



CITY OF  
**VIRGINIA  
BEACH**

MAYOR'S COMMISSION ON  
**AGING**



# Senior Housing & Resource Guide

# About the Mayor's Commission on Aging

The Virginia Beach Mayor's Commission on Aging assists the mayor in planning actions and programs to meet the needs and concerns of seniors in Virginia Beach.

The Commission's goals are to:

- ◆ Review the nature and priorities of needed services necessary for seniors
- ◆ Work with other agencies, committees and commissions throughout the region who address these same issues
- ◆ Provide public information, legislative and education efforts for a greater understanding to the public
- ◆ Represent the Mayor's Office throughout the community, as directed by the mayor
- ◆ Assist in identifying and defining the needs of seniors

Meyera E. Oberndorf and Dr. Lanny Hampel



## History

The Mayor's Committee on the Aging was established in June 1971 under the leadership of Mayor Donald H. Rhodes. The Committee's role was to advise the mayor in developing senior programs that were funded by a grant from the U.S. Department of Health, Education and Welfare (now known as the Department of Health and Human Services).

The Committee was instrumental in developing several successful initiatives in Virginia Beach, including the Carrier Alert, a national program to provide assistance to the injured or ill elderly; assistance for elderly homeowners to remain in their homes; legislative changes to city and state tax laws; tax and utility bill relief programs; a senior housing needs study; and awareness programs to promote elderly independence and remaining active in the community.

In 1988, Mayor Meyera E. Oberndorf formally chartered the Committee as the Mayor's Commission on Aging and appointed Dr. Lanny Hampel as Chair, a role she would hold for many years. Each year, the commission presents two awards to an individual and group for exceptional accomplishments in service to senior citizens, in their honor.

## About This Guide

This guide is intended to help connect citizens to a variety of resources in the community. Inclusion on this list should in no way be considered an endorsement of the organization, nor should exclusion from the list be considered a lack of endorsement. It is the City's intention to provide an up-to-date and accurate listing of available resources. To suggest additional resources or make corrections, please email the Virginia Beach Office of the Mayor at [mayorsoffice@vbgov.com](mailto:mayorsoffice@vbgov.com).

For more information, please visit the Commission online at [virginiabeach.gov/MCOA](http://virginiabeach.gov/MCOA).

# TABLE OF CONTENTS

## SENIOR HOUSING RESOURCES

Independent Living Communities.....	4
Subsidized Apartments .....	8
Assisted Living Communities.....	8
Memory Care Facilities .....	10
Nursing Care & Rehabilitation Centers.....	11
Continuum of Care Facilities (CCRC) .....	11
Senior Day Support .....	11
Fair Housing .....	12
Housing Assistance .....	12
Landlord / Tenant issues .....	12
Home Repair.....	13
Homeless Services & Shelters.....	13

## SENIOR RESOURCES

Abuse, Neglect and/or Exploitation .....	18
Adaptive & Medical Equipment.....	18
Adult Day Program.....	18
Alzheimer's & Dementia .....	18
Caregiving.....	18
Clothing Resources.....	19
Community Services.....	19
Consumer Info & Complaints / Protection .....	19
Crime Prevention.....	19
Dental .....	19
Developmental Services .....	19
Diabetes.....	19
Disability Services .....	19
Downsizing / Relocation.....	19
Driving .....	20
Education / Lifelong Learning .....	20
Emergency Preparedness .....	20
Employment.....	20
Financial Services / Tax Information.....	20
Food & Nutrition .....	20
Fraud & Consumer Protection / Complaints .....	20

Funeral Homes & Planning .....	21
Geriatric Care & Managers (Certified).....	21
Grandparents Raising Grandchildren .....	21
Health Information .....	21
Home Health Care / Caregiving.....	22
Homeopathy / Natural Resources.....	22
Hospice Programs.....	22
Hospitals & Services / Programs.....	23
Information & Referral Services.....	23
Insurance / Long-Term Care Insurance .....	23
Legal Services & Referrals .....	23
Long-Term Care .....	24
Medicaid & Medicare .....	24
Medical Clinics .....	24
Medication & Supply Delivery.....	24
Medication Assistance.....	24
Medication Disposal.....	24
Mental Health / Substance Abuse .....	24
Nutrition Programs & Meals / Food Banks .....	25
Personal Emergency Response Services .....	25
Recreation / Activities / Lifestyle .....	25
Respite Care / Information .....	26
Retirement.....	26
Senior Newsletters / Newspapers.....	26
Senior Rights .....	26
Support Groups .....	26
Transportation Services.....	26
Utility Assistance .....	27
Veterans Resources.....	27
Virginia Beach Department of Human Services .....	27
Vision Impaired .....	27
Volunteering .....	27
Voting .....	27

# SENIOR HOUSING RESOURCES

This guide is intended to help connect citizens to housing resources in the community. Housing facilities listed in this guide are neither owned nor operated by the City of Virginia Beach. Inclusion in this guide is not an endorsement of the organization; as well, exclusion from the guide is not a lack of endorsement.

## VirginiaHousingSearch.com

A free online resource to help find a home that fits your needs and budget.

## INDEPENDENT LIVING COMMUNITIES

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

### 900 ACQUA SENIOR APARTMENTS

945 Legacy Landing, Virginia Beach 23464  
757.361.9112      62+ • 144 units

[900acquaapartments.com](http://900acquaapartments.com)

*Laundry facilities, pool, 24-hour fitness center, activity and social spaces, washer/dryer hook-ups, pet friendly, water/sewer/trash removal included*

### THE ARBORS AT BIRCHWOOD

3812 Virginia Beach Blvd., Virginia Beach 23452  
757.937.5102      62+ • 150 apartments

[arboursbirchwood@tfjcompany.com](mailto:arboursbirchwood@tfjcompany.com)

[arborsbirchwoodmgr@fgcompanies.com](mailto:arborsbirchwoodmgr@fgcompanies.com)

*Fitness center, hair salon, library, billiards & game room, washer/dryer in each unit, emergency call system, pet friendly*

### ATLANTIC SHORES

1200 Atlantic Shores Drive, Virginia Beach 23454  
757.716.3000      55+ • 387 apartments, 168 villas

[atlanticshoresliving.com](http://atlanticshoresliving.com)

*Cooperative homeownership, housekeeping, maintenance, clubhouse facilities, transportation available, onsite dining facilities*

### AVIVA PEMBROKE

373 Constitution Drive, Virginia Beach 23462  
757.963.8423      55+ • 121 apartments

[avivapembroke.com](http://avivapembroke.com)

### COGIC HIGHRISE APARTMENTS

2412 E Virginia Beach Blvd., Norfolk 23504  
757.622.2513      62+ • 150 apartments

[info@cogichighrise.com](mailto:info@cogichighrise.com)

[cogichighrise.com](http://cogichighrise.com)

*Utilities included, beauty salon, doctor office, computer lab, laundry facility, recreational room with a kitchen, pet friendly*

### COLONIAL HARBOR

2405 Fort Eustis Blvd., Yorktown 23692  
757.260.3084      55+ • 118 units

[seniorlivinginstyle.com/colonial-harbor](http://seniorlivinginstyle.com/colonial-harbor)

*Activity room, fitness equipment, barber/beauty salon, library, computer room, laundry facilities, linen service, weekly housekeeping, scheduled transportation, daily chef-prepared meals, pet friendly, most utilities included, emergency response services*

## COMMONS AT CENTERBROOKE

1056 Centerbrooke Lane, Suffolk 23434  
757.925.7955 55+ • 132 units  
centerbrooke@artcraftmanagement.com  
[commonsatcenterbrooke.com](http://commonsatcenterbrooke.com)

*Fitness center, scenic nature trails, beauty salon, activity & library room, community room, washer/dryer in each unit, pet friendly, water/sewer/trash removal included, emergency pull cords*

## COMMONS AT CHESAPEAKE

116 Gainsborough Square, Ste. 112, Chesapeake 23320  
757.921.6091 55+ • 132 units  
[chesapeake@artcraftmanagement.com](mailto:chesapeake@artcraftmanagement.com)  
[commonsatchesapeake.com](http://commonsatchesapeake.com)

*Activity room, community room, scheduled transportation, library, washer/dryer in each unit, pet friendly, water/sewer/trash removal included, emergency pull cords*

## COMMONS AT CHURCHLAND

3504 Executive Center Drive #108, Chesapeake 23321  
757.484.8697 55+ • 124 units  
[mycommons@churchland.com](mailto:mycommons@churchland.com)

*Fitness center, pet friendly, washer/dryer included, water/sewer/trash included*

## COMMONS AT GREENWOOD

205 Bedford Court #108, Portsmouth 23701  
757.465.9007 62+ • 52 units  
[greenwood@artcraftmanagement.com](mailto:greenwood@artcraftmanagement.com)  
[commonsatgreenwood.com](http://commonsatgreenwood.com)

*Community room with scheduled activities, washer/dryer in each unit, scheduled transportation, pet friendly, water/sewer/trash removal included, emergency pull cords*

## COMMONS AT PRINCESS ANNE

4924 Princess Anne Road, Virginia Beach 23462  
757.490.7001 55+ • 186 units  
[princessanne@tfjgroup.com](mailto:princessanne@tfjgroup.com)  
[commonsatprincessanne.com](http://commonsatprincessanne.com)

*Exercise room, beauty salon, library, community room and activities, washer/dryer in each unit, van service, emergency call system, pet friendly, water/sewer/trash removal included*

## COMMONS AT TOWN CENTER

3745 Elderberry Court, Virginia Beach 23452  
757.821.6755 No age restrictions • 22 units  
[livethecommonsattowncenter.com](http://livethecommonsattowncenter.com)

## CROMWELL HOUSE

114 Cromwell Parkway, Norfolk 23505  
757.480.4444 55+ • 205 units  
[cromwellhouseapartments.com](http://cromwellhouseapartments.com)

*Planned social activities, activity room, courtesy van, café, laundry facility, pet friendly, water/sewer included, emergency pull cords*

## FIRST COLONIAL INN

845 First Colonial Road, Virginia Beach 23451  
757.428.2884 55+ • 156 Assisted Living/  
18 Memory Care  
[kiscoseniiorliving.com/virginia](http://kiscoseniiorliving.com/virginia)

*Dining plans, all utilities, housekeeping, laundry, social activities, wellness center, scheduled transportation, private dining room, beauty salon, maintenance, emergency response services*

## GRANBY HOUSE SENIOR RESIDENCES

100 Suburban Parkway, Norfolk 23505  
757.583.6330 62+ • 150 units  
[granbyhouse@bmrinvestments.com](mailto:granbyhouse@bmrinvestments.com)  
[granbyhouseseniorliving.com](http://granbyhouseseniorliving.com)

*Housing apartments subsidized by the federal government Housing and Urban Development Division (HUD). Call for complete details on vacancies and housing applications.*

## HARMONY AT INDEPENDENCE

2077 S Independence Blvd., Virginia Beach 23453  
757.802.3665 55+ • 179 units  
99 Independent/56 Assisted living/24 Memory Care  
[harmonyatindependence.com](http://harmonyatindependence.com)

*Scheduled transportation, washer/dryer in each unit, emergency call system, recreational activities, weekly housekeeping, laundry room, library, exercise room*

