CITY OF VIRGINIA BEACH

SENIOR RESOURCE GUIDE

MAYOR'S COMMISSION ON AGING

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(757)-385-4242

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Heather Crutchfield, Mayor's Commission on Aging (MCOA) compiled this resource guide. Please call 437-3203 to add resources or make corrections.

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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.

Table of Contents

Helpful Information

Acronyms Used in this Guide 1

Alphabetical Listing of Commonly Used Resources……...2

Resource Listings

Abuse, Neglect, and/or Exploitation 3

Adaptive Equipment/Medical Equipment.....3

Adult Day Care 3

Alzheimer's and Dementia 3

Alzheimer's Care Communities.....4

Assisted Living 4

Care Giving (See Home Health Care/Caregiving and/or Support Groups).....4

Care Management 4

Clothing Resources 4

Community Services.....4

Consumer Information/Complaints 4

Consumer Protection (See Fraud/Consumer Protection).....5

Credit Counseling…….. 5

Crime Prevention…… .....……5

Diabetes (See Health/Disorder Information) 5

Disability Services (See also Adaptive Equipment/Medical Equipment) 5

Driving 5

Employment 5

Financial Services 5

Fraud/Consumer Protection 6

Funeral Homes and Funeral Planning 6

Grandparents Raising Grandchildren 6

Health/Disorder Information 6

Home Health Care/Caregiving 7

Homeless Services/Shelters 8

Hospice Programs 8

Hospitals 8

Hospital Services and Programs 8

Housing Assistance 9

Independent Living/Retirement & Senior Communities 9

Information and Referral Services 9

Insurance/Long Term Care Insurance 9

Legal Services and Referrals 9

Long Term Care 10

Meals/Food (See Nutrition Programs) 10

Medicaid and Medicare 10

Medical Equipment (See Adaptive Equipment/Medical Equipment) 10

Medication/Prescription and Supply Delivery 10

Medication/Prescription Assistance 10

Mental Health Substance Abuse Services 11

Mental Retardation Services 11

Nursing Homes and Rehabilitation Centers 11

Nutrition Programs (Meals and/or Food) 11

Personal Emergency Response Services 12

Prescription Delivery (See Medical/Prescription and Supply Delivery) 12

Recreation 12

Respite Care 12

Retirement 13

Retirement Housing (Independent Living) 13

Senior Newsletters/Newspapers 13

Senior Rights 13

Substance Abuse (see also Mental Health Substance Abuse Services) 13

Support Groups 13

Tax Information 13

Transportation Services 14

Travel Assistance 14

Utility Assistance 14

Virginia Beach Dept. of Human Services (Programs) 14

Volunteering 14

Voting 14

Acronyms used in this Guide

AA Alcoholics Anonymous
AARP American Association of Retired Persons
ACS American Cancer Society
ADA American Diabetes Association
ADEAR Alzheimer's Disease Educational and Referral Center
AIDS Acquired Immune Deficiency Syndrome
ALF Assisted Living Facility
ALS Amyotrophic Lateral Sclerosis Or Lou Gehrig's disease
APDA American Parkinson Disease Association
CCPE Citizen's Committee to Protect the Elderly
CDS Community Direct Services
CID Certified Interior Designer
COBRA Consolidated Omnibus Reconciliation Act
COGIC Church of God in Christ
CSB Community Services Board
Dept. Department
DMAS Department of Medical Assistance Services
DMHMRSAS Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services
DMV Department of Motor Vehicles
EEOC Equal Employment Opportunity Commission
EVMS Eastern Virginia Medical School
FDIC Federal Deposit Insurance Corporation
HIV Human Immunodeficiency Virus
ICDRI International Center for Disability Resources on the Internet
IRS Internal Revenue Service
JCC Jewish Community Center
MCOA Mayor's Commission on Aging
MHSA Mental Health Substance Abuse
MHSA/MR Mental Health Substance Abuse/Mental Retardation
NAMI National Alliance on Mental Illness
NSSC National Senior Service Corps
ODU Old Dominion University
PACE Programs of All Inclusive Care for the Elderly
SSEVA Senior Services of Southeastern VA
Rx Prescription
SS Social Services
SSA Social Security Administration
STD Sexually Transmitted Disease
STOP Southeastern Tidewater Opportunity Project
TACT Tidewater AIDS Community Task Force
TRIAD Technology-Related Assistance of Individuals with Disabilities
UMC United Methodist Church
VA Virginia
VASCC Virginia State Corporation Commission
VB Virginia Beach
VDA Virginia Department for the Aging
VDSS Virginia Department of Social Services
VICAP Virginia Insurance Counseling and Assistance Program
VITA Volunteer Income Tax Assistance
VOA Volunteers of America
WHRO The Public Telecommunication Center for Hampton Roads
YWCA Young Women's Christian Association

