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

Please contact the Mayor’s Commission on Aging to add resources or make corrections at 757-385-4581.
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When you dial 2-1-1 in Virginia, you will be connected to a trained professional, who can provide fast, free, confidential referrals to a wide variety of health and human services.

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

**Adaptive Equipment/Medical Equipment**
- Accessible Remodeling: 897-0639
- Access First: 592-0247
- American Ramp Systems: 800-649-5215
- Assistive Technology Loan Fund Authority: 866-835-5976
  - www.atlfa.org
- Atlantic Elevators: 816-9532
  - www.atlanticelevators.com
- Caregiver Resources, Inc.: 518-3777
  - www.caregiversworld.com
- Housing and Neighborhood Pres: 385-5750
- Endependence Center, Inc: 461-8007
- Eye Treatment Financial Aid: 847-490-3838
  - http://www.knightstemplar.org/ktef/
- ICDRI: 919-349-6661
  - www.icdri.org
- Lions Club: 594-0082
  (Glasses, Hearing Aids, Special Needs Equipment)
- Med Emporium: 428-0787
- Medical Equipment Distributors: 498-8225
- Mobility Center of Virginia: 647-6167
  - www.mobilityva.com
- National Mobility Equipment Dealers: 800-833-0427
  - www.nmeda.org
- Ramps Across America: 327-0696
  - www.rampsacrossamerica.org
- Rehab Healthcare: 466-1553
- Renovations for Life: 650-4457
- Ride-Away: 888-743-3292
  - www.Ride-Away.com
- Roberts Home Medical: 622-0908
- Sentara Home Medical Equipment: 553-3000
- Shirley Confino-Rehder, CID: 625-0969
  - www.univdesign.com
- The Rascal Company (scooters): 800-662-4548
  - www.therascalcompany.com
- VA Assistive Technology System: 800-435-8490
- WHRO (Services for the blind): 889-9400
- Woodrow Wilson (Home Modification): 540-332-7117

**Adult Day Care**
- M. E. Cox Center: 340-4388
- Out & About, LLC – Personalized Day Respite: 577-2147
- Senior Services of Va. (SSSEVA): 461-9481
  - www.ssseva.org
- Sentara PACE: 502-7800
- Sentara Adult Day Health Care: 306-2850

**Alzheimer’s and Dementia**
- AARP: 888-687-2277
  - www.aarp.org
- ADEAR: www.alzheimers.org
<table>
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<tr>
<th>Alzheimer’s Association</th>
<th>800-272-3900</th>
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<td>Alzheimer’s Association of Southeastern VA</td>
<td>459-2405</td>
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| Alzheimer’s Disease Education & Referral Center | 800-438-4380  
  [www.alzheimers.org](http://www.alzheimers.org) |
| Alzheimer’s Foundation of America | 866-232-8484  
  [www.alzfdn.org](http://www.alzfdn.org) |
| Dementia Advocacy and Support Network | [www.caregiver.org](http://www.caregiver.org) |
| Family Caregiver’s Alliance | 800-445-8106  
  [www.caregiver.org](http://www.caregiver.org) |
| National Institute on Aging | 800-222-2225  
  [www.nia.nih.gov](http://www.nia.nih.gov) |