## HAYGOOD HALLS

1101 Ferry Plantation Road, Virginia Beach 23455  
757.499.3788 55+ • 225 units  
[haygoodhallsapartments.com](http://haygoodhallsapartments.com)

*Utilities included, washer/dryer hook-ups, emergency pull cord, resident clubhouse, scheduled activities, dog park, front door trash pick-up, swimming pool*

## HOLLAND HOUSE

721 Chimney Hill Parkway, Virginia Beach 23462  
757.498.9225 55+ • 112 units  
[holland@ripheat.com](mailto:holland@ripheat.com) [hollandhouseapts.com](http://hollandhouseapts.com)

*Water/sanitation/cable included, courtesy van service, scheduled activities, secure entry, laundry room, library, exercise room, pet friendly, emergency call system*

## JAMESTOWN COMMONS

1025 College Park Blvd., Virginia Beach 23464  
757.361.6900 55+ or disabled • 266 units  
[jamestown@fryeproperties.com](mailto:jamestown@fryeproperties.com)  
[jamestowncommons vb.com](http://jamestowncommons vb.com)

*Fitness room, library, computer lab, elevators, van for scheduled outings, security system, full-time activities director, water/sewage/trash removal included, washer/dryer hook-ups, 4 laundry rooms*

## JOHN KNOX TOWERS

1210 Colonial Avenue, Norfolk 23517  
833.657.2054 55+ • 150 units  
[john.knox.towers.mgr@lawsoncompanies.com](mailto:john.knox.towers.mgr@lawsoncompanies.com)  
[lawsoncompanies.com/apartments/john-knox-towers](http://lawsoncompanies.com/apartments/john-knox-towers)

*Assigned parking, laundry facilities, emergency pull cords, planned activities, utilities included, pet friendly*

## LAKE PRINCE WOODS

100 Anna Goode Way, Suffolk 23434  
757.923.5500 62+ • 272 units  
[lakeprincewoods.org](http://lakeprincewoods.org)

*Washer/dryer hook-ups, full kitchen, security system, full-time activities director with organized activities, game room, two hair salons, laundry rooms, transportation available*

## LAKWOOD PLAZA

5631 Tidewater Drive, Norfolk 23509  
757.857.5445 62+ • 200 units  
[lakewoodplazamgr@evergreenreg.com](mailto:lakewoodplazamgr@evergreenreg.com)  
[publichousing.com/details/lakewood\\_plaza](http://publichousing.com/details/lakewood_plaza)

*Housing apartments subsidized by the federal government HUD. Call for complete details on vacancies and housing applications.*

## LIGHTHOUSE BY BARCLAY HOUSE

933 Cedar Road, Chesapeake 23322  
757.382.4911 55+ • 116 units  
[www.qslmseniorliving.com](http://www.qslmseniorliving.com)

*Weekly housekeeping, linen service, complimentary scheduled transportation, daily chef-prepared meals, emergency response services, most utilities included, activities room, barber/beauty salon, fitness equipment, library, laundry facilities, pet friendly*

## LUTHER MANOR

350 Malibu Drive, Virginia Beach 23452  
757.463.3510 62+ • 123 units  
[publichousing.com/details/luther\\_manor](http://publichousing.com/details/luther_manor)

*Activities and supportive services onsite*

## LYNNHAVEN COVE

5020 Lynnhaven Parkway, Virginia Beach 23464  
757.467.4000 62+ • 180 units  
[lynnhavencove@fgcompanies.com](mailto:lynnhavencove@fgcompanies.com)  
[lynnhavencove.com](http://lynnhavencove.com)

*Washer/dryer hook-ups, sunroom, full kitchen, extra storage, security system, full-time activities director with organized activities, game room, beauty salon, two laundry rooms, transportation available*

## MEADOWOOD APARTMENTS

6130 Edward Street, Norfolk 23513  
757.965.5252 No age restrictions • 116 units  
[meadowood@tfjcompany.com](mailto:meadowood@tfjcompany.com)  
[meadowood-apartments.com](http://meadowood-apartments.com)

*Washer/dryer in each unit, full kitchen, swimming pool, clubhouse, fitness center, pet friendly*

## THE MUSE AT TOWN CENTER

4373 Bonney Road, Virginia Beach 23452  
757.330.4620 55+ • 139 units  
[themuse@signaturemanagementcorp.com](mailto:themuse@signaturemanagementcorp.com)  
[themuseattowncenter.com](http://themuseattowncenter.com)

*Heat/water/sewage/trash collection included, courtesy van, library, fitness center, secure entry, scheduled activities, community room, business center, washer/dryer on every floor, emergency call system*

## OLD DONATION APARTMENTS AT TOWN CENTER

4441 E Honeygrove Court, Virginia Beach 23455  
757.460.0921 55+ • 251 units  
[olddonation@druckerandfalk.com](mailto:olddonation@druckerandfalk.com)  
[olddonationapartments.com](http://olddonationapartments.com)

*Washer/dryer hook-ups, full kitchen, monitored intrusion alarms with panic buttons, clubhouse with organized activities, swimming pool*

## THE RESERVE AT GREENBRIER

1005 Elysian Place, Chesapeake 23320  
757.361.0066 62+  
[www.sinceriseniorliving.com/the-reserve-at-green-brier](http://www.sinceriseniorliving.com/the-reserve-at-green-brier)

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

## RIVER HOUSE

4253 Llewellyn Avenue, Norfolk 23504  
833.591.2190 No age restrictions • 194 units  
[riverhouse@wmpts.com](mailto:riverhouse@wmpts.com)  
[wm-riverhouse.com](http://wm-riverhouse.com)

*Washer/dryer in each unit, full kitchen, gated community, swimming pool, fitness center, clubhouse, spin/cycle room*

## RUSSELL HOUSE

900 First Colonial Road, Virginia Beach 23454  
757.481.0770 62+ • 119 units  
[russellhouse@csmmanagement.com](mailto:russellhouse@csmmanagement.com)  
[www.russellhousing.com](http://www.russellhousing.com)

*Senior low income housing apartment subsidized by the federal government HUD. Call for complete details on vacancies and housing applications.*

## THE SANDS

6405 Auburn Drive, Virginia Beach 23464  
757.420.0891 62+ • 120 units

[preservationmanagement.com/property/the-sands](http://preservationmanagement.com/property/the-sands)

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

## SHOREWOOD COVE

293 Corporate Blvd., Norfolk 23502  
757.461.4080 62+ • 132 units

[shorewoodcove@fgcompanies.com](mailto:shorewoodcove@fgcompanies.com)

[shorewoodcove.com](http://shorewoodcove.com)

*Washer/dryer hook-ups, full kitchen, clothes care center, clubhouse with activity room and business center, community shuttle bus, emergency call system*

## SILVER HILL AT GREAT NECK

1537 Mill Dam Road, Virginia Beach 23454  
757.994.1564 55+ / 122 units

[silverhill@signaturemanagementcorp.com](mailto:silverhill@signaturemanagementcorp.com)

[silverhillapts.com](http://silverhillapts.com)

*Water/gas heat/sanitation included (residents pay electric/phone/reduced rate cable TV), social activities with transportation provided to scheduled events, library, arts and crafts, computer, community rooms, within walking distance of shopping*

## STARLING VILLAGE

1921 Robert Hall Blvd., Chesapeake 23324  
757.799.4821 55+ • 594 apartments

[starlingvillage@fgcompanies.com](mailto:starlingvillage@fgcompanies.com)

[starlingvillageapts.com](http://starlingvillageapts.com)

*Clubhouse with resident activities, fitness center, bus service, valet trash service, washer/dryer in each unit*

## STONEBRIDGE MANOR

5432 Tidewater Drive, Norfolk 23509  
757.857.1351 55+ • 156 units

[stonebridgemanor@fryeproperties.com](mailto:stonebridgemanor@fryeproperties.com)

[stonebridgemanor.com](http://stonebridgemanor.com)

*Full kitchen, clubhouse, laundry room, activity room, media room*

## SUBURBAN HOUSE

110 Suburban Parkway, Norfolk 23505  
757.588.6256 62+

[publichousing.com/details/suburban\\_house](http://publichousing.com/details/suburban_house)

*Senior low income housing apartment subsidized by the federal government HUD. Call for complete details on vacancies and housing applications.*

## SULLIVAN HOUSE

2033 General Booth Blvd., Virginia Beach 23454  
757.563.9955 62+ • 132 units

[sullivanhouse.org](http://sullivanhouse.org)

*Two community rooms, library, computer lab, game room, exercise room, barber/beauty salon, all utilities except telephone/cable included, patios/solariums on each floor, within walking distance of shopping, secured entrance, emergency call system*

## SUNSTONE APARTMENTS

4600 Peek Trail, Chesapeake 23321  
757.488.3165 55+

[sunstoneapartments.com](http://sunstoneapartments.com)

*Community room, exercise center, transportation, washer/dryer hook-ups, social events, keypad entry system*

## THE TALBOT ON GRANBY

6311 Granby Street, Norfolk 23505  
757.451.5100 62+

[www.sinceriseniorliving.com/the-talbot-on-granby](http://www.sinceriseniorliving.com/the-talbot-on-granby)

*Washer/dryer hook-ups, full kitchen, security system, game room, billiards room, in-house doctor visits, religious services, barber/beauty salon, laundry rooms, scheduled transportation, pet friendly*

## TRANQUILITY AT THE LAKES

5827 Burton Station Road, Virginia Beach 23455  
757.460.0100 40 units

[communityhousingpartners.org/properties/tranquility-at-the-lakes](http://communityhousingpartners.org/properties/tranquility-at-the-lakes)

## VICTORIA PLACE

4629 Shore Drive, Virginia Beach 23455  
757.313.2323 55+ • 122 units

[victoria@ripheat.com](mailto:victoria@ripheat.com) [victoriaplaceapartment.com](http://victoriaplaceapartment.com)

*Cable, water/sewer/trash removal included, courtesy van, laundry room, community room, beauty salon, planned activities/outings*

## VIRGINIA BEACH COMMUNITY DEVELOPMENT CORPORATION

2400 Potters Road, Virginia Beach 23454  
757.463.9516 62+ • 8 units, mostly 2BR

[executiveassistant@vbcdc.org](mailto:executiveassistant@vbcdc.org)

[vbcdc.org](http://vbcdc.org)

*Washer/dryer in each unit, located close to shopping*

## WESLEYAN PLACE

5445 Wesleyan Drive, Virginia Beach 23455  
757.997.1346 55+ • 91 units  
[wesleyanplace.com](http://wesleyanplace.com)

*Laundry room, library, community room, picnic/grilling area, pet park, emergency call system, activities director, courtesy van, washer/dryer hook-ups, water/sewage/trash removal/basic cable TV*

## WESTMINSTER-CANTERBURY ON CHESAPEAKE BAY

3100 Shore Drive, Virginia Beach 23451  
757.496.1100 62+ • 120 units  
[wcbay.com](http://wcbay.com)

## SUBSIDIZED APARTMENTS

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

### LUTHER MANOR

350 Malibu Drive, Virginia Beach 23452  
757.463.3510

### RUSSELL HOUSE

900 First Colonial Road, Virginia Beach 23454  
757.481.0770

### SULLIVAN HOUSE

2033 General Booth Blvd., Virginia Beach 23454  
757.563.9955

### THE SANDS

6405 Auburn Drive, Virginia Beach 23464  
757.420.0891

## ASSISTED LIVING COMMUNITIES

A special combination of housing, personalized supportive services and health care designed to meet the needs of those who need help with bathing, eating, grooming, dressing, toileting and other day-to-day activities. Some assisted living facilities accept Medicaid auxiliary grants via the Department of Social Services (DSS). For information provided by location and type of facility, including state inspection results: [dss.virginia.gov](http://dss.virginia.gov). Services provided in assisted living residences may include:

- ◆ Common dining area; three meals/day
- ◆ Housekeeping services
- ◆ Laundry services
- ◆ Assistance with eating, bathing, dressing, toileting and walking
- ◆ Access to health and medical services
- ◆ 24-hour security and staff availability
- ◆ Emergency call systems per unit
- ◆ Wellness and exercise programs
- ◆ Medication management
- ◆ Social and recreational activities
- ◆ Transportation

### A HOME AWAY FROM HOME ASSISTED LIVING/MEMORY CARE

1851 Old Donation Pkwy, Virginia Beach 23454  
757.807.2227 [boutiquememorycarevb.com](http://boutiquememorycarevb.com)

### AVIVA PEMBROKE

373 Constitution Drive, Virginia Beach 23462  
757.963.8423 [avivapembroke.com](http://avivapembroke.com)  
20 assisted living, 12 memory care

### ABUNDANT CARE ASSISTED LIVING

5556 Paca Lane, Virginia Beach 23462  
757.519.9100 8 units  
Auxiliary Grants: Yes Number of beds: 8

### BAY LAKE RETIREMENT AND ASSISTED LIVING COMMUNITY

4225 Shore Drive, Virginia Beach 23455  
757.460.8868 [rui.net/bay-lake](http://rui.net/bay-lake)  
67 units, 20 memory care

### CHESAPEAKE PLACE SENIOR LIVING

1508 Volvo Parkway, Chesapeake 23320  
757.500.5590 [chesapeakeplace.com](http://chesapeakeplace.com)  
56 assisted living

### COMMONWEALTH SENIOR LIVING AT KINGS GRANT HOUSE

440 N Lynnhaven Road, Virginia Beach 23452  
757.431.8825 [commonwealthsl.com](http://commonwealthsl.com)  
75 assisted living

### DISCOVERY COMMONS

1628 Old Donation Parkway, Virginia Beach 23454  
757.496.8001 91 assisted living  
[discoverycommonsviriniabeach.com](http://discoverycommonsviriniabeach.com)

### FIRST COLONIAL INN

845 First Colonial Road, Virginia Beach 23451  
757.276.8261 [kiscoseniiorliving.com/virginia](http://kiscoseniiorliving.com/virginia)  
56 assisted living • Auxiliary Grants: No

### THE GARDENS OF VIRGINIA BEACH

5620 Wesleyan Drive, Virginia Beach 23455  
757.499.4800 [fivestarseniiorliving.com](http://fivestarseniiorliving.com)

### HARBOURWAY ASSISTED LIVING — ATLANTIC SHORES

1200 Atlantic Shores Drive, Virginia Beach 23454  
757.716.3000 [atlanticshoresliving.com](http://atlanticshoresliving.com)

### HARMONY AT INDEPENDENCE

2077 S Independence Blvd., Virginia Beach 23453  
757.802.3665 [harmonyatindependence.com](http://harmonyatindependence.com)

### HILLS HOME FOR ADULTS

1443 Commerce Avenue, Chesapeake 23324  
757.545.8797 48 units • Auxiliary Grants: Yes

### INDIAN RIVER ASSISTED LIVING

1012 Justis Street, Chesapeake 23325  
757.523.4659 [indianrival.com](http://indianrival.com)  
110 units • Auxiliary Grants: Yes

### LAV'M ADULT RESIDENCE AND ASSISTED LIVING INC.

912 S Battlefield Blvd., Chesapeake 23322  
757.546.2810 21 units • Auxiliary Grants: Yes  
[lavm.com](http://lavm.com)

### LILLIAN'S LOVING CARE

3736 Turnpike Road, Portsmouth 23701  
757.393.9241 32 units • Auxiliary Grants: No

### MADONNA HOME

814 W 37th Street, Norfolk 23508  
757.623.6662 16 units • Auxiliary Grants: Yes

### MARIAN MANOR

5345 Marian Lane, Virginia Beach 23462  
757.456.5018 [marian-manor.com](http://marian-manor.com)

### OUR LADY OF PERPETUAL HELP

4560 Princess Anne Road, Virginia Beach 23462  
757.495.4211 60 units • Auxiliary Grants: No  
[ourladyperpetualhelp.com](http://ourladyperpetualhelp.com)

### PRITCHARD ROAD ASSISTED LIVING

(Females only)

206 Pritchard Road, Virginia Beach 23452  
757.340.8509

### THE VILLAGE AT MAIMONIDES

1049 College Park Blvd., Virginia Beach 23452  
757.282.2384 [maimonideshealthcentervb.com](http://maimonideshealthcentervb.com)

### THE VILLAGES OF ROSEMONT

3751 Sentara Way, Virginia Beach 23452  
757.901.1550 [saberhealth.com](http://saberhealth.com)

### VIRGINIA HOME FOR ADULTS

2701 Border Road, Chesapeake 23324  
757.545.6219 [virginiahomeforadults@gmail.com](mailto:virginiahomeforadults@gmail.com)

### WATERFORD AT VIRGINIA BEACH

5417 Wesleyan Drive, Virginia Beach, VA 23455  
757.490.6672 [sonidaseniiorliving.com](http://sonidaseniiorliving.com)

# MEMORY CARE FACILITIES

Memory care facilities provide long-term care for those living with Alzheimer's or other progressive degenerative dementia.

## A HOME AWAY FROM HOME ASSISTED LIVING AND MEMORY CARE

1851 Old Donation Parkway, Virginia Beach 23454  
757.807.2227 [boutiquememorycarevb.com](http://boutiquememorycarevb.com)

## ARDEN COURTS – PROMEDICA MEMORY CARE COMMUNITY

1853 Old Donation Parkway, Virginia Beach 23454  
757.412.1180 [www.arden-courts.org](http://www.arden-courts.org)

## ATLANTIC SHORES

1200 Atlantic Shores Drive, Virginia Beach 23454  
757.716.3000 [atlanticshoresliving.com](http://atlanticshoresliving.com)

## AVIVA PEMBROKE

373 Constitution Drive, Virginia Beach 23462  
757.963.8423 [avivapembroke.com](http://avivapembroke.com)

## BAY LAKE RETIREMENT AND ASSISTED LIVING COMMUNITY

4225 Shore Drive, Virginia Beach 23455  
757.460.8868 • 800.771.2129  
[baylakebyrui.com](http://baylakebyrui.com)

## BICKFORD OF CHESAPEAKE

361 Great Bridge Blvd., Chesapeake 23320  
757.819.9500  
[bickfordseniorliving.com/chesapeake](http://bickfordseniorliving.com/chesapeake)

## BICKFORD OF VIRGINIA BEACH

2629 Princess Anne Road, Virginia Beach 23456  
757.792.8411  
[bickfordseniorliving.com/virginiabeach](http://bickfordseniorliving.com/virginiabeach)

## BROOKDALE VIRGINIA BEACH

937 Diamond Springs Road, Virginia Beach 23455  
757.493.9535 [brookdale.com](http://brookdale.com)

## CHESAPEAKE PLACE SENIOR LIVING

1508 Volvo Parkway, Chesapeake 23320  
757.900.9887 [chesapeakeplace.com](http://chesapeakeplace.com)

## COMMONWEALTH SENIOR LIVING AT KINGS GRANT HOUSE

440 N Lynnhaven Road, Virginia Beach 23452  
757.431.8825 [commonwealthsl.com](http://commonwealthsl.com)

## DISCOVERY COMMONS

1628 Old Donation Parkway, Virginia Beach 23454  
757.496.8001 [discoverycommonsvirginiabeach.com](http://discoverycommonsvirginiabeach.com)

## FIRST COLONIAL INN

845 First Colonial Road, Virginia Beach 23451  
757.428.2884 [kiscoseniorliving.com/virginia](http://kiscoseniorliving.com/virginia)

## HARMONY AT INDEPENDENCE

2077 S Independence Blvd., Virginia Beach 23453  
757.802.3665 [harmonyatindependence.com](http://harmonyatindependence.com)

## THE GARDENS OF VIRGINIA BEACH

5620 Wesleyan Drive, Virginia Beach 23455  
757.499.4800 [sinceriseniorliving.com](http://sinceriseniorliving.com)

## LIVING WELL ASSISTED LIVING

2600 Shorehaven Drive, Virginia Beach 23454  
757.690.2744 [livingwellassistedliving.com](http://livingwellassistedliving.com)

## OUR LADY OF PERPETUAL HELP

4560 Princess Anne Road, Virginia Beach 23462  
757.495.4211 [ourladyperpetualhelp.com](http://ourladyperpetualhelp.com)

## THE VILLAGE AT MAIMONIDES

1049 College Park Blvd., Virginia Beach 23464  
757.282.2384 [maimonideshealthcentervb.com](http://maimonideshealthcentervb.com)

## VIVA MEMORY CARE/CHESAPEAKE

130 Great Bridge Blvd., Chesapeake 23320  
757.436.2109 [vivaseniorliving.com](http://vivaseniorliving.com)

## WATERFORD AT VIRGINIA BEACH

5417 Wesleyan Drive, Virginia Beach, VA 23455  
757.490.6672 [sonidaseniorliving.com](http://sonidaseniorliving.com)

## WESTMINSTER-CANTERBURY ON CHESAPEAKE BAY

3100 Shore Drive, Virginia Beach 23451  
757.496.1100 [wcbay.com](http://wcbay.com)

# NURSING CARE & REHABILITATION CENTERS

Nursing care facilities provide 24-hour care for the more acute patients and may provide rehabilitative care on a short-term basis for patients who intend to return to their own homes following surgery and/or hospital stays. Long-term patients generally rely on assistance for most or all of the activities of daily living. Regular medical supervision and rehabilitation therapy are mandated to be available, and nursing homes are eligible to participate in the Medicaid program. Also referred to as nursing homes, convalescent homes or skilled care facilities, they are state-licensed. Some nursing care centers offer services under Medicare or Medicaid; some are private-pay only. To understand what each covers, you will need to contact the facilities of your choice, and/or contact your local Medicare Office.

For parameters of the Medicaid programs, contact **Virginia Beach Dept. of Human Services, 757.385.3200.**

Atlantic Shores (Seaside Health Center) .....	757.716.2000	Our Lady of Perpetual Help .....	757.495.4211
Bay Pointe Rehabilitation and Nursing .....	757.481.3321	Rosemont Health and Rehab .....	757.901.1580
Bayside Health and Rehabilitation Center .....	757.464.4058	Senior Services of Southeastern VA	
Birchwood Park Rehabilitation and Nursing .....	757.340.6611	Local Ombudsman .....	757.222.4542   800.766.8059
Colonial Health and Rehab .....	757.937.7600	Thalia Gardens Rehabilitation and Nursing .....	757.340.0620
Cypress Pointe Rehabilitation and Nursing.....	757.499.7029	VA Department of Health Professions	
Jones & Cabacoy Veterans Care Center .....	757.263.3100	Enforcement Division .....	804.367.4691   800.533.1560
Kempsville Health & Rehab Center .....	757.420.3600	VB Healthcare and Rehabilitation Center .....	757.481.3500
Lake Taylor Transitional Care Hospital* .....	757.461.5001	Westminster-Canterbury .....	757.496.1100
Maimonides Health Center .....	757.420.2512	Hoy Nursing Center .....	757.496.1158
Norview Heights Rehabilitation and Nursing*.....	757.853.6281	Stone Rehabilitation Center .....	757.271.8509

## CONTINUUM OF CARE FACILITIES (CCRC)

A community that offers several levels of assistance, including independent living, assisted living and nursing home care. Different from other housing and care facilities for seniors because it usually provides a written agreement or long-term contract between the resident (frequently lasting the term of the resident’s lifetime) and the community which offers a continuum of housing, services and healthcare system, commonly all on one site.