Alphabetical Listing of Resources

AARP 888-687-2277
Administration on Aging www.aoa.gov
Adult Learning Center 473-5091
www.adultlearning.vbschools.com
Aging with Dignity (Five Wishes)
888-594-7437
www.agingwithdignity.org
Animal Rescue of Tidewater 456-1354
www.ARTanimals.org
Animal Sanctuary/Angel Care Program
800-252-5918
www.homeforlife.org
Area Agency on Aging (SSVA) 461-9481
Beach Health Clinic 428-5601
Eldercare Locator 800-677-1116
www.eldercare.gov
Fire Dept. – Emergency 911
Fire Dept. Smoke Detectors 385-4228
Healthfinder www.healthfinder.gov
Laws and Programs Affecting Senior Citizens 800-552-7977
Mayor's Commission on Aging 385-4242
Police, Emergency 911
Police, Non-Emergency 385-5000
Senior Services of Southeastern VA (SSEVA) 461-9481
www.sseVAorg
Senior Navigator 866-393-0957
www.seniornavigator.com
Senior Resource Center of VB 721-2154
Senior Resources 866-496-4722
www.seniorresourcesgroup.com
Social Security Administration
(Local) 498-8726
800-772-1213
www.socialsecurity.gov
Supplemental Security Income
800-772-1213
TRICARE 800-538-9552
VA Dept. for the Aging (VDA)
800-552-3402
www.vda.virginia.gov
VA Dept. of Medical Assistance Services (DMAS – Medicaid) 804-786-7933
www.dmas.virginia.gov
VA Dept. of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS), Richmond
Information 804-786-3921
800-451-5544
http://www.dmhmrsas.virginia.gov
VA Division of Licensing (ALF)
800-533-1560
VA Division of Licensing (Nursing Home)
800-955-1819
VA Dept. of Social Services (VDSS)
800-552-3431
www.dss.virginia.gov
VB Dept. of Health 518-2700
www.vda.state.VAus
VB Dept. of Human Services 437-3200
www.vbgov.com
Well Spouse Foundation 800-838-0879
www.wellspouse.org

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 Service 437-3550
Adult Protective Services Hotline 888-832-3858
Anger Management Classes 467-7707
Citizens' Committee to Protect the Elderly 518-8500
National Center on Elder Abuse 202-898-2586 www.elderabusecenter.org
Samaritan House 631-0710
Senior Services of Southeastern VA (SSEVA) 461-4981 www.sseVAorg
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
Virginians Against Domestic Violence 804-377-0335

Adaptive Equipment/Medical Equipment

Access First 434-1651
Assistive Technology Loan Fund Authority 804-662-9000 www.atlfa.org
Caregiver's World, Inc. 800-239-4116 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/
G7 Medical Services, Inc. 377-2136 www.g7medical.com
GM Mobility Assistance Center 800-323-9935 www.gmmobility.com
ICDRI 919-349-6661 www.icdri.org
Lions Club
- Glasses 471-6846
- Hearing Aids 340-5223
- Special Needs Equipment 466-9933

Med Emporium 428-0787
Mobility Center of Virginia 382-7111 www.mobilityVAcom
National Mobility Equipment Dealers 800-833-0427 www.nmeda.org
Ride-Away 888-743-3292 www.Ride-Away.com
Shirley Confino-Rehder, CID 625-0969 www.univdesign.com
Traveler's Protective Assoc. of America 800-914-2775 www.tpahq.org
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
Senior Adult Services 385-4022
Senior Services of Southeastern VA (SSEVA) 461-9481 www.sseVAorg
Sentara Adult Day Health Care 306-2850
Sentara Senior Adult Day Care – Programs of All Inclusive Care for the Elderly (PACE) 437-7223
Sentara Senior Community 456-2700