### Alzheimer’s Care Communities

<table>
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<td>Atria Virginia Beach</td>
<td>496-8001</td>
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<td>Ballentine Manor* (Norfolk)</td>
<td>627-1155</td>
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<td>Bay Lake Retirement Community</td>
<td>460-8868</td>
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<tr>
<td>Brighton Gardens</td>
<td>499-4800</td>
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<tr>
<td>Claire Bridge</td>
<td>493-9535</td>
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<td>First Colonial Inn</td>
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<td>Golden Living Center</td>
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<td>Harbor’s Edge (Norfolk)</td>
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<td>Hills Home for Adults* (Ches)</td>
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<td>Hope Haven Adult Home*</td>
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<tr>
<td>Indian River Residential* (Ches)</td>
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<td>Kings Grant House</td>
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<tr>
<td>Madonna Home* (Norfolk)</td>
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<tr>
<td>Marion Manor*</td>
<td>456-5018</td>
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<tr>
<td>Our Lady of Perpetual Help</td>
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<tr>
<td>Pacifica Senior Living</td>
<td>490-6672</td>
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<tr>
<td>Parsons Residential Care* (Ches)</td>
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<tr>
<td>Sentara Village* Virginia Beach</td>
<td>306-2800</td>
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<tr>
<td>Shepherd’s Village* (Norfolk)</td>
<td>625-1877</td>
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<tr>
<td>Terrace at Beth Sholom Village</td>
<td>282-2384</td>
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<tr>
<td>Thornton Hall* (Norfolk)</td>
<td>853-6281</td>
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<td>Virginia Department of Social Services</td>
<td>488-2800</td>
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| Eastern Regional Office (Questions/Concerns)   | 491-3990  
  [www.dss.virginia.gov](http://www.dss.virginia.gov) |
| Virginia Home for Adults* (Ches)               | 545-6219 |
| Westhaven Manor* (Portsmouth)                  | 399-2754 |
| Westminster Canterbury                        | 496-1100 |
| Whitehurst Manor* (Ches) (female only)         | 546-5777 |

*Indicates acceptance of Auxiliary 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
Clothing Ministry 431-4523
Open Door Chapel 340-1441
Princess Anne Plaza UMC 340-5775
St. Gregory’s Catholic Church 518-2819
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” 471-5826
Mayor’s Commission on Aging 385-4581
Mental Health of VB (CSB) 385-0888
United Way 800-230-6977
Lions Club (See Adaptive Equipment)

Consumer Information/Complaints
Federal Trade Commission 877-382-4357
Office of the Attorney General (Consumer Complaints) 800-451-1525
Telemarketing Calls 888-382-1222
VA Office of Consumer Affairs 800-552-9963
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

Disability Services
(See also Adaptive Equipment)
Endependence Center 461-8007
VA Board for People with Disabilities 800-846-4464
VA Department of Rehabilitative Services 800-552-5019
VA Disability Services www.vadrs.org

Driving
AARP Driver Safety Prog. 888-227-7669
VA Office of Consumer Affairs 800-552-9963
VA VB Office of Consumer Affairs 385-6373

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.vcpla.org
VB Police Dept. Crime Prevention Unit 385-1006

Developmental Services
VB Developmental Services Division 385-0600

Diabetes (See Health Information)

Food Pantry & Thrift Store

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

Crime Prevention
National Crime Prevention Council 202-466-6272

Consumer Information/Complaints
Federal Trade Commission 877-382-4357
Office of the Attorney General (Consumer Complaints) 800-451-1525
Telemarketing Calls 888-382-1222
VA Office of Consumer Affairs 800-552-9963
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

www.dtcon.gov
Emergency Preparedness
FEMA 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@hrpdca.com
Virginia VDEM www.vaemergency.com

Employment
AARP Senior Employment Service 625-7001
Endependence Center 461-8007
Equal Employment Opportunity Commission (EEOC) 800-669-4000
Ticket to Work Program in VA 866-968-7842 www.yourtixettowork.com

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) 437-3550
Catholic Charities 456-2366
Consumer Mortgage and Investment Corp. 552-7000 www.consumermgmt.com
Federal Deposit Insurance Corporation (FDIC) 877-275-3342 www.fdic.gov
Financial Planning Association 800-282-7526 www.fpanet.org
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
Senior Services of Va. (SSSEVA) 461-9481 www.ssseva.org
Star of the Sea Catholic Church 428-8547
State Corporation Commission 800-552-7945
UP Center 622-7017 www.theupcenter.org
TowneBank Mortgage 687-5000 www.townebankmortgage.com
Violent Income Tax Assistance Program (VITA) 437-3369
Waddell & Reed 431-2929 ext. 108

Fraud/Consumer Protection
Call for Action www.callforaction.org
Driver’s License Number Misuse 866-368-5463 www.dmv.state.va.us
FBI 455-0100
Medicaid Fraud (MCFU) 800-371-0824
Office of the Attorney General Hotline 800-451-1525
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
VA Dept. for the Aging 800-552-3402