### ATLANTIC SHORES

1200 Atlantic Sores Drive, Virginia Beach 23451  
757.716.3000 [atlanticshoresliving.com](http://atlanticshoresliving.com)

### WESTMINSTER-CANTERBURY ON CHESAPEAKE BAY

3100 Shore Drive, Virginia Beach 23451  
757.496.1100 [wcbay.com](http://wcbay.com)

## SENIOR DAY SUPPORT IN VIRGINIA BEACH

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

Clean Hands Pure Hearts Adult Day Center .....	757.819.6774
Passionate Hearts Adult Day Center .....	757.937.1496
PrimePlus at M.E. Cox Center .....	757.340.4388
Rosewell Adult Day Center.....	757.301.2123
Sentara Senior Community Care.....	757.252.7800
Silver Care Dementia Center, Inc. ....	757.355.7058
Tina’s World of Love .....	757.500.4306

## FAIR HOUSING

Federal and state fair housing laws protect people from discrimination when they are renting, buying, or securing financing or insurance for any housing.

Federal laws prohibit discrimination based on race, color, national origin, religion, sex (gender identity and sexual orientation), disability and familial status. Virginia's Fair Housing Law also prohibits discrimination based on elderliness (being 55+), military status and source of income (such as housing choice vouchers).

If you think your rights have been violated, you can file a complaint by contacting HUD and/or the Virginia Fair Housing Office. You have one year after an alleged violation to file a complaint, but you should file it as soon as possible.

**If you are alleging discrimination based on the Virginia Fair Housing Law, contact the Virginia Fair Housing Office.**

### U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD) — FAIR HOUSING AND EQUAL OPPORTUNITY

Complaint Hotline: 800.669.9777  
[hud.gov/fairhousing](http://hud.gov/fairhousing)

To file a complaint, call the hotline, submit complaint online, or download, complete and mail the "Report Housing Discrimination" form available at [hud.gov/fairhousing/fileacomplaint](http://hud.gov/fairhousing/fileacomplaint).

If you are disabled, HUD also provides:

- ◆ TTY for the hearing impaired: 800.877.8339
- ◆ Interpreters
- ◆ Tapes and braille materials
- ◆ Assistance in reading and completing forms

### VIRGINIA FAIR HOUSING OFFICE — DEPT. OF PROFESSIONAL AND OCCUPATIONAL REGULATION

9960 Maryland Drive, Suite 400, Richmond 23233  
804.367.8530 • 888.551.3247  
[dpor.virginia.gov/fairhousing](http://dpor.virginia.gov/fairhousing)

To file a complaint, call the number listed above, or download, complete and return the "Housing Discrimination Complaint Form" available at [dpor.virginia.gov/fairhousing](http://dpor.virginia.gov/fairhousing).

## HOUSING ASSISTANCE

### VIRGINIA BEACH HOUSING & NEIGHBORHOOD PRESERVATION

757.385.5750      [virginiabeach.gov/housing](http://virginiabeach.gov/housing)

*Housing Choice Voucher Program, Rental Assistance, Code Enforcement*

HUD .....202.708.1112  
Endeppence Center, Inc.....757.461.8007  
Leading Age of Virginia.....804.956.5500  
Virginia Housing Development Authority..... 877.843.2123  
VA Department for Aging and Rehabilitative Services  
804.662.7000 | [dars.virginia.gov](http://dars.virginia.gov)

## LANDLORD / TENANT ISSUES

HUD .....202.708.1112  
800.2610.2610, TTY 800.877.8339 | [hud.gov/states/virginia](http://hud.gov/states/virginia)  
VA Department of Housing and Community Development  
804.371.7000 | [dhcd.virginia.gov](http://dhcd.virginia.gov)  
Virginia Housing Development Authority..... 877.843.2123,  
804.782.1986 | [virginiahousing.com](http://virginiahousing.com)



### Educational and Outreach Initiative

Affordable housing is a top priority for the City of Virginia Beach. Increase your understanding of affordable housing and the specific needs in Virginia Beach.

#### LEARN MORE

To learn more about affordable housing, find resources and get updates on related initiatives, visit [VirginiaBeach.gov/HousingMatters](http://VirginiaBeach.gov/HousingMatters).

# HOME REPAIR

## VIRGINIA BEACH HOUSING & NEIGHBORHOOD PRESERVATION

757.385.5750      homerehab@vbgov.com  
[virginiabeach.gov/home-rehab](http://virginiabeach.gov/home-rehab)

The department provides programs for eligible low- and moderate-income residents who own and live in their place of dwelling in Virginia Beach with grants to assist in home repairs/rehabilitation efforts.

### OWNER-OCCUPIED REHAB PROGRAM

Grant up to \$25,000

Both programs provide assistance for rehabilitation/repairs to:

- ◇ Remove an existing or imminent health and/or safety hazard
- ◇ Correct certain code violations
- ◇ Make physical improvements, adaptations, or modifications for accessibility and usability

For more details and eligibility requirements, visit the Virginia Beach Housing website. Contact the Housing Development Division to request a brief screening. Applications can be completed after it is determined you qualify after screening.

# HOMELESS SERVICES & SHELTERS

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

### Regional Housing Crisis Hotline

757.227.5932

### Virginia Beach Housing Resource Center

757.385.5167

Domestic Violence Hotline.....	1.800.838.8238
ForKids .....	757.622.6400
Genieve Shelter* .....	757.925.4365, 800-969-4673 (HOPE)
HER (Help & Emergency Response) Shelter* .....	757.485.1445, 757.485.3384 (Hotline)
Housing Crisis Hotline (Managed by ForKids).....	757.587.4202
Salvation Army Men’s Shelters* .....	757.622.3471
Samaritan House .....	757.631.0710
Seton Youth Shelters .....	757.963.5795
Union Mission Ministries* .....	757.627.8686

*\* Not located in Virginia Beach*



# SENIOR Showcase

HELD **ANNUALLY**  
IN THE SPRING

PRESENTED BY  CITY OF VIRGINIA BEACH

MAYOR’S COMMISSION ON AGING

- Advice and Tips on Independent Living
- Visit with Vendors, City Services and Friends
- Live Entertainment and Great Food
- Information on Seniors, Families, and Caregivers

VISIT US ONLINE:

[virginiabeach.gov/MCOA](http://virginiabeach.gov/MCOA)

FOR MORE INFORMATION  
[VBMCOA@vbgov.com](mailto:VBMCOA@vbgov.com) | 757.385.2689



*Design courtesy of Marketing nSight, LLC 2024*

# Find something for all Ages & Stages

The City of Virginia Beach offers a wide range of programs and services that support residents at every age and stage of life.

Inclusive offerings give older Virginia Beach residents and their caregivers multiple ways to stay active, informed and involved. Through the City's programs, services and events, residents can enrich their daily lives and help build a more connected, vibrant community. Find more assistance, programs, resources and special events for adults, caregivers, kids, seniors and teens at [VirginiaBeach.gov/agesandstages](https://www.virginiabeach.gov/agesandstages) (webpage live beginning July 2026).

## BEACH (BRINGING AN END TO ALL CITY HOMELESSNESS)

BEACH Community Partnership is a coalition of more than 30 government, faith and nonprofit organizations, as well as residents, to prevent and end homelessness for individuals and families in Virginia Beach. Its network of partners provides support services, including a list of faith-based food pantries, clothing and financial resources; health services; basic assistance and more.

757-385-5167 |

[BEACHCommunityPartnership.org/Get-Help](https://www.beachcommunitypartnership.org/Get-Help)

## COMMISSIONER OF THE REVENUE

### Senior & Disabled Tax Relief Programs

Qualifying Virginia Beach residents aged 65 and older may apply for tax relief on real estate, vehicles and mobile homes.

757-385-4385 | [cor.virginiabeach.gov/tax-relief/senior-disabled](https://cor.virginiabeach.gov/tax-relief/senior-disabled)

## COMMONWEALTH'S ATTORNEY

### Senior Virginians Handbook

The Senior Lawyers Conference of the Virginia State Bar produces a Senior Virginians Handbook that is a valuable resource to senior citizens in addressing their needs and concerns. The Commonwealth's Attorney's Office provides copies free of charge upon request.

757-385-4401 | [oca.virginiabeach.gov/protecting-seniors](https://oca.virginiabeach.gov/protecting-seniors)

## CULTURAL AFFAIRS

### Senior Living Center Outreach

Cultural Affairs provides outreach programs tailored to seniors at group living centers.

757-385-5109 | [vbmuseums.org/education/outreach-programs](https://vbmuseums.org/education/outreach-programs)

# HOUSING & NEIGHBORHOOD PRESERVATION

## Home Rehabilitation Programs

Grants and affordable loans are available for low- to moderate-income homeowners for needed home rehabilitation, accessibility modifications and to correct code violations.

757-385-5750 | [housing.virginia-beach.gov/home-rehabilitation](https://housing.virginia-beach.gov/home-rehabilitation)

## Homeless Services and Shelters

Families and individuals who are homeless or in imminent danger of losing their home have multiple ways to access triage and assessment for housing and shelter programs:

Visit the Housing Resource Center (HRC), 104 N. Witchduck Road, during walk-in hours: 8 a.m. to noon, Monday, Tuesday, Thursday and Friday. Call 757-385-5167 for more information.

Call the Regional Housing Crisis Hotline, 757-227-5932, 8 a.m. to 5:30 p.m., Monday through Friday.

The most vulnerable homeless families / individuals will be sheltered and housed at the HRC or at nonprofit facilities in the community as space is available.

# HUMAN SERVICES (DHS)

## Adult Foster Care

DHS provides foster care for adults ages 60 and older who need help with day-to-day living. More Virginia Beach residents are needed to help provide the service.

757-385-3550 | [hs.virginia-beach.gov/social-services/adult-services](https://hs.virginia-beach.gov/social-services/adult-services)

## Adult Protective Services

Adult Protective Services establishes and/or strengthens appropriate family and social support systems in order to protect adults at risk of abuse, neglect or exploitation and to prevent the occurrence of abuse, neglect or exploitation. To report suspicion of abuse/neglect or exploitation call the state hotline at 888- 832-3858 or the local office listed below.

757-385-3550 | [hs.virginia-beach.gov/social-services/adult-services](https://hs.virginia-beach.gov/social-services/adult-services)

## Guardianship

DHS staff members provide oversight of initial and annual reports of an incapacitated person for whom a guardian was appointed and review reports for accuracy, oversight, and possible abuse, neglect or exploitation.