Alzheimer's and Dementia

AARP 888-687-2277 www.aarp.org
ADEAR www.alzheimers.org
Alzheimer's Association Hampton Roads 800-755-1129

Alzheimer's Association 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
Dementia Advocacy and Support Network Glennan Center (EVMS) 446-7040
International www.dasinternational.org
Family Caregiver's Alliance 415-434-3388 www.caregiver.org
National Institute on Aging 800-222-2225 www.nia.nih.gov

Alzheimer's Care Communities

Bay Lake 460-8868
Beth Sholom Village, **The** Terrace 282-2384
Chesapeake Place 548-4795
Churchland House 483-1780
Lake Prince Woods 923-5500
Morningside of Newport News 890-0905
Morningside of Williamsburg 221-0018
Oakdale Heights 490-6672
Our Lady of Perpetual Help 495-4211
Pinewood Inn 588-4663
Province Place of Depaul 451-2400
Province Place of Maryview 686-9100
VB Estates 493-9535

Assisted Living

Abundant Care Assisted Living 519-9100
Assisted Living at Prichard Rd 340-8509
Atria Virginia Beach 496-8001
Bay Lake Retirement Community 460-8868
Brighton Gardens 499-4800
First Colonial Inn 428-2884
Harbor Way 716-2150
Hope Haven Adult Home 427-3809
Kings Grant House 431-8825
Lynn Shores Chateau 498-0187
Marion Manor 456-5018
Oakdale Heights Senior Living 490-6672
Our Lady of Perpetual Help 495-4211
Sentara Village 306-2800
Terrace at Beth Shalom Village 282-2384
Virginia Beach Estates 493-9535
Westminster Canterbury 496-1100
Division of Licensing (Complaints/Reports) 800-533-1560

Care Giving

(See Home Health Care/Caregiving and/or Support Groups)

Care Management

(See Senior Citizens Services and Health Organizations in the Yellow Pages)

Clothing Resources

Catholic Charities HELP Project 490-4931
Clothing Ministry 431-4523
Open Door Chapel 340-1441
Princess Anne Plaza UMC 340-5775
St. Gregory's Catholic Church 518-2819

Community Services

Better Business Bureau 531-1300
Crisis/Suicide Prevention 622-1126
Community Services Board (CSB) 385-0888
Fire Dept. (non-emergency) 385-4228
(Free Inspections/Fire Alarms)
Mayor's Commission on Aging (MCOA) 385-4242
United Way 800-230-6977
Lions Club *(See Adaptive Equipment/ Medical Equipment)*

Consumer Information/Complaints

Federal Trade Commission 877-382-4357 www.ftc.gov
Office of the Attorney General (Consumer Complaints) 800-451-1525

Telemarketing Calls 888-382-1222
www.donotcall.gov
VA Office of Consumer Affairs
800-552-9963
VB Office of Consumer Affairs 385-5836
www.vbgov.com/oca/ca.htm

Consumer Protection

(See Fraud/Consumer Protection)

Credit Counseling

Catholic Charities 456-2366
Child and Family Services 625-2227

Crime Prevention

National Crime Prevention Council
202-466-6272
www.ncpc.org
Police, Non-Emergency 385-5000
Police Precincts
First Precinct 385-4377
Second Precinct 219-2700
Third Precinct 219-2703
Fourth Precinct 218-2800
TRIAD 385-1068
VA Crime Prevention Association
804-231-3800
www.vcpa.org
VB Police Dept. Crime Prevention Unit
385-1006

Diabetes

(See Health/Disorder Information)

Disability Services

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

Driving

AARP Driver Safety Prog. 888-227-7669
www.aarp.org/drive
Dept. of Motor Vehicles (DMV)
866-368-5463
www.dmvnow.com
Glennan Center / Driver Evaluation Program
446-7040
GrandDriver.net www.granddriver.net

Employment

AARP Senior Employment Service
625-7001
Endependence Center, Inc. 866-323-1088
Equal Employment Opportunity
Commission (EEOC) 202-663-4900
Ticket to Work Program in VA
www.yourticketowork.com
VB Employment Commission 431-4978