State Office of Consumer Protection
800-552-9963

US Postal Service Fraud
800-372-8347

VA Dept. for the Aging
800-552-3402

Catholic Charities 533-5217
(Grandparents as Parents Support)
Generations United 202-289-3979
www.gu.org

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
State Anatomical Gift Program 800-447-1706
Email: OCME.Anatomical@vdh.virginia.gov
VB Dept. Human Services - Medicaid
Indigent Burial Fund 437-3200
Veterans’ Assistance Service 804-786-2261
State Office of Consumer Protection 800-552-9963
Generations United 202-289-3979
www.gu.org

Grand Parent Again www.grandparentagain.com
GrandsPlace www.grandsplace.com
IRS 800-829-1040
National Committee of Grandparents for Children’s Rights 866-624-9900
www.grandparentsforchildren.org
VA Dept of Human Services
Food Stamps 437-3200
TANF 437-3200

Health / Disorder Information
AIDS/HIV Resource Center www.healingwell.com/AIDS
AIDS National Hotline 800-448-0440
AIDS / STD Testing 800-590-2437
ALS Association 800-782-4747
www.alsa.org
Alzheimer’s Disease 800-227-2345
(See Alzheimer’s and Dementia)
American Cancer Society 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 804-267-1900
www.lungusa.org
American Parkinson Disease Association www.apdaparkinson.org
American Speech, Language, and Hearing Association 800-638-8255
www.strokeassociation.org
American Stroke Association
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

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 Kalvig, MSW, CMC
VDSS Adult Services Consultant 491-3983
Clare Krell, LSW*
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
Brain Injury Association of VA  
800-334-8443  
www.biausa.org

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

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

Deaf and Hard of Hearing  
800-552-7917

Epilepsy Foundation of VA  
434-924-8669

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

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 Parkinson Foundation  
800-327-4545  
www.parkinson.org

National Stroke Association  
800-787-6537

Parkinson’s Disease Foundation  
800-457-6676  
www.stroke.org

Patient Advocate Foundation  
800-532-5274

Sentara Physician Referral  
800-736-8272

Sickle Cell Association  
466-0332  
www.sicklecellhr.org

Tidewater AIDS Community  
583-1317  
www.tact.com and www.aidsfund.com

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

United Way of South Hampton Roads  
853-8500

VB Dept. of Health Information  
518-2700

Vital Records  
518-2671

Home Safety Inspections  
518-2763

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

VA Dept. of Medical Assistance Services Provider Helpline  
800-552-8627

Managed Care Helpline  
800-643-2273  
www.dmas.virginia.gov

**Home Health Care / Caregiving**

Amedisys - Chesapeake  
465-1400

Amedisys – Norfolk  
466-1340

Americare Plus  
499-6477

Arcadia Home Care  
497-6459  
www.arcadiaservices.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

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

Chesapeake Home Health/Hospice  
312-6460

Community Personal Care  
625-2220

Dailey’s Healthcare  
523-5207

Direct Home Health Care  
405-6320

Division of Licensing (Complaints/Reports)  
800-533-1560
Elder Care at Home, Inc and The Caregivers 464-4800
Family Care Senior Solutions 673-6981
Genesis Home Health Care 961-5243
Gentiva Health Services 499-2303
Hand’n Heart 490-1223
Health Horizons 518-2800
Heartland Home Health & Hospice 490-9323
Home Instead Senior Care 631-7744
Home Helpers 354-4357
Hope In-Home Care 455-0030
Immanuel Care 547-8400
Interim HealthCare 466-1401
Intrepid USA Homehealth 800-254-9090
Jewish Family Services 489-3111
Karya Home Care 705-6743
Or 1-877-452-7928
ResCare Home Care 459-2360
Labor of Love Total Healthcare 689-4205
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
Or 1-800-659-0205
Seniorcorp 640-0557
www.seniornavigator.com
Senior Navigator www.seniornavigator.com
Sentara Home Care Services 553-3000
www.sentara.com/homecare
Stay at Home Personal Care 392-1001
Tidewater Home Helpers 354-4357
VB Dept. of Human Services 437-3550
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

