

Phone: 340-2121
Fax: 940-9704

**Tidewater Virginia Literacy Council,
Inc.**

700 London Blvd, Suite 708A
Portsmouth, VA 23704
Phone: 393-6459
Fax: 393-6589
Website: www.tidewaterliteracy.org
Email: info@tidewaterliteracy.org

Serves Virginia Beach, Norfolk, Chesapeake and Portsmouth residents. Hours are 9:00am-5:00pm, Monday-Friday. Appointments required for evenings. Uses volunteer tutors and staff. One-on-one tutoring for non-reading adults. The evaluations are free and confidential. Donated money is used for books, training, space and supplies.

**Virginia School for the Deaf-Blind
and Multi-Disabled at Hampton**

700 Shell Road
Hampton, VA 23661
Phone: 247-2050
or toll free: 1-800-666-0041
Website: www.vsdmbmh.org

Serves ages 2-21. Services rendered 24 hours a day, five days a week. A residential and day school operated by the state government for deaf, blind, deaf/blind and multi-handicapped. Referrals made by school system. Appointments are required. Call for additional information.

**ELDERLY/SENIOR
SERVICES**

**American Association of Retired
Persons (AARP)**

707 E. Main Suite 910
Richmond, VA 23219
Phone: (804) 819-1902
1-866-542-8164
Website: www.aarp.org
Email: vaarp@aarp.org

Serves adults ages 50 and older. Promotes legislation; conducts research in elder needs; offers interesting program and services to the community; provides a wide range of informational material, AARP chapters and VRTA units for retired teachers. Call for AARP chapters and additional information.

**American Legion Senior Citizens
Center**

350 North Main St.
Suffolk, VA 23434
Phone: 923-2372

Hours are 8:30 a.m. to 5:00 p.m. Monday – Friday. A non-profit senior service center providing educational, recreational and cultural services to ages 60 and up. Meals also served daily.

Ballentine, The

7211 Granby Street
Norfolk, VA 23505
Phone: 440-7400
Fax: 489-8233
Website: www.theballentine.com

Provides spiritual, emotional and physical well-being of older persons. Offers a caring and supportive environment staffed by competent professionals who have respect and empathy for each resident.

**Berger-Goldrich Home at Beth
Sholom Village, The**

6401 Auburn Drive
Virginia Beach, VA 23464

Phone: 420-2512
Fax: 420-0657
Website: www.bethshalomvillage.com

Provides facilities, services and serve as a resource for primarily those Jewish elderly, their family and the community, who require physical, health, psychological or social care in a manner consistent with Jewish values and dietary laws.

**Check and Respond Everyday
(CARE)**

Chesapeake Sheriff's Department
401 Albemarle Drive
Chesapeake, VA 23320
Phone: 382-8824
Fax: 382-8394

CARE is a computerized program that calls homes of the elderly and handicapped up to three times a day between 8:00am and 9:00pm to check on them. After the resident answers the call, the system will identify itself and prompt the resident to press 1 if everything is fine and 2 if an alert number needs to be notified. No cost to user.

Chesapeake General Hospital Lifeline

667 Kingsborough Square Suite 201
Chesapeake, VA 23320
Phone: 312-6170
Fax: 312-6471
Website: www.chealth.org
Email: homeassist@chealth.org

Hours are 8:00 a.m. - 4:30 p.m. Monday-Friday. Provides personal emergency response for both medical and environmental emergencies. Electronic equipment is placed in the home to summon emergency help 24 hours a day.

Chesapeake Senior Citizen Center

Department of Parks, Recreation &
Building Maintenance
100 Outlaw Street
Phone: 382-2000

1114 Freeman Avenue
Phone: 545-9639

The City of Chesapeake operates 2 senior citizen centers offering leisure skill classes, exercise programs, games, trips, other activities. Other services available on-site through Senior Services of Southeastern Virginia.

Chesapeake Social Services

Human Services Department
100 Outlaw Street
Chesapeake, VA 23320
Phone: 382-2000

Offers adult protective services, food stamps, fuel assistance, general relief, companion service, transportation, medical assistance. Also evaluates adult care residences, adult day care, adult foster and nursing homes.

Chesapeake Guardianship Program

C/o Chesapeake Human Services
100 Outlaw Street
Chesapeake, VA 23320
Phone: 382-2234 or 382-2235
Fax: 382-2292
Email: pyj550@eastern.dss.state.va.us

Hours are 8:30am-4:30pm, Monday-Friday. Social workers assist persons who lack capability to manage their own financial or personal affairs.

