perpetual Help

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

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

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### The Memory Center

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

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

**Auxiliary Grant/Number of beds:** No

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

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### The Terrace at Beth Sholom Village

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

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

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

**Age:** 62+

## Nursing Care Facilities & Rehabilitation Centers

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

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

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

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

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

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

## Continuum of Care Facilities(CCRC)

**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:** 716-2000      **Website:** [www.atlanticshoresliving.com](http://www.atlanticshoresliving.com)

**Total Units:** 387 apartments and 168 villas

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

### Westminster Canterbury

**Address:** 3100 Shore Drive, Virginia Beach, VA 23451

**Phone:** 496-1785      **Website:** [www.wcbay.com](http://www.wcbay.com)

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

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

## Senior Day Support in Virginia Beach

### M.E. Cox Center (Primeplus)

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

**Phone:** 340-4388      **Website:** [MECoxCenter.org](http://MECoxCenter.org)

**Medicare & Medicaid:** Yes Capacity: 40

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

## Fair Housing

**T**he 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](http://www.hud.gov/complaints/housediscrim.cfm). You may also write HUD a letter or contact the HUD Office nearest you. You have one year after an alleged violation to file a complaint with HUD, but you should file it as soon as possible. Send the Housing Discrimination Complaint Form or a letter to the HUD Office nearest you, or call that office directly.

If you are disabled, HUD also provides:

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

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

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

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

**HUD - Richmond Field Office** 1-800-842-2610  
600 East Broad St., 3rd Floor Richmond, VA 23219  
[www.hud.gov/fairhousing](http://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](http://www.dpor.virginia.gov)

# Homeless Services/Shelters

Regional Housing Crisis Hotline 227-5932

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

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

## Home Repair

### **Virginia Beach Owner-Occupied Rehabilitation Program**

Virginia Beach Housing & Neighborhood Preservation 385-5750  
[www.vbgov.com/home-rehab](http://www.vbgov.com/home-rehab)

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

The program provides assistance for home rehabilitation/repairs to:

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

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

### **Virginia Beach Manufactured (Mobile)**

#### **Home Rehabilitation Program**

Virginia Beach Housing & Neighborhood Preservation 385-5750  
[www.vbgov.com/home-rehab](http://www.vbgov.com/home-rehab)

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

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

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

# Housing Assistance

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

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

Leading Age of Virginia 804-965-5500

Virginia Department for the Aging and Rehabilitative Services  
Phone: 800-552-3402 [www.vadars.org](http://www.vadars.org)

Virginia Housing Development Authority 877-843-2123

## Landlord / Tenant Issues

Virginia Beach Office of Consumer Affairs 385-6373

Virginia Department of Agriculture and Consumer Services  
1-800-552-9963 [www.vdacs.virginia.gov](http://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](http://www.vhda.com)

U.S. Department of Housing and Urban Development  
1-800-842-2610 [www.hud.gov](http://www.hud.gov)

# Senior Resources

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

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

## Abuse, Neglect, and/or Exploitation

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

## Adaptive Equipment / Medical Equipment

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

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

## Adult Day Program

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

AARP .....	888-687-2277 www.aarp.org
ADEAR (Alzheimer’s & related Dementias Education and Referral Center) .....	1-800-438-4380 www.alzheimers.org
Alzheimer’s Association .....	800-272-3900
Alzheimer’s Association of Southeastern VA.....	459-2405
Alzheimer’s Disease Education & Referral Center .....	800-438-4380 www.alzheimers.org
Alzheimer’s Foundation of America .....	866-232-8484 www.alzfdn.org
Family Caregiver’s Alliance .....	800-445-8106 www.caregiver.org

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

**Care Giving**

(See Home Health Care and Support Groups)

**Clothing Resources**

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

**Community Services**

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

**Consumer Information / Complaints**

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

**Consumer Protection**

(See Fraud/Consumer Protection)

**Credit Counseling**

Catholic Charities ..... 456-2366  
 UP Center ..... 622-7017

**Crime Prevention**

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

**Police Precincts:**

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

TRIAD (Virginia Beach Sheriff's Outreach).....385-6757  
 Virginia Crime Prevention Association .....804-318-1270  
 www.vcpa.org  
 Virginia Beach Police Department Crime Prevention Unit....385-1006  
 Virginia Beach Sheriff's Office Senior Coordinator.....385-6757

**Dental Free/Low Cost**

(call for eligibility)