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 437-3205
Vet’s House 724-8614
Volunteers of America (VOA) 437-4911
Day Support (showers, laundry, food)
Winter Shelter (October – April)
YWCA of South Hampton Roads 625-4248

**Hospice Programs**
American Hospice Foundation www.americanhospice.org
Bon Secours Hospice 889-4663
Chesapeake Regional Homecare & Hospice 312-6464
Five Wishes 888-594-7437
www.agingwithdignity.org
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
Odyssey Healthcare 461-0600
www.odsyhealth.com
Personal Touch Home Care & Hospice 855-1355
Sentara Hospice Services 553-3000
VA Association for Home Care 804-285-3636
www.vahc.org

**Hospitals**
Bon Secours – DePaul 889-5000
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 OBIC 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
Sentara Occupational Medicine Program 687-1175

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

**Independent Living / Retirement & Senior Communities**
Atlantic Shores 426-0000
Beth Sholom – The Sands 420-0891
Chesapeake Crossing 494-0941
Cogic Highrise (Norfolk) 622-2513
Colonial Harbor 369-8305
Colony Pines Apartments 486-7363
Commons at Chesapeake 436-2699
Commons at Greenwood (Ports) 465-9007
Commons at Princess Anne 490-7001
First Colonial Inn 428-2884
Harbor’s Edge 616-7950
Hidenwood (Newport News) 930-1075
Holland House 498-9225
Jamestown Commons 361-6900
John Knox Towers (Norfolk) 622-5443
Lighthouse Pointe (Norfolk) 382-4911
Luther Manor 463-3510
Lynnhaven Cove 467-4000
Province Place of DePaul 451-2400
Province Place of Maryview 686-9100
Russell House 481-0770
Silver Hill at Great Neck 481-0055
Silver Hill at Thalia 431-2290
Stonebridge Manor (Norfolk) 857-1351
Sullivan House 563-9955
The Talbot on Granby 451-5100
Tidewater Senior Apartments (Newport News) 265-1472
Victoria Place 313-2323
Wesleyan Place 473-8575
Westminster-Canterbury 496-1100

**Information and Referral Services**
AARP 888-687-2277
www.aarp.org
A Place for Mom 866-355-7048
(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 385-4228
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 437-3550
VA Dept. of Public Health 518-2700
VA Office for Protection and Advocacy 800-552-3962
VB Public Information Office 311

Insurance / Long Term Care Insurance
AARP 888-681-2277
www.aarp.org
Bureau of Insurance 804-371-9741
Consolidated Omnibus Reconciliation Act
(COBRA) www.cobrainsurance.com
Office of the Managed Care Ombudsman 877-310-6560
National Association of Insurance
Commissioners www.naic.org
VA SCC Bureau of Insurance 800-552-7945
www.scc.virginia.gov
VICAP Insurance Counseling Assistance Program 222-4512
Waddell & Reed 431-2929 ext. 108

Legal Services and Referrals
(See Lawyers/Elder Law in the Yellow Pages)
Legal Aid Hotline 866-534-5243
Legal Aid Society of VA 627-3232
National Academy of Elder Law Attorneys 703-942-5711
www.naela.com
National Senior Citizens Law Center 202-289-6976
www.nsclc.org
Senior Law Center 627-3232
Senior Legal Services 340-6100
Senior Services of Va. (SSSEVA) 461-9481
www.ssseva.org
Legal Aid Society of Eastern VA 552-0026
VA Lawyer Referral Service 800-552-7977

Long Term Care
(See also Nursing & Rehabilitation; See also Home Health Care / Caregiving Services)
AARP 888-681-2277
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 437-3550
Medicaid applications 437-3200

Meals / Food
(See Nutrition Programs)

Medicaid and Medicare
Centers for Medicare and Medicaid Services
Baltimore Headquarters 877-267-2323
Medicare Service Center 800-633-4227
Report Medicare Fraud 800-447-8477
www.cms.hhs.gov
Logisticare (Medicaid transportation) 866-386-8331 (opt. #1)
Medicaid Providers Hotline 800-552-8627
Medicare Quality Improvement 800-545-3814
Medicare/Medicaid Fraud 800-938-8885
VA Managed Care Hotline 800-643-2273
VB Dept. of Human Services 437-3200