**Citizens Committee to Protect the
Elderly**

P.O. Box 3
Virginia Beach, VA 23458
Phone: 518-8500
Website: www.citizenscommittee.org

Email: info@citizenscommittee.org

Provides guidance, assistance and support to Hampton Roads nursing home and assisted living residents and their families.

Citizens Energy Corporation

Department of Social Services
Richmond, VA
Phone: 1-800-552-3431

A program designed to help low-income and elderly people pay their gas bills and to maintain gas service to their homes. Applicants must first exhaust all federal, state and local energy assistance benefits for which they are eligible in order to qualify. Hotline for information and referral services.

Elder Care at Home, Inc.

4663 Haygood Road, Suite 205
Virginia Beach, VA 23455
Phone: 464-4800 or 670-1084
Fax: 464-0179

Website:

www.geriatriccaremanagement.net

Email: eca8mcf@aol.com

Hours are 9:00am-5:00pm, Monday-Friday. Provides geriatric care consultation and management by maintaining elderly in residence of choice through implementing and monitoring all services both medical and social.

Elderly Victim Assistance Program

Chesapeake Sheriff's Department
P. O. Box 15125
104 Holt Drive
Chesapeake, VA 23320
Phone: 382-6159
Fax: 382-8392

Serves ages 60 and over, also indigent. Hours are 9:00am-5:00pm, Monday-Friday. Provides limited financial assistance and referral service to victims of financial loss, property damage and personal injury, who qualify under program's criteria. Also offered at the Sheriff's Department is Tri-Ad, AARP.

Friends of the Elderly

9534 20th Bay Street, Suite 10
Norfolk, VA 23518
Phone: 362-2302
Fax: 362-8031
Email: foteincorporated@juno.com

Hours are 9:00am-5:00pm, Monday-Friday; answering service 24 hours, 7 days a week. Serves to enhance the quality of life of families and individuals through a holistic approach in servicing their physical, mental health, employment, educational, vocational, social and spiritual needs in transitional housing.

Ghent Venture

First Presbyterian Church
820 Colonial Avenue
Norfolk, VA 23507
Phone: 640-8566
Contact: Donna Morrison

Provides educational programs for senior citizens in three 6-week sessions, Fall Winter and Spring. Meets on Thursdays. Serves well and able seniors ages 50 and older.

Hope Haven Adult Home

3000 North Landing Road
Virginia Beach, VA 23456
Phone: 427-3809
Fax: 430-8305
Email: bcspruill@cs.com

Serves ambulatory senior citizens over age 62. Office hours are 9:00am-5:00pm, Monday-Friday. (Staff hours are 7:00am-11:00pm). Offers long term residential home for ambulatory senior citizens. Affiliated with Union Mission Ministries, Inc.

M.E. Cox Center for Elder Day Care, Inc.

644 North Lynnhaven Road
Virginia Beach, VA 23452
Phone: 340-4388
Fax: 340-1468

Works to enhance the quality of life for older adults who are functionally impaired as well as their care givers by providing a high quality, cost effective program to the community.

National Council on Aging

Phone: 1-800-424-9046

Referral system on family care giving, senior employment and long-term care, etc.

National Institute on Aging Information Center

Phone: 1-800-222-2225
Website: www.nia.nih.gov

Provides information about healthy aging. Also provides literature and referrals to organizations dealing with specific age-related illnesses.

Norfolk Senior Center

The Ghent Center
924 W. 21st Street
Norfolk, VA 23517
Phone: 625-5857
Fax: 625-5858
Email: nsc.seniorinfo@whro.net

Serves impaired elderly 55 years and over. Hours are 9:00am-4:00pm, Monday-Friday. Provides adult day-health care. Offers arts crafts, fitness, recreation, education, etc. Focal point for services and activities meeting the special needs of both well and frail senior citizens through senior center and licensed adult day care.

Senior Services of Southeastern Virginia (formerly SEVAMP)

6350 Center Drive
Bldg 15, Suite 101
Norfolk, VA 23502
Phone: 461-9481
Fax: 461-1068

Serves the elderly. Hours are 8:00am-4:30pm, Monday-Friday. Provides information and referrals, meals, transportation, case management, homemakers, geriatric day care, dental care, employment, legal, recreation/socialization, and volunteer services to the elderly.

Sentara Leigh Hospital Lifeline

251 South Newtown Road
Norfolk, VA 23502
Phone: 552-7200
Website: www.sentara.com

Serves the elderly and handicapped. Provides personal emergency responses for both medical and environmental emergencies. Electronic equipment is placed in the home to alert emergency assistance through the hospital's Emergency Department.