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

**Developmental Services**

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

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

## Diabetes

(See Health Information)

Diabetic Shoe Fitter – Pro Medical East ..... 255-5988

## Disability Services

(See also Adaptive Equipment)

Independence Center ..... 461-8007  
www.independence.org

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

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

Virginia Disability Services ..... www.vadsa.org

## Downsizing / Relocation

Arrange ..... 567-4443  
www.arrange.org

Aspinwall Security Storage & Van ..... 466-9000

Assisted Living Cottages ..... 713-0268

BHHS - Cindy Caskey ..... 642-1001

Dayla Brooks Realtor ..... 714-2246

Downsize Designers ..... 553-6879

Garrett Realty Partners ..... 879-2660

Moving On ..... 393-1622

PLS Remodelers ..... 761-0000  
www.plsremodelers.com

Time Wise Transitions ..... 389-8864

Two Men and a Truck ..... 464-2280

## Driving

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

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

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

Matt Pagels Safe Driving Evaluations ..... 692-0973

Senior Driving Solutions ..... 472-9727

Sentara Rehab Safe Driving Evaluations ..... 252-9420

## Education / Lifelong Learning

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

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

Senior Resource Center ..... 385-2175  
www.vbsrc.com

Tidewater Community College ..... 822-1111  
www.tcc.edu

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

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

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

## Emergency Preparedness

FEMA ..... 800-621-3362  
www.ready.gov

Red Cross - Southeastern Virginia Chapter ..... www.redcross.org

Virginia Beach Emergency Management ..... 385-8466

Virginia VDEM ..... www.vaemergency.com

## Employment

AARP Senior Employment Service ..... 625-7001

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

Independence Center ..... 461-8007  
www.independence.org

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

Opportunity Inc. .... 461-7537

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

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

## Financial Services

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

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

Adult Protective Services – Financial Exploitation ..... 385-3550

Catholic Charities ..... 456-2366  
www.cceva.org

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

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

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

IRS Tax Forms and Material ..... 800-829-3676

IRS Refund Hotline ..... 800-829-1954

Jewish Family Service ..... 321-2222  
www.jfshamptonroads.org

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

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

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

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

Star of the Sea Catholic Church ..... 428-8547

State Corporation Commission..... 800-552-7945  
[www.scc.virginia.gov](http://www.scc.virginia.gov)

Tidewater Home Funding..... 366-8690

UP Center..... 622-7017  
[www.theupcenter.org](http://www.theupcenter.org)

**Fraud / Consumer Protection**

AARP Virginia ..... 866-542-8164  
[www.aarp.org/fraud](http://www.aarp.org/fraud)

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

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

Driver’s License Number Misuse ..... 804-497-7100

FBI ..... 455-0100

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

**Hearing Impaired**

Department of Motor Vehicles..... 800-272-9268  
[www.dmvnow.com](http://www.dmvnow.com)

IRS Income Tax Fraud ..... 800-829-0433  
[www.irs.gov](http://www.irs.gov)

Medicaid Fraud (MCFU) ..... 800-371-0824

National Credit Union ..... 800-827-9650  
[www.ncua.gov](http://www.ncua.gov)

Office of the Attorney General Hotline ..... 804-786-2042  
[www.oag.state.va.us](http://www.oag.state.va.us)

Office of Consumer Affairs (Virginia Beach) ..... 385-3111

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

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

State Office of Consumer Protection ..... 800-552-9963

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

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

U.S. Postal Service Fraud..... 800-372-8347  
[www.usps.gov](http://www.usps.gov)

Virginia Department for the  
 Aging and Rehabilitative Services ..... 800-552-3402  
[www.vadars.org](http://www.vadars.org)

**Funeral Homes & Funeral Planning**

(See Yellow Pages or Internet Search)

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

Board of Funeral Directors and Embalmers ..... 804-367-4479

Cremation Society of Virginia..... 474-9409  
[www.virginiacremate.com](http://www.virginiacremate.com)

State Anatomical Gift Program..... 800-447-1706  
[OCME.Anatomical@vdh.virginia.gov](mailto:OCME.Anatomical@vdh.virginia.gov)

Virginia Beach Human Services -  
 Medicaid Indigent Burial Fund ..... 385-3200  
[www.dsf.virginia.gov](http://www.dsf.virginia.gov)

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

**Geriatric Care Managers**

(Certified)