Medical Equipment (See Adaptive Equipment)
Medication / Prescription and Supply Delivery
Bayview Plaza Pharmacy 583-7466
Home Care Delivered, Inc. 800-565-5644
www.homecaredelivered.com
Kmart
Constitution Drive 497-0389
First Colonial 437-2081
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 800-633-4277
www.medicare.gov
Financial Assistance for Prescriptions
http://www.disabilityresources.org
Free Medication Foundation
www.freemedicinefoundation.com
Medication/Prescription Assistance 437-3214
Medicine Program
http://www.themedicineprogram.com/
Novartis Patient Assistance Program
www.NovartisCarePlan.com
Pharmaceutical Research and Manufacturers of America www.phrma.org

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
Coalition of Preventing Elder Suicide
(COPES) 437-3550
Depression and Bipolar Support Alliance 800-826-3632
www.dbssalliance.org
Detox Services / Recovery Center 385-3111
Emergency Services (Dept. of MH/SA) 385-0888
I Need A Lighthouse
(Deppression 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

**Senior Outpatient Services**

**VB Psychiatric Center**

**Nursing Homes and Rehabilitation Centers**

Atlantic Shores-Seaside 716-2060
Bay Pointe Medical and Rehab 481-3321
Bayside Health Care Center 464-4058
Beacon Shores Rehab Center 340-6611
Beth Sholom Home 420-2512
Division of Licensing 800-955-1819
Heritage Hall 499-7029
Oakwood Nursing and Rehab 420-3600
Office of Licensure and Certification 804-367-2106
800-955-1819

**Ombudsman**

(Nursing Home Concerns) 800-552-3402
Local Ombudsman 461-9481
Our Lady of Perpetual Help 495-4211
River Pointe Rehab & Healthcare 340-0620
Sentara Nursing Center VB 306-2700
Sentara Windermere Nursing 496-3939
Virginia Department of Health Professions
  Enforcement Division 800-533-1560
VB Health Care & Rehab 481-3500
Westminster-Canterbury 496-1100

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

Bayside Recreation Center 460-7540
Bow Creek Recreation Center 431-3765
Great Neck Recreation Center 496-6766
Jewish Community Center 489-1371
Kempsville Recreation Center 474-8492
Princess Anne Recreation Center 426-0022
Seatack Recreation Center 437-4858
Senior Services of Va. (SSSEVA) 461-9481

**Food Banks / Referrals:**

Compassion Center 428-3277
Home Delivered Meals 461-9481
Hope Lutheran Church 424-4848

(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
Life More Abundantly Ministries 855-4918
Meals on Wheels 306-2721
New Jerusalem C.O.G.I.C. 425-8431

Open Door Chapel 340-1441
(Mon –Fri 10-2 only)

Potter’s House 428-7727
Senior Services of Va. (SSSEVA) 461-9481
St. Gregory’s Catholic Church 497-8330
Star of the Sea Catholic Church 428-1244

Supplemental Nutrition Assistance Program
SNAP (FKA Food Stamps) 437-3200

VB Dept. of Human Services 437-3205

**Personal Emergency Response Services**

Alert USA 800-789-6969
Chesapeake General Hospital Comfort Care (Lifeline) 312-6470
Home Helpers (&Medication Dispenser) 354-4357
LifeFone 888-687-0451
Life Station 800-884-8888
MediAlert 800-432-5378
http://www.medialert.org

Medical Alarm 800-722-7552
Medical Guardian 800-322-0955
Phillips Lifeline 800-380-3111
Project Lifesaver (VB Police) 385-2742
Safe Return 888-572-8566
Sentara Lifeline 888-767-5583
Walgreens Ready Response 866-310-9061

**Prescription Delivery**

(See Medical Supplies / Prescriptions Delivery)