757-385-3550 | [hs.virginia-beach.gov/social-services/adult-services](https://hs.virginia-beach.gov/social-services/adult-services)

## Long-Term Services and Support

Individuals are screened, and their functional criteria are assessed to determine whether they meet a nursing home level of care. Assisted Living Facility assessments are conducted by staff.

757-385-3550 | [hs.virginia-beach.gov/social-services/adult-services](https://hs.virginia-beach.gov/social-services/adult-services)

## MAYOR'S OFFICE

### Mayor's Commission on Aging

Virginia Beach senior residents can apply to be appointed by the mayor to serve in three-year terms on the commission, which works to help identify and define the needs of seniors in Virginia Beach.

757-385-2616 | [virginiabeach.gov/city-hall/mayors-office/mayors-commission-on-aging](http://virginiabeach.gov/city-hall/mayors-office/mayors-commission-on-aging)

### Mayor's Committee for Veterans

Members of the Mayor's Committee for Veterans are appointed by the mayor to plan and produce the annual Memorial Day Ceremony, manage the memorial paver program, help maintain the Tidewaters Veterans Memorial and work with the Hampton Roads Council of Veterans Organizations (HRCVO) to plan and present the Veterans Day Parade and Ceremony.

757-619-0490 | [virginiabeach.gov/city-hall/mayors-office/mayors-veterans-committee](http://virginiabeach.gov/city-hall/mayors-office/mayors-veterans-committee)



### Senior Showcase

Each year in May, the Mayor's Commission on Aging presents the Senior Showcase, an opportunity for the community to honor and thank the older residents of Virginia Beach. The free event features a resource fair of vendors for senior residents, entertainment and lunch. In addition, awards are presented

for service to seniors. The yearly updated hard copy of the Senior Housing & Resource Guide is available at the event.

757-385-2616 | [virginiabeach.gov/city-hall/mayors-office/mayors-commission-on-aging](http://virginiabeach.gov/city-hall/mayors-office/mayors-commission-on-aging)

## PARKS & RECREATION

### Forever Young Senior Centers

Recreation Centers offer special events, lunches, games, arts and crafts, exercise and excursions for seniors aged 55 and older. Forever Young membership is included with recreation center membership or Silver Sneakers Membership Card.

757-385-1100 | [parks.virginiabeach.gov/rec-centers/seniors](http://parks.virginiabeach.gov/rec-centers/seniors)



## POLICE DEPARTMENT

### Senior Citizens Police Academy

A free 10-week academy is designed to familiarize seniors with the Virginia Beach Police Department and broaden the civic awareness of participants.

757-385-4141 | [police.virginiabeach.gov/community/citizen-police-academies](http://police.virginiabeach.gov/community/citizen-police-academies)

## Senior Safety Lectures

The Virginia Beach Police Department can provide information and tips to help seniors practice safety and self-protection to avoid being the victims of crime. Request a lecture through the Community Liaison Program.

757-385-1006 | [police.virginiabeach.gov/  
community/community-liaison-program](http://police.virginiabeach.gov/community/community-liaison-program)

## Living Safely with Alzheimer's Disease

Caregivers and families can learn about home safety strategies, behavioral understanding and local guidance to increase safety and reduce risk for those with Alzheimer's disease. Request information through the Community Liaison Program.

757-385-1006 | [police.virginiabeach.gov/  
community/community-liaison-program](http://police.virginiabeach.gov/community/community-liaison-program)

## PUBLIC WORKS

### Senior Citizen Parking Permit

Any Virginia Beach resident aged 65 or older can get FREE parking year-round in the 4th Street, Sandbridge and Little Island municipal parking lots after applying online through the Permit Portal. Once approved, parking can begin immediately. Permits are license plate-based, and no physical permit is issued.

757-385-2900 | [pw.virginiabeach.gov/  
parking/parking-permits](http://pw.virginiabeach.gov/parking/parking-permits)

## VIRGINIA AQUARIUM & MARINE SCIENCE CENTER

### Discounted Admission to Virginia Aquarium

Discounted regular admission tickets for those aged 70 and above are available year-round to the Virginia Aquarium & Marine Science

Center in Virginia Beach.

757-385-3474 | [virginiaaquarium.com/  
admission-information](http://virginiaaquarium.com/admission-information)

## VOLUNTEER RESOURCES

### Volunteer Opportunities

The City of Virginia Beach recognizes the tremendous reserve of knowledge, talent and skill within our community and encourages residents to contribute their valuable time and talents to a variety of jobs on a volunteer basis.

757-385-4722 | [volunteer.virginiabeach.gov](http://volunteer.virginiabeach.gov)



## VIRGINIA BEACH EMS COMPASSIONATE BILLING INFORMATION

ONLINE  
[vbems.payambulance.com](http://vbems.payambulance.com)

PHONE  
**1-888-290-5789**

EMAIL  
**VBEMS@PayAmbulance.com**

Learn more at [EMS.VirginiaBeach.gov](http://EMS.VirginiaBeach.gov)

# SENIOR RESOURCES

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

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

## ABUSE, NEGLECT AND/OR EXPLOITATION

Abuse Alternatives Crisis Hotline .....	423.764.2287
Adult Protective Services (Virginia Beach).....	757.385.3550
Adult Protective Services (State).....	888.832.3858
disAbility Law Center of Virginia .....	800.552.3962
National Center on Elder Abuse .....	855.500.3537   ncea.acl.gov
Samaritan House .....	757.631.0710
24-Hour Crisis Hotline .....	757.430.2120
Senior Services of Southeastern VA .....	757.461.9481   ssseva.org
VA Coalition for Prevention of Elder Abuse .....	vcpea.org
VA Domestic Violence & Sexual Assault.....	800.838.8238

## ADAPTIVE & MEDICAL EQUIPMENT

101 Mobility of Virginia Beach .....	757.448.3029
101mobility.com/viriniabeach	
Amramp Accessibility .....	833.947.9002
Assistive Technology Loan Fund Authority.....	866.835.5976
Caption Call (Free Phone for Hearing Impaired)..	877.557.2227
Central Supply .....	757.953.3580
ChatterVox Voice Amplification System .....	888.888.9060
Endeppendence Center, Inc.....	757.461.8007
F.R.E.E. of South Hampton Roads .....	757.771.6183
free-foundation.org	
Hearmore .....	800.881.4327   hearmore.com
Lions Club (Glasses, Hearing Aids, Etc.).....	lionsclubs.org
Med Emporium .....	757.428.0787
Medical Equipment Distributors.....	757.498.8225
MobilityWorks.....	757.250.5585   mobilityworks.com
National Mobility Equipment Dealers Association	
813.264.2697   nmeda.org	

National Seating and Mobility .....	757.466.1553
Naval Medical Center Portsmouth .....	757.953.5000
PLS Design and Remodel .....	757.761.0000
Sentara Home Care Services .....	757.553.3000
Tycon Medical .....	757.640.1709
U-Step Walker (In-Step Mobility Products) .....	800.558.7837
United Way of South Hampton Roads.....	757.853.8500
Virginia Assistive Technology System .....	804.662.9990
WHRO (Services for the Blind).....	757.889.9400

## ADULT DAY PROGRAM

PrimePlus at M.E. Cox Center .....	757.625.5857
primeplus.org/adult-day-services	

## ALZHEIMER'S & DEMENTIA

AARP .....	888.687.2277   aarp.org
Alzheimer's & related Dementias Education and Referral Center (ADEAR) .....	800.438.4380   alzheimers.gov
Alzheimer's Association .....	800.272.3900
Southeastern VA Chapter Office.....	757.459.2405
Alzheimer's Foundation of America ...	866.232.8484   alzfdn.org
EVMS Glennan Center for Geriatrics and Gerontology (Memory Consultation Clinics) .....	757.446.7040/5100
Family Caregiver's Alliance .....	800.445.8106   caregiver.org
Kids, Kin n' Caregivers, Inc. ....	757.434.5162
National Institute on Aging Information Center	
800.222.2225   nia.nih.gov	

## CAREGIVING

(See Home Health Care/Caregiving, Support Groups)

## CLOTHING RESOURCES

Princess Anne Plaza UMC .....	757.340.5775
St. Gregory the Great Catholic Church.....	757.474.4673

## COMMUNITY SERVICES

AARP (VA State Office) .....	866.542.8164
AARP Foundation Senior Services.....	757.625.7001
A Place for Mom.....	866.671.3802
Better Business Bureau.....	757.531.9400
Dignity Memorial .....	800.343.4464
Home Safety Assessments (VBPD).....	757.385.1006
Home Remedy Concierge .....	757.335.3818
Mayor’s Commission on Aging.....	757.385.4581
Memoirs by Design .....	303.885.3790
MCA Group (Medical Care Advocacy) .....	757.469.3670
Savvy Senior Connections.....	757.754.2199
Senior Resource Center .....	757.385.2175
Town Center Blind Lions Club .....	757.301.0555
Virginia Beach Fire Department (Admin).....	757.385.8882
viriniabeach.gov/fire	
Operation Smoke Detector.....	757.471.5826
Virginia Beach Project Lifesaver (VBPD) .....	757.385.7213

## CONSUMER INFO & COMPLAINTS / PROTECTION

(See Fraud & Consumer Protection/Complaints)

## CRIME PREVENTION

Virginia Beach Police Department .....	757.385.4141
viriniabeach.gov/police	
Non-Emergency Line .....	757.385.5000
First Precinct.....	757.385.4377
Second Precinct.....	757.385.2700
Third Precinct.....	757.385.2703
Fourth Precinct .....	757.385.2800
Crime Prevention Unit .....	757.385.1006
Operation Lookout Expanded.....	757.385.1006
Senior Citizens Police Academy .....	757.385.1066
Virginia Beach Sheriff’s Office.....	757.385.4555   vbso.net
Senior Coordinator (TRIAD) .....	757.385.6757
Senior Safety Seminar .....	757.385.7975
FBI Norfolk .....	757.455.0100

## DENTAL (Free/Low cost)

211 Information and Referral Search.....	211.org
Authority Dental .....	888.488.0618

Dental Lifeline Network (Virginia) .....	804.523.2182
Health Resources & Services Administration .....	877.464.4772
ODU Dental Hygiene Care Facility .....	757.683.4308
Virginia Dental Association Foundation.....	804.523.2180
Virginia Beach Mercy Dental.....	757.490.1110

## DEVELOPMENTAL SERVICES

A division of the Virginia Beach Department of Human Services that plans, develops and implements services for Virginia Beach residents with intellectual disabilities and their families through the provision of person-centered services designed to provide opportunities to become self-directing and contributing members of our community.