Angela Whitlock, BS, CSA, CMC\*

Family Care Senior Solutions ..... 399-9700

Carey Raleigh, MSW, CMC DARS

Adult Services Consultant ..... 985-4948

Michael Mann, ACHE, LALFA, CMC

Geriatrics Life Care..... 282-1359

\*Member, National Association of Professional Geriatric Care Managers

**Grandparents Raising Grandchildren**

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

Catholic Charities (Norfolk)

Grandparents as Parents Support ..... 533-5217

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)

Healthy Grandfamilies Program..... 434-5162

IRS ..... 800-829-1040

Kin and Kids Consulting ..... 434-5162

Virginia Beach Human Services SNAP / TANF ..... 385-3200

**Health / Disorder Information**

AIDS National Hotline ..... 800-448-0440

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

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

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

American Council of the Blind ..... 800-424-8666

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

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

American Lung Association ..... 800-586-4872  
[www.lung.org](http://www.lung.org)

American Parkinson Disease Association ..... 495-3062  
[www.apdaparkinson.org](http://www.apdaparkinson.org)

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

American Stroke Association..... 628-2610  
[www.strokeassociation.org](http://www.strokeassociation.org)

Arthritis Foundation..... 804-665-9950  
[www.arthritis.org](http://www.arthritis.org)

Beach Health Clinic ..... 428-5601

Belton Heard Aid Center..... 497-3900

Better Hearing Institute ..... 800-327-9355

Blind and Vision Impaired ..... 800-622-2155

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

Brain Injury Association of Virginia..... 800-444-6443  
[www.biav.net](http://www.biav.net)



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

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

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

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

Chronic Illness Resource Center ..... www.healingwell.com

Clear Captions (Hearing Impaired) .....916-459-4751

East West Advocates .....805-630-5454

Epilepsy Foundation of Virginia .....434-924-8669

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

Health Finder .....www.healthfinder.gov

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

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

Melvin Weinstein Parkinson's Foundation .....313-9729  
www.mwpcf.org

Multiple Sclerosis Foundation .....800-225-6495  
www.msfacts.org

Multiple Sclerosis Society .....490-9627  
www.nmss.org

Muscular Dystrophy Association .....668-7000  
www.mdausa.org

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

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

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

Sentara Physician Referral .....800-736-8272

Sickle Cell Association .....466-0332  
www.sicklecellhrva.org

Tidewater AIDS Community .....www.aidsfund.com

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

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

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

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

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

Vital Records.....518-2671

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

Virginia Department of Medical Assistance Services  
Managed Care Helpline .....800-643-2273  
www.dmas.virginia.gov

Recipient Helpline .....804-786-6145

## Home Health Care / Caregiving

AARP .....866-542-8164  
www.aarp.org/va

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

Always Best Care .....802-4080

Amedisys .....Chesapeake 465-1400  
Norfolk 466-1340

Americare Plus.....499-6477

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

Attentive Home Health Care .....963-0021

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

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

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

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

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

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

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

Division of Licensing (Complaints/Reports)

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

Elder Care at Home VB .....464-4800  
www.eldercareathomevb.com

Encompass Home Care .....226-7560  
www.ehhi.com

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

Family Care Senior Solutions .....673-6981  
www.forfamilycare.com

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

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

Gentiva Health Services .....499-2303

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

Health Horizons .....518-2800

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

## Homeopathy/Natural Resources

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

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

## Hospice Programs

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

## Hospitals

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

## Hospital Services and Programs

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

## Information & Referral Services

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

## Insurance / Long-Term Care Insurance

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

## Legal Services & Referrals

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

## Long-Term Care

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

## Meals / Food (See Nutrition Programs)

### Medicaid and Medicare

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

## Medical Clinics

(Free / Income-Based)

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

## Medical Equipment

(See Adaptive Equipment)

## Medication Disposal

(24 hours/day, 7 days/week)

### Police Precincts:

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

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

## Medication / Prescription and Supply Delivery

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

## Medication / Prescription Assistance

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

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

## Mental Health / Substance Abuse Services

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

## Nutrition Programs (Meals and / or Food)

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

## Food Banks / Referrals:

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

## Personal Emergency Response Services

Alert USA .....	800-789-6969
Chesapeake General Hospital Comfort Care (Lifeline).....	312-6470
Comfort Keepers .....	431-3730
LifeFone .....	844-253-7939
Life Station.....	800-554-4600
MedicAlert.....	800-432-5378
	www.medicalert.org
Medical Alarm .....	800-722-7552
Medical Guardian .....	800-322-0955
Project Lifesaver (VB Police) .....	385-2742
Safe Return .....	888-572-8566
Sentara Lifeline .....	553-3003
Walgreens Ready Response .....	866-310-9061