Financial Services

AARP Home Loans 888-687-2277
www.aarp.org
AARP Tax Aide 888-227-7669
www.aarp.org/taxaide
Catholic Charities 456-2366
Children and Family Services 622-7017
www.childandfamilyservices.org
Federal Deposit Insurance Corporation
(FDIC) 877-275-3342
www.fdic.gov
Financial Planning Association
800-282-7526
www.fpanet.org
IRS Tax Assistance 800-829-1040
www.irs.gov
IRS Tax Forms and Material 800-829-3676
IRS Refund Hotline 800-829-1954

Jewish Family Services 489-3111
www.jfshamptonroads.org
National Association of Personal Financial Advisors 888-333-6659
www.napfa.org
National Association of Securities Dealers 800-289-9999
www.investor.nasd.com
National Credit Union 800-827-9650
www.ncua.gov
Real Estate Tax Exemption Prog. 385-8847
Securities and Exchange Commission 202-942-7040
www.sec.gov
Senior Services of Southeastern VA (SSEVA) 461-4981
Star of the Sea Catholic Church 428-8547
State Corporation Commission 800-552-7945
VB Dept. of Human Services Resource Development Unit 437-3205
Volunteer Income Tax Assistance Program (VITA) 437-3369

Fraud/Consumer Protection

Call for Action www.callforaction.org
Driver's License Number Misuse 866-368-5463
www.dmv.state.VAus
FBI 455-0100
Federal Trade Commission 877-438-4338
www.consumer.gov/idtheft
IRS Income Tax Fraud 800-829-0433
www.irs.gov
Medicare/Medicaid Fraud 800-938-8885
National Fraud Information Center 800-876-7060
Office of the Attorney General Hotline 800-451-1525
Social Security Fraud 800-269-0271
State Office of Consumer Protection 800-552-9963
US Postal Service Fraud 800-372-8347
www.upsp.gov
VA Dept. for the Aging 800-552-3402
www.vda.virginia.gov

Funeral Homes and Funeral Planning

(See Funeral in the Yellow Pages)
Five Wishes 888-594-7437
www.agingwithdignity.org
VB Dept. Human Services - Medicaid Indigent Burial Fund 437-3200

Grandparents Raising Grandchildren

AARP 888-687-2277
www.aarp.org/grandparents
Adoption Information Clearinghouse 888-251-0075
Catholic Charities 533-5217
(Grandparents as Parents Support)
Generations United 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
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
(See Alzheimer's and Dementia)
American Cancer Society (ACS) 800-227-2345
www.cancer.org
American Council of the Blind (ACB) 800-424-8666

American Diabetes Association (ADA) 800-342-2383 www.diabetes.org
American Heart Association (AHA) 671-8636 www.americanheart.org
American Lung Association (ALA) 855-3059 www.lungsusa.org
American Parkinson Disease Association (APDA) www.apdaparkinson.org
American Speech, Language, and Hearing Association 800-638-8255
American Stroke Association www.strokeassociation.org
Arthritis Foundation 456-1119
Beach Health Clinic 428-5601
Better Hearing Institute 800-327-9355
Blind and Vision Impaired 800-622-2155
Brain Injury Association 463-9561
Cancer Care 800-813-4673 www.cancercare.org
Cerebral Palsy of Southern and Central Virginia 497-7474
Center for Disease Control 770-488-5015 www.cdc.gov
Central Virginia AIDS Resource and Consultation Center 800-828-6177
Deaf and Hard of Hearing 800-552-7917
Epilepsy Association of VA 438-2398
Epilepsy Foundation www.epilepsyfoundation.org
Health Finder www.healthfinder.gov
Lee's Friends (Cancer) 625-3115 www.leesfriends.org
Lupus Foundation of America 490-2793 www.lupus.org
Multiple Sclerosis Foundation www.msfacts.org
Multiple Sclerosis Society 490-9627 www.nmss.org
Muscular Dystrophy Association 461-0177 www.mdausa.org
National Coalition for Cancer Survivorship www.canceradvocacy.org
National Institute of Health 888-644-6226 www.nccam.nih.gov
National Institute of Neurological Disorders and Stroke 800-352-9424
National Kidney Foundation of Virginia 858-8781 www.kidney.org
National Parkinson Foundation www.parkinson.org
National Stroke Association 800-787-6537 www.stroke.org
Parkinson's Disease Foundation www.pdf.org
Patient Advocate Foundation 800-532-5274
Sentara Physician Referral 800-736-8272
Sickle Cell Association 466-0332 www.ascaa.org
Tidewater AIDS Community Task Force (TACT) 583-1317 www.tact-on-line.com
United Cerebral Palsy www.ucp.org
United Way Health Line 853-8500
VB Dept. of Health
- Information 518-2700
- Death Certificates 518-2671
- Home Safety Inspections 518-2763
- Hotline (HIV/AIDS/STD/HEP C) 800-533-4148