Virginia Beach Dept. of Human Services .....	757.385.3200
Developmental Services Division.....	757.385.0600

## DIABETES

(See Health Information)

## DISABILITY SERVICES

(See also Adaptive & Medical Equipment)

Endeppence Center, Inc.....	757.461.8007
disAbility Navigator .....	866.393.0957
VA Board for People with Disabilities.....	800.846.4464
VA Dept. for Aging and Rehabilitative Services .....	804.662.7000
VA Disability Services Agencies .....	dsa.virginia.gov

## DOWNSIZING / RELOCATION

AtCoastal Realty - Scott See, Realtor .....	757.288.8117
Arange.....	757.567.4443
Aspinwall Security Storage & Van .....	757.466.9000
Cindy Caskey, Realtor .....	757.642.1001
Dayla Brooks, Realtor.....	757.714.2246
Driven2 Solutions (Quick As-Is Home Buyer).....	757.909.5544
Downsize Designers Inc. ....	757.553.6879
garrett Realty Partners .....	757.873.1002
Hampton Roads Downsizing .....	804.489.1781
Ideal Organizing + Design.....	757.777.8685
Jdog Junk Removal & Hauling .....	757.618.8164
Moving On Services .....	757.393.1622
Next Chapter of Virginia.....	757.524.9709
Organized Legacy .....	757.389.8864
PLS Design and Remodel.....	757.761.0000
Quality Transitions.....	757.613.2240
Two Men and a Truck .....	757.335.6514

## DRIVING

AARP Driver Safety Program .....	800.350.7025
	<a href="http://aarp.org/driversafety">aarp.org/driversafety</a>
Certified Driver Rehab Specialists (Safe Driving Evaluation)	
Sentara Therapy Center .....	757.252.9420
Common Courtesy.....	757.472.9727
Department of Motor Vehicles .....	804.497.7100   <a href="http://dmvnow.com">dmvnow.com</a>
Virginia Beach DMV Select.....	757.385.4487
Mature Drivers (Licenses, Safety).....	<a href="http://dmvnow.com/mature">dmvnow.com/mature</a>
Virginia GrandDrive.....	<a href="http://granddriver.net">granddriver.net</a>
VA Department for Aging and Rehabilitative Services	
Division for Aging .....	800.552.3402   <a href="http://vda.virginia.gov">vda.virginia.gov</a>

## EDUCATION / LIFELONG LEARNING

Adult Learning Center .....	757.648.6050
	<a href="http://adultlearning.vbschools.com">adultlearning.vbschools.com</a>
Institute for Learning in Retirement (TCC).....	757.756.4861
Senior Resource Center .....	757.385.2175
Tidewater Community College.....	757.822.1111   <a href="http://tcc.edu">tcc.edu</a>
Virginia Beach Parks & Recreation.....	757.385.1100
	<a href="http://virginiabeach.gov/parks">virginiabeach.gov/parks</a>
Virginia Beach Public Library .....	757.385.0150
	<a href="http://virginiabeach.gov/library">virginiabeach.gov/library</a>

## EMERGENCY PREPAREDNESS

American Red Cross (Coastal VA)...	757.446.7700   <a href="http://redcross.org">redcross.org</a>
FEMA .....	800.621.3362   <a href="http://fema.gov">fema.gov</a>
Emergency Preparedness Resources.....	<a href="http://ready.gov">ready.gov</a>
VA Department of Emergency Management .....	804.267.7600
	<a href="http://vaemergency.gov">vaemergency.gov</a>
Virginia Beach Emergency Management.....	757.385.1077
	<a href="http://virginiabeach.gov/readyvb">virginiabeach.gov/readyvb</a>

## EMPLOYMENT

Senior Community Service Employment Program	
AARP Foundation.....	757.625.7001
U.S. Department of Labor.....	877.872.5627
Endeppence Center, Inc.....	757.461.8007
Equal Employment Opportunity Commission.....	800.669.4000
Hampton Roads Workforce Council .....	757.341.2370
Ticket to Work Program.....	866.968.7842
VA Department for Aging and Rehabilitative Services	
(Norfolk).....	757.451.7101
VA Employment Commission (Norfolk) .....	757.455.3960
	<a href="http://vec.virginia.gov">vec.virginia.gov</a>

## FINANCIAL SERVICES / TAX INFORMATION

AARP Tax Aide .....	888.227.7669   <a href="http://aarp.org/taxaide">aarp.org/taxaide</a>
Catholic Charities of Eastern Virginia.....	757.495.0703
Consumer Mortgage & Investment Corp. ....	757.552.7000
	<a href="http://consumermtg.com">consumermtg.com</a>
Federal Deposit Insurance Corp (FDIC) .....	877.275.3342   <a href="http://fdic.gov">fdic.gov</a>
Internal Revenue Service (IRS).....	800.829.1040   <a href="http://irs.gov">irs.gov</a>
Tax Information for Seniors & Retirees.....	<a href="http://irs.gov/seniors">irs.gov/seniors</a>
Tax Forms/Materials (Large Print, Braille).....	800.829.3676
Taxpayer Accessibility Helpline .....	833.690.0598
Taxpayer Assistance Center (Norfolk) .....	844.545.5640
Refund Hotline .....	800.829.1954
Jewish Family Service....	757.321.2222   <a href="http://jfshamptonroads.org">jfshamptonroads.org</a>
National Association of Personal Financial Advisors	
	888.333.6659   <a href="http://napfa.org">napfa.org</a>
Securities and Exchange Commission...	800.732.0330   <a href="http://sec.gov">sec.gov</a>
Senior Services of Southeastern VA .....	757.461.9481   <a href="http://ssseva.org">ssseva.org</a>
Supreme Lending / Rhonda Banyan, CRMS.....	757.303.3397
Tidewater Home Funding.....	757.366.8690
UP Center .....	757.226.9197
VA State Corporation Commission.....	800.552.7945
Virginia Beach Commissioner of the Revenue .....	757.385.4251
	<a href="http://virginiabeach.gov/cor">virginiabeach.gov/cor</a>
Personal Property / Car Tax Relief.....	757.385.4487
Senior & Disabled Tax Relief Programs .....	757.385.4601
Tax Assistance (Preparation) .....	757.385.4483
Virginia Beach Real Estate Assessor.....	757.385.4601

## FOOD & NUTRITION

(See Nutrition Programs & Meals/Food Banks)

## FRAUD & CONSUMER PROTECTION / COMPLAINTS

AARP Fraud Watch Network Helpline .....	877.908.3360
Adult Protective Services (State).....	888.832.3858
Call for Action.....	240.747.0225   <a href="http://callforaction.org">callforaction.org</a>
DMV-Related Fraud .....	877.937.6372
FBI Norfolk .....	757.455.0100
Fraud, Waste and Abuse Hotline (State) .....	800.723.1615
Federal Trade Commission (FTC) .....	<a href="http://ftc.gov">ftc.gov</a>
Consumer Response Center.....	877.382.4357
Consumer Information.....	<a href="http://consumer.ftc.gov">consumer.ftc.gov</a>
Identity Theft .....	877.438.4338   <a href="http://identitytheft.gov">identitytheft.gov</a>
Report Fraud, Scams, Etc. ....	<a href="http://ftc.gov/complaint">ftc.gov/complaint</a>
Do Not Call Registry (Telemarketing Calls).....	<a href="http://donotcall.gov">donotcall.gov</a>
IRS Tax Fraud Referral Hotline .....	800.829.0433

Office of the State Long-Term Care Ombudsman...	800.552.5019
Outreach Coordinator.....	757.446.7040
US Government Accountability Office.....	202.512.3000
US Office of Inspector General Fraud Hotline .....	800.447.8477
US Postal Inspection Service Fraud .....	877.876.2455
VA Department of Health Office of Licensure and Certification Complaint Unit .....	800.955.1819
VA Department of Medical Assistance Services - Fraud & Abuse Referral Hotline (Medicaid Specific).....	866.486.1971
VA Department of Social Services - Fraud .....	800.552.3431
VA Office of the Attorney General.....	oag.state.va.us
Consumer Protection Hotline .....	804.786.2071
Medicaid Fraud Control Unit .....	800.371.0824
VA State Corporation Commission.....	800.552.7945
VB Office of the Commonwealth's Attorney.....	757.385.4401
Virginia Beach Police Department .....	757.385.4141
Virginia Beach Sheriff's Office.....	757.385.4555
Senior Coordinator (TRIAD) .....	757.385.6757

## FUNERAL HOMES & PLANNING

Altmeyer Funeral Home .....	757.422.4000
Beach Funeral & Cremation Services, Inc. ....	757.499.8999
Board of Funeral Directors and Embalmers .....	804.367.4479
Coastal Cremations and Funeral Care .....	757.353.6888
Cremation Society of Virginia.....	757.474.9409
Family Choice Funerals & Cremation .....	757.366.9230
Graham Funeral Home.....	757.382.7747
Holloman-Brown .....	757.583.0177
Medicaid Indigent Burial Fund .....	757.385.4306
Neptune Cremation Service .....	757.997.1441
P.G. Thomasson Funeral Services .....	757.486.4120
Rosewood-Kellum Funeral Home .....	757.671.1717
Rosewood Memorial Park .....	757.671.1717
Simply Cremation .....	757.312.9700
State Anatomical Gift Program (Tidewater).....	757.683.8366
Stricklan & Family Cremations & Funeral Services .....	757.353.0520
Virginia Beach Dept. of Human Services .....	
Veterans' Assistance Service.....	800.827.1000
Walton Funeral Home.....	757.427.0988

## GERIATRIC CARE & MANAGERS (Certified)

EVMS Geriatrics and Palliative Medicine .....	757.446.7040
Carey Raleigh, MSW, CMC* DARS, Care Mgr .....	757.771.0659
Golden Lifestyle Partners Care Consultants .....	757.916.7811
Susan Coughlin, Senior Care Solutions LLC.....	757.705.6320

## GRANDPARENTS RAISING GRANDCHILDREN

AARP .....	888.687.2277
Catholic Charities of Eastern Virginia.....	757.467.7707
Generations United .....	202.289.3979   gu.org
Kin and Kids Consulting .....	757.434.5162
VB Dept. Human Svcs SNAP/TANF .....	757.385.4306

## HEALTH INFORMATION

Ability Center of Virginia .....	757.497.7474
AIDS National Hotline.....	800.448.0440
ALS Association.....	800.782.4747   als.org
Alzheimer's Disease .....	(See Alzheimer's & Dementia)
American Cancer Society .....	800.227.2345   cancer.org
American Council of the Blind.....	800.424.8666
American Diabetes Association.....	800.342.2383   diabetes.org
American Heart Association.....	800.242.8721   heart.org
American Lung Association .....	800.586.4872   lung.org
American Parkinson Disease Asscn (VA).....	757.495.3062
American Speech-Language-Hearing Association .....	800.638.8255   asha.org
American Stroke Association .....	888.478.7653   stroke.org
Arthritis Foundation.....	800.283.7800   arthritis.org
Beltone Hearing Aid Center .....	757.337.4591
Brain Injury Association of America .....	800.444.6443
Cancer Care .....	800.813.4673   cancercare.org
CapTel (Captioned Telephone) .....	800.233.9130
Center for Disease Control (CDC).....	800.232.4636   cdc.gov
Chronic Illness Resource Center .....	healingwell.com
Clear Captions (Hearing Impaired).....	866.868.8695
Epilepsy Foundation Helpline .....	800.332.1000   epilepsy.com
Health Finder.....	healthfinder.gov
JenCare Senior Medical Center (VB).....	757.805.1410
Lee's Friends (Cancer).....	757.440.7501   leesfriends.org
Lupus Foundation of America .....	800.558.0121   lupus.org
Melvin Weinstein Parkinson's Foundation .....	757.313.9729
Multiple Sclerosis Foundation.....	888.673.6287   msfocus.org
Muscular Dystrophy Association .....	800.572.1717   mda.org
National Alliance on Mental Illness .....	800.950.6264   nami.org
Natl Center Complimentary Integrative Health ..	888.644.6226
National Coalition for Cancer Survivorship .....	877.622.7937 canceradvocacy.org
National Institute of Neurological Disorders and Stroke .....	800.352.9424   ninds.nih.gov
National Kidney Foundation.....	800.622.9010   kidney.org
National Multiple Sclerosis Society.....	800.344.4867 nationalmssociety.org
National Suicide Prevention Hotline .....	988

