Residents must be independently mobile or semi-mobile

**Zuni Presbyterian Center**  
5279 Homegrown Lane  
Zuni, VA 23898  
Phone: (757) 242-6131  
Fax: (757) 242-6138  
Capacity 0045

Residents must be independently mobile.

**MEDICAL/DENTAL/ FREE CLINICS**

**Allergy and Asthma Network/ Mothers of Asthmatics, Inc.**  
2751 Prosperity Ave. Suite 150  
Fairfax, VA 22031  
Phone: 1-800-878-4403  
Fax: (703) 573-7794  
Website: [www.aanma.org](http://www.aanma.org)

Hours are 9:00 a.m. to 5:00 p.m. Monday – Friday. A national, nonprofit network of families dedicated to overcoming asthma and allergies by providing knowledge.

**Chesapeake Care Free Clinic**  
2145 South Military Highway  
Chesapeake, VA 23320  
Phone: 545-5700  
Website: [www.chesapeakecare.org](http://www.chesapeakecare.org)  
Email: [info@chesapeakecare.org](mailto:info@chesapeakecare.org)

Provides health care services to employed individuals or individuals with inadequate income who cannot afford quality health insurance or any other programs. Medical clinics are held Tuesdays and Wednesdays at 5:00 p.m. and every other Saturdays at 8:00 a.m. GYN clinic are held 3 or 4 times monthly. Call 545-5700 ext.36 for dates and times. Pediatric clinics are held Tuesdays at 5:00 p.m. Dental extraction appointments are taken on first come basis on Thursdays at 5:00 p.m. Prescription pick-up is also available Tuesdays, Wednesdays, and Thursdays from 6:00 p.m. to 7:00 p.m. and on Friday 12:00 to 1:00 p.m.

**Chesapeake General Hospital Community Wellness**  
736 North Battlefield Blvd.  
Chesapeake, VA 23320  
Phone: 312-6132  
Website: [www.chealth.com](http://www.chealth.com)

Provides full range of health and wellness programs available for all ages. Educational, support and chronic illness management.

**Chesapeake General Hospital Volunteer Program**  
736 North Battlefield Blvd.  
Chesapeake, VA 23320  
Phone: 312-8121  
Website: [www.chesapeakehealth.com](http://www.chesapeakehealth.com)

Provides volunteers opportunities for all ages during day and evening shifts in various departments.

**Chesapeake Health Care Center**  
Medical Facilities of America  
688 Kingsborough Square  
Chesapeake, VA 23320  
Phone: 547-9111  
Fax: 547-0535  
Website: [www.mfa.net/chesapeake](http://www.mfa.net/chesapeake)

Serves the city of Chesapeake. Offers the highest standard of comprehensive health care services to the community in an efficient and cost effective manner. Maintains a stable work environment,
offers continuing education, and seeks to be of value to the company, its residents and their families, the employees and the community.

**Chesapeake Medical Society**  
736 North Battlefield Blvd.  
Chesapeake, VA 23320  
Phone: 312-6192  
Fax: 312-6829

Hours are 8:30 a.m. to 5:00 p.m. Monday – Friday. Provides a special interest organization for medical doctors practicing in Chesapeake provides referral services to inquiring patients who are in need of a physician.

**Children’s Craniofacial Center**  
Children’s Neurodevelopment Center  
850 Southampton Avenue  
Norfolk, VA 23507  
Phone: 668-7031  
Fax: 668-7809

Hours are 8:00am-2:00pm, Tuesday. Provides comprehensive services for children with maxilla and craniofacial deformities. Affiliated with Children’s Hospital of the King’s Daughters  
Contact: Karen Via.

**Comfort Care Home Health Services, Inc.**  
667 Kingsborough Square Suite 201  
Chesapeake, VA 23320  
Phone: 312-6460  
Website: [www.chesapeakehealth.com](http://www.chesapeakehealth.com)  
Email: [homehealth@chealth.org](mailto:homehealth@chealth.org)

Serves all ages. Hours are 8:00 a.m. to 4:30 p.m. every day. Provides skilled nursing, physical therapy, occupational therapy, speech therapy, home health aide services and medical social work. Also has a diabetes team, and IV therapy team, a hospice and rehabilitation therapist.

**Comprehensive Epilepsy Program**  
Sentara Norfolk General Hospital  
600 Gresham Drive  
Norfolk, VA 23507  
Phone: 668-3127  
668-3928  
Website: [www.sentara.com/neuro](http://www.sentara.com/neuro)

Hours are (9:00am-5:00pm, Monday-Friday. A program for information and referral on any issues concerning epilepsy. Call for more information.