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

Home Health Care/Caregiving

Arcadia Home Care 497-6459 www.arcadiaservices.com
Best and Dependable 363-7542
Bon Secours Home Care 889-4640
CDS Personal Home Care 965-4899
Chesapeake Home Health/Hospice 312-6460
Comfort Keepers 430-1776
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 464-4800

Excel Professional Care 961-9874
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 430-9323
Home Instead Senior Care 631-7744
Home Sweet Home Care 356-0342
Hope In-Home Care 455-0030
Immanuel Care 547-8400
Interim HealthCare 466-1401
Intrepid USA Homecare 548-6884
Jewish Family Services 489-3111
Kelly Home Care 459-2360
Labor of Love Total Healthcare 689-4205
Maxim Healthcare Services 490-3009
Medi Home Health and Hospice 420-7192
Morrison Compr. Learning Center 893-1400
Personal Touch Home Care 855-1355
Seniorcorp 640-0557
www.seniorcorp.com
Senior Navigator 866-393-0957
www.seniornavigator.com
Sentara Home Care Services 549-7755
www.sentara.com/homecare
Stay At Home Care 392-1001
Tender Loving Care 466-1340
VB Dept. of Human Services
Companion Services 437-3550
Personal Care Screenings 437-3550

Homeless Services/Shelters

Friends of the Homeless 928-0012
Genive Battered Women's Shelter 925-4365
Lighthouse Center (VOA) 437-4911
Judeo Christian Outreach Center/Shelter
491-2846
Salvation Army Men's Shelters 622-3471
Salvation Army Women's Shelter 543-8100
Samaritan House 430-2120
Transitions Shelter 723-7774
(Women's Domestic Violence)
Union Mission 623-0642
VB Dept. of Human Services 437-3205
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
202-223-0204
www.americanhospice.org
Comfortcare Hospice 312-6464
Heartland Home Health Care 490-9323
Hospice Association of American
www.hospice-america.org
Hospice Volunteers, Inc. 460-7822
National Hospice Organization
800-658-8898
www.nho.org
Odyssey Hospice 461-0600
www.odsyhealth.com
Sentara Home Care Services 549-7755
VA Association for Home Care and Hospice
804-285-3636
www.vahc.org

Hospitals

Bon Secours – DePaul 889-5000
Bon Secours – Maryview 398-2200
Chesapeake General Hospital 312-8121
Lake Taylor Transitional Care 461-5001
Sentara Bayside Hospital 363-6100
Sentara Heart Hospital 388-8000
Sentara Leigh Hospital 466-6000
Sentara Norfolk General Hospital 668-3000
Sentara OBICI Hospital 934-4000
Sentara VB General Hospital 395-8000
VA (Veterans) Hospital 722-9961

Hospital Services and Programs

Sentara Bayside Hospital 363-6100
Sentara Community Support Groups and
Outreach Programs 800-736-8272
Sentara Occupational Medicine Program
687-1175

Housing Assistance

Dept. of Housing and Neighborhood Preservation/Section 8 385-5750
www.vbgov.com
Dept. of Housing and Urban Development 800-569-4287
Reside With Pride 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 877-543-2123
VB Dept. of Human Services 437-3205