Sentara Nursing Center at Chesapeake

776 Oak Grove Road
Chesapeake, VA 23320
Phone: 204-4000

Fax: 548-0119

Website:

www.sentara.com/seniors/seniors_nursing.html

120 bed, 113 skilled beds, 107 nursing care beds with 16 private rooms.

Sentara Nursing Center at Norfolk

249 Newtown Road

Norfolk, VA 23502

Phone: 892-5500

Fax: 461-4759

Website:

www.sentara.com/seniors/seniors_nursing.html

223 bed, 39 skilled, 184 nursing care beds. Ventilator Unit, Transitional/Sub-acute Care Unit. 24 private rooms.

Sentara Nursing Center at Virginia Beach

3750 Sentara Way

Virginia Beach, VA 23452

Phone: 306-2700

Fax: 463-7444

Website:

www.sentara.com/seniors/seniors_nursing.html

120 bed facility, 20 skilled, 100 nursing care, 44 private rooms, 14 beds Alzheimer's, Mobile Meals Program.

Sentara Village at Chesapeake

778 Oak Grove Road

Chesapeake, VA 23320

Phone: 204-4050

Capacity 106

Residents must be independently mobile or semi-mobile.

Sentara Village at Norfolk

251 Newtown Road

Norfolk, VA 23502

Phone: 892-5200

Capacity 96

Website:

www.sentara.com/seniors/seniors_assisted.html

Residents must be independently mobile or semi-mobile.

Sentara Village at Virginia Beach

3751 Sentara Way

Virginia Beach, VA 23452

Phone: 306-2800

Capacity 96

Adult 50 Day Health Care Program. Residents must be independently mobile.

Social Security Administration

3305 Airline Blvd

Portsmouth, Virginia 23701

Phone: 1-800-772-1213 or 465-4896

Hours are Monday-Friday; 8:45am-3:45pm.

South Norfolk Health Center

490 Liberty Street

Chesapeake, VA 23324

Phone: 382-2600

Fax: 382-2607

Email: lboyette@vdh.virginia.gov

Offers care for ill patients with no health insurance. Also offers classes in diabetic instruction, control of high blood pressure and weight control.

State Long-Term Care Ombudsman Program

c/o Virginia Association of Area Agencies on Aging

1610 Forrest Ave.

Richmond, VA 23229

Phone: 1-800-552-3402

Fax: (804) 662-9354

Website: www.vda.virginia.gov

Serves ages 60 and over. Investigates complaints made by or on behalf of an elderly person.

Tax Relief for Elderly/Disabled

Persons

Chesapeake Commissioner of the Revenue

306 Cedar Road

Chesapeake, VA 23320

Phone: 382-6698

Fax: 382-8369

Email: lconnor@comrev.cityofchesapeake.va.us

Provides real estate tax relief to residents who meet certain requirements. Applications must be filed with Commissioner of the Revenue no later than May 31 of the taxable year.

Virginia Department for the Aging

1610 Forest Avenue Suite 100

Richmond, VA 23229

Phone: (804) 662-9333

or toll free 1-800-552-3402

Fax: (804) 662-9354

Website: www.aging.state.va.us

Email: aging@vda.virginia.gov

Serves ages 60 and over. Hours are 8:15 a.m. to 5 p.m. Monday – Friday. Offers information and referral for services; publishes a quarterly newspaper.

Wesley Community Service Center

1701 Elm Avenue

P. O. Box 1396

Portsmouth, VA 23704

Phone: 399-0541

Fax: 397-4151

Website:

www.wesleycommunitycenter.com

Serves all ages Hours are 9:00am-5:00pm, Monday-Friday. Offers multiple services and advocacy to neighborhood families in a community center. Provides hot meals to the home-bound elderly.

EMERGENCY/

GENERAL

Advanced Aero Medical Air

Ambulance

Phone: 481-1590

Air Ambulance by Air Response

Phone: 1-800-631-6565

Fax: 1-888-631-6565

Bureau of Emergency Services

3661 E. Virginia Beach Blvd

Norfolk, VA 23502

Phone: 441-5600 (Agency)

441-5601 (Intake)

911

Fax: 466-9387

Business hours are 8:00am-5:00pm, Monday-Friday. The office of Emergency Services provides coordination for emergency services in the event of a natural disaster or civil defense for the City of Norfolk.

Chesapeake Ambulance and Rescue Squad

Phone: 382-6495 (non-emergency)

911 (emergency)

Serves all ages. Provides emergency services for all Chesapeake residents. Can go to various hospitals, however, in emergency situation goes to closest facility. They do not act as a transport service.