## Prescription Delivery

(See Medical Supplies / Prescriptions Delivery)

## Recreation

AARP Active for Life .....	888-687-2277
	www.aarp.org/health
Adult Learning Center .....	648-6050
ARE Edgar Cayce Foundation .....	457-7204
City of Virginia Beach Parks & Recreation .....	385-1100
Bayside Recreation Center.....	385-5930
Bow Creek Recreation Center.....	385-5960
Great Neck Recreation Center.....	385-5940
Kempsville Recreation Center.....	385-1100

Princess Anne Recreation Center.....	385-5950
Seatack Recreation Center.....	385-5920
Williams Farm Recreation Center .....	385-2950
Contemporary Arts Center .....	425-0000
Heritage Center .....	428-0110
Jan Cline Fitness .....	621-7527
Little Theater of Virginia Beach .....	448-7009
Lynnhaven Bingo .....	468-9154
Music for Wellness.....	563-3488
	www.music4wellness.net
Senior Resource Center (Creeds).....	385-2175
Sentara Living (Bayside Presbyterian) .....	800-736-8272
Simon Family Jewish Community Center (JCC) .....	489-1371
	www.simonfamilyjcc.org
Spirit of Norfolk.....	217-0604
Tidewater Arts Outreach.....	965-5155
	www.tidewaterartsoutreach.org
Virginia Beach Public Library Administration .....	385-0150
Meyera E. Oberndorf Central Library.....	385-0150
Bayside Library .....	385-2680
Bookmobile.....	385-0185
Great Neck Library.....	385-2606
Joint-Use (TCC/VB) Library.....	822-7800
Kempsville Library .....	385-2627
Oceanfront Library.....	385-2640
Princess Anne Library .....	385-2610
Pungo-Blackwater Library .....	385-7790
Special Services .....	385-2684
Wahab Public Law Library.....	385-4419
Windsor Woods Library.....	385-2630
Virginia Beach Visitor Information.....	437-4919
YMCA .....	456-9622

## Respite Care

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

## Retirement

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

## Senior Newsletters/Newspapers

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

## Senior Rights

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

## Substance Abuse

(See also Mental Health/Substance Abuse)

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

## Support Groups

Alzheimer's Caregiver Support Group .....	459-2405
American Cancer Society .....	800-227-2345
American Heart Association .....	800-242-8721
American Lung Association .....	800-586-4872
American Parkinson's Disease of Hampton Roads.....	495-3062
Arthritis Foundation.....	800-456-4687
BonSecours Help Line.....	889-2273
Breast Cancer Support Group.....	552-7200
Breast Cancer Support Group "Look Good Feel Better" .....	388-4357
Caregiver Action Network .....	202-454-3970
Catholic Charities (multiple) .....	456-2366
Children of Aging Parents.....	800-227-7294
Diabetes Support Group .....	363-6834
Grandparents as Parents .....	533-5217
Healthy Grandfamilies Program.....	434-5162
Kids, Kin n' Caregivers, Inc. ....	434-5162
Multiple Sclerosis .....	490-9627
Sentara .....	800-SENTARA
Virginia Beach Human Services Caregiver Support Groups...	385-4135
Well Spouse Foundation.....	800-838-0879
Widowed Persons.....	461-9457

## Tax Information

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

## Transportation Services

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

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

\*Private Permitted EMS ALS

Anyone with a handicap/disabled parking placard or license plate can park for free at the metered spots at the Oceanfront (4-hour limit).

### Utility Assistance

United Way .....	594-4636
Salvation Army .....	543-8100
STOP Organization .....	858-1368
Virginia Beach Human Services	
Energy Assistance Program .....	385-3492

### Veterans Resources

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

### Virginia Beach Department of Human Services

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

### Vision Impaired

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

### Volunteering

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

### Voting

Federal Voting Assistance Program .....	<a href="http://www.fvap.gov">www.fvap.gov</a>
State Board of Elections .....	800-552-9745
	<a href="http://www.sbe.virginia.gov">www.sbe.virginia.gov</a>
Virginia Registration and Voting Procedures .....	<a href="http://www.fvap.gov/vao/vag/chapter2/virginia">www.fvap.gov/vao/vag/chapter2/virginia</a> VB
Voting Information .....	385-8683



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