Independent Living/Retirement & Senior Communities

Atlantic Shores 426-0000
Atria of Virginia Beach 496-8001
Bay Lake 460-8868
Beth Sholom – The Sands 420-0891
Brighton Gardens 499-4800
Colonial Harbor 369-8305
Colony Pines Apartments 340-1251
Commons at Princess Anne 490-7001
First Colonial Inn 428-2884
Hidenwood (Newport News) 930-1075
Holland House 498-9225
Jamestown Commons 361-6900
John Knox Towers (Norfolk) 622-5443
King's Grant Ret. Residence 431-8825
Lighthouse Pointe (Norfolk) 382-4911
www.lighthousepointe.net
Luther Manor 463-3510
Lynnhaven Cove 467-4000
Oakdale Heights 490-6672
Russell House 481-0770
Senior Services 461-9481
Silver Hill at Great Neck 481-0055
Silver Hill at Thalia 431-2290
Sullivan House 563-9955

Information and Referral Services

AARP 888-687-2277
www.aarp.org
Citizens' Committee to Protect the Elderly 518-8500
Elder Care Locator 800-677-1116
www.eldercare.gov
Fire Dept. Smoke Detectors 385-4228
Information Center Dial 2-1-1
Mayor's Commission on Aging 385-4581
Public Information 385-4111
Senior Navigator 866-393-0957
www.seniornavigator.com
Senior Services of Southeastern VA (SSEVA) 461-4981
VA Dept. for Social Services 800-230-6977
http://www.vaiandr.net
VA Dept. for the Aging 800-552-3402
VB Dept. Human Services/Adult Services 437-3550
VA Dept. of Health 518-2700
www.vda.state.VAus
VA Office for Protection and Advocacy 800-552-3962
www.vopa.state.VAus
VB Public Information Office 385-4111

Insurance/Long Term Care Insurance

AARP 888-687-2277
www.aarp.org
Bureau of Insurance 804-371-9741
Consolidated Omnibus Reconciliation Act (COBRA) www.cobrainsurance.com
National Association of Insurance Commissioners www.naic.org
VASCC Bureau of Insurance 800-552-7945
www.scc.virginia.gov/division/boi
VICAP Insurance Counseling Assistance Program 222-4512

Legal Services and Referrals

(See Lawyers/Elder Law in the Yellow Pages)
Legal Aid Society of VA 627-5423

National Academy of Elder Law Attorneys
www.nela.org
National Senior Citizens Law Center
www.nsclc.org
Pro-Bono Hotline 800-944-6624
Senior Law Center 627-3232
Senior Legal Services 340-6100
Senior Services of Southeastern VA
(SSEVA) 461-4981
www.sseVAorg
Tidewater Legal Aid Society 552-0026
VA Lawyer Referral Service 800-552-7977

Long Term Care

(See also Nursing & Rehabilitation; See also Home Health Care/Caregiving)
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
National Association of Professional
Geriatric Care Managers 520-881-8008
www.caremanager.org
VA Dept. of Medical Assistance (DMAS)
(Medicaid) 804-786-7933
VB Dept. of Human Services
(Nursing Home Screenings) 437-3550

Meals/Food

(See Nutrition Programs)

Medicaid and Medicare

Centers for Medicare and Medicaid Services
410-786-3000
www.cms.gov
Logisticare (Medicaid transportation)
386-8331 (opt. #1)
Medallion Hotline 800-643-2273
Medicaid Claims 800-552-4323
Medicaid Providers Hotline 800-552-8627
http://www.cns.state.VAus/dmas
Medicare Beneficiary Help 800-545-3814
Medicare/Medicaid Fraud 800-938-8885
VB Dept. of Human Services 437-3200

Medical Equipment

(See Adaptive Equipment/Medical 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 437-2681
Liberty Medical (Diabetes) 800-288-6302
Liberty Prescription Medication
800-599-9690
Liberty Respiratory Medication
800-615-0721
Medical Equipment Distributors of Virginia
498-8225
www.medVAnet
Universal Drugstore 866-291-5551
www.rxsavenow.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
Weslyan Drive 577-0205

Medication/Prescription Assistance

AARP Medication Benefits 888-687-2277
www.aarp.org/prescriptiondrugs
Discount Meds Network 888-334-0144
Drug Discount Cards 800-633-4227
www.medicare.gov