**Recreation**

AARP Active for Life 888-687-2277
www.aarp.org/health
Bayside Recreation Center 460-7540
Bow Creek Recreation Center 431-3765
Lifelong Fitness Alliance 650-361-8282
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 (Creeds) 385-2175
Sentara Living (Bayside Presbyterian) 800-736-8272

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

Respite Care
Catholic Charities 456-5136
Out & About, LLC – Personalized Day 577-2147
Respite Services 385-4135

Retirement
AARP 888-687-2277
www.aarp.org
Institute for Learning in Retirement
(ODU classes for seniors) 368-4160
http://www.lions.odu.edu/odu/ilr
Pension Benefit Guaranty Corporation 800-772-1213
www.ssa.gov
Veterans Benefits 800-827-1000
www.va.org

Railroad Retirement
Helpline 800-808-0772
Richmond Office 804-771-2997
Social Security Administration
www.pbgc.gov

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

Senior Newsletters/Newspapers
Senior Health Magazine 217-0330
Seniority Magazine (VA Pilot) 222-5391
Senior Living Guide 877-765-4975
www.seniorlivingguide.com

Senior Rights
Center for Elder Rights 800-552-3402
www.vda.virginia.gov
Citizens’ Committee to Protect the Elderly 518-8500
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
email: 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
Support Groups

Alzheimer’s Caregiver Support Group 459-2405
American Cancer Society 800-227-2345
American Heart Association 800-242-8721
American Lung Association 800-586-4872
Arthritis Foundation 800-456-4687
BonSecours Help Line 889-2273
Breast Cancer Support Group 552-7200
Breast Cancer Support Group “Look Good Feel Better” 398-2447
Catholic Charities (multiple) 456-2366
Children of Aging Parents 800-227-7294
Diabetes Support Group 363-6834
Grandparents as Parents 533-5217
Multiple Sclerosis 490-9627
National Caregiving Assoc. 800-896-3650
www.thefamilycaregiver.org
Parkinson’s Disease Group 495-3062
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
5 Star Medical Transport 558-4050
Accent Transportation Services 605-0605
Ace Care, Inc. (wheelchair only) 499-9930
Black & White Cabs of VB (wheelchair cabs) 855-3334
Catholic Charities (H.E.L.P.) 490-4931
Eastern Medical Transport 483-3186 (wheelchair only)
Handi Ride Applications 222-6087
Scheduling 455-8010
Home Helpers 354-4357
Lee’s Friends (Cancer Patients) 440-7501
Logisticare (Medicaid only) 866-386-8331
Medical Transport 671-8911 (stretcherc only)
Out & About, LLC – Personalized Day Respite Services 577-2147
SeniorCorp
Transport Share 905-6389
Senior Navigator 866-393-0957
www.seniornavigator.com
Senior Services of Southeastern VA (SSSEVA) 461-9481
www.ssseva.org
*Anyone with a handicap/disabled parking placard or license plate can park for free at
the metered spots at the oceanfront – 4 hour limit

Utility Assistance

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

Veterans Affairs

Department of Veterans Affairs 804-786-0286
Tidewater Field Office 455-0814
**VB Department of Human Services**

Adult Outpatient Services (MH/SA) 385-4269
- Magic Hollow I 385-8222
- Adult Protective Services 437-3550
- Adult Foster Care
- ALF/LTC/Nursing Home Screening Companion Services
- Detox Services/Recovery Center 385-6950
- Emergency Services (MH/SA) 385-0888
- Intellectual Disabilities 385-6100
- Mental Health Substance Abuse 385-0866
- 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) 437-3200

**Volunteering**

- Bon Secours Volunteer Services 889-5000
- Citizen’s Committee to Protect the Elderly 518-8500
- National Senior Service Corps 800-424-8867 [www.seniorcorps.com](http://www.seniorcorps.com)
- Senior Services of Va. (SSSEVA) 461-9481 [www.ssseva.org](http://www.ssseva.org)
- Sentara Hospice Volunteers 553-3051
- VA Aquarium 437-7792
- VBCERT (VB Community Emergency Response Team) 385-2914
- VB Dept. of Human Services 437-3214
- VB Volunteer Council 385-4722

**Voting**

- VB Voting Information 385-8683