Patient Advocate Foundation..... 800.532.5274  
 Pleural Mesothelioma Center..... 888.512.0428  
 Sentara Physician Contact Listings ..... 800.736.8272  
 Senior Navigator.....seniornavigator.org  
 Sickle Cell Disease Association of America ..... 800.421.8453  
 sicklecelldisease.org  
 United Cerebral Palsy..... 866.827.1692 | ucp.org  
 United Way of South Hampton Roads..... 757.853.8500  
 Urology of Virginia ..... 757.457.5100  
 VA Department for the Blind and Vision Impaired  
 800.622.2155 | dbvi.virginia.gov  
 VA Department for the Deaf & Hard of Hearing  
 800.552.7917 | vddhh.virginia.gov  
 Virginia Beach Department of Public Health ..... 757.518.2700  
 Vital Records ..... 877.572.6333 opt. 1 | vitalchek.com  
 Virginia HIV, STD, Hepatitis Hotline and Info ..... 800.533.4148  
 Virginia Cardinal Care Medicaid Helpline ..... 800.643.2273  
 Virginia Medicaid Member Helpline..... 804.786.6145

## HOME HEALTH CARE / CAREGIVING

AARP (Virginia Office)..... 866.542.8164 | aarp.org/va  
 A&A Home Health, LLC..... 757.934.3935  
 Addus Home Care ..... 757.480.2929  
 Affinity Care Plus Inc. .... 757.309.4580  
 Agape Care..... 757.229.6115  
 Always Best Care Senior Services..... 757.802.4080  
 Amedisys Home Health ..... 757.466.1340  
 Amedisys Hospice ..... 757.405.3203  
 Americare Plus ..... 844.407.2273  
 Best and Dependable Home Healthcare ..... 757.363.7542  
 Bon Secours Home Health Care/ Hospice ..... 757.889.4663  
 BrightStar Healthcare..... 757.227.4047  
 Care Advantage..... 757.436.1711  
 CenterWell Home Health..... 833.453.1107  
 Changing Tides Home Care ..... 757.963.0028  
 Comfort Care Home Health/Hospice ..... 757.312.6460  
 Comfort Keepers ..... 757.204.1108  
 Community Direct Services (Respite and Home Care for  
 Intellectually Disabled) ..... 757.965.4899  
 Companion Care Program, Catholic Charities ..... 757.456.2366  
 Enhabit Home Health & Hospice..... 757.226.7560  
 Equilibrio Home Health of Virginia..... 757.965.9942  
 First Light Home Care ..... 757.974.9329  
 Generations Home Health..... 757.822.6991  
 Hand ‘n Heart/Amivie ..... 757.490.1223  
 Heartland Home Health & Hospice ..... 757.490.9323  
 Home Helpers Home Care ..... 757.600.6670

Home Instead Senior Care ..... 757.631.7744  
 Home Remedy Concierge ..... 757.335.3818  
 Hope In-Home Care ..... 757.455.0030  
 Immanuel Care ..... 757.547.8400  
 Interim Health Care ..... 757.466.1401  
 Jewish Family Service ..... 757.489.3111  
 The Key (Formerly SeniorCorp) ..... 703.746.8084  
 Kids, Kin and Caregivers Inc ..... 757.434.5162  
 Maxim Healthcare Services..... 757.490.3009  
 Medi Home Health and Hospice..... 757.420.7192  
 North Point Senior Home Care ..... 757.974.7201  
 Personal Touch Home Care & Hospice ..... 800.659.0205  
 Preferred Care at Home ..... 757.355.5080  
 PT 2 GO ..... 757.222.2230  
 Quality Kare Health Care..... 757.938.5004  
 Senior Care Advocate, LLC..... 757.375.8419  
 Senior Navigator ..... 866.393.0951  
 Senior Services of Southeastern Virginia..... 757.461.9481  
 Sentara Home Care Services ..... 757.553.3000  
 VA Department of Health Office of Licensure  
 and Certification Complaint Unit ..... 800.955.1819  
 Virginia Beach Dept. of Human Services (Companion Services,  
 ALF & Long-Term Care Screenings)..... 757.385.3550  
 Virginia Health Hospice (VHH) ..... 757.223.1396  
 Virginia Health Home Care - Home Health ..... 757.534.9222  
 Visiting Angels Home Care ..... 757.216.1934  
 Westminster-Canterbury at Home..... 757.496.1653

## HOMEOPATHY / NATURAL RESOURCES

Calming Waves Therapy and Massage ..... 757.510.5837  
 Cooking Up Your Best Life ..... 757.472.3764  
 Edgar Cayce’s A.R.E. .... 757.428.3588  
 Heritage Natural Market..... 757.428.0500  
 Holistic Family Practice ..... 757.685.4325  
 Naturopathic Associates ..... 757.510.6864  
 Simply Sourced (Herbs/Vitamins)..... 757.644.6452  
 Tidewater Acupuncture and Wellness ..... 757.428.4286  
 Virginia Beach Farmers Market..... 757.385.4388

## HOSPICE PROGRAMS

Amedisys .... Chesapeake 757.405.3203 | Norfolk 757.466.1340  
 American Hospice Foundation ..... americanhospice.org  
 Bon Secours Home Health & Hospice..... 757.689.9569  
 Chesapeake Regional Home Health & Hospice..... 757.312.6460  
 EVMS Geriatrics and Palliative Medicine ..... 757.446.7040  
 Five Wishes ..... 850.681.2010 | fivewishes.org

Gentiva Hospice .....	757.461.0600
Heartland Hospice .....	757.490.9323
Interim Hospice .....	757.644.6820
Lorraine Bethea Hospice Foundation .....	757.646.2891
Medi Home Health & Hospice .....	757.420.7192
National Association for Home Care & Hospice...	202.547.7424
Sentara Home Care & Hospice Services .....	757.553.3000
Suncrest Hospice .....	757.832.7001
Trinity Hospice .....	757.664.9441
Virginia Health Hospice .....	757.223.1396
Westminster-Canterbury at Home .....	757.496.1653

## HOSPITALS & SERVICES / PROGRAMS

Bon Secours	
Harbor View .....	757.673.5800
Mary Immaculate .....	757.886.6000
Maryview .....	757.398.2200
Bon Secours Help Line .....	866.385.7060
Chesapeake Regional Medical Center .....	757.312.8121
Naval Medical Center (Portsmouth) .....	757.953.5000
Sentara	
Heart Hospital .....	757.388.8000
Independence Hospital (ER only) .....	757.363.6100
Leigh Hospital .....	757.261.6000
Norfolk General Hospital .....	757.388.3000
OBICI Hospital .....	757.934.4000
Princess Anne Hospital .....	757.507.1000
Virginia Beach General Hospital .....	757.395.8000
Sentara Contact Center .....	1.800.736.8272
VA Medical Center (Hampton) .....	757.722.9961
Virginia Beach Psychiatric Center Lifeline .....	757.627.5433

## INFORMATION & REFERRAL SERVICES

AARP .....	888.687.2277   aarp.org
Adult Protective Services (Virginia Beach) .....	757.385.3550
A Place for Mom .....	888.857.0796
Caregiver Resources .....	caring.com
Disability Law Center of Virginia (Protection and Advocacy) .....	800.552.3962   dlc.v.org
Elder Care Locator .....	800.677.1116   eldercare.acl.gov
Endependence Center, Inc. ....	757.461.8007 endependence.org
Fire Department Smoke Detectors .....	757.471.5826
Golden Lifestyle Partners Care Consultants .....	757.916.7811

Information Center .....	2-1-1
Mayor's Commission on Aging .....	757.385.4581
Medical Care Advocacy Group .....	757.469.3670
Nest Senior Consulting .....	757.807.3577
Next Chapter Services .....	757.524.9709
No Wrong Door (Virginia) .....	888.992.0959
Public Information Office .....	3-1-1
Senior Living Guide .....	866.245.5276
Senior Navigator .....	866.393.0957
Senior Services of Southeastern VA .....	757.461.9481   ssseva.org
Sentara PACE .....	757.252.7800
VA Dept. for Aging and Rehabilitative Services .....	804.662.7000
VA Department for Social Services .....	804.726.7000 dss.virginia.gov
Virginia Beach Department of Public Health .....	757.518.2700
Virginia Office for Protection & Advocacy .....	800.552.5019
Warmly Nursing Concierge .....	757.575.3524

## INSURANCE / LONG-TERM CARE INSURANCE

AARP .....	888.687.2277   aarp.org
Asil Insurance Group .....	757.390.4727
Consolidated Omnibus Reconciliation Act (COBRA) .....	877.279.7959
Insurance Advisors, LLC .....	757.390.4727
Life Policy Shopper .....	540.226.8715
National Assoc. of Insurance Commissioners .....	816.783.8300
New York Life Insurance .....	757.628.1823
Office of the Managed Care Ombudsman .....	877.310.6560
Samaritan Insurance Group .....	757.410.0043
SCC Bureau of Insurance .....	800.552.7945
VA Insurance Counseling Assistance Program .....	800.552.3402
West Insurance Services .....	757.434.6087

## LEGAL SERVICES & REFERRALS

(See Lawyers/Elder Law in Yellow Pages or Internet)

Ginny Brown, Esq. ....	757.965.9210
Hook Law .....	757.260.5881   hooklaw.net
Law Office of Angela Manz .....	757.271.6275
Legal Aid Society of Eastern Virginia .....	757.627.5423
National Academy of Elder Law Attorneys .....	703.942.5711 naela.org
Oast & Taylor .....	757.452.6200   oasttaylor.com
Pender & Coward .....	757.490.3000
Rack Law, PC .....	757.605.5000
Senior Services of Southeastern VA .....	757.461.9481   ssseva.org
Trust Builders Law Group .....	757.500.5135

Virginia Lawyer Referral Service ..... 800.552.7977  
 Virginia Legal Aid Society..... 866.534.5243  
 Virginia Public Guardianship Program ..... 804.205.8840  
 Wolcott, Rivers & Gates ..... 757.497.6633

## LONG-TERM CARE

(See also Nursing Care & Rehabilitation Centers;  
 Home Health Care/Caregiving)

AARP ..... 888.687.2277 | aarp.org  
 Aging Life Care Association .....  
 520.881.8008 | aginglifecare.org  
 VA Department of Medical Assistance Services .. 804.786.7933  
 Virginia Beach Department of Human Services  
 Nursing Home Screenings..... 757.385.3550  
 Medicaid Applications/Assistance..... 757.385.4306  
 Senior Services of Southeastern VA ..... 757.461.9481 | ssseva.org

## MEDICAID & MEDICARE

Centers for Medicare and Medicaid Services ..... 877.267.2323  
 Health Quality Innovation Network ... 804.289.5320 | hqin.org  
 Insurance Advisors, LLC ..... 757.390.4727  
 Medicaid Providers Hotline ..... 800.552.8627  
 Medicare Service Center ..... 800.633.4227  
 Medicare/Medicaid Fraud Hotline..... 800.447.8477  
 Modivcare Solutions (Medicare/Medicaid Transport)  
 866.810.8305  
 VA Dept. of Medical Assistance Services ..... 804.786.7933  
 VA Insurance Counseling Assistance Program ... 800.552.3402  
 Virginia Beach Dept. of Human Services ..... 757.385.3200  
 Virginia Medicaid Member Helpline..... 804.786.6145