Financial Assistance for Prescriptions
http://www.disabilityresources.org/RX
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/pap/
Prescription Drug Assist
www.ssa.gov/prescriptionhelp/
Rx America www.rxamerica.com
Senior Services of Southeastern VA (SSEVA) 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
800-374-3120
www.apa.org
Chesapeake General (Gero-Psych) 312-6249
Depression and Bipolar Support Alliance
800-826-3632
www.dbsalliance.org
Detox Services / Recovery Center 385-6950
Emergency Services (Dept. of MHSA/MR)
385-0888
I Need A Lighthouse 496-9775
(Depression and Suicide)
www.ineedalighthouse.com
National Alliance for Research on Schizophrenia and Depression
800-829-8289
National Alliance on Mental Illness (NAMI)
703-524-7600
www.nami.org
National Association of Mental Health
800-421-4211
National Foundation for Depression Illness
www.depression.org
Norfolk General (Gero-Psych) 388-3590
Senior Assessment Program
Bon Secours - DePaul 889-4999
VB Dept. of MHSA/MR
Information 385-6100
Senior Adult Services 385-4022
VB Psychiatric Hospital 496-6000

Mental Retardation Services

Eggleston Center 858-8011
VB Dept. of MHSA/MR 385-6100

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 Shalom Home 420-2512
Division of Licensing 800-955-1819
Heritage Hall 499-7029
Oakwood Nursing and Rehab 420-3600
Ombudsman
Nursing Home Concerns 800-552-3402
Our Lady of Perpetual Help 495-4211
River Pointe Rehab & Healthcare 340-0620
Sentara Nursing Center VB 306-2700
Sentara Windermere Nursing 496-3939
VB Health Care & Rehab 481-3500
Westminister-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 Southeastern VA (SSEVA) 461-4981

Food Banks / Referrals

Compassion Center 428-3277
Eastern Shore Chapel Food Closet 428-6763
Food Stamps (VB DHS) 437-3200
Home Delivered Meals 461-9481
Jewish Family Services 489-3111
www.jfshamptonroads.org
Judeo-Christian Outreach 321-2222
Life More Abundantly Ministries 855-4918
Meals on Wheels 306-2721
New Jerusalem COGIC 425-8431
Open Door Chapel 340-1441
(Mon –Fri 10-2 only)
Potter's House 428-7727
Senior Services of Southeastern VA (SSEVA) 461-4981
www.sseVAorg
St. Gregory's Catholic Church 497-8330
Star of the Sea Catholic Church 428-1244
VB Dept. of Human Services 437-3205

Personal Emergency Response Services

Chesapeake General Hospital Comfort Care (Lifeline) 312-6470
Healthwatch 549-5611
LifeFone 888-687-0451
Life Station 800-884-8888
(Use Discount Code: VA17)
MedicAlert 800-432-5378
http://www.medicalert.org
Medical Alarm 800-722-7552
Medical Guardian 800-322-0955
Phillips Lifeline 800-380-3111
Project Lifesaver (VB Police) 546-5502
Safe Return 888-572-8566
Walgreens Ready Response 866-310-9061
(AARP – 50% discount)

Prescription Delivery

(See Medication/Prescription and Supply Delivery)

Recreation

AARP Active for Life 888-687-2277
www.aarp.org/health
Bayside Recreation Center 460-7540
Bow Creek Recreation Center 431-3765
Fifty Plus Fitness Association 650-361-8282
www.50plus.org
Great Neck Recreation Center 496-6766
Jewish Community Center (JCC) 489-1371
www.jfshamptonroads.org
Kempsville Recreation Center 474-8492
Princess Anne Recreation Center 426-0022
Seatack Recreation Center 437-4858
Sentara Living (Bayside Presbyterian) 800-736-8272
VB Libraries
Administration 431-3090
Central Library 385-0150
Bayside Library 385-2680
Bookmobile 385-2651
Great Neck Library 385-2606
Kempsville Library 385-2628
Municipal Research/Records 385-4644
Oceanfront Library 385-2640
Princess Anne Library 385-5194
Pungo-Blackwater Library 426-5194
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 533-5217
VB Dept. of MHSA/MR
Senior Respite Care 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/org/ilr
Pension Benefit Guaranty Corporation
www.pbgc.gov
Social Security Administration (SSA)
800-772-1213
www.ssa.gov