**Comprehensive Health Investment Project (CHIP) of Chesapeake**  
Healthy Families Program  
Chesapeake Health Department  
1302 Jefferson Street  
Chesapeake, VA 23324  
Phone: 543-9100  
Fax: 543-9166

Hours are 9:00a.m.-5:30 p.m., Monday-Friday. Links medically indigent children with community and medical resources to promote ongoing care in the form of a medical home and eliminates environmental and social barriers to children’s good health.

**Comprehensive Health Investment Project (CHIP) of Norfolk**  
Park Place Multipurpose Center  
606 West 29th Street  
Norfolk, VA 23508  
Phone: 683-9255  
Fax: 683-2792

Hours are 9:00am-5:00pm, Monday-Friday. Links medically indigent children ages infant through six years, with community and medical resources to promote ongoing care in the form of a medical home and eliminates
environmental and social barriers to children’s good health.

**Comprehensive Health Investment Project (CHIP) of Portsmouth**

662 Lincoln Street
Portsmouth, VA 23704
Phone: 391-0606
Fax: 398-9352
Email: nlpoulin@hotmail.com

Hours are 8:30 a.m. to 5:00 p.m. Monday – Friday. Serves ages: infant through six years. Offers teenage pregnancy program for teens ages 12 through 18.

**Diabetes Program**

Lifestyle Health and Fitness Center at Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6132
Fax: 312-6245

Providing diabetes educational classes, outpatient counseling, adult, children’s and parents’ support groups, seminars, screenings and glucose meter instructions. Also provides camps and classes for children and teens with diabetes.

**Eye Care America**

P. O. Box 429098
San Francisco, CA 94142-9098
Phone: 1-800-222-EYES (3937)
Fax: (451) 561-8567
Website: www.eyecareamerica.org

Serves ages 65 and older, helps indigent.

**General Medical Adult Clinic**

Public Health Dept.
830 S. Hampton Avenue
Norfolk, VA 23510
Phone: 683-2728
Fax: 683-8663

Open Tuesday, Thursday, and Friday by appointment only.

**Healthcare Connection**

Chesapeake General Hospital (Physician Referral Service)
736 N. Battlefield Blvd
Chesapeake, VA 23320
Phone: 547-7800

Serves all ages. Hours are 8:30am-4:30pm, Monday-Friday. Free physician referral service. Provides assistance in selecting a physician, using criteria such as specialty, insurance, office locations, etc.

**Jones Institute for Reproductive Medicine**

Eastern Virginia Medical School
601 Colley Avenue
Norfolk, VA 23507
Phone: 446-7100 or 1-800-515-6637 toll free
Website: www.jonesinstitute.org

Serves adults. Hours are 8:30am-5:00pm, Monday-Friday. Provides information and treatment regarding reproductive medicine, infertility and invitro- fertilization.
**Khedive Temple**
645 Woodlake Drive
Chesapeake, VA 23320
Phone: 420-4510
Fax: 420-5352
Email: khedivescriner@aol.com

Hours are 9:00am-4:00pm, Monday-Friday. A special interest organization that provides various health services to eligible persons under 18 years of age, certain physically handicapped or burnt children. Does not serve persons with mental retardation.

**Lifenet Transplant Services**
5809 Wards Court
Virginia Beach, VA 23455
Phone: 464-4761
Fax: 464-5721
Website: www.lifenet.org

Hours are 9:00am- 5:00pm, Monday-Friday. Agency procures organs and procures processes and distributes tissue, as well as provides education to area professionals and the general public.

**Lifestyle Health and Fitness Center**
Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6132
Fax: 312-6245

Hours are 6:00 a.m. to 8:30 p.m. Monday – Thursday, 6:00 a.m. to 7:30 p.m. Friday and Saturday and 1:00 p.m. to 5:00 p.m. on Sunday.

**Medicare Hotline**
Phone: 1-800-772-1213
Website: www.ssa.gov

Hours are 8:00am-8:00pm, (Eastern), Monday-Friday. General directory line for Medicare. Can provide general information and publication. Can direct beneficiaries for claims, concerns and fraudulent use complaints.

**National Asthma Education and Prevention Program**
National Heart, Lung, and Blood Institute
P.O. Box 30105
Bethesda, MD 20824
Phone: (301) 592-8573
Fax: (240) 629-3246
Website: www.nhlbi.org

A national organization which enhances the quality of life for patients with asthma and works to decrease asthma related morbidity and mortality.

**National Spinal Cord Injury Hotline**
Phone: 1-800-962-9629

24 hour information and referral hotline for traumatic spinal cord injuries that have resulted in paralysis. Staff available 9:00am-5:00pm, Monday-Friday. Available after hours for crisis.

**Nutrition Counseling Program**
Lifestyle Health and Fitness Center
Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6834

Provides nutritional counseling by a Registered Dietician. Especially beneficial for patients with diabetes, hypoglycemia, hypertension, elevated cholesterol and triglyceride levels, and for weight management. Offers cooking classes on a variety of topics and supermarket tours.
Old Dominion University Dental Hygiene Care Clinic
Hampton Blvd.
Norfolk, VA 23529
Phone: 683-4308

Hours are 8:00 a.m. to 4:30 p.m. Monday – Friday. Costs vary depending on services. Call for additional information.

Operation Blessing
977 Centerville Turnpike
Virginia Beach, VA 23463
Phone: 226-2681
Fax: 226-2676
Website: www.ob.org

Provides free dental, optical and other healthcare services to alleviate human need and suffering around the world.

Operation Smile International
6435 Tidewater Drive
Norfolk, VA 23509
Phone: 321-7645
Fax: 321-7660
Website: www.operationsmile.org

Serves children all ages. Offers reconstructive surgery, orthopedic and dental care, especially in developing countries.

Park Place Clinic
606 W. 29th Street
Norfolk, VA 23508
Phone: 683-9230

Offers family planning clinic, children’s dental and pediatric clinics.

Pharmaceutical Research and Manufacturers of America
1100 15th Street, NW
Washington, DC 20005
Phone: (202) 835-3400
Fax: (202) 835-3414
Website: www.pharma.org

Many pharmaceutical companies offer assistance to individuals unable to pay for their medications. To qualify in most cases, persons must have a low income and no pharmaceutical coverage in their insurance plan. An application must be completed to qualify. Medications offered through these programs vary from company to company. For more information, write to the address listed above and ask them to send you the Directory of prescription Drug Patient Assistance Programs Booklet.

Portsmouth Community Health Center
664 Lincoln Street
Portsmouth, VA 23704
Phone: 397-0042
Fax: 393-1336
Website: www.portshealth.org

A community based primary medical care organization which provides quality health care to the residents of Portsmouth and surrounding areas.

Tidewater Center for Life Support Training (TCLS)
Eastern Virginia Medical School
855 Brambleton Avenue, Suite 232
Norfolk, VA 23510
Phone: 446-5926
Fax: 446-5906
Website: www.tidewaterems.org

Serves adults. Hours are 8:30am-4:30pm, Monday-Friday. Provides training courses in basic and full cardiac life support to the general public. Advanced cardiac life support and
advanced trauma life support are offered to medical professionals only.

Tidewater Dietetic Association
Website: www.tidewaterdieteticassoc.cut.com

Agency is a special interest organization providing nutrition counseling. Also promotes sound nutrition information and optimal health for the population.

Virginia Association of Free Clinics
Phone: (804) 640-3434
Fax: (804) 340-3435

A private, non-profit organization of free clinics that provide health care at a little or no charge to low-income, underinsured, uninsured persons through the use of volunteer health providers.

Virginia Beach Health Clinic
3396 Holland Road, Suite 102
Virginia Beach, VA 23452
Phone: 428-6361
Fax: 428-7872
Website: www.beachhealthclinic.org

Clinic for non-insured individuals. Hours are 8:30am-4:00pm, Monday-Friday. Tuesday and Thursday evenings if medical doctor available.

Weight Watchers
Phone: 1-800-441-7171

Agency is a special interest support organization dealing with weight control. Offers weight control supports groups (mutual support/self-help groups and weight control support group). Call toll-free number for local listing.

MENTAL HEALTH SERVICES

Advocate
National Alliance for the Mentally Ill (NAMI)
2107 Wilson Blvd, Suite 300
Arlington, VA 22201
Phone: (703) 524-7600
1-800-950-NAMI (6264)
Email: www.jennifer@nami.org

Advocate is published 4 times a year by the National Alliance for the Mentally Ill.

Chesapeake Mental Health Services
Chesapeake Community Services Board
224 Great Bridge Blvd
Chesapeake, VA 23320
Phone: 548-7011
548-7000 (Emergency)
Website: www.cityofchesapeake.net

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides emergency and crisis intervention counseling; short term individual, couple, family and group therapy; psychological assessment and evaluation services; medication monitoring; and prevention services. Services are provided on sliding fee scale.

Coastal Clubhouse
216 Great Bridge Blvd
Chesapeake, VA 23320
Phone: 547-0097
Fax: 547-9642

Serves ages 18 and above. Hours are 8:00am-8:00pm, Monday and Thursday; 8:00am-5:00pm, Tuesday, Wednesday, Friday; 12:00pm-4:00pm, Saturday;