## MEDICAL CLINICS

Cardinal Care Managed Care..... 800.643.2273  
 ODU Community Care at Housing Resource Center .....  
 757.385.2437  
 JenCare Senior Medical Center ..... 757.805.1410  
 Southeastern VA Health System Main Line..... 757.380.8709  
 Virginia Beach Family Medical Center..... 757.425.3610

## MEDICATION & SUPPLY DELIVERY

CVS Pharmacy ..... 800.746.7287 | cvs.com  
 Home Care Delivered, Inc ..... 800.565.5644

Edgepark ..... 800.321.0591  
 ROTECH Health Care ..... 757.498.8225 | medofva.com  
 Universal Drugstore ..... 866.456.2456  
 universaldrugstore.com  
 Walgreens ..... 800.925.4733 | walgreens.com  
 Walmart ..... 800.925.6278 | walmart.com

## MEDICATION ASSISTANCE

AARP Medication Benefits..... 888.687.2277  
 CVS Caremark ..... 800.770.8014  
 Medicare / Drug Savings Program ..... 800.633.4227  
 medicare.gov  
 Novartis Patient Assistance Program ..... 888.669.6682  
 novartis.us  
 OptumRx/AARP Prescription Discounts..... 877.422.7718  
 Pharmaceutical Research and Manufacturers of America -  
 Patient Prescription Assistance . 202.835.3400 | phrma.org  
 RX Assist..... 888.344.8915 | rxassist.org  
 Social Security Administration - Prescription Drug Assistance  
 800.772.1213 | ssa.gov/prescriptionhelp  
 Senior Services of Southeastern VA ..... 757.461.9481 | ssseva.org

## MEDICATION DISPOSAL

Most pharmacy chains provide this service.  
 Virginia Beach Non-Emergency Line..... 757.385.5000  
 Virginia Beach Police Precincts  
 First Precinct..... 757.385.4377  
 Second Precinct..... 757.385.2700  
 Third Precinct..... 757.385.2703  
 Fourth Precinct ..... 757.385.2800

## MENTAL HEALTH / SUBSTANCE ABUSE

American Psychological Association.... 800.374.2721 | apa.org  
 Brain and Behavior Research Foundation ..... 800.829.8289  
 Catholic Charities of Eastern Virginia..... 757.456.2366  
 757.467.7707 | cceva.org  
 Depression and Bipolar Support Alliance ..... 312.642.0049  
 dbsalliance.org  
 National Alliance on Mental Illness Helpline..... 800.950.6264  
 nami.org  
 National Institute of Mental Health Resource Center .....  
 866.615.6464  
 National Suicide Prevention Hotline ..... 988



Bow Creek Recreation Center .....	757.385.5960
Great Neck Recreation Center .....	757.385.5940
Kempsville Recreation Center .....	757.385.5970
Princess Anne Recreation Center.....	757.385.5950
Seatack Recreation Center.....	757.385.5920
Williams Farm Recreation Center .....	757.385.2950
Virginia Beach Public Library .....	757.385.0150
	viriniabeach.gov/library
Central Library (Accessible Resources/Services) ...	757.385.2684
Joint-Use Library (TCC/VB) .....	757.822.7800
Wahab Public Law Library .....	757.385.4419
Virginia Beach Visitor Information Center.....	757.385.7873
	visitviriniabeach.com
Virginia Museum of Contemporary Art.....	757.425.0000
YMCA of South Hampton Roads.....	757.962.5555

## RESPIRE CARE / INFORMATION

A Home Away From Home .....	757.807.2227
ComfortKeepers .....	757.689.8189
Catholic Charities of Eastern Virginia - In-Home Respite Care Program .....	757.456.2366
The Lipton House Senior Care Home.....	757.639.4995
Virginia Lifespan Respite Voucher Program .....	800.552.3402

## RETIREMENT

AARP.....	888.687.2277   aarp.org
Pension Benefit Guaranty Corporation (U.S. Government .....	
Agency).....	800.400.7242   pbgc.gov
Social Security Administration .....	800.772.1213   ssa.gov
U.S. Department of Veterans Affairs - Veterans Benefits	
	800.827.1000   va.gov

## SENIOR NEWSLETTERS / NEWSPAPERS

Senior Advocate .....	757.724.7001   senioradvocate.live
Senior Living Guide.....	877.995.0272   seniorlivingguide.com

## SENIOR RIGHTS

VA Dept. for Aging and Rehabilitative Services .....	804.662.7000
Medicare Rights Center ....	800.333.4114   medicarerights.org
Virginia Poverty Law Center.....	804.782.9430
disAbility Law Center of Virginia .....	800.552.3962

## SUPPORT GROUPS

Alzheimer’s Association - Southeastern VA Chapter ..	757.459.2405
American Cancer Society .....	800.227.2345
American Diabetes Association.....	800.342.2383
American Heart Association.....	800.242.8721
American Lung Association.....	800.586.4872
American Parkinson’s Disease of Hampton Roads...	757.495.3062
Arthritis Foundation.....	800.283.7800
Caregiver Action Network.....	855.227.3640
Catholic Charities .....	757.456.2366
Grandfamilies – Relatives as Parents .....	757.434.5162
Kids, Kin n’ Caregivers, Inc .....	757.434.5162
Lee’s Friends (Cancer Patients).....	757.440.7501
Lindsay Institute for Innovations in Caregiving.....	866.393.0957
National Multiple Sclerosis Society.....	800.344.4867
Our Lady of Perpetual Help.....	757.495.4211
Sentara Healthcare .....	800.736.8272
VA Caregiver Support Line.....	855.260.3274

## TRANSPORTATION SERVICES

BrightStar Healthcare (Appointments) .....	757.227.4047
Cardinal Ambulance Services* .....	757.594.9800
D&D Medical Transport .....	757.207.1037
Dab Dependable Transportation.....	757.536.8127
Endependence Center .....	757.461.8007
Fast Track EMS* .....	757.347.1226
Lee’s Friends (Cancer Patients).....	757.440.7501
Life Care Medical Transport* .....	540.752.5883
Modivcare (Medicaid only) .....	866.386.8331
Norfolk Ztrip .....	757.853.1899
Paratransit Services - Hampton Roads Transit	
Applications.....	877.232.7433
Scheduling.....	757.455.8010
Reliance Medical Transport* .....	757.456.5147
Robbie’s Ambulance Service* .....	757.785.0400
Senior Navigator .....	866.393.0957   seniornavigator.org
Sentara PACE.....	757.252.7800
Senior Services of Southeastern VA - Medical, Adult Day Care, Senior Centers, Fixed Routes, I-Ride....	757.461.9481   ssseva.org
Shore Transport Services* .....	757.665.1122
Special Events Providers of Emergency Medicine*.....	757.287.7251
Tidewater Medical Transport* .....	757.399.0999

\*Private Permitted EMS ALS

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

## UTILITY ASSISTANCE

Catholic Charities ..... 757.467.7707  
Salvation Army ..... 757.543.8100  
STOP Inc. .... 757.858.1360  
Virginia Beach Dept. of Human Services  
Energy Assistance Program ..... 757.385.4306

## VETERANS RESOURCES

Care Connect of Hampton Roads..... 757.271.4270  
Hampton VA Medical Center ..... 757.722.9961  
Honor Flight..... 937.521.2400  
Hook Law ..... 757.260.5881 | hooklaw.net  
Norfolk Benefits Office..... 757.455.0814 | dvs.virginia.gov  
Oast & Taylor ..... 757.452.6200 | oasttaylor.com  
Portsmouth Naval Hospital..... 757.953.5000  
STOP Inc. .... 757.858.1360  
VA Department for Veterans Services..... 804.786.0286  
Veterans Affairs Homeless Crisis Hotline..... 877.424.3838

## VIRGINIA BEACH DEPARTMENT OF HUMAN SERVICES

Adult Protective Services, Adult Foster Care, ALF/LTC/Nursing  
Home Screening Companion Services ..... 757.385.3550  
Behavioral Health..... 757.385.0803  
Crisis Response ..... 757.385.0888  
Intellectual Disabilities ..... 757.385.0600  
Recovery and Treatment Services Outpatient ..... 757.385.0511  
Senior Resource Center ..... 757.385.2175  
Supplemental Nutrition Assistance Program (SNAP) .. 757.385.4306

## VISION IMPAIRED

American Foundation for the Blind ..... 212.502.7600  
Central Library (Accessible Resources/Services)... 757.385.2684  
Lions Clubs International ..... 757.301.0555 | lionsclubs.org  
VA Department for the Blind and Vision Impaired  
800.622.2155 | dbvi.virginia.gov  
Wagner Kapoor Institute ..... 757.481.4400

## VOLUNTEERING

AARP..... 888.687.2277 | aarp.org/volunteer  
Bon Secours Patient Services ..... 757.398.2314  
Honor Flight..... 937.521.2400  
Little Theater of Virginia Beach..... 757.428.9233  
Military Aviation Museum ..... 757.721.7767  
Senior Services of Southeastern VA ..... 757.461.9481 | ssseva.org

Sentara Senior Services Volunteers  
sentara.com/medicalservices/seniors/volunteer-information  
The Salvation Army, Hampton Roads..... 757.965.9018  
United Way of South Hampton Roads..... 757.853.8500  
Virginia Aquarium & Marine Science Center..... 757.385.0274  
virginiaaquarium.com  
Virginia Beach Office of Volunteer Resources ..... 757.385.4722  
virginiabeach.gov/volunteer  
Virginia Beach Community Emergency Response Team  
(VBCERT)..... 757.385.1076  
Virginia Beach Dept. of Human Services ..... 757.385.3200  
Virginia Beach Housing Resource Center ..... 757.385.5167

## VOTING

Federal Voting Assistance Program.... 800.438.8683 | fvap.gov  
VA Department of Elections ..... 800.552.9745  
elections.virginia.gov  
VB Voter Registration & Elections Office..... 757.385.8683  
virginiabeach.gov/voter

### VIRGINIA BEACH SHERIFF'S OFFICE

# SENIOR SAFETY SEMINAR

#### LEARN ABOUT

- SITUATIONAL AWARENESS
- SAFETY CONCEPTS
- SELF DEFENSE

To schedule a seminar, contact the  
**VBSO Emergency Response Team** at  
757-385-8446 or email [pio@vbso.net](mailto:pio@vbso.net).

Learn more at





The Dozoretz Hospice House of Hampton Roads, our community's first freestanding inpatient hospice facility, is here to serve you. We offer comfort, dignity and exceptional care for those facing the end of life and provide support for their loved ones. Our beautiful home-like setting features 12 private suites, welcoming common areas, and guest suites for families.

## Celebrate a Life Well Lived



### A HEARTFELT THANK YOU

A special thanks to the Virginia Beach City Council for their generous donation of land, helping turn this dream into reality.

(757) 990-4447 (HHHR)

2060 Upton Drive, Virginia Beach, VA 23454

**WWW.HOSPICEHOUSEHR.ORG**