Retirement Housing (Independent Living)

Atlantic Shores 426-0000
Colonial Harbor 369-8305
Commons at Princess Anne 490-7001
First Colonial Inn 428-2884
Holland House 498-9225
Jamestown Commons 361-6900
King's Grant Ret. Residence 431-8825
Lynnhaven Cove 467-4000
Lynn Shores Chateau 498-0187
Marion Manor 456-5018
Sentara Village VB 306-2800
Silver Hill at Great Neck 481-0055
Silver Hill at Thalia 431-2290
Stonebridge Manor 857-1351
Sullivan House 563-9955
Tidewater Senior Apartments 265-1472
Victoria Place 313-2323
Westminister-Canterbury 496-1100

Senior Newsletters/Newspapers

Seniority Magazine (VA Pilot) 446-2158
Senior Source Magazine 363-0963

Senior Rights

Center for Elder Rights 800-552-3402
www.vda.virginia.gov
Citizens' Committee to Protect the Elderly
(CCPE) 518-8500
Medicare Rights Center 212-869-3850
www.medicarerights.org
VA Elder Rights Coalition 804-262-8093
VA Office for Protection and Advocacy
800-552-3962

Substance Abuse

(See also Mental Health Substance Abuse Services)

Detox Services / Recovery Center 385-6950
Suspected Drug Activity Hotline
800-553-3673
VB Alcoholics Anonymous (AA) 490-3980
VB Dept. of MHSA/MR 385-6100

Support Groups

American Cancer Society 800-227-2345
American Heart Association 800-242-8721
American Lung Association 800-586-4872
Arthritis Foundation 800-456-4687
Breast Cancer Support Group 552-7200
Breast Cancer Support Group – "Look Good Feel Better" 398-2447
Caregiver's Support Group 468-2365
Caregiver's Support Group 312-6249
Catholic Charities (multiple) 456-2366
Children of Aging Parents 800-227-7294
Diabetes Support Group 363-6834
Family Caregiver Alliance 800-455-8106
Grandparents as Parents 533-5217
Multiple Sclerosis 490-9627
National Caregiving Assoc. 800-896-3650
www.nfcacares.org
Parkinson's Disease Group 495-3062
Parkinson's Support Group 424-4696
VB Dept of Human Services Caregiver Support Group 385-4135
Well Spouse Foundation 800-838-0879
www.wellspouse.org
Widowed Persons 420-1788

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 Tax 385-4487
Real Estate 385-4385
State Income 385-4483
VB Real Estate Tax Assessor
Tax Relief 385-4601

Transportation Services

Catholic Charities (H.E.L.P.) 490-4931
Handi Ride 222-6087
Lee's Friends (Cancer Patients) 625-3115
Logisticare (Medicaid only) 866-396-8277
Senior Navigator 866-393-0957
www.seniornavigator.com
Senior Services of Southeastern VA
(SSEVA) 461-4981
www.sseVAorg

Travel Assistance

Traveler's Aid 622-7017 x103

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

VB Dept. of Human Services

Adult Outpatient Services (MHSA) 385-4269
Magic Hollow 1 385-8222
Adult Protective Services (SS) 437-3550
Companion Services
Nursing Home Screening
Detox Services/Recovery Center 385-6950
Emergency Services (MHSA) 385-0888
Food Stamp Program (SS) 437-3200
Mental Retardation 385-0600
Senior Adult Services (MHSA)
Magic Hollow II 385-4022
Senior Adult Day Support Program
385-4219

Volunteering

Citizen's Committee to Protect the Elderly
(CCPE) 518-8500
National Senior Service Corps (NSSC)
800-424-8867
www.seniorcorps.com
Senior Services of Southeastern VA
(SSEVA) 461-4981
www.sseVAorg
VA Marine Science Museum 437-6020
VB Dept. of Human Services 437-3214
VB Volunteer Council 385-4722

Voting

Federal Post Card Application
www.fvap.gov/pubs/onlinefpcs.html
State Board of Elections 800-552-9745
www.sbe.virginia.gov
VA registration and Voting Procedures
www.fvap.gov/pubs/vag/vagchapter3
VB Voting Information 